



UU Study Abroad Report Form

faculty/college	Sociale Wetenschappen
level	Bachelor's
name study programme	Psychologie Bachelor

destination city & country	Hong Kong, China
name university abroad	University of Hong Kong
start date	1 / 9 / 2022
end date	31 / 12 / 2022

PREPARATION
exchange application process
The application process for exchange via Utrecht was not that difficult. It mostly consisted of gathering all your information (grades, etc.) and writing your motivation letter. Just make sure you have all your forms ready before the deadline! It is after the acceptance of my application at UU, that it became more difficult. You really have to stay on schedule and know when all of the deadlines are. Furthermore, make sure you research what kind of forms and deadlines there are. I found this time to be kind of chaotic and stressful. Also make sure to apply for your visa on time! This can take a while and that can be stressful.
counselling & support at Utrecht University
Most of the preparation and the application you have to do yourself after being accepted by UU for the exchange.
academic preparation
I did not really do any academic preparation. I would say that you'll be fine when having studied at UU.
language preparation
Personally I did not do any preparation, but make sure you're proficient in English! As a lot of signs and street names are in English, but I do have to note that not all of the people there speak English.
finances
Make sure you save money, because it can be expensive. Especially accommodation. I advise to apply for student housing (like Cedars), as it is cheaper most of the time.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
For the same amount of credits, I had to take 5 courses in Hong Kong. Usually I take 2 at a time at UU, so this was a bit of an adjustment with keeping track of deadlines, etc. I took some psychology classes, which I really enjoyed. I also took a common course, which is kind of like a broad subject which any major can take. Personally I wanted to take a Cantonese class as well, but I did not get in as I got rejected. So make sure you apply for enough classes, as they can reject you! Furthermore, make sure you apply before the deadline!
academic quality of education activities
The academic quality at Hong Kong University is good! I would say that I had more deadlines, so the workload was a bit more for me personally. But the difficulty of the courses are the same, or even a little easier in my personal experience.



counselling & support at receiving university abroad
This does not apply to me as I did not receive any.
transfer of credits
I have not transferred my credits yet, but I had to apply for a hardcopy of my academic achievements. I applied for this when I got back, but they mail it from Hong Kong. So do it on time as it can take a while.

STUDENT LIFE
welcome & orientation programme
I did not join the welcome and orientation program, but I do know that they hosted parties and tours around campus to meet people! Both for new students and new exchange students. Some people said that the activities themselves can be a bit boring, but it is a great way to meet new people you can hang out with!
accommodation
I lived at a student hall in Jockey Village II. I had a roommate which was also an exchange student. The room itself was pretty small and outdated, but it was nice to have a roommate. The floors were separated by gender. All the floors have their own pantry (kitchen) and bathroom. Although everything is pretty outdated and not that clean, it did work. Even though the facilities weren't that great, I really enjoyed my time here. In the student hall you never really feel alone and I got to meet other exchange students from my building who I ate with and hung out with.
leisure & culture
Hong Kong really is a wonderful destination. It is the perfect combination of nature and city. There are a lot of bustling markets, cute local restaurants and big skyscrapers but also beautiful beaches, great mountains and cute islands to visit. There is so much to do and see in Hong Kong, you'll never be bored. I would suggest going on hikes and visiting the other islands with other exchange students, as it will be very fun. I also had a great time trying the local food and going to dim sum restaurants. I really miss the good food now that I'm back in NL.
suggestions/tips
Do and see as much as you can. Time flies by, so make sure you don't regret not doing something. I also would advise visiting Ngong Ping by cable cart and going to see the Tian Tian Buddha, both at Lantau Island. Furthermore, a great way to spend a free day is by exploring the many beaches Hong Kong has. While I was there, it could get very hot and it was nice to cool down at a beautiful beach. I also went kayaking, which was so much fun.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, I would greatly recommend this destination to others. It really was a once in a lifetime experience! It was nice to experience the culture in Hong Kong and there were so many nice things to do. I found Hong Kong accessible as the signs and street signs were in English, which made the experience easier. The mix between the city life and beautiful nature was also a great aspect of this destination.
do you have any additional advice or comments?
Enjoy your time abroad! ☺



UU Study Abroad Report Form

faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	Media and Culture

destination city & country	Hong Kong
name university abroad	The University of Hong Kong
start date	17 / 01 / 2022 (dd/mm/yyyy)
end date	28 / 05 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process is pretty simple. The university website for applications is easy to follow; there are also instructions of the process on their website you can look at before you actually start. Just prepare all the documents you need and the university will help you with the visa which is very convenient. Also you should have a preliminary study plan of the classes you want to take because they will ask for that.

counselling & support at Utrecht University

The international exchange and the Asia region offices were helpful with any additional questions I had with the application process and responded in timely fashion.

academic preparation

I don't think there is much preparation you can do. You can look at the course lists to get an idea of which classes you want to take but nothing else is necessary.

language preparation

There is no need for language preparation. All classes are in English except for the 'School of Chinese.' If you have an adequate level of English you can get by pretty well. The only requirement is proof of English fluency during the application process, such as TOEFL/IELTS/Duolingo English test results or IB diploma would work as well.

finances

Since I went to study abroad during the pandemic there were a lot of extra expenses I had to prepare for, such as with quarantine. However, I would save up a lot of money for Hong Kong as in general it is an expensive city but there are many low-cost options. Even while I was in Hong Kong during a lockdown a majority of the time, I still spent quite a bit of money because there are a lot of things you can do in the city. I think an estimate of 5000-6000 euros can be enough for everything, but it all depends on how you plan to spend your money and what activities you will do. If you plan to travel to other countries as well during or after your study abroad, I would save even more. Therefore if you can, try to get scholarships or you can get a loan to help too.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

HKU provides a lot of cool classes that you would be able to take in the Netherlands. I would be prepared with a large selection of classes you would want to take because during the registration period it can be difficult to get in to some classes due to certain requirements. Thus, it is best to have at least 10 options so you can get in to



classes on time. If you really want to get in to a particular class you can directly talk to the teacher but it is not guaranteed they will let you in. I took 5 classes at the faculty of Arts, Social Sciences, and Business. The rule with choosing classes is that the faculty you initially register for has to make up 50% of the classes you take at HKU. So I took 3 classes in the faculty of Arts, 1 in Social Science and 1 in Business. Also the Business class I took was more of an internship program than an actual class but I got credits for it. If you are interested in doing an internship while abroad look for Impact Lab at HKU, you can work with real companies and enterprises in any field. Furthermore, the classes I took had a high discussion-based organization. So be prepared to participate in group discussions as it will be part of your grade as well.

academic quality of education activities

The quality I think is comparable to how it is in UU as well. The teachers were really good at teaching the subjects and helping students understand the information presented well. The assignments were also manageable and were not that hard to do.

counselling & support at receiving university abroad

I did not require counselling that much but when I did need help the international office and the faculty were helpful in any questions I had. I would say communication with the university is pretty good on a general level.

transfer of credits

Several weeks after the end of the exam period the university will notify you of your final grades (mid-June). Then you can request your transcripts through the online portal, which comes with a fee of 5 euros. I put the UU office as the recipient address and I'm currently waiting for UU to receive them. Once they get it, I would just have to ask the Board of Examinors to complete the transfer of the credits in Osiris.

STUDENT LIFE

welcome & orientation programme

There are about 2 weeks before the semester starts where HKU sets up certain activities and meetings for the new students. I would recommend going to Hong Kong early enough to attend some of them; you can get a tour of the campus and meet other international students.

Accommodation

The accommodation in HKU is not entirely guaranteed for exchange students, but in general the university aims to place students somewhere if there is space. Most of the student halls are located off campus but they are all relatively close enough by bus or walking. You apply for which accommodations you want by providing a list of the to 3 places you would like. However, it is not likely that you will be placed in those places. A lot of people tend to want to go to Jockey Village 3 accommodations because they are newer and have nicer facilities but those are the hardest to get in. If you want to be sure you will get a place then I would apply for Student Flats for female students. The flats are only for Exchange students only and it is the cheapest accommodation at HKU, for only about 900 euros for the whole semester. Another option for exchange students is Ching Lin Terrace Residence, but they are relatively a lot more expensive than regular student halls. To be honest, I would not care too much about which accommodation you will stay in since most of the time you won't be in your room and any potential roommate you would have tend to be nice and friendly enough.

leisure & culture

There is a lot to do in Hong Kong, especially in the area HKU is located. Central is a really good place to hang out, eat and shop; same goes for Causeway Bay, Mong Kok, and TST (these are some of the popular areas). The metro system is very convenient and easy to get to any point of Hong Kong. Definitely make sure to get your MTR student octopus card as soon as possible to get discount on your travels. Moreover, there are a bunch of islands around that you can visit, you just take a ferry and can spend the day there.



I would recommend also visiting local markets and food places, and the museums.

If you like to do physical activities, Hong Kong has many hiking trails all over the place. You can go camping, kayaking, surfing, rock climbing, a lot of things to do and plenty of beaches.

I would also recommend going to Disneyland and Ocean Park if you have the chance. Both are pretty small but still fun to go to with friends.

If you enjoy the night life then Lan Kwai Fong is the place to be, that is the best place for clubbing and drinking. Anyone who has been to Hong Kong will tell you the same, so do not miss out. But remember the metro usually stops running around 1 am and some buses as well, so you would need to take a taxi home.

Most people in Hong Kong can speak English and even those that do not speak English can still understand it. There should not be any trouble really with communicating with people and some locals.

suggestions/tips

Don't be shy with trying new things. Do as much as you can while you are there, because time will go by faster than you think.

CONCLUSIONS

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

I definitely would recommend doing exchange at HKU and also just going to Hong Kong. I had a great experience despite the restrictions that were in place at the time.

do you have any additional advice or comments?

Don't worry about making friends while on your exchange. It is guaranteed you will meet so many people and will end up with a bunch of friends not only at HKU but also other universities and just in general as well. Surprisingly, the exchange student community in Hong Kong overall is pretty close. Students from different universities hang out with each other a lot and once you meet one you will end up meeting so many more people as everyone knows everyone, which is fun.



UU Study Abroad Report Form

faculty/college	Geosciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	Earth Sciences

destination city & country	Hong Kong, Hong Kong SAR
name university abroad	The University of Hong Kong
start date	01 / 09 / 2021 (dd/mm/yyyy)
end date	23 / 12 / 2021 (dd/mm/yyyy)

PREPARATION

exchange application process

Due to having done the application for the second time (my first exchange, the year before, got cancelled due to COVID) I was quite experienced in the process. I thought about my priorities; what was I looking for in a country abroad (climate, environment, language) and in the university (courses, chances at housing). Covid made everything uncertain but I took a risk in applying to a very locked down country and was able to have the best semester of my university life there, unlike most of my friends in Europe whose exchanges were cancelled. So don't be afraid to take a leap there!

For actual application to the exchange university, following the process as indicated on the university website was quite easy (if you can't find much- try searching for 'incoming exchange student', they often have a whole webpage dedicated to info for you with step by step process for application). Contact by email for questions to the exchange university's international office was quick and they were helpful in providing answers to doubts and questions. Creating a course plan for the Utrecht application was a little bit tough because from the HKU website it was not too clear which courses we were allowed to take as exchange students, what entry requirements for each course were and if they were given in the semester I was attending. I had to base this on last years course list (which I think is the case for most exchange universities). I recommend googling the corresponding faculty's at HKU, as they all have their own websites with course lists, descriptions and prerequisites. I made a list of various courses I wanted to take and sent this to Utrecht, but ended up changing two due to course content and timetable clashes (be prepared to change courses, it happens often that they do not fit into your schedule or courses are full); I notified Utrecht of this and it was no problem.

counselling & support at Utrecht University

Support from Utrecht was way less than I expected and I am a very independent traveller.

In non covid times I would have appreciated quicker emails, it often took a long time to get a response which was not ideal since you have to communicate with both universities and keep timezones in mind- specifically with arranging visa's and flights this can be a hassle.

Especially since we went during covid times, I had expected much more support from the university. I understand the uncertainty and know like no other that plans had to be flexible and no one knew any details for certain, but communication was lacking and we had to ask for help and updates often. I was of course very grateful that I even was allowed to travel in these times but had expected maybe 1 email before departure or during exchange, to check up if everyone was even alive and found housing etc... Due to covid travel policies for my country, we had to quarantine in a hotel room for two weeks so it would have been nice to know that the



university was aware of this. After all, we went on this exchange partly for fun, but partly to undertake something out of the ordinary for our education. An additional note on this- as per university policy at the time, our exchange could be 'canceled' even after the decision date of the university (a decision if you were allowed to go in covid times, which was based on the governmental country travel codes). In theory this sounds logical, in reality this meant you could spend much money, effort and time into travelling to your host country, be locked in a hotel room with no fresh air for two weeks and be ordered to fly back because the whole country seemed unsafe. This fortunately did not happen, but the additional worries and stress that it gave the students was enormous.
academic preparation
I did not need any academic preparation since I did a 'university-wide' exchange and therefore could choose courses outside of my own bachelor.
language preparation
I did not need language preparation because Utrecht's level of English is considered good internationally which was a great help. My bachelor is officially a dutch one, however everything from year 2 upwards is taught, examined and given in english.
finances
I saved up money for activities and seeing more of Hong Kong. My parents helped out with the quarantine costs which was immensely helpful. I also kept my Dutch government loan and subletted my room to get those costs back. Still, Hong Kong can be expensive; I was lucky and got into university housing but other students who did not have to rent really expensive rooms (it is one of the most densely populated places on earth and housing costs are worse than in Amsterdam). All the fun activities you want to do as an exchange student and tourist can also add up, and the city is very cosmopolitan and has lots of fancy places to go for drinks and food so make sure you save up some money before going! You can apply for a student Octopus card in the beginning of the semester (Hong Kong equivalent to the OV card here) and use the temporary one until your application gets approved (which means you get a very reduced tariff for public transport- really nice!) but since you are an exchange student, you'll stay in the country less days than is required for a student Octopus so you'll have to change back to a normal one according to the law.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
<p>For courses, I chose to take Mandarin, Asian art history (ARTH1008), Political Geography (GEOG2136) and Intro to modern Southeast Asian history (HIST2192). I started with five courses and also took Contemporary Southeast Asian politics (POLI3133) but since it was a third year level course in politics (in which I had no prior knowledge), I switched to auditing the course. This means you only attend the lectures and do not go to tutorials, take exams or do assignments; it was just for my own interest and I learnt a lot! It does not appear on your transcript then but I really enjoyed learning more about contemporary politics. I knew that this is a possibility in the US sometimes so I asked my professor about it, he told me it was fine but I just had to resign from the course myself.</p> <p>When signing up for courses, you have to be ready on time (be aware of time differences) as it is first come first serve. Be sure to plan a schedule beforehand as the courses cannot overlap- lecture and tutorial times are different than in Utrecht and do not have set hours. I made a list beforehand, based on the previous academic year and offered courses, and signed up for the courses I wanted but had some backup options- some courses were suddenly not offered or full, so I still ended up with some other courses I enjoyed.</p> <p>In the first two actual weeks of lectures, you can still change courses if you don't like your lecturer or discover you do not like the course content. It seems very chaotic but is actually really nice because you can tailor your schedule to have Mondays and Fridays off (good for exchange students to discover Hong Kong!) or take only</p>



courses you enjoy or you will benefit from. They do really allow you to personalise your schedule, which is less so in Utrecht. It seems very chaotic in those two weeks but everyone is swapping courses. I recommend you plan Mondays and/or Fridays off so that you can explore more!

academic quality of education activities

I really enjoyed the good academic quality and specifically the quality of the teachers at HKU. They are amazing at their job- I just had one boring teacher but the rest were definitely the best ones I've ever had. The professors are super enthusiastic about their subject, have good teaching skills and want you to learn something. Communication with them is easy, their English overall was great and it was not intimidating to ask them questions or extra material. They really enjoyed it if you spoke up (as local students tended to not do that as much). Levels of courses were similar to Utrecht. My Mandarin course was really easy and much fun, I learnt a lot. If you take courses on your own level, they can be challenging due to the heavy focus at HKU on course readings, but it depends per course and you learn how to deal with it. Some of my courses had tutorials in which you analyse readings and discuss them with theoretical concepts- this was new to me as a Science student who took Social Science courses for the first time, which made it challenging but it was also quite fun.

counselling & support at receiving university abroad

The international office and support team at HKU was really helpful for anything I needed. They respond really quickly to emails and will direct you to the right person to contact if you do not know who to send your email to. Most of the professors have office hours for questions as well. For questions you can contact professors, faculties, exchange offices or other people.

transfer of credits

Because HKU only offers physical transcripts, not digital ones, my credits took at least two months to get transferred. But this also due to a COVID-delay, after I left the city, the whole country went into lockdown over Christmas so everyone had to work from home suddenly and work got delayed. Because I was applying for international universities for Master's admissions however, and I needed my transcripts to send to them, HKU was kind enough to make an exception and send my digital transcript to me. Credits at HKU were the same as in Utrecht, they don't officially use ECTS but one course usually counts for 6 credits which translates to 6 ECTS.

STUDENT LIFE

welcome & orientation programme

Due to COVID policies we had to undergo 2-3 weeks of mandatory hotel quarantine and therefore missed the welcome week. There were several activities offered by external groups at HKU, not necessarily the university itself. I went on a weekend hike organised by the international society at HKU during which I met some people I am great friends with, which was a lovely introduction to Hong Kong! They organised campus tours and other activities to help you adjust (which we missed but in non-COVID times it would have been very helpful). Even without attending these I adjusted fine but I recommend signing up for the hikes and campus tours. There were some activities from the 'o-week', but these were mostly meant for first years from around the region and therefore not as enjoyable for 'older' exchange students.

accommodation

I applied for university accommodation sometime in spring, after application to HKU itself. I had to wake up at 4 in the morning for this because it opens at a central time (keep in mind timezones), but first the website gave lots of errors so we were scared it was for nothing and we would be homeless. Luckily it worked after an hour and I submitted a top 3 of choices (there are multiple options of student halls- some have more activities than others, some have mostly local students, some are new... the HKU website has much description on all of them but you are quite lucky if you get into because housing is a big problem in Hong Kong so many people apply). I did not hear back until the middle of the summer holidays, 2 weeks before I was supposed to leave for Hong



Kong (earlier than normal due to quarantine) and got into a student hall (Suen Chi Sun hall). My hall was mostly filled with locals and they had to be interviewed and selected to be offered a place, as exchange students you did not have to do that which is why there was quite a barrier between locals and nonlocals. There was a local student in charge of room allocation and they tried to put students of the same country together which was nice when adjusting to such a different and new country. I was in a room with a girl from the same town as well which was fun, and throughout the semester met other exchange students in our hall who became part of my friendgroup too. I really recommend applying to university housing, it might seem daunting to live in a tiny dormroom with another person after living on your own in the Netherlands for a while but was really fun when you are thrown into a new place. It also saves a lot of costs.

leisure & culture

Throughout the week we went out for dinner all the time and walked around markets at night to get bubbletea and bubble waffles. We gathered at the pier and had drinks together from 7-eleven (alcohol is really expensive so everyone just buys it at 7-eleven and drinks it on the street outside? Weird from a dutch perspective but also fun) in the evenings and watched the amazing skyline. I also played tennis and did yoga; tennis was with a 'social team' (we just played some games with other students, not really organised, no trainer but just informal fun) which I found out after contacting the official competitive university team, and yoga was at a studio in my neighbourhood where I randomly tried some classes.

On the weekends, most students go hiking and exploring- we got some lists of hikes from previous exchange students or googled for 'best hikes and trips in HK' and gathered some friends to go. In the beginning, everyone just took some random people with them and it was a really fun way to meet many new friends! I definitely recommend going to all trips that people offer, you'll meet more people and have more fun, even though it seems a lot at first. No one knew where they were going or how transport worked but you figure it out together and the weekends were always fun adventures. Some people camped on beaches (with cheap tents from Decathlon or borrowed from other students) and we often just took a ferry to a small islands where we usually explored the towns, hiked around the trails and ended up on the beach with a beer and snacks. Most of the time, there was a small shop around but we always took some food as well.

Something me and my friends often did as well, was take the tram and just enjoy the view, it is an amazing way to explore HK island specifically (as it runs east-west) and you don't have to walk as much. We would get out at a random point, get some street food and walk around. It's a much more fun way to get around that with MTR (but is slower too).

suggestions/tips

ask the international office for our emails if you want tips- I've got whole lists of places to visit and things to do.

CONCLUSIONS

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

100/100 recommend!!!! I had the best time in Hong Kong of probably my whole student life. Covid probably impacted my student life in Utrecht quite a bit which made it even better to go somewhere where covid literally did not exist, but even in non-covid times, the city is an amazing clash between west/east, think new york thrown on top of tropical islands with a very different culture but so many other international students and fun activities to do. I felt like I was in the middle of my holiday every day of my semester there, even though I was just taking courses. I really miss it. There was excitement everyday and the lifestyle in Hong Kong as an international student is amazing. Also there was sun almost every day there, which made it a little tough to adjust to grey, rainy Utrecht when coming back. If you are hesitating on going- one of my friends suddenly had many doubts before going and now it turns out she stayed an additional semester for an internship there because she had so much fun.



UU Study Abroad Report Form

faculty/college	Faculty of Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	Kunstmatige Intelligentie (Artificial Intelligence)

destination city & country	Hong Kong
name university abroad	The University of Hong Kong (HKU)
start date	01/09/2021
end date	11/12/2021

PREPARATION

exchange application process

The exchange application process went reasonably smoothly. You were clearly informed by the UU and later by HKU of all the steps you had to take. It is especially important that your visa is requested on time, so you do not get stressed out. For us, it was uncertain for a long time whether we would be able to go, which meant that you already had to pay for e.g. a TOEFL test, while you were not sure whether you would be able to go, which was sometimes difficult.

counselling & support at Utrecht University

Everything was well communicated by the UU and we had a pre-departure meeting which was nice so we could get to know the other students who were going to the same uni. We immediately exchanged numbers during that meeting so we could ask each other questions and discuss things with each other via whatsapp. The only downside in terms of guidance from the UU was that they had not informed us that we would have to spend two weeks in a quarantine hotel on arrival in Hong Kong (looking back, it was definitely worth it to spend 2 weeks in a quarantine hotel). In this, the UU could have provided more guidance or at least wished for success.

academic preparation

I had not done any academic preparation and don't think that is necessary.

language preparation

Language preparation is not necessary, everyone speaks English. You do need to show that you know a certain level of English and you must do TOEFL/IELTS test, although in my year a Duolingo certificate was also acceptable and that was much cheaper. So I would definitely recommend checking that out.

finances

Hong Kong is very expensive, but if you live in the dorms, you pay very little rent (+/- 200eu a month). I used DUO (maximum loan) and needed all that per month. This was mainly because of the fact that I did a lot of fun things, so it can be a bit cheaper if you want to. But living in Hong Kong is generally just expensive, even groceries for example are already expensive and food/drink are too.

STUDY ABROAD PERIOD

study programme (content and organisational issues)



I had to take 50% of my courses at the faculty of social sciences, those courses were the 'hardest', but compared to the Netherlands it is certainly not more difficult. The first 2 weeks you have add/drop period in which you can choose the courses you like (you can attend the classes and decide after the first lecture if you like the course or not): if you don't like the course(s) you can drop them and pick a new one.

academic quality of education activities

The quality of the courses I took was in general much lower than in NL. Also, the examination is very different compared to the NL, many group assignments are done at HKU as main examination. That takes some getting used to because the local students are much less likely to work together than you are used to (compared to Dutch students). So I had to get used to that.

I also took a course in Mandarin, which is fun to learn and gives you a bit more of an insight into the culture (you get to know the culture in a different way, from another perspective). I would definitely recommend that (or Cantonese, which they speak in HK).

counselling & support at receiving university abroad

I didn't actually need support, but if you need it you can easily email and they respond pretty quickly.

transfer of credits

That has yet to be done, but it will be done automatically if all goes well. The courses are all awarded 6 credits, so you take 5 at a time.

STUDENT LIFE

welcome & orientation programme

There was an orientation program from the University, but I only participated in 1 activity which was a hike. It was my first one in Hong Kong and I would highly recommend to participate in such activities. I didn't attend the other activities because I registered too late and I had already met quite a few people I was going to do fun things with. I got out of quarantine about a week before the courses started, so I had enough time to acclimatize and discover Hong Kong. I personally found this very convenient because you have some time for yourself. The first month is all about getting to know new people & Hong Kong, which was very intense but also a lot of fun. After that you kind of found a group that you do a lot with, but actually you meet new people constantly.

accommodation

I myself was in Suen Chi Sun hall, which was fine. I shared a room with someone else, which I had to get used to, but I was only sleeping in that room so that wasn't too bad. In addition, it is very cheap which is chill in an expensive city. The shower and kitchen were really dirty, so I had to get used to that in the beginning. My hall was in Jockey Village 2, but Jockey Village 3 seems to be a bit cleaner. In the end, though, it doesn't really matter, because many people don't even get a hall, so you are lucky if you get one as it will save you a lot of money.

leisure & culture

There is lots to do and see in Hong Kong, you should especially go hiking. The nature and the city are so close to each other. Also, it's a cool thing to visit monasteries and temples. Besides that, the city itself has a lot of attractions and there are plenty of beaches & islands to visit. I won't tell you this because you can then look all that up in your quarantine hotel, as I think they will keep that in for the next few years. The people in your hall and at the university also organize various activities that you can participate in. Apart from that, if you like sports it's nice to join a sports club or team, you can do this through the uni or privately. They have all kinds of



sports here so there is something for everyone. I like field hockey and joined the Dutch Hockey Club (DHC), where many Dutch expats and students play field hockey (men's and women's team). It is super low barrier with 1 time practice and 1 game in the weekend. This made my exchange much more valuable, because you immediately meet a lot of new people and get a rhythm in your chaotic (but fun) weeks. If you like field hockey this is definitely a must! Also because of the social activities that are organized.

suggestions/tips

- Join a sports club/team (like I mentioned above)
- Go hiking a lot, especially for the views and beautiful nature. And it's free and a fun activity.
- Go on Wednesday to the horse races in wan chai & then in wan chai to the bars where there is ladies night (free drinks for ladies).
- Go to dinner with locals from your group/class once. They can be a little shy, but if you go up to them and start the conversation, they will loosen up and be fun. Ask them to take you to a local restaurant and share different stories from both your cultures. Super good, fun and inspiring to get a glimpse into that. It's also just very enjoyable!
- Go camping with your friends on one of the beaches for a beautiful sunset and sunrise.

CONCLUSIONS

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

I would definitely recommend HKU, it is a wonderful university on the island. The other universities are much less central. This one, in my opinion, is the most beautiful in terms of location. Besides that, it is definitely a good university (according to many rankings the best in Hong Kong). The education is high, but not higher than Utrecht and certainly not if you take common core courses (these are relatively easy courses). I also believe that as an exchange student you can't even choose the highest-level courses. Besides that, Hong Kong is a cool city, which is changing more and more, so you should definitely visit it in its current state.

do you have any additional advice or comments?

I myself stayed in Hong Kong after my exchange for an internship that I am doing now because I am enjoying it so much here. It was very unclear and vague to me before I came here what the rules were regarding quarantine and corona. I did 2 weeks quarantine hotel, which I found stressful in the beginning (when I was still in The Netherlands), but it wasn't that bad, and it was definitely worth it. When my exchange ended (dec'21) it became a bit more unsettled with corona, so the restrictions have been tightened, but everything here was open after the quarantine & therefore totally worth it. Don't let that stop you & email HKU with any questions you have, after all they have the best view on the situation in the country. If you have any questions, you can always email me!



UU Study Abroad Report Form

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

destination city & country	Hong Kong
name university abroad	Hong Kong University
start date	02/09 / 2019
end date	01 / 12 / 2019

PREPARATION

exchange application process

Utrecht University asked us to hand in our application letters by the beginning of December, so you had to do all your research and make a well informed choice before that time. It seems really early, but its worth it to start early with researching where you want to go. Then around march (not completely sure when) we got accepted. Then the real work starts. HKU has quite a good system for applying, but it still costs A LOT of time to get all the documents organised for the application for uni and for the visa. They have clear lists of what documents you need, but start early with gathering all the necessary documents.

counselling & support at Utrecht University

The international office was really helpful. Especially with organising visa applications they were willing to check and send all my documents to Hong Kong. They also organised pre departure meetings which were also quite informative.

academic preparation

I didn't really prepare academically for HKU and I don't think its really necessary, at least if you are taking classes that connected to your study at home or if they are level 1 courses.

language preparation

They require you to do a TOEFL or IELTS test to show you have an adequate level of English. Register for these tests in time because they are full months in advance. I think the level of English that is required at Utrecht University is pretty similar to the level that is required at HKU. In my experience the higher level courses required a higher level of English.

finances

I had some money saved up beforehand which came in handy for travelling around. I would recommend to do this so you don't have to miss out on anything. It turned out that for just living/eating/paying rent (university housing) the maximum duo loan was enough, but if you wanted to take weekend trips to other countries or go out and do stuff in Hong Kong you really do need some extra money

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I took 5 courses at the faculty of Social Sciences and Social Work. Registering for the courses was a little chaotic. They have two weeks where you can go to all the courses and see if you want to take them. During this time you can register/deregister for courses, which they will then approve or not approve. So everyone goes around



to loads of different courses and keeps registering and deregistering until they've got the courses that they want. I would recommend to just go to loads of courses and see what they are like. If you don't get approved for a course, just keep watching for a new space, because people will drop out. I registered 5 times for one course and got it in the end.

Some of the courses were really cool. You get to take really different courses than you would be able to here in The Netherlands. They organise it in a similar way with lectures, work groups and individual study time. This was convenient because you could go to all your classes and afterwards go sightseeing or do activities in the city.

The campus is also really cool with an amazing view. There is loads of space to study at campus if you want to and the food is also really good (and cheap). Also campus is on Hong Kong island in a nice area so there was lots of good food around and it's really easy to get into the centre because HKU has its own metro stop.

academic quality of education activities

I thought the teachers were really good and committed to the students. Sometimes they would have a bit of an accent so it can be difficult to follow, but mostly the level of teaching is quite good.

counselling & support at receiving university abroad

I didn't really need any counselling myself, but I think there would be some language issues if you needed complicated (maybe psychological) help. I did need some medical help and I found that the medical centre was very well organised, although the treatment itself might not be the same as you would find in The Netherlands. For example at physiotherapy they used outdated methods.

They do have a whole office for international students and they were always willing to help and answer any questions I had.

transfer of credits

HKU sent my transcript to UU automatically, but to get the ECTS transferred I had to ask the examen commissie to review the transcript.

STUDENT LIFE

welcome & orientation programme

There was an orientation week at the beginning of the semester. I would definitely recommend being in Hong Kong during that time because you can explore the city/campus and meet the people in your building. The orientation programme was not super special, but it was a good way to meet new people and to get to know the city a bit. We had to register for the different activities beforehand, but we were free to join on the day itself if you just showed up to the meetingpoint. I was really glad I arrived 1,5 weeks before the semester started, because I had time to settle before classes started.

accommodation

All accommodation in Hong Kong is going to be small. Some buildings on campus are better/more modern than others. You will probably be sharing a room with another student, which I thought was fun. Some students who wanted to have a private room actually got into trouble because they didn't get any housing at all, so it's best to just hope for a cool roommate :). I lived in a building with loads of other exchange students which was super fun because there were always people up for sightseeing etc.

I didn't mind the small rooms as we were never home a lot. The culture there is really to always be out doing stuff or going out for food. Lazy days at home were definitely not a thing but I really loved that because you see so much of the city and the nature around.

leisure & culture



The student life in Hong Kong is amazing. I loved meeting all the other exchange students and discovering the city. The public transport is really good so it's easy to get around.

What I didn't expect is that there is a lot of nature around Hong Kong so you can go on loads of hikes around the city. Hong Kong is a concrete jungle, but 20 minutes away you're standing in the middle of a forest.

The nightlife is also really great, very Asian, but so much fun. On Wednesdays literally everyone goes to the horse races and then to the same bars in the area. Because HKU is on Hong Kong Island it's almost in the centre so it's super easy to get home at night. The other unis are all further away so it's way more expensive to get taxis etc.

There are lots of interesting museums and cultural sites in the city as well. I had a travel book that I loved using around the city to find the best activities and food. People are used to tourists/English speakers so most people will at least know a few words of English and all the signs are both in Cantonese and in English. If you want to travel around in Asia it's also super easy.

suggestions/tips

If you organise your schedule that you have Mondays/Fridays or you have long weekends in which you could travel around. Places like China, Vietnam or Taiwan are super close so are good for a long weekend. The Philippines is good for reading week, we went for 10 days which was really fun.

CONCLUSIONS

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

I would 100% recommend going to Hong Kong for exchange. It's such a cool city with amazing transport so you can get everywhere within an hour. It has amazing food (dim sum, noodles and so many other Asian foods) and there's always something to do. HKU definitely has the best location of all the universities (Hong Kong Island) and it's the most international as well so you feel very accepted. I had such an amazing time there and I wish the same for every exchange student.

do you have any additional advice or comments?

I would recommend you keep in mind the current/future political situation in Hong Kong. When I was there, there were a lot of protests which started out peaceful, but ended up getting quite violent. Because of this our semester ended a 1,5 months early and we had to do tests and presentations online. The exchange semester after us was cancelled completely, so think hard about whether the situation will be peaceful enough for you to actually enjoy your exchange. If in doubt, I would recommend to choose a different destination where you will have a guarantee to be able to go and have a good time while you're there.



UU Study Abroad Report Form

faculty/college	Medicine
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	Biomedical Sciences

destination city & country	Hong Kong, China
name university abroad	Hong Kong University
start date	01 / 09 / 2019 (dd/mm/yyyy)
end date	23 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

I started preparing quite early, since I already knew I wanted to go on exchange around the end of my first year of university. I attended the orientation lecture about going on exchange, and shortly after I started looking at destinations. I started to gather/write the documents that were needed for the UU application for exchange around 1 or 2 months before the deadline. I don't really remember the deadlines for the application for Hong Kong University, but if you just check your e-mail regularly and timely gather the necessary documents it should be fine! The procedure was pretty clear to me, since all the information you needed was either in the emails or on the website.

counselling & support at Utrecht University

Support at Utrecht University was good, I went to the study advisor first to see which courses I could follow abroad. Since the courses would count as my free electives, this turned out not to be a problem (as long as the level of the courses was of a certain standard). For other questions I turned to the International Office, they were very helpful but did not know the specific details of the university. If you have more specific questions about the exchange/host university, it is easier to send an email directly to that university.

academic preparation

N.A.

language preparation

I think you have to do a TOEFL or IELTS test in order to apply to HKU, but since I already did CPE in high school, I was able to use this certificate for my application.

finances

This really depends on how much you want to spend. I went on quite a few trips and often ate out in restaurants. Therefore, I probably spent a bit more money than necessary. My rent for the dormitory I stayed in was about 200 euros per month. I paid around 900 euros for my flight, but I also went to China beforehand so it's probably cheaper if you directly fly to HK. For food it depends on your personal budget and public transport is not that expensive since you can apply for a student octopus card (public transport card). I obtained the Biomedical Sciences Bursary for going abroad, which covered my flight and dormitory fees partially.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

When I applied for Hong Kong University, I was planning on following some Computer Sciences courses, so I signed up for the Faculty of Engineering. The CompSc courses I wanted to follow ended up not being available



for exchange students or were too difficult. Since you have to follow at least 50% of your courses at your faculty, I ended up following two courses in Biomedical Engineering, and one in Industrial Engineering. Besides my engineering courses, I did one Cantonese Language course and one fine arts course (about Chinese art history). The first 2 weeks of the semester are called the add/drop period, and you can see whether you like your courses or whether you want to switch some. I ended up switching 3 courses, and that process was fairly straightforward as you can do this online, on the HKU portal.

academic quality of education activities

The quality of my courses was fine and pretty similar to the UU. The engineering courses consisted mostly of lectures, but my other courses (Cantonese and Chinese art history) were very interactive and fun! The examination was also similar to the UU, I had to write some essays, give presentations and make midterms and final examinations. Since you follow 4 or 5 courses at the same time, the end of the semester is pretty busy.

counselling & support at receiving university abroad

I did not really need this, but if you had questions you could always go to the CEDARS office or to your faculty's office. I did visit the university's doctor's office once, which was free, and I know someone else who had a therapist through the university.

transfer of credits

I stayed in contact with the Board of Examination during the add/drop period and they approved all the courses I switched out, so when I received my Transcript of Records upon return, transfer of credits went very smoothly. I just had to send an email to the Board of Examination and they arranged for my credits to be administered in Osiris. It did take quite some time for the Transcript of Records to be sent to the UU (I received it around the end of March, but I had already returned in December).

STUDENT LIFE

welcome & orientation programme

In the 1 or 2 weeks leading up to the start of the semester, there are the Weeks of Welcome (WoW) and they organize some activities to show international students around. Some of the activities themselves are not very special, but they are a great opportunity to meet other international students before the start of the semester.

accommodation

I stayed in one of the university halls in Jockey Club Student Village III. I shared my room with one local student, which I did not really mind. We got along really well and had nice conversations. The location was good (pretty close to the university), however you do have to walk up a hill to reach the hall and this can be a bit tiring. The halls in JCSV III are the newest out of all the university dormitories and also the cleanest + have nice facilities, so I would really recommend to sign up for the halls there.

leisure & culture

There is a lot to do in Hong Kong (in the city centre, but also outside the centre there are beaches, hikes etc.), there are very nice islands surrounding HK (Lantau island, Cheung Chau island etc) and it is easy to travel to other countries (I went to Vietnam, Taiwan, Singapore and South-Korea).

suggestions/tips

Plan a lot of trips within and outside of Hong Kong! Exchange is over before you know it so don't waste your time! 😊

CONCLUSIONS

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



Yes! I think Hong Kong is a very unique city in Asia since it has the Asian culture, but at the same time it's very international. There are a lot of fun things to do and I liked the fact that there is a very large international student population.

do you have any additional advice or comments?

I had a great time in Hong Kong and I would recommend everyone to study abroad!



UU Study Abroad Report Form

faculty/college	Geschiedswetenschappen
level	<input type="checkbox"/> bachelor's
name study programme	History

destination city & country	Hong Kong, Hong Kong
name university abroad	University of Hong Kong
start date	14 / 01 / 2019
end date	27 / 05 / 2019

PREPARATION

exchange application process

The exchange application process is generally easy. However, it can be a pain when you are not precise so be sure to read everything well. Another problem I encountered was that some documents were requested I was not yet able to give. The International Office will help you with these problems. The university also handles your visa which was convenient.

counselling & support at Utrecht University

For questions, you can contact the international office. Although they helped me well, try to get in touch with a former exchange student (preferably someone who went to the same university you are going to) for more practical information.

academic preparation

None. Enrolling in courses happens in the add/drop period when you arrive so there is nothing to study for yet.

language preparation

None. Almost every course (you are given notice of exceptions) is given in English so that should be no problem. If you do have problems with the English language, it is no problem either. You learn on the job! However, you should give proof of English language proficiency. I did the International Baccalaureate program on my high school which was enough. If you did not do this, you might have to do a English language proficiency test. I've heard this test can be quite expensive so be sure to study for it so you don't have to do it again.

finances

It is no secret that Hong Kong is an expensive city. Make sure to save up some coin to get around. If you plan to travel around, which you will have plenty of opportunity for, save some extra money.

Rent is relatively low. I had a single room and that cost me 1200 euros for the entire semester. If you share a room, costs will be around 800 euro for the semester.

Furthermore, you can make your exchange as expensive as you want. The city is generally expensive but there are plenty of ways to save money so don't let costs stand in your way of going.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

There is a two week add/drop period at the very beginning of the semester. During this period you can enrol in different courses and if you don't like them you drop them. However, you are missing the first two weeks if you keep on changing so I would advise you to look into some courses ahead. Don't stress out though, teachers are



taking it easy the first classes and understand that you're not up to speed if you enrol in a course at the end of the two weeks. But keep in mind that some popular classes might be full so try to enrol as soon as possible, which is Monday morning at 10.00 (check if this is still the case when you're there)

Also, make up your mind already on which days you want to attend classes. For example, if you prefer to have long weekends, you might want to avoid taking classes on Monday or Friday. This might help you to make choices if you have doubts about some classes. Also, keep in mind if it's only coursework or exams as well. If you pick classes with only coursework, you are done with the semester a couple weeks earlier.

academic quality of education activities

The University of Hong Kong is ranked the 2nd university of Asia. People are in awe about the university. This means the academic quality is quite good on a very nice campus. This does not necessarily mean that courses are difficult. There are different levels and hundreds of courses to take. So you can decide for yourself whether you want to challenge yourself or take it a little easier. If you choose the latter, learning Mandarin is quite fun. It's not very hard and fun to practice if you travel in China. Moreover, it's a class with almost only other exchange students so it is a good opportunity to make some friends.

counselling & support at receiving university abroad

I did not really make much use of this. Most practicalities are somewhere within a document. However, support can be quite hard to find as it is a very big university and it is not clear who to go to when you encounter problems. However, other students have probably dealt with your problems before so just ask them. Everybody is very helpful.

transfer of credits

Most courses are 6 credits. So most people are taking 5 courses during the semester. I have asked to transfer those credits to UU and they confirmed. This should be no problem.

STUDENT LIFE

welcome & orientation programme

There is a introduction week full of activities and a general word of welcome. I did not attend this as I had to finish up my internship. If you arrive at the beginning of that week you give yourself the opportunity to figure some stuff out and already meet some new people. Don't try to come in way ahead as you might feel lonely because there are little people there yet. Just register for some activities you like. If you don't like going to them you can easily skip them as well. Plenty of ways to make friends.

accommodation

HKU handles accommodation for most students. There is a specific moment from when you can apply for housing. Try to be behind your laptop on that moment because there are more students than beds. Applying early increases your chances of getting a room.

I was in Jockey Student Village III. This consists of four flats which are all relatively nice. I could recommend applying for one of these flats. If you prefer a single room, give Chi Sun College as a preference. This flat has the most single rooms. You will have to interview for it via Skype. This sounds as too much pain for a room but I found it very worth it. The interview takes literally 5 minutes and they will ask you very basic questions. Have some answers prepared and argue why you need a single room. You should be able to get one.

Roommates can be very nice when you get along well, but can also cause trouble. If you don't want to risk anything, try to go for a single room.

All rooms and beds however, are very small compared to the Dutch standard. In the beginning, this can



frustrate you really much. However, you get used to this. Try to make it nice by bringing some pictures and personal goods to make the place yours.

The most important tip I can give you is arrive by day. Your room will be completely empty when you get there and it looks like a jail cell. Give yourself the day to get to IKEA and buy some warmer lights and some sheets, covers and pillows. You don't want to sleep your first night underneath your towel.

leisure & culture

Hong Kong is a city with endless opportunities to explore. Whether you want to grab a couple of beers on a rooftop, hike in the mountains or bet some money on horse races, Hong Kong has it all. The food is incredible, the views of the city are amazing and there's always something to do.. Also, HKU is on Hong Kong Island, which is where most things will happen. This gives it a very big advantage over other universities in Hong Kong. Also, Hong Kong is located extremely well for some travelling. Whether you want to visit Thailand or Japan, Hong Kong is close enough for practically every trip you want to make. This makes Hong Kong unique and definitely one of the best cities to go to for exchange.

suggestions/tips

-Arrive early by day. This gives you time to settle a little bit. Google where to get a data plan for your phone, buy some furniture for your room at IKEA and get an octopus card for the MTR. The beginning is gonna be scary because you have to think about every little thing you do. Arriving early will definitely help you settling in and putting everything in perspective.

-Say yes to everyone and everything the first month. Even if some activities look absolutely horrible, your priority is gonna be making connections the first month. Just join everything possible, you will find that having many connections is great.

-Join the Rugby club. I did not do it but found that most of my friends were. Even if you have no clue how to play, it's still recommendable because they organise lots of activities and they have a beer after every match. There is also a Dutch Hockey Club which you can join. Go to their website and contact them if you are interested.

CONCLUSIONS

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

Very much! Hong Kong is a very big city with so many cool things to do. It has a fascinating and unique culture and is a tremendously high-paces city. You will learn a lot about the Asian culture, but its Western past makes sure you are comfortable at all times. Also, there are lots of exchange students at HKU which makes it incredibly easy to make friends from all continents. Travelling is also super easy and fun so make plenty of trips while you're there!

do you have any additional advice or comments?

All tips are in the previous questions.



UU Study Abroad Report Form

Faculty/college:	Geosciences
Level:	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Global Sustainability Science

Destination city & country	Hong Kong, Hong Kong
Name host institution and/or company/organisation	University of Hong Kong
Purpose of exchange	<input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	30 th Aug 2018
Return date (dd/mm/yyyy)	23 rd Jan 2019

You are requested to write on the following topics.

Text boxes will expand automatically while typing.

Preparation

Exchange/placement application process:

When applying for an exchange, I had already thought quite a bit where I wanted to go, namely Asia. I was able to speak to the exchange coordinator and it was very helpful that she showed me the options I had and was able to give her input regarding subjects I wanted to follow and how easy/hard it would be to get in. The website was clear. The application process was clear for Utrecht. Once I was given a spot at HKU however, the application was a little unclear, but by sending emails I was able to understand everything. In the end I was missing some documents and it was slightly stressful, but I was able to manage. Be prepared that you will need to put in some effort but that is worth it and understandable.

Counselling/support at home university:

As I said the coordinator at the exchange office was really helpful, make sure you talk to them.

Academic preparation:

I had done 2 years before I went and made sure I only needed to follow free electives. This made everything a lot easier in Hong Kong, as you have to choose classes there just a week before they start and you are not always guaranteed a place in a course.

Language preparation:

I spoke English fluently, everyone at HKU speaks English fluently

Finances:

I made sure to save up enough, about 5000eu extra. In the end I spent around 3000 extra than I would have in the Netherlands (normally +/-750 eu per month). This may seem like a lot but it is 600 per month extra, and I was able to (also kind of had to because it was difficult to cook) go out



for dinner 5 days out of 7 a week. I also did so many things every weekend, including trips to surrounding islands, Macau, and to China. Furthermore I travelled to the Philippines for 2 weeks, got my diving licence and backpacked through Laos and Cambodia for a month. Of course this means you can do it cheaper, but I would not recommend it, because everyone in Hong Kong is also doing a lot of fun stuff, you need to enjoy it when you can and while you're there!

Study/placement abroad period

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

I made sure to have only minor courses left for my degree. In Hong Kong I was able to choose the courses I wanted, which was really nice.

Academic quality of education/placement activities:

The academic quality of HKU is regarded as the highest in Hong Kong (though this is contested by the Chinese University of Hong Kong). I thought the courses were really nice, with relatively small classes, good professors and interesting subjects. The testing of the social sciences was not that difficult, but I have heard that in the economics and science faculty it was a bit harder.

Counselling/support at host institution/organisation:

At HKU the counselling was on a large scale, so not very personal. But there was the opportunity to talk to a study advisor and such.

Transfer of credits:

They are transferred, now only need to be transferred into number grades by my faculty, but it took quite a while.

Student life

Welcome/orientation programme:

I did not really join much, heard it was quite small but nice. The opening talk by the VP was nice but really big. Although because of everyone living in campus housing, you get to meet people really quickly, no problem. And the Facebook and WhatsApp groups were also very useful.

Accommodation:

I was given a room at Lee Hysan Hall, which was a small busride away (8min). It was okay, although I got unlucky with a very boring room mate, and the room is quite cramped. The kitchen was very small, the bathrooms were okay, I heard similar stories from other students, although some were a bit better if they had fun roomies. In the end I spent a lot of my time outside of the room and it wasn't an issue, also because the room was quite cheap for any standard (280 a month).

Leisure/culture:

I only hung around with exchange students because there were so many of them and exchange students were always looking for fun things to do. Every weekend and on a lot of days we did hikes, visited parts of the city and went to cool restaurants. For my birthday in October, we rented a big boat and had a boat party with 45 people! The whole thing was so fun it felt like a vacation to be honest, maybe also because in the vacation week we went to the Philippines and later with a friend from the Netherlands we also went to the Philippines for a week. It was really fun to make new friends and have a full half year to discover the great but super busy city of Hong Kong. I

made many friends, including some that are now in London, Paris and Belgium that I we still see each other regularly.

Suggestions/tips:

Go in with an open slate, make friends with everyone you can. Try to discover and learn as much as you can from others. Do things you wouldn't do back home. The greatest part is that you have a full half year of almost no obligations, except for classes, which for me were fun and interesting as well. Stay in asia after Christmas, when the semester there is done and you still have a month before it starts in Utrecht.go travel alone, see friends from all over the world, and just enjoyyy.

Conclusions

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

Yes vey much. One note I have to make is that Hong Kong is a destination made for extroverted people, as you have a roomie, so little personal space, and everywhere you go it is busy, unless you go hiking to the more faraway places. I loved this, and the fact that there were almost a 1000 exchange students that were all doing fun stuff and that I could become friends with. I may have a slightly biased image because I loved this aspect of Hong Kong, but in any case if your going, be prepared to make many new friends and do crazy activities every weekend.

Do you have any additional advice or comments?:

Please go on exchange, it doesn't matter where. It's a wonderful experience according to everyone I talk to. And ask the exchange office for help in choosing if you can't figure out where to go.



UU Study Abroad Report Form

Family name:	xxx
First name:	xxx
Student number:	xxx
Faculty/college:	Faculty of Science
Level:	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	BSc College of Pharmaceutical Sciences (CPS)

Destination city & country	Hong Kong SAR, China
Name host institution and/or company/organisation	The University of Hong Kong (HKU)
Purpose of exchange	<input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	04/01/2018
Return date (dd/mm/yyyy)	XX/08/2018 (I have not decided on the exact return date yet)

Preparation

Exchange/placement application process:

The UU abroad website was very clear to me; it provided clear guidance as to how to apply and prepare for the exchange. I simply followed the steps as outlined and that worked well. Also, the exchange officer was very nice and helpful. The most important step for me was to carefully think about what I wanted to learn on exchange, which allowed me to decide on the destination.

Counselling/support at home university:

The exchange officer helped with any questions that I had in preparation of the exchange. I must



say that I had quite many questions and visited quite a number of times, and greatly appreciated the help.

Academic preparation:

Academic preparation was not necessary for me: HKU has a clear course catalogue where prerequisite courses are listed. Thus, I chose courses for which I thought I was at the right level of prior knowledge.

Language preparation:

Language preparation was not necessary for me: CPS is completely in English and I had a mark in the English final exams of high school above the threshold that exempted me from further proof.

Finances:

I kept my DUO study loan abroad, which meant that I had as much money at my expenditure abroad as I had had at home. However, since the first year of study (thus also study loan), I had been making sure to put some money aside monthly. This allowed me to not worry too much about my expenses abroad, because I had a reserve. As I have heard from students who went on exchange to Hong Kong previously, I think it is reasonable to expect approximately equal expenses here as at home. The largest variability is probably in travelling expenses, as some see the exchange as an opportunity to explore all of Asia while here, but others prioritise their studies. My expenses were similar, but the relative distribution shifted when I came here. The costs of food and accomodation (student flat) are generally lower, but I spent more money on social activities.

Study/placement abroad period

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

At HKU, I took five courses from the School of Biological Sciences, of which four from the Nutrition major. I thought these would complement my CPS curriculum at best and fit my interest most. I took one course 'Omics and Systems Biology', which was more technical and built nicely upon my prior knowledge of bioanalytical methods. I took one more course 'Fundamentals of Chinese Characters', because I had been wanting to study characters for some time before the exchange. I kept the Board of Examiners for my study at UU up to date about my choices of courses during the add/drop period, and it was nice that the Board approved my final choices well before the end of the add/drop period.

I think the content was appropriate to both broaden and deepen my knowledge, which I had hoped for when I chose four biology courses at level 4 for the exchange in the last semester of three years of CPS. However, I did think that the workload was higher than previously during CPS, but seeing my flat mates (also exchange students in beta sciences), I think that that may well have been because I took six courses while the norm is five and it is not uncommon for exchange students to choose fewer. Among local students, it is also standard to take five courses, and balance between the levels of the courses.

The organisation was good, as HKU provides a personal online portal where the weekly schedule can be seen for all upcoming weeks. This was accurate and helpful, especially in the first weeks to get started. The few cancellations and replacements of classes that occurred were communicated clearly. Each of the courses here had lectures and (group) projects, assignments, and/or presentations, like in CPS. This was familiar to me, although the emphasis on lectures was higher



here than during my study at UU. Also, I had to become used to taking six courses over the whole semester, rather than one per period (half a semester) like I had in CPS.

Academic quality of education/placement activities:

In my opinion, the academic quality of HKU is similar to UU. Based on their similar ranking in international rankings, I had expected this beforehand. I think the courses here were at least as challenging as at home. Moreover, the pressure that the local students feel to perform well is readily tangible, and that raised the bars for me too.

Counselling/support at host institution/organisation:

The counselling/support services were presented during the introduction for exchange students. As I have neither made use of them nor spoken to anyone about it who had, I cannot say how these services are. However, HKU has counselling and support services very much targeting specific issues, which suggests that expert help would be provided as needed. Then, considering help to incoming exchange students in general as a support service, I think the services are good. Any questions are answered promptly, and the staff are very willing to help with any questions.

Transfer of credits:

The results from the second semester are released at the end of June, so they are still to be awaited at this time of writing (mid-June). Both HKU and UU have clarified that the results will be forwarded directly to the UU, the home university. From there, students are expected to arrange the actual transfer with the Board of Examiners from their study.

Student life

Welcome/orientation programme:

HKU has the weeks of welcome (WOW), that incoming students are encouraged to participate in. The activities are organised nicely, as incoming students can register themselves in an online calendar that provides them an overview of the activities and allows them to choose freely which they like best. The activities on the day are guided by local students, so incoming students can ask all their questions about Hong Kong and immediately befriend not only fellow exchange students, but also local students. Moreover, a general introduction for all exchange students of the semester is held before the first actual week of lectures, so all exchange students can see each other at least here and are informed about all relevant matters concerning HKU student life, Hong Kong culture, and common problems among incoming exchange students.

Accommodation:

Once HKU approves the exchange students, the students will receive emails about preparation to come to HKU. One of these has instructions to apply for accommodation of the students' choice; the student can choose three from the ones that are listed. As I was talking to my flatmates and roommates about this, it became clear that none of us had been placed in the accommodation of our top three choices and we have heard so from more exchange students. We came to the conclusion that this may be a perk of coming in the second semester rather than the first, as perhaps the more popular halls are still occupied at that time. At a UU pre-departure meeting, I had heard students from the first semester exchange to HKU say that new students should apply practically the very second that the accommodation preference form opened, but there seemed to be no such moment for the second semester.



We lived in a student flat approx. 20 min by bus from HKU, and the buses came one after the other, so the connection to HKU was good. The flat consisted of two three-person bedrooms, a small kitchen, living area, and bathroom and shower. I had to get used to having two roommates, because I had always had a room to myself before, which I think is quite common in Dutch student housing. Luckily, it turned out to be nice to almost always have someone to talk to (and befriend without much effort from the beginning!). HKU will email a list of available utensils and ones that students should bring themselves, which is worth looking at. I must admit that I found the kitchen a bit inconvenient (small and few appliances), so luckily for me it is common and affordable to eat out in Hong Kong. My flatmates did frequently use the kitchen and mocked me, but I heard more exchange students say that they rarely cooked and preferred to go the canteen downstairs, on campus, or simply anywhere outside. This will probably just come down to personal preference. Regarding the age and cleanliness, I think the student flat was roughly similar to student housing in Utrecht.

Leisure/culture:

I think that I have not had a single boring moment in Hong Kong, and the atmosphere in Hong Kong is very lively. At the very least, it is always easy to go out for food with friends (which I consider leisure) and decide on the spot about anything after. Hong Kong (especially the island) feels safe at any time of day and night, which adds to the feeling of freedom and possibility. Hong Kong is perceived as a loud city (both traffic and people), which is a cultural aspect that may require some getting used to. Trying new, local foods is a fun and easy way to learn about a new culture, and HKU encourages this with their Eat to Gather programme, where incoming HKU students are paired with each other and to a local host. Also, HKU has many culture courses on offer, both for local and exchange students, which greatly enhance deeper understanding of the culture.

Suggestions/tips:

- Participate in the WOW activities: great way to make new friends and start exploring HKU and Hong Kong.
- Look carefully through the list of items that you need to bring into the accommodation yourself.
- Do not worry about the course registration: it is not uncommon for students (local and exchange alike) to add and drop until the end of the add/drop period and the classes during the period will give a clear impression of what the course is actually like.
- You will easily befriend fellow exchange students but try to befriend local students as well. This will be fun, and it helps you get an insight into living like a local.

Conclusions

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

Yes, I would highly recommend an exchange to HKU. I think that being in a completely different environment in a new culture was important for me to become more mature and responsible. Hong Kong is nice for this, because it is very different from the West, although still relatively Western and a huge advantage is the presence of English in daily life wherever Chinese (written or spoken) are used as well. I would specifically recommend HKU too, because they are experienced in hosting



exchange students and the population of exchange students is large. This makes it easy to make new friends, and the local students are very nice and open to exchange students. Overall, the exchange was organised smoothly and HKU has come to feel like a new home, where I have learnt a lot during the past semester.

Do you have any additional advice or comments?:

I feel very lucky that I was allowed to go on this exchange, so I would like to thank both HKU and UU for the opportunity. For me, this exchange has allowed me to re-think my habits and prejudices, learn to be out of the comfort zone, and try the perspective on the responsibilities, duties, and opportunities of university students my age on this side of the world. These have made it an invaluable experience that I greatly appreciate. As general advice, I would suggest newly incoming students to be open-minded, curious, and prepared to be self-critical in order to not only develop academically but also personally during their exchange.



UU Study Abroad Report Form

Family name:	xxx
First name:	xxx
Student number:	xxx
Faculty/college:	Utrecht School of Governance
Level:	<input type="checkbox"/> bachelor
Name degree programme:	Public Administration and Organizational Science

Destination city & country	Hong Kong, Hong Kong SAR, China
Name host institution	The University of Hong Kong (HKU)
Purpose of exchange	study/courses
Departure date (dd/mm/yyyy)	21-08-2017
Return date (dd/mm/yyyy)	23-12-2017

Preparation

Exchange/placement application process:

The placement application process takes some time and effort, but if you follow all the steps and hand in everything on time there should not be any problems. Just read the descriptions/forms carefully and take some time to prepare your application. Sometimes it takes quite a while for HKU to inform you about some things, especially regarding more official/important topics such as your placement or housing, but if you send questions via e-mail you will always get a reply in a few days. The staff of the international office is really helpful and considerate.

Counselling/support at Utrecht University:

The International office of Utrecht University is really helpful as well, and they will answer your questions quite quickly. Some things take a bit more time for them to find out, because they have to communicate with the partner university as well and this might take some more time.

Academic preparation:

-

Language preparation:

I did not have to take an English test or anything, because my grades for English were good enough

Finances:

Studying/living in Hong Kong is more expensive than studying and living in the Netherlands. Luckily



I could get cheap accommodation through HKU, my room in HK was cheaper than my room in Utrecht. Food/drinks are definitely more expensive than in the Netherlands, and of course if you want to go on weekend trips you should save some money for that as well.
Study abroad period
Study programme (concerning content and organisational issues):
The content was good, I would say the level of the courses is about the same as in the Netherlands. I did not have any organisational issues, everything is quite clear from the beginning and the information you get is sufficient.
Academic quality of education:
Good quality
Counselling/support at host institution:
The staff is always helpful
Transfer of credits:
After the semester you have to apply for a transcript of records through the HKU website, and then they send it home to you. Then you have to give the transcript to the 'Examencommissie', and they will transfer the grades/credits for you.
Student life
Welcome/orientation programme:
The orientation programme was not really extensive, they had some nice activities. It can be nice to participate in some of them, but in my opinion it was not necessary.
Accommodation:
I stayed in Jockey Village III, Shun Hing College. It was really convenient, close to uni and close to the city centre. The rooms/floors were clean and everything is quite new. I had to share my room with a roommate, that was perfectly fine as well (I expected it to be inconvenient, but it was no problem at all).
Leisure/culture:
There are a lot of (sports)clubs you can join, and if you don't want to join a club there are a lot of leisure facilities you can use by yourself.
Suggestions/tips:
-
Conclusions
Would you recommend this host organisation/destination to others? Please explain:
Yes, definitely. Hong Kong is an amazing and vibrant city, with amazing city/nightlife but beautiful nature and hiking trails as well. The University of Hong Kong has a beautiful campus, good education and lots of other exchange students. I would definitely recommend this destination, you will definitely have a really great time.
Do you have any additional advice or comments?: