



UU Report form - Erasmus 2022-2023

faculty/college	Education and Society
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Physical Education and Sports from a Swedish Perspective & Outdoor Education

destination city & country	Malmö, Sweden
how did you travel to your destination?	Train
name university abroad	Malmö University
start date	14 / 01 / 2023 (dd/mm/yyyy)
end date	4 / 6 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application process was fairly easy. Whenever I wasn't sure what to do I could always contact the International Office from the UU or call one of the International Coordinators of Malmö University.

counselling & support at Utrecht University

The counselling & support at Utrecht University was really good. On Monday and Thursday afternoon you can call them if you have questions, and of course they can be contacted per e-mail as well.

academic preparation

For the academic preparation, I did not do much. I didn't need to buy any books at Malmö University for my courses. Then again, my courses were quite practical with lots of outdoor lessons. As a ski trip was part of the course 'Physical Education and Sports from a Swedish perspective', I made sure to pack lots of gym clothes and warm sweaters.

language preparation

Everyone in Sweden speaks English. The Swedes do appreciate it when you know a few basics in Swedish, which can easily be learned by using Duolingo for example.

finances

I knew that Sweden would be more expensive than the Netherlands. Therefore I went a lot to thrift shops and used the app 'too good too go' for groceries. The thrift stores in Malmö are really good!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Originally, I was supposed to follow a programme in politics. When I showed my interest for two other courses in the Education Faculty, I was allowed to switch. For the course 'Physical Education and Sports from a Swedish perspective', I had a lot of practical lessons, but also a few theoretical ones about the education system in Sweden and sports history. We went on several hikes and a Ski trip (it was very intense and cold, -25 degrees Celsius, but absolutely worth it!). The theme of the final paper we had to write was for the course was quite flexible and the paper was a good learning possibility. For the course 'Outdoor Education', we also went outdoors several times. The teachers were amazing and showed me how handy it can be to know how to educate others in and about the outdoors. I can safely say that both courses taught me lessons and skills not only valuable for my academic career, but my personal life as well!



academic quality of education activities

I'd say that the academic quality of the education activities was quite high. The teachers were very dedicated and enthusiastic about their subjects. Sweden has a very good work-life balance, which is also well reflected in the lessons we got.

counselling & support at receiving university abroad

When you are in need of support at Malmö University, the threshold to get it is quite low. Several international officers are willing to assist you. They communicate well and answer their e-mails on time.

transfer of credits

The transfer of credits goes smoothly. I do not have much to say about this matter.

STUDENT LIFE

welcome & orientation programme

The welcome & orientation programme was thorough and well organised. There were fun activities to get to know your fellow exchange students, but also practical ones, like a supermarket tour or a lecture from a Swedish police officer.

accommodation

My accommodation was in Rönngården, one of the student accommodations. If you like having 24 housemates, I highly advise you to apply for it. I liked it a lot since there was always someone to hang out with and we organised parties and movie nights.

leisure & culture

There is plenty of leisure & culture in Malmö! If you'd get really bored you can of course easily go to Copenhagen. Especially when the weather got better, I'd go to the parks and the beach all the time. If you dare, you can already start practicing ice bathing in the winter, but make sure you don't go alone in case something happens. There's also some museums, enough shops and nice cafés. Make sure you have enough 'Fika' (coffee break) moments, and try the Falafel!

suggestions/tips

As the work-life balance in Sweden is so good, try to pick up a new (outdoor) hobby. Make enough trips to the other cities and villages in Skåne (that is the region Malmö is in) and go to Copenhagen of course!

CONCLUSIONS

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

Going abroad to Malmö was one of the best decisions I've ever made. I've had such an inexplainable happy semester in Sweden and I wish everyone could experience this.

do you have any additional advice or comments?

When I arrived in Malmö in January, it would be dark at 4 pm, whereas when I left in June, it would only be dark for a couple of hours per night. If you are very sensitive to this and you do not want to mess up your circadian rhythm, think twice of going there. Also, Malmö is quite a windy city, so bring enough warm clothes to layer up and a hat! Otherwise, it is an amazing city and I hope that if you go, you'll have an amazing time just as I did.



UU Report form - Erasmus 2022-2023

email address	m.terlouw2@students.uu.nl
faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Interdisciplinair Social Sciences

destination city & country	Malmö, Sweden
how did you travel to your destination?	Train
name university abroad	Malmö University
start date	29 / 08 / 2022 (dd/mm/yyyy)
end date	15 / 01 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process was some work, but when you make clear for yourself when the deadlines are it is not too difficult. The universities abroad all responded quickly to my questions. There is a lot of information online about the Erasmus grant which helps a lot. When you take sometimes some hours to really look at what you have to do and fill in all the documents, everything will be fine.

counselling & support at Utrecht University

The UU provided a lot of information during the introduction meetings and also to every email i got a quick and clear response. I liked the organised meeting with students who went on an exchange before and could tell and explain us about their experiences.

academic preparation

I didn't do any academic preparation.

language preparation

I didn't do any language preparation. I only had to do the english language test but this was quite easy.

finances

The prices of housing in Malmö were similar to the prices in Utrecht. The prices of groceries are a little more expensive, but if you know where to go you can save some money. I kept my loan from duo on the same amount of money as i have in The Netherlands, and got the Erasmus grant as well. With the money of the Erasmus grant and some savings i had enough money to not have to work during my exchange and travel around.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

In Malmö i studied Peace And Conflict Studies. I joined the first half year of a bachelors study, so this was together with many first year students. The program was more difficult than i expected, and even more self-study than i was used to in Utrecht. I would've like to had more classes and less self-study. I also attended the swedish language course, which i really liked.

academic quality of education activities



Overall the academic quality was good, but some of the tasks we had to do didn't really make sense. There were sometimes weird requirements for papers we had to write, and the correction of it didn't always make sense.
counselling & support at receiving university abroad
If you are looking for counselling and support, i think there were a lot of options in Malmö. But personally i didn't need this so also didn't use it.
transfer of credits
Between 3 weeks after finishing the module, the transcript of credits is sent by email. They also sent it to the international office, actually i didn't had to do anything.

STUDENT LIFE
welcome & orientation programme
On the arrival day there was a whole team ready to welcome you and explain you everything. When you had accomadition in university housing they even provided transport to it. The orientation program was a full week (end of the holiday) with different activities. I really liked the orientation programme, it was a good combination of helpful seminars and university tours and a lot of fun activities. This fun activities existed for example of barbecuing at the beach, a welcome in the city hall and going to the ikea. We were very lucky with the weather and every day we ended up at the beach to play beachvolleybal, swim and watch the sunset. Most of the friends i had during the whole exchange were people i've met during the introduction week.
accommodation
In the beginning i've had some struggles with finding accommodation. There was no place in university housing and online it was difficult to arrange something. I decided to go to a hostel first and find out there how i could find accomodation. So the first week i've spent in a hostel. During this week i heard that i still got a place in university housing for 1 month later, even though they told me before that there was no chance i would get a place because i was far on the waiting list. Many other students had the same experience. So if you don't get a place directly, there is still an opportunity you will get one later. When i knew this it was easy to find an apartment for one month through facebook. I really enjoyed staying in the university housing, although it was with 28 people and not the cleanest. I had a lot of fun there and almost all the parties for exchange students are there. I lived in Rönnen, but if you want a place without a lot of parties you can choose for Celsius!
leisure & culture
There are different student associations and sport through the university. They are not as active as i was used to in the Netherlands, but still worth to have a look at. Also the housing organised multiple activities to get to know the surroundings. Lund and Copenhagen are super close and easy to visit by train. Also there are some national parks where you can go to if you want to hike, this will take 1-2 hours by public transport. ESN wasn't really active when I was there, but that differs every year. I still joined an organised trip to Lapland with friends through timetravels, i can definitely recommend to go to Lapland!
suggestions/tips
Go to all orientation activities, even if you are not interested in it. That is the moment and the place to meet people and make friends for the rest of your exchange.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would recommend the university and destination to others. The univesity helps you with everything and organises a lot. I had a lot of fun in the university housing and made good friends. There are many exchange students in Malmö I wasn't always happy with the program and others around me had the same, but also some friends were super happy about their program.



do you have any additional advice or comments?

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UU Report form - Erasmus 2022-2023

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

destination city & country	Malmö, Sweden
how did you travel to your destination?	By plane
name university abroad	Malmö University
start date	19 / 08 / 2022 (dd/mm/yyyy)
end date	12 / 01 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process

The best advice I can give is to start in time with doing research about your exchange destinations preferences. Because there are so many options it will give you a good overview if you begin in time. I knew that I wanted to go to Scandinavia so I compared all the destinations within Scandinavia and finally Malmö seemed to match my preferences the most. After that I wrote my motivation letter and got accepted.

counselling & support at Utrecht University

First of all, I started with doing research on the site of Utrecht University. There is a big list of optional destinations faculty related but also destinations for all students of the university. You can find a lot of information there. For example the student experiences helped me a lot to make my decisions. Furthermore the International Office gave good support. You can ask anything and they genuinely want to figure it out for you. They also answer very quickly.

academic preparation

I had to do an English proficiency test for Erasmus and I had to get my login to university accounts. It is important to do this in time.

language preparation

I had to do an English proficiency test.

finances

As you will probably have noticed, Sweden is a relatively expensive country in Europe. I would really recommend to save some money for going on small journeys to Lapland or the Norwegian Fjords etc. This can be quite expensive ofcourse but is totally worth it.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I took the course European Political Cultures (15ects) and the Teaching for Sustainability course (15ects). European Political Cultures was a really interesting course and I learned much during it. All the students were enthusiastic to share their ideas and the teachers were motivated to share their academic knowledge. They taught in a way so that everybody was involved in discussions which led to active participation during seminars and lectures. The Sustainability course was less interesting for me because it was a course where almost every students was engaged in education for becoming a teacher while I thought this aspect would be



less important during this course. However, the cases about sustainability were still interesting.
academic quality of education activities
The way of teaching at Malmö University is different from the traditional approach. Teachers and students are both participating a lot. During my first course in European Studies I was impressed by the academical knowledge of the teachers. It was obvious that they wanted to tell everything they knew which made it really interesting. The second course about sustainability was quite different, there the students had to much more with each other instead of listening to the teacher telling about the material.
counselling & support at receiving university abroad
Support at Malmö University was good. Everytime when I sent a mail they replied really fast and helpful.
transfer of credits
The international officer will send an email to the international office of ISW Utrecht with the transcript of records.

STUDENT LIFE	
welcome & orientation programme	
The welcome in Malmö was nice. On the first day there were people from the university who gave a warm welcome and we had the chance to have a conversation with the student representative to ask questions about the beginning of the semester or questions about practical things in the city for example.	
accommodation	
The first two weeks before the semester began I stayd at the house of someone who worked at the University Housing which was really kind. This because I moved in a little bit later in the University Housing than other students. My room in the University Housing was really big and I had my own bathroom which was really nice. It was fun to live with students from all over the world. Sometimes it was a bit annoying because we had to share one big kitchen with 27 people, but also this was not really bad.	
leisure & culture	
Malmö is a city where you can do a lot with friends but I would also really recommend to go on small trips to other city's (Göteborg, Oslo, Copenhagen etc) or small journeys to the north of Scandinavia. The culture is not really different from the Netherlands.	
suggestions/tips	
I would suggest to buy a bike and discover the city, there is a great biking infrastructure. Lock your bike everywhere, otherwise it will be stolen. I also would recommend to go to a match of Malmö FF and to an ice hockey game!	

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
Yes I would recommend this university and destination. I had a lot of fun and met so many people from different countries which made it an unforgettable experience. I have to say that I had to get used to the city because of the modern and old buildings mixed with each other. But after a month I really appreciated it and it was great that it is laying at the sea an near Copenhagen.	
do you have any additional advice or comments?	
I would give the advice that if you want a more active student life city (like Utrecht) it is maybe better to focus on other destinations.	



UU Report form - Erasmus 2021-2022

faculty/college	Malmö University
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Education

destination city & country	Malmö , Sweden
how did you travel to your destination?	Train
name university abroad	Malmö University
start date	15 / 01 / 2022 (dd/mm/yyyy)
end date	5 / 06 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

To apply for a semester abroad you need to apply in time. All the steps are clearly described at the uu site. First of all i did some research to decide where i wanted to go, this took me a lot of time since there are so many universities connected to the UU. After is decided where to go i wrote my motivational letter. After a couple of months i got a message that my application was confirmed.

counselling & support at Utrecht University

The international office is super helpful and replies really fast. they also organised some online meetings in advance so you get all the information your need to make sure you are prepared for your exchange.

academic preparation

For the courses, I was going to attend there was no academic preparation needed. The only academic preparation that was needed was to make sure you get your login to the university accounts.

language preparation

none

finances

Before my exchange, I worked 2 days a week to save some money. Sweden is not the cheapest country to go on an exchange and I wanted to be able to do whatever i wanted and not think to much about the costs.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed to courses, the first course, Physical education from a Swedish perspective, was honestly the best one ever. My second course was Sport Psychology.

academic quality of education activities

The quality of the education is good and I learned a lot, for me it was super interesting to experience the differences in the education systems. However, the level was lower compared to the educational level back home.

counselling & support at receiving university abroad

The University organises a lot of activities to make you feel at home in the city and at the university. The employees are also really helpful and respond quickly.



transfer of credits

No clue yet how this is gonna work out but I think it will be fine and all my courses are approved so that is a good thing.

STUDENT LIFE

welcome & orientation programme

The University organises a lot of activities to make you feel at home in the city and at the university. This made it really easy to get to know a lot of people. The employees are also really helpful and respond quickly.

accommodation

I lived in the student accommodation which was amazing. This definitely made my exchange 100x better. This way you get to know a lot of different people and whenever you feel like hanging out with people you can always go to the living room. We organised a lot of activities and everyone was always welcome to join. The housing is an international house which makes everyone really keen on exploring the country.

To give a short description of the housing, it was an old hospital so there were 5 floors, on each floor there were 27 people living there. This might sound like it would be really chaotic and messy but that was not the case since there was a weekly cleaning inspection by the landlord. Besides, you have your own bathroom so that helps a lot.

leisure & culture

Sweden is known for their nature and outdoor activities. Malmö however is really south so it is not actually what you expect from the Swedish nature since it is all the way in the south. But this provides you of a nice beach in Malmö and if you do some research you can find some really beautiful places. The public transport is really good so that makes it easier to move around. There is definitely some culture in Malmö and you can always visit Copenhagen since it is only 40 min by train.

suggestions/tips

Search for hikes near Malmö accessible by public transport and you will find a nice list. Also taking the train to Stockholm is really cool or the FlixBus to different cities.

CONCLUSIONS

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

I would definitely recommend everyone to go a semester abroad. During a period abroad you can have so many new experiences and you get to know a lot of different people from different countries. Getting to know so many new people and their cultural habits. For me this gave me a lot of self-confidence because you see that everyone is different but in the end we can all be friends. I even made some friends during my exchange who I never expected to be friends with and I honestly hope and think that I can call some of them friends for life. I enjoyed every minute I spent here.

do you have any additional advice or comments?

Working abroad is sometimes hard to realise because you need a local bank account to earn money. So in case you want to work abroad start doing your research in time.



UU Report form - Erasmus 2021-2022

Contact details	my e-mail address iris.paardekooper@gmail.com
faculty/college	Faculty of Social and Behavioural Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology

destination city & country	Malmö, Sweden
how did you travel to your destination?	By plane
name university abroad	Malmö University
start date	14 / 01 / 2022
end date	05 / 06 / 2022

PREPARATION

exchange application process	The exchange application process was quite easy. It was clear which documents were needed so I handed those in for my top 3 choices and got accepted to Malmö University, which was my first choice.
counselling & support at Utrecht University	The International Office was very helpful. Contact by email was very efficient and I never felt held back to ask my questions.
academic preparation	I didn't need any additional academic preparation
language preparation	I signed up for a Swedish language course which the university offered
finances	I applied for the Erasmus+ grant and used my savings I accumulated over the years from working in my part time jobs

STUDY ABROAD PERIOD

study programme (content and organisational issues)	I took the courses Special Needs Education and Sports Psychology (both 15 ECTS). In Special Needs Education we mostly learned about what SNE looks like in different countries, where the barriers are and what we should work on in the future. In Sports Psychology we learned about the aspects of social psychology that can be applied in a sports context, like communication, leadership etc. In special needs education, the final examination consisted of writing an essay on a topic of your choice. In sports psychology, we had to do two take home exams, one presentation and one written report.
academic quality of education activities	At Malmö University, there is less of a traditional approach to teaching. Seminars were held in small classrooms where both teachers and students participated equally. This ensured I engaged with the material a lot more and so I can say it stuck with me better. In this sense, I think the quality of education is very good in Malmö. However, I did feel like teachers were less knowledgeable and weren't able to delve into the material as deeply.



counselling & support at receiving university abroad

This was both very good in Malmö. The international office was very helpful and very quick to respond.

transfer of credits

The international officer in Malmö emailed the International Office in Utrecht my transcript of records, which will be converted to pass/fail. I didn't need to do anything for this myself.

STUDENT LIFE

welcome & orientation programme

I missed part of the orientation programme as I caught covid right before I was supposed to leave. However, the last part of the orientation programme was very nice. There were several activities planned to get to know other students, like a buddy programme and a BBQ for all new international students. There were also some lectures on practical stuff like safety, budgeting etc.

accommodation

There weren't enough places available in the student housing (Rönne and Celsius), and so I had to look for something myself. I ended up at Malmö Student Hus, a big building with unfurnished studio's in Rosengård. This meant I had to furnish my whole room, which was not very nice, but in the end it was nice to have my own place while still living with many other students in my building. However, if you have the choice I would opt for Celsius or Rönne.

leisure & culture

In my free time, I met up with friends and did all kinds of stuff. We went for fika a lot and discovered new parts of the city. We also took lots of daytrips, for example to Copenhagen, Ven Island or Ystad. As we didn't have a lot of class, we also had the time to take some bigger trips to see the rest of the country, which was extremely nice. As the weather got better towards the end of the semester, we went to the beach a lot or chilled in Slottsparken. At night we either had house parties at Rönne/Celsius, or we went clubbing.

suggestions/tips

Start planning your (day)trips early on! There is so much to see in Sweden and you don't want to run out of time to see everything you want to see. Also, buy a bike at one of the second hand shops and also buy a good bike lock. Malmö is a great city to explore by bike!

CONCLUSIONS

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

I would definitely recommend this destination. The modern way of teaching really spoke to me and I met lots of great people. I will look back on my exchange period as being the best time of my life!

do you have any additional advice or comments?

If you're looking for a real student city where student life is more active and alive, I would suggest you choose Lund over Malmö



UU Report form - Erasmus 2021-2022

Contact details	my e-mail address	izy-2000@outlook.com
faculty/college	Social Sciences	
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD	
name study programme	Cultural Anthropolgy	

destination city & country	Malmö, Sweden
how did you travel to your destination?	Train
name university abroad	Malmö University
start date	14 / 01 / 2022
end date	05 / 06 / 2022

PREPARATION

exchange application process

For me it was quite stressfull because I was in my first year of my bachelor's when I applied in December, so it was something i needed to think about quite quick after starting my bacchelor's. Though, it was clear what i needed to do. The time while waiting for my acceptance was nerve wrecking.

counselling & support at Utrecht University

The International Office of Utrecht is super quick and helpful. I always felt the freedom to ask as much questions as i had.

academic preparation

I didn't really prepare much for university here, also because the system is quite simliar. The only thing was that I had overlap in semesters sor for me it was a bit of a fuss to find out and organise that all. Eventually I also needed to do some exams of Utrecht University while I was already abroad. That was stressful, because I was busy packing my bag and preparing for departure and when I arrived here I wanted to start living here and enjoying my exchange.

language preparation

I had no struggles with the language preparation because there were none, since everything in Sweden is in English. I did take a Swedish course when I arrived here and I tried to learn some, but it was not necessary.

finances

It takes some time to get the Erasmus grant, but it is definitely worth it. For me it was also useful to keep track of what I spend, also to be able to compare it to the Netherlands.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I had a course in political science. That was an experience, coming from social science. But the organisation of it was very similar to the Netherlands. In Sweden everything is really well organised. That is also what I experienced in the support services at the university.

academic quality of education activities

The work load is not to high, the teachers are very considerate of your wellbeing. The academic quality is good



and is comparable to that of the Netherlands, same structures of seminars and lectures. In Malmö I experienced a bit more freedom in work and scheduling. They really want the academic work to be of your own responsibility.

counselling & support at receiving university abroad

Support at Malmö University is really well organised. I have dyslexia and I was really well advised and welcomed at the university. I had a meeting with an supporting employee to discuss the available help they could provide me. They helped me and it made me more relaxed about starting at a new university.

transfer of credits

The credits are transferred easily as the organization is well structured and the contact is very easy. The credits are transferred as pass or fail mostly.

STUDENT LIFE

welcome & orientation programme

The welcome and orientation programme was not so extensive and for me a bit disappointing. At the time, education was still online and it was difficult to meet new people, especially because I wasn't in university housing from the beginning. I expected a bit more from the first weeks.

accommodation

At Malmö University they have studenthousing, but it is not enough for all the students. When I signed up I was wait listed, but after living two months in an private room in the city I got a room in university housing and I moved. It was difficult to find a room on my own, I found on a website, called Blocket. But I'm happy that I moved to university housing because it enabled me to meet more people and enjoy the time in Malmö more.

leisure & culture

Malmö is nothing like the student city Utrecht is. It is a nice city to live in, a lot of green and the beach is in the city. It is amazing to enjoy the beach so nearby if the weather is good. The city is not as vibrant as Utrecht or any other student in The Netherlands, there are almost no options to go out during the week. Since Malmö University is a quite young university the student culture and history is not really seen throughout the city. Sweden in general is a beautiful country and there is lots to explore. Swedes are not that socialable before you get to know them, but they are very friendly. Since everything is so well organised it is very easy to find your way in Sweden. Malmö is located very close to Copenhagen so it is also very nice that you are able to explore that aswell!

suggestions/tips

Visit the rest of the country! The study load is very doable so you have enough time to discover Sweden or Denmark, or whatsoever. Copenhagen and Lund are around the corner so I would also really recommend taking a look there. And enjoy all the fika's!

CONCLUSIONS

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

I would recommend to study abroad in general, if you would like to have an intimate time with other exchange students but not too rough studentlife, I would recommend to go to Malmö. Studentlife in Malmö is relaxed, but you can always find the party studentlife in Copenhagen or Lund. Malmö is not really a historical or cozy town, but it has a really nice beach. The university is accesible, well organized, new and the study load is not too much, very plesaent.

do you have any additional advice or comments?

Do research in the city you want to go to, if you are able to it might also nice to visit it before you go. I think it is hard to get an idea of the city or country if you have never been there. You don't need to learn swedish, but it is nice to learn more about the country and learn a few new sentences and words. The swedish courses in Malmö



University are really nice, I would recommend to take them! For housing I would definitely recommend to try to enter university housing, and if that doesn't work out I would recommend to keep the option open to still move there, maybe later in the semester.

UU Report form - Erasmus 2021-2022

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

destination city & country	Malmö, Sweden
how did you travel to your destination?	Train
name university abroad	Malmö University
start date	14 / 01 / 2022
end date	05 / 06 / 2022

PREPARATION

exchange application process	The application process went well. It takes quite some time, but the things you have to do are clear and otherwise you can ask the international office.
counselling & support at Utrecht University	The guidance is good. The international office replies often fast and are very helpful.
academic preparation	No preparations.
language preparation	No preparations.
finances	I made sure I saved some money to have enough money for the trips I made. Other than that it was not much more expensive than living in Utrecht. Especially since you get the Erasmus grant and OV vergoeding.

STUDY ABROAD PERIOD

study programme (content and organisational issues)	One course at the time. The first one 'Physical Education and Sports from a Swedish Perspective' was very practical and we had multiple classes per week. The course was a lot of fun since we did things like dancing, hiking and ice skating. Also, we had the winter education trip where we did cross-country skiing, tour skiing and downhill skiing. The other course 'Sports Psychology' was only theoretical and we had seminars once or twice a week.
academic quality of education activities	I think the quality of the first course was good it was just different from studying back home. It was more learning by doing it instead of learning via lectures and textbooks. The quality of the second course was not



very good in my opinion. Also, both the courses were quite easy compared to Utrecht University.
counselling & support at receiving university abroad
Malmö University provided good guidance. They respond fast, give clear information and are very friendly.
transfer of credits
30 ECT

STUDENT LIFE

welcome & orientation programme
The introduction program was well organised. For example, it entailed a food tour, campus tour and lectures about practical information. There were not many 'fun' activities due to covid.
accommodation
I lived in Rönnen (housing provided by the university) which was very nice since most international students lived there. I can really recommend living there, it has good facilities and you will always have people to hang out with.
leisure & culture
The culture is not much different from the Dutch culture. The people are friendly and enjoy having fika, which I also enjoyed especially during the winter months. When the weather got better I enjoyed going to the parks and to the beach. In addition, it's fun to go out in Malmö, it consists mostly of bigger clubs. Furthermore, the city is not very big and very bike-friendly which for me helped to make it feel quicker like home.
suggestions/tips
If you like nature I can recommend going to Ven Island and Söderåsen. For trips, I can recommend Copenhagen, Gothenburg, Stockholm and Tromsø. There are many nice fika places but I especially enjoyed St. Jacobs. Chilling and picnics in Slottsparken are very nice and of course at the beach.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
Yes I definitely would. If you are looking for a big crowded city I would say Malmö is not the city for you, but if you like it a bit more quiet and cozy it is very nice. I especially enjoyed being there in the second semester since then the weather only gets better and the days become longer and then it is very nice to live near the sea and watch sunsets for example.
do you have any additional advice or comments?
I can recommend getting out of the comfort zone since this often leads to great experiences!



UU Report form - Erasmus 2019-2020

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

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

PREPARATION

exchange application process

The application process went quite smooth. I chose a top 3 of universities I wanted to go to based on the courses I liked best. In January I got accepted by the university of my second choice: Malmö University.

counselling & support at Utrecht University

The international Office was of great help during my preparation for my studies abroad. Response to emails was fast and clear.

academic preparation

I didn't do any specific preparations. The course I chose to do in Malmö was very different to my bachelor's in Utrecht but didn't require preparation.

language preparation

I subscribed to a Swedish course offered by Malmö University

finances

I applied for the Erasmus+ grant and saved money in advance by working in Utrecht

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I participated in the course Storytelling - Narration across Media. This course took the entire semester and was worth 30 ECTS. Storytelling taught me how stories are structured and how they change across different media. In the practical track of the course I learned how to record sound, edit films, write comics and much more. It was a fun course to do and I learned a lot. Because I was in the first class to ever take this course, the teachers had to figure out how to teach the course during the program itself. This caused quite a few organisational issues but everything turned out well in the end.

academic quality of education activities

Malmö University is a very young institution. This means on the one hand that it is very modern; the traditional student-teacher hierarchy as is maintained in Utrecht was way less, which I appreciated a lot. There were no big lectures in my course, only discussions between students and teacher in small classrooms. I learned a lot but this may be due to the fact that I was completely new to storytelling. Most of my friends in Malmö taking other courses within their discipline were quite disappointed by the academic quality.



counselling & support at receiving university abroad
Counselling & support was good in Malmö. The international coordinator was kind and helpful.
transfer of credits
Not applicable, my credits aren't transferred yet.

STUDENT LIFE
welcome & orientation programme
Welcome was quick and helpful. I got the information I needed to get to the right place to start the orientation programme the day after. The orientation program itself was alright. There were a lot of activities organised of which some were helpful (cheap grocery shopping tour) and fun but others weren't useful at all. During this week, I took a Swedish course every morning. This was very helpful and made me feel at home more easily.
accommodation
I lived in Rönnen International. My room was very nice: big windows, a bathroom for myself and conveniently furnished. I lived on a floor with 25 others, whom I shared a very crappy kitchen with.
leisure & culture
In my free time I usually met with friends. At the start of the semester, the weather was very beautiful so we used to bike to the beach often. When it got colder we went to the Konsthall or the Moderna Museet, two pretty nice museums and of course we had fika (swedish coffee break) all the time. At night, we sometimes went out for drinks and almost every weekend one of the Rönnen floors hosted a party for all the international students in Malmö. Malmö is quite small so after a couple of months you have to take the Oresundståg to Copenhagen to expand your view and see something new.
suggestions/tips
Go vintage shopping! Malmö has a few very good vintage shops. The southern beaches are beautiful for hikes, Falsterbo, for instance. Möllevangen is the nicest neighbourhood to have fika or drinks. If you want to go to a somewhat alternative club, go to Plan B. If you like museums, take the train to the Louisiana in Denmark.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes. I liked the course I took very much and I met many nice people. I will remember it as a great time and although I would recommend going there, I want to stress that the day to day life in Malmö is pretty much the same as it is in Utrecht. Don't expect a completely different world than the one you are used to, you might be disappointed then.
do you have any additional advice or comments?
Buy a bike, it saves you money and you feel at home instantly if you can bike somewhere without google maps for the first time.



UU Report form - Erasmus 2019-2020

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

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

PREPARATION

exchange application process

The university gives all the information you need to know. I had no problems during the application process.

counselling & support at Utrecht University

The International Offices provides all the information that you need. It also organizes meetings so you can meet other people that go to the same place that you go to.

academic preparation

There was no extra academic preparation needed.

language preparation

For the Erasmus+ grand you need to do a language test. I did not do anything else.

finances

Getting the Erasmus+ grand is a lot of paper work, but there is a list of what you need to do so if you follow that, nothing can go wrong. Important is that you don't forget to let the University abroad sign the 'certificate of attendance'. You need to do that at the university in person.
Don't forget to exchange your OV student loan into money that you can use for public transportation abroad.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The exchange program was/is with the Department of Global Political Science (within the faculty of culture and society). I did not find much courses that I was interested in. Before the exchange I asked if I could take one of my (two) courses at the faculty of education and society and this was totally fine. During the introduction week I asked if I could take my other course at the faculty of education and society as well, and this was fine too. So don't be afraid to ask if you can take a course at a different faculty!

academic quality of education activities

I took the courses 'children's literature in a global perspective' (15 credits) and 'children's rights' (15 credits) Children's literature was not very difficult and there were only two meeting in a week (3 hours each). Besides that there was a bit homework each week, but it was not a lot. In the end we had to write (a part) of a children's book. This was the most difficult part, but also very fun to make. This course was very fun, but not very difficult. The course children's rights had more academic literature, in the end we had to write an essay



about a topic within children's rights. The most challenging part, for me, was writing an academic paper in English.

counselling & support at receiving university abroad

I did not need counselling or support, but the people of the international office were very nice and asked multiple times if they could support you with anything.

transfer of credits

children's literature in a global perspective - 15 credits - 1
 children's rights - 15 credits - 2
 swedish for beginners 1 - 4,5 credits - 1
 swedish for beginners 2 - 4,5 credits - 1

STUDENT LIFE

welcome & orientation programme

The welcome program was very broad. It was an entire week of getting to know the city, the university and the other students. There was a groceryshopping tour for the students (for the cheapest shops ;))There was also a bus tour in which we went outside the city and explored Skane. There were games to get to know the other students and there were meetings in which the university told us things about the laws, the university and other important things.

accommodation

The university does have two buildings for exchange students, however there isn't enough place for everyone. I did not get a place in one of the buildings, but the university sends some websites that offer rooms in the city. Finding a room can be a bit difficult, but everyone who I met in Malmö found a room in time!

leisure & culture

Malmö has a beach which is a great place to spent your time. Malmö is also a city where lots of people ride bikes. With the train you can be in Stockholm in 5 hours. Copenhagen is only 20 minutes with the train (single ride is 12 euros).

suggestions/tips

Don't wait with searching for a room outside the university. If you wait untill june (when they tell you if you get a room in one of the university buildings) it will be more difficult because more people will be looking.

CONCLUSIONS

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

Yes and no. The courses were quite simple and this made me like the place, but also made it a little boring. I had a lot (!) of free time, sometimes I did not know what to do with myself. This, however, makes it a great place to go if you want to explore the country some more. During my time abroad I went to several places in Sweden, but I also went to Norway and Finland. The experience was worth a lot though!

do you have any additional advice or comments?



UU Report form - Erasmus 2019-2020

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

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

PREPARATION

exchange application process

The application process was really easy for me. We had to write a motivation letter and send this to both our home university. This was a little stressful, but after I got selected by my home university, everything went easy. There are a lot of documents you need to fill in and processes you need to complete, so start on time!

counselling & support at Utrecht University

I had enough support at my home university. The international office replied really fast when i needed them.

academic preparation

I didn't do any academic preparation to be honest.

language preparation

I did the OLS language test and watched a lot of Swedish netflix series, but besides that I didn't prepare that much. Everyone speaks English really well in Sweden.

finances

Sweden is a really expensive country, so be prepared. I had my own savings, from what I traveled in Sweden. My parents gave some money, I still had my student loan and ofcourse the Erasmus Grant. So i had a lot of money to spent and still it was too less.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

My first course was: Physical education from a Swedish perspective. My second course was: Children's rights. Besides that i took some courses to learn Swedish. Sweden does not have the 'pedagogical sciences' as we have it. It is more like "pabo", so more practical and not that scientific. The organisation of my first course was really bad, we had almost no classes and our teacher was not available. The second course had a much better organisation.

academic quality of education activities

I was extremely disappointed in the level of education. It is, compared to the Netherlands, low. We had no exams, only papers to write. I would not recommend my first course, because the level was so low. We didn't have class for 3 weeks in a row in the middle of the semester and I learned nothing. The second course was a better level, but still much lower than we are used to have. I enjoyed this course more, because we had to read



some interesting articles.
counselling & support at receiving university abroad
I had a good amount of support in Malmö.
transfer of credits
I don't get credits for my first course. I do get credits for the language courses and my second course.

STUDENT LIFE
welcome & orientation programme
I really liked the welcome programme. It was exhausting, but i had so much fun. It gives you the change to get to know the city and other students.
accommodation
I Lived in Rönne, the biggest student housing. I really enjoyed living there, because all my friends lived there and it was so chill to just hang out everytime you want Also, it is only 15 minutes by bike to the uni. It is not really clean, because you live with 25 people on 1 floor, but it is worth it! Everyone has its own bathroom, so that is really nice. I would definitely recommend living there! You should choose the 9 th floor if you don't want to party everyday :). I lived on the 9 th floor and I was really happy with my choiche.
leisure & culture
I love the Swedish culture: doing Fika's (coffee with sweets), having short days at work, being outdoors a lot and so on. Malmö has a lot of nice coffeeshops, parks, the sea, some good museums and cool clubs. I had a lot of free time, so i traveld around Sweden and did a lot of yoga in a studio near Rönne.
suggestions/tips
Buy a bike! It's the most important thing in Malmö. And go and travel, the real Swedish life is not in Malmö, but outside of the city's. And make friends you can travel with, it is amazing to have international friends!

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would definetly recommend Sweden, but not Malmö University. I think the level of education in Malmö is low compared to other universities in Sweden. Sweden has a lot to offer, only not in this univerisity. Maybe Lund is a better university!
do you have any additional advice or comments?
If you can't handle darkness and rain, don't go to Sweden :)



UU Report form - Erasmus 2018-2019

permission to publish contact details** <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: tia.helwig@live.nl my weblog <input type="checkbox"/> yes: my Facebook account <input type="checkbox"/> yes: other (social) media <input type="checkbox"/> yes: or <input type="checkbox"/> my contact details cannot be published on the UU webpage, but I do give the International Office permission to forward my e-mail address to individual students interested in my host university abroad: @
faculty/college	Social sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Pedagogische wetenschappen

destination city & country	Malmö, Sweden
name university abroad	Malmö University
start date	22 / 09 / 2018 (dd/mm/yyyy)
end date	20 / 01 / 2019 (dd/mm/yyyy)

PREPARATION	
exchange application process	
I started looking at countries i might want to go to months before the application deadline. I looked at the country, city, courses, cost of living, level of education and many more things. I ended up putting Malmö on the second place, because scandinavia intrigued me, the courses seemed fun and i didn't think many people would apply there so i would have a bigger chance. I got accepted for my second choice, Malmö and i was really happy.	
counselling & support at Utrecht University	
There was an information day a while before the application deadline in december. We were in a big lecture hall with many semi-interested students. We got a lot of general information about studying abroad and where to find more information. It was a good starting point and i could start orienting myself. There were a couple more information days before the application, but they didn't make an impression. When we all got placed there was one last info day where old exchange students spoke and afterwards you could meet people going to the same university as you. This was very usefull to me and i kept in contact with the students going to the same university my whole exchange.	
academic preparation	
There was no real acedemic preperation. I did some research into the Swedish acedemic system by my self and it seemed pretty simmular to ours in the Netherlands. I also read this in the online student experiences on the university website. I think studying in the Netherlands prepares you pretty well to study annywhere, because our educational standards are pretty high.	
language preparation	
All the coures that i was going to follow were in English and Swedes are known to be good at English. Sinds my English was pretty good already i did not do annything to prepare my English. I did download duo lingo to start learning Swedish, but i stopped pretty quickly. I knew i would take a Swedish course in Sweden, so i had no motivation.	



finances

I had saved up some money with my job and my parents had set aside some money for me. I made a financial plan in the document from the university with some help of the internet and the Malmö university website. According to this plan the money i had should be enough.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I took courses from the department of education in Malmö. The first course i took was "Children's literature in a global perspective". This course was fun, the teacher was super nice and the group we had was very cozy. However the course was very easy, it didn't challenge me enough and i didn't feel like i was learning something. The second course i took was "Children's rights". This course was a little more challenging and informing, but still not a lot and it focused a lot on history.

academic quality of education activities

There is very little guidance at the university and the educational level is low. It is possible to take extra courses in writing, grammar, spelling and stuff like that, but no one does. The university is young and the department i studied at is a bit underfunded. That was noticeable. But the atmosphere is great, i had a good time and the library is beautiful.

counselling & support at receiving university abroad

When we arrived at the university we got a lot of information from ESN and the university about organizations linked to the university where you can go when you have certain kinds of problems. Most used i think is student union, where you can send complaints about everything and they can give you legal support. They also have student health services, where you can get help with mental and physical problems. For example burnout, getting birth control or free STD testing.

transfer of credits

At this point my credits have not been transferred yet and i do not have my last mark back yet. The grades are in letters though and not in numbers like i am used to.

STUDENT LIFE

welcome & orientation programme

The first i, i think, week and a half there was a big welcome program with many activities. There were lectures about everything you need to know, like academic system and safety. There was a marked with all different active organizations that you could join and they were at many activities later in the week so you could sign up. There were also a lot of fun activities, mostly ESN, where you could get to know other students and the city. And of course there were some parties.

accommodation

I could write a book about the accommodation. I stayed in Rönnen international, as did most other international students. It is a big student housing with 5 floors, with about 27 people on each floor. You have your own bathroom, but you share the kitchen and livingroom (it is not as bad as it sounds). If you are looking for housing in Malmö, look no further this is the place to be. Honestly, it has been one of the most amazing experiences of my life living here. The people on my floor have become my best friends and my family and i can't imagine life without them. People from all floors interact and Rönnen is like a world of its own. There is always something going on, whether you are looking for a chill night or a party. I lived on the 8th floor, which is and will always be the best floor.

leisure & culture

Malmö is a very nice city. It takes some getting used to, but you will grow to love it. Biking is a big thing in Malmö, it's the main form of transportation. Another big thing, in all of Sweden, is Fika. It is a moment in the



day where you make time for a little cozyness and you eat pie with coffee or tea. There are many cute coffee places in the center to have fika. ESN also organizes activities and trips throughout the semester. Ofcourse there is partying in malmö two. Going out in Malmö is nice, but expensive and closes early. An option is going out in copenhagen, witch is really close and you can visit as often as you want. Another option is going to houseparties in Rönne. There are a lot of parties there and it is a lot of fun.

suggestions/tips

My tip is to go into it with an open mind and be open to all the amazing people you are going to meet. Don't stay in your room, get out there have fun, remember you are only going to do this once and it might very well be the best experience of your life.

CONCLUSIONS

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

I would recommend this destination to anyone who wants to study abroad for a semester. How could i not, i had the most amazing time there and so did all of the other students i met there. However i don't know if i would recommend the university, because the courses where really easy. But mabey this gave me more time to enjoy my study abroad experience and learn about life instea of at university.

do you have any additional advice or comments?

If you are going to Malmö and you want to go on a trip to Lapland. I recommend you not to go on the ESN trip, but book one yourself to Swedish Lapland. I did go on the ESN trip and there was to mutch time in the bus and other things weren't great. My friends booked their own trip and it was cheaper and more fun.



UU Report form - Erasmus 2018-2019

faculty/college	Social and Behavioural Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Educational Sciences
destination city & country	Malmö, Sweden
name university abroad	Malmö University
start date	22 / 08 / 2018 (dd/mm/yyyy)
end date	20 / 01 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The application processes, both at Malmö and Utrecht, were clear. It is quite some work, so start in time. Both universities sent clear information on what to do when, so don't get to stressed about it. Just make sure you keep an eye on your emails.

counselling & support at Utrecht University

Utrecht University offers some nice information sessions. Go there whenever you have questions. Whether you are doubting about going abroad in general or have specific questions about certain destinations, they will be able to help you.

academic preparation

-

language preparation

I did bilingual education in high school, so I was already used to education in English. At UU I also had several courses in English. So for me the language was not really a problem.

finances

Make sure to fill in the financial form that UU offers you. This will help to get a clear idea of the expenses. I would also advice to make sure to have some extra savings that you think you need. Your erasmus exchange is a perfect opportunity to explore more European countries through city trips etc. By having some extra savings you will be able to enjoy your semester fully by exploring your new home town and home country.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The course 'Children's Literature in a Global Perspective' was really fun. I liked the practical and creative side of this course. However, I was slightly surprised about how practical and non-academic it was. We only had to read one sort of scientific article next to all the children's literature we read. It was a really fun course though! The second course I took was 'Children's Rights'. This course was more academic, but still easier than an average course in Utrecht.

academic quality of education activities

Like I said above, the academic level in Malmö was lower than the average courses in Utrecht. This can be explained by the fact that till 2017 Malmö University was 'Malmö Högskola'. Only since january 2018 it is an official University and I felt like you were able to notice this in some courses.



counselling & support at receiving university abroad

The staff at Malmö University were really nice and friendly. The support in the first weeks was really good. In the introduction week it was clearly explained where to go with your questions etc. They did everything to make you feel welcome at the university.

transfer of credits

Both of my courses were 15 credits and judged as level 1 courses in Utrecht. I haven't transferred my grades yet.

STUDENT LIFE

welcome & orientation programme

The introduction week was really well organised. It was a good mixture of formal and useful information and fun activities. ESN Malmö organizes parts of the programme so that you can meet other internationals as well. The trip to 'åle stenar' is a nice way to see some of Malmö's surroundings. I would definitely advice you to go to the introduction week, because it makes for a great start of you semester which will make you feel welcome at your new uni and get you some new friends.

accommodation

Malmö University offers University Housing, however it is not guaranteed that you will get a room. Living in Rönnen is a great way to meet internationals and find friends for life. Rönnen is known as a party place but this really depends on the floor and also when you are not the biggest party animal, living there is great fun! Living on a floor with people from all over the world is a great experience and might be one of my favourite memories of my time in Sweden.

leisure & culture

Malmö is a lovely city. There are great parks in the city (Pildamsparken, slottsparken) and the beach is 10 minutes from the university and the city centre. It's also a really multicultural city, especially the neighbourhood Mollevangen is a big cultural mixture. (and there is a great food market daily) Malmö also offers some great cultural activities for your free time, like the Konsthall & Moderna Museet.

suggestions/tips

Take the train in the weekends and visit cities in the area, like Lund, Helsingør, Helsingborg (Museum of Failure!), and of course Copenhagen.
 And you should not leave without a trip to Ribberborgs Kallbadhus (sauna), more scandinavian is almost impossible.
 Be like the swedes and enjoy fika (a coffee break with a cinnamon or cardemon bun) is any of the many cute cafes. Some tips: Lilla kafferosteriet, Slottstradgarden cafe, kafe Agnez

CONCLUSIONS

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

I would definitely recommend going to Malmö. The city has everything you can ask for, mix of cultures, good cafés, nice parks, nice beach, good cycle paths ;). The university life will be different than Utrecht, but if you are open for different ways of learning, and original courses that you will not find in the Netherlands, than Malmö is a good destination for you.



UU Report form - Erasmus 2018-2019

Contact details	my e-mail address	tirzavanberkel@live.nl
faculty/college	Social Sciences	
level	<input checked="" type="checkbox"/> bachelor's	<input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Educational Sciences	

destination city & country	Malmö, Sweden
name university abroad	Malmö University
start date	22 / 08 / 2018 (dd/mm/yyyy)
end date	20 / 12 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application process went fine. The information on the university website was very clear and it was easy to complete all steps in order to apply. Whenever I needed any help, I could always e-mail or visit the international office.

counselling & support at Utrecht University

Utrecht University offered a meeting where students could gather information and ask questions. This meeting was also the perfect opportunity to get to know other students who are going to study at the same university as you. Furthermore, the international office provided a lot of information of all the steps you need to complete. Also, there is a facebook group where you can contact people who went to the university you have applied for. I would definitely recommend becoming a member of that facebook group.

academic preparation

I did not do any academic preparation before visiting Malmö University. It was not necessary to do extra preparation because the level of the courses I took was not too high.

language preparation

Before I went to Sweden I practiced my Swedish a bit on duolingo. This is quite helpful if you want to take the course 'Swedish for Exchange Students'. I did not do anything in order to practice my English.

finances

I did not experience any struggles regarding finances. The Erasmus grant was very helpful and I used quite a lot of my savings. I would say the cost of living is a bit higher than in the Netherlands but there are a few easy ways to save money. One big tip is to get your fruits and vegetables from the market. Besides this, the university offers a soup lunch for 150 SEK every Wednesday. When making a budget for your studies abroad, keep in mind that there will always be some spontaneous trips with for example ESN.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I took the courses 'Physical Education and Sports from a Swedish Perspective' and 'Sports Psychology'. Both courses were quite different to what I was used to. 'Physical Education and Sports from a Swedish Perspective' is a nice course if you want to do something more practical rather than theoretical. During the course we did a lot of PE activities such as playing floorball and doing gymnastics. We also went on a 5 day hike in Norway, which was really special. Near the end of the course we went on a canoe trip and during the last few weeks we



had to write a paper. We got a lot of freedom when choosing a topic for our thesis and the guidelines on how to write the paper were less clear than what I was used to.

The course 'Sports Psychology' was a more theoretical course and was more familiar to what I am used to at Utrecht university. For this course we had to do two group projects and we had to take two take home exams. It was very clear what you had to study for your courses and the lectures were quite interesting in my opinion.

academic quality of education activities

I would say that the academic quality of education is a little bit lower than at Utrecht University. The courses were a bit easier than the courses I was used to. The lectures and seminar were of good academic quality and there was a lot of interaction between students and teachers.

counselling & support at receiving university abroad

Although I did not need that much support during my stay abroad, there are a lot of ways in which you can receive support. You can get academic support but also support related to both your physical and mental health.

transfer of credits

I have not uploaded my transcript of records yet but I am sure this process will go smoothly

STUDENT LIFE

welcome & orientation programme

The welcome & orientation programme was a very nice way to get to know different students from all over the world. I would definitely recommend you going to the parties and activities because it is a nice way to get to know the city and your fellow students.

accommodation

During my study abroad period, I stayed in Rönne. I would recommend this to anyone who likes meeting new people and doing fun activities with people on the floor. I first got told that I could not stay in Rönne because it was full, but a few days later I received an e-mail that I got a room. I think my study abroad experience would have been less fun if I had to stay in another type of accommodation because the 26 people I lived with felt like a new family at the end of my exchange period.

leisure & culture

The culture in Sweden is not that different to the culture in the Netherlands I would say. When it comes to leisure activities, the university offers a few options. During my stay I played volleyball at IF Academ. This is an association that offers various sports such as football, badminton, floorball and volleyball. If you live at Rönne you will probably go on a lot of nice trips with your 'floormates'. Also, Copenhagen is only 20-30 minutes away by train so it is definitely worth it to visit Copenhagen.

suggestions/tips

I would really recommend Sea Battle. This is an activity organised by ESN where you go on a three day cruise from Stockholm to Tallinn (the destination may vary but it is usually Tallinn or Riga).

CONCLUSIONS

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

I would definitely recommend this destination. The subjects at the university are very nice and Malmö is a very nice city to stay. There are a lot of international students at the University and the University offers a lot of nice activities. If I could study in Malmö again I would definitely do it!