



UU Report form - Erasmus 2022-2023

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

destination city & country	istanbul, Turkey
how did you travel to your destination?	By plane
name university abroad	Boğazici Üniversitesi
start date	03 / 02 / 2023 (dd/mm/yyyy)
end date	10 / 06 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process

For the application process I followed the presentations during the information week about exchanges. This was helpful for me, but still choosing a university was a difficult process, because there were so many options. When I resolved this luxury problem I found the application doable. There are good guidelines on how to choose a destination and what documents you have to provide.

counselling & support at Utrecht University

As I mentioned I found the webpage and the week with presentations in the Abroad weeks really helpful. Also questions I asked to the International Office were responded to quite fast, which was nice. Also it is very helpful to try and get in contact with other students that are going, or already went to the same destination as you.

academic preparation

This was not necessary for me.

language preparation

I decided before even choosing the university, that I wanted to learn the language of the country. Because I extended my bachelors with one year, I had the room in my planning to do this. So I did two courses of Turkish at the UU. I really liked this, because I recognized a lot of the language when I arrived in İstanbul, but doing this is absolutely not necessary. At the Boğazici University all the students and teachers speak English very good. In some parts of the city, the locals do not speak English or only a little, but with hand gestures and a few words, you can absolutely manage.

For preparation in English I did not do anything, since most of my courses on sociology are already in English and this was sufficient, to live in İstanbul and go to the university.

finances

Even though Türkiye is not in the European Union, it is still possible to get an Erasmus grant. This was around €800. Also you are able to get money as replacement for not using your student-OV. These grants in combination with my student loan, and some money I saved by working was enough to finance my stay in İstanbul. Currently the economy in Türkiye is not that great, and I felt sorry for this, but therefore the exchange rates from Euro to Turkish Lira, were profitable. Türkiye in general is a relatively cheap country, so this might make your financial situation more easy. Also food at the university is really cheap, for less than 50 cents you have a good meal, so it is easy to make your stay cheap.



STUDY ABROAD PERIOD	
study programme (content and organisational issues)	When I started looking at courses there were a lot of options, and a lot of interesting choices. However, a lot of them were not available for me to follow. This is caused by courses that are only given one semester per academic year, but also a lot of professors are not teaching at the university anymore, because of political decisions. Mainly in the sociology department a lot of courses disappeared, due to professors resign. I had to replace all of the primary selected courses with other ones, and they were really nice as well. My knowledge widened a lot. The Western perspective on things is criticized more often, which I thought was really good. The sociology courses at the Bogazici University take an anthropological perspective, which I liked as well.
academic quality of education activities	I had to get used to the way of teaching at Bogazici University. At the UU all of the lectures and seminars are really structured and you know what to expect. At the Bogazici University there is more room for interruption, but that also made some classes harder to follow for me. Seeing the difference was interesting for me. Furthermore, the readings for classes have a high level, so you will learn a lot. But the exams and papers are doable, and you will pass if you try to keep up with the classes.
counselling & support at receiving university abroad	The first week the university provided a presentation seminar with a lot of information that was helpful. The international office was also really helpful with all of the questions I had. I just e-mailed them, but you could also walk into their office every workday, and they would help you with for example, the application for a residence permit.
transfer of credits	Bogazici University uses ECTS as well, so this should not bring too much trouble.

STUDENT LIFE	
welcome & orientation programme	Shortly after I arrived in Istanbul, the Earthquake disaster happened. This led to the orientation being online, and the welcome activities of ESN (the organisation for Erasmus Students) were cancelled. I did get in contact with my buddy, which was helpful when I had questions about the course registration for example. Also we had multiple groups WhatsApp's where people would propose activities or going for dinner, so there were chances to meet up. But of course it was a bit different because of the earthquake disaster.
accommodation	Together with a girl I met that also would go to Istanbul, I stayed in an Airbnb. We looked together for housing, because looking for housing can be a bit overwhelming in Istanbul. So I would suggest getting in contact with someone who has lived there before. The Airbnb we rented was available for long-term stays, and even though it was a bit expensive for Istanbul, it was really nice. It was in the neighbourhood Ulus, which is a quiet neighbourhood, which I liked a lot, because the city itself is really busy. Also our host was a graduate of Bogazici University, and he was trustworthy. Istanbul offers all types of houses for all types of prices, so it is important to think about what you like, being close to university or the city centre, a quiet or busy neighbourhood etc.
leisure & culture	Istanbul has to offer a lot. There are endless neighbourhoods to discover, and a lot of museums, mosques, palaces, food places, bars, concerts etc. There are a lot of activities organized by the ESN organisation. But also at the campus there are a lot of clubs, for music, art, all types of sports. And the campus is also a nice place to relax in the sun on the grass. In short, there is always something to do or to see.
suggestions/tips	If you want to go to Istanbul for your exchange it will be an amazing experience, but you should prefer to live in a big city, and not be scared of the big distances. I got used to it pretty easily, but it is important to ask yourself



if you like to live in such a big city. For me it was amazing, because I love to be surrounded with people.

CONCLUSIONS

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

I would definitely recommend Bogazici University to others. The campus live is amazing, the university offers a lot to do, and it is easy to make friends, because of this. Also teachers and Turkish students are very open, welcoming and interested in your stories. So especially if you are looking for contact with Turkish people and getting to know the Turkish culture, it will be an amazing experience where you will learn a lot.

Also Istanbul is such an interesting city, with so many different neighbourhoods, some are very modern, others are very hip, and some are very conservative, which is such a cool mix.

do you have any additional advice or comments?

I do want to add, that there might disappear even more courses, because the influence of the AKP government on the curriculum. It might be good to look into this if you are planning to go.



UU Report form - Erasmus 2022-2023

faculty/college	Faculty of social and behavioural 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	Turkey, Istanbul
how did you travel to your destination?	By plane
name university abroad	Bogazici University
start date	28 / 09 / 2022 (dd/mm/yyyy)
end date	13 / 01 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process went well. Once I knew I was accepted into Bogazici University I collected all the documents and submitted this in Osiris. From both Utrecht as well as Bogazici University's international offices, I received quick responses whenever I needed a signature.

counselling & support at Utrecht University

During the process and exchange, luckily I didn't need any help from Utrecht University. I did really appreciate it when there was a shooting in Istanbul, immediately I got an email if I was okay and if there was anything I needed from Utrecht University. This made me feel confident in the fact that Utrecht University was keeping an eye on the situation in Turkey.

academic preparation

I did not know what to expect from my courses, teachers and literature at Bogazici University. Also, I followed Psychology courses, although that is not my main study path. This is why I wanted to be prepared and ask other exchange students about these things.

language preparation

I knew my courses would be in English, since my courses in Utrecht are also in English I was not worried about this. I also knew that not all Turkish people know English as almost everyone does in the Netherlands. This is one of the reasons why I started learning the Turkish language, first through an app and at Bogazici I followed a beginners course in Turkish.

finances

I saved money through working all summer, I received alimantation money from my father, a public transport compensation from the Dutch government and the first part of the Grant. All this together made it possible for me to pay rent, groceries and have a lot of fun. Even though Turkey is a lot cheaper than the Netherlands, all the money was gone when I came back. It was really weird for me not to work and thus not to have an income. But I was very aware of this and I calculated how much money I could spend each month.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed psychology courses at Bogazici University. I had 5 courses in total over the whole semester. Halfway there were midterms and at the end there were Finals. Some courses really connected to courses I had in my years of doing Interdisciplinary social sciences, and other courses were really new for me. I followed 'Social



Psychology', 'Child psychopathology', 'Psychology of Adolescence', 'Victimology' and 'Elementary Turkish for foreigners'.
academic quality of education activities
The quality was good, Bogazici is the best university of Turkey. I felt like the teachers and students were all very motivated and disciplined. Also, compared to stories I heard of other universities in Turkey, it is a quite progressive/modern university. I mean this in a way they talk more open minded about for example gender roles and sex-education. One thing I did find low quality was the language, not all teachers were as good in English as I expected/hoped.
counselling & support at receiving university abroad
I needed a lot of counseling while applying for a residence permit, and I received this. I was in contact a lot with the International Office and they helped me with everything. There was also a lot of information available about getting support when needed. Also, after the shooting in Taksim there was a lot of (emotional) support available. I really appreciated this as well.
transfer of credits
At Bogazici University it is possible to see what course is how much ECTS, I calculated what I needed when I chose my courses. I received the transcript of record automatically after a few weeks of the finals. There were no issues here.

STUDENT LIFE

welcome & orientation programme
There was an online orientation which I was kind of dissappointed about. We have had enough online class already, it was not necessary in my opinion. But as exchange student I felt very welcome at Bogazici. They organized a Buddy-programme and my buddy showed me around university and told me all the ins and outs.
accommodation
I decided not to stay at the Bogazici dorms, because of multiple reasons and one of them was that it was too expensive for me. I searched on Facebook and other sites. This took a long time but eventually I found a really nice place with two other exchange students at a really nice location.
leisure & culture
I got to know people by organized activities from the Erasmus organizations. Activities such as workshops, parties, gatherings, volunteer work etc. Also, through my roommates I got to know people from their university. I took dance classes in Istanbul which was really nice, I had a lot of amazing parties and I explored every day in this big worldcity. Every day there was something new to discover; food, places, activities, people and a lot of amazing city views.
suggestions/tips
Signing up for the Buddy programme was really nice, I got to know a lot of people when we all first met. Another tip would be to start looking for accommodation in time, and to join as much Erasmus activities as possible, especially in the beginning! Finally, I found it comforting to learn Turkish, because this made me more confident in going outside and talk to people.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
I would definitely recommend this university and destination. First of all, Istanbul is amazing, the people, culture, food and the whole feeling is magical and vibrant. I miss Istanbul a lot these days and I want to go back again soon. Second, it is a lot cheaper there which makes the exchange more fun, its possible to do a lot of activities. Finally, Bogazici University is the best University of Turkey which makes it cool to go there, the teachers are really nice and the whole environment feels very studenty. Next to that, the main campus is



incredibly beautiful!

do you have any additional advice or comments?

Before going on this exchange I didn't know there would be trips to other Turkish places organized by the Erasmus organization. Therefore, I did not calculate this in my budget and I wasn't financially able to go on these trips. I have to say that I really liked to be in Istanbul and there is so much to explore that you won't get bored ever!! I also wanted to feel more grounded in Istanbul as this was a temporary home for me. But I think these trips were really nice and you get to know a lot of other Erasmus/exchange students which is nice. So, this is something I would count on as a possibility.



UU Report form - Erasmus 2022-2023

email address	laurensvanv@hotmail.com
faculty/college	Utrecht University
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	Istanbul, Turkey
how did you travel to your destination?	Train
name university abroad	Bogazici
start date	21 / 09 / 2022 (dd/mm/yyyy)
end date	13 / 01 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process was very smooth and not stressful at all. Every time I had to do something they send me an email, and the emails were often detailed with descriptions of how to complete every step. For one of the steps you had to submit a transcript of your results in English. I forgot to ask the STIP to translate my results in English and therefore send them in Dutch, kinda expecting they would reject it and that it would give me some troubles but it worked out so that was great.

counselling & support at Utrecht University

For a longer time I hesitated a lot about whether I wanted to go abroad and travel on my own or do an erasmus exchange program at an University. I know that I could have consulted with the International Office about it easily, but I kinda ignored and postponed the reality of going to Istanbul to study for a long time. Anyways, for me I didn't really ask for any counselling but I know the International Office people are a great help. Do ask for help if you struggle with your decision, in the end they know a lot.

academic preparation

For Bogazici I didn't have to do any academic preparation.

language preparation

The courses were all in English so that was fine, didn't have to do any language preparation as well.

finances

Depending on the state of the lira Turkey is either cheap or realllllly cheap compared to Holland. I would suggest looking on hikersbay.com for current prices for about everything. I worked beforehand and also had financial help from my parents, further the erasmus money was nice and welcome. Turkey isn't expensive and Holland is, so I ended up spending less than in Holland but doing way more fun stuff and eating out 3x a day.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The study programme I found interesting. The thing you have to prepare yourself for is the course registration. Once the courses for your semester are available, spend some time studying all the different options. I postponed it to the night before the course registration and lets just say I had very little sleep that night. For the



course registration you have to give a motivation of 200 characters why you would like that course and then the teacher can either accept or reject you. For me I got most of the courses I liked, except for some interesting courses in political sciences that I would have loved, but I got rejected because there were limited places only for political science students (i was psychology)

academic quality of education activities

The academic quality is pretty high. I would say for some courses it was pretty comparable to the level in Holland. However, the tests I found a bit easier to pass. I liked the professors for most of my courses.

counselling & support at receiving university abroad

When you arrive there, there is quite a lot of shit you have to do. To be able to stay your whole semester legally, you have to get a residents permit. If you fail to do that and will leave the country not having fixed that, you will need to pay a fine of about €150. However, the residents permit stuff is pretty elaborately explained and you can always go the lady working there, Nilufer, and ask her exactly what you need to do. She kinda hated me because I never really read the emails saying what to do and always ended up just asking her, but that was fine and it worked well.

transfer of credits

Transfer of credits was really easy and smooth, did almost nothing for that

STUDENT LIFE

welcome & orientation programme

I would say as a tip is go there a bit early. Some people I know went there with a friend or family beforehand so that they already saw a bit of the city and had more of a clue where to start, where to go, and what the city looks like. I arrived the day of the course registration and then started doing some of the residence permit stuff so the first few days I didn't see too much of the city. The welcome programme was nice, they had some activities from ESN which in the beginning I would really recommend going to, afterwards they get a bit boring but in the beginning you know no one so its kinda good. I would also really recommend joining one of the student clubs at uni. There are many choices available but it is just so nice to do stuff together with a group of people you have a similar interest with. I had great fun.

accommodation

I would reallllyy recommend checking out stuff early. If it is possible just get an airbnb. I did and it worked out great. Reserve it early, pay it all and just wait to make some friends that you really want to live with. Airbnb's are really reliable, easy to look for, and often have space for 3/4 people. I would suggest reserving an airbnb at least two months before going. Things you have to consider in looking for a place are:

- Distance to metro; you will take the metro at least 4 times a day. Living close to a metro stop is the biggest advantage ever. Make sure that if its possible you live as close as possible to a metro stop. I lived 17 min walking away and at a certain point that is a huge pain in the ass. Other people I know lived 2 min walking from a metro stop, that is way better. Living in a place that is less central but way closer to the metro is a smart idea if there isnt a spot that is both central and close to the metro.
- Location; some people lived in Kadikoy, that is a district on the asian side that is very cool and laid back, and also a bit cheaper. If its possible to find a place near Moda that is nice. However, going to uni from there is a big pain in the ass. I would only stay there if you plan to skip a lot of classes and fully focus on living the life in istanbul. Other nice locations for me would be all on the european side. I would say the best places to live are Taksim, Cihangir, Beyoglu, Osmanbey and maybe Sisli. When i was in Istanbul they were working on a metro line in Besiktas, but they didn't have it yet, so living in Besiktas you had to always take the bus which is shitty because it is not reliable. Metro will be your biggest friend so if there is a metro in besiktas then besiktas is a great place to live as well.
- Don't live in the superdorm. It is really expensive and it has rules.

leisure & culture



Istanbul is very big, so make sure to always be outdoors to explore the city. Never cook at home, it is more expensive than eating out. Make sure you regularly eat at the uni canteen, it is 30 cents for a full warm meal, incredible. Make sure you rent a car with friends and drive around the country: Cappadocia, Pamukele, Sile, Bursa, Antalya there is many cool places to visit. October was a month with many free concerts and activities dive in to that. In the first period, many people hang around at campus all day, so make sure to do that to make some cool friends, also they organise fun stuff.

suggestions/tips

Make sure to read my suggestions all through this report and to email me if you need more tips, im very excited about istanbul as a place to travel

CONCLUSIONS

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

Yes definitely go to istanbul, it is a city with many opportunities. However, keep into mind that it is very big. I would say that compared to other places, it takes a longer time to make friends in Istanbul because the distances are so big and because there is not just one meeting spot in the city, thus it also takes longer to feel connected to the city. For me i was way more hyped about Istanbul after 4 months than after 2 months. If you wanna have a very easy laid back exchange experience i wouldn't choose istanbul. But it is great if you put in the effort to explore the city and to make friends

do you have any additional advice or comments?

don't hesitate to email me, i think i can help you a lot with making a decision for a destination and to help with forming a feeling about if istanbul is a place for you.



UU Report form - Erasmus 2018-2019

faculty/college	Faculty of Social and Behavioral Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Pedagogical and Educational Sciences
destination city & country	Istanbul, Turkey
name university abroad	Bogazici University
start date	12 / 09 / 2018 (dd/mm/yyyy)
end date	07 / 01 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process
The application process went well, but I would recommend you to begin on time with the preparations for this process. It looks like a lot of work, but it's not that difficult as you think when you start on time.
counselling & support at Utrecht University
The International Offices of both universities were very helpful, they responded very quickly on my e-mails. Also the meetings Utrecht University had organized, were very useful and gave a view of what they expected of me to do.
academic preparation
I didn't have to do additional courses before going to Istanbul.
language preparation
I didn't prepare anything, but there were 2 language tests I had to do for the Erasmus-Programme. One before studying abroad and one after.
finances
I prepared a financial plan, so I knew how much money I have to spend. The life costs in Istanbul are not that high, so you can make it as expensive or cheap as you would like. Besides that, the scholarship you could gain is very helpful, but it's not enough for the whole stay abroad period.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
At Bogazici University you have to choose your own courses each semester. The system there is very different from the system at Utrecht University. Via an online system you have to sign up for courses you want to follow. But the bad thing is, that most of the time you won't be accepted for the course, so you have to write a motivation letter.
academic quality of education activities
The academic quality was not bad. It was a little bit lower than in Utrecht University. In the courses I followed, there were no working groups. There were only lectures in which you just had to listen to the professor.
counselling & support at receiving university abroad
The support at Bogazici University was very good. They always helped me with all the questions and problems I had.
transfer of credits



My transcript of records arrived without problems at Utrecht University. I didn't have to do anything.

STUDENT LIFE

welcome & orientation programme

There was an orientation day organised at Bogazici University. The information they gave us was very helpful, so I definitely recommend you to go to this day. They told about the university itself, the course registration period, residence permit and practical information. There was also an student association for foreigner students, called ESN Bogazici. They organised an event to meet the other Erasmusstudents. During the exchange they organized a lot of trips, activities, parties, etc. These events give you the opportunity to meet a lot of other students and make new friends.

accommodation

I lived in a studio apartment in Ortaköy, about 30 minutes from the university. I had some friends in Istanbul who had found this apartment for me. Before they found a place to stay for me, I found some groups on Facebook with many offers from different people and organisations about rooms and apartments. There was also a dormitory named Superdorm, but for me it was too expensive to stay there. I paid 250 euro per month, this is quite normal for the region I stayed at. But of course there are places which are cheaper.

leisure & culture

I loved Istanbul, there is a lot to do. If you are bored you can walk along the sea and enjoy the view. There are a lot of nice/cute cafes to chill with friends. I had not enough time to see everything, so one semester is too short! The people are very warm and helpful. But there was one thing I didn't like: It is very crowded. Sometimes I missed the silence and didn't want to go out, because there are so much people on the streets and cars on the roads. Because of this, most of the time there were traffic jams.

suggestions/tips

Enjoy your time and explore the city as much as you can, because your time there will be over before you know! And be aware of the traffic jams if you have to be on time.

CONCLUSIONS

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

I would definitely recommend this university. I had a great time, I made great friends and it was an experience I will never forget. The university is very green and has a beautiful view. The city itself big and there is a lot to see, you will never be bored! It's an amazing destination.

do you have any additional advice or comments?

Istanbul is a very multicultural city. There is an European side and an Asian side. Both sides are very different from each other and are worth it to visit and explore.



<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: rosaboom@hotmail.com</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 Pedagogical 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>Guidance and Psychological Counseling</p>

<p>destination city & country</p>	<p>Istanbul, Turkey</p>
<p>name university abroad</p>	<p>Bogazici University</p>
<p>start date</p>	<p>10 / 09 / 2018 (dd/mm/yyyy)</p>
<p>end date</p>	<p>10 / 01 / 2016 (dd/mm/yyyy)</p>

<p>PREPARATION</p>	
<p>exchange application process</p>	<p>I could find the steps for the application process online. It was easy to find these steps and there was a good description. It is important to start on time, because the steps take some time.</p>
<p>counselling & support at Utrecht University</p>	<p>I get all the support from the University of Utrecht that I needed.</p>
<p>academic preparation</p>	<p>Before I went to Istanbul I needed to choose my classes already. But the description of the classes of the semester were not online yet. So I needed to use the list of classes from the year before me.</p>
<p>language preparation</p>	<p>My English was good enough to study at the university. There are a few classes who are in Turkish and sometimes for example jokes are in Turkish. But it is definitely not necessary to speak Turkish. You can take Turkish classes, I can recommend this because this makes it easier to communicate with the locals. Because a lot of the population of Istanbul speaks no English.</p>
<p>finances</p>	<p>Turkey is cheaper than the Netherlands. I went out for dinner almost every day and I never cooked for myself. Clothes and trips are also cheaper compared with the Dutch prices. The cost for a room are around 150-200 euro's.</p>

<p>STUDY ABROAD PERIOD</p>	
<p>study programme (content and organisational issues)</p>	<p>I needed to take six classes to earn 30 credits. The course selection is really hard. It is really difficult to get in the classes that you want. But in the end I succeeded. It helps to talk to professors in person.</p>
<p>academic quality of education activities</p>	



The academic quality differs at each class. Some classes were the same level as the University of Utrecht and other classes were easier. The teaching style is different, a lot of times there is only one class that is given on a particular subject. So you can easily talk to professors and make adjustments on for example the exam date.
counselling & support at receiving university abroad
I get all the support I needed. Only the application for the residence permit cost a lot of time and effort. In the end everybody succeeded in it, but it is hard, because a lot of people don't speak English and you need to fill in a lot of different documents.
transfer of credits
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STUDENT LIFE
welcome & orientation programme
ESN organised a lot of nice activities. So it was really easy to meet new people. They organized for example a rooftop party, cultural activities like visiting the blue mosque and trips to different places in Turkey, for example a trip to Cappadocia.
accommodation
I would not recommend the superdorm. It is too expensive and the houses are also not great. I would recommend to live in for example Taksim, Besiktas or in the neighbourhood near to the University. You can find houses on the Facebook groups. I lived in Mecidiyeköy, a really nice central area.
leisure & culture
Istanbul is a really big city, so there is a lot to do. After 5 months I still haven't seen everything. Istanbul is a mix of a lot of cultures, so this makes it really interesting. If you like partying I would recommend Taksim. There is also a lot to see if you like culture, because the city has a really interesting history. There are also so many food places, so if you like food, you are in a good city.
suggestions/tips
You can always contact me if you have any questions.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes I would recommend this University because it is one of the best Universities in Turkey. But if you compare it with the Netherlands the education level is not so hard. The city is really big and there is always something to do. There is so much to discover in Istanbul.
do you have any additional advice or comments?
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UU Report form - Erasmus 2018-2019

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

destination city & country	Istanbul, Turkey
name university abroad	Bogazici University
start date	12 / 09 / 2018 (dd/mm/yyyy)
end date	07 / 01 / 2019 (dd/mm/yyyy)

PREPARATION	
exchange application process	Before signing up you had a number of things you had to do. It seemed like a lot, but in principle you are well guided in the roadmaps and you manage to find everything you need. So the exchange application process was oke.
counselling & support at Utrecht University	The counseling and support from Utrecht University was good. If I had a question, I always emailed them and they were always quick to email and explain certain things. I was happy about this myself.
academic preparation	I had not done much for the academic preparation. I have chosen a number of subjects in advance, but at the host university I chose other subjects and afterwards I am glad that I did this. The courses were easy to do and it was not intensive. I spent a lot of time doing other fun things.
language preparation	I did not have to do much for the language preparation. After all, I am Turkish myself and I went to Turkey, so that was not difficult. I have not tried much to prepare for the English language. Once there when I had to speak English I also realized how good / bad my English was. I have learned a lot of English with the study abroad and I am happy about that.
finances	I have applied for a loan in addition to my student finance for the finances. I also had an erasmus scholarship and I had temporarily suspended my public transport card. Here you also received a monthly income. In addition, my family had occasionally supported me.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	In the beginning there were some uncertainties regarding the registrations for the courses. This was different than how it goes in Utrecht. Once you are used to this, you understand how it goes and it is easy to follow. Personally I experienced a lot of stress in the beginning because of this, but in the end everything went well.
academic quality of education activities	The academic quality was good in itself. The teachers were well trained and most spoke good English. However, it was not that difficult compared to the Netherlands. Teaching is also very different than in Utrecht. For example, they did not use powerpoints. (At least the teachers I had lessons from).
counselling & support at receiving university abroad	The counseling and support from Bogazici University was good. If I had a question, I always emailed them and they were always quick to email and explain certain things. I was happy about this myself.



transfer of credits
The transfer of credits went well. We as students did not have to do much for it. The guest university has arranged well with my home university and it has arrived quite quickly.

STUDENT LIFE

welcome & orientation programme
The welcome and orientation program was well arranged. We received a word of welcome and a lecture room was reserved in which certain matters were explained. This also made it possible for the students to come into contact with each other and get to know each other.
accommodation
I arranged the accommodation myself. I stayed in an apartment, which was 1 minute away from my school. My housemates were very sweet and I could not have wished for better. I am very satisfied with this. In the beginning it was difficult to find what I wanted, but eventually after many contacts with people I ended up at this house.
leisure & culture
The free time I had was incredibly much. The study there was easy for me, so I had a lot of free time and I had many visits from the Netherlands or from other places from Turkey, so I was a lot with them. I am in love with the culture. I am Turkish myself and I love my country very much.
suggestions/tips
If I can give advice to the host university, it is use of powerpoint during the lessons. And at the beginning and at the end, clarify the goals of the lesson.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
I will definitely recommend this university! I am very satisfied with everything. First, the campus is beautiful and it is a very nice school. The teachers I dealt with were super fun and it is a great experience. If I were to do it over, I would have done it again without thinking about it.
do you have any additional advice or comments?
Save a little money in advance if you want to go to study abroad! You are going to do many nice things and you should not limit yourself by the money, that would be a waste.

UU Report form - Erasmus 2017-2018

faculty/college	FSW
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	Istanbul, Turkey
name university abroad	Boğaziçi University
start date	26 / 01 / 2018 (dd/mm/yyyy)
end date	12 / 06 / 2018 (dd/mm/yyyy)



PREPARATION
exchange application process
The exchange application process was easy, as long as you plan everything beforehand. It's important to know the application deadlines and needed papers in advance, so that you can prepare everything on time.
counselling & support at Utrecht University
The International Office was very helpful and replied to emails very quickly!
academic preparation
I didn't need any academic preparation.
language preparation
I didn't need any language preparation. The courses at Bogazici were in English and my level was sufficient. I am Turkish from origin so I didn't need to prepare for that either.
finances
The preparations I did regarding finances was applying for the Erasmus+ grant and OV vergoeding.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
The study programme I chose beforehand changed a lot during my stay. I found out that some courses were not given every year, so I had to choose other courses. It all worked out in the end, but in that moment it can get a bit stressful, because some courses have a certain amount of places which can get full very quickly. Try not to stress out, even if courses you want to apply for are out of place, you can still go talk to those professors personally and they will accept you if you say that you're an exchange student!
academic quality of education activities
The academic quality was good.
counselling & support at receiving university abroad
The International Office was very helpful when it came to organizational issues and the study advisor was very helpful when it came to academic issues like changes in the study programme.
transfer of credits
I didn't receive my Transcript of Records and credits yet.

STUDENT LIFE
welcome & orientation programme
The orientation programme was very brief, we only got a powerpoint presentation at the beginning about how we needed to apply for the courses and some information about the university itself. The university is very big, so I recommend you applying to get a buddy since they will be able to give you a tour around the university, because the orientation programme didn't include a tour.
accommodation
I don't know how easy or difficult it is to find accommodation, since I stayed at my family's house. But I know that Bogazici has a dorm and there are some apartments around uni special for erasmus students.
leisure & culture
The Turkish people are very kind and I love the Turkish culture. Obviously it's very different from the Dutch



culture, but it's easy to fit in and meet lots of new people!

suggestions/tips

I really recommend going to Istanbul if you want to see a different culture but still be in a dynamic, beautiful and modern city! You'll meet people from all over the world and it will be an experience for a lifetime.

CONCLUSIONS

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

If you are thinking about going to Istanbul, Bogazici University should definitely be your first choice! It's a beautiful location and the best university (academic-wise) in town. The professors in the Psychology department are very nice and helpful!

do you have any additional advice or comments?

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UU Report form - Erasmus 2016-2017

faculty/college	Utrecht University
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	Istanbul, Turkey
name university abroad	Bogazici University
start date	27 / 01 / 2017 (dd/mm/yyyy)
end date	02 / 06 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process
The application process went smooth. I did not come across any problems. It only took a little while to receive the final email about the acceptance to Bogazici. I had to email them in order for them to sent this to me.
counselling & support at Utrecht University
Utrecht University was very helpful and responded very quickly to my emails.
academic preparation
I did not have to prepar anything academically.
language preparation
I already spoke a little Turkish so I did not have to prepar anything. The language of instruction is english and most of the teachers and students can speak english as well, but I think it is helpful to be able to speak a bit turkish too.
finances
Beforehand I prepared a detailed finance plan so I knew how much and on what I did have to spent money. Life costs in Istanbul are in general not that high. Basically you can make it as cheap or expensive as you'd like. Study books are not expensive and regarding food and housing; you have the availability to go for cheaper but also more expensive options. It depends on what your requirements are and what you prefer.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
I applied for the Psychology program. Unfortunately this did not go as planned. The courses I initially chose, were not offered during my semester. The courses that were offered were very similar to courses I had already followed. This resulted in that I could only follow one psychology course and the rest of the courses were from other departments. This was very frustrating because if you want to follow courses from other departments, the teachers can easily reject you to follow the course. For all courses teacher approval is required. This is how the system works and because of this, I got rejected many times. I had to search for other possible courses numerous times. The course selection system is, because of this, not ideal at all. You really have to think this through beforehand and be prepared to not be able to follow the courses you'd like.
academic quality of education activities
The academic quality was alright. It is different as in that you get quizzes, more paper/essay like assignments and presentations. I did not find this to be as difficult. In general I found the quality to be a bit lower. Also there are



midterms and finals. This needs some getting used to, but these tests were quite easy to pass.

counselling & support at receiving university abroad

I did not need counselling so cannot address this part. My advisor was very kind and was ready to help anytime. Beside that, personally, I did not feel like I got good guidance. You were kind of left alone a bit and I felt like some teachers were not really that helpful. There only was one orientation day, consisting of a powerpoint presentation. I had expected it to be a bit more informational and practical. It is easier to get around by getting to know someone on campus who can show/tell you about the whereabouts.

transfer of credits

My credits are not transferred yet.

STUDENT LIFE

welcome & orientation programme

See counseling & support section above. In my opinion this could be much better and I was a little disappointed.

accommodation

First I stayed in a dorm for girls outside of the university. A family member living in Turkey found this place for me. After a few weeks I moved to another room because that place did not fit me that well. I used facebook pages to get a room. This is not that hard since many places are offered but you have to take the time to do this and to really sort out what fits you and if it can be trusted.

leisure & culture

There was an ENS group for erasmus students. They organized trips and activities. This was a very good way to get around Turkey and to meet people. I was already familiar with the culture but I can imagine that for others it needs some getting used to, although many people from other countries I spoke with really liked the culture differences so for many this was a positive experience.

suggestions/tips

I would suggest to look for a room beforehand. Follow any pages you can find and try to make up your mind of how much money you want to spend on it. I would recommend to attend trips and activities organized by students groups. This is an easy and fun way to see Turkey and to meet others.

CONCLUSIONS

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

Yes. It was a great experience. Even though you might come across some difficulties, regarding the courses for instance, in the end bogazici is very beautifully located in a beautiful city. It is very good experience to be studying in a foreign country.

do you have any additional advice or comments?

Make up your mind about what is important for you on an exchange. Do you really want to follow certain courses, this destination might not be the right one for you for instance. Do you want to experience student life in general, on a beautiful campus, then Istanbul is the place to be.



UU Report form - Erasmus 2016-2017

faculty/college	Sociale wetenschappen
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Algemene sociale wetenschappen
destination city & country	Istanbul, Turkey
name university abroad	Bogazici university
start date	01 / 09 / 2016 (dd/mm/yyyy)
end date	01 / 02 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

I had no problems with The exchange application process . However i would recommend you to take your time for this process and begin a few weeks in advance since i had to do everything in one day (and this was quite stressfull). Still it worked out for me but make sure your motivation letter is good!

counselling & support at Utrecht University

I am really satisfied with the support from the international office. Whenever i had a question i emailed them and got a message back within 2 days. Also there was a meeting where they explained every step of the erasmus procedure which was really helpful. But don't forget you are going to turkey and some things they didn't mention. For example the visa, you don't need a student visum to go there! a tourist visa is enough and will save you some momey. When you arrive in istanbul bogazici university will help you to apply for a residence permit step by step.

academic preparation

No academic preparation was necessary

language preparation

The classes are all in english. I didn't prepare anything cause i knew that my english language level was high enough for bogazici university

finances

It depends on your life style. The living expenses are not that high in Istanbul. Food is really cheap for example. My life was quite expensive cause i wanted to do as much as possible. I made 4 trips and went out for dinner all the time, but for sure if you change your habits life can be quite cheap over there!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I can tell you now: the course application is a chaos! The organisation and structure of the whole application process is terrible. We had 2 meetings in the beginning about the course application process and the residence permit application process. In both we got a lot of information and the international office is really helpful! The course application is different than in the netherlands, there is a system that opens at a certain time and than everyone tries to apply for the courses online. The system is really annoying because it is not working sometimes (if too much people try to apply). In the end the chance is big that you don't have the courses you wanted. The most important part of the application procedure is the first week that all the courses started. Just visit the classes you are interested in and ask the teacher after class if he or she want to consider to put you on the list of the class/course. In this way i got all the courses i needed. Don't stress to much because in the end it



will be all okey! Also you have a mentor who is willing to help you with the whole process.
academic quality of education activities
The academic quality of the education is quite high. For me it was comparable with the level at utrecht university. It also depends on your department! My department was sociology and this is the best department at bogazici university. I got a lot of homework and articles to read but at the same time i had the feeling that the teachers were satisfied more easily with your work.
counselling & support at receiving university abroad
Really good! Jana form the international office tries to help you with every question. Also my mentor was really helpful and i could visit her whenever i wanted. Still you are in turkey and you will experience that some procedures and processes are not so smooth as in the Netherlands, you have to figger out a lot on your own.
transfer of credits
Bogazici university will sent your grades automatically to your department at utrecht university

STUDENT LIFE	
welcome & orientation programme	Nothing special. We had 2 big meetings with the international office and they gave a lot of useful information. I also had a meeting with my mentor which was really nice. ESN of bogazici university organized a lot of activities for all the erasmus students. For example a welcoming boat party on the bosphurus. This is a nice way to get to know some people.
accommodation	I would not recommend to live on the campus or around the university. The neighbourhood is really nice and beautiful but in my opinion you are not really living IN the city. Also living in dormitory is quite expensive and there are a lot of rules. I lived in taksim which is 40 minutes from bogazici and kind of the center center. I was able to walk to the big shopping street and after a night of clubbing i was able to walk home! the metro network was really well organised (2 metros to bogazici). Yes it took some time to go to school and back but for me it had more advantages to live close to the night life and all the sights. Other nice neighbourhoods to live (less busy): chiangir and besiktas. If you are interested in taksim: check and chill is a nice company with big erasmusbuildings!
leisure & culture	Istanbul has everything! I call it the city of contradictions since no day is the same, every neighbourhood is like a new world and you see all kind of people living together. It is amazing, Even in my last week i still discovered new places, neighbourhoods a beautiful sights. I fell in love with the turkish culture and people cause their hospitality is not comparable with the hospitality over here. It is a really crowded and lively city. Every neighbourhood has his own identity. You have a lot of choice (modern neighbourhoods with expensive but good lunchplaces and shops/ The old city to experience the real culture and conservatism/ neighbourhoods for students with a lot of cosy drinking places where you can play backgammon and smoke shisha etc.)
suggestions/tips	Try to learn some words in turkish cause they are really bad in english

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	Yes definitely, although the situation is not perfect in turkey at the moment, this destination is really special in comparison with the other erasmus destinations. A new culture and a new way of living. I guarantee you that you will learn a lot from this city!



do you have any additional advice or comments?

Just go and you will experience yourself!



UU Report form - Erasmus 2016-2017

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	Istanbul, Turkey
name university abroad	Bogazici University
start date	14 / 09 / 2016 (dd/mm/yyyy)
end date	03 / 01 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

When starting the Erasmus experience it was required to organize some papers and send forms from the receiving university to the sending university. It takes some time but in the end if you fill in everything on time there are no problems.

counselling & support at Utrecht University

At Utrecht University and at Bogazici University in Istanbul the international office was very helpful. Especially the preparation meeting held before going to your destination is a good way to check if you prepared the right things.

academic preparation

For me it was not necessary to do additional courses before going to my host university in Istanbul.

language preparation

There are 2 language tests to fulfill before and during your erasmus. These tests check if your english is at the appropriate level. Next to that it is a very do-able test and this lets you check your level of English,.

finances

Before going it is smart to organize your finances. Especially the fact that you probably do not work abroad was a big difference for a lot of people. The scholarship is helpful but it is wise to look how much housing and traveling is going to cost.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

In Istanbul at Bogazici University you choose your courses each half year. This is quite different from the system at Utrecht University. In Istanbul you will easily be 4 days a week at the University and the good news is that everyone is always around the campus so you will always have people around you.

academic quality of education activities

The education at Bogazici University is of a good level. Teachers are mostly helpful. If you follow most of the classes and be attentive the midterms and endterms will not be a problem.

counselling & support at receiving university abroad

The international office was always quick in answering their email and if you just went to their location on campus they would always help you. Especially in the beginning with registering for all the courses and the difficulty of the system my international office helped me in a very good way.



transfer of credits

I just received the transfer of transcript. Everything went fine with that.

STUDENT LIFE

welcome & orientation programme

Unfortunately i missed the first orientation day but they arranged a second welcoming day. This was a power point and showed the very basic information

accommodation

I lived in the middle between the university and the city centre. The neighbourhood is called Sisli. Living together with other erasmus and non erasmus people was a very good opportunity and I enjoyed it a lot.

leisure & culture

Istanbul is a city full of life and 5 months is not even enough to experience all of it. A lot of historical buildings, the river, small neighbourhoods, bazars, and the night life make this city great!

suggestions/tips

I would definitely recommend going on trips through Turkey because it is relatively cheap and a great experience. Next to that food in restaurants is sometimes cheaper and better than cooking at home. But also going to the pazars is a good way to score fresh vegetables and fruit.

CONCLUSIONS

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

I would definitely recommend the university with the very green campus in such a big city as Istanbul. Only the political circumstances are not very comforting. This is why i would recommend it better at a point when politics and the country are in a more peaceful way .

do you have any additional advice or comments?

Istanbul is really a city that combines both east and west and studying in such a various place is very nice and interesting.