



UU Report - Exchange

Faculty/college	Faculty of Medicine
Level (bachelor's or master's)	Bachelor
Name study programme	Biomedical Sciences

Destination city & country	Binghamton (NY), United States of America
How did you travel to your destination?	By plane
Name university abroad	Binghamton University
Start date	11 / 08 / 2025
End date	12 / 12 / 2025

PREPARATION	
How did you experience the exchange application process at Utrecht University?	
Overall it was great, but since there was a situation with the VISA application of the USA, it was a bit more stressful. However I did not experience a lot of struggles with this myself.	
How did you experience the counselling & support from the International Office?	
Great! They were always happy to help and they also planned a few extra meetings at the time of the struggles with the VISA's so you knew what to do, etc.	
Did you do any language preparation? If so, what did you do?	
No.	
How did you finance your exchange?	
I financed everything myself and I applied for 2 funding programs. The first was the Dutch Scholarship of the UU, which I unfortunately did not get. The second one was a program specifically for my degree, which I did get.	

STUDY ABROAD PERIOD	
How was the organisational process regarding your course registration?	
<ul style="list-style-type: none"> Was it difficult to find and/or change selected courses? Can you say something about the language of instruction for the courses available? Which courses did you end up taking? 	
So everything was quite easy. We got appointed a 'guide' who works at BU and who was helping us with everything. He explained clearly where to find things and what to do before coming to BU. He also registered us for our courses, so we did not have to do that ourselves and even helped when we forgot a discussion session or something like that. I ended up doing a minor in Economics/Law, and I followed ECON160, ECON162, CQS112 and BLS111.	
How was the academic quality of the courses?	
Since I did a minor, the courses I followed were all freshman courses. These courses are significantly easier than the courses I would follow back home, but again, I was following freshman courses so they were more introductory courses. I did however really like the way they taught the courses and the way of testing the materials.	
How did you experience the counselling & support from the host university?	



There are a lot of options of counselling and support, but I didn't really need to use any of them. I do think they are of good quality based on my experience with everything regarding this university.

STUDENT LIFE

How was the welcome & orientation programme?

It was so much fun! I met a lot of my now really close friends during orientation. Also the activities were really fun and also during the entire semester there are at least a dozen activities every week in which you can participate. There are a lot of associations you can join and who host a lot of fun activities. It is a range from for example "Nostalgia Night" and "Fall Fest" to educational activities.

How was the process of finding housing? For example, was it difficult finding housing, how was the rent, was it what you expected?

It was quite easy to find housing. The university kind of guarantees that you will be able to live on campus, so that was really nice. The housing application happens in a few steps where you get enough time to figure out in which community you want to live and what kind of rooms suites you. I myself ended up in a suite with 5 other girls and I couldn't be more happy about it! I really recommend living in a suite since you will have a small group of people who you can always depend on (if you get close with them) and do fun activities together!

What did you do for leisure & culture?

I did a LOT of things. I took several trips (I went to NYC of course, to Toronto in Canada, and to Miami), I experienced a lot of classic upstate New York activities like apple picking on a farm, Halloween, going out to eat at different American restaurants and diners, going out in the city, going on a barcrawl, going to the gym (on campus, they also have a pool and a lot of other facilities), I went to the zoo, I went on hikes in the nature preserve (it's next to the campus and it is REALLY pretty, especially in fall).

CONCLUSIONS

Would you recommend this university/destination to others? Please explain.

YES! I had so much fun and the area is really beautiful! However a lot of your life will be on campus if you choose to live on campus, so if you would rather be in a big city than I don't know if this would be the place for you. I always was sceptical at first if I was going to like it, but it ended up being one of the best things I ever did in my life and campus life is AMAZING. Everything in the classical American movies about university and studying in America are mostly true and I love it! I have met so many amazing people and everyone is so nice and open towards you. Also the campus itself is really amazing and it offers a lot to do and see! Also a really big plus is that public transportation is free in Binghamton if you have your student ID, so you can get to a lot of places for free!

Do you have any additional advice or comments for students who would like to go here?

GO ON TRIPS! The area around Binghamton is so beautiful and there are so many cool places to go to! I went to a lot of places and since NYC is (only) 3 hours away with a direct bus, it is really easy to get to the airport and fly to other places. Also Canada is relatively close, so if you rent a car (you have to be 21 most of the times) you can go to a lot of places. I think you should also really check out the going out life in Binghamton, frat parties are one of the craziest things I have ever experienced and they are so much fun! Also the bars in Binghamton are really nice and they have a lot of nights where they do things like bingo and family feud, which is really fun! Most of all, I think it is really important to step out of your comfort zone and go talk to people. The first few days/weeks are crucial in developing lasting friendships and also talking to people in your class really helps if you need to do assignments together or if you get sick and want to get notes of your class. So I would say that you should just go out, enjoy every moment because time flies by so fast. ENJOY! BU IS AMAZING!
Also, if you want to reach out and ask more questions, please contact the International Office for my details: exchange@uu.nl



Faculty/college	REBO
Level (bachelor's or master's)	Bachelor
Name study programme	Bestuurs- en organisatiewetenschappen

Destination city & country	Binghamton, USA
How did you travel to your destination?	Plane
Name university abroad	Binghamton
Start date	20 / 8 / 2024 (dd/mm/yyyy)
End date	20 / 12 / 2024 (dd/mm/yyyy)

PREPARATION	
How did you experience the exchange application process at Utrecht University?	It went quite smoothly; it was just a lot of hassle as it sometimes wasn't that clear but overall fine.
How did you experience the counselling & support from the International Office?	It was there when you asked for it
Did you do any language preparation? If so, what did you do?	no
How did you finance your exchange?	Savings and duo

STUDY ABROAD PERIOD	
How was the organisational process regarding your course registration?	<ul style="list-style-type: none">Was it difficult to find and/or change selected courses?Can you say something about the language of instruction for the courses available?Which courses did you end up taking?
It was a little vague but if you take the time, it was possible to figure it out	
How was the academic quality of the courses?	Dependent on the course but overall, the course quality was really good.
How did you experience the counselling & support from the host university?	It was very accessible and good.

STUDENT LIFE	
How was the welcome & orientation programme?	It existed and was sufficient to create the network you needed. Nothing spectacular though.



How was the process of finding housing? For example, was it difficult finding housing, how was the rent, was it what you expected?

I was in the campus housing which meant that it was relatively easy although unclear.

What did you do for leisure & culture?

Well for leisure & culture there is quite a bit to experience in the area, although for this you must know the people there. Else your just in a small town a bit to far from NYC that is just very upstate NY which wouldn't be great. Possibilities of going out are very much there although it isn't very great in my opinion. There are quite a few cool festivals in town however such as Luna festival.

If you live off campus it is most definitely harder to be involved in much of student life due to the distance especially as someone without a preexisting network, although if you do decide to live on campus know that you'll be surrounded with mostly younger people. Making friends during orientation is very important especially as an off-campus student. If you decide to live off campus, consider getting a car as bus transport is quite depressing, even while free (in county). Personally, living on campus, I spent a lot of time walking the nature preserve, drinking at friends, spending time at ETS (a cool 3d printing lab), traveling and doing whatever cool adventure came up!

CONCLUSIONS

Would you recommend this university/destination to others? Please explain.

Yes, it is a great and underrated place just make sure you challenge yourself constantly and do wild things to keep it interesting! If you are successful at this, you'll have the best time, with a perfect balance of being able to have the true US campus experience while also being close to NYC (although do keep in mind it's going to take you on average 5 hours to get there).

Do you have any additional advice or comments for students who would like to go here?

Be prepared that you're going very far. Travelling home (at least if your destination is the Netherlands) will probably take you 24 hours door to door if not more due to the unreliable transport situation and distance from the city. Furthermore keep challenging yourself to keep it interesting, because else you'll be stuck in a small town in the middle of nowhere.



UU Study Abroad Report Form

	Contact info at the IO
faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	Psychology

destination city & country	Binghamton, United States
name university abroad	Binghamton University
start date	14 / 08 / 2023 (dd/mm/yyyy)
end date	15 / 12 / 2023 (dd/mm/yyyy)

PREPARATION	
exchange application process	This was not in my top 3 and I found it on the list of places with spots left, but applying for the second time was really easy.
counselling & support at Utrecht University	I sent a few emails with questions and everyone was really helpful and helped me figure things out.
academic preparation	I took classes outside of my normal major, so they were mostly basic level and I didn't really prepare.
language preparation	Didn't do any.
finances	You need proof of at least €10.000 in your bank account when you apply (february/march) so that's important to think about. I would say I spent around €13.000, including meal plan, housing and flights/hotels.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I took three courses: one history and two English. There were so many options and interesting classes, but I was very happy with the ones I picked. You can basically take any course, unless they're restricted (which are mostly the upper level classes).
academic quality of education activities	My history class was definitely on the same level as Utrecht, with a lot of readings and quizzes. The English classes were pretty easy and required little work.
counselling & support at receiving university abroad	The person of contact at Bing was really nice and helpful! She prepared fun activities for the exchange students and was always willing to help.
transfer of credits	Hasn't happened yet.



STUDENT LIFE

welcome & orientation programme

There was an orientation programme but it was mainly focused on actual international students who come there for 4 years, and not the students who are only there for a semester. It was still helpful and a nice way to meet the others.

accommodation

I lived in Hillside and I had my own room. It was pretty far from campus, but there's a shuttle that comes every 10 minutes so that was really great. The only thing you get is a mattress though, so you have to go shopping on your first day.

leisure & culture

The city itself isn't very exciting, but it's a great place to go out to bars and clubs. Seriously, it's so much fun. The university also organizes a lot of activities on the weekends. But it's definitely a party school.

suggestions/tips

Take a walk in the Nature Preserve on campus! I only went to NYC and Boston but those are musts!

CONCLUSIONS

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

Yes!!! Honestly the best 4 months of my life, which was definitely because of the friends I made. Everything is really American and it's the best way to have the full American college experience.

do you have any additional advice or comments?

Live on campus for the full experience! And be prepared for people to mispronounce your name :)



UU Study Abroad Report Form

	Contact info at the IO.
faculty/college	Humantities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	History

destination city & country	Binghamton, USA
name university abroad	Binghamton University
start date	15 / 08 / 2022 (dd/mm/yyyy)
end date	15 / 05 / 2023 (dd/mm/yyyy)

PREPARATION	
exchange application process	The application process is not difficult but it'll take some time. Getting an appointment at the US Consulate for a VISA was a bit stressful.
counselling & support at Utrecht University	The International Office is always available to help, but you can do most on your own.
academic preparation	I didn't need academic preparation.
language preparation	You don't need any language preparation, especially if you're used to English education.
finances	Studying in the US is expensive, and this is the same for Binghamton unfortunately. It can be frustrating to think about how much money you waste on stuff like the mandatory health insurance (which is a big scam), but try not to worry about this too much once you've committed to the exchange. You can save money with housing (living off-campus), but for the rest there is not much you can do to lower the cost. Also keep in mind that you need proof of having around 10.000 dollar in your bank account early on.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I took classes in history and political science. In the first 2 weeks it's possible to add and drop classes, so don't be afraid to try out some interesting courses because you can switch them in the beginning.
academic quality of education activities	The academic quality is definitely lower than what you're used to in The Netherlands. I also noticed that the quality can really differ between professors, so definitely consider dropping a course if you notice that it's not very inspiring in the first week. In my second semester I took two 400-level courses (senior year) and those were a bit more challenging and also more enjoyable (small working groups instead of big anonymous lectures).



counselling & support at receiving university abroad
The staff from the international office and the contact person for exchange students at Binghamton are all very friendly and helpful.
transfer of credits
I'm still working on this but it should work out fine.

STUDENT LIFE

welcome & orientation programme
<p>The first week was a bit weird since you'll arrive there before all the regular students, so the campus will be really empty and most things will be closed. However, this was a great opportunity to get to know the other exchange students and figure things out together! Overall I would have liked to have a bit more activities. But early on in the Fall semester there will be an event called Ufest where all the student clubs (there's a lot) have stands on campus, which is a good opportunity to meet and join clubs.</p> <p>If you live on-campus, keep in mind that your room will be empty (except for a bed with mattress, a desk and a closet). On the first day of orientation there's a trip to Target to get supplies, but you might want to consider taking some stuff for the first night(s).</p>
accommodation
I lived in a single room in a 6-persons apartment in Hillside. My apartment was for transfer-students, meaning that I lived with Americans that transferred to Bing from other schools, so most of my roommates were very open and looking for friends! If you go in the Fall semester and your application goes smoothly you'll likely get an early time slot to pick housing of your liking. The benefit of living on-campus is that it's safe and you can walk to classes and activities, whereas if you live off-campus you have to rely on busses. The downside is that it's very overpriced and buildings are old (excepts some newer dorms).
leisure & culture
Binghamton is a typical Rust Belt city, so there's some poverty and crime (it didn't feel dangerous for me) and not much to do. The campus is outside the town and very safe and clean. I liked the location because you can do some very cool trips from here, such as to NYC, Niagara Falls, Canada, Boston & Washington D.C. You can also find some relatively cheap flights to the rest of the US from NYC, so it's possible to do trips to the west coast if you plan it well.
suggestions/tips
Time will go by very fast, so try out different stuff and plan things early on, so you can get the most out of it!

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
I would recommend Binghamton if you're looking to combine a typical American college experience with traveling!



UU Study Abroad Report Form

	Contact info available at the IO.
faculty/college	Utrecht School of Economics
level	Bachelor's
name study programme	Economics & Business Economics

destination city & country	Binghamton, USA
name university abroad	Binghamton University
start date	08 / 01 / 2023 (dd/mm/yyyy)
end date	14 / 05 / 2023 (dd/mm/yyyy)

PREPARATION	
exchange application process	This was quite easy, the universities are clear in what you need to do. Just take a weekend to fix your VISA and get all the necessary information. This can be a bit stressful, but when you do this well in advance you should be good.
counselling & support at Utrecht University	This was okay. I did not really use it that much, but when I had a question they were quick and helpful to respond.
academic preparation	I did not have to do any academic preparation.
language preparation	I did not have language preparation, since my degree is also in English
finances	You have to show a statement of sufficient funds (around 10.000 dollars) before you go. I would also say that is a fair estimate of all the costs you have during the semester (housing/ academic costs/ insurance/ groceries etc.)

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I took three courses in the fields of Accounting (Financial Accounting), Finance (Investments) & Leadership (Strategic Leadership). The courses were doable, I would say if you go to the lectures/ tutorials and just study a couple of hours a week next to this, you should be fine. So approximately 7 hours per course per week.
academic quality of education activities	Overall the level of education was definitely lower than what I'm used to in Utrecht. It is more practical and applying stuff (so using Excel for my courses). I would definitely not worry about this.
counselling & support at receiving university abroad	



All the information can be found online, and in case you have questions you can just ask the International Office, they are very helpful.

transfer of credits

Haven't done this yet.

STUDENT LIFE

welcome & orientation programme

This was one of the things I expected more from. For me there was just an introduction with the 2 other exchange students (going to a diner/ getting breakfast) and a bunch of international students from India where we had a general information session with about how the university work. I did not get in contact with American students during this introduction or with any of the student clubs the university has, which was what I expected from this orientation programme. This is different for the fall semester, where they do have a big introduction

accommodation

I lived in the Hillside Community, where you have a room for yourself & share a living room/kitchen with 5 others. This was fine and it was nice living on campus. It is a bit hit-or-miss with your roommates, I was cool with some of them, but some of them I didn't really talk to. If you are a bit older I would recommend living here or living off-campus, if you can live in the dorms (<21years) I would recommend that.

leisure & culture

You mainly stay on campus during the week and meet with people there to eat/ hangout & during the weekends you can go out downtown or go on trips. There is not that much to do in Binghamton for the rest. I would recommend going on trips, which is a lot of fun as well (I went to Philadelphia & DC with the exchange students/ to Florida during spring break with my American friends, which was a lot of fun). So always try to join people when they make these kind of plans!

suggestions/tips

Try to talk to people as much as possible and plan stuff to do together, it is so nice to get the culture & people, both exchange students as Americans.

CONCLUSIONS

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

Yes, I would definitely recommend going to Binghamton. I had a blast and I got to know a lot of people I still talk to & I would definitely go again! However I would recommend going in the Fall semester, since that's sports season & they do have a big orientation before the semester in the fall, in order to get in contact with people more easily.

do you have any additional advice or comments?