



UU Study Abroad Report Form

faculty/college	Utrecht University, department of Informatica
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's
name study programme	Business Informatics

destination city & country	Durham , USA
name university abroad	University of New Hampshire
start date	16 / 08 / 2021 (dd/mm/yyyy)
end date	12 / 12 / 2021 (dd/mm/yyyy)

PREPARATION	
exchange application process	<p>The application process was not very hard. The reason for this is that I have done the application process before during my Bachelor and the office of international affairs is very helpful. The whole process requires a lot of waiting time. Next to this, one needs to make sure to check their e-mail and application page often. Two important thing one needs to do before starting the application is making sure the University you want to go to allows for your type of student, some only accept Bachelor students. Next to this, the courses can be a real make or break, but more on that later.</p> <p>Due to COVID-19 and my faculty supervisor not wanting to sign at first, I could not go to my wanted universities. This was because I missed the deadline. However, the University of New Hampshire still had some open spots and allowed me to come. Two months before I was supposed to leave my DS-2019 (which is a form for your visa) was postponed. This was because, the University of New Hampshire never have had a master student before. The problem was that the courses I picked were not for exchange students, and therefore they were (at first) unable to allow me to study. After waiting for two weeks and some internal discussion, the university allowed me to follow the courses I picked. However, now I had only a month to fix my visa.</p> <p>Although the waiting lines in the Netherlands were over 6 MONTHS, I was able to fix an appointment at the USA embassy in Paris. Because of this, I was on time with my visa and the start of my trip to the USA!</p>
counselling & support at Utrecht University	<p>The counselling at the Foreign Exchange of the UU was phenomenal, but also their support. When my supervisor was unable to sign my application. The Foreign Exchange office reached out and explained the situation! This was a real lifesaver!</p>
academic preparation	<p>During my Bachelor's, I did not do any preparation. During my master I made sure I took some extra courses to not fall behind on schedule. However, this is not necessary.</p>
language preparation	<p>There is no need for real language preparation. As most of the courses at the University of Utrecht are already in English and the average Dutch level of English is quite high. Next to this, Americans do not mind if you are making a lot of language mistakes. Especially, if you are foreign. They often like it when people have an accent!</p>
finances	<p>There is some need for financial preparation. Besides visa costs (\$200) and plane tickets (\$600-700 on way), the biggest costs will be the housing cost. This housing cost could vary between \$2500-4000 since New Hampshire is one of the most expensive states in the USA. The cost of a meal plan is around \$2500 thousand. Many</p>



internationals bought meal plans, so if you want to sit with your international friends this is a good plan! However, if you are in one of the apartment buildings it might be better not to get the meal plan. Next to this, there is the possibility of buying individual swipes. I bought 100 swipes (meal passes) for \$900. Moneywise I think this is the best deal since a lot of times you will not be eating on campus or in the dining halls.

The final costs include around \$300-1000 of living money per month, this is for groceries, snaps, and going to the bar. Drinks in the bar are the same as in The Netherlands, but people like to drink more cocktails. It is also customary to leave a tip.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed a master's in Business Administration. Because I was the first foreign exchange master's student at the university some organizational issues had to be figured out. This is because Americans often have special departments within their universities that are not easily accessible by foreign exchange students. Where you normally took 4 courses per period (8 courses per semester), or 4 semester-wide courses, I took 3 and 3. This was because I was simultaneously working on my Thesis at the University of Utrecht. Although I never studied any business the courses, even at the master's level, were not very hard. I filled in the courses on the form you have to provide at the start of the exchange. However, if you are an undergraduate student it is still possible to switch classes in the first week.

academic quality of education activities

The quality of the academic education activities is a lot lower than in the Dutch education system. I followed graduate courses and they mainly relied on doing your homework and being present during lectures. The lower quality of my graduate program could be explained by the number of student-athletes in my class that did a graduate program in order to play one more year

counselling & support at receiving university abroad

The employees of the university were willing to help everyone! They even send out multiple e-mails if you forget something! In order to meet with them you often had to fill in a form online. However, if you showed up unannounced anyway they did not seem to mind and helped you anyway. The same is for the professors. Once one of them found out I was an international student he even helped with some of my other courses.

transfer of credits

Once you download or receive your transcript from Canvas, you can send it to the board of examiners of your department and it will be solved within a month! All you need to do is fill in a form.

STUDENT LIFE

welcome & orientation programme

As a graduate student, I arrived a week before classes start. However, all undergraduates start a week after the graduate students. This meant that the building I was living in was quite empty. Luckily I was over 21 and able to get into the bar. Here I met my fellow students and a lot of the student-athletes. These connections helped me have a great set of friends and parties down the line. After two weeks the international orientation program started. Because my classes were already on their way, I was unable to follow all the events. Luckily I still met most of the other internationals and was able to make some friends. Since the student apartments do not come with pillows or bedding, the International student departments made sure to include them in the welcome bag! Most of the friends I made during this week stayed with me the whole semester.

accommodation



The dorm I was in was called Babcock hall. It is a quite old building, the windows are small and it feels like a prison cell. Next to this, the student in the building were mostly Ph.D. students and therefore mainly focused on school. My tip would be to go to the Gabbles apartment or the International building. Although the Gabbles is a little bit more expensive, most parties will be here if you are under 21. Next to this, you will live in a nicer apartment with 4-5 roommates. The building that is the nicest is definitely Congreve Hall. Nice rooms, air conditioning, and a good location.

leisure & culture

There are a lot of activities to do at the university, in October and November there are intermural sports competitions where you can set up a team with your friends. I played football, indoor football, and volleyball during this time with the internationals and we had an amazing time! During the week I was often at the bar. The typical week looked as follows; Wednesday bingo or trivia at the bar, Thursday "thirsty Thursdays" at the club, Friday going to a house party or a club that you joined, Saturday the bar, and sometimes on Sunday the tailgate! The tailgate was one of the best experiences in my life! I could recommend it to everyone! A tailgate is partying before the American football match started! Tickets are free for internationals for all sports! We watched Icehockey and American Football.

suggestions/tips

Join clubs and go out a lot! These are the places where you are able to make americans friends! Also, do not ask to go to a house party! If you know someone there and you are pretty chill, most people will let you in! If you ask they are more likely to say no! Thanksgiving is amazing, try celebrating it with an American Family!

CONCLUSIONS

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

The experience at the university and surrounding areas was amazing! I enjoyed my time a lot and wished I could have stayed for a whole year! If I could go again next year I would!

do you have any additional advice or comments?



UU Study Abroad Report Form

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

destination city & country	Durham NH, USA
name university abroad	University of New Hampshire
start date	22 / 8 / 2021 (dd/mm/yyyy)
end date	26 / 12 / 2021 (dd/mm/yyyy)

PREPARATION	
exchange application process	I knew I wanted to go to the USA, and so I read the reviews of all the universities I could go to. I decided to go to UNH because it has a beautiful campus and because the size of the university spoke to me, not too small nor too large. The application for UU was very easy, and after a few months I heard that I could go to UNH. In early April I heard back from UNH and could start my application there.
counselling & support at Utrecht University	I didn't use counselling and support much, but if I sent an email to the international office they would reply in one or two days.
academic preparation	Not necessary, the academic level in the US is a lot lower than what I was used to in NL
language preparation	None
finances	Flight: 1000€ Housing: 3850\$ Meal Plan: 2300\$ Visa: 500\$ (This was a whole drama because Amsterdam didn't have space for my interview until January even though I applied in May and they denied my request for an earlier appointment, so I had to go to Paris for my visa) On things like trips and snacks, alcohol etcetera I spend approximately 500-700 euro each month.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I took some courses that I found interesting but were completely unrelated to my major. All my courses were really easy, even the 600 level one. For all the courses you have to hand in your homework and all of this is graded and counts toward the final grade. Overall the courses are easier but you have much stuff to hand in and this means that you're still going to have to do a lot of work.
academic quality of education activities	



Quality of education is lower, I never had to study for tests you just have to hand in a lot of work.
counselling & support at receiving university abroad
Great! Because of covid there were a lot of uncertainties before arriving and I got great help from my counsellor there. I also tested positive for covid a day before I was supposed to go back home and they helped me a lot. They kept quarantine housing open longer just for me and health services called me twice a day to check up on me.
transfer of credits
Haven't done this yet.

STUDENT LIFE
welcome & orientation programme
We had a week long program with all new international students where we got to meet a lot of people. We went to Walmart to buy stuff for our rooms, got some informational sessions, played games and went to a soccer match.
accommodation
I chose to live in Fairchild Hall and I loved it. I had a double room because I wanted the full 'American experience' and got along really well with my roommate who became one of my best friends. This is however more of a gamble because there were also some people with bad roommates.
leisure & culture
I went on a trip to Niagara Falls and Boston, which is an hour and a half away by train. Furthermore I visited a lot of sports games, mainly football and ice hockey.
suggestions/tips
I got to spend thanksgiving with one of my American friends family, and this was great. I would try to get a mix of both American and international friends.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
YES! I had the time of my life there. Everyone is so nice and the campus is beautiful especially in the fall.
do you have any additional advice or comments?
Don't doubt going abroad, you will love it. I was worried I wouldn't find friends there but it all turned out well and I had such a great time.



UU Study Abroad Report Form

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

destination city & country	Durham , USA
name university abroad	University of New Hampshire
start date	20 / 08 / 2019 (dd/mm/yyyy)
end date	16 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

In the beginning I had no clue how to start the exchange application process, luckily the office of international affairs was always very welcoming and I have used their office hours multiple times to ask questions and emailed them to make sure I wasn't forgetting any important stuff. My first advice in this is start early! Make sure you have enough time to discover what you want and you really can't ask too much questions when it comes to such an important matter as this. For myself I started sorting where I wanted to go. I started out with that I really wanted to go to this native English-speaking country, my first must. Since I thought any country within the UK was 'too close' to home those were already eliminated. Continuing to Australia, Canada, United States, and especially New-Zealand (which was very high at my list) I read all the study abroad reports from those countries and while reading those I either got a feeling of 'yes I wanna go there' or a 'nahh' feeling. From those I selected a couple universities which I found interesting. From there I went to all of the websites and made myself a word document. In the document I wrote down the courses which I thought were interesting from each university which I had selected, moving from there I made myself a global look at how much everything will cost approximately (this can also easily be found at the UU website for studying abroad!!). Since I was almost finished with my bachelor I was specifically looking for a challenge and new knowledge within psychology. Because of that both Australia and New-Zealand were eliminated since both didn't give me the challenge of new subjects in courses but more of the same general stuff I already knew from my courses here at the UU. After that it was just a case of eliminating on grounds of how many interesting courses there were available and I mostly googled all of those universities to get the picture complete. Eventually I set my mind on Durham NH, since it was not very big with internationals and would give me the opportunity to go into the culture of America rather than just being with internationals. It was also, compared to the UU, more directed to the individual and it seemed like teachers had good and personal contact with their students. I wanted to experience that too, since as a psychology student you are mostly one of many.

counselling & support at Utrecht University

I really liked the counselling and support at the UU and made quite a lot of use from it!! Definitely don't shy away from asking questions, these people know what they are talking about and it's better to ask to much than find out stuff you wanted to know before you went!!!

academic preparation

I didn't think it would be necessary to prepare myself on an academic level.

language preparation

I didn't really think I needed preparation for speaking English, I was already quite good at English before I went to the states and read books in English since I was about 14 y/o so didn't think it would be necessary. It turned out that I indeed didn't need any extra preparation. However, it wasn't that simple to getting used to speaking



English all the time and you can definitely experience some difficulty in the beginning. But I have found that everybody is quite accepting of that and let's be honest, most of the time Americans don't speak an extra language so they'll just be fascinated that this is your second language and will only admire you for trying! So really don't worry much about it!

finances

Since I started my bachelor degree I knew quite soon that I wanted to study abroad, therefore I borrowed a bit more money from DUO each month and set that apart on my savingsaccount, I also had various jobs while studying for the last couple of years and especially in the summer and put aside almost half of all my salary to my savingsaccount. Therefore, I had quite a large sum in my own before I went abroad. I made sure I had more enough to not have to worry about money once I would be there. Looking back, this was definitely a very good thing! Every month I also had DUO while I was there but I didn't need the support the Dutch public transportation offered instead of free travelling (het studentenreisproduct kan omgezet worden naar een maandelijks vergoeding van iets van € 95 per maand). I also did overtime for my last job and thus had two months of salary extra once I was there. All of this made sure I didn't have anything to worry about whilst being there. I even came back with not having spend everything on my savingsaccount! And that despite all the little trips and shopping in the US...

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Since I was a psychology student I mainly focused on taking psychology-related subjects. I soon had contact via email with a couple of people who reached out to me. With them I only had a few emails before we decided which courses were possible for me to take and the woman who helped me made sure I was enrolled in the courses I wanted. It was the most easy thing ever! Had no struggles and very happy with how UNH took care of it all. Since I need special services (extra time, separate space) I also reached out to some people and soon everything with that was also taken care of and I had an appointment for when I would arrive there in the first week to make some final decisions and talk about stuff with the special service people. They also were very nice, took care of everything they could and one woman had lived in the Netherlands for a while and knew quite a lot of Dutch and offered to translate some official documents for me, which was so nice. The appointment self when I arrived there, was also very easy everybody was very welcoming and just wanted to make sure I had everything I needed. Couldn't imagine a better way of how it could've been organised!!

academic quality of education activities

Overall it wouldn't surprise a lot of you that the overall level of education is just a bit lower than the high standard which we are used to in the Netherlands of education. With that in my mind I on purpose took courses which I didn't have a lot of basic knowledge about. This made sure I still had a little bit of challenge in the courses I took. Because I had quite little class hours in the end with four courses I took two extra courses (concert choir and treble choir) which gave me not only fun classes in another field than my own but also made sure that I had enough hours of classes in the week to not be bored. I especially liked that since I had the feeling I would feel more homesick once you start to have too much free time, in the end I still had a lot of free time therefore I suggest that you challenge yourself with either the classes or join several clubs/ organisations, the US and UNH are more than full of those so there is more than enough choice for everybody!

counselling & support at receiving university abroad

As I stated a bit before the counselling and support I needed and immediately got were superb, I couldn't imagine for better counselling and support abroad and really love UNH for that. They made complicated stuff look easy to take care of and that saved a lot of trouble. The services they provide are not only for students who need special care but everybody is welcome to use those services and they are very forthcoming with those.

transfer of credits



Since I'm not back that long and haven't got all my grades back I am still figuring out how my credits can be transferred to the UU. However, from UNH I had no trouble getting an official transcript with all my grades and they were, again, most helpful even though the new semester already started for them. The only barrier is my finding out how to do this with the UU but UNH didn't give me any troubles with it.

STUDENT LIFE

welcome & orientation programme

I arrived in the summer and with the start of a whole new academic year, I would say that that is the perfect time for starting your semester abroad! Everybody is new and the program is very elaborative on their activities. I really loved the program OISS (the international office of UNH) put together for us and they absolutely made sure that every international finished all the documents (they had a nice to-do list) but also made sure we were more familiar with the campus and the campus life which was so nice of them. The New England people are in general the kindest people ever and make you feel very welcome. In the orientation week we were split up in groups with an appointed student leader who was always available if you needed anything and answered all your questions. We had a trip to the beach and got to know each other a bit more and the whole ambiance was just great. Looking back I think how you enter the orientation week makes a lot of difference. I hate eating alone and in that first week there I made this whatsapp group and added a lot of people with the question if everybody could just let the rest know when they would have dinner and then people wouldn't need to eat alone. This turned out to be the best thing I could've done! With that group we did a lot of activities from OISS even after the orientation week and joined together for evenings with fun or study groups to support each other and ofcourse meals throughout the day. Overall I think UNH had a very good welcoming program and orientation week they absolutely made sure that we would have everything to get a good start at UNH.

accommodation

It is most likely that you would have a dorm room in one of the dorms on campus, yes I know very American! Some dormrooms provide only shared rooms such as doubles, triples or even rooms with four students (can't find the word for that haha). I myself had a single room in a dorm which was 21+. I think that had both its pros and cons. I really liked to go back to my room and just process the whole day on my own since sometimes talking English takes a lot of energy. But on other nights I sometimes felt more lonely, simply because everybody at home in the Netherlands would be long asleep when I had the most time to talk to friends, family and my boyfriend. However, we also organised a lot of movienights, jigsaw-nights (I know weird, but oddly very cozy and fun) or other nights together. The dorms all have a common room which you can sit in and is very inviting. I could always have friends over and just chill in the common rooms of my building. If you are more of a social person who can't be alone I would suggest you take a shared room, I've had friends who had the best roommates and had a lot of fun being in a shared room. But think about it carefully! A couple of friends also switched rooms because their roommates didn't match in the end or they preferred a single room. I am more than happy to answer questions about those shared rooms or give you any advice!

leisure & culture

America doesn't have the most distinguished culture but they still had a lot going on. From OISS you do get the differences and some 'rules' on how people behave but it's mostly making it up along the way. I really loved the ambiance of America although I did not expect that before I went there. Especially the people and culture of the New England part is just great. I would say just let yourself be surprised, go with the flow and don't be scared to learn new cultures traditions, celebrate Thanksgiving, go to a haunted house and just don't say no before you actually know what it is you're saying no to. Definitely keep with OISS activities, since they show you a lot of good culture and have so many fun activities!

suggestions/tips



Don't doubt about a semester abroad, I know everybody says it but it can really change the person you are for the better, and will make your life more enriched! I know mine did and I also am very certain that it did my own development and experience so good. I am already planning more trips with the people I've met there and love to see my international family back, I really can't wait! Be open for new things and new people and you'll notice that that will make or break your experience abroad. I opened myself up for all new things and got a lot back for it, inclusive a very loving, fun, crazy and awesome group of friends which I am a 100% sure I will see back!

CONCLUSIONS

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

YES! I loved my time at UNH and wouldn't want to have my semester abroad anywhere else! Do keep in mind that UNH (Durham campus) is not that big or close to a very big city, it's more rural but the more fun! You could take easy trips from there to Boston (amazing city), Canada, New York City, Washington DC, etc. And the whole ambiance of UNH is just amazing, you'll see for yourself once your there! It's just... very American and I loved that.

do you have any additional advice or comments?

I think I already gave a lot of advice and comments... just enjoy I would say, and yes even though it's soo expensive it's also very very very worth it, every dollar I spend.



UU Study Abroad Report Form

Faculty/college:	Department of Information and Computer Science
Level:	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree program:	Information Science

Destination city & country	Durham NH, USA
Name host institution and/or company/organization	University of New Hampshire (UNH)
Purpose of exchange	<input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	08/15/16
Return date (dd/mm/yyyy)	05/30/16 (I extended my exchange for another semester)

Preparation

Exchange/placement application process:

I cannot remember it as well as I would like, but I remember I filled in on a form that I wanted an apartment. However, it turned out that I was placed in a dorm which was great because my roommates are awesome and according to other exchange students from other parts of the world their roommates were (way) worse. I was just lucky I guess, especially since I filled in the form and did not put any further effort in checking which dorm I had or changing it. There are a lot of good dorms tho, and for international students they are selecting the good ones.

I filled in a lot of documents for funds, but I did not get any. Normal amount paperwork is like a decent amount, especially when you need to fill in the application form for your visa

Counselling/support at home university:

There were a few meetings with a lot of useful information. I was well-prepped when I came to UNH, and what I did not know I learned it quickly from orientation leaders, but none of what I did not knew was a big deal.

Academic preparation:

Since I was doing a minor I could enroll in any course I would like thus no permission was required for any course; which made it quite easy. I did not do much in this stage actually, however for spring semester I registered myself for a capstone (or a so-called senior project), which was hard to do since you need approvals of many people.

Language preparation:

UNH is one of the few (maybe even the only one) which does not have the requirement of a language preparation test like TOEFL or something like that. If you are confident about your skill in English or just do not want to pay 300 extra euro's like me this is a huge advantage. You will learn



English soon enough, especially when you make American friends.

Finances:

I paid everything by myself, financing everything by working and saving money before I left, and by taking the maximum amount of loans possible from the government. Costs are quite high, 6200 dollars for next semester makes it one of the most expensive universities around the USA, mostly because it is on the east coast which is a rich area. Besides that, I spent like 200 dollars every month on things like alcohol, trips, presents etc.

Study/placement abroad period

Study program/work plan (concerning content and organizational issues):

I did a minor in liberal arts and was enrolled in 5 courses, among other things I followed courses in the field of political science, philosophy, anthropology and history; all quite different from my original study (information sciences). Organizing anything was not hard at all, I filled my courses in on the form you have to fill in to provide the necessary information for UNH, I needed two more visits to a study advisor to arrange everything (with days, times etc.) but it went smooth. They are very willing to help all lost, helpless international students

Academic quality of education/placement activities:

Since I took a few freshman courses (level 400, they advised me to do that since I was taking more courses than usual and they were in the opinion I was not used to the American system) thus those courses were not that hard, but that is to be expected. In courses at a higher level (600 out of 700) I still performed quite well, but I needed to put more effort in it which made it more satisfying in the end. Overall, it is safe to take courses of a higher level if you are in your second or third year, despite what they will advise you.

Counselling/support at host institution/organization:

They were very willing to help everyone, they offered help for even the smallest details and finish their sentences almost every time with "let me know if I can help you, shout out an email if you feel the need to". This was evident in conversations with e.g. people from international office or with professors when they found out you were not from America, but also in freshman classes. It went better in the classes of a higher level because at a certain moment all the offered help gets a bit too much – but I appreciated the gesture since it is iconic for the American culture, always friendly and willing to help.

Transfer of credits:

A piece of cake, I downloaded my transcript from blackboard, sent it to my study advisor and next day the grades were visible in my "results" section. They were not translated tho, they were still visible as A's and B's, but I got the maximum amount of GPA out of it.

Student life

Welcome/orientation program:

My first experience was so good; after an Uber driver ripped me off and I had taken the train to Durham I was introduced to my orientation leader who had the best American accent ever. In that week, I made friends during my orientation week who stayed with me whole semester. Orientation program was great since there were always new people to meet and something to do (you have to be eager to join activities that are definitely not Dutch, but hey get out your comfort zone) and I



spoke my orientation leader at least once a week in the time after introduction week. On the first day, I found out there were no blankets or pillows in the rooms, one of the leaders offered us to drive to Walmart to get the necessary stuff. Again, it is iconic for the American people, friendly, welcoming and willing to have a chat with anyone.

Accommodation:

It was a dorm, which means furniture was quite old, but it was decent and sufficient. I had the luck I was placed on the ground floor of the dorm, which means there were mostly offices and storage rooms instead of dorms. Could be a disadvantage, but I met a lot of people outside my dorm and did not really miss it. The advantage was that it was quiet enough to study and when you felt the need to throw a party you only had to tell three people living across the corridor. And I was lucky with having great roommates, that is something what will always be a shot in the dark.

Leisure/culture:

I used to have a beer in the weekends with friends from the orientation group (a group of around 15 people) or hangout with some of the American friends I made. I think almost every day there was a game to attend (like basketball, football etc.) or with people, who were old enough, I went to the bar; there were a few nice bars downtown, do not expect too much of clubbing tho, Durham is too small for that (it is a student town) but on Saturday nights it is filled with people to dance. I joined a few clubs in the beginning, a shooting club (which I quitted because shooting at a piece of paper only was quite boring), residential council (decide with all people what trips you want to plan, or what improvements can be made) and the climbing club, which I certainly enjoyed the most. I still climb from time to time when I am writing this and I will definitely do it when I am going back next semester. Besides that, I joined intermural soccer teams (indoor and outdoor) and I played basketball as well. As you see, enough opportunities to fill your days. Oh by the way, I went on a climbing or hiking trips once every two weeks, which gave me the opportunity to explore quite a lot of New England. Especially in the fall I recommend to do such trips because New Hampshire (and Vermont and Maine) are so beautiful then.

Suggestions/tips:

Join clubs, because that is where you will meet American people and to see something of the area around UNH and Maine. Talk to American people, become friends with them to know their culture, I ensure you it will enrich your experience (thus, do not stick in your international orientation group). Make sure you go to an American family for thanksgiving, because then you will really see how different America can be (positive for me, I loved it). Since UNH is quite small (not too bad for me since there was enough to do and a nice difference from Utrecht) try to go off the campus once a week at least to explore the area around. **In general, if you are thinking/doubting about an exchange, just do it!** It adds so much to your student life, I loved it so much I extended my stay for another semester, next semester I will graduate at UNH.

Conclusions

Would you recommend this host organization/destination to others? Please explain:

I will absolutely recommend an exchange in general and especially this destination. It large enough but not too large, if you participate in clubs there is certainly enough to do, classes and professors are nice and American people in particular. I absolutely loved it and I enjoyed every moment of



being there. Do not think about all the paperwork which needs to be done, the amount of money you have to pay or the visit to the consulate for your visa, it is nothing when you are there and enjoying it.

Do you have any additional advice or comments?

Buy an American mobile plan, which are quite expensive, so look online for cheap one. With a Dutch smartphone, you will have bad coverage anyways. For me it was not necessary to open an American bank account since I paid everything with my Dutch credit card, which costs a few euro's a month. Besides that, do not compare Holland and America too much. You can have some nice conversations but most Americans have not been outside the USA, thus they have no idea what you are talking about.



UU Study Abroad Report Form

Faculty/college:	Faculty of Geosciences
Level:	<input type="checkbox"/> bachelor <input checked="" type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Innovation Sciences

Destination city & country	Durham (New Hampshire) - United States
Name host institution and/or company/organisation	University of New Hampshire (UNH)
Purpose of exchange	<input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	20/08/2016
Return date (dd/mm/yyyy)	10/01/2017

Preparation

Exchange/placement application process:

There is quite some paperwork and it will take quite some time but it is an easy and straightforward process if you follow the instructions carefully (and it's definitely worth the time!). Overall I spend most time on the application for Utrecht University because the places in the United States are in high demand among UU students. I had to start very early with the application since the was early December. Before starting my application process, I spend a lot of time reading through student experiences and courses offered at the UU partner universities in the United States. Once I decided the University of New Hampshire (UNH) as my first choice, I specifically paid a lot of attention to my motivation letter. In addition, as a graduate student I needed a signature from my master program coordinator as an approval of my study plan.

After being selected by the UU, the host university e-mailed me within a few months with more paperwork. They provided me with very clear instructions and deadlines so this was also very straightforward. For a lot of the host university application I could use the documents (such as CV and motivation letter) I had already written for the UU application.

Counselling/support at home university:

Ingrid Dijkstra has been a great support during my application process. She was available to talk in person when I was unsure for which university I would like to apply, and was always quick to answer if I e-mailed her with questions about the application process. The predeparture meeting was really helpful to learn more about the visa process and to ask questions to students who just got back from their exchange. In addition, at the meeting I met the other UU-student that would attend UNH in the Fall semester with me.

Academic preparation:



No academic preparation was necessary.

Language preparation:

No language preparation was necessary.

Finances:

Most of the costs of my exchange needed to be paid before my departure, such as visa (\pm \$340), flight ticket (\pm €700), housing (\$3823), and health insurance (\$1140). Shortly after my arrival I decided to opt for a meal plan after all (\$2059) since I wanted to share meals with the people I met (most of the students had a meal plan in place) in the dining halls. Cooking is possible in most residence halls (even the undergrad housing) but you will probably still need to buy cooking gear, and buying groceries on campus is rather expensive too. I tried to waiver the health insurance, but this was not possible for international students. Due to the meal plan, I didn't have a lot of expenses on campus, but trips/traveling and going out in the weekends and breaks can get quite expensive!

I applied for multiple scholarships and received one. Although finding and applying for scholarships is a lengthy process, it can really be worth it since scholarships can have amounts of €1000 or even €2500. Apart from my scholarship, I still needed my savings and an additional loan at DUO to pay for the exchange.

Study/placement abroad period

Study programme/work plan (concerning content and organisational issues):

As a graduate student, it turned out to be difficult to find courses on graduate level for me. Although it took quite some time, the international office at UNH as well as my assigned academic advisor and even professors were of great help - and I am very happy with the courses I ended up taking.

Academic quality of education/placement activities:

I took two courses from the MBA program (graduate program 'Master of Business Administration') which were of great quality – very much comparable to my graduate level courses at UU (although I obtained higher grades more easily than I would have at UU). The courses are offered by the economic department at UNH ('Paul college'), which has a very good reputation in terms of quality of education.

My other two courses were technically graduate courses (800-level), but the courses were attended by both graduates and seniors (last year of their bachelors). So the same course was simultaneously a graduate course (with a 800 course code) as well as an undergrad course (with a 700 course code). The courses were interesting and enjoyable, but really more on undergrad (bachelor) level and quite easy for graduate students - there was much less expected from the students and assignments were rather easy.

All my classes were small (\pm 30 students) and all my professors were very knowledgeable and engaging. They were interested in my background as an exchange student and were very much available for any questions – both before/after lectures as well as during their office hours.

Counselling/support at host institution/organisation:

The support I received from the international office at the host university was absolutely great. I always received very quick responses by email and when I encountered some trouble with my



study plan, they put in a lot of effort to make everything work for me and even contacted professors for me.

Transfer of credits:

Very easy and straightforward. I could download the transcript of my grades at UNH online as well as make an online request to send one or more paper transcripts to my own Dutch address. After handing in the paper transcript at the student office at UU, my grades were transferred within a week. Unfortunately a fixed transfer scale was used, and the extra information I gathered from my professors to have a better transfer did not make any difference. For example, an A – the highest possible grade at UNH - is translated into an 8 at UU.

Student life

Welcome/orientation programme:

The orientation program of the Fall semester was great. Before my departure, my orientation leader had already introduced herself by a personal e-mail to me. I arrived on campus late at night and was picked up from the train station and brought to my dorm by one of the orientation leaders on call. During the orientation week, I met around 100 other international students new to the campus – other exchange students and mostly students who attend UNH for a full degree. I got to know my way around campus and learned more about clubs and activities on campus. In addition, we visited Walmart (to buy stuff for our dorm like blankets), a nearby beach, and the nearby town of Portsmouth.

Accommodation:

I opted for a room in Babcock (the only graduate residence hall on campus – age 21+), because this dorm has single bedrooms while most residence halls have double and triple rooms. Babcock definitely isn't as beautiful on the outside as most (if not all) of the other residence halls – but the interior and furniture of all dorm rooms are actually exactly the same. In addition, the common area (with a pool table and table tennis) as well as small community activities (like coffee and movie nights) are offered similarly in all residence halls. Different in Babcock compared to the other halls is the huge, newly renovated kitchen. I also noticed the community leaders tend to be less controlling. In the undergrad dorms, it's not uncommon to have a community leader knock on your door to check everyone's ID just because some are drinking a beer quietly.

It's good to keep in mind that all undergrad residence halls (which is everything except Babcock and the apartments at Woodside and Forest Park) close during breaks. This includes the Thanksgiving and Spring break. Although Babcock doesn't close during the Winter break, I also had to move out because I was not returning for the Spring semester. This meant that we had exams until Friday and I had to move out of my dorm before Saturday 6 PM.

Leisure/culture:

On campus:

On campus, there are numerous clubs you can join – from the entrepreneurship club to board games, to climbing, snowboarding, shooting (yes, guns) and much more. I found my options for sporting clubs a bit limiting since familiar sports like basketball only have professional teams at UNH. However, there are intramurals for soccer and basketball – in which students can make their own team and compete (casually) against other teams. And I ended up joining the ultimate Frisbee



team which accepts students who never played this sport before. For individual sports: there is a gym, outside and inside pool and the nearby woods provide great running/mountain biking trails!

As an undergrad student you can go for free to all UNH sport events (definitely go to at least one American football game and a (ice) hockey game), and there is a free cinema on campus. If you are 21, there are three bars (two of which have a dancing area in their basement) in 5 minutes from the campus which attracts a lot of the older students and is definitely fun to visit on Thursdays and Saturdays.

Around campus:

There is a recreation center which offers hikes and other outdoor activities such as stand up paddle boarding for around 15-20 dollars. It is a great way to see more of the beautiful nature in New Hampshire. The international office also organizes activities every once in awhile, such as a trip to Salem during Halloween season and a one-day ski trip in the winter. You can also arrange to go skiing/snowboarding yourself (if you or a friend has a car) - day-passes were offered for around 80 dollars.

Busses/trains:

All busses around the campus are free for students – they can for example take you to the nearby shopping mall (there are also some restaurants and a cinema) and towns like Dover and Portsmouth.

The train station on campus can take you to Boston in 1.5 hours (for \pm \$19)! Boston is definitely a great destination that you can visit multiple times. Portland (in the state of Maine) is also reachable by train.

There are a lot of touring busses (for example from Greyhound) that can take you from Boston to New York (\pm 4.5 hours), Washington (\pm 9 hours), or for example the Niagara Falls (\pm 12 hours).

Suggestions/tips:

- The Thanksgiving break in the Fall semester is the perfect moment for a longer trip. I had six consecutive days free of classes, and I took this opportunity to visit New York.
- The best experiences I had during my exchange was with the American friends I made – especially spending Christmas with one of my American friends and her family. Americans are often very happy to invite you and it is a great way to see more places in the States as well as learn more about American culture.
- Join a club! It's the easiest way to get to know more people and especially more American students.

Conclusions

Would you recommend this host organisation/destination to others? Please explain:

Yes I would definitely recommend UNH!! I really enjoyed the courses I attended, and the campus definitely gives you a true American university experience. People are really friendly, helpful, and openminded - both fellow students as well as professors and anyone you'll encounter at the administration offices. I love that I could easily visit big cities such as Boston, New York, and Washington. It gives a great contrast from the rather quiet but beautiful area of New Hampshire.



Do you have any additional advice or comments?:

If you have a driver's license in Holland, you are allowed to drive in the States for the first 30 days after arrival, as well as during the visa grace period (as I understood from the UNH International Office, the latter is not a written rule but more a grey area). There is no point getting a driver's license in the States during your exchange since the license will only last for the time of your student J1 visa.



UU Study Abroad Report Form

Faculty/college:	Medicine
Level:	V bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other <input type="checkbox"/>
Name degree programme:	Medicine

Destination city & country	Durham, New Hampshire, USA
Name host institution and/or company/organisation	University of New Hampshire
Purpose of exchange	V study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other <input type="checkbox"/>
Departure date (dd/mm/yyyy)	24/01/2016
Return date (dd/mm/yyyy)	19/05/2016

Preparation

Exchange/placement application process:

The application process was clearly explained on the website. I put a lot of extra time in my motivation letter, because I knew that if more students than places applied that would be the deciding factor. If you start your application in time and follow the steps it is pretty easy to do. Also, Ingrid will answer any questions you may have.

Counselling/support at home university:

The academic counselling was very supportive. Ingrid's replies to my emails were very helpful and she helped me getting my visa.

Academic preparation:

I took the course Intercultural Communication (only offered to UU students I think, gives you 3 extra credits) to prepare myself for my time abroad. This was fun and useful, I gained some insights in how to deal with cultural differences.

Language preparation:

Dutch students who want to go to UNH don't have to submit proof of language proficiency.

Finances:

I made a financial plan, used part of my savings and also borrowed some extra money from DUO. Going to the US is expensive though, be prepared to spend a lot. Going to UNH is one of the more expensive schools, since housing and board (meal plan) are expensive. Also, you can't get out of the health insurance plan anymore, since they changed their policy and now require all J-1 visa students to have the SHBP insurance plan. For one semester this adds up to a little more than 5.000 euros. When you're at UNH you don't have to spend a lot, almost everything is free. The gym is free, so is the swimming pool and going to the cinema (all on campus). Definitely make sure you have some extra money saved to travel! You don't want to miss out on going to awesome places



nearby (NYC, Boston, Washington DC) or even places further away (flying in the US is expensive though, more than flying within Europe unfortunately). Keep in mind this is a once in a lifetime experience though and that you will never forget it!

Study/placement abroad period

Study programme/work plan (concerning content and organisational issues):

I got my own academic advisor and we exchanged emails about for which courses I wanted to sign up. Make sure you have a list of like 8 courses, because you might not be able to get into your top 4. Fortunately I was very lucky and could take most of my preferred classes. Some courses have prerequisites, but if you email the professor and explain why you want to take the class you might be able to enter the class anyways. The first week is add/drop period, so if you don't like one of your classes you can email the academic advisor and change the class, which is what I did for one of my classes. This was very easy.

Academic quality of education/placement activities:

The academic quality of the classes is pretty good. It's a different way of teaching than in the Netherlands though. The classes are more focussed on assignments and some smaller exams (everything counts for like 10-20%). Also, there is some homework. Luckily I had plenty of free time during the week to do the homework (not the weekends, since you're usually busy doing fun things then). I took 1 beginners class (400 level), 1 intermediate (600) and 2 advances classes (700) and the workload was fine. It's pretty easy to get good grades for the exams and assignments if you study for the tests. I got A's for all 4 classes!

Counselling/support at host institution/organisation:

The office of International Students and Scholars (OISS) was very helpful. They organized lots of events and trips and made us feel welcome. I did have some troubles with my visa, since it took a very long time for my DS-2019 to arrive in the Netherlands and contact with Elizabeth Webber was a little difficult (I would send her 10 emails and she wouldn't reply). Also, housing arrangements were made very last minute. I think this was because I went in the Spring. But in the end everything worked out.

Transfer of credits:

I don't need the credits for my study and since I've done this program as an extracurricular thing I haven't gone to the Geneeskunde Examencommissie to transfer my credits.

Student life

Welcome/orientation programme:

In the Spring there is not so much an orientation programme, at least not like there is in the Fall (from what I've heard that's very fun and intense, especially if you want to try to join a sorority or fraternity). We did have one introductory day with all the exchange students together and a few ladies from OISS explained us about the university and rules (very boring). They also took us to Walmart, which was fun and very convenient, because we had to buy sheets and stuff for in our room.

Accommodation:

I had to fill out a form and made a preferred list of dorms. I wanted to live in Fairchild, but I guess since I'm 21 and an international student they just decided to place me in Babcock. From all the



study abroad reports I had read I wasn't really too enthusiastic about this, but I guess the number 1 lesson from studying abroad is to be flexible and open-minded. So that's what I tried and in the end it wasn't that bad. I wasn't in my room a lot (just for sleeping mostly) and the campus offers a lot of cosier 'lounge' areas (in the Mub for example) and that was good because the room itself wasn't very cosy. It was nice to have a single room though (although I do think it's an American experience to have a roommate, it can also cause problems...) It was nice to live in a dorm where you were allowed to drink alcohol in the common rooms (although there are many rules about it, but please just see this as 'typically American'). As this is the only dorm where this is allowed my non-Babcock international friends often came here to hang out. Also, since it is a 21 plus dorm you can easily make friends to go to the bars with. Accommodation is expensive though, but I just didn't think about that too much.

Leisure/culture:

Durham is a very small town, honestly there isn't much to do. There is a supermarket off campus, 3 bars and some very small restaurants/coffee places. The thing is: if you go to Durham, don't expect a place as lively as Utrecht, because it's not. It's just very different. This was a little hard for me in the beginning, since it really felt like I was in the middle of nowhere. You kind of need a car to go places (except to go to the mall, which is nice. To go there you can just take the free Wildcat Transit). But I now know that being in a small town is also very American. It's all about the campus life. There are so many things to do on campus, so I would definitely recommend you to get involved. There are tons of committees and organizations and although it doesn't take up too much time to join them (maybe half an hour every week, sometimes even less) it's nice to meet Americans through them. Me and one of the other international students decided to join Project Sunshine, which was nice, because they took us to hospitals in Boston to craft with the children (it's a volunteering thing). Moreover, definitely try to go on as many Outing Club trips as possible! Those were very cool and cheap! They organize one-day or weekend trips to the White Mountains (think: hiking, skiing) and the people are very nice. Also, the Mub has free movies every week. And you can go to the gym for free. It's possible to join an intramural team, which is what I did and I played a couple of floor hockey games.

The other evenings/nights I mostly hung out with the other internationals. There weren't many of them, but we formed a small family. Almost every evening we had dinner in HoCo of Philbrook and after we would watch a movie in someone's dorm or go to the Games room and play pool or pingpong. I think my abroad experience was very different than the typical 'abroad experience' in the sense that I wasn't part of a large international student community. If you want to be part of that go to a university that is a lot bigger (like University of Florida) and has a larger international community. But UNH was pretty small (still 13,000 students) and I think because of that it was easier to meet American students. Everything is just organized on a smaller scale and it felt much more personal. Meeting American students mostly goes through the committees though; in class they can be very tough to connect with (could be since I took mostly senior classes and everybody already had their group of friends).

Suggestions/tips:



Since UNH is at the East coast and so close to a lot of big cities (like Boston, New York, even Washington DC is relatively close): go travel. Go to the White Mountains, try to rent a car (or find someone who has a car) and go to Canada, take a Greyhound to NYC, or go to DC for a weekend (it's like a 10 hour night bus ride) (just skip one day of classes so that you can have 3 days in DC). Also, go to Boston a couple of times; it's a really lovely city and so close by! And if you have the time (and money of course) try to take some time before or after your semester to go traveling through the US. Your visa permits you to stay in the US for a month after it expires, so take that time to fly out to the West coast, see LA, San Francisco, or go to the national parks (which is what I did and I would definitely recommend this!). And if you're worried about finding a travel buddy (like I was), you'll probably meet somebody to travel with at UNH (most likely another international student). And if not, just go to the bigger cities anyway, I've been to NYC and Philadelphia alone and it was totally fine! There are so many things to do and if you stay in a hostel you'll meet plenty of people. Also, if you're here during the Spring try to plan a nice trip for Spring Break! I went to Puerto Rico with 6 other international students and we had a great time.

Conclusions

Would you recommend this host organisation/destination to others? Please explain:

If you don't mind staying in a very small town like Durham and want to experience a small American campus life: go to UNH. It is the perfect location if you want to travel a lot (east coast, Canada) and the campus itself is very pretty. The dining hall is good and it's relatively easy to also meet Americans. The international community is small though, so if you really want to go to a party university you might be better going to a bigger university in the south. The classes are of high quality though, I really learned a lot (although in a different way than in the Netherlands). All in all, I think studying abroad is an amazing experience, you don't know what it's like until you've done it and if you want to expand your horizon: just do it!

Do you have any additional advice or comments?:

New Hampshire has a motto that goes 'Live free or die', which also means no sales tax! Buy everything you've always wanted to buy in NH (like a new iPhone), because it'll save you a lot of money.