



ERASMUS+ STUDIES - UU Report

permission to publish contact details** <i>See end note for * and **</i>	<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: fsdebruijn@gmail.com my weblog <input type="checkbox"/> yes: my Facebook account <input type="checkbox"/> yes: other (social) media <input type="checkbox"/> yes:	or <input 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: @	
faculty/college	BSS		
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD		
name study programme	Psychology		

destination city & country	Aarhus, Denmark
name university abroad	Aarhus University
start date	21 / 01 / 2019 (dd/mm/yyyy)
end date	30 / 06 / 2019 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	
	You have to fill in many documents, need to collect several signs and will have to send many e-mails, but it is so worth it! It can be a bit stressful but if you keep track of the deadlines you will be fine!
counselling & support at Utrecht University	
	I really appreciate the way Utrecht University provided counselling and support. In my experience the e-mails, preparation meeting and appointments on request were very helpful.
academic preparation	
	I am not sure what kind of preparation we are talking about, but generally speaking I did not prepare myself academically. The levels of education were comparable, so preparing myself was not really needed.
language preparation	
	Not needed since all courses were in English and Danish people mostly speak English very well. I had to take the language assesment test, but don't stress about that cause it is just to trace your improvement.
finances	
	I saved up a 1000 euros and together with the Erasmus grant, my DUO loan and my parents contribution it was sufficient. Prepare yourself to spend a lot of money!! I think I spend around 1200 euros per month. Discovering new places and meeting new people can be pretty expensive, especially in Denmark. Coffee lovers I gotta disapoint you, a cappuccion costs around 4/5 euros.



STUDY ABROAD PERIOD	
study programme (content and organisational issues)	Figuring out my courses en choosing them was a bit hard. For a long time I had no insight in the possibilities. Once I had chosen my subjects 1 course was cancelled, so I had to pick a new one. After that I had no trouble at all. I followed three subjects within the field of Psychology, resp Medicalization of Society, Empathy and Moral Minds.
academic quality of education activities	The way of teaching is quite different from what I was used to from Utrecht University. Classes were way more interactive in Aarhus! In contrast to the Netherlands I didn't have any mass lectures. Classes were given in small groups and everyone was expected to actively contribute. The contribution and attendance was required to pass the course. In addition I had to present, but still the workload was very low-key. Especially since I had no exams or essays to write. However, I would stay that the level of education is similar to the Netherlands.
counselling & support at receiving university abroad	Good, no comments. The communication was very easy and e-mails were always answered quickly. The staff is very kind, so do not hesitate to contact anyone ever!
transfer of credits	That still needs to happen, so no comments on that.

STUDENT LIFE	
welcome & orientation programme	Aarhus University did an amazing job on the orientation programme. Make sure you can join it!! There were loads of opportunities to meet other students and to get to know the city and the university. All people in charge were so so welcoming. So in short it was a very nice start!!
accommodation	I chose to arrange my accomodation myself via Danish friends and facebook. I have been incredible lucky since I found housing at the unipark. That is the best you could get! I would really encourage people to try at least to find housing on their own, since offers from AU housing can be located far out. Personally I believe that living 8 km away from the centre/university could truly undermine your experience.
leisure & culture	Lets start with saying that Aarhus is so so so amazing. There is so much to do, so you will never get bored. The combination of the city centre and the nature is perfect. The city is cozy and easy to get around in by bike. You will easily find your way around. At the same time it is a vibrant, young city with enough excitement going on. I loved the night life! There are no big clubs but there are plenty of bars and small clubs around. All of them located at the river, so you can easily hop around.
suggestions/tips	If you are still in doubt: go!!!! There is no way you will regret this experiences. I never believed it when I read it but I can genuinly say I had the time of my life. Places: - Lima (cheapest cappuccino and biggest you will find down town) - Bar Smil (hiphop) - Vision Dome (café)

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

YES! I 100% recommend going abroad and Aarhus in particular. The experience of building a new life somewhere abroad is just so empowering. It is a challenge to yourself, take it and you will gain so much!

do you have any additional advice or comments?

Don't let any fear hold you back!



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	my weblog	<input type="checkbox"/> yes:
	my Facebook account	<input type="checkbox"/> yes:
	other (social) media	<input type="checkbox"/> yes:
	or	
	<input 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: @	
faculty/college	Humanities	
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD	
name study programme	Taal- en Cultuurstudies	

destination city & country	Denmark, Aarhus
name university abroad	Aarhus University
start date	25 / 01 / 2019 (dd/mm/yyyy)
end date	25 / 06 / 2019 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	It was very easy to apply for the university. The deadlines are known early on in the application. But you will receive multiple reminders from UU coordinators regarding the beginning of the application dates.
counselling & support at Utrecht University	The International Office is always available for your questions. They respond very quick to emails, and have a lot of information. For example regarding your grades, changing of courses etc. Also if you have questions regarding the requirements of the Erasmus Grant. But most importantly, they can always help when you fear of failing a course abroad.
academic preparation	The standard of Utrecht University is quite high. This way, you are already used to this high standard. But I don't recall a specific academic preparation for studying at an abroad university.
language preparation	Utrecht University provides a lot of courses already in English. Therefore, the transfer to an abroad university is not that hard, since you are already used to reading English academic literature
finances	The Erasmus Grant provides a steady base for your time abroad. Also the IO makes sure you are aware that the grant does not guarantee to cover all your expenses.



STUDY ABROAD PERIOD

study programme (content and organisational issues)

The courses did not fully entail what was said in the course description. I had higher expectations of the courses, then what they turned out to be. The content was okay, but not as challenging as I would have hoped.

academic quality of education activities

The course Web-based Communication was most similar to courses of Utrecht University. The literature was of high quality and understandable. My other two courses (Vikings in modern culture and Danish Perspectives) were courses for Erasmus students. Therefore, the quality was a bit lower and less challenging.

counselling & support at receiving university abroad

The counselling was really good. The first week is all about receiving important documents, filling them in and the University does the rest for you. You also receive a temporary doctor close to your home. I felt really taken care of by the university.

transfer of credits

The transfer of credits is done quite good. Your student counsellor sends the transcript of records directly to Utrecht University. The exam commission responds very quick to your request for the courses you would like to do during your stay abroad.

STUDENT LIFE

welcome & orientation programme

The welcome programma was mostly focussed on giving you important documents, signing them, and giving them to the university. This is really handy. But I missed an orientation to really get to know people. For the humanities faculty, this was only 1 day where you had a buddy group and walked around campus. I wished to have more days of orientation with exploring the city.

accommodation

The accomodation was really good. You could choose to get a room by the university. You have a lot of options where you can choose from. These options are not specific houses, but a studio or room in a dorm, apartment, etc. They will send you an email when they found accomodation for you and you will have 2 days to respond to the room. The rooms are clean and have the furniture you need.

leisure & culture

Aarhus is a lovely city. Everything you need is in Aarhus. The best shops, bars, nightlife, cultural evenets, etc. I really loved the relaxed sphere around the city. A lot of things are free for you as a student, or you can get a discount at many places. Make sure to use the discount since Scandanavia can be quite expensive.

suggestions/tips

Get an Aros Card in the beginning of your semester. You will get an discount for the card in the orientation and with this card, you and 1 extra visitor can go to the Aros Museum for free! This is perfect when friends or family are visiting. Get a bike!! 7 gears minimum or an electric one, since Aarhus is built on a hill. They have Swapfiets in Aarhus for a reasonable price.

CONCLUSIONS

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

Yes. Although I like the organisation of the courses in Utrecht better, Aarhus University is a good university. They have a broad course catalogue and a really good staff that can help you with everything. The people (teachers and Danish students) are really nice and open to meet new people. Eventough they tell you that it is hard to connect with Danish students, they are all curious to know more about you once you start talking.



Aarhus is the perfect location in Denmark to travel to other places in Scandinavia. With a good connection to Copenhagen, you can travel anywhere.

do you have any additional advice or comments?

I preferred the structure of Utrecht University, where you have 2 hours lecture and 2 hours workgroup in a week. At Aarhus University, one class can take up to 3+ hours, where some courses have more structure than others.



ERASMUS+ STUDIES UU Report

family name	xxx
first name	xxx
student number	xxx
e-mail address	
faculty/college	Humanities/Geosciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Liberal Arts and Sciences

destination city & country	Aarhus, Denmark
name university abroad	Aarhus University
start date	22 / 01 / 2018 (dd/mm/yyyy)
end date	24 / 06 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

Applying to Aarhus University was easy. The International Centre of Aarhus is very helpful and they are quick with responding by e-mail. Also, don't hesitate to send an e-mail when you have a question about anything. Since I'm a liberal arts & sciences student with a major in Sustainable Entrepreneurship and Innovation at the UU, it was unclear for me what courses I was allowed to follow at Aarhus University. I wanted to follow Business courses from Aarhus Business and Social Sciences. After asking this by e-mail, they replied that I could absolutely follow these as long as I kept the course requirements in mind. Furthermore, the website of Aarhus University is very clear and you can find a lot of information there.

When you apply you get e-mails and a temporary account for the self-service website of AU. The process is pretty easy, everytime you have to do something you receive an e-mail from the International Office.

Something to note is that the organization within departments of Aarhus University differs from department to department. The School of Business and Social Sciences (BSS) was very organized and the international coordinator of the BSS was always willing to help.

counselling & support at Utrecht University



The university broad international centre of UU was very helpful, it was easy to ask questions by e-mailing or stopping by.

academic preparation

I didn't do any specific academic preparation. I read the course descriptions of the AU courses and based on them I decided whether I wanted to follow the course or not and whether I thought I could pass the exams.

language preparation

I didn't take Danish language classes in advance. After coming to Denmark there was the opportunity to sign up for free language classes which I did. However, after a few weeks I decided to drop the classes. It is fun to follow them when you have a fun group, but it is absolutely no necessity to learn Danish since Danes speak English very well. The courses I followed are in English.

finances

I got an Erasmus scholarship and before I went to Aarhus I saved some money. I put my student loan to the maximal amount during the months I stayed there. I subleased my room in Utrecht so that covered my rent for the room in Aarhus. Overall, Denmark is expensive, but with my savings and the student loan I was able to do a lot of fun stuff; travelling, going out and doing daytrips. I didn't have any problems with finances.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

My study programme was very well organized. Registration for courses was easy, the course catalogue is well organized and clear (so information about the course is easy to find), and lastly, AU university (or at least, my department; the BSS) works with blackboard as well. All other information about e-mail addresses and how to work with the online systems is explained during the introduction week.

academic quality of education activities

The academic quality of the university was high and very interactive. I really enjoyed the lectures and tutorials more since there is a lot of room for discussion. The interactive academic culture is typically Danish (maybe even Scandinavian), it is very informal which makes it extra fun. The teachers and students respect each other a lot and approach each other in an informal way. In my opinion, this makes it extra fun to learn. Also, there is a focus on thinking critically and analytically, no opinion is wrong. Teachers encourage you to think about content and share your views.

In general, studying in Aarhus is very relaxed. Students take their studies serious, but they value their spare time. The work-life balance is really noticeable in the way they approach their studies, I think it's very efficient and everyone can learn from this academic culture.

counselling & support at receiving university abroad

The support I received from Aarhus University was very good.

transfer of credits

They work with different grading scales so it may take some time until the credits are transferred.

STUDENT LIFE

welcome & orientation programme

Aarhus university (especially the BSS department) has a great welcome and orientation programme. There are a lot of parties and events in the first week, which makes it very easy to meet people. Also many facebook groups are created, I was already part of them even before I arrived in Denmark which give me the opportunity to meet other internationals online already.



The BSS had a full introduction week. We were placed in groups and had two mentors, for five days we were taken to the university campus and other events. We got lunch and did games to get to know each other. My mentors invited us for dinner before every party that week, which really bonded our group. I was very lucky to be in a group with great people (which are still my friends) and to have mentors that were very engaged and tried their best to make us feel at home, they also took us for bowling for example. Throughout the semester we had several dinners or planned to go out all together.

Furthermore, presentations are given during the introduction week to make sure you know how all digital platforms work, who you can contact for what, and how the Danish culture and student life works. The slides of those presentations are sent through e-mail as well, so in case you want to know more about what is presented (for example sports clubs or other activities) or when you need to contact someone you can find all information really easy.

accommodation

AU provides housing for every exchange student, however I heard that it is easier to get accomodation in the spring semester than in the fall semester, since in fall there are more exchange students. Once you are offered an accomodation you get the opportunity to accept it or to turn down the offer. Every exchange student only gets one offer, so I would advise to take it. You can look for accomodation yourself, but I heard the housing situation is similar to Utrecht.

I lived in the Teknolog kollegiet residence, it was a 10 minute bike ride to the centre and it took me about 20 to 25 minutes to get to the BSS (the faculty where I had all my courses). At first, I wasn't too excited about the residence since it appeared to be quite far when I looked on google maps before I arrived in Aarhus. Then I heard about people that lived even more far away or even in a different town near Aarhus. I also had friends living right in the city centre, they got very lucky! So it's hard to say but with a bit of good luck you get a nice accomodation. Also, I wouldn't worry about it too much since you are probably going to be out a lot! I rarely spent full days in my residence, and when you have a bike it is very easy to get around Aarhus (it is not the biggest city after all). Also public transportation is very good.

leisure & culture

Aarhus is a very vibrant city. Especially in the months May and June almost every weekend there are things to do in the city centre, from bigger festivals to marathons to weekly live music at the water. It is a student city and the nightlife is a lot of fun, there are many bars to go to. For everyone there is a place to go, if you just want to listen to some live music and have a beer at the end of the day there are nice cafés (expecially in the latin quarter), if you want to watch sports with friends you can go to pubs, and if you want to go out for a big night there are many different bars too.

Aarhus has several nice museums to go to as well and if you want to join sports clubs there is a lot to choose from. In general, Danes are into sports and they like to spend their spare time with friends doing fun stuff and be out.

suggestions/tips

I would recommend going to the International nights (iNights) at the Student house (Studenterhus Aarhus) since it is a great way of meeting internationals especially in the beginning. Also, the fridaybars are fun! Every faculty has it's own Fridaybar but they are open for everyone, it starts at the late afternoon and it's a great way to meet Danes and internationals.

CONCLUSIONS

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

Absolutely! Aarhus is comparable to Utrecht but very different in terms of culture and inhabitants. Danish culture and lifestyle is very interesting and I think the small cultural differences is what I learned most from.



Also, the studentlife in Aarhus is so much fun and I found Danes very friendly (even though you have to be the first one to approach them).

do you have any additional advice or comments?

In the spring, go to the beaches and forests! You can even rent surf boards to do stand-up paddling. We also made a lot of bonfires at the beach at night since the weather was really good this year in May and June. I also had an Aros annual pass (Aros is the museum right in the city centre with the panaroma rainbow view), for about 12 euros you could get one (international students got a voucher in the welcome bag). The Aros museum is big and it has a study room for students, so many times I just went there to work a bit and then walked through the museum with friends aftwerwards or we went to the roof with the view. Lastly, make sure to get a bike with gears since Aarhus is very hilly!



ERASMUS+ STUDIES UU Report

family name	xxx
first name	xxx
student number	x
e-mail address	
faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Media & Cultuur

destination city & country	Aarhus, Denmark
name university abroad	Aarhus University
start date	01 / 09 / 2017 (dd/mm/yyyy)
end date	01 / 02 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

It takes a while to get everything together and in order, but that's what you sign up for when going on erasmus. I was actually surprised how soon I knew my application was accepted by Utrecht University.

counselling & support at Utrecht University

I had some trouble finding out where to go, but after a few appointments with the erasmuscoordinator and her providing me with some lists, it was all fine.

academic preparation

I was as prepared as could be, since I went at the very end of my bachelor and couldn't possibly do more than I already had. In Denmark I found out that Utrecht University has a higher education quality than Aarhus University. Aarhus University equals a first year at Utrecht University I think. So after that, you should be good to go.

language preparation

I did no specific language preparation for my erasmus. My English was sufficient enough after having some English courses at UU to make myself understandable and understanding others. The vocabulary and grammar are of course getting better while talking and writing in English all the time.



finances

Denmark is expensive. I knew that from the beginning. So I saved quite an amount of money before going there. I knew I would get Erasmusgrant, but that wasn't going to cover it. So on top of that I also put my DUO loan up to 500 euro per month. I'm happy I did that, because this way I could use my savings for paying my rent and trips, and using the 500 euros for food, going out, buying 'new' clothes at the second hand bazar at the student house, etc. It worked out all fine, I even have some money left. I didn't want to be limited in the things I wanted to do because of money. Although, I was still conscious about my spendings, we would go to fridaybar and buy drinks at the supermarket instead of getting drunk at a bar. Also foodwise I was very conscious, but it's harder to prepare food for a whole week or anything, because the plans were so spontaneous that I basically couldn't on myself eating at home and eating the food I already prepared. But I ate a lot with friends together, which also saves money :D.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I wanted to go to the Aarhus University mainly because of one particular course. After I got accepted it turned out that this course was not going to be given the next semester due to administrative failures. This made me sad, because this course was exactly what I wanted to specialize in. Unfortunately there were no other similar courses that were available for erasmus students. So, I had to change my course. I had some trouble with this in the beginning because I had no idea what to do then. I signed up for a course that would teach me more about the Viking culture in Denmark. I followed the first class and it turned out to only be about literature, which is totally not my path of studying. So I wanted to change again. Because I didn't know what would interest me the most, I choose some options and send them to my coordinator. So she could check which would fit with my schedule, no overlap etc. I also asked her if it was possible to follow a master course since I technically finished my bachelor. She told me which courses would fit and asked me which I liked the most. I told her I'd like to follow a master course with an eye on my future but that I liked another bachelor course too. But since you can't follow 4 courses, she send me the syllabus of the bachelor course so I can see what it is about in details and read the literature myself and she signed me up for the Master course in Cognition and Semiotics. This was very exciting and in line with my minor. I loved this course. So despite my sadness about the first course I wanted to follow, everything was good at the end. My coordinator really helped me out.

academic quality of education activities

Aarhus University doesn't make a difference in different bachelor levels. At Utrecht University we have 3 levels of education, 1 for first year students, 2 for getting deeper into the literature and 3 for critical thinking. At Aarhus University they don't do that. What I noticed is that these courses align more with our level 1 and 2, so I missed the critical thinking part. It made it easier to me because of what I was used to, but also made me a bit less caring about the courses. I knew I had to pass them for my erasmus grant, but I didn't really engage with the topic and read everything. Also there wasn't much to read or to do until the end of the semester. In Utrecht we have to do mid term assignments or weekly assignments and show that you really get into the literature. Aarhus mostly works with one end exam or assignment. Which made me less caring about the courses in the first four months of my education here.

counselling & support at receiving university abroad

As I mentioned in the first part, I got good help with choosing my replacing course, after that I didn't go to university for counselling and support anymore. I should've done that when I was thinking about my next semester after my erasmus, since I had the opportunity to maybe stay here and work or whatever, but I didn't really get on with that because there were so many more fun things to do before the end of the semester and friends are leaving etc. I didn't take the time to really investigate my options in Denmark. I did look into some stuff on the internet, but most of them required perfect danish language skills or minimum of three years work



experience. So, I let that go.
transfer of credits
not there yet.

STUDENT LIFE

welcome & orientation programme

Welcome was all fine, you go to the International Centre, pick up your documents, and some guides. There is a girl explaining some stuff to a small group of students as they roll in. Then you have the introduction days, which start with 2 days of information and free lunch, then on Saturday afternoon there are some introduction games organized to get to know each other and some Danish games. After that the beers got in and I already made some new friends.

accommodation

Getting accommodation was total disaster for me. According to the Aarhus University you would get accommodation through the university. Sounds great. Unfortunately, there were too many students and there was no accommodation for me. I had to look for myself. First I stayed at an Airbnb for a couple of days. After that I was going to live in a caravan set up by university for students without accommodation. The caravans were fine, clean and it was a good way to make new friends at the very beginning of my Erasmus. In each caravan there were 4 students living. Imagine a caravan of max 15 square meters with four students. Each of us had their own bed and 1,5 square meters that is yours, to change yourself and keep all your stuff in. Then there was a tiny kitchen with a table and 4 chairs and a tiny bathroom. No wifi. All in all each person paid 2800 DKK, or 400 euros (!!) a month. After 2 weeks I was completely done with this way of living. I had lovely roommates and we had a lot of fun, but when study life starts it's not fun to live in such a small space with so many people and no wifi. Looking for a room in Aarhus was very hard. I've been actively looking for almost 2 months. After one month in the caravan I found a room 10,5 km outside Aarhus. I took it. I wanted to leave. But biking 10,5 km up two hills every morning is not fun either. Same for biking back in the middle of the night after a night out was a no-go. I lived there for 2 weeks, it was a nice place and a lot cheaper, but way too far. This was going to have too much influence on my choices at Erasmus. So I looked for another place, found one and moved there. It was a lot more expensive, but definitely worth the money. And I only had to pay it for 4 months, so it was okay. I had an amazing apartment which I shared with two awesome Danish guys, view over the sea, a 6-minute bike ride to university and 10 to the city centre.

leisure & culture

Aarhus was a great place for leisure and culture. Maybe I was lucky by going there while Aarhus was the European Capital of Culture this year and had a lot of parties, exhibitions and cultural activities. But there was absolutely no moment of boredom in Aarhus. It is small, but very cultural and hygge (cosy). University also organizes Friday bars in each department, with lots of students, theme parties and cheap drinks. Aarhus provides a good and lively day and night life. Also the university contributes to leisure, since the library is filled with relaxation activities. In between hours of studying, you can take a break and relax in a massage chair, play pingpong, go boxing, play video games or meditate.

suggestions/tips

Go to Friday bars, they have cheap alcohol and are a lot of fun. Go downtown when you're already drunk :D saves you money.

CONCLUSIONS

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



YES. I would definitely recommend Aarhus for erasmus or a 2 days city trip. Aarhus is small so you've probably seen all the touristic spots in basically 1 day. But that doesn't matter. Aarhus is great for erasmus. Because of its small size you'll get to know a lot of people and have a big chance of meeting someone spontaneously at other events. This way my circle of friends became huge, because I knew people who knew other people who knew people I knew again. I felt very at home in Aarhus. It is a city, but it's not that big so there is not too much to see or do or too much people. On top of that I felt super safe in Aarhus. The Danes are really not weird. They are distant, reserved, but when drunk (which they are many many many times) super nice and available and welcoming. They won't harm anyone. They look out for each other. Also everything is close by because of the size of this place. It has everything, it has lively night life, even on weekdays, it has forests, nature, hills, a beach, sea, a very nice university library, University also organizes fridaybars which make it very affordable to drink a lot! :D

do you have any additional advice or comments?

It's hard to describe, you should just go and experience it yourself! It's amazing!



ERASMUS+ STUDIES UU Report

family name	
first name	
student number	
e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly Contact info available at the IO.</i>
faculty/college	Humanistics/Arts
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Humanistic studies / Anthropology

destination city & country	Aarhus, Denmark
name university abroad	University of Aarhus
start date	01 / 02 / 2017 (dd/mm/yyyy)
end date	30 / 06 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process took a bit more time for me than expected. Maybe this was because I'm from another university than the UU (University of Humanistic Studies). I was a bit late with everything, also with the decision that I wanted to go on exchange. But in the end it all worked out. It is weird to do the application a year before you go, since it feels like a very long time.

counselling & support at Utrecht University

I got well supported by the UU. Since I'm from another university, but everything was managed by the UU, it was necessary that I got some more help. They supported me very well and it gave me a good feeling about leaving.

academic preparation

I wanted to go to a country where the academic standard would be high. I heard a lot of good stories about Scandinavia and the level of academics there, so that made my choice of going to Aarhus. I didn't really expect it to be very different from the Netherlands, so I didn't really do any research about differences. The only important thing for me was to have a high level of education.

language preparation



Language wasn't really an issue. I tried to learn some basic Danish before I went, and also during my stay, but in the end it wasn't necessary at all to speak Danish: everybody spoke perfectly English and all the lectures were taught in English as well. Nevertheless it's fun to be able to speak and understand a bit of the language, so I definitely recommend to learn some basics before departure.

finances

I made an investigation about my finances before I went to Denmark. I knew beforehand that Denmark was a bit more expensive than Holland, so I was conscious about the fact that I had to take care of my money more than at home. I made sure before I left that I had some extra money on my savings account, just to be sure in cases of emergency. But besides that, I expected that I could manage the finances, since I still received my Studiefinanciering and the Erasmus Grant.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed three different courses: one about European borders and migration, one theme course about Greenland and one about Arabic Cultural productions. The first two were both 10ECTS, the last one was only 5ECTS. The first course, about borders and migration, was my favorite: it contended all my interest in one course and it was taught by a fantastic professor who had so much knowledge. I think he gave me a lot of motivation to really study well and to read also just for the sake of knowledge, not only to pass an exam. The second course, the one about Greenland, was a very good choice as well: there were only 10 others in the class and the lectures were on the most beautiful place in Aarhus, somewhere in the woods close to the beach. Every time I went there, I was so happy. Since the group was very small, I made friends really easily with them. The last course, the Arabic Cultural one, I didn't really like. I participated all the lectures, I tried hard, but it was not really my interest. Maybe that had to do with the lecturer, but it was a chaotic class every time.

academic quality of education activities

The academic quality of the European course was very, very high. The level was for some of my classmates maybe a bit too high. I liked it, since I felt that I was challenged a bit more than with the other two courses. Both of them were the usual. The level was not low, but I wouldn't say that I was really challenged to use my academic skills in an extraordinary way. That wasn't really a problem, since the first course gave me a lot of challenges.

counselling & support at receiving university abroad

The support on Aarhus University was very good. Even though the introduction week wasn't really special, the communication was very clear and I felt very welcomed the first week. Also, since Denmark has free healthcare, we all needed to register for this. The university helped us with that as well. I was very happy to get that help, since it can be very confusing in new countries to do applications etc. It made everything easier and have the possibility to focus on other things of the arrival instead of only the legal paperwork and applications. Also, during the rest of the stay, it was perfectly fine to ask for help about anything.

transfer of credits

I'm not sure how the transfer of credits is going to be. On the moment of writing I don't have all my credits yet, so I will figure that out soon.

STUDENT LIFE

welcome & orientation programme

As written above, the welcome programme wasn't really special, but still good to participate. The most important thing about it was the legal applications etc, but also the fact that it was the first chance to make



some friends. It's always nice to hang around people on the moment of arrival. I noticed that my friends changed during the whole exchange: in the start I hang out with people just because of the fact that I wanted to be around people. Later on I met people I felt a deeper connection with and who really became my friends. But still, the introductionweek is a very good opportunity to meet people and make you feel less lost in a new country.

accommodation

I was very lucky with my housing: I lived right in the middle of the centre in a beautiful old building together with a girl from New Zealand. We didn't know each other before, but we were very lucky with each other since we became very good friends. Some other people stayed in a dorm, more outside of the city, but also they were happy, since they lived with other Danish students which made the contact with them easier. But I wouldn't want to change: I think I've been the most lucky person to live in such a central place with a wonderful roommate. The house provided also some furniture and kitchenequipment etc.

leisure & culture

I had a lot of free time, so I was able to explore the city well. Since Aarhus was the European capital of culture 2017, there was a lot going on during my stay. It was wonderful, there are a lot of museums, the music scene is very big in Aarhus and there are plenty of possibilities to do a lot in spare time. Since I lived the middle of the centre, it made it easy for me to be in town every day. The streets are wonderful to wander around in, there are plenty of nice shops, very good restaurants, coffeeplaces etc. I really fell in love with Aarhus, since it gave so many oppertunities. Also, the fact that it's next to the sea made it so easy to go outside of the rush of the city. The woods in the south are beautiful, the beaches are amazing and it's very easy to go there on a bikeride.

suggestions/tips

See above!

CONCLUSIONS

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

Definitely. I fell in love with Aarhus. The city is small, but therefor the perfect destination to go on exchange. I think you feel like home very easily, since it's small enough but also big enough to have different

do you have any additional advice or comments?



ERASMUS+ STUDIES UU Report

family name	
first name	
student number	
e-mail address	
faculty/college	REBO
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Governance and Organization sciences

destination city & country	Aarhus, Denmark
name university abroad	Aarhus University
start date	01 / 09 / 2016 (dd/mm/yyyy)
end date	30 / 01 / 2017 (dd/mm/yyyy)

PREPARATION	
exchange application process	There are quite a lot of forms to fill in, but they are not very difficult. Everything is very clearly explained on the UU website and during the information meetings. Both the UU and AU are very helpful and respond quickly to questions you might have or forms they need to sign.
counselling & support at Utrecht University	The UU is very helpful. You will get a contact person assigned to you, who will be your point of reference throughout your exchange. My contact person was very helpful and quick in responding to any questions I had.
academic preparation	At the UU I study Governance and Organization sciences, but at Aarhus I did Political Science. I didn't have any specific academic preparation for my courses at Aarhus University, but this turned out to be fine. The level of education is about the same as in Utrecht. They only do a few small things differently in Aarhus, but you will find out how these things work along the way.
language preparation	Since all my courses were taught in English, I didn't do any language preparation.



finances

On forehand, the UU asks you to make a financial plan but this plan will not be very accurate. Along the way you will find out how expensive everything truly is and what kinds of support you can get. For example, you can apply for the Erasmus+ Grant and you can get an OV compensation. But even with this money, Denmark is still very expensive.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Even though I am (technically) still in my bachelor's, I did master courses at AU since that was the only option. You need to do 30 ECTS worth of courses and since most courses are 10 ECTS, you have to choose 3 courses. One course is mandatory for all political science exchange students (Danish politics and Welfare) and you can choose the other two from a list which will be send to you by the exchange coordinator at some point. There is one class each week for each course which lasts 3 hours and you will have to do some readings and sometimes an exercise in preparation for the class.

academic quality of education activities

The quality of the courses was good, sometimes it was little bit boring. The classes are quite small so there is lots of opportunity for participation and questions. The education activities vary from doing group exercises, presentations to just listening to the teacher.

counselling & support at receiving university abroad

The exchange coordinator for the Political Science program is very good. She is precise and quick in replying to emails. The best support I got from AU was provided by the mentor programme. Every political science exchange student got assigned a Danish mentor (also a political science student) and they were really great and organised a lot of social activities to get to know each other and Danish culture. That was really amazing and contributed enormously to my exchange experience.

transfer of credits

My credits have not yet been transferred, but I think it will go smoothly.

STUDENT LIFE

welcome & orientation programme

The introduction week for Aarhus BSS exchange students is very big. They take a few days on which they provide you with a lot of information on administrative things, student life, academic life and all other kinds of things. And there are also a lot of social activities being organised so you can get to know all the other exchange students. It is a lot of fun and very informative so it's really important to attend the introduction week!

accommodation

AU had some problems with organizing housing for all exchange students this year, so they couldn't provide me with housing. When I found out, I was really stressed because it can be quite difficult to organize housing on your own in a different country. In the end I emailed people in Holland who had already been on exchange to Aarhus and emailed and called landlords in Aarhus and I found a room. It is important to know whether AU can provide housing for you as soon as possible, so I would recommend emailing the housing department every now and then to see if they have a room for you or not. Otherwise you need to be quick to organize housing yourself.

leisure & culture

Aarhus is quite a small but a very cosy city. It is very lively with lots to do all year round (musea, festivals, parties



etc.). Aarhus is a students city, so student life is very big. There are a lot of bars and parties aimed at students (with students prices). Danish culture is all about 'hygge' which includes drinking, eating and being with friends.

suggestions/tips

Aarhus Streetfood is very nice, Aros is great (exhibitions change every now and then), go to the Deer Park!

CONCLUSIONS

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

Yes! I had the time of my life in Aarhus. It is such a lovely city with many students so social life is very active and fantastic. It is beautiful all year round (even when it's super cold) and the people and the culture are really amazing.

do you have any additional advice or comments?

It may be a little scary to go abroad on exchange, but it is totally worth it!



ERASMUS+ STUDIES

UU Report 2015-2016

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> Contact info available at IO.
faculty/college	Geosciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Human Geography and Planning

destination city & country	Aarhus, Denmark
name university abroad	Aarhus University
start date	01 / 09 / 2015 (dd/mm/yyyy)
end date	31 / 01 / 2016 (dd/mm/yyyy)

PREPARATION

exchange application process

To complete the application you need to fill out a lot of different forms, but when you start in time you will be able to complete it before the deadline. One of the nice things about Aarhus University is that they reply immediately and arrange their application really fast so you don't have to wait for a long time after the approval of UU.

counselling & support at Utrecht University

The support of the UU is discussable since a lot of the information given is clear and is explained step by step, it still feels like you have to arrange a lot by yourself in different institutions and on different levels. I didn't ask for personal support, so I can't say anything about that. What I know, is that it takes a while before you get an answer on your emails so make sure you plan time for that.

academic preparation

I followed courses in European Studies at Aarhus University. My major in Utrecht is Human Geography so I didn't need any special academic preparation. The level of education in Aarhus is comparable to Utrecht. They also work with the same course level system like we do and they present the english courses in a list where you can choose from.

language preparation

I did not need any language preparation since all courses were in English. In Aarhus you can choose to follow a language course in Danish, but you don't need that for your courses so preparation at home is not needed.

finances

You can apply for the erasmus grant in June, but the International Office will inform you about that in time. You have to fill in more forms. Also start in time, since you need stamps form different institutions again. In summer most of them are not open, so you need to correspond by email and that takes time. I also applied for the OV grant. Make sure that you plan to receive the grant until the time you're there in practice and not officially since you want to use your OV again when you are in the Netherlands and most of the time the exams are finished before christmas.



STUDY ABROAD PERIOD
study programme (content and organisational issues)
You can choose the courses you want if you keep in touch with the international coordinator in Aarhus. They answer really fast, so you can checkout your opportunities. When you arrive you will be told to check your timetable on overlap and from then you are able to change courses until the first week of september. I didn't have that much overlap and since most lectures are not mandatory I could easily figure out how to deal with that. The courses I followed are Political Communication, EU in the Global World and Aspects of Denmark at the Business and Social Science faculty. The first two are part of European Studies at Business Communication. The third course is only followed by exchange students.
academic quality of education activities
The academic level is the same as in Utrecht, only the system is different. I am used to work with 2 blocks in a semester, in Aarhus they work with only one block. None of the classes are mandatory so if you don't want to you don't have to go, so you have to be good at keeping yourself motivated. Next to that the exams at the end of the semester are the only real exams that count for your ECTS. Some courses only have a 3 hour exam for 10 ECTS. All courses offer lectures and seminars and you get trial exams during the semester. They work with a lot of discussion groups and presentations during the seminars and talk about actual problems.
counselling & support at receiving university abroad
When you arrive you need to go the International Office and before the start of the semester there will be an introduction week. Every faculty has an international coordinator who is available the whole semester but also leads the introduction week together with mentors. You can even contact the mentors before you arrive if you need to arrange pre arrival things. During the introduction week you get to know the University Park, the best places to go out and meet all the other international students during activities.
transfer of credits
They also use ECTS in Denmark, so it will be transferred directly.

STUDENT LIFE
welcome & orientation programme
The introduction week at the beginning of August is big. Not only internationals but all new students are around town doing activities to get to know each other. Every one is in the same mood, open for new friends so it is really easy to meet new people.
accommodation
Most of the exchange students get an offer from the housing office at the uni. I did, but since I thought it would be too far away from the city centre and easier to find a room on your own I rejected the offer. When I arrived I didn't have any place to live so for the first three weeks I stayed in a hostel. I also tried to get startup housing from the student house, made for students who can't find accommodation. This accommodation didn't have any furniture and it was far away in the ghetto, so I didn't want to stay there. There are a lot of facebook groups for people who are looking for a room. This didn't work out for me so in the end I found a place to live on airbnb in the middle of the city centre which was great. But if you get an offer from the uni, I recommend to take the offer. Most students live outside the city centre in the towns around Aarhus where you have common rooms and opportunities to meet Danish people. You just have to be lucky with the offer you get.
leisure & culture
Aarhus itself is the second biggest city in Denmark, but it doesn't feel like that. It is a small town. Despite that, it is lively with a lot of bars, shops and restaurants. Especially in the summer life is happening outside. Most of the times people eat earlier than in the Netherlands. Breakfast is around 7, Lunch at 11.30 and cooking dinner



starts at 17/17.30. A lot of things from the culture are more of the same as in the Netherlands.

suggestions/tips

Since food in the supermarket is expensive, it is cheaper and easier to eat at the campus canteens. They have pretty good salad bars and everyday a different meal offer. Going out for dinner in town is as expensive as in the Netherlands, so the difference between cooking your own meal and going out in town is not that big.

CONCLUSIONS

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

I would recommend to study in Aarhus. Especially if you want to enjoy the Scandinavian lifestyle, but not too cold. Denmark is maybe not the ultimate spectacular country in the world, but it is one of the best countries to live when it comes to facilities and opportunities to travel around Scandinavia. They want to make your exchange period unforgettable.

do you have any additional advice or comments?

Although it costs a lot of effort, you should go!



ERASMUS+ STUDIES

UU Report 2015-2016

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> Contact info available at the IO.
faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Philosophy

destination city & country	Aarhus, Denmark
name university abroad	Aarhus University
start date	01 / 09 / 2015 (dd/mm/yyyy)
end date	31 / 01 / 2016 (dd/mm/yyyy)

PREPARATION

exchange application process	The process of application went smoothly - the thing that's the most difficult is the fact that you have to apply half a year in advance, which causes you to make decisions for things that still seem far away.
counselling & support at Utrecht University	I usually got quick responses when I had questions concerning the application, so the support from Utrecht University was good.
academic preparation	I didn't do much academic preparation, seen as I was going abroad for a part of my bachelor.
language preparation	I started learning Danish a bit before my departure using the website DuoLingo, but this wasn't necessary. My English was well enough to manage so I didn't need any preparation on that.
finances	In the months before my departure I saved some money so I was sure to be able to manage abroad, seen as Denmark is quite an expensive country. I would recommend saving up a bit and having a financial buffer - Erasmus life can be expensive, because you travel and go out a lot.

STUDY ABROAD PERIOD

study programme (content and organisational issues)	I was a bit disappointed that I couldn't take the courses I had wanted to take in advance, because they weren't offered in the period that I was studying at their university. In the end, I chose quite diverse courses, of which only one was within the content of my bachelor. I had some problems with the enrollment for the courses because it turned out that I chose courses that weren't available. Aarhus University were helpful so it was easily solved.
academic quality of education activities	



The academic quality was a bit lower than what I was used to from Utrecht University, but this was also caused by the fact that I had chosen courses that were meant for first-year students, while I was used to second- or third-year courses. The learning system in Denmark is a little bit different, which I found interesting and pleasant: there is more room for discussion and the students are expected to be involved in class. I think this is a good way for learning.

counselling & support at receiving university abroad

I didn't need a lot of counselling or support. In the introduction week we had a meeting with our coordinator, and she assured us that we were welcome all times. I didn't need this in the end, but the environment was welcoming and I'm sure the support if needed was good.

transfer of credits

I didn't get my transfer of credits through yet, but at the end of my stay I received an email confirming that the transfer of credits would be sent to my email address as soon as possible. I'm sure it will work out.

STUDENT LIFE

welcome & orientation programme

The welcome program for the humanities wasn't really impressive: we mostly had academic meetings during the day, and I missed some welcoming parties where you could get to know the other students. It wasn't a bother in the end though, the Student House organised a lot of parties and international nights where you could easily meet a lot of internationals or Danes. The orientation to the University was good and informative. I felt welcome during the orientation programme.

accommodation

I had some problems with finding accommodation in Aarhus. I applied for housing through university, but they informed me a few months beforehand that they weren't able to provide me with housing. I tried looking for housing myself, but found this hard because I wasn't in Aarhus myself, so I was not able to visit houses. The first two months I stayed in temporary housing provided by the Student House (which turned out to be a really good place to meet people), and I stayed in some other temporary housings. In the end I contacted Utrecht University with the question if they could help me with housing, and through their contact with Aarhus University I was finally provided with a room for the last two months. So that's a tip: if you don't get housing provided by Aarhus University the first time, keep on asking them if anything has become available.

leisure & culture

The student life in Aarhus was truly amazing. There are a lot of things organized, also for international students. Aarhus is a real student city, you mostly see young people and students on the street which gives the city an exciting atmosphere. I also liked the fact that the university is build on a campus, which is the place where all students are during the day and where you just feel at home. Culturally, Aarhus has the fantastic art museum ARoS and the interesting Moesgaard museum just outside the city. There are two distinct features about the student life in Aarhus: every Tuesday night the Student house organizes an International Night, which is sometimes themed. A lot of internationals come here and it's a great place to hang out and meet other internationals. Every Friday night all the different studies of Aarhus University organize their own 'Friday bar', which just consists of a room in the university building with some music and relatively cheap drinks. There are always a lot of students there, which makes it fantastic, and you can easily visit multiple bars on one evening if you like.

suggestions/tips

Sometimes you have to make some effort in order to get in contact with the Danish students. This is a cultural thing, and if you push on a bit you will see that in the end it pays off. Danish people are really nice! Make sure to visit ARoS, the Moesgaard museum and the new library Dokk1. And go out, meet new people, don't be afraid



to do some things outside of your comfort zone!

CONCLUSIONS

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

I would definitely recommend studying abroad in Aarhus, I had such a wonderful time there. The university is well organized and qualitative, the city is vibrant and compact, which makes it easy to get to know the city. The people in Aarhus are amazing, there are a lot of activities organized for (international) students, and Aarhus has the best concert venues of Denmark. If you choose Aarhus, you won't be bored!

do you have any additional advice or comments?



ERASMUS+ STUDIES UU Report 2014-2015

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> Contact info available at the IO.
faculty/college	Law, Economics and Governance
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Public administration and organization science

destination city & country	Aarhus, Denmark
name university abroad	Aarhus University
start date	26 / 08 / 2014 (dd/mm/yyyy)
end date	30 / 01 / 2015 (dd/mm/yyyy)

PREPARATION	
exchange application process	Start on time with the application process! For the University of Utrecht I needed to fill out different forms, have a motivation letter etcetera. It is not that difficult if you start on time. In the end UU is not that bad compared to universities of other international students.
counselling & support at Utrecht University	When you start planning a semester/year abroad you need to know that you have to arrange it yourself. People from Utrecht University can not know everything about every specific university. In my case, the UU tried to support where possible.
academic preparation	I did not do any academic preparation, eventhough I followed very different subjects in Aarhus than I did in the Netherlands. I finished my three years of bachelor before I went to Aarhus and I had no trouble following the courses in Aarhus at the faculty of Arts. The courses in Aarhus where at different levels; some where at bachelor 2 and others where at bachelor 3 level.
language preparation	I did not do any language preparation, because I speak English and the Danes speak it as well and all my courses were in English.
finances	In the Netherlands I studied in Utrecht before I went to Aarhus, where I also had a quite expensive room (455 euros). With the extra Erasmus money, the finances were no problem at all for me. My room in Aarhus was also expensive and with the credit card fee it costed around 470 per month. I it necessary to have a creditcard to pay the monthly rent but the downside is that creditcard fees are usually not included in the prices. The supermarket prices were a bit higher but not very different from the prices in Dutch supermarkets. The cheap supermarkets are Netto, LIDL, ALDI, Kiwi, Rema1000 and the more expensive supermarket is Footex.



STUDY ABROAD PERIOD
study programme (content and organisational issues)
I was accepted for three courses but it is good to check the timetable as well because they do not check whether the courses can be followed at the same time (in my case I had to change one course). The courses itself were interesting, they do a lot of group work (which I really liked), the classes are not too big and most of the Danes are motivated and well prepared for class.
academic quality of education activities
The academic quality was good. Because I took courses outside my own discipline, I could only do the courses that had no prerequisites and one course was therefore a bit basic with a main focus on academic writing, which was nothing new for me. My other two course were definitely interesting. I do feel that in the Netherlands there are more expectations; in the Netherlands I usually have more deadlines and I usually have to write bigger papers than in Denmark. So, it was not a problem at all for me to pass my courses.
counselling & support at receiving university abroad
It did not have a lot of contact with my coordinator at the receiving university. My coordinator had to help a lot of international students and therefore did not reply to all me emails. It is more wise to visit during office hours. They are definitely prepared to help out.
transfer of credits
My credits have not been transferred yet.

STUDENT LIFE
welcome & orientation programme
When I checked-in at the international centre I got a bag with all kinds of stuff; a sim-card for in a phone, a map of Aarhus, discount tickets, a rain poncho and more! This was a very pleasant and useful surprise. There was also a nice introduction programme the week before the classed started, with some practical stuff and some fun lectures. This was a good opportunity to get to know some people and to get to know the university (find your way around it). There was a possibility to sign up for a tour in the old library, which was fun!
accommodation
My accomodation was fine. It was pretty clean, big and had the necessary furniture. Also the kitchen had the necessary supplies. I lived in the street St. Blichers Vej and I liked the neighbourhood.
leisure & culture
Every Tuesday night there was a studentnight at Studenterhus. This was really fun! Besides that, every Friday there are different Fridaybars at the university. You should definitely go to these Fridaybars! That is also an opportunity to meet more Danish people. There is a beautiful museum (AROS) in Aarhus and also Den Gamle By (the old city) is really worth visiting.
suggestions/tips
Get a bike to move around Aarhus!! Everyone rides bikes in Aarhus. The bike should definitely have gears (at least 3!) because there are some pretty steep hills (the university is on top of hill sort of).

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, I would definitely recommend this university and desitnation. The university provides good academic classes, as an international student a lot of things are organized for you to make you feel at home (especially by



Studentenhus), the people are very friendly and the city has a great atmosphere and has the perfect size to make you feel at home very easily.

do you have any additional advice or comments?

> I can really recommend the free language course that is offered to international students. It is more effective when you plan on visiting Aarhus for a whole year, but I was there for just one semester and I really liked to learn some Danish. You can sign up for these classes during the introduction week so don't worry about it before you go to Denmark.

> Check out the deer forrest in Aarhus.

> I would really recommend visiting Copenhagen. There is a very cheap bus between Aarhus and Copenhagen.
<http://www.abildskou.dk/>



ERASMUS+ STUDIES

UU Report 2014-2015

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> Contact info available at the IO.
faculty/college	University College Utrecht
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Liberal Arts & Sciences

destination city & country	Aarhus, Denmark
name university abroad	Aarhus University
start date	22 / 08 / 2014 (dd/mm/yyyy)
end date	22 / 01 / 2015 (dd/mm/yyyy)

PREPARATION

exchange application process

The process to apply for my exchange was very clear and went smoothly. Utrecht University explained all necessary steps very clearly on the website and the application process with Aarhus University was also very easy via an online registration tool. Aarhus University had many stories of previous exchange students on their website who explained quite a lot and also the whole application process including housing was explained in bullet points.

counselling & support at Utrecht University

I think Utrecht University prepared me pretty well. They sent kind reminders for the Erasmus+ deadlines and also organised a goodbye meeting (I was not able to come unfortunately). My contact person always replied to my emails. Everything went well. I also think not much counseling is necessary.

academic preparation

The system in Denmark is not very different from that in The Netherlands. The courses were in English, but as I study in English in Utrecht as well this was not an issue. Further academic preparation was also not necessary I think as you choose courses that connect with your previous lines of study.

language preparation

I studied Danish by myself a bit on "Duolingo" this was nice as I was now able to talk to people in the supermarket and have a small conversation. Further language preparation was really not necessary as the Danes arguably speak English even better than the Dutch. As mentioned before, my courses were also all in English.

finances

I made the financial plan and with the known prices for housing in Denmark I made an estimation of my monthly costs and thus the money that I would need every month. I made sure that I finished all my Erasmus grant papers in time and also the "OV vergoeding buitenland" of 100 eu p/m.



STUDY ABROAD PERIOD
study programme (content and organisational issues)
In general, everything was arranged very well. The introweek was informative but contained enough free time to get settled by yourself. All electronic systems in use at AU were explained in the introweek and it was easy to check the schedule and figure out where to be and when. Unfortunately they made a mistake with the registration of one of my courses, so I had to change one course. As a compensation, however, they now allowed me to pick a master's course and this actually turned out favourable for me as I now had the opportunity to pick an even more interesting course than the one I had chosen before.
academic quality of education activities
The academic quality of education in Denmark is very high. The English proficiency of the teachers is high and the classes are small. Still attendance is not obligatory and the teachers treat you as an adult and not a kid. Going to class is your own responsibility and in turn also most students always show up. The classes are interesting so you want to come. There aren't many small assignments in between, just readings and this is actually kind of relaxing. The exams are mostly written take home essays that are larger than the one's I had to do at Utrecht University. You have quite a lot of time to write them though and I actually did not feel rushed and enjoyed working on them. During the year, small presentations are common, but they are very laid back and not graded. Class discussions are very common in Denmark and the teacher's really encourage you to be critical and reflect on what you are learning. My semester was academically less intense than it is at home, but I still feel that I really learned a lot. You are just so engaged with the academic content that it just sticks with you. The readings were interesting and because there wasn't a lot of time wasted on assignments, I actually managed to read extra books and also always did the recommended readings as well on top of the obligatory ones--something that I barely ever succeed in doing at home.
counselling & support at receiving university abroad
The counselling & support at Aarhus University is very good. Upon arrival the international centre is there to answer all your questions and you receive a goody bag which actually contains a lot of useful stuff like a Danish sim card and discount coupon's for activities in and around Aarhus. If you have any questions at all you can always email them or drop by during their opening hours. Furthermore, the international centre in combination with the "Studentarhus Aarhus" organises a lot of activities for internationals to get to know more people and to feel comfortable in Aarhus.
transfer of credits
I cannot say much about this yet, as I have not yet received the transcript with my grades. Luckily the courses are also counted in ECTS so I already know that I have the required 30 EC for the semester.

STUDENT LIFE
welcome & orientation programme
The introweek was very laid back and informative. They explained all university regulations very clearly and showed us around at the beautiful campus of AU. There weren't any awkward forced social activities. The Studentarhus organises many activities and if you want, you can just join them. The attitude amongst international students and also the Danes involved with the Studentarhus in general is so open and nice that it is very easy to meet people. Many of the activities you can also just join by yourself and there will always be people to hang out with.
accommodation
It was very difficult to find a place to live in Aarhus and this is one of the only slightly negative points about the whole organisation at AU and the international centre. Aarhus just simply has more students than space to live. I got an initial housing offer in June, however it was not even in Aarhus. Like getting a place in Zeist in stead of



Utrecht. On top of that I would live alone and pay the huge amount of 540EU p/m. So I just decided to take the gamble and I came to Aarhus without having a place to stay. I lived in a hostel: City Sleep-in in the center of Aarhus and I met so many nice people there. Deciding to just go and stay in a hostel in the beginning was one of the best decisions of my whole exchange as there were many other students that were also still homeless and I met the people that would later become my close friends in that hostel. I then decided to move to the temporary housing provided by the Studenterhus, the so-called "start-up housing". There I also met nice people and at some point there was the possibility to extend the rental period of the start-up housing and make it permanent. The start-up housing was in Brabrand though and that's unfortunately a little far away from everything. I had in the meantime already put myself on the waiting list at the IC to get another housing offer if someone were to back out. Luckily this actually happened and I got the opportunity to live in a very nice student house in Aarhus N! It was such a nice, cosy and fun house. We lived with only international students at 7 min. biking from the university and 15 from the center. The location was really nice. I can recommend living in a shared-facility house to everyone thinking of going to Aarhus on exchange!

It's funny. I actually think that the fact that I lived in so many different areas of Aarhus provided me with many opportunities to meet nice new people and really forced me to also become familiar with all different areas of Aarhus very fast.

leisure & culture

Aarhus is a great city for a student. It could be a little bit bigger, but now at least all areas are reachable by bike. There is a lot to do. Culture wise the amazing ARoS art museum of course stands out. You can easily spend more than 3 hours there and because they regularly change their exhibitions, it is also fun to go there multiple times. I think I went there 5 times, but that's also because friends came to visit and I went with my parents as well. Then all the way in the south they just opened another huge and impressive museum in Moesgård! To get there you first have a very nice bike ride through the forest with seaside views of Aarhus and the harbor and then the museum itself is also very interesting. If the weather is nice you could also consider a stop at the Aarhus deer park where you can actually pet deers and let them eat from your hand. Then there are many nice semi-alternative bars in Aarhus that have live music and some actual concert venues as well. Voxhall, radar, Paradis, double rainbow, BoraBora, the concert house (where on Tuesdays, students from the music school perform for free!! The atmosphere is great and for them it is nice practice :)), and these are just a few, there's many more to explore. If you want to go to a place that is more of a club, there's plenty by the canal and if you are early enough you can often get free beer between either 10-11, or 11-12 am depending on the bar. Use this to your advantage as alcoholic drinks in Denmark are (except if you are from Norway) much more expensive. There's also many nice and cosy bars and pubs if you are more in for a cosy night out, than a party. A recommendation would be the bar "Tsing Mao" that is a very funny and extraordinary place where they play around the table, ping pong with everyone in the bar. You can imagine that having won a ping-pong game at Tsing Mao is very honourable as sometimes as many as 40 people participate in one game.

Furthermore, Aarhus also has many very nice cafés to study or just chill during the day. Løve's being my personal favourite.

On Tuesdays there is the international night in the Studenterhus up the hill in the University park and these evenings are also often fun as many international students come and internationally minded Danes. Then on Friday it is definitely recommended to try out all the different Friday bars that are organised by all the different faculties. The beer is cheaper (15 kr.) and you can go bar hopping! Tired of the History Fridaybar? Just walk to the next one. Most of the Fridaybars in Nobelparken are laid back places to socialise and in the Uni park there is the Medicine Fridaybar that's guaranteed to be a real party. Then lastly, keep your ears open about parties in dorms. These are often crazy and really a lot of fun with beer pong, table football, some dancing, some chilling and very cheap drinks. Beer 10 kr. sometimes even 5 and also shots are cheaper.

During one of the intraweek days there will also be a day where different sport clubs will present themselves. They have a lot of choice and often you can join for half a year instead of one year.

Then to conclude, Aarhus has a very nice beach that is just a small cycle ride away. The beach close to the city is



nice, but a bit dirty. If you cycle up until after Risskov, you will find a very beautiful white sand beach and also very clean water to swim. Camp fires and BBQs on the Aarhus beach are really the best. So cozy and fun :)

suggestions/tips

- Come to Aarhus a bit before the start of introweek and preferably stay in a hostel. There will most likely be other students staying there and you can explore the city a bit before everything starts.
- Go to the letter writing event at café smagløs!! This café has a deal with the Danish postal service and once a month they organise a letter writing event where you can get free stamps!!! So take this chance and write some nice letters to your friends at home. Also make sure to come early as it will definitely be crowded.
- Start thinking about a topic for your exam paper a bit early. This way you can also already note some of the topics discussed in class that you want to connect your exam topic with. This will save you work later.
- Don't be afraid to throw yourself into as many social activities as possible. The second half of the semester will be more intense than the first one. You are on exchange! Make some friends and engage in stuff. If you want to feel at home as fast as possible do not prioritize your academic work in the beginning. (Of course try to keep up a bit, but do not cancel social stuff for being too "busy" with school.)
- Student "night"life in Denmark starts very early and also finishes early! So make sure you don't show up "fashionably late" because you are afraid no one will be there at 9. People actually will be (if it is not a party that is solely attended by internationals at least). In the beginning I thought it was annoying, but actually starting early and being back in bed around 2 or 3 is great. You don't sleep away the day after and it is just easier to keep somewhat of a rhythm.
- All AU buildings can be accessed 24/7 (!) with an activated student card. The Danes don't realise how unique this is, so you won't encounter many of them in the buildings after midnight. Some of the buildings in Nobelparken contain beamers, however, and also very nice sound systems! You can organise movie nights here with your friends and you can even bring microwave popcorn as all buildings also have one of those in the break rooms. Then the ground floor of Nobelparken also has quite a lot of board games. The bar downstairs in Studentarhus does as well and here the atmosphere might be a bit more cosy.
- LaerDansk organises free Danish courses for internationals. This is a very nice opportunity to get to know more people and also of course to improve your Danish.
- Some people say that the Danes are a bit cold. I have not experienced this at all, but maybe I was just lucky. The Danes are very friendly and study groups together are also not uncommon. If you are not very ambitious "liever een zes zonder stres, dan een zeven zonder leven" don't show this kind of attitude to the Danes as they in general are serious about their studies. They like what they are studying, find it interesting and engage a lot during class and also after class (which is kind of how it is supposed to be if you are studying a subject you chose yourself, no?).
- The second floor of Nobelparken has many rooms with quiet studyplaces. Don't only stay downstairs in the library area.
- Don't take the train to CPH or Aalborg or wherever you are planning to go. There are multiple bus companies in Denmark and as they are competing, the prices for the buses are much lower than those of the train! There is line 888, but also the less well known rødbillet.dk that actually has nicer buses, is cheaper and more relaxed with tickets and students cards (line 888 needs a date on the student card...), and on top of this: free coffee and wi-fi in the bus :D

CONCLUSIONS

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

I would definitely recommend going on exchange to Aarhus to anyone! The university park is beautiful, the courses are very interesting and engaging, everything is well organised and the facilities of the university are superb! (There is literally ALWAYS enough space, even during exam periods!) There are relatively many international students in Aarhus and there is just so much to do. The Danes are friendly and the atmosphere in



Aarhus in general is just very happy and relaxed and also creepily safe for such a big city. Even in "the ghetto" in Gellerup, people smile and are just super friendly. My semester in Aarhus was arguably the best half year of my life.

do you have any additional advice or comments?

I think I have mentioned most of them already above.