



## UU Report form - Erasmus 2022-2023

contact details	my email address: T.m.vandoorne@students.uu.nl instagram. Tessavdoorne
faculty/college	Sociale Wetenschappen
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychologie

destination city & country	Johannesburg, Zuid-Afrika
how did you travel to your destination?	Vliegtuig
name university abroad	University of Johannesburg
start date	10 / 07 / 2022 (dd/mm/yyyy)
end date	20 / 06 / 2023 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

The application process was easy. The website of UU was of great help, because the different steps were described in detail. I only had to follow them.

#### counselling & support at Utrecht University

International Office was easy available. They responded fast on emails. Questions regarding South-Africa were not always easy answered by them however. I think it is because the location is not as popular, which made them not as experienced in the Visa process and all that. Besides this, I liked the communication.

#### academic preparation

The only preparation that was necessary was to decide which modules you want to do while you are there. These were a little difficult to find, but eventually the woman in SA and International Office of UU helped and then it was fine.

#### language preparation

For my exchange, I had to talk English. So, I did not really need language preparation, because I am used to reading in English and some modules in Utrecht are also English.

#### finances

UU has an example or a begroting, which was of great help. It gave me a clear overview of the different costs I had to take into account. Besides this, I did the finances myself. I think it is difficult to get a scholarship. I did not get one, but maybe I did not see one I could apply to. This was too bad but the living expenses are not as high as I expected.

### STUDY ABROAD PERIOD

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

For my study, psychology, the perspective interested me. Here, we are used to a more individualistic point of view, while there communities and family are more important. It looks at the bigger picture. It was interesting and I really feel like I have learned things I would not have in the Netherlands.

In SA, they are not as organised as we are here. Sometimes changes in the timetable were communicated the day before or deadlines kept on changing. For me that was no issue. I think I have gotten used to this really quick and after you also just live on another pace.



academic quality of education activities

The academic level was not as high as I was used to in every module. I experienced this in the modules for the second year. Third year modules, I believe, were of good quality and on a good level. I felt challenged but not too much that it is demotivating.

The activities we had to do for the modules were comparable to the Netherlands, like writing essays and tests.

counselling & support at receiving university abroad

The woman in SA, Lisle, was of great help. She was easily available, even before we arrived.

transfer of credits

Two credits in SA are the same as one ECT in the Netherlands. The amount of credits you get for a course, however, depends on the level of the module. A second year module is worth 8 ECTS on average, while a third year module is worth 11 ECTS.

**STUDENT LIFE**

welcome & orientation programme

The first week I arrived, the university had arranged a lot of activities to do with the new exchange students group. It was nice, cause it made it easier to get to know each other. They also organised activities which were related to the culture and history of the country, which I really liked. We ate South-African food and went to musea. It made me feel at ease very easily.

accommodation

We had a nice house. It was not the most pretty one, but it was nice. We lived on campus which was relaxed, because you are close to the university and it is also safe. Johannesburg is not the most safe city of course, but i did not feel unsafe at all at home.

leisure & culture

South-Africa is a beautiful country, so during recess or long weekends I recommend to go on trips as well. But do not forget to explore Johannesburg. The city has a lot to offer.

The culture in South-Africa is also very interesting. Especially because the country has a lot of different cultures. There are 11 national languages in the country and all of these have different stories. The music, food and events are all very nice things to give you the real SA-experience.

suggestions/tips

The going-out life is very different, the music, dancing all that. Going out and hiking were the things I loved the most. I really recommend this. I can imagine it can be a little scary in a new city, especially Johannesburg, to go out and all that, but take it step by step.

Another tip is to take things easy in the beginning. You have to get used to a new environment and there is no real comfort zone in the beginning. Do not be too hard on yourself, give it time. Experience, reflect and learn from it. After this experience you will feel so much stronger.

**CONCLUSIONS**

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

I would definitely recommend this university and this place. I loved loved loved South-Africa. I was only supposed to go for 1 semester and eventually went back for another one. The modules were interesting, the place was beautiful and the people were amazing. I have had an amazing time. I wish I could go back again!

do you have any additional advice or comments?

When you are on an exchange, it is easy to just stay in your group of exchange students. Cause you are all new and are on the same level. But go meet people from the country as well! You will learn so much more of the country and the culture when you really mingle. I have made so many new friends. The experience is worth it!



## UU Report form - Erasmus 2018-2019

Faculty/college:	Humanities/social sciences
Level:	X bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Pedagogische wetenschappen
Destination city & country	Johannesburg, South-Africa.
Name host institution and/or company/organisation	University of Johannesburg
Purpose of exchange	X study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	16-07-18
Return date (dd/mm/yyyy)	12-12-18

### You are requested to write on the following topics.

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#### Preparation

Exchange/placement application process:

It's some work, and it might take some time to get everything together. So start on time! But if you just read everything well and make sure you do everything in time it will all be fine.

Counselling/support at home university:

They are very helpful. They will try their best to help you with your questions and answer quick. They helped me to figure everything out everything I wanted to know.

Academic preparation:

Not much. It's a bit weird to follow English classes at first. Especially since you also have to ask all your questions in English and have to make your exams in English, but you get used to it very fast.

Language preparation:

I didn't have any preparation for this. If you can just follow your English classes at your own university, you will be fine in Johannesburg too. Everybody speaks English very well and if you don't get it they are always willing to explain.

Finances:

You have to save up enough. In Johannesburg you travel with uber. It will be little amounts but in the end it all sums up together as quite some money. Further most of the things are less expensive than here, so I was fine with the money I saved up when I calculated before I went. ( rent of the



room, books you have to buy, travelling, amount for food in a month)

### **Study/placement abroad period**

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

At first I had some problems with my modules. I picked 4 modules before I went there, but when I got there it turned out that I couldn't follow 3 out of 4 classes I wanted to do because of requirements or the semester they took place in. So I went back 2/3 times. Once classes started I didn't like one of them, but I was able to switch to another class pretty easy. So don't worry too much about this just make sure everything is planned before classes start. Just go to the faculties etc. they will be very helpful.

Academic quality of education/placement activities:

I think it's a bit different than in the Netherlands. What I struggled with is that some classes literally just examine what you learned. You don't really have to apply the things you learned. Even essay questions are very theoretical. While I for example had a third year class that did expect you to apply the theory. So they really differ in how they examine. Thereby you have to do more. I had weeks where I had 5 weeks in a row with an exam or assignment every week. So it can be a lot, but if you just attend the classes and study the sheets you will be completely fine and it's easy enough to pass. In the end it's definitely easier than in the Netherlands to pass your modules. They give grades in % and 50% of your mark is literally 50% of the exam questions, so that makes it easier to pass in general. Even in the busy weeks there will be enough time to hang out with friends, visit places in the weekends or party a bit.

Counselling/support at host institution/organisation:

They are willing to help, but you have to try your hardest. Before going there you should just email them again and again if they don't answer and once you're there you should just keep pushing and find out yourself with the international office, your faculty or your department. They will find a solution and they will help but you really have to put effort into it and need some patience.. they really do have African time.

Transfer of credits:

Figure this out before you leave South-Africa!! If you don't pay your rent or whatever you have to pay, they will not show your examination marks. You also need an official academic transcript for the exam commission here in the Netherlands for them to validate your marks. All of us have been back for more than 2 months now and some still don't have their marks or academic transcripts because there are problems with things they already paid or don't even have to pay. They respond very late and it just doesn't work this way. Through email it's also hard to get your academic transcript, you will have to pay and stuff.

If you just get everything done before you leave- that means paying your debts, getting your examination results unblocked and getting your academic transcript, it goes very easily because you can just go to all the departments and take care of it- no further problems then.

### **Student life**

Welcome/orientation programme:



I had the best week of my life. It's the first week and you will immediately get used to the African time – all be there at 10 strictly! And at 11 you're still waiting for the bus to leave but we did a lot of cool things and already learned a lot about the country. Also you already get to know the other internationals very well which is also really nice.

**Accommodation:**

Really nice. The house has 2 floors. We lived upstairs with 5 girls & 3 boys and downstairs there were 8 boys. Some of the others got placed in a house with people from SA, so it depends. The campus is pretty big, so you might get lost at first, but everything is close. You can do laundry and the supermarket is on walking distance. You have to walk to another gate on campus first, but from there it's on the other side of the road. The rooms are small but nice and have everything you need, I definitely felt at home there.

**Leisure/culture:**

I totally loved the culture. What I experienced is that the people are very nice and welcoming. Their culture is just heartwarming. They will always be willing to help and are very kind. Try to travel in your vacations, weekends or towards the end too! South-Africa/Africa has a whole lot of beautiful places and cultures to see.

**Suggestions/tips:**

Try to sort out everything on time. also try to meet people outside your international group. It's very easy to stick to the group but it's really easy to meet people while being in class, going out or even while just walking around on campus. They can show you a lot more in the environment or about their culture and that made my experience even more amazing! I also worked at a bar, jo'annas melt bar. That was pretty awesome too. Don't do it for the money, but could do my groceries with it. That way you will also meet some new people and experience Johannesburg.

**Conclusions**

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

Definitely! I completely fell in love with South-Africa, its culture and its people! I enjoyed every moment and met some people, made some trips & made some beautiful memories I will definitely never forget.

Do you have any additional advice or comments?:

Just be careful. I have been completely safe, but you have to be aware. Don't walk alone outside of campus/campus square, do not walk outside of campus in the dark ever, don't use taxi but uber and don't walk around with your phone clearly in sight. If you just don't act stupid and listen to what the people there tell you to do or not to do, you will be completely fine.

If you have any questions or want to know something about UJ, travelling there or whatever, please email someone to contact me!



## UU Report form - Erasmus 2017-2018

Faculty/college:	Humanities/ social science
Level:	<input type="checkbox"/> bachelor
Name degree programme:	Child and Youth psychology

Destination city & country	Johannesburg , South-Africa
Name host institution and/or company/organisation	University of Johannesburg
Purpose of exchange	<input type="checkbox"/> study/courses
Departure date (dd/mm/yyyy)	July 17th 2017
Return date (dd/mm/yyyy)	December 15th 2017

### Preparation

#### Exchange/placement application process:

request exchange on uu website - follow steps on website  
<https://students.uu.nl/en/academics/study-abroad> make sure you have all the documents you need. its a little bit of paperwork.

When accepted you get an application form from the host University. more paperwork. After that, you need to obtain a study visa for permission to enter the country, a lot of paperwork. make sure you have enough time for this step. It took me a couple of months to get my visa. finally received it two days before I left.. Very stressful, please plan ahead. It's a process, but definitely worth it in the end!

#### Counselling/support at home university:

My contact person at the University in Johannesburg (UJ) was Lisle. She is really kind and makes you feel welcome and safe in South-Africa. The only thing to keep in mind is that Africa is a bit less organised than in Holland, so thinks with paperwork or administration can take longer than that you're used to. But lovely people and you can always knock on there door if needed.

#### Academic preparation:

not much.. I just went.. In the beginning it felt a bit weird to do everything in English, but after the first essay you'll get used to it.

#### Language preparation:

I didn't do much for language preparation. I was a bit worried that my English wouldn't be good enough to keep up with the classes, but for a lot of people in SA, English is not their first language either. I had no problem with the language barrier at all.

#### Finances:

I didn't have a scholarship so I paid everything by myself. Try to save money and to be honest, borrowing from DUO helps a lot. I still have problems with the payment though. They will not show me my exam results until the 'outstanding fees' are paid. But I think that's more a personal problem to solve.



### Study/placement abroad period

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

I followed 4 courses during my stay. You can do 5 but 6 will be too much.

- Positive Psychology, sec year class
- Anthropology, thr year class
- Sociology, sec year class
- Psychotherapeutic models, thr year class

you can choose your courses when you get there.

Academic quality of education/placement activities:

The way of teaching looks a lot like they do at UU. You have big lectures and smaller tutorials. In my opinion the classes differ a lot. So classes are very easy to pass, other classes are harder. But compared to UU they're all not very difficult. But maybe that's because you don't have any obligations besides your study and thus all the time in the world to get better grades.

Counselling/support at host institution/organisation:

There is a counselor for you if needed. never went, so I can't say anything about the quality.

Transfer of credits:

yeah.. I have been a bit stupid and did not check the credits of the classes yet. So maybe I took them, for nothing.. We'll see the experience was definitely worth it.

### Student life

Welcome/orientation programme:

There is a small orientation, 3 or 4 days. But I clicked with my international group quite fast and you'll just puzzle through everything together.

Accommodation:

I lived in a house on campus. With 8 boys and 7 girls. The boys lived downstairs, the girls upstairs. Amazing group. The house itself is fine but it's the people that make it a home!

Leisure/culture:

I went travelling to various different places during my stay. Please contact me personally for tips. I know some awesome places.

Suggestions/tips:

try to make friends outside your international group. It is very easy to be around them a lot, but please try to make local friends that can show you the city, you will love it.

### Conclusions

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

definitely!! I learned so much and this experience opened my eyes in so many ways! Apartheid ended not that long ago in SA and you can truly see the damage it has done to the city and the country. I learned so much about racism & inequality. nevertheless is Johannesburg a city that is alive, it has culture and tradition, but is also growing very fast as a country. I can only recommend to just go and experience for yourself.

Do you have any additional advice or comments?:

Safety is a big factor to keep in mind. But if you behave normal and don't do anything stupid, you're fine. Travel in groups and don't go out alone in the dark kids.

I could write pages about my experience but if you're really interested just contact me!



## UU Report form - Erasmus 2015-2016

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

Destination city & country	Johannesburg, South Africa
Name host institution and/or company/organisation	University of Johannesburg
Purpose of exchange	<input checked="" 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)	05-07-2015
Return date (dd/mm/yyyy)	16-12-2015

### Preparation

Exchange/placement application process:

Application form was clear, but some of the things were not supposed to be filled in for exchange students. I had to figure that out first

Counselling/support at home university:

Perfectly fine

Academic preparation:

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Language preparation:

Not needed, everything was in English

Finances:

I saved a lot of money by working in a nursing home the months before I left. And luckily South Africa is not an expensive country.

### Study/placement abroad period

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

They expect you to do a lot of work. Many assignments and exams.

Academic quality of education/placement activities:

Ok.





Counselling/support at host institution/organisation:

Fine

Transfer of credits:

I took me a lot of time to transfer the credits. It's important to take a printed academic record with you before you leave. 2 credits from the University of Johannesburg is 1 credit at the UU

**Student life**

Welcome/orientation programme:

Perfect! One week full of activities with good guides.

Accommodation:

Ok. All that you need, nothing more

Leisure/culture:

Beautiful! Amazing to get to know all the different cultures and see all the beautiful nature.

Suggestions/tips:

Travel around with local people to see the most beautiful, very little known places.

**Conclusions**

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

Yes, the host organisation is very friendly and always willing to help. Although it might take a while before things are done. They work with "African time". The destination as well, if you get to know the city, it's a really nice city with friendly people all over!

Do you have any additional advice or comments?:

Everybody told me it was very dangerous to go there. Maybe it's not the safest place on earth, if you know what you're doing, nothing will happen and it's safe enough to walk around.