



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**.

Please use Tab to go to the next (text) box.

permission to publish contact details**	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>		
	my e-mail address	<input checked="" type="checkbox"/>	yes: christinatu1999@gmail.com
<i>See end note for * and **</i>	my weblog	<input type="checkbox"/>	yes:
	my Facebook account	<input checked="" type="checkbox"/>	yes: Christina Tu
	other (social) media	<input checked="" type="checkbox"/>	yes: instagram: @christina_tu_
	or	<input type="checkbox"/>	
faculty/college	Science Faculty, Utrecht University		
level	<input checked="" type="checkbox"/>	bachelor's	<input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Information Science		

destination city & country	Uppsala, Sweden
how did you travel to your destination?	Train, interrail via The Travel Green Grant
name university abroad	Uppsala Univeristy
start date	18 / 08 / 2022 (dd/mm/yyyy)
end date	16 / 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	Before I decided to go on an exchange to Uppsala in Sweden I met some people who already have been on an exchange to Uppsala. They were all very enthusiastic about the experience, which made it easier for me to make the discussion to study there. The application process was quite easy. I had to write a motivational letter about why I wanted to go on an exchange and I had to create a list of my Top 3 universities.
counselling & support at Utrecht University	



The Science International office organised an information afternoon for the exchange students a few months before the exchange. There they gave some extra tips to prepare for the exchange. During this afternoon I also met other students who went to the same exchange destination as me, so it was nice to already know some people who will do the same exchange as me.

academic preparation

I choose to study electives in Uppsala and no prior knowledge was required.

language preparation

I practised Swedish on Duolingo and signed up for the Basic Swedish course at Uppsala University. Almost all Swedish people speak English well, so communicating with locals was not too difficult.

finances

Everything is more expensive in Sweden. It is a good idea to save up some money before going to Sweden. The Erasmus Grant helps, but it takes a while until it arrives.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed the Basic Swedish 1 (7,5 EC) and Global Economy (15 EC). Swedish was an evening course from 17:00-18:00. With some knowledge of the Dutch, German and English languages, this course is not too difficult to follow. It's a nice course to get to know other students who study abroad.

The Global Economy is organised by The Centre for Environment and Development Studies (CEMUS). It is very interactive and it is expected that students take the lead in the learning process. So students have presentations and discussions about the topics. It was interesting to learn more about the economic system of the world throughout the years. The only downside is that if somebody fails the final assignment, it will take half a year until the retake assignment can be checked.

academic quality of education activities

The academic quality at Uppsala University was very similar to the quality at Utrecht University.

counselling & support at receiving university abroad

The counselling from Uppsala University was pretty good. Before I arrived I received an e-mail from their International Office with information and after I arrived there was one meeting with all exchange students from the science faculty. Also, the e-mail contact was good and it didn't take long to get a respond.

transfer of credits

I have not reached this point yet.

STUDENT LIFE

welcome & orientation programme

The welcome week starts earlier in Uppsala, around mid august. I do recommend joining the welcome week since all the nations have special introduction activities and it will be easier to meet new people. You can also sign up for a buddy program where you will be put in a group and do activities together. It is a good way to make new friends.

accommodation

I stayed at Flogsta. It is the biggest student accomodation in Uppsala. It is a bit further away than the othere accomodations, but still only 30 min walking or 15 min biking to the city center. I lived in a corridor with 11 other people and we shared a kitchen and a living room. I had my own bathroom and toilet. Flogsta is a great



place to live as an international student since many internationals live there which makes it easier to make friends. Also there are a lot of student parties at flogsta and 70% of the students you will meet lives there. Klostergatan is also a nice place to live, since it is really in the city center. You will live in a studio but there is a big shared place on the bottom floor.

leisure & culture

Definitely join a nation! It doesn't matter which one since you could go to every nation when you have a nation card. Also drinks and food at a nation a cheaper, so you will also save money. Many musea in Uppsala are for free, so visit a museum if you have time.

suggestions/tips

Many students travel around since Uppsala is quite small. You can reach Stockholm with a 30 min train. I also really recommend to book a trip to the (Swedish) lapland. It is super cold there, but the environment is beautiful. I booked a trip with TimeTravels, and it's cheaper because it's aimed on students.

CONCLUSIONS

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

Yes definitely. Uppsala is very international friendly and the student life is amazing.

do you have any additional advice or comments?

Make sure you don't need to retake exams/essays because that could be quite difficult!



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	Science
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Molecular Life Sciences

destination city & country	Uppsala, Sweden
how did you travel to your destination?	By plane and train
name university abroad	Uppsala Universitet
start date	18 / 08 / 2022 (dd/mm/yyyy)
end date	15 / 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	Already in my first year, I knew I wanted to go abroad in Scandinavia, preferably Sweden. The application deadline is on the first of December and even if you think you have plenty of time, it's good to start early. It takes some time because the preparation contains quite some reading about going abroad.
counselling & support at Utrecht University	The UU counselling & support was well organised and I received a lot of help and support for all my questions.



academic preparation
No academic preparation was necessary for my study abroad.
language preparation
Same for language preparation ^ . All the courses were taught in English, so level B2 English is necessary.
finances
I received the Erasmus Grant 3 weeks after my arrival in Uppsala, so it is good to have some savings to pay the rent/ buy a new bike/ buy bedding from IKEA :).

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	My study programme included a Basis Swedish course (7.5 ECTS), a Global Challenges course (7.5 ECTS) and a major related course, Protein Science (15 ECTS). It was too difficult to find courses that would end up with the same study load over the whole period because the faculties have very different ECTS per course. This is why I had a study load of 50% in the first period and 150% in the second period. This study load is not really recommended, but all in all, it worked pretty well and I liked the freedom in the first period to discover Uppsala and meet a lot of new people.
academic quality of education activities	The academic quality of Uppsala University is very comparable to Utrecht University. The two beginning courses were very easy but that makes sense because they were for beginners. The Protein Science course ended up as a master course meanwhile I'm still in my Bachelor's so that was quite new for me.
counselling & support at receiving university abroad	My contact person at Uppsala University was really nice and kind. She answered my questions quite fast. She also organised a meeting in the first week with all the Science and Technology exchange students to create a group for questions and support.
transfer of credits	I don't know this part yet, because I am still waiting for my results and the transfer of credits to Osirus.

STUDENT LIFE	
welcome & orientation programme	On the Welcome days, the 18th and 19th of August, every exchange student was welcomed at the airport/train station in Arlanda (Stockholm) and a transfer to Uppsala was taken care of for all the students. In Uppsala, it was very clear what to do and how to get your key for your room/apartment. After this, every exchange student could get a free nation card for 14 days to explore the different nations in Uppsala and make a final decision about which nation would suit them the most.
accommodation	<p>The accommodation in Uppsala is taken care of by the University, but I would recommend being very clear about the possible problems in your room. I think this was the only disadvantage in Uppsala because I ended up in one of the rooms in Flogsta where the bathroom had to be renovated. I had to move out after 2 weeks meanwhile this was actually their problem because they never had checked my room for any problems after the last person. So I think it's good to be careful with checking your room and the Housing Office will help you as soon as they can when you run into problems...</p> <p>After all, I liked living in Flogsta because almost all exchange students were living here, so you could make</p>



friends easily and would bump into each other during a lot of Flogsta parties. Also, the 'Flogsta Scream' is something special to remember! :)
leisure & culture
Sweden is a very beautiful country with a lot of nature. There were a lot of hikes organised by students and in addition, the oldest university building is located in the middle of Uppsala. It is a very small city but it's really beautiful and nature is very close by.
suggestions/tips
Do as much as you can with the nations to enjoy student life most optimally! In the nations, you can have breakfast, lunch and drink beer in the pubs. In addition, Stockholm is a very beautiful city that is really easy to visit by train from Uppsala.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would recommend Uppsala University to all other exchange students. The atmosphere in Sweden is so friendly and the student life in Uppsala is a really good experience. It's easy to make a lot of new friends in Uppsala because of the nations. In addition, the closeness of nature in Uppsala is a beautiful composition between leisure and study. I think going abroad in general is a very good idea for your study.
do you have any additional advice or comments?
I would recommend visiting Lapland when you are going abroad to Sweden. This had such a big impact on my abroad experience. It is expensive, but it is worth it!



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	GSNS
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	MSc Artificial Intelligence / MSc Computing Science

destination city & country	Uppsala, Sweden
how did you travel to your destination?	Public Transport (through Travel Green Grant)
name university abroad	Uppsala University
start date	18 / 08 / 2022 (dd/mm/yyyy)
end date	15 / 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	Relatively easy, it was some time ago so I don't remember it too clearly anymore, but it was mostly a matter of following a step-by-step guide and sometimes emailing to ask for documents or help.
counselling & support at Utrecht University	The staff at the international office is very helpful, although busy. Try to figure most things out using the UU website, but don't hesitate to email them if something is unclear or you need help.



academic preparation

The orientation meeting was very nicely organized, and the fact that you will meet people going to the same destination helps to give you a small group of people to figure things out with together before you get to Sweden.

language preparation

Like here in the Netherlands, nearly everybody in Swedish speaks perfectly understandable English. In some ways it often felt like they would rather speak English than Swedish when given a choice. Due to this fact, you need absolutely no knowledge of Swedish during your stay abroad. Since all my classes were taught in English, I only had to take the mandatory English test.

finances

Sweden is a pretty expensive country, even after inflation has messed up prices in Dutch supermarkets last year. I was able to save up some money beforehand, which enabled me to not have to think about finances during my exchange too much. I would say a good baseline is to have approximately 800-1000 per month available if possible: that way you will not have to stress too much about finances. This is excluding travels and alcohol, though.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

You have to sign up for your courses well in advance, and my tip is to enroll in a few more courses than you might need, so you can pick the ones to keep after they've started. You don't know what your life in Sweden is going to be like in advance, and this is one factor you do have control over, so use it wisely ;-)

academic quality of education activities

Very high, teachers and staff are very helpful and generally understanding to the situation of moving to a new and unknown country, as a lot of them are internationals themselves.

counselling & support at receiving university abroad

I luckily didn't really need this, but they do have facilities similar to the ones we have at Utrecht University.

transfer of credits

Haven't been able to do this yet, but just know that your grades in Sweden only translate to a pass/fail in the Netherlands if you go there on your Erasmus exchange, so do with that information as you like ;-)

STUDENT LIFE

welcome & orientation programme

Uppsala University organizes buses to pick you up at the airport and drop you off at an university building so you can get your keys, student card and a goodiebag. Then they drop you off at your student house, and that is basically it in terms of the welcome programme. Even if you go to Sweden by means of train, I'd still go to the airport and join the bus, as this is where I met a lot of people right the moment they set foot in Sweden, and the fact that everybody is completely lost in a new country makes it very easy to create a large group of slightly-less lost people, who might become your main friend group there ;-)

In terms of an orientation, the university organizes some small events, like city tours, but they don't advertise this heavily so ask around for signups etc., since this will give you some intuition of the city and what's expected of you.

Besides this, there is a buddy programme you can join (see <https://en.uppsalastudentkar.se/buddy>): You'll get a buddy group, including at least one person who has been living in Uppsala already and will know the ins and outs of everything. The buddy programme organizes some fun things to do with your group, and this is also an



easy way to get out of your comfort zone and get to know a lot of people in a relatively short time! The buddy programme also organizes some predeparture information sessions on zoom, which are helpful for you to mentally prepare in advance!

accommodation

During my stay in Uppsala, I lived in Flogsta (located at Sernanders väg). This is basically a typical student living campus, which you could liken to IBB or de Sterre in Utrecht.

The quality of facilities in Flogsta is pretty high for the price: For about 400 euros you get a 17m² room with a single bed, chair, desk, lamps and some cupboards. You have a private shower and toilet, and share the kitchen and small common space with 11 other students. Your hallmates will most likely all be exchange students, who are all looking for friends at the start, which is super nice. The type of people in your corridor, of course, is a bit of a coin toss. As a large part of my corrdormates were British, they immediately formed their own group, leaving my to mainly find my friends through the nations and student parties. Because of this, they also threw a lot of parties in our corridor, and were very messy leading to a very dirty kitchen. However, I know that most corridors are way cleaner and not as rowdy in general, so if you decide to move to Flogsta (which I do highly recommend, since 90% of the internationals in Uppsala seem to live there), just pay attention and notify the Housing Office asap if your corridor isn't to your liking.

Other popular housing options for internationals in Uppsala:

- Klostergatan: Very centrally located, about 5min from the central station and student nation houses (which is where you'll spend most of your time probably ;-)). You get your own studio, and there are one large common room, kitchen, laundry room and small gym in your building, which you'll share with everybody. It is way newer than most student housing options, and because of this, you do pay a bit more. If you're more introverted, want to study more, or just don't like living with other people, this is your best option.

- Kantorsgatan: Different types of shared student housing, located in the north of Uppsala. There are not a lot of parties happening here compared to Flogsta, and (I think) more Swedes choose to live here as well. As you typically only share your corridor with 3-5 people and Swedish people tend to be introverted when sober, this is probably a more quiet/peaceful option. It is pretty far to bike to Flogsta (for corridor parties) and the uni building for Natural Sciences from here though, so take that into account.

Rackarbergsgatan: Probably the best of both worlds if you want to be close to Flogsta for the parties, but also still more close to the city for uni, the student nations etc. You share a corridor, the facilities are similar to Flogsta and it's only a bit more expensive. The main downside is that there are less students constantly wandering around, looking for social interactions, and the ICA (supermarket) close by is very expensive compared to other ones (basically a Jumbo City type of supermarket).

leisure & culture

There is a lot to do in Uppsala, but for most exchange students, the most important aspect will be the student nations. These are student associations (13 of them in Uppsala), which due to being very old have become the main place for social activities for students. Different nations have different strengths, e.g. Snerikes, Värmlands and Stockholm's nations have a large weekly night club and are therefore the main 'party' nations, Kalmar's nation is known for being more alternative and open to internationals, and so on. The beautiful thing about the nation system (which we 100% should also have in the Netherlands) is the fact that, once you become a member of a nation, you can visit events from every nation! The main difference is that whether you're a member or not might allow you to skip the line sometimes (of which there are a lot, be prepared for 1.5 hour queueing for Snerikes if you're not there 15min before they open), or will get you a discount on events, their restaurants etc. Nations also have their own restaurants, pubs/bars, choirs (big thing in Swedish student culture), study areas etc. You can find a schedule of nation events at <https://nationsguiden.se/> (bookmark this!), and you can read more on <https://uppsalastudent.com/en/nationerna/> (or email me, I'll answer all your questions about Sweden ;-))

suggestions/tips



- Become a member of nations you're interested in. If you like parties, joining Snerikes and Värmlands will give you free entry to the weekly parties everybody goes to. Find out what nation will be your mainstay soon, so you can make a lot of friends who have the same interests as you quickly.
- At the start of the semester, (even if you're normally not like that) talk to as many people as possible, introduce yourself to literally every person you meet. Everybody is in the same boat as you, making it extremely easy to get to know people and basically pick the friends you want. Of course, this is easy during the whole semester, but at the start everybody is still testing the water, so everyone is super open to meeting new people.
- Try not to hang out with a large group of Dutch people: Since a lot of Dutch people do their Exchange in Uppsala, large groups of dutchies tend to form. As it's kind of engrained in our culture to switch to speaking dutch the moment it's socially acceptable, this will likely not really lead to the 'international experience' you might have set out to have. I made a lot of friends from all over the world and, while I still hung out with a few dutch people, I'm happy to have skipped these large groups right from the start and rather get to know people I wouldn't have been able to meet back at home.
- If you want to get to know swedish people, prepare to do some leg work. Most swedish people are very nice and helpful if you talk to them, but they tend to like to keep things a bit superficial (this is a generalization of course, but mostly true in practice/my experience). If you still really want to not be stuck in the 'exchange bubble' (which of course is amazing by itself already), try to get to know some internationally oriented swedish people; they might be able to introduce you to their friends. Parties and social events where people drink might (logically) make meeting locals easier, especially at the nations.
- Go to gasques, especially reccegasques at the start of the semester. Gasques are formal dinners with parties afterwards (kind of like a ball/gala, but with more of a nightclub-party afterwards). They can be themed as well, I e.g. went to a murder-mystery gasque which was a lot of fun.
- Pick a lot of wild blueberries in september and october! They grow everywhere in the swedish forests, and outside of the city there are amazing natural reserves to explore, with government-kept cabins in the woods where you can sleep and make campfires completely for free!

CONCLUSIONS

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

Very much so! There are an amazing amount of fun activities to do, people to meet, cultural quirks to learn about and experiences to be had in Uppsala! It's close to Stockholm, if you live in Flogsta there is a lot of amazing raw nature to walk through. The student life is lively, well-organized and there is always something to do! The city itself is relatively small by our standards, but you'll find enough to do! The university is well-organized and teachers are friendly (they always go on a first-name basis), and swedish people will likely love that you're there! Just be prepared for a very cold winter and a lot of snow as well (the coldest it got for me was -26 degrees, and biking through that without thermal leggings is a once-in-a-lifetime experience that I will never repeat)!

do you have any additional advice or comments?

Not specifically, but feel free to contact me as I love reminiscing about my exchange, and will do anything in my power to convince you to go to Uppsala as well ;-)