



## ERASMUS+ STUDIES - UU Report

Every student receiving an Erasmus+ STUDIES grant has to submit a UU report as well. Writing the UU report is one of the university's conditions to receive and keep the grant. Only after submitting this report your Erasmus+ grant will be awarded definitively.

Your report will be **published** (anonymously!) on the [UU study abroad destinations webpage](#) to inform UU students preparing an exchange or research period abroad. Not all of them are Dutch-speaking, therefore we prefer to receive reports **written in English**.

faculty/college	Bèta wetenschappen
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Natuur- en sterrenkunde

destination city & country	Paris, France
how did you travel to your destination?	By car
name university abroad	Sorbonne Université
start date	01 / 09 / 2022 (dd/mm/yyyy)
end date	14 / 01 / 2023 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

PREPARATION
exchange application process
I was busy with the application process for the whole year, like an hour once a week. Then in the few months before my exchange, I was very busy with sending all my documents to the french university (the french love their bureaucracy).
counselling & support at Utrecht University
I had a lot of support from the international office for science. They were quick with answering their e-mails and I could always get some good advice.



academic preparation

There was no academic preparation needed for the exchange.

language preparation

I had some private classes in french as preparation for the exchange.

finances

There were no changes in my finances.

## STUDY ABROAD PERIOD

study programme (content and organisational issues)

My original plan was to follow the courses of the french master. I had to follow the master courses, as the level of the bachelor courses were too low. The first struggle I had, was that I had to physically go and make an appointment to physically register myself for the courses. Unfortunately, I had to make very quickly the choice that I wanted to switch to the english master, as for the french master I was in class from 8:30 until 18:30 almost every day of the week. This meant that I had no time to enjoy the city and no time to catch up on the material that I didn't understand due to the language barrier. Thus I made the choice to go to the english master, where I had more free time and more opportunities to get in touch with my co-students.

academic quality of education activities

Sadly, the quality was not great in the french and english master. For the french, I only partook in the master for two weeks, so my judgement should not be taken as fully legitimate. For the french lectures, you would listen for 3 hours straight to a teacher explaining the material. Then in the tutorials, you would have another teacher explaining how to solve certain problems. You did not get the chance to solve the problems yourself with other students, so those tutorials were very pointless. And because you have little to no breaks in the classes, the amount of the information you will contain is very little. The material should then be restudied in your self-study time, which you barely had. It is a very stressful program, with little to no concern for the student's mental health.

The english master was a little bit better. You would get more time to perform self-study, but that was very much needed as the classes themselves were not very helpful. For some courses there were no tutorials. For other courses, there were tutorials, but it was again a teacher rushing through the material, giving you the solutions and giving you no room to ask questions. I had a very open friendgroup and they helped me a lot through the material, but not a lot of students passed the courses, as the support was non-existent.

counselling & support at receiving university abroad

This was one of the hardest things to do. The staff would not answer my e-mails, or very late; they would not answer their calls and they could never receive you in their office, simply because they were never there. When I wanted to switch from masters, I luckily met one of the international officer in the corridors and ask her if she could look into it, but otherwise the process of changing the masters would have taken much longer.

transfer of credits

The university also worked with EC, but reaching out to the university was again very difficult with getting late responses to my e-mails.

## STUDENT LIFE

welcome & orientation programme

One week in advance, I got the information for the orientation day. It was fully in french, so some of the students who couldn't speak french did understand nothing. It was also the day where I met some people that



later became my friends in Paris. However, I also did find out that I was still not enregistered into the courses, which I had to solve that day (and I eventually managed to do so).

#### accommodation

I had a room in collège néerlandais at CIUP and I could not express enough how much I recommend that place to live in. CIUP is a campus with different houses for different nationalities, but every house is very mixed so don't be scared that you end up in your own bubble. Besides housing, the CIUP also offers sport accomodation, a library and a student restaurant named CROUS, where you could get a meal for very cheap. Due to the fact that I was dutch, and that the director of the dutch house wanted to have more dutch students living there, I easily got a room in the dutch house. I lived on the fifth floor, had my own bathroom and had to share the kitchen with my 'floormates'. I got very close with these people, as we would cook together, study together and go out together. We had lots of fun parties in our own house, but also at other houses of CIUP. And during the winter months we even celebrated Sinterklaas, so I was never really homesick. I payed 650 euros per month, which is a very good deal considering the prices in Paris, me having a bathroom and having a very spacious room of about 20 squared meter.

#### leisure & culture

Get ready to speak french! Eventhough in the tourist areas you can get around in english, but if you had to get things done in your neighbourhood, you have to speak french. Also, the parisian lifestyle is very fastpassed. The public transport could get you anywhere in half an hour and at night there where nightbusses, you could always get home after a night out. It is a big city, so you should be careful for your own safety, but after living there sometime, you will know what is safe and what is not. And eventhough the french love their paperwork, they are very layed back in their freetime! Sadly, it is also a very expensive city, so I never went to a bar to do some predrinks before going to the club and I always went to the lidl for groceries, as it was the cheapest one. Luckily, at the lidl you could get some very good and cheap wine, so doing predrinks with friends near the Eiffel tower was always a fun activity.

#### suggestions/tips

Get the navigo pass for students for the public transport. It is for the whole year, but it's cheaper to buy that then paying the regulare prices for 6 months. Also, you can get rent reduction when you apply for CAF. It is a tedious process, where you have to get a lot of documents, so if you planning to get it, you can absolutly contact me! With CAF, I could get a reduction of 180 euros for my rent, so I think the trouble is very much worth it.

## CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

The education was terrible, but the city is amazing. I made a lot of friends that will last a lifetime and learned so much about myself that is really valuable. Paris was really my home for 6 months, and will always remain like that. If you want to go on an adventure, meet new people and be truly on your own in the big city (and leave your studies on the second place for a while) I would recommend this destination.

do you have any additional advice or comments?