



ERASMUS+ STUDIES UU Report

Every student receiving an Erasmus+ STUDIES grant has to submit a UU report as well. Writing the UU report is one of the university's conditions to receive and keep the grant. Only after submitting this report your Erasmus+ grant will be awarded definitively.

Your report will be made available (anonymously) to UU students preparing an exchange or research period abroad. Not all of them are Dutch-speaking, therefore we prefer to receive reports **written in English**.

Please use Tab to go to the next (text) box.

family name	
first name	
student number	
e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> @
faculty/college	Geosciences
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Geography: Education and Communication

destination city & country	Innsbruck, Austria
name university abroad	Universität Innsbruck
start date	03 / 10 / 2016 (dd/mm/yyyy)
end date	04 / 02 / 2017 (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 sometimes a bit messy. It is really important that you keep a good overview and control by yourself. There are many steps you have to follow, but if you do them all and in time there are no big problems. But my advice: start in time!
counselling & support at Utrecht University	
	Especially the International Office from Geosciences is always willing to answer questions or help you in any other way. So do not hesitate to contact them during your preparation.
academic preparation	
	The university of Innsbruck was really helpful during my preparation. Both the international office and the department of Geography were always willing to help me with my preparation. Before leaving to Innsbruck there were some problems with my Learning Agreement but they were all solved before the semester in Innsbruck started. I think also with the academic preparation it is important to ask help from whoever you need information, almost everyone is willing to help you!
language preparation	



Since it was a long time ago that I studied German in secondary school I did some self-study before I left to Innsbruck. This was useful, since almost all my lectures were in German. In the beginning it was quite hard to understand everything the teacher were telling, since some of them were talking in Tyrolean dialect. But it was surprisingly easy to get used to this. Beside my self-study preparation I did a free language course for Erasmus students. The level (B1) was maybe a bit too easy, but the course was really nice, I would suggest it to other Erasmus students. Especially when you are enrolled in a program with just general students (like me).

finances

Going on a Erasmus (I think in general) is not cheap, but also no unaffordable. Like in Utrecht, there are not enough student rooms in Innsbruck, so the rents are quite high (I paid 395 euro for a single room, double rooms are a bit cheaper in general). And groceries are maybe a bit more expensive as in the Netherlands, but there are also products (alcohol for example) that are cheaper. Going out for dinner or having drinks is in general a bit cheaper. What an Erasmus makes expensive is all the nice activities you do in your free time, like skiing, daytrips and weekendtrips. I saved before leaving to Innsbruck money for that (working is not an easy option), because I think you should make the most from the time abroad.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed most of the courses from the first semester from the master Geography: Global Change and Regional Sustainability. All my courses were Vorlesungen, which means that the teacher comes, gives the lecture for 1,5 hour and then it's over. There is not so many input from students. But also no presentations, or papers or groupwork, just a final exam. There are also seminars, in german, where there is more student interaction. But still, the Innsbruck way of teaching of far more passive than in Utrecht. The level of the courses was maybe in general a bit more easier than in Utrecht, but since the courses were in German, it was for sure not too easy. You have to keep in mind, that not just the lectures are in German, but also almost all the literature. Sometimes I had the feeling I arrived in a complete organisational mess, but in the end there was always a solution for every problem. The Austrian way of organizing is a bit less stressed as the Dutch way, and if you just go with their flow, there are no problems. Everything takes some more time, they do not do everything in a electronic way, but do not stress about it!

academic quality of education activities

Like I wrote before, the level of the courses is a bit lower than in Utrecht. For Geography this is maybe because Physical and Human geography are combined in one program. There is also an Earth science program, but that is more focused on geology. And the education is more passive, so I am still wondering if the students are really prepared for a job in the future, but since I was here just during the first semester I can not say enough about the complete master program. The language course was different and way more practical.

counselling & support at receiving university abroad

The International office in Innsbruck is always really helpful, and the coordinator was also always willing to help me with the bureaucratic things or picking the right courses etc.

transfer of credits

After more than a month I still did not receive all my grades back, so at this moment I can not say anything about the transfer of the credits yet.

STUDENT LIFE

welcome & orientation programme

There was not a really intensive welcome program from the university, but the local ESN organised some nice



welcome activities. Also in the dorm it was easy to meet new people and explore the city. So in the end I did not really miss the welcome program.

accommodation

I stayed in the Home4Students dorm Rössl in der Au. I organised this with the assistance of the Oead Housing service. When you just stay for one semester I think this is the easiest way to find accomodation in Innsbruck. Make sure you organise it on time if you want to stay in a single room. I cam really suggest to stay in the dorm I stayed. The location is close to the city center and really close to the university. The rooms are nice and big and there live a lot of other international students in the dorm.You share the kitchen with a lot of other people, so it is really nice to make new friends. Also a lot of parties and other activities are organized from the dorm (like skitrips and dinner nights).

leisure & culture

For me is Innsbruck the perfect leisure city, especially when you are sportive (the Austrians are really sportive). The mountains are so close, that is the best part of living in Innsbruck. You can always take the cable car up for some mountain activities. One of those activities I did a lot was hiking. There are many oppertunities for that (from easy to difficult). I would really suggest to buy a Freizeitticket, especially when you are planning to go skiing. With this ticket you can use all the cable cars and skilifts in the surrounding skiresorts. I really recommend to go skiing, many students decided to come to Innsbruck for the wintersports and the ones who did not do that often decided to learn to ski. If you do not bring your own equipment, there are some flohmarkets where you can buy it really cheap. Austria is wintersports, and it is really cool that you can just take the bus in front of your house to a skiresort. But beside this, you can also use your Freizeitticket to go swimming in all the swimming pools in Innsbruck and visit the museums. Also jogging along the Inn is really nice. Via the University Sports Institue I did a volleybal course, this was really nice to meet local students and it is really cheap.

Of course I also have some non-sportive tips. Spend as much as possible time on the Christkindlmarket during Christmastime, that is the place where the Austrians meet each other and drink Glühwein. Also the christmas time is a really nice time to visit Vienna (I think it is always nice to visit the city). With the ÖBB-Vorteilscard you can travel with a discount with the train. Also Salzburg, München (Oktoberfest but also KZ Dachau), Bolzano/Bozen are definitely worth a trip. Flixbus and Hellö-bus are really cheap companies to travel to this destinations.

suggestions/tips

- Summer rodeling in Mieders /Winter rodeling in Neustift/Oberperfus
- Bring or buy a bike, many people in Innsbruck use it (but keep in mind you are not allowed to drive a bike when you drink alcohol, and yes the police is strict in this in Austria)
- Visit nice sport events like the Hahnenkammrennen or Vierschanzentournee
- Try all the nice Austrian dishes, especially in the nice mountain huts
- Try to plan your study activities in such a way you can make the most from your free time
- Do grocery shopping at Hofer, it is much cheaper than other stores

CONCLUSIONS

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

If you speak some German and you are sportive, or like being outdoor/outdoor activities, I would definitely recommend to come to Innsbruck. You have so much oppertunities in your free time, and also the university gives you a new view on geography.



do you have any additional advice or comments?

Just go on Erasmus and make the most from your time abroad, you will have the time of your life!

Save this UU report for your own records and upload the report in your Erasmus+ file/application in Osiris within 30 days after finishing your study abroad period and in ANY case before the final deadline!

See *Erasmus+ Studies timeline and instructions* for more details. Please **upload in Word (.docx)** so we can delete your personal details between processing for grant purposes and publication on the website for future UU exchange students.