



UU Study Abroad Report Form

	Contact info available at the IO
faculty/college	Faculty of Science
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	Biology

destination city & country	Laramie, Wyoming, USA
name university abroad	University of Wyoming
start date	22 / 08 / 2022 (dd/mm/yyyy)
end date	15 / 12 / 2022 (dd/mm/yyyy)

PREPARATION	
exchange application process	<p>Start the application process early! Especially when going to a country that you need a visa for, you will need a lot of time to arrange things. It can take a long time (like 3 months) to get an appointment at the US Embassy for your visa. It's also nice to have a lot of time to decide which university you would like to go to and to be able to read all the reports and have a look at their courses. Also, I had a problem with a vaccination from when I was very young where they only put the month and not the day, so make sure that you have that or have time to get another vaccination.</p>
counselling & support at Utrecht University	<p>Honestly, I don't think that there is very much support from the UU. You definitely need to read all the information on the website extensively to make sure that you've done everything. It can also take some time to get a response (3-4 days), so make sure to e-mail them in time. However, they are willing to help, so just ask everything that you are not sure of.</p>
academic preparation	<p>I went in my third year and therefore had more than enough ECTS to be able to go. I chose to put all my US courses in my "free choice" part from the UU, so there weren't any things that I prepared in the Netherlands. I did choose some second and third year courses that had prerequisites and weren't the same faculty as my study back home. To still be able to do these courses, I emailed the teachers and explained to them what I learned at UU that was similar to the prerequisite courses. UWYO actually has a very detailed program once you're admitted in which you can see all the courses available and the prerequisites for them. The teachers were all happy to make an exception from the prerequisite once they saw my explanation.</p>
language preparation	<p>I didn't really prepare anything regarding language, since I would be studying in English. If you can follow courses in English at UU, you should have no problem here. Only when talking with people you might not recognize some expressions or know filler words, but you don't have to worry about that and will learn quickly.</p>
finances	<p>I'd already known that I wanted to study in the US for a long time, so I could use my savings. My parents and grandparents also helped me with this. I looked into financial aid, but there aren't really any possibilities for Dutch students going on exchange in the US for a semester that I could find. It is quite expensive (if I remember correctly: everything including boarding, dining hall, books etc. was like \$8000), so it helps if you</p>



can save beforehand. The US is also not a cheap country to live in, and I would say Laramie at least is more expensive than the Netherlands in terms of going out for dinner or the Walmart. You can ask for an exemption from insurance if you can prove you have a sufficient other insurance (for example a travel insurance, if this covers longer times abroad). This can save you quite some money, so definitely look into that.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I did six courses at UWYO, which had a total of 15 credits, since this is the equivalent to 30 ECTS at UU. It's very fun (but also very time-consuming) to choose your courses and I would recommend choosing something you wouldn't be able to at UU. I did the courses: Survey of Astronomy, Entrepreneurial mindset, Foundations for Leadership, Equine nutrition and physiology, Piano I and Voice I. The equine (horse-related) course is in the same field as my own study, Biology. Even though this was a third year course, it was actually very easy for me and I almost didn't have to put in any effort at all to get 100%. So, if you choose something related to your study, I think you will have an easy time. The other ones were also not that difficult, but just very different from what I'm used to. There weren't really any organisational issues, except for that I had to ask for permission personally to join the course as I described above.

academic quality of education activities

The lessons are very different to what you're used to from the US. The teachers expect you to be very involved during the lectures and will probably know you by name. They also take attendance in a lot of the classes, which will be part of your final grade in a lot of cases. Sometimes they even counted how many times you spoke during class. I thought that the content from the Leadership and Entrepreneurial courses was pretty self-explanatory, so sometimes it went a little slow. The other courses were well-paced. However, the things that are available for students are really exceptional and exemplary (especially in these Leadership and Entrepreneurial courses). We had the opportunity to work with real-life local businesses and actually go out and arrange things (make photos, take over the social media of the business, give advice). There were also a lot of speakers in our class that came by (I had at least one every week in my classes combined). These speakers were very impressive and ranged from people that had influence in the state of Wyoming to CEOs of (really!) big companies that were flown in. I thought it was super cool to have the opportunity to talk to them (because the classes are small, so that's definitely possible) and learn from them.

counselling & support at receiving university abroad

The international office from UWYO is amazing! I basically always got a response from them in a day, and most of the time even within the hour. You get an advisor assigned to you and you will correspond with this person for all your questions and information. If there are ever any problems, they will do their very best to help you out.

transfer of credits

The transfer of credits went quite smoothly for me, but it can again take some time. The transcript from UWYO with my grades needed to be sent to UU physically, but once that was done, I almost had no work from this. I had already asked my "Examencommissie" whether the courses at UWYO would be allowed into my study at UU, so I knew this was okay.

STUDENT LIFE

welcome & orientation programme

When you get there, you might not immediately meet other students, since everyone arrives at a different day and time. If you're lucky, there are other people from UU and you can ask them when they are arriving.



There is a lot of information in the beginning and immediately in the first few days there are events to get to know the university and people.

accommodation

If you're going here, I would 100% encourage and recommend you to stay in the dorms! Yes, it might be nice to have your own room in an apartment, but the campus is where everything is happening. Also, if you don't have a car, it's pretty inconvenient to get to campus and takes a lot more time. I really had to get used to having a roommate (as in, 2 beds in 1 room), because there is no space just for you, but you do get used to it. Depending on how active your floor is, there might be activities in the common room. The bathrooms and toilets are nothing fancy, but fine.

The quality and diversity of food in the dining hall is variable. Mostly there are a lot of options from all kinds of cuisines, but sometimes in the weekends and especially towards the end of the semester there was less and less choice. I did sometimes go to Subway after having been at the dining hall, but don't let this deter you from going to Laramie, because it is not such a big deal and part of the experience. What I really liked is having dinner with other people 2-3 times a day, it's very "gezellig". I would recommend the 15-meal plan, since I had this and it was perfect. If you never eat breakfast, I suppose the 12-meal plan is fine as well.

The buildings regularly have activities (pancake party, movie night) and it's fun to participate in the activities that your building has or at least see what's going on.

leisure & culture

What I noticed immediately in Laramie, is how kind everyone is. Everyone is super polite and everyone holds the doors open for each other, which was quite a surprise for me as in the Netherlands this is not that common. I had to get used to less direct people, but I actually really liked it. Also, it is true that they dress very leisurely when going to class. When you would wear an outfit that you'd normally wear here in the Netherlands, you will definitely be noticed (but not in a bad way, they think it's funny that you put 'so much' effort into your outfit). Everyone in town is also very nice and I really haven't met anyone that wasn't nice. They are very glad to help you with something or even drive you somewhere if you know them. That's actually another thing, it's really helpful to become friends with people with cars (but almost everyone has them so it's not too difficult).

The people in Laramie are open and very interested in international students so just go and talk to them, I'm sure it's fun for both of you and they are almost always ready for a conversation.

The best way to get involved in campus life and meet American students: join a club! There are so many fun clubs at UWYO, for example sports clubs and they take it pretty seriously. It's especially fun if you're able to join the competitions, since these are mostly weekend getaways with the whole team. There are also a lot of other events on campus. I didn't go to everything, but the activities from the Outdoor program are really nice and you get to see a lot of Wyoming and Colorado that way.

There is a really big fitness centre on campus, where they also have fitness classes, a swimming pool, basketball court etc. Don't be intimidated by the many gym bros and just have a look or maybe try something like getting a bouldering certification.

suggestions/tips

There are free taxis to get around town in the evening and during the weekends. You'll probably need these since at those times there are also no buses, if you would want to go to the Walmart for example.

Also, try to explore the town. Laramie is not very big, but there are a few cute shops and cafés.

The weather is very extreme. It can be quite hot (30 °C) but also super cold (to the point that you're advised not to go outside unless absolutely necessary). Take enough clothes with you, as the only shop where you can get clothes is the Walmart or maybe some small shops. If you want to ship something, or order, be prepared for it taking a lot of time because Laramie is quite isolated.

If you like winter sports, take your stuff because there is a (small) skiing area not very far away from campus.



CONCLUSIONS

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

Yes!! I feel like going to Laramie gave me a more "American" experience than if I would've gone to a bigger city or a city in the east or west coast (although I'm sure that's really nice as well). People in Laramie actually still walk in cowboy boots and cowboy hats and you might encounter people that don't know that the Netherlands exist or ask really funny questions. This was an experience that I will remember for the rest of my life and I'm already thinking of going back to visit some time in the future.

do you have any additional advice or comments?

A lot of people here are pretty right winged politically, especially when compared with the Netherlands. I wouldn't talk too much about politics when you notice someone has a very different stance than you, unless you feel like having a heated conversation.

Explore the town, the state and the US when you're there!



UU Study Abroad Report Form

	Contact info available at the IO.
faculty/college	College of business / college of arts
level	<input checked="" type="checkbox"/> bachelor's
name study programme	Courses from international studies and economics

destination city & country	Laramie, United States of America
name university abroad	University of Wyoming
start date	09 / 01 / 2023 (dd/mm/yyyy)
end date	12 / 05 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange preparation process went smoothly, although a lot needs to be done. I really had to make checklists for things like a visa, housing and other things.

counselling & support at Utrecht University

The support from UU is good. Whenever something was unclear, I just contacted the international office and they helped me. It made it a lot easier for me.

academic preparation

Since I did my exchange in a field that is different from my bachelor (physics and mathematics), I did not really know what to expect. I therefore also could not really prepare academically; it really was a deep dive!

language preparation

Since I had already a strong background in the English language due to having done bilingual high school, I did not really have to prepare for a language barrier.

finances

I used some of my savings for this trip. Since I just continue with the UU tuition, it was not too bad. However, food and housing was a little more expensive than in the Netherlands and you do need some savings. Also, for this university, a bank statement to check for sufficient funds was needed.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The content of my study in Laramie was less difficult than back home. I also had less contact hours. However, groups are small and interaction is personal.

academic quality of education activities

The academic quality is good. I never felt bored and the topics were interesting.

counselling & support at receiving university abroad

The international office and international student community at the university of Wyoming was great and the people are really nice. I had a lot of great moments with them.

transfer of credits



Should go smoothly

STUDENT LIFE

welcome & orientation programme

With the international students, the orientation is a lot of fun. I made new friends from all over the world and you get an introduction to the city.

accommodation

Although the standard is dorms, I opted for an apartment where you live with three others. I had a great time and loved being able to cook my own food. It was on a walking/cycling distance from campus and the rooms were quite large.

leisure & culture

There is a great amount of bars around Laramie and I would recommend taking 'swing dancing' lessons. Also, the Outdoor Program of the university organizes many trips to go hiking, mountain biking, skiing, climbing and much more. I would really recommend doing this, as it is a great place to get outdoors.

suggestions/tips

Go outdoors, make friends with Americans, join a sports club, take swing dancing lessons

CONCLUSIONS

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

I would recommend the university of Wyoming to people not afraid to do something unusual and like an adventure. Although it is a small town, the people are nice and there are lots of outdoor opportunities. I had a great time with both internationals and locals and would really recommend joining a sports club or interest group to find people with similar interests to have fun with.

do you have any additional advice or comments?

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UU Study Abroad Report Form

faculty/college	Law school
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	Law

destination city & country	Laramie, United States
name university abroad	University of Wyoming
start date	19 / 8 / 2018 (dd/mm/yyyy)
end date	18 / 12 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

There is a lot of work to do before you can actually start your time abroad. The most important thing is that you will have to get a visa for the United States. I experienced that this can be a pretty time-consuming process, so I would definitely recommend starting this process as soon as possible. Besides that, I would recommend to make sure that you have a health insurance that covers as much as possible. By doing so I managed to get a waiver from the mandatory student health insurance (\$1225 per semester!). The University of Wyoming provides a document with all the steps you need to follow on things such as signing up for classes and housing so there is no need to worry about that. Despite that, I do recommend to start in time!

counselling & support at Utrecht University

The exchange office is always willing to help. They have a lot of experience with the exchange application process, so they will know what to do. They also know the people at UW, which is definitely an advantage.

academic preparation

The University of Wyoming offers classes on different levels. Classes range from 1000 (freshman; first year) to 6000 (Grad school; master degree). I guess you could say that it's comparable to the system that we know in the Netherlands as 1000 level classes are first year, 2000 level classes are second year etcetera. It's possible to change classes until 2 weeks after classes started, so if it turns out that you do not like the class that you're taking it is possible to switch. However, be careful. Classes fill up very fast so it probably won't be possible to sign up for all the classes that you would like to take.

language preparation

Assuming that your basic English speaking and writing skills are fine, there is absolutely nothing to worry about. In my experience professors are very patient and understanding when it comes to people that have trouble speaking the language. Besides, you'll pick up the language very fast when you surround yourself with native speakers.

finances

The US are a very expensive place to study. Especially housing and a meal plan can cost you a lot of money. So, make sure that you save enough money before your depart to the US.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The content of classes can differ a lot. Engineering classes take a lot of time, whereas political science classes are not that time consuming. This is caused by the large amount of homework and labs engineering students



have to do. All of the classes are very well organized and it is unlikely that you will experience any problems with the organization. I do recommend talking to a professor about your classes when you arrive. It will confirm or change your decision, but in my experience it is really helpful.
academic quality of education activities
The classes are of high quality. The exams are probably easier than the ones that you're used to in the Netherlands.
counselling & support at receiving university abroad
The ladies of the international office are very friendly and are always happy to help you with any problems. Whether you need to make an international phone call or you have trouble picking classes, they will help you.
transfer of credits
This is a very important and confusing matter. Utrecht University makes you submit your transcript and other information about your classes at the end of your time abroad. Therefore, the number of credits that you will receive in the Netherlands will be determined after your return. Make sure that you pick classes of a level that is high enough (probably 3000-4000 level classes) and don't do any freshman level classes because you won't receive any credit for those classes.

STUDENT LIFE
welcome & orientation programme
The program itself isn't anything special. However, it's a great way to meet new people and most friendships are made during this week.
accommodation
I stayed in the dorms as I believed that living in the dorms was part of the typical college experience and I turned out to be right. The dorms are very basic. It's a small room with a closet, sink, desk and two beds. Bathrooms are shared and there is a common space with some couches, tables and a tv. Despite the fact that there isn't much luxury, it was the ultimate college experience. Your friends are just a few doors away and you're living on campus. Some friends of mine lived in the apartments. The advantage of the apartments is that everybody has his own bedroom. However, you'll have to go to the grocery store for food (and traveling by bike through Laramie is not ideal) and you live off campus. Many of my friends told me that they wished that they would've lived in the dorms because they felt like they weren't living the college life as much.
leisure & culture
There are many things to do both on and off campus. Especially when you're an outdoor type of person there is a lot of stuff to do. On campus there is a beautiful gym with a climbing wall, pool, running track and squash courts. Besides that, there are many options to do team sports on different levels. Personally, I played soccer for the soccer team which gave me the opportunity to see many other universities too during away games. But you can play pretty much every sport. The university also has an outdoor program which rents out outdoor gear such as ski's, mountain bikes, climbing gear etc. They also organize many trips. Besides actually doing sports, there are a lot of options to watch the university sports teams. Especially the football games in the stadium (30.000 people) are really something special. If you're not that into sports in general, Laramie also has some bars and some beautiful nature. The bars are really fun and you'll find out soon enough where you have to be.
suggestions/tips
Even if you're not into sports, go to see a football game! It's more about having fun with friends, food and drinks than it is about football. Also, try to go to the Rocky Mountains. There are a lot of beautiful towns and parks out there!



CONCLUSIONS

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

I would definitely recommend this university to others. The people in Wyoming are super friendly and there is a lot of stuff to do out there. I'm 100% sure that you won't regret it.

do you have any additional advice or comments?

Make friends with a car! I'm pretty sure this advice will be applicable all around the US but public transportation outside big cities is limited. Most Americans have cars, so go find them! Also, bring a coat that can block the wind (especially when you're going during the spring semester). During the spring semester it gets really cold in Laramie, but the wind is the bad thing. If you're not a big fan of the cold, go in the fall. I attended UW during the fall semester and only the last few weeks were kind of cold.



UU Study Abroad Report Form

Faculty/college:	Social Sciences
Level:	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Psychology

Destination city & country	Laramie, United States
Name host institution and/or company/organisation	University of Wyoming
Purpose of exchange	<input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	08-23-2016
Return date (dd/mm/yyyy)	12-29-2016

Preparation

Exchange/placement application process:

Once you're selected for the University of Wyoming, there are quite a few things you need to do before you are actually ready to go to Wyoming. For example, you need to get a Visa for the United States, you need to prove that you have enough money for your stay in the United states, and you need sign up for classes. The University of Wyoming gives you a document with all the steps you need to follow, so there's no need to worry about it. Just start on time with all the things you need to do, so you won't get in trouble once the time is finally there.

Counselling/support at home university:

Utrecht University and the exchange office offer you all the help you need during the application process. If you get stuck during the process, or if you have any questions regarding the application, just ask the exchange office. They're always willing to help and have lots of experience to do so.

Academic preparation:

The academic level of the University of Wyoming is comparable with the academic level of Utrecht University. The University of Wyoming offers a lot of classes in all kind of disciplines. Classes range from 1000 (Freshman; first year) to 6000 (Grad school; master degree). For bachelor students at Utrecht University it's only possible to sign up for classes from 1000 to 4000. Logically, upper classes (3000, 4000) are more difficult. In these classes you can expect more writing (papers, essays) and exams are harder. As it is possible to change classes the first two weeks after the semester has started, you can always change classes if you like. Keep in mind that classes can reach full capacity, so start signing up for classes as early as possible.



Language preparation:
All classes are, ofcourse, taught in English. Make sure your English is well-practiced, both in oral and written. It is expected that you can write papers in English and that you can involve in discussions in class. It's up to you if you need any extra practice before starting the semester abroad. My experience learns that you pick up your English very fast once you're in an English speaking country
Finances:
The United States is an expensive place to study. Make sure you've saved enough money before you go. You can't get a job once you're in the United States so you have to take that into account as well.
Study/placement abroad period
Study programme/work plan (concerning content and organisational issues):
Classes are very well organized, but differ a lot in content. Some classes contains a lot of work, where others just have lectures and exams. Every class has a study guide which tells you everything about the specific class. Read them carefully and decide if you want to take the class, if not; switch classes
Academic quality of education/placement activities:
The classes are based on a first come first serve principle, so make sure you sign up on time. The classes are of good academic quality.
Counselling/support at host institution/organisation:
The University of Wyoming offers perfect help to all international students with all kinds of questions. There is an international office at the University of Wyoming which will get you through the first days in Wyoming, until everything is set to start the semester. Once the semester started you can always reach out to them to get advice or help with any kind of problem you might experience.
Transfer of credits:
If you want to receive 30 ECTS (which is normal for a semester at Utrecht University), I would highly recommend to sign up for 5 classes. Since I got enrolled in 4 classes, I only got 24 ECTS. Also, take into account that an A in the United States doesn't necessarily get transferred as a 8 or higher back home. Sometimes Utrecht University might ask for papers/essays you wrote to evaluate your work you did to get an A.
Student life
Welcome/orientation programme:
The welcome programme is fine. It's a nice way to meet other internationals and to get to know the campus.
Accommodation:
Living in the dorms is the easiest option. You live on campus and you're sure you're going to have a place to sleep once you arrived in Laramie. The dorms have single beds so you might have to get used to that. But on the other hand, it's a nice place to live and you'll meet a lot of people who live on the same floor/building.
Leisure/culture:



I didn't experience a culture shock. The culture in Wyoming is similar as the culture in the Netherlands.
Suggestions/tips:
The more time you invest at the beginning of the semester the better it will be later in the semester. Try to make new friends and join activities. By doing this, you will meet a lot of different people which will make your time in Wyoming one to remember. I would recommend to join a sports team (soccer, tennis, rugby, etc.). You'll meet a lot of locals, so you can experience how Wyoming is like through the eyes of a local and not just of an international.
Conclusions
Would you recommend this host organisation/destination to others? Please explain:
I would very much recommend the University of Wyoming to others. Laramie is a small city, but the city is packed with students, which makes it a real student-city. There is a very relaxed atmosphere in Laramie where all students get along really well. Also, if you like living close to nature, this is a perfect place. The university offers a lot of activities and trips to the beautiful nature in Wyoming and the surrounding states.
Do you have any additional advice or comments?:
Enjoy your time and bring warm clothes.



UU Study Abroad Report Form

Faculty/college:	Geosciences
Level:	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Human Geography and Urban Planning

Destination city & country	Laramie, WY, United States of America
Name host institution and/or company/organisation	University of Wyoming
Purpose of exchange	<input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	22/08/2016
Return date (dd/mm/yyyy)	20/12/2016

Preparation

Exchange/placement application process:

The process was pretty long and requested a lot of patience, especially since I chose for a university-wide destination, it was a lot of work to find out what courses could fit into my bachelor.

Counselling/support at home university:

The support I got from my study counsellor was not helpful at all, since he had little to none experience with students going to the United States. So a lot of the work that had to be done with finding courses, I had to do on my own. Luckily, when the official documents had to be filled in, the people at the UU international office were very helpful. Although that does not mean you can just lean back and wait for them to do everything for you. Be proactive, really, it does help!

Academic preparation:

In my experience, especially for bachelor students, the knowledge you bring from back home is more than sufficient to make sure you can pass all of your courses. So no worries about that. For master students, it might be different. I met a lot of international students there who did their master degree there and the level of difficulty is completely different in comparison to the bachelor courses. However, I truly believe that if you can complete a bachelor at a Dutch University, you can also get a master degree at UW.

Language preparation:



For me personally there were no troubles adapting to fully speaking English all the time. I met some people that struggled in the first month, but after that they overcame their anxiousness, really that is what 90% of the language struggle is, and spoke English pretty good after that. I am not saying you will be a native speaker upon arrival back in The Netherlands, but you will surely have made a lot of progress. Thereby, don't be afraid to speak English there, it is a small town where people actually are amazed that you are trying to speak their language.

Finances:

This might be your biggest concern. I lived in the dorms, which is the cheapest option and cost about \$2500. Since the dorms are not equipped with a kitchen, there really is no other option than to get a Meal Plan as well, which, for the standard 12 meal plan, also cost about \$2500. So that will get you to a total of \$5000 dollar, just for accommodation and food. Then there is the plane ticket as well, which cost me about 600 euros. Don't forget to enjoy live there as well, there are plenty of possible trips possible and going out in one of the Laramie bars. In total (and that includes the following: Dorm room, 12 meal plan, flight + shuttle to Laramie, 3 day Yellowstone trip, 2 day canoe trip, flight and accommodation in Seattle, Miami, South Dakota, Nebraska, Los Angeles, and San Francisco ((like I said, live your life, it's worth it)), a total of 15 days car rental, beer (which is surprisingly cheap in Wyoming), going out and some necessary stuff bought at Wall Mart) the entire stay cost me between \$13000 and \$15000.

Study/placement abroad period

Study programme/work plan (concerning content and organisational issues):

The University of Wyoming had a pretty extended introduction program, which is a good opportunity to meet other people. Meeting other people is crucial to your stay there, try to be social the first two weeks or so, really, it will make your experience even better. UW works with its own system called WyoWeb, which is not the most easy computer system to work with, but once you get the hang of it, it is fairly pleasant to work with. Upon arrival on campus you will also get a tour over the campus itself before being led into a building where you fill in some required documents and go to the health check. Before you get all scared, it does not mean anything. The woman, in my case, just asked my name and where I came from, then she looked on her computer for about a minute and after that I was good to go. So no worries there. Also, there are some very pleasant people working there at the International Office, who are extremely nice. You can always walk in there, or reach them via mail. They can help you with practically all of your questions

Academic quality of education/placement activities:

I find this part pretty difficult, because it is split into two parts for me. I took 2 freshmen courses and 2 senior, 4th year, courses. The freshmen courses start of extremely slow, you should take one just for fun and see how ridiculous the first two/three weeks are. However after that the reading get more and more. So even for those courses, just do your reading, it will save you a lot of time at the end of the semester, when you are already thinking about leaving. The senior courses were completely different. They were small groups from 8 and 20 people, where there is a lot of contact with the professor. These courses for me were truly wonderful, it helped me to create an idea about the American way of life, not only because of what you learn in class, but also when you are talking to your fellow students. In these two courses I was the only international student, which made it for



the American themselves even more interesting to talk with you. Finally, if you are planning on going to UW and have some space left in your course schedule, make sure you take a course by Jeff Hamerlinck, the man is fantastic! You will notice it yourself when you get him as a professor. He teaches at the planning department at UW, so you might need to take a planning course.

Counselling/support at host institution/organisation:

Great! Like I said before, really kind people that will help you with anything!

Transfer of credits:

Not easy, it is a pretty big hassle, so be on time!

Student life

Welcome/orientation programme:

It was nice, not very helpful on giving insight about life in Laramie and at UW, but an excellent place to meet new people. Like I said before, try to meet new people, they will help making the abroad experience even more unforgettable.

Accommodation:

The dorms at UW are pretty old, which does not mean they are in a bad condition. However you have different buildings to choose from, I lived at Downey Hall together with an American roommate, they are very similar. If you choose to live at the dorms, it might be a good idea to buy your own pillow and blanket instead of getting the free ones that UW offer for international students. Also, if you live in the dorms, you might want to think about transforming your bed to a lifted bed. The rooms are small, so this gives you some extra space to store some of the extra stuff that you are planning on bringing with you. The rest of the campus is mixed, there are some older buildings and there are brand new buildings, for instance the gym, it is absolutely stunning. Also the Chief Washakie dining centre is well maintained.

Leisure/culture:

I can be pretty short about the culture aspect in Laramie, there is not much there. It is a small village with about 30.000 people living there, from which 15.000 of them are students. Wyoming itself has a pretty interesting history, but it does not have a real landmark that you can visit. Within Wyoming you should plan on driving a pretty long distance to see some of the cool stuff it has to offer, like Yellowstone National Park (7 hour drive) and Devil's Rock (9 hour drive). You can also drive down to Denver in Colorado (about 3 hours) if you want to see the complete opposite of Wyoming in terms of liberal and conservative (Wyoming is very, and I mean very, conservative in general), whereas Colorado, especially the area around Denver, is extremely liberal. However it might seem like I am down talking Laramie and the state of Wyoming, it has been an unbelievable experience for me. I made some great friends, whom I visited already back in Europe and I am planning on visiting a friend that lives in Dubai. Also, for the party people among us, there is no real club in Wyoming, there are plenty of bars that are crowded over the weekends and on Thursdays. Tip: There is a bar right behind Downey Hall called O'Dwyers, it is a 3 minute walk from any of the other residence halls, and make it your starting bar if you want to go out. It is a pretty calm bar, where you can go at any time you want, that serves the best shots, they are called apple pie shots, just order, you'll see what I mean. The people, however a bit strange, are very nice and used to international students.



Suggestions/tips:

Live life to the fullest, it is your once in a lifetime experience, you can make it the best time of your life, even in a small town like this. The people are great, friendly, however at the beginning a bit shy towards international students, the professors at the university are very "reachable" and can help you with your school stuff and the surrounding nature is gorgeous! Just go and live the dream.

Conclusions

Would you recommend this host organisation/destination to others? Please explain:

Dear god yes, I think the sections above were pretty long already, I am not going to make you read too much more. One last thing, go to see a football match, The US are crazy about their sports and Wyoming is no exception.

Do you have any additional advice or comments?: