



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.

family name*	
first name*	
student number*	
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 type="checkbox"/> yes: @ my weblog <input type="checkbox"/> yes: my Facebook account <input type="checkbox"/> yes: other (social) media <input type="checkbox"/> yes: or <input checked="" type="checkbox"/> my contact details cannot be published on the UU webpage, but I do give the International Office permission to forward my e-mail address to individual students interested in my host university abroad: @
<i>See end note for * and **</i>	
faculty/college	Geoscience
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Sociale Geografie en Planologie

destination city & country	Joensuu, Finland
how did you travel to your destination?	Airplane and train
name university abroad	University of Eastern Finland
start date	1 / 8 / 2022 (dd/mm/yyyy)
end date	16 / 12 / 2022 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	The application went really well. The communication from the receiving university was really clear by email. Also they had in June an introduction lecture though Zoom, which made things really clear. The rest of the application at UEF is quite easy.
counselling & support at Utrecht University	The documents were clear from UU, but I didn't feel much of support from UU unless you asked for it. You have to take care of everything yourself and have to keep on eye on every detail to make sure it all goes well.



academic preparation
There was no academic preparation needed.
language preparation
Except from the language test of Erasmus, I didn't have to do language preparation. In Finland everyone speaks very well English.
finances
I had some savings, but the Erasmusmoney was needed for finance. Finland is overall more expensive than the Netherlands. Especially vegetables are more expensive. But you can eat lunch at uni for 1.60EUR, which I'd recommend, the rent is about 200EUR per month and also doing sports in Joensuu is 35EUR per semester. These things are relatively cheap in comparison to the Netherlands, but other things are for sure more expensive than you're used to in Utrecht.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
Some courses I was preparing to follow, were not able to follow anymore when I had to sign in for courses. That was sad. These were transferred to the spring semester. Though you can choose from a lot of courses from all faculties and the courses were very nice to follow and lots of variety. You have to follow more courses than at UU, like 6/7 courses, but if you manage well, it's easy to do.
academic quality of education activities
I feel like the workload of education in Finland is less than in the UU. The topic of the courses is different, but I think I needed to do less. I did think the courses were well given. One master course I took came the closest to UU-academic workload. Though the topics were more my interest in Finland, since they had more to do with sustainability. It was different education, but it was very nice education.
counselling & support at receiving university abroad
The support was really well. They were always available to help with issues.
transfer of credits
30 ects.

STUDENT LIFE
welcome & orientation programme
Two of the three days were offline, but still the information was very clear. Online is just a bit more boring than taking the orientation in real life. Though it was very nice. You get a tutor as well, who is willing to do arrange a lot of things, so that is very nice. Also recommended is to go to ESN parties to meet lots of new people.
accommodation
Ellis housing is nice. You live with 2 other persons, who are randomly chosen. I was very lucky with nice roommates. I suggest Karjamaentie of Latolanku, since most erasmus students live here.
leisure & culture
The nature is very pretty around Joensuu and in the whole of Finland. In the town is not very much to do, except when student activities are being held (which is around every three weeks, than the city has nice activities). Though it is a very nice town, since everything is nearby and you meet so many friends in town, since you always see familiar faces. The Finnish are very kind, but they have to open up in the beginning. In the beginning they are really quite. But because it is quite small you see a lot of the same people in town of at uni,



and that makes it very much fun. It was a very nice place to stay. You can also travel great from Joensuu to other places in Finland, which I recommend since you can see the most amazing nature in Finland, even from Joensuu (like northern lights!)

suggestions/tips

Save some money, it is not cheap here in Finland. Go to ESN events, trips and to the introductions. Enter also all the groupchats, because lots of information is given in here by students and people who know a lot of Joensuu. Choose either Karjamaentie or Latolankato to live in by Elli housing, which already have furniture and lots of erasmus students live here. Rent a bike, this is the easiest way to move around. Go to uni for great and cheap lunches, also the bread is really good at uni (maybe even better than in the Netherlands). You'll get used to the darkness around november and december.

Nice places to go: Bepop, Barplay, Kuhasalo park, Ilona, Koli national park, all the lakes in the neighbourhood.

CONCLUSIONS

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

Yes, the university is very nice arranged. The uni system is different, because you have to follow around 6 courses at the same time, but I think the level is less than you've to do in UU. Though you have to plan well to finish everything in time, because 4 months fly by.

Finland is breathtaking in nature and the people here are very kind. Also almost everyone speaks very nice English, which is needed, since learning Finnish is really difficult. But Joensuu is an amazing place to stay for four months!

do you have any additional advice or comments?

no

Save this UU report for your own records and upload the report in your Erasmus+ file/application in Osiris within 30 days after finishing your study abroad period and in ANY case before the final deadline!

NOTE: Please **upload in Word (.docx)** so we can delete your ***personal details between processing for grant purposes and publication on the website for future UU exchange students. **Contact details will only be included if and where permission has been given.**