



**UU Report form - Erasmus 2018-2019**

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

destination city & country	Norwich, United Kingdom
name university abroad	University of East Anglia
start date	19 / 09 / 2018 (dd/mm/yyyy)
end date	15 / 09 / 2018 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

<b>PREPARATION</b>	
exchange application process	The application process requires some effort, but the study abroad office really helps you by sending emails and clear instructions on the website about what step is next for you. So it takes some time but it is not hard.
counselling & support at Utrecht University	Whenever I had a question I could call or email and get friendly advice or direction as to where I could find the information I was looking for. I did not get selected for my first 3 choices and the study abroad office offered me personal advice as to where I could still go.
academic preparation	My bachelor on the UU is interdisciplinary social sciences and I had enough modules about Psychology to be able to enroll in 3 <sup>rd</sup> year classes at the University of East Anglia (UEA).
language preparation	I already had some extracurricular english courses while I was in high school so my english was already sufficient. But I did experience that if you do need help with (any) language you can always ask the study abroad office to help.
finances	For my study abroad period I needed the Erasmus grant, DUO loan and I also saved a lot of extra money, which I needed as well so don't underestimate it! Especially if you want to do some travelling as well.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	The modules that I got enrolled in only became clear when I arrived already, which can make people nervous. But the study abroad office helps you with every question you may have. When I first arrived I was enrolled in Psychology modules that were reserved for international students, but these were basic first year modules. So I proved that my modules in Utrecht were similar and was allowed to enroll in 3 <sup>rd</sup> year modules which were a lot more in depth and interesting to me. (I did prove my psychology knowledge before arriving as it takes some time to get approval). The modules were Psychology of risk, Decoding the real world: from light to neurons to experience, Social perception and behavior: from individuals to relationships to groups.
academic quality of education activities	



The academic quality is about the same as UU. Like we are used to in Utrecht, you are expected to do a lot of self-study. At UEA it might be even more self-study.
counselling & support at receiving university abroad
I had some trouble adjusting to my new life in Norwich, but the study abroad office was really willing to help and gave me some good advice to get through the first days and after that it all became more of a routine and 'normal'. They make it very clear that whatever question you may have they are always available to you.
transfer of credits
I still need to finish an assignment and I am waiting for another one to be marked, so I do not know how and when my credits will get transferred to UU.

<b>STUDENT LIFE</b>
welcome & orientation programme
The study abroad office did organise some welcome activities like a pub-quiz, and there are some academic activities, but don't expect an intro week like you had in Utrecht. There is freshers week for all students with a party every night of the first week which is a lot of fun.
accommodation
I had to arrange private sector accommodation as the campus accommodation were not guaranteed to European students (and did not become available after all guaranteed student had been assigned a room). I took some time as the minimal contract duration is 6 months and my stay was only 3 months. But after calling a lot of agencies and exploring several options I found something. But it is quite expensive in Norwich. I also know some people who applied to homestay and were placed with a host family, and people were very positive so don't rule it out when looking for accommodation.
leisure & culture
Norwich is a really nice city, it is not big but it has all the things you would look for; castle and lots of cathedrals, 3 shopping malls and 'the lanes' which are really cute and have many more stores, restaurants, bars and 'Prince of Wales Road' where there are a lot of clubs, football club nicknamed 'the canaries', 'Riverside Retail Park' which has a gym, trampoline park, cinema and bowling alley, and a train station which has direct trains to London and lots of other fun cities. And last but not least the campus itself also has a club, bar, restaurants and some stores.
suggestions/tips
I would really recommend having a night out in the campus club 'LCR' and on the Prince of Wales Road. But even more fun is to go on a lot of trips, like I said before the train station has some good connections, but you also have national express and megabus to travel to different cities which all have good prices if you book in advance. There are also some trips organized by the school to Cambridge for instance, and there are some other organisations offering day-long trips to other cities, like Dover, Canterbury, Oxford, Bath (and Stonehenge) and weekend trips to Edinburgh. Most of them really have fair prices.

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
I would definitely recommend this university and Norwich to others. It's a really nice city as it is not too big and not too small and the people are friendly. The university is of good quality and the campus is really cool. But I would say you have to make some effort in the first week to meet other students as there are not a lot of group activities. But also if you make this effort it is very easy because all the international students would like to make new friends.
do you have any additional advice or comments?
Study abroad offices are there to help (both UU and UEA) so never hesitate to ask anything. Definitely go on



some citytrips. Last but not least talk to new people everyone will feel a bit awkward in the first few days so don't be scared, the first weeks is where most of the connections are made. (And try not to cling on to other dutch people to much in the first days as it is so much fun to get to know other cultures)

## UU Report form - Erasmus 2017-2018

faculty/college	Faculty of Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Cultural Antropology and Societal Development

destination city & country	Norwich, United Kingdom
name university abroad	University of East Anglia
start date	18 / 09 / 2017 (dd/mm/yyyy)
end date	16 / 12 / 2017 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

The University of Utrecht helped me very well. It was not my first exchange programme, and therefore, I could not choose the destination of my first choice. However, University of Utrecht helped me to find an exchange programme which would fit my interests.

#### counselling & support at Utrecht University

Something I noticed is that Utrecht University is really good at doing paperwork right on time. I received a lot of support from them, and they answered my e-mails within a short period.

#### academic preparation

I felt sufficient prepared, since this exchange is in the end of my Bachelor programme.

#### language preparation

My English was quite poor, due to my exchanges in countries where they speak Spanish. But, I felt sufficient prepared by watching English television series.

#### finances

I saved almost 8000 euros, which helped me to go abroad without any financial doubts or insecurities.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

I was inscribed in 3 different programmes, which entailed more credits than I actually needed. I dropped out in one course, and kept having one big module, and one shorter module.

#### academic quality of education activities

There were loads of activities in the beginning of the semester. Most of them seemed not to be compulsory. Sometimes I got a bit lost in the activities, because there were so many choices.

#### counselling & support at receiving university abroad

It was not easy to find the right counseling and support. Not because it is not available, but because there are



so many options.
transfer of credits
I don't know yet.

<b>STUDENT LIFE</b>
welcome & orientation programme
There were loads of activities in the beginning of the semester. Most of them seemed not to be compulsory. Sometimes I got a bit lost in the activities, because there were so many choices.
accommodation
It was difficult to find a place to stay, because I was not selected for an accomodation at campus. I found a private house near the center, which was really comfortable but also expensive (550 pounds).
leisure & culture
Norwich has much to offer, but 3 months for me was enough.
suggestions/tips
The buildings of Norwich are really beautiful, and I enjoyed walking around the city, but also having a walk near campus at The Broad. One day I took my bicycle, and cycled all the way to Great Yarmouth, a coast place near the North Sea.

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
I would, although I assume other places could be better. It is a great way to improve your English, and I enjoyed most of my time. There are many acitivities organized by societies, and it is quite easy to find your way around.
do you have any additional advice or comments?
I would like to thank UEA for the time I spend.



**UU Report form - Erasmus 2017-2018**

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	Norwich, United Kingdom
name university abroad	University of East Anglia
start date	21 / 09 / 2017 (dd/mm/yyyy)
end date	16 / 12 / 2017 (dd/mm/yyyy)

**PREPARATION**

exchange application process

The application process was quite clear. We had a meeting organised for students going abroad, where we were told what we had to do and where information was given about all the things we had to arrange in order to be able to go abroad. We needed to make a top 3 of destinations, which I thought was the hardest thing to do. After we did that, we had to make a financial plan, a motivation letter and a study plan. Besides that we had to upload our CV. After all this was done, we just needed to submit our application request. Then we had to wait for approval.

counselling & support at Utrecht University

I think the counselling and support from Utrecht University was really good, they were easy to contact and they helped me through the process whenever I needed them.

academic preparation

Choosing courses was relatively easy; there was a clear list of the courses that were available, with some additional information. It's important to remember that you choose the right level of courses, if you want your ECTS.

language preparation

There was no language preparation needed for the UK.

finances

I tried to save as much money as possible, since I know the UK is quite expensive. I was really glad that I got the Erasmus scholarship, since that made me able to pay a part of my accomodation. I really recommend to save as much money as possible because I spent way more than I thought I would. It's not nice to be thinking about every pound you spend when you're on an exchange, and you don't want to cancel on trips or other activities just because you don't have enough money.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

The information about the modules was really clear; I had access to the UEA BlackBoard where they put the course information. I only had 7 hours a week, which I thought was not that much.. 2 modules consisted of 1 hour lecture and 1 hour seminar, and the other module was a 3 hour combination of a lecture and seminar. The lectures and seminars followed each other, so I had no hours in between.

academic quality of education activities



The quality of the courses was not as high as I expected, which I thought was a bad thing about this exchange. The level is just much lower than the level I'm used to at UU. The only thing I really had to do was to write 1 essay for each module. There was some coursework that had to be done each week, but that consisted of small things. The quality combined with the few hours made that I had a lot of free time, but my other friends had more hours and assignments so it didn't really matter.

counselling & support at receiving university abroad

The counselling and support at UEA was really good, everyone was really helpful and friendly, and absolutely nothing was too much to ask. Besides that, the people from UEA made sure that they knew how we were doing by sending emails asking us how we were doing. I think this is really great!

transfer of credits

I don't have all my marks yet so I don't know much about the transfer of credits, but I assume it will be no problem since the UEA has always been really helpful.

**STUDENT LIFE**

welcome & orientation programme

The welcome and orientation programme at UEA was really good, because they made sure that there were a lot of activities organised, especially in the first few days. It was clear what we had to do when we arrived, and after the registration we had the chance to meet other students. The second day after arrival there was a welcome talk, and there was a tour around campus. Besides that there were different games organised, like a pub quiz.

accommodation

The accommodation was really stressful, since I knew from the start that there were not enough places on campus. However, my first choice was a room on campus. We had to make a top 7, were almost all of my choices were rooms on campus. Besides accommodation arranged by UEA, there was also an organisation called Homestay. This was an organisation that offered rooms, so I tried to get a room through them. However, there were not many rooms available and their website was not clear so I didn't succeed in finding a room. The UEA emailed me in August, saying that they were not able to tell us whether we got a room until early September. This meant that if we were not given a room, we would only have one or two weeks to get a room. I really hated this idea, so I signed up for Homestay. Homestay is an organisation of UEA, arranging host families for UEA-students. This was the first year that they used Homestay, so it was all quite new. I had to fill in a form with questions regarding choice of food, preference for children and animals and questions about things like smoking. After that, I was linked to a family. I got their contact details, and I emailed with them a few times before I went to the UK. When I arrived, the mother of my host family picked me up from the airport. I was nervous and afraid that there wouldn't be a connection with the family, because in my opinion signing up for a host family is quite a big risk. Luckily my family was really really loving and helpful, and they made me feel home the second I walked in. Though it was comforting being in a host family, it made it harder to meet new people because I was away from campus. Most of the friends I made were living on campus, and they were almost constantly around people. Especially in the first few days it's nice to meet new people, because the whole experience can be overwhelming. Luckily I met a lot of Dutch girls which made it much easier for me, but it still felt a bit lonely in my host family. This was absolutely not because of my family, but because the idea of being away from campus. If you find it hard to be alone sometimes, I would recommend to make sure you get a room on campus. Of course there are also downsides of living on campus, but that depends on what you prefer.

leisure & culture

Norwich is located really well, which makes it easy to see a lot of different places. I went to London a few times, and I went to places like Cambridge, Ely, Hull, Oxford and Birmingham. Besides that, the city of Norwich is really nice. It's not really big but it's big enough, and it has got all the usual shops. There is also a really nice Market with things like food, clothing and tourist stuff. Besides that, there are different churches and cathedrals. There



are different cinemas if you want to see a movie, and there is a theatre. Enough to do!

suggestions/tips

When you're going to travel to places like London, I would recommend Megabus. This is an organisation that makes it possible to travel to the bigger cities for only a few pounds.

## CONCLUSIONS

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

I would definitely recommend Norwich and the UEA to other students, because I think both the city and the university are really nice. Everyone is really friendly and helpful, and the city is everything but boring. However, I would really recommend to think about accommodation and to make sure you arrange your place on campus or somewhere else.

do you have any additional advice or comments?

If you're vegetarian or vegan, there are more than enough places to eat.



**UU Report form - Erasmus 2017-2018**

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	Norwich, United Kingdom
name university abroad	University of east Anglia
start date	25 / 09 / 2017 (dd/mm/yyyy)
end date	15 / 12 / 2017 (dd/mm/yyyy)

**PREPARATION**

exchange application process

The application process did take some time, though everything made sense to me. I was already really excited just applying for studying abroad.

counselling & support at Utrecht University

Utrecht University was very supportive, they helped me with every question I had about studying abroad. They also helped me by contacting the housing department of the university of east anglia just before I had to leave. I have the feeling that because of Utrecht University getting more involved in this matter, the english university put more effort in to help me with my housing.

academic preparation

Before going abroad I chose the courses I wanted to follow. I made sure that the courses were not similar to the courses I already followed. Also I checked with the exam commission if I could follow these courses abroad.

language preparation

Having english course books is already a good language preparation in my oppinion. Though just before I left for my semester abroad, I did the language test to see what my level of english was.

finances

Preperations for finances was mostly making sure that I received my scholarship (erasmus) and arraging public transport compensation. I did not get an extra student loan, before going abroad I worked extra hours to earn some extra money. Also my parents contributed an amount of money for my accommodation.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

I really enjoyed the content of most courses I followed. The courses were well organised, although the amount of contact hours I found little.

academic quality of education activities

The teachers were very nice and were good at explaining all of the subjects. Before most of the lectures we had to read a lot of articles about the topic. Some of the seminar preparations were not really useful, they could make the preparation a little harder so we can learn more from it.

counselling & support at receiving university abroad

The international office was very helpful. If students had any questions we could come to the office or email





them. Also I found the teachers very supporting, if I had any questions I could come by their office at their open office times.

transfer of credits

I am not sure how the transfer of credits will go, but I suppose they will automatically be transferred to my home university when all my essays are graded (somewhere in february).

**STUDENT LIFE**

welcome & orientation programme

They had a lot of orientation activities (pub quiz, bar nights, etc.). It was a great way of meeting other students from all around the world.

accommodation

The accommodation was the only thing I did not really like. I stayed in a flat with 12 other students, although I really like my flatmates they were very messy. I was very glad that we had a cleaner, but still everything was dirty all the time. Also I had a problem with my room, there was a leak, maintainance came to fix it but they did not work on Sunday so I had to wait for over a day for people to come fix my roof (while it was raining).

leisure & culture

I did not had a culture shock, Dutch culture is quite similar to english culture, although english people do drink a lot more alcohol. There were a lot of things to do around Norwich and it was also very easy to take the train to other cities in the UK. I went to Cromer to eat fish and chips and I visited Cambridge with my new international friends.

suggestions/tips

Just make sure that you take some time for yourself. Ofcourse you go abroad for studying, but you need to give yourself some freetime now and then. I really enjoyed going to one of the many cathedrals in Norwich, I found this very relaxing.

**CONCLUSIONS**

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

Despite the trouble I had with finding an accommodation on campus and the problems I had with my roof, I would recommend the University of East Anglia. I really enjoyed the courses and the teachers were so helpful. Also I had enough free time to do nice things with my new friends. Furthermore my flatmates were so sweet and I hope I can see them again in the future.

do you have any additional advice or comments?

X


**UU Report form - Erasmus 2017-2018**

Faculty/college:	Social Sciences
Level:	<input type="checkbox"/> <b>bachelor</b> <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Psychology

Destination city & country	Norwich, United Kingdom
Name host institution and/or company/organisation	University of East Anglia
Purpose of exchange	<input type="checkbox"/> <b>study/courses</b> <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	21-09-2017
Return date (dd/mm/yyyy)	16-12-2017

**Preparation**

Exchange/placement application process:

I was allowed to live on campus of the university. In the first place, because of many registrations each year, the university asked to look in the private sector for accommodation. However, in the end accommodation on campus seemed to be possible (but not for all students).

Counselling/support at home university:

Support at the home university went through the International Office (IO). They give quick answers at all questions.

Academic preparation:

You will be asked to send some documents, as your CV and a grade list.

Language preparation:

For Dutch students, the home university gives you an evidence for you level of English, since they assume that their students have already achieved a good level.

Finances:

When you are travelling within Europe, you might receive the Erasmus fair. However, this year, not the entire fair was available for students who left for more than four months.

**Study/placement abroad period**

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

The University of East Anglia wants you to follow courses within your own study. Therefore, I



followed these courses:

- Psychological health and wellbeing through the lifespan
- Psychology of risk
- Psychological perspectives on relationships and family life

Academic quality of education/placement activities:

All courses asked their students to write essays about a specific, self-chosen subject. Beside we followed lectures about other, different subjects. By writing essays you improve your writing skills and writing in English.

Counselling/support at host institution/organisation:

Teachers are willing to help you with all kind of questions you have. I have to say, they were extremely friendly!

Transfer of credits:

For three courses you will receive credits for half a year (ECTS)

### **Student life**

Welcome/orientation programme:

There was a welcome programme at university during two weeks. This programme consisted of different activities whereby sports and study associations were presented. Thereby, a lot of parties were organised.

Accommodation:

The accommodation was a little bit disappointing. The beds were very small and had bad mattresses. However, you will live with other first-year students from England and probably have a roommate.

Leisure/culture:

The culture is, of course, different than ours. That is an experience to have!

Suggestions/tips:

Norwich is on the coast and has several small villages around. That is nice to visit, since it's a kind of England you will not see often again. Besides, of course, cities as London, Cambridge and Oxford should be visited. Also, I would highly recommend to visit Bristol and Bath!

### **Conclusions**

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

It depends on the reasons why you want to go abroad. If England and its language attracts you: it is a nice place to be. However, personally, I would have preferred to be in a bigger city as London. But that is personally!

Do you have any additional advice or comments?:

