



UU Report form - Erasmus 2021-2022

Contact details	my e-mail address emmamoons99@gmail.com
faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Clinical Psychology

destination city & country	Prague, Czech Republic
how did you travel to your destination?	Train
name university abroad	Charles University
start date	04 / 02 / 2022 (dd/mm/yyyy)
end date	28 / 06 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process was not really hard, but it just takes some time. For me it was mostly doing research to explore the different exchange options, writing motivation letters and so on. The moment it was sure I was going to Prague, I had some difficulties choosing my courses. There are so many and you have to make your own schedule. But in the end no reason to stress about it, because the Charles University has the best teachers to help you and you can try out different courses and you have the possibility to switch the first weeks.

counselling & support at Utrecht University

The International Office is really helpful and you can ask them everything if you would like some help.

academic preparation

I didn't do any preparation.

language preparation

All my courses were in English and I gave up on Duo Lingo learning Czech very quickly ;)

finances

Prague is amazingly cheap! I lived in a dorm the first four months (150€ a month) and saved a lot of money. Also beers, public transport and other activities are amazingly cheap. In the end I still spend a lot of money, cause I made a lot of trips et cetera, but overall Prague is really cheap.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I went to the faculty of Social Sciences. I'm studying Psychology at the UU, but they were not really Psychology courses in English available I didn't do in Utrecht before. I chose to do courses from all different study programmes, for example Media, Political Sciences and Sociology courses from the faculty of Social Sciences and Arts.

academic quality of education activities

The courses were really easy. I had to do a few presentations, but besides that I only had 1 essay and 2 exams.



counselling & support at receiving university abroad
The International Office is really amazing. They replied to my emails very quickly and you could always just walk in the office for questions.
transfer of credits
I had to do at least 22,5 ECTS. I did 25 in the end.

STUDENT LIFE
welcome & orientation programme
The welcome week was online, because of the covid rules at that moment. But normally it's also not really a big happening. It's more a tour and welcome speech from the university.
accommodation
I stayed in dormitory the first four months. I was an amazing way to meet people from all over the world and I made a lot of friends. We did nice things in the dorm like football and beerpong tournaments and international dinners. It's a good way to meet a lot of people, but after a while I wanted to live in the city centre and have my own room, so I moved out to an apartment in the city centre. For me it was a very good combination to start in a dorm and move to the city centre after a while!
leisure & culture
The organisations, ErasmusInPrague, OhmyPrague and ESN organise multiple activities all week long for five months. It's an amazing way to meet the whole erasmus community and go to activities, trips and parties together.
suggestions/tips
Make friends from all over the world, cause you can make friends that last a lifetime!! Don't stick to the people from your own country, cause it's so interesting and amazing to become friends with people from different cultures and countries. Also provides you a lot of holiday adresses :)

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Definitely! I think Prague is the best erasmus destination! The erasmus community is enormously, the night life and the city itself are amazing and it's really cheap! Besides that, Prague is so central that you can travel to different countries from there with your friends!
do you have any additional advice or comments?
Make the best out of it! Make trips, explore the city, open yourself up to all the intesting amazing people from all over the world! If you do so, you will definitely have the best time, develop yourself and earn new perspectives!



UU Report form - Erasmus 2021-2022

Contact details	my e-mail address	hannahvanrhone@hotmail.com	
faculty/college	Faculty of Social Sciences		
level	<input checked="" type="checkbox"/> bachelor's	<input type="checkbox"/> master's	<input type="checkbox"/> PhD
name study programme	Psychology		

destination city & country	Prague, Czech Republic
how did you travel to your destination?	Plane
name university abroad	Charles University
start date	08 / 02 / 2022
end date	30 / 06 / 2022

PREPARATION

exchange application process

When I first started thinking about going abroad, I did not know where to go or how to apply. Luckily, the UU website gave a lot of information. I only applied in the third application round, which caused for a lot of cities to be full already. However, the website was very clear in which cities were still available for which studies, and how many places were left still. After my application, I had to write a motivation letter to my first choice university. I took enough time for this, a few weeks or so, since it is not easy to write it in one go. A lot of my peers and family checked my motivation letter, especially since I had to write it in English and I wanted to be sure that it was correct! After that it was waiting until I was accepted... And I was! There were some forms that needed to be filled in still, but everything worked itself out. There was not one point in time where I felt stressed, since every filling in of forms was spread out throughout the first semester.

counselling & support at Utrecht University

During my application, everything was still online due to Covid-19. However, this did not matter one bit since the International Office made sure to keep in touch with us online via Teams and e-mail. However, since everything was online, I had a lot of questions which caused me to send a lot of e-mails to the international office, probably even once a week. However, this did not matter at all to them, they always responded kindly to my e-mails and questions. This made me feel very safe in starting my exchange. The same was true for during my stay. Luckily there were no big problems, therefore I did not really have to contact international office back home. However, I knew that should something go wrong, I could always contact them.

academic preparation

There was not a lot of academic preparation for me to start the semester. I just enrolled in some courses and during my stay it became clear what I had to do for the course.

language preparation

Before my stay, I had to do an English test to check whether my English was sufficient. I passed, but if you did not you would be able to follow an English course as part of the language preparation. The spoken language was Czech (which is really hard), but everyone spoke English really well. Therefore, I did not really prepare any Czech language.

finances

I received an Erasmus+ grant, and I was still receiving my DUO loan. Also, in the Netherlands we get our public transport for free during our studies. However, since I was not able to travel for 5 months in the Netherlands, I



was given the amount of money that would be initially issued for a public transport monthly subscription. I also had the blessing of two amazing parents who gave me monthly money to be able to spend there. However, the Erasmus+ grant really helped a lot since living abroad is much more expensive than my life in the Netherlands, partly because of the high rent amount.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

My study programme was completely different from what I did at my home university, where I study psychology. I followed history and sociology courses. The history courses were mostly about central Europe and the Czech Republic, from 1600 on and specified on the inter-war period. This was really interesting to me, since my history knowledge is not a lot, especially about central Europe. Sociology courses were about linguistics, inequalities in gender, age and ethnicity and environment. This felt more close to home, because sociology is relatable to psychology. It was very interesting to learn more about these issues. I did have to get used to the organisation of my abroad university, because it was all very last-minute: the course syllabus, enrolling in courses, publishing of exam dates. This was not always easy to me, since I am used to a very well organized schedule from my home university.

academic quality of education activities

The academic quality was much lower than I am used to from my home university. I think this is also partly due to the fact that the Netherlands has an enormous high academic quality. However, sometimes it felt like I was back in high school, how the exam questions were prepared for example and how the course was prepared as well. It was challenging in the sense that I did not know anything about the topics I was studying yet. However, looking at the academic quality of the educational activities, I can not say it was very high.

counselling & support at receiving university abroad

The international office was amazing. The people at this office were extremely kind and helpful, and really helped with starting my exchange abroad. They also organized a lot of activities to get to know the other international students in Prague, which was great, especially since you do not know anyone when you start your experience. They were always available for questions or just a friendly chat. I can only speak positively about them.

transfer of credits

Charles University used the same credit system as Utrecht University, therefore transfer of credits was no problem.

STUDENT LIFE

welcome & orientation programme

The welcome and orientation programme were really well organized. A full week of activities was planned by the welcome programme of Charles University. This included classes about the Czech republic, trips to other cities in the Czech Republic and also leisure activities such as pub crawls. Since it was very diverse, there was definitely an activity for everyone. I did not participate in every activity, but the activities I did participate in were very pleasurable.

accommodation

Charles University gave the possibility to live in their dorms. However, since it was very far from the city center and you had to share a room with another student, I did not want this. I went to Prague with a friend of mine, and we looked for an apartment online. We found an apartment through a Czech housing website, in the city center with another student. Our landlord was really kind and the location was perfect, I had an amazing time living here.

leisure & culture



There was a lot to do in Prague, even though the city is very small! The culture is very different from The Netherlands, therefore there was a lot to discover. Nightlife was great, there were big clubs but also really nice small bars (which I definitely preferred). Erasmus organizations organized a lot of activities for incoming students as well. There was a lot of nature to be seen in Prague, as well as around Prague.

suggestions/tips

I would definitely recommend going to Naplavka in summer, this is a really nice boulevard with bars. One of my favourite places was also Manifesto, a food market hall with foods from all over the world. They organize events but you can also just go there for a snack or a drink. Another one of my favourite places was Riegrovy Sady, a beautiful park which was higher up on a hill and overlooked the Prague castle.

CONCLUSIONS

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

I would definitely recommend this destination. I have made friends for life from all over Europe, everybody was extremely kind. There was enough to do and everyone was open to meeting new people, I never felt alone. There were a lot of organizations that organized parties, events and city trips. It is also so close to other beautiful countries/cities, so going on a trip with new friends was very easy! However, if you want to be academically challenged, I would recommend going to another university. But, if you want to go for the ultimate exchange experience, I would definitely recommend Prague!

do you have any additional advice or comments?

No, I think I have stated everything I wanted to state above!

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faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology

destination city & country	Prague, Czech republic
how did you travel to your destination?	By plane
name university abroad	Charles University
start date	08 / 02 / 2022
end date	30 / 06 / 2022

PREPARATION

exchange application process

I was really late with the application process, because I decided I wanted to go on an exchange a little late. But there were still a lot of choices. When I saw there were still places left to go to Prague, I decided I wanted Prague as my number one destination. After submitting my application I needed to wait a little while. After getting the email that I was admitted, I could start packing and preparing.

counselling & support at Utrecht University



The support of Utrecht University was really good. I always got updated on the process by email. They sent some good information on how to do thing step by step.
academic preparation
I had no academic preparation.
language preparation
I also had no language preparation. I did a little bit of Duolingo, but that does not count.
finances
I applied for the Erasmus Grant and I got some money from the government because I could not use my free public transport in the Netherlands. I also lend some money fro the government so I still would have a fixed income every month.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
The organisation at the Charles University can be really bad sometimes. The system is really hard to understand and it not clear at all what courses you can and can not take. But the international office of the Charles University is really helpful. You could always email them with questions and they will always respond as soon as possible and are really glad to help you.
academic quality of education activities
The academic quality was really low. The essays and exams were really easy, but besides that the lessons were just not good. A lot of unstructured lessons. I was even in a lesson with only 6 students, and the whole course was based on interaction during the lesson. This was not possible because we were only with 6 and there were supposed to be 20 students or so. Unless the low quality of the education I still really enjoyed studying in Prague. The teachers were really kind.
counselling & support at receiving university abroad
The counselling and support is really good at the Charles University. The are always happy to help and you are always welcome to ask your questions.
transfer of credits
The transcript of record was really easy to get. You just needed to fill out a form and they will email the transcript of records to you and your coordinator.

STUDENT LIFE
welcome & orientation programme
The welcome and orientation programma was really good. There were a lot of activities were you could sign up for. You could even go on some organized day trips There was something for everyone. This really helped for making friends in the beginning.
accommodation
I got an accommodation together with a friend in the middle of Prague and this was perfect. You can also live in the dormantories, but these are really far away so I would recommend everybody to rent a place in the centre. You could do this on Facebook, but there are also a lot of sites where you can rent a place to stay. This was not difficult.
leisure & culture
I had a lot of leisure and there were a lot of thing to do in Prague but also outside of Prague to fill up this time. The clubs and bars are amazing in Prague. So the nightlife is really nice. But also during the day there are so many nice things to do. You can sit in a park or walk through the old city centre. The public transport is really



cheap so you can make cheap day trips to other cities in Czech Republic. Not all the Czech people can speak English, so sometimes it was a little difficult. But you will always manage.

CONCLUSIONS

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

YES, definitely. Prague is an amazing city with a lot of organisations for fun activities. There are so many things to do. Also the Czech Republic is quite cheap.

do you have any additional advice or comments?

No not really

UU Report form - Erasmus 2021-2022

faculty/college	Social Science
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology

destination city & country	Prague, Czech republic
how did you travel to your destination?	Train
name university abroad	Charles University
start date	01 / 10 / 2021 (dd/mm/yyyy)
end date	15 / 02 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process went very smooth for me. It helps to attend the information meetings offered by Charles University for registration of the courses and other practicalities.

counselling & support at Utrecht University

I didn't need that much support from Utrecht University, but in my experience the support was well organized and I always got a quick response.

academic preparation

No academic preparation was necessary.

language preparation

All the classes were in English so there wasn't much language preparation necessary. In case you are insecure about your English level you could consider working on that before going on exchange, however, I don't believe that's really necessary for your exchange in Prague.

finances

Luckily Prague is very cheap compared to the Netherlands! I didn't do much financial preparation and I was fine. However, if you want to do a lot of trips or if you want to party a lot it might be necessary to save up a little bit more money before going on exchange.



STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I couldn't follow any subjects of my bachelor study (Psychology) in Prague because Psychology is not a Social Science at Charles University. This was kind of dissapointing for me. I did follow some anthropology and sociology subjects, which were also interesting.
academic quality of education activities	The academic level is way lower then what I was used to at Utrecht University. Resulting in a very low study load. For me this was perfect because it enabled me to explore Prague and the rest of Czech republic. However, if you want to be challenged academically I would advice to take some extra courses.
counselling & support at receiving university abroad	This was very good! Everything was clear and they always responded quickly to my emails.
transfer of credits	Did not yet start this process.

STUDENT LIFE	
welcome & orientation programme	There are a lot of activities in the first weeks of the semester. I believe the first introduction weeks from the organization Erasmusinprague already start in September. Besides their introduction week there is also an introduction week organized by ESN. Definitally join the introduction weeks because it is a great way of making friends and starting your exchange experience with a lot of trips and good parties!
accommodation	I rented an apartment in the city centre with some other exchange students I found on Facebook. There are a lot of Facebook pages where you can find people who are also looking for accomodation. We rented an apartment trough the Erasmusinprague organization. My experience with them was not always super good, but overall it's and easy way of finding accommodation.
leisure & culture	There are a lot of organization who organizes parties and other activiteis on a weekly basis. I would recommend to check ESN, Erasmusinprague and Ohmyprague to keep up-to-date on all the events.
suggestions/tips	Go on as many trips as possible! Prague is super central in Europe and therefore it offers a great basis to explore a lot of different places. Also within the Czech republic there are beatiful cities and a lot of nature to explore. Those trips really made my experience.

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	Without any doubt! I had an amazing time in Prague; there is a lot to do, it's very cheap and the university is very clear and easy to get your credits. There are also so many exchange students in Prague, so it's perfect to get the real international experience.
do you have any additional advice or comments?	I would recommend finding accommodation in the city centre in stead of staying at the dorms.



UU Report form - Erasmus 2019-2020

faculty/college	Sociale Wetenschappen in Utrecht, both the Faculty of Social Sciences (4 courses) and Faculty of Humanities (2 courses) in Prague.
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Interdisciplinary social science

destination city & country	Prague, Czech Republic
how did you travel to your destination?	Plane
name university abroad	Charles University
start date	23 / 09 / 2019 (dd/mm/yyyy)
end date	31 / 01 / 2020 (dd/mm/yyyy)

PREPARATION

exchange application process

It was made clear by UU (IO) and Erasmus+ what had to be done for the application process, so it was quite easy to follow the given steps. If you read all of the information, you will figure it out and can always ask when it's unclear. For the social sciences faculty in Charles University specifically it was a bit inconvenient that some documents had to be sent there via post, instead of just sending them online/through email. Other than that, the communication was quite good and the process went fairly smoothly.

counselling & support at Utrecht University

The arranged meetings were handy to obtain the needed information, the IO always replied quickly to questions via email and they sent the necessary information through that too. Because of this you knew in time what you had to do exactly.

academic preparation

This was not the case for me because I did not yet know which courses I would take in Prague. I was just busy completing my courses of the semester at the UU.

language preparation

I had deliberately not chosen a country where English was not the main language during seminars and lectures. Because I spoke English well enough, I did not (have to) prepare for this.

finances

It is good to sort out what the costs and other expenses will be roughly. I paid particular attention to the rent and looked for a part-time job in Prague so I had a small income next to the grant. I think that in the country and the city itself you really experience the costs of 'normal' things (such as groceries, restaurants, public transport, going out), but you can prepare to a certain extent. In Prague I found most things as expensive as in the Netherlands, except for public transport and eating out/drinking at local places. I would say rent and groceries are about the same price and of course bear in mind that you will do/go 'out' more in a new city so you will probably spend more on that.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

For my university specifically, choosing and registering for courses was kind of chaotic. I have experienced quite a bit of stress because of this and I didn't even need certain courses or ECT's for my studies (it was all extra in



my bachelor), so for some others it was even worse. Because registering happened in alphabetical order of surnames, it was my turn later than others (and all international students had to do it later than Czech students). This meant that most of the courses I wanted to take were already full and I had to look for new courses at that moment. Even though I had backup options in advance, I had to look at everything again because of the few left possibilities, changed offer and uncertainty about some courses in advance. The content of courses can vary greatly, it is mainly the teacher who decides this. You can read a course description in advance or see its number of credits, but that does not say much about the difficulty of the course. For example, a course of mine with few credits was much more difficult and required more preparation than a course with many credits. In fact, there is nothing you can do but wait and see how it works out. You could try to send an email to the relevant teacher in advance for extra information. I sometimes heard that the courses would be a lot easier than at UU, but that wasn't necessarily the case. Especially because of the organisational 'issues' I had to choose courses for which I had little background knowledge, therefore it was really quite difficult at times. It all just goes quite differently than what you are used to from a Dutch university, but you do get used to and learn to deal with that, although it can be frustrating and confusing at times. Luckily everyone is in the same position and you can talk about it with others.

academic quality of education activities

The same story applies to the quality of courses as to the content, there can be a big difference between courses. Some courses are very similar to the quality of Dutch courses you know, others not at all. There can be a big difference in what is expected of you in terms of preparation, skills and knowledge at the end ((oral) exam, paper, presentation, etc).

counselling & support at receiving university abroad

I have to say that certain people I could contact for information are nicer and more helpful than others. Mostly you can ask for counselling and support though, and they will offer it to you. There is also an office that you can visit with questions. Especially in Czech Republic I sometimes noticed a difference between generations and older generations can be a bit more conservative and rigid, but normally you will be helped.

transfer of credits

I do not yet know this in regards to the transfer to 'Dutch' grades because I have not yet received all my grades, but I noticed that different systems are used (percentages, 1-4 or A-F) in Charles University and that is not always convenient because the actual grade is not completely 'copied'.

STUDENT LIFE

welcome & orientation programme

The information that was provided was clear and useful. Non-study-related activities (which were arranged by volunteers), however, had only a small capacity, which meant that many students could not participate. Fortunately there were quite a few organizations, not connected to the university, that organized things allowing students to meet others and get to know the city. They widely advertise on social media.

accommodation

I have heard from others that the offered dormitories are not that nice, but then again they are also very cheap. My boyfriend (who works in Prague) and I have searched for an apartment and that went well. I think it's pretty doable for everyone to find accommodation themselves, that can be done via websites or Facebook groups for example. It is useful to always look carefully at the rental contract so that you have no unexpected costs or are tied to the accommodation longer than you wish, there are quite a few landlords who try to benefit from students and other foreigners.

leisure & culture

Prague is a very beautiful, historic city with lots to see. It is mostly touristy, so sometimes the main attractions are busy and it's better to not visit them in the summer. I especially noticed and liked the beautiful, stately, colorful houses with decorations that you see all around you in the city. This gives such a different image and



atmosphere than the Netherlands generally has. Because it is a capital, it is also fully equipped with all the things you need close by.

suggestions/tips

There is much to do inside (you can find it all online) but also outside the city, I really enjoyed going into the country sometimes to see different things and cities/villages. The country has many beautiful castles and other impressive buildings. Prague is quite different from the rest of the country and the inland is also very interesting to see and experience. Something I like about Prague is that there are many parks where you have beautiful views for example.

When you go out (at night or in the tram for example), pay close attention to your things because a lot is stolen in Prague. For example during a night out my phone was stolen in a club, and a while after another girl's wallet was in a tram. There are also scam tricks, for example with fake taxis. Just try to pay attention to your surroundings and it will probably be fine.

CONCLUSIONS

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

If you want to stay close to the Netherlands but still want to discover a different kind of city and country, I definitely recommend Prague/the Czech Republic. There is a lot to see and do in the city, the atmosphere is nice and most people are too. Moreover, many international students go here, a lot is organized for them and so there are many options for you to get to know new people and places.

do you have any additional advice or comments?

I noticed that many nationalities stayed with their own 'kind', but it is also especially nice to get to know people from different backgrounds and to mix a little. Keeping some familiarity is of course nice, but I think you will enrich your experience even more by getting to know people from different countries. This is including the country where you are at, because locals can show you parts of the city or country that you wouldn't easily see otherwise. Above all have a lot of fun, because before you know it your time abroad will be over!



UU Report form - Erasmus 2019-2020

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Social Sciences

destination city & country	Prague, Czech Republic
how did you travel to your destination?	Train or plane
name university abroad	Charles University
start date	17/09/2019 (dd/mm/yyyy)
end date	14/02/2020 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application process went very easily, although it did sound sometimes a bit complicated and you have to decrypt what they are asking from you. But they always responded really quick to emails and were very helpful. I did not have stress or other problems with the application process.

counselling & support at Utrecht University

I really liked the support at Utrecht University, they responded quick and clear on emails.

academic preparation

I did not do an extra academic preparation, the pre knowledge I gained from my study at Utrecht University was more than enough.

language preparation

I did only english courses in the Czech Republic, so I did not need any other language preparation.

finances

Prague is a touristic city, so in the city centre everything is just as expensive as in the Netherlands. But a bit outside the city centre is it very easy to afford, I did not experience any problems. Also because of the Erasmus grant and the transport compensation.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

It is very nice that you can switch from courses the first two weeks, so then if you doubt you can try and decide later. Although sometimes you already missed important information, which made it not so logical sometimes. There were not that much bachelor courses in English, most English courses were on master level. But still I would say there was enough choice.

academic quality of education activities

It really depended on the teacher, I've had good ones and ones I had a hard time to understand and follow what they tried to explain. In general I was academic challenged, but you have to search for it a bit.

counselling & support at receiving university abroad

They are really clear and helpful. I did not need a lot of counselling, but when I send an email I got a response



almost always the same day.

transfer of credits

The transfer of credits depends on what your home university asks, they are very helpful and flexible.

STUDENT LIFE

welcome & orientation programme

The ESN orientation programme was a bit chaotic, but it was an easy way to meet new people. There are a lot of international student organization, who all organise a lot of (free) parties and enough opportunities to meet new people.

accommodation

I was very lucky to find an apartment closeby the city centre with other Erasmus students on Facebook. There was also the availability to live in the students dorm, but I would not recommend that if you value your privacy and want to live close to the city centre. I paid per month around the 400 euros.

leisure & culture

Prague is a lovely city to walk around and explore, there is so much to see and the architecture is also beautiful. Every day (and night) is there something to do and something new to discover. They also have a lot of art and exhibitions, which I enjoyed a lot too. The nightlife is really good too, there are places for every music style.

suggestions/tips

Go to the Dogs Bar if you like live music, it is everyday on 11pm. Don't wait around to people come to you, just go for it and you will have a lovely time!

CONCLUSIONS

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

Yes, but if you would like the do specific courses it might be hard to find them.

do you have any additional advice or comments?

In the beginning it might feel scary and I experienced FOMO (fear of missing out) with every party and gathering I missed. But after that when your a bit settled it was worth every bit!



UU Report form - Erasmus 2018-2019

<p>permission to publish contact details**</p> <p><i>See end note for * and **</i></p>	<p><i>optional; only if you allow students preparing for study abroad to contact you (directly)</i></p> <p>my e-mail address <input checked="" type="checkbox"/> yes: c.c.stavast@students.uu.nl</p> <p>my weblog <input type="checkbox"/> yes:</p> <p>my Facebook account <input type="checkbox"/> yes:</p> <p>other (social) media <input type="checkbox"/> yes:</p> <p>or</p> <p><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: @</p>
	<p>faculty/college Faculty of Social Sciences</p>
<p>level</p>	<p><input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD</p>
<p>name study programme</p>	<p>Cultural Anthropology</p>

<p>destination city & country</p>	<p>Czech Republic, Prague</p>
<p>name university abroad</p>	<p>Charles University</p>
<p>start date</p>	<p>11 / 02 / 2019 (dd/mm/yyyy)</p>
<p>end date</p>	<p>30 / 06 / 2019 (dd/mm/yyyy)</p>

PREPARATION

exchange application process

In my view, the application process went really well, although you have to prepare in time. I think it is important to start in time with deciding where you would like to go and getting all the needed information. Once you have decided on your top 3 of destinations, all of the follow-up steps are described extensively on the website of the UU so that you know exactly what you have to do/prepare. After uploading everything into Osiris you just have to wait for some time and the UU fixes the rest, basically.

counselling & support at Utrecht University

I think the UU has good and helpful information evenings about the possibilities of going abroad during your studies and once you've decided you would like to do that, the International Office offers good support, information and help. Online and on the UU website you can already find almost all the information you need, but if I still had questions the International Office always helped me out.

academic preparation

If I understand this part correctly, it is about if I felt academically prepared enough for the courses that I followed in Prague/if I did anything to make sure that I would be. Since the courses that I followed were mostly in line with the courses that I have at the UU, I didn't feel the need to prepare that much. And as it turned out, for me, it was indeed not needed. With my background in anthropology I could follow my courses in Prague very well.

language preparation

The main language of communication with/at the Charles University is English and since I would also follow my courses in English (most of them) I had to make the OLS language competency test. The first time I already got C2, which came a bit as a surprise to me, but because of that I felt really prepared enough to go abroad. That's also why I did not prepare anything else for my English, although I did try to learn a little bit of Czech. I also followed one Czech language course at the university, which was really fun and also useful!



finances

First of all, I think it is important for everyone to make sure that you have enough personal savings if you want to go abroad. Besides that, it is great that you can get a compensation for public transport in the guest country (about €95). And of course I also applied for the erasmus grant, which together with the other 2 income posts were enough for me to make sure I could pay rent and of course have a great time abroad!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

At the Charles University, they have a very different system of applying for courses than what I knew from the UU. At CU, you apply for courses in the very first week of the semester and then only after 3-4 weeks the application period ends. So this means that you can 'try out' some courses and then decide if you really want to take the course, or you sign out and see if there is still place in another course. I really enjoyed this system, because in this way I could 'check' if the courses that I initially applied for were really that interesting as I thought. And they were! They have lots of interesting courses at the CU and the online system with which they work is simple/easy to understand. All of the information about teachers, courses, schedules, etc. is all in there.

academic quality of education activities

At first, I thought that the 'level' of education and courses here in Prague would be 'lower' than I was used to at the UU, but that was not true. I think the level of my courses was just as 'high' as the ones that I follow in Utrecht. The only thing which I thought was really different is the amount of work I had to do for the courses, that was definitely less than in Utrecht. In sum, the academic quality at the CU is in my opinion very good.

counselling & support at receiving university abroad

Again the International Office was my best friend, so not only the one from UU but also the one here in Prague from the CU. Almost every weekday they have opening hours so that you can stop by for questions and of course you can also e-mail them. Besides, at the beginning of the semester there was of course a special 'opening' where all of the new international students got a lot of information. Lastly, the IO from the CU also regularly sends e-mails with extra or new information, which was really useful.

transfer of credits

At the CU, all courses can have a different amount of credit, but of course they work with ECTS. In my case, I followed 5 courses during the whole semester, for 27 ECTS in total. Since they are ECTS, the UU can just use these credits, they did not have to be converted or something like that.

STUDENT LIFE

welcome & orientation programme

In the first week, we started off with a 'welcome' meeting whereby we got more/extra information about when we could apply for the courses, when and how we would get our student cards, and so on. After that, the orientation week started. In Prague, the Erasmus Student Network (ESN) organizes this and it was an amazing week full of activities! You had to apply for some of the activities a few days before, and I'm very glad I did. I attended almost all of the activities and got to know so many people already in that first week.

accommodation

The CU offers dorm rooms to international students, for that you have to apply via the website and then you will get a room in one of the dormitory buildings. These are really cheap which is a big plus, however, I did not want to stay there, because the rooms are shared with another person and the building are also quite far away from the city. That is why I searched for a room via several facebook pages, which worked for me (just in time), so I stayed in a really nice flatshare with two other international girls.

leisure & culture



As many people probably know, Prague is a great and beautiful city with lots of things to see and do. Since I was a member of ESN I attended a lot of their activities in the beginning to get to know the city. There are lots of museums, cafes, clubs, parks, restaurants and of course once you have met some people, it is really easy to make plans together to explore the city!

suggestions/tips

As I mentioned before, being a member of ESN helps a lot, if you do not know so many people yet, or you don't know what to do in such a big city, this can really help you.

CONCLUSIONS

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

I would definitely recommend to go to Prague, the city is just amazing! Besides that, I also really enjoyed going to this university, everything was well organized but still 'relaxed' (quite Czech I would say). If you don't know yet where to go, check out the CU in Prague!

do you have any additional advice or comments?

The only advice I can give is that it's important to start in time with everything for your stay abroad! Being prepared helps a lot, especially to reduce your stress level so that you can enjoy your time!



UU Report form - Erasmus 2018-2019

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Interdisciplinary Social Sciences

destination city & country	Prague, Czech Republic
name university abroad	Charles University
start date	24 / 09 / 2018 (dd/mm/yyyy)
end date	15 / 02 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The first step, is to decide where you want to go. All the student experiences can help you with this. Once you know your destination, there is some preparation you need to do. It is not difficult, but you need to fill in some forms and need some signatures from both receiving and sending organisation. But if you just follow the steps given online it is quite simple

counselling & support at Utrecht University

The international office helps you when needed. They respond quickly to your mails. But notice that their office hours are restricted.

academic preparation

There was no academic preparation needed.

language preparation

You can choose to follow a Czech course, but I decided not to do so as many the courses are taught in English.

finances

Luckily Prague is not that expensive. However, if you want to stay in a flat in the city centre it can be quite expensive. I stayed in a dormitory and only had to pay around €140 per month, so that was fine. But I did spend a lot of money on trips and eating/going out. Because it is not that expensive, you will do stuff like that quite a lot. Because of the Erasmus Scholarship, it was doable.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

There is an orientation day of Charles University at the beginning of your stay. They explain the Student Information System (SIS) and how to enroll for your classes. But this was very chaotic. You needed a student card and a code to log in, which you received in alphabetical order and there were really long queues. When you finally received your codes, some of the courses were already full.

academic quality of education activities

The courses varied in difficulty. But in general was the academic level lower than I was used to in Utrecht. It was quite easy to get A's or B's. Some courses didn't even have exams.

counselling & support at receiving university abroad

The Erasmus office was helpful and responded quick to emails.



transfer of credits

I don't know this yet. But they use a different scale of grades.

STUDENT LIFE

welcome & orientation programme

ESN organised some welcome activities in the beginning, but not much. Those activities had limited places so I couldn't go. There was one big welcome party. Apart from that I couldn't attend any welcoming activities. My faculty also organised some welcome and orientation presentation where they explained SIS and you could meet some Erasmus students. It can be useful to Join a few facebook groups to be up to date on events.

accommodation

I stayed in a dormitory in Hostivar provided by Charles University. There were some advantages and some disadvantages for living here. The advantages were that it was quite cheap to live there and it was really easy to make friends. There was a party room where you could predrink before going to the city, and there was always someone home to hang out with. But there were also disadvantages. It was an old building and quite far from the city centre(30-40 mins by tram or metro). You also had to share a room and a bathroom with your roommate, and a very small kitchen with your floor. For me it was a great experience and most of my friends were all living there. The public transport is very good and goes all night. But if you don't want to share a room, or want to live in the city centre, I wouldn't recommend this place.

leisure & culture

Prague is a very nice, beautiful and charming city. The mix of architecture of the beautiful buildings all around the city, reflect its capital's history. But there is a lot more: Romanesque chapels and cellars, Gothic cathedrals, Baroque palaces and gardens, many pretty parks and squares. During the summer months you can chill at the Naplavka Rierbank.

suggestions/tips

It can be useful to learn some Czech in advance. The Czech can come across as moody and rude. But if you try to speak to them in Czech, they would very much appreciate that.

Also, I loved to explore the city and to find new coffeshops to study or have lunch and bars to go to, so you can always contact me to ask for recommendations.

CONCLUSIONS

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

I would very much recommend to go to Prague. It is an amazing city that has a lot to offer. There are many great bars and coffeshops to discover. Also, it is a centrally located city, so you can travel to cities and countries around.

do you have any additional advice or comments?

Try to make the most out of it!. It is over before you know it. Prague is pretty cheap compared to the Netherlands. You can go out for dinner for less than 10€ including drinks. You will make a lot of international friends and it would be a waste not to go out with them because you want to safe money. Also the public transport in the Czech Republic (and outside) is really cheap with you ISECcard, which is really great and gives you the opportunity to visit very nice places around. So make sure to join those trips and don't worry too much about money.