

**2019-2020**

**Report 1**

faculty/college	Humanities
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Ancient, Medieval and Renaissance studies

destination city & country	Uppsala, Sweden
how did you travel to your destination?	Airplane
name university abroad	Uppsala universitet
start date	22 / 08 / 2019 (dd/mm/yyyy)
end date	19 / 01 / 2020 (dd/mm/yyyy)

<b>PREPARATION</b>	
exchange application process	To me, the exchange process was relatively simple and the websites were clear enough to figure out almost everything. I do recommend starting early so you can ask questions on time.
counselling & support at Utrecht University	Quick, clear and helpful
academic preparation	Personally, I did not need to do anything specifically.
language preparation	My English was adequate
finances	I was able to make ends meet, but Sweden is incredibly expensive. The rent for my studio was approximately 500 euros per month, but cheaper options are available.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	I followed courses from the Archaeology and Classical and Ancient History. It was incredibly easy to apply for the courses as I had to email the erasmus coordinators who then signed me up. It was also easy to pick courses, as the website was very easy to use and due to the many filters I was able to pick courses that were relevant to my studies.
academic quality of education activities	Quality was very good, though less engaging than usual in Utrecht or the Netherlands. A lot of lectures and less seminars, but the professors are very capable and able to answer questions well.
counselling & support at receiving university abroad	

Uppsala universitet values mental health and free counseling is available and it is all for free. They even have a light room to survive the darkness of the winter there!
transfer of credits
Uppsala uses ECTS as well

<b>STUDENT LIFE</b>
welcome & orientation programme
Incredibly well organized, a lot of fun activities and I recommend joining a Nation and their activities, they are more friendly and not hierarchal at all, contrary to Dutch student associations and/or "studentenverenigingen"
accommodation
I was lucky enough to rent a studio apartment from the Housing Office in the city centre, in an old hotel. They take good care of their properties and are readily available to help when that's needed. The Housing Office is incredibly well organized so it was a very pleasant stay.
leisure & culture
Uppsala is also an old city and the architecture in the city centre is beautiful, including their domkyrka and castle. There are also plenty of museums. If you want to give someone a tour of the landmarks in Uppsala you can be done in an afternoon, but getting to know student nations and the many activities and clubs there can keep you occupied for a much longer time. I did feel like I was done after half a year, but I was not bored at any moment. In Uppsala, traditions are valued and things like choir performances and the traditional gasques of the student nations are unique and a must to see at least once. Aside from that, there are film festivals, theatre performances and plenty exercise opportunities.
suggestions/tips
Get involved in a student nation, go to as many of the freshman activities as you can, join clubs and other groups. Be open for new things and remember that Swedes may seem more introverted than Dutch people, but drink with them and they will be easier to talk to. Swedes are also more into equality and do not take kindly to braggers or jokes that put others down. At the university the teachers do not give detailed or clear feedback compared to Dutch standard and they are more used to reading between the lines, but if you politely ask for clarification they are often fine with that and will give it. Politeness is incredibly valuable in Sweden and they will always try to make everyone feel good. I had one professor that seemed very content with my work during the seminars, but was a bit harsh and less content when giving me my grade, which was a bit of a shock as I am more used to very clear feedback before receiving a grade.

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
Definitely, probably the best decision for me at that time. Uppsala is incredibly well organized, Sweden has a very interesting culture (more different from the Netherlands than you might think!) and I have never seen such an extensive and inclusive student culture as in Uppsala. The professors were very professional and good at motivating students by valuing their original ideas and encouraging us to come up with our own answers to problems.
do you have any additional advice or comments?

Yes, Sweden has beautiful nature and I would recommend going on as many trips as possible. Lapland is also an incredible and unique experience. A short nice walk just outside of the city is to Gamla Uppsala through a part of the woods, which brings you to an ancient viking burial place.

## Report 2

faculty/college	Humanities
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	research master Modern History

destination city & country	Uppsala, Sweden
how did you travel to your destination?	Airplane
name university abroad	Uppsala University
start date	02 / 09 / 2019 (dd/mm/yyyy)
end date	19 / 01 / 2020 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

I researched the school online and chose it based on the location and offered courses, which were close to my personal interests at the time.

#### counselling & support at Utrecht University

I attended a pre departure meeting only.

#### academic preparation

Apart from my prior education, I did not prepare academically.

#### language preparation

None - Swedes speak extremely good English, especially in Uppsala.

#### finances

I used personal & family finances. Life in Sweden is not as expensive as it is made out to be. It was comparable to life in the Netherlands.

### STUDY ABROAD PERIOD

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

The content of the classes were very helpful for my education, although the choices available are somewhat limited. The grading system was also refreshingly simple, with only 3 possible grades.

#### academic quality of education activities

The academic quality was generally very good. The professors and lecturers were very competent, and the course content was also very well chosen and organized. The other students' participation in classes was sometimes a problem.

counselling & support at receiving university abroad
Counselling was clearly offered on the front page of the student portal for the university's online services.
transfer of credits
The receiving university sent my transcript in a timely manner and my home university confirmed their receipt quickly as well, so I have no complaints here.

<b>STUDENT LIFE</b>	
welcome & orientation programme	The welcome and orientation program was helpful for getting students registered and receiving, for example ID cards and library cards.
accommodation	The accomodation was excellent. Affordable rooms with personal facilities including even a kitchenette, and a shared gym, lounge, and kitchen.
leisure & culture	There were very good leisure and cultural activitie. The university strongly encourages students to enrol in a "nation" which serves as a student organization with group leisure and cultural activities, and this is open to exchange students as well. The city is also full of culture and next to the country's capital, Stockholm.
suggestions/tips	Uppsala University was a pleasant experience but the winters become very dark there, with the sun setting at about 14.30. Be sure to get as much light as possible during the day and try out the 'light room' too. Get your household goods from the nearby Ikea, and always communicate problems with the program coordinators - they were very helpful.

<b>CONCLUSIONS</b>	
would you recommend this university/destination abroad to others? please explain	I would recommend this university. It is a beautiful campus with a very lively student life, and the academic quality is very high. Sweden is also a very interesting country to visit and live in, and Uppsala is an especially welcoming and cosmopolitan student town.
do you have any additional advice or comments?	I advise prospective students to pack a lot of belongings, because they will need much of your personal things. 5 months is longer than it might seem.

### Report 3

faculty/college	Peace and Conflict Research
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Peace and Conflict studies B
destination city & country	Uppsala , Sweden
how did you travel to and from your destination?	plain

name university abroad	Uppsala University
start date	18 / 01 / 2020 (dd/mm/yyyy)
end date	15 / 06 / 2020 (dd/mm/yyyy)

PREPARATION	
exchange application process	
	It was some paper work, but it was actually quite easy! It was all described very clear.
counselling & support at Utrecht University	
	There was one information meeting were we could talk with people that already went on an exchange, this was nice. But the information right before we went on the exchange could have been a bit more.
academic preparation	
	I had to have a certain amount of ECTS in order to go, and some international relations related courses.
language preparation	
	An English test of Erasmus
finances	
	The Erasmus grant

(interrupted) STUDY ABROAD PERIOD	
welcome & orientation programme	
study programme (content and organisational issues)	
	Not so clear at the beginning, because we could only access the university site when we were in Sweden and logged in personally. But furthermore the programm was quite clear. The content however was quite different. They really stayed close to the literature and there was no rome to expand on that.
academic quality of education activities	
	Using the literature and staying really close to it while writing a paper, there was no option to think beyond it like at the UU.
transfer of credits	
	30 ECTS

CORONAVIRUS CONSEQUENCES	
support guidance of host university	
	online lectures
support guidance of home university	
	not much at all, just some emails, but no helping out (money wise) or what so ever. Also the information was really vague, I was constantly send to other persons because they did not know the answers.

online offer and quality of digital courses
could have been more, I had like 2 lectures, and a lot of seminars were cancelled .
suggestions/tips on digital exchange
more seminars and also more personal contact with the teacher, maybe a check in session once a week

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
Yes, Uppsala is a nice town and the University is good and clearly arranged, however be prepared that the way of educating differs. There are not that many contact hours, which I found disappointing
do you have any additional advice or comments?

**2018-2019**

**Report 1**

<b>permission to publish contact details**</b> <i>See end note for * and **</i>	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i> my e-mail address <input checked="" type="checkbox"/> yes: l.j.c.schopping@students.uu.nl
faculty/college	humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Taal- & Cultuurstudies

destination city & country	Uppsala, Sweden
name university abroad	Uppsala Universitet
start date	01 / 09 / 2018 (dd/mm/yyyy)
end date	20 / 12 / 2018 (dd/mm/yyyy)

<b>PREPARATION</b>	
exchange application process	Het was heel gemakkelijk om me aan te melden voor een uitwisseling in het buitenland. Ik keek eerst welke landen/steden ik interessant zou vinden om te studeren mbt studentenstad en kwaliteit. Vervolgens keek ik welke vakken ik kon volgen. Zo ben ik bij Uppsala terecht gekomen. De UU stuurde daarna telkens informatie mails voor het aanmelden voor de Erasmus grant etc.
counselling & support at Utrecht University	De UU reageerde telkens redelijk snel toen ik handtekeningen nodig had voor documenten. Voor de rest heb ik geen counseling gehad van de UU.
academic preparation	Ik hoefde geen extra vakken te volgen in Utrecht om bepaalde vakken te volgen in Uppsala.
language preparation	Ik volgde in Uppsala alleen vakken in het Engels, dus hoefde geen Zweeds te kunnen. Wel vond ik het voor mezelf leuk om dit al een beetje te spreken, en heb ik daarom met Duolingo een beetje Zweeds geleerd voor mijn vertrek.
finances	Financieel had ik een eigen spaarpot, en leende ik maximaal. Dat tezamen met de Erasmus studiebeurs was genoeg om van rond te komen en leuke reisjes te plannen. De Erasmus beurs vergt wel veel documenten, handtekeningen etc. ook na de uitwisseling.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	Ik kon me gemakkelijk aanmelden voor de vakken die ik wilde volgen in Zweden.

academic quality of education activities
Ik vond het niveau van mijn vakken in Uppsala van een lager niveau dan aan de UU. Je moest vaak wel heel veel lezen, maar de papers hoefden maar heel kort te zijn, en de tentamens waren ook erg te doen.
counselling & support at receiving university abroad
Als er problemen waren met mijn vakken bijvoorbeeld, kon ik iemand van de geesteswetenschappen daar mailen die verantwoordelijk was voor de internationale studenten. Zij antwoordde altijd snel en was behulpzaam.
transfer of credits
Je moet van beide universiteiten een handtekening krijgen om je cijferlijst van Uppsala om te rekenen naar cijfers in Utrecht. Dit ging vrij makkelijk. De cijfers komen alleen niet op je papiertje staan in Utrecht.

<b>STUDENT LIFE</b>
welcome & orientation programme
Een week voordat uni begon in Uppsala hadden we de 'Welcome Week'. Hier deden alle internationale studenten aan mee. Alles was heel goed geregeld: we werden letterlijk van het vliegveld in Stockholm opgehaald en kregen alle informatie die we nodig hadden. In de welcomeweek waren allemaal activiteiten waar je heen kon gaan, en waar je ook makkelijk veel mensen ontmoette.
accommodation
De universiteit van Uppsala biedt woningen aan, en als je daar gelijk op reageert, krijg je gegarandeerd een woning.
leisure & culture
Je kon veel dingen doen in je vrije tijd: bij verschillende nations (soort studentenverenigingen) gaan bijvoorbeeld. Daar kan je je aansluiten bij sportteams, en daar worden alle feestjes gehouden. Ik vond het vooral ook heel leuk om van de natuur te genieten, veel te wandelen in de mooie bossen, en reisjes te plannen.
suggestions/tips
Ga naar Lapland!!! Dit was echt een hele bijzondere ervaring, waar we hele leuke activiteiten hebben gedaan. Daarnaast is het heel leuk om Zweden verder te ontdekken door een auto te huren en een airbnb op een andere plek in Zweden te huren!

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
Zeker! Het was een hele fijne, open universiteit met goede en vriendelijke docenten. Daarnaast is het ook heel leuk dat Uppsala een echte studentenstad is, waar je heel makkelijk andere leeftijdsgenoten ontmoet van over de hele wereld.
do you have any additional advice or comments?
Geniet van de natuur en van alle mooie reisjes die je kan maken!



**Report 2**

<b>permission to publish contact details**</b> <i>See end note for * and **</i>	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
my e-mail address	<input checked="" type="checkbox"/> yes: jacobhiliz@gmail.com
faculty/college	Arts
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Geschiedenis

destination city & country	Uppsala, Sweden
name university abroad	Uppsala Universitet
start date	24 / 08 / 2018 (dd/mm/yyyy)
end date	11 / 01 / 2019 (dd/mm/yyyy)

<b>PREPARATION</b>	
exchange application process	
It was very well organized by Utrecht University with some lectures and other students who had already gone on exchange. It was all very easy to manage for me personally	
counselling & support at Utrecht University	
Very good and helpful and also important: very quick response if you have any trouble with something	
academic preparation	
I was well enough prepared to study in Sweden. To be exactly fair, it was not difficult at all	
language preparation	
got none, but was not needed either	
finances	
Sweden is expensive, that's for sure. But it was al managable	

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	
The courses i attended were very well organized, but maybe in my opinion a bit to superficial. But on the other side some were very interesting and insightful	
academic quality of education activities	
All very well, nothing to comment on this. It was superb	
counselling & support at receiving university abroad	
if you had any questions, everyone was glad to help. For me it was a walk in the park, without any real problems, so i did not need that much counselling and support. Also friends you make abroad are very helpful for solving any kind of problems you face	

transfer of credits
well the credit system in Sweden is a bit weird, but not anything overcome-able. i got everything i need

<b>STUDENT LIFE</b>
welcome & orientation programme
The initial welcome was astonishing. We we're picked up from the airport by a bus and got equipped at a gathering at the university with all we needed (bedding and information about what you wanted to know). Then we were informed about the introduction week and brought to our homes over all over the city
accommodation
it was nice living with other students from abroad. The quality of living was not that great, but it was nice enough
leisure & culture
made friends really quick, i think most people did. From there one it was al great fun. We went out, weekends away, visting ice-hockey matches, there's not much to in Uppsala but with friends you can make it as fun as you want.
suggestions/tips
Join a Nation! and don't be afraid to start a conversation --> this is the key to have a fun exchange period

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
100%, I had an amazing time in Uppsala and would recommand everyone who has the opportunity to do the same. I just think everyone is so friendly, the country is beautiful and except from a little bit of homesickness in the first few weeks it has been one of the most wonderful periods in my life
do you have any additional advice or comments?
travel if you have the money. Your new home university is fun and the city too, but experience the rest of the country you're living in for half a year as well!!!

### **Report 3**

<b>permission to publish contact details</b>	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input checked="" type="checkbox"/> yes: tirreg.verburg@gmail.com my Facebook account <input checked="" type="checkbox"/> yes: https://www.facebook.com/Tirreg.V
faculty/college	Faculty of humanities - Department of art history and history
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Ancient, Medieval and Renaissance studies (research)

destination city & country	Uppsala, Sweden
name university abroad	Uppsala University
start date	21 / 01 / 2019 (dd/mm/yyyy)
end date	09 / 06 / 2019 (dd/mm/yyyy)

<b>PREPARATION</b>	
exchange application process	
	Yes, it seems like a lot of paperwork, but if you take a day or 2 to prepare the things you need to do, then you will survive.
counselling & support at Utrecht University	
	The support from the international office in Utrecht is clear and they act swiftly if something is wrong. If they read this report, I hope they will continue to deliver all the good work so that exchange students do not have to worry about a thing. They help you with all the documents to have to be handed in.
academic preparation	
	The research master provided enough academic preparation in the ways of structuring a paper and to be efficient with your time.
language preparation	
	Thanks to the research master and a relative good level of English in the whole Dutch society, it was not necessary to prepare anything extra. The only thing that has to change is changing my gears in my brain from not speaking Dutch all the time, but to English.
finances	
	I did not have to prepare anything, thanks to Dutch cautiousness and a good saving tradition in the family. Also, I did not live in Utrecht, and saved that money on a bank instead of wasting it to a closet of 9 square meters for 400 euro's.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	
	I followed parts of the early modern master here in Uppsala, one course of cultural history and two courses on political-social-economic history. There was also basic Swedish 1, because if you are a guest in another country, one should try to learn the language. The course manuals were prepared in a solid way and from an organizing perspective, it was flawless. But preparing well does not mean that the execution went well.
academic quality of education activities	
	Yes, I was quite disappointed by the didactic/pedagogical skills of the permanent staff here in Uppsala. They teach because they have to teach, and they don't teach for the students, but for themselves. Except for one teacher of Material Culture, the others were not enthusiastic about their expertise. They did not really share their expertise either and quite failed in creating an environment where students dare to ask questions. We always complain about the Utrecht educational system, but it is quite good. In Utrecht you get a better feeling of satisfaction, because of the teachers. My level of motivation depends on the skills of the teachers. How higher the skill and the likeability, the more I will do for the person not to fail/disappoint.
counselling & support at receiving university abroad	

The support from the international office here in Uppsala is of a high standard. Always friendly and kind. They did even check on me if I was doing alright after the Utrecht shooting this year.
transfer of credits
I don't know yet how that will happen, but the U-G-VG system can be annoying to transfer the grades back to the Dutch grading system (1-10, 5,5 is a pass).

<b>STUDENT LIFE</b>
welcome & orientation programme
The orientation week was broad and full of activities. If you like games, you can game, if you like drinks, there will be drinks, you get the catch.
accommodation
The accomodation was perfect. It was big, and especially when opening the door for the first time, very clean. The Uppsala housing office is doing a great job and I hope they will continue this tradition.
leisure & culture
Uppsala is a cosy city with many cultural activities. There is a cathedral, museums ranging from history of science towards biology. And the student nations (representing the swedish provinces) are there as well for many activities.
suggestions/tips
Don't be afraid to speak with anyone, can be a 'real' swede or an exchange student. Life is made to do it together, and not working on your own. The best exchanges are done with cooperation of new friends, companions and activities. Go for a swim in one of their lakes, go to one of the student nations to have fun and meet new people and go to Stockholm of course.

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
Even though costs can be high, many stressful moments with planning and asking yourself if you are mentally alright to do this, it is a lifetime experience that you won't forget. You make friends for life, seeing other cultures. An exchange is a six month activity with holding a mirror in front of you. Constantly developing yourself, seeing yourself and improve oneself. Yes, I would recommend this place for everyone. Sweden is a welcoming culture. They may see quite cold (and the weather is too) from the first meetings. However, if you have a good ice-breaker, they are like Dutch people, but more political correct.
do you have any additional advice or comments?
Please don't hesitate to go abroad. I was quite anxious of going, but luckily the Swedish culture is quite the same as the Dutch. So, even if you don't like to go 'far' and experience 'culture shocks', don't go far away, but just the experience of living elsewhere, where the Dutch language is not important, is a life changer.

## **Report 4**

<b>permission to publish contact details</b>	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>	
	my e-mail address	<input checked="" type="checkbox"/> yes: t.zoomer@students.uu.nl
	my Facebook account	<input checked="" type="checkbox"/> yes: <a href="https://www.facebook.com/thijs.zoomer">https://www.facebook.com/thijs.zoomer</a>

faculty/college	Faculty of Arts/ Department of History
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	History

destination city & country	Uppsala, Sweden
name university abroad	Uppsala universitet
start date	21 / 01 / 2019 (dd/mm/yyyy)
end date	09 / 06 / 2019 (dd/mm/yyyy)

<b>PREPARATION</b>	
exchange application process	Uppsala Universitet was a very popular university among the Utrecht exchange students and I was lucky to be chosen. It was easy to turn in the Learning Agreement as Uppsala's site is very comprehensible and it is clearly indicated which courses one can follow as an international student that only speaks English. The letter and the resumé that we had to write were also quite do-able. The only thing that I disliked about the whole process is the amount of time that it costs to do all the paperwork.
counselling & support at Utrecht University	If I had any problems with the preparation of my exchange I went to the 'inloop uur' of the international office. Most of the time the employees were very helpful and could provide answers to my questions. Utrecht University also hosted a seminar on how to write your letter and your resumé which I attended. I thought this was very helpful. A lecture which gave basic information about international exchange was also given. Here others students that had already been on exchange came to talk about their experiences. I thought this was quite helpful.
academic preparation	As far as I am aware there was no academic preparation needed for my exchange. It could be mentioned though, that Uppsala had requirements for the courses that one wanted to follow. These could include for example: 30 ECTS in history courses. Or if the course was more specific: 15 ECTS in micro-biology for example.
language preparation	All classes that I followed were in English. So I did not need to prepare myself to follow courses in Swedish. It is possible though, to follow Swedish beginner courses in Uppsala if one wishes to do so. Furthermore, there is also a language test (English language in my case) that you had to take before your exchange. If your fluency in the language was deemed to be too poor then there was a possibility to enhance you language skills. This opportunity was given by Utrecht University, but I did not need it so I am not completely sure what it did include.
finances	Before you go on exchange the home university wants to make sure that you will not run into problems in the receiving country. Therefore your finances are briefly discussed when you sign your Learning Agreement (if I recall this correctly). To pay for the exchange the university provides access to the Erasmus programme although this does not cut all the costs of the exchange.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	In Uppsala I followed four courses, each were worth 7.5 credits. This was very similar to what I had in Utrecht University. The only difference being that I followed courses sequentially and not parallel. This means that you only have one course to worry about in a shorter period of time. The first course I followed was Swedish History this was a general introduction into Swedish history and was quite interesting. It was quite intensive as you had to turn in reports every week but I learned a lot from it through this method. After this I followed a course on Vikings, I was not really familiar with medieval history but I enjoyed this course nonetheless. The first three courses that I followed were really well organized and the content was good. The last course was on the welfare state and the literature was really interesting. I however disliked how badly it was organized. Sometimes things were very unclear.
academic quality of education activities	Overall the quality of education was very high in Uppsala. The teacher were really good and I enjoyed the discussion we had in class. The workload was less than in Utrecht though, this was not necessarily a problem for me. This does not mean however, that you read little literature because this was about the same. There are just fewer moments that one gets grades. Normally there was only one paper or take home exam per course.
counselling & support at receiving university abroad	If you had a problem then there was always an opportunity to talk to someone. Uppsala has a 'Student Health Service' that has 'psychologists, counsellors and a doctor'. If there were any problems with your course or with a deadline you could also discuss it with the teacher that gave the course. They were often very relaxed and understanding.
transfer of credits	In Uppsala University they also use ECTS although they call it hp instead of ECTS. I am not completely sure why this is the case but hp points are equal in worth to ECTS. One thing that was quite remarkable was that they only provide you with one of three marks. An F (fail), a G (Good/ satisfactory) or a VG (Very good/ Excellent). So you will really need to ask them for a letter that translates these to Dutch marks. I had three VG's and one G. One of the VGs was a 7.5 and the other two were an 8.5. It is important that you have this information (ask the teacher responsible to write a document for you) so you can provide it to the 'examencomissie' in Utrecht.

<b>STUDENT LIFE</b>	
welcome & orientation programme	When we arrived on the 19 <sup>th</sup> of January I was picked up by students of the University. They drove us to one of the university buildings and here we were given a short introduction about housing, the student life (the nations) and our student cards. You will receive the keys to your accommodation in this same building. This was very well organized, the students even drove us to our accommodation, this was very nice as it was quite dark outside at this point, everybody was tired and unfamiliar with the city.
accommodation	When I arrived in my accommodation, I stayed in the neighborhood of Flogsta. When I arrived the first day I was unlucky as there were no blankets on the bed. It was extremely cold outside -15 or more. Luckily, I was able to borrow a one from one of my British corridor mates. Apart from this one accident, Flogsta was a really nice place to live, not so much for the accommodation itself, but for the community around it. You will meet so many other international students there. Many parties for internationals were organized here as well. As for the accommodation itself, I had my own room and bathroom (toilet + shower).

leisure & culture

Uppsala has organisations that are similar to what a Dutch person would call 'studentenverenigingen'. These are called nations. Everything in the student life revolves around the nations, you can join them for a fee and there is no form of hazing involved to join them. I was part of the Östgöta, although it does not really matter which nation you join. You can join every activity hosted by any nation as long as you are part of a nation. I personally, preferred not to party a lot, I did a lot of sports activities though. These are hosted on a weekly basis and you will come into contact with a lot of internationals but also Swedes there.

suggestions/tips

You should absolutely join a nation if you are going to Uppsala. Also, try to buy a bike as early as possible, going by bus is quite expensive and you can sell your bike at the end of the semester. If you go in the second period as I did, then you will find that there are a lot of them on the market as first semester students are leaving and try to sell their bikes. Also, I was too late to go on the Lapland trip, plan this in advance because the seats on the bus are limited and I heard that it is an amazing experience. (This is ofcourse optional but many internationals went on this trip, more information will be provided when you are there.)

## CONCLUSIONS

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

I would absolutely recommend this university to others. The weather might have been extremely cold in the beginning but the student culture, education and city are absolutely wonderful. The communication with the university is fast and transparent and the teachers were most of the time very good. If I could go back in time then this university would be my first choice again.

do you have any additional advice or comments?

Go on exchange, it is a wonderful experience and you will acquire many skills and get many opportunities, be it language fluency or meeting other international students and building a network with them. Sweden was wonderful and it was lovely while it lasted. I am very thankful for the opportunity provided by Utrecht University.

**2017-2018**

**Report 1**

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> s.e.delfos@students.uu.nl
faculty/college	Faculty of Arts
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Taal- en Cultuurstudies

destination city & country	Uppsala, Sweden
name university abroad	Uppsala University
start date	01 / 09 / 2017 (dd/mm/yyyy)
end date	13 / 01 / 2018 (dd/mm/yyyy)

<b>PREPARATION</b>	
<b>exchange application process</b>	
<p>Don't underestimate the application process. Besides the process of making your own choice based on doing research on the universities, their courses and the destination itself, you also need to show your home and host University what you have to offer. By writing a motivation letter and preparing a study- and financial plan which is actually thought through you can help yourself and the home/host university to easily make a decision. When you hand in the whole application, the decision is all based on the way you present yourself in these documents and it is decided by your home university. Keep in mind that some of the destinations are really popular and presenting yourself in a clear and motivated way can help you to get in the university of your first choice. Besides that, it is actually fun to picture yourself at the host university already and think about what you can offer them, and what they can offer you. Don't just pick the destination based on the weather or whatsoever, also think about actually studying abroad!</p>	
<b>counselling &amp; support at Utrecht University</b>	
<p>Utrecht University provided some meetings about studying abroad, these were very helpful and showed me how the process worked. Every step of the process is also worked out on their website. Besides that, you could always contact the International Office about questions, or make an appointment. The head of my department sent me a list with all the destinations which offered courses in the field of my studies, Conflict resolution. Due to this list, I could make a clear overview of the Universities which fitted perfectly in my overall studies. Although, most of the work for preparing your studies abroad come down to your own initiative. When I had some questions regarding my choice or courses, I always had to explain exactly what the circumstances were and most of the time the following advise was to do research myself, or ask the hosting University for clarification. So you can get help and counselling from the Utrecht University, but prepare yourself for doing most of the preparation work yourself.</p>	
<b>academic preparation</b>	
<p>As I mentioned before, a whole list with destinations regarding my subject of studies was sent to me by the head of my department. This meant that I did research on all these universities. In the end I narrowed my choices down to Uppsala University, Trinity College and Budapest University. I visited their website and looked up which courses they all offered in Conflictstudies/International Relations. Both Trinity college and Budapest</p>	



offered several courses which all looked a bit dull, very theoretical and in that way not really challenging. While Uppsala offered conflict courses from another perspective than I was used to. I was really excited about these courses. So I directly emailed the International Office about the courses because they were not within the Department of History, but within Peace and Conflict Resolution and the Faculty of Arts. The International Office told me that I had to contact the host university to ask if this would be a problem. Uppsala University replied that the courses were popular and that I did not have a 100% chance of getting in. I chose to take the risk and in the end, with the help of the host university, I got to follow the courses anyway. And I'm very glad I did choose to take the 'risk'.

language preparation

The courses were all given in English, and since I followed several courses on English language/culture in the first year of my studies, level C1 was enough to show the home/host university that I would be able to make myself clear in the classes.

finances

Sweden is more expensive than the Netherlands. I knew this before I chose to go and study in Uppsala. However, the Erasmus grant is based on the destination you go to. So when going to Scandinavia you receive a higher grant. When adding the grant to my normal income, it looked like I would be able to manage living in Sweden (also because of the student prices in Uppsala, see Student life section).

### STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed two courses of 15 ECTS (same system as Utrecht University). I expected these courses to be really intensive since it is twice the amount of credits you get for one course at Utrecht University. However, the courses turned out to be as intensive as a 7,5 ECTS course at Utrecht University. This meant that I only had 3 hours of lectures a week, however I did have to do a lot of selfstudy. I followed Mass Media and Contemporary Armed Conflict and Culture and Armed Conflict, which was interesting because it was Conflictstudies mixed which respectively communication and anthropological literature. The students who were following the course were from all different countries in the world, but also from different study fields, so this was an interesting perspective for the course. Uppsala University uses a very clear platform for studying, in which you can find most of the literature, schedules and everything else regarding the course, so no organisational issues occurred. Besides that, Uppsala University offers all the international students to attend a Basic Swedish language course. This means that you have 3 hours of Swedish class every week, and get to know other internationals within the class. Now I can say that I can speak several words in Swedish, and I also earned 7,5 ECTS by completing the course!

academic quality of education activities

Both courses consisted of lectures and seminars. Before both lectures and seminars, you have to read several articles and other literature. In the class itself discussion is really common. When you are not doing your readings, most of the time you do not know what everyone is talking about and you can not join in the discussion. Both lecturers I had expected everyone to talk at least once during the classes, so you basically won't get away with not preparing. Besides that, you can only be absent for 2 times during the course, otherwise you have to have a good reason for not kicking you out of the course. Basically the same as in the Netherlands. The examination was mostly papers, take home exams and book reviews. The level of this examination was comparable as at Utrecht University. The only negative point was that one of my lecturers did not give you any feedback, he just graded the papers.

counselling & support at receiving university abroad

Both lecturers were very nice, and emphasized almost every class that if you had any questions regarding the literature, content of the course or other things you could always email them or make an appointment. I haven't had that much contact with my counsellor at Uppsala University, although there was a welcoming meeting and everything was made clear there (for me).

transfer of credits

Same system as in the Netherlands.

**STUDENT LIFE**

welcome & orientation programme

Uppsala University is one of the oldest universities in Sweden. In the past (1600's) this meant that everyone from all out of Sweden came to study at Uppsala University. All the students from the same regions in Sweden were getting together in the so-called 'nations'. The nations are still present today and are not specifically binded to the regions anymore, but it basically means that there are 13 'nationhouses' where you can hangout with other students. Every nation has a bar, dining room, some have a pub and a club. The introduction week was organized from out the nations. All the international and new Swedish students got to know eachother and the nations through the events every nation organized. This was a really fun way to get to know the other students and the city. Literally every moment of the day, something was organized by one of the nations. At the end of the orientation week, I chose to join two nations: Snerikes and Stockholms nation. These nations were hosting club nights on Tuesday and Thursdays, I became a member so I could go to these clubs for free. Although there are also nations which hosted pubquizes, yoga and dancing classes, prom nights, fancy dinners and so on. When you became a member of one of the nations, you could go to every nation for free. So I have had breakfast, lunch, study-sessions, dinner and pubnights in almost every nation, with its own building.

accommodation

I stayed in Flogsta, a big place with many flats were the majority of the students of Uppsala University live. There is a ICA (supermarket), a pizza place, a bicycle shop and a busstop nearby. Although nearly everyone has a bike in Uppsala, so it was a 15 minute bike ride from the city. In Flogsta you live in a corridor with 11 other students. You share a kitchen and living room, but you all have your own bathroom (with toilet) and quite spacious room with everything you need in it. I wasn't really befriended with the people in my corridor, my building was known as the quite building and everyone was living their own life, so only a short conversation sometimes. Although their were also corridors in which people hosted parties, dinners or just chill nights. There was a party nearly every week. Many of my friends lived in Flogsta to, so you could easily hang out with them because they lived right next to you.

leisure & culture

In my free time I mostly hung out in Flogsta corridors, the nations for an easy pub night or club night, fika places in the city, or the other student accomodation in the city, Klostergatan. Uppsala is really close to Stockholm so if you want to go for a city trip, visit some museums, or go to a big concert, this is really easy. Besides organising trips through Sweden/Scandinavia yourself, there are also trips organized by the Uppsala International Student committee. In my semester I've been to Stockholm many times, Helsinki, Tallinn, Gothenburg, Malmo, Copenhagen, the North of Sweden and Lapland. Sweden is a great and beautiful country and there is lots to do, I will certainly come back here.

suggestions/tips

Become a member of a nation! It is the most easy way to get to know other students. It is also really stimulated fromout the university itself. Besides, all the prices in the nations are student friendly, so were you pay 70 SEK for a beer in a restaurant in the city, you pay 30 SEK in a nation.

<b>CONCLUSIONS</b>	
would you recommend this university/destination abroad to others? please explain	
I would definitely recommend Uppsala University. The university offers valuable courses, which are challenging and fun to do in a classroom full of different nationalities. The communication with the university is perfect, and they offer the international students a Basic Swedish language course and host other events for international students. Besides that, the nations are an amazing experience. You will immediately feel like home, and you always have a place to go and to meet new people. Sweden/Scandinavia is an amazing destination, with a lot to see and do, and you'll never get tired of the beautiful architecture and nature of this country.	
do you have any additional advice or comments?	
Go to Uppsala.	

**Report 2**

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> e.j.boumeester@students.uu.nl
faculty/college	humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	history

destination city & country	Uppsala, Sweden
name university abroad	Uppsala University
start date	18 / 08 / 2017 (dd/mm/yyyy)
end date	12 / 01 / 2018 (dd/mm/yyyy)

<b>PREPARATION</b>	
exchange application process	
the application process was quite easy, the communication with the university in Uppsala was really smooth and they were very helpfull	
counselling & support at Utrecht University	
Utrecht univesity was a great help with questions I had and if I had a problem it was to be solved very easily	
academic preparation	
I did not have to prepare a lot on academic level, it was all quite doable and they offerd a lot of courses I could do without any further preparation	
language preparation	
non needed	
finances	

Sweden is very expensive, you should be prepared for that, I was so I had not a lot of trouble with living there and afford to live there.

### STUDY ABROAD PERIOD

study programme (content and organisational issues)

my study programme was quite good. I only had to go to class for four hours a week because I took 1 class per 5 weeks which made my time in Uppsala very nice.

academic quality of education activities

the level of academic quality was not that high, it was made specially for international students and I think that the level in Utrecht is a bit higher

counselling & support at receiving university abroad

the support was again really good

transfer of credits

### STUDENT LIFE

welcome & orientation programme

we had a welcome week of 6 days, which was really nice, during this week I have met the people I hung out with the entire time! I would really recommend going there.

accommodation

I lived in Flogsta, it was quite good but less social then I at first thought it would be

leisure & culture

a lot of possibilities to travel and see the Swedish surroundings

suggestions/tips

go traveling, Scandinavia has lots to offer!

### CONCLUSIONS

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

yes, it was an amazing experience and the Uppsala student life is very nice.

do you have any additional advice or comments?

### Report 3

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> m.staal2@students.uu.nl
faculty/college	Humanities

level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	History

destination city & country	Uppsala, Sweden
name university abroad	Uppsala University
start date	28 / 08 / 2017 (dd/mm/yyyy)
end date	15 / 01 / 2018 (dd/mm/yyyy)

<b>PREPARATION</b>	
exchange application process	
	The application process has been quite a thorough one, in means of submitting the required forms etc. However I have been informed about the whole procedure in a meeting before. This has been very helpful and gave structure in the preparation.
counselling & support at Utrecht University	
	The support from my home university has been sufficient. A contact person from the international office has been assigned to me, whom I could ask any questions that may have come up during the application.
academic preparation	
	In all honesty, I do not think there has been something like academic preparation. Important to say that I do not think that it would have been necessary. My previous academic experience has proven to be sufficient for the courses taken in Sweden.
language preparation	
	When it comes to languages, only english is a relevant component. My english was good enough to follow the courses in Sweden.
finances	
	For the financing of the exchange, I have made a budget plan in advance. I knew more or less what I would spend and receive during the time abroad. This is a valuable insight in my opinion.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	
	Within the exchange period I have been focussing on a course to further deepen my knowledge, which is a course in peace and conflict studies. This was a masters course given by a passionate teacher and guest speakers. The course was called: Local Perspectives on International Peacebuilding and State building interventions. Futhermore, I followed a Swedish language course, provided for all international students at Uppsala University. It is giving an extra dimension to the exchange, being able to learn the basics of the hosting country's language. Besides, it also gave us as internationals an introduction in the Swedish culture. The tow other courses I participated in were in the field of History. The first one called Nordic History, a brief introduction to Scandinavian history and the other one is called 'good society', this is a course about the welfare state in Sweden and how it developed over time.
academic quality of education activities	

<p>Especially the master course that I have followed at the peace and conflict department has been a very inspirational one. Together with the other students an inspirational, pro active environment has been created. The course was well organized and taught. The small amount of students made it possible to discuss matters thoroughly. The content of this course, combined with the way it was taught made this the academic highlight of my stay in Uppsala. The Swedish language course has been very nice and contributed well to the exchange. The two history courses however have turn out as somewhat of a dissapointment. They were especially designed for international students and I felt like as if I was not taken seriously. The level of education was low in these courses. However these were bachelor courses. This may explain the differences.</p>
<p>counselling &amp; support at receiving university abroad</p>
<p>Uppsala University has been very organized and informative from the very beginning. Before arrival, every thing was clear and well organized. I applied for a room, there was a pick up service from the airport and a welcome reception at the university, providing all new international with all neccessary equipment and information. Also my direct internation counsellor has always replied to me very fast and with useful information.</p>
<p>transfer of credits</p>
<p>Within 2/3 weeks I after leaving Uppsala University, I have already received the transcript of records from Uppsala University.</p>

<b>STUDENT LIFE</b>
<p>welcome &amp; orientation programme</p>
<p>As stated before, the organisation has been very well. The pick up service after arrival in a foreign country is great, as well as all the help at the welcome fair (getting the keys for the house, a temporarily studentcard etc). The university had organized a fancy welcome ceremony for international students in the university main building. This was an impressive moment. Subsequently, the student nations in Uppsala had organized a orientation week in Uppsala for internationals. This was a nice opportunity to get around, get to know people, Uppsala and the student nations.</p>
<p>accommodation</p>
<p>My accommodation has been taken care of by the University of Uppsala housing office. I knew I would have a room well in advance of my arrival, which makes is more peaceful to move to the country. The room was in a shared corridor with 5 others. The nice thing was that I made friends in the samen building, so we could easily go for fika and meet with eachother. The accomodation itself was fine. I had a spacious room with my own watertap and toilet. The location was near the city centre.</p>
<p>leisure &amp; culture</p>
<p>In Uppsala it is really important to poces a bike. Everyone goes everywhere biking. So the first thing I did when I arrived was getting a second hand bike. The university organized a couple of guided tours to the surrounding of Uppsala in the first weeks of the semester. They were so nice, mostly because you get to see more of Sweden. In Uppsala itself the musea are mostly for free and the most important leaisure activity is of course fika! Having coffee with friends with the nicest cakes. The coffee places in Uppsala are very traditional and should definitely be visited (often).</p>
<p>suggestions/tips</p>
<p>My suggestions would be to do as much as you can in the first good weeks (weather) in august and september, before the winter and darkness step in. When winter starts, make sure you have enough social obligations, like doing sports in a team, go for fika with friends, go on trips etc. It will help you through the winter time. And.... enjoy the snow! It is so nice when the first snow drops fall and Uppsala is not that dark any more after the sunset, but covered in snow.</p>

<b>CONCLUSIONS</b>	
would you recommend this university/destination abroad to others? please explain	
I would definitely recommend Uppsala University to others. The university is very well organized, Uppsala is a nice place to stay, its small and cozy and gives you a unique insight in Swedish life in an old university city.	
do you have any additional advice or comments?	
My advice would be for Utrecht University, to like the Swedish, starts giving Dutch courses to international students.	

### **Report 4**

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> h.p.bremer@students.uu.nl
faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Media and culture

destination city & country	Uppsala, Sweden
name university abroad	Uppsala Univeristy
start date	12 / 01 / 2018 (dd/mm/yyyy)
end date	01 / 06 / 2018 (dd/mm/yyyy)

<b>PREPARATION</b>	
exchange application process	
A year before I left for Sweden, I already had to subscribe for my year abroad. At that time it felt so far-off but the good thing is that you've plenty of time to prepare. Finding the right university, writing a motivation letter and a financial plan made me a little nervous, but everything turned out to be fine. Although I was not sure if I was able to end up with my prime destination choice, me and a lot of others got our preferred exchange destinations.	
counselling & support at Utrecht University	
The counselling and support at the Utrecht University is very well organized. They'll prepare you aided by a few meetings and a lot of emails. If I had a question or if I was in doubt about something, the international office responded very quickly and they were able to answer all my questions (even if they were a little stupid or random). I felt very supported by the univeristy before, during and after my semester abroad!	
academic preparation	
Going abroad didn't need an extensive academic preparation. The only disadvantage of the Uppsala University is that it's academic year isn't similar to the one in Utrecht. So, when I arrived in January, I still had three deadlines to cope with, while other international students were able to join every activity in the first few weeks.	
language preparation	

The only thing I had to do before I left was a English Language test for the Erasmus Grant. But if you didn't do it so well, there were no consequences arising from that.

#### finances

It was obligatory to make a financial plan before leaving. Although you've no idea what will happen abroad (your bike can be stolen so you have to buy a new one or your room is so dirty that you don't get your deposit back), it gives you a nice overview of your expected expenses.

### STUDY ABROAD PERIOD

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

Because a semester abroad is similar to a minor, you're able to choose a lot of different courses at your host university. I had chosen to go for a cohesive course named Swedish Culture, which included Swedish History, Swedish Art & Music and Swedish Literature, but random courses would have been fine too. The Examencommissie had to approve my choices and I had to send them a letter in time because it takes them six weeks to send you a letter back. For me, organising this was no problem and it was very clear how to arrange this.

#### academic quality of education activities

My course was very interesting, but I found it sometimes a bit non-academic. Although it wasn't always that challenging, it was a good way of expanding my spoken and written English and it gave me more time to do some volunteering at the nations. What I liked about the Swedish Art & Music class is that we had a few field trips to local artists in Uppsala, which made me get to know the city even better.

#### counselling & support at receiving university abroad

At the Uppsala University I had the same counselling and support as from the international office back home. I was placed under the Faculty of History and I could email them with all my questions.

#### transfer of credits

The courses I attended were especially made for international students so the teacher were aware of the fact that they had to submit everything in the A-F grading system.

### STUDENT LIFE

#### welcome & orientation programme

The day we arrived there were a lot of things that we had to arrange. But this went very smoothly and there were a lot of people available to help us out. This day I already met some people I kept running into later until we became friends. There was a whole week organized with a lot of activities to make us feel at home by the nations and the university itself. They introduced us to some typical Swedish things and how things would go during the semester. It was a very fun first week, meeting a lot of people and getting to know Uppsala quite well in a short amount of time.

#### accommodation

I received an approval of my accommodation just 1-2 months before I left. Although this felt a little last minute, the Uppsala University ensures that all international students you have a place to stay and are even able to choose from 5 different types of accommodations. I had chosen Flogsta, a student area at the edge of the city. This is the place to be if you like corridor parties, living close to your international friends and nature (because it is close to a beautiful national park). It depends on your corridor, but if you're lucky it can be quite clean and your 11 roommates can be very friendly (you'll live with both internationals and Swedes). With my own bathroom and 18m<sup>2</sup>, it was even more luxurious than my room in Utrecht.



leisure & culture

Uppsala is one of the two Swedish Universities with the nation-system. You can choose out of 13 different nations which are representing a certain part of Sweden (for example: 'Stockholm's nation' or 'Gotland's nation'). You're able to be a member at 1-3 different nations, but once a member you can go to every event of every nation. They even have a special application with the week and day schedule of events! Every nation has its own building, café, pub and activities and you'll never get bored. The nations made my exchange semester so much more fun!

suggestions/tips

If you join a nation, go work for them! Its volunteering, but you get free food and you'll meet a lot of new international and Swedish students.

**CONCLUSIONS**

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

I do! The Univeristy is very well organised and very beautiful. I recommend Uppsala because the town isn't that big and the student life is very lively, so you feel at home right away. And thereby, Uppsala is just a 40-minute trainride away from Stockholm!

do you have any additional advice or comments?

Uppsala is beautiful in the winter but if spring is coming it's a totally different world! I would definitely recommend applying for the second semester because it's the most beautiful one and after coming home you have enough time to get used to your life in the Netherlands again.