



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	Warsaw, Poland
name university abroad	Warsaw
start date	13 / 02 / 2019 (dd/mm/yyyy)
end date	24 / 06 / 2019 (dd/mm/yyyy)

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

PREPARATION

exchange application process

The application process is not very difficult. Actually you can find all the information on the uu website, namely all the steps you have to follow are explained very clearly. If you know what you want and you are enough motivated to study for some time abroad, the application won't be a big problem.

counselling & support at Utrecht University

The counselling and support at the Utrecht University is very good. At the international office are working people who help you with pleasure. My situation was a bit specific and because of that I couldn't find all the information on the website, but people working at the international office have always helped me and answered all my questions.

academic preparation

In my situation it was not necessary to prepare myself in a academic way. The only thing was that first I made sure that I have already done all the obligated courses at the home university before leaving abroad to avoid problems after return.

language preparation

I'm a native Polish speaker and I do speak english, so I didn't have to prepare myself regarding language. But going to Poland it's very useful to speak some Polish. Of course there are people who will help you in english there, but a lot of information is given automatically for example on the website in polish.

finances

I applied for the Erasmus grant and I saved some money. It's better to count on some extra costs, even if most things are cheaper in Poland.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

You can find the available courses at the website of UW. I was studying at the institute of sociology and there unfortunately I had to mail all the teachers for the permission to participate in their courses, because at smaller departments you cannot sign in online, like with osiris in the Netherlands. But all the teachers were very nice and gave me permission to participate in the courses that I wanted to follow. In the first two weeks I had the opportunity to choose definitely which courses I wanted to follow.



academic quality of education activities

The academic quality depends on the course, but in general I think that the quality is some lower that in the Netherlands. But because the univeristy is a bit different and you have to discover everything once again, it's still a challenge.

counselling & support at receiving university abroad

The support at the University of Warsaw is good. If you have any problems of questions you sent an e-mail and you will receive and answer quite fast. If you some more complicated problems or situation you can better go to the office by yourself, which is open from Monday till Thursday and there are nice people who will help you.

transfer of credits

My credits have not yet been transferred, but it seems quite easy, because actually you just have to sent an e-mail and then they will do the rest for you. It's just important to make sure at the beginning of your stay that uu accept the course you want to follow.

STUDENT LIFE

welcome & orientation programme

The first twoo weeks almost every day or night are activities organised, when you have the opportunity to meet people from erasmus and make new friends. I think that it was the best moment to came into a group and take part of it, because later it's possible that every course you have with somebody else and making friends later will be more complicated.

accommodation

I have family and friends in Warsaw so for me it was very easy to find accommodation. Comparing to the Netherlands everyrthing is cheap, the house costs, food, public transport and other tickets for example for musea.

leisure & culture

There is a lot of to see and to do in Warsaw. There many very interesting musea, but also nice parks, good reaturants and nice bars but also places like theaters are good available. If you want you can also go to gym and it's really cheap. It's also a good chance to visit other cities in Poland to know the polish culture and in general the country better.

suggestions/tips

Go to the national museum of art, Jewish museum and museum of Uprising Warsaw, because it's really interesting and nice to see. In this manner you can learn a lot of about the history of Poland. It's also great to spent an evening with summer weather at the cost of the Vistula river with some friends!

CONCLUSIONS

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

I recommend this university and Warsaw as destination, because it's a great city abd people are nice. You spent an amazing time here, doing a lot of nice things and following interesting courses and next to that discover how great the Polish culture is!

do you have any additional advice or comments?

It's nice to have somebody more less in your age who can help you at the beginning at the univeristy and organising other things. If you don't know anybody in Warsaw, ask for a mentor.



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	Interdisciplinary Social Sciences

destination city & country	Warsaw, Poland
name university abroad	University of Warsaw
start date	01 / 10 / 2017 (dd/mm/yyyy)
end date	08 / 02 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process is quite straight forward. There a lot of information on the UU website. Just follow the steps and fill out the forms. It might take some time though so I would suggest to not leave it to the last moment.

counselling & support at Utrecht University

The counselling & support at UU is great. If you have any questions or problems you can always write them an e-mail or go to their office and they will help you.

academic preparation

I didn't really prepare for the exchange in an academic way.

language preparation

There was no language preparation needed for the exchange. The courses are in English. You just need to send them a certificate of your English proficiency which you can get at the international office of the faculty at UU.

finances

I saved some extra money for the exchange. Also I applied for the Erasmus+ grant.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The study programme is available on the UW website. You can select the courses you want before you go. In the first two weeks you have to sign up for the courses you want so you can still change them without any consequences. You can select more courses than needed and see which ones you like and drop the other ones in the first two weeks.

academic quality of education activities

The quality of the courses differs per course. In general I would say the level of the courses is way lower than in the Netherlands though. If you just hand in the assignments on time you will probably get high grades at the end of the semester. At UW they have courses for the whole semester but most are only 3 or 4 ects so you would have to pick about 6 courses to get to the minimum of ects needed for Erasmus.

counselling & support at receiving university abroad

The support at the receiving university is good. If you have any problems or questions you can always send them an e-mail and they will reply the same day. You can also drop by their office on Mondays to Thursdays.



transfer of credits

My credits have not yet been transferred.

STUDENT LIFE

welcome & orientation programme

The welcome & orientation programme at the UW is in my opinion quite shit. There was a general meeting with some information in the first week held by the university. The next week was the 'orientation week'. In this week ESN organizes events and parties. However they do not really try to involve people. They just post on facebook about the events and promote it. There's not really an orientation programme. If you arrive and don't know anyone in the city it can be hard for some people to go to these events/parties alone. It would be better if they form groups of students and do some activities so people get to know each other easier.

accommodation

There's accommodation available through the university in the dorms. This is very very cheap but the rooms are all shared with at least one other person. Also most dorms are quite dirty. I found my accommodation on facebook. The prices here are quite high because they know it's for internationals so they charge you more. There's loads of facebook groups with accommodation like Erasmus Accommodation Warsaw and similar names. You can also use websites like pepehousing. Public transport in the city is amazing (there are nightbusses all night) and Ubers are very cheap as well. I had to take the tram for 20 minutes to get to the university. I lived in the Wola district which is somewhat far from the centre but since the public transport is so good it's fine. Other districts I can recommend are the centre, Praga, Mirów.

leisure & culture

There are so many bars and restaurants in Warsaw, which are quite cheap compared to the Netherlands. Also there's some really nice museums. Gyms are quite cheap, you can get a card where you can go to most of the gyms in Warsaw. The university also offers sports courses, some are free but for some you have to pay. The nightlife in Warsaw is amazing. There's so many clubs (most are either Techno or just commercial music). You can party at any time you want basically because most are open till early morning or don't really close till somewhere in the afternoon. Students also get 50% discount on train tickets so travelling around Poland is not expensive. Some nice cities to visit: Poznan, Gdansk, Katowice, Krakow.

suggestions/tips

Jasna 1, Luzztro, Smolna, w oparach absurdu, Poglos, ZZ, Spacca Napoli, Neon Museum, all the art museums.

CONCLUSIONS

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

If you go on Erasmus for some specific courses or high academic level I would not suggest going here. If you go on Erasmus to have an amazing time and meet new people I would suggest going here.

do you have any additional advice or comments?

Go here for the second semester, the city is much more alive and vibrant during spring and summer than during winter.