



## ERASMUS+ STUDIES - UU Report

	<input type="checkbox"/>
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)

<b>PREPARATION</b>	
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!



## ERASMUS+ STUDIES - UU Report

	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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)

<b>PREPARATION</b>	
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	
first name	
student number	
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 afterwards 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 to 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	
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 contained 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)

<b>PREPARATION</b>	
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!