



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	Psychology

destination city & country	Belfast, United Kingdom
how did you travel to your destination?	Aeroplane
name university abroad	Queen's University Belfast
start date	11 / 09 / 2022 (dd/mm/yyyy)
end date	16 / 12 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application is the most challenging part of the whole exchange. In order to go on exchange, I needed to have a clear idea of what courses I could follow during my exchange and how this would influence the other courses I still needed to follow for my bachelor's degree. There were many documents and deadlines that I needed to keep track of, especially those that needed to be signed by exchange coordinators from both universities. Since I was the one responsible for my exchange, I made sure to make an overview of all the information provided by both Universities on the exchange. This way, I could always keep the deadlines in the back of my mind. By looking into what I needed to prepare, I could also make sure to have all my necessary preparations ready on time.

counselling & support at Utrecht University

I found that staffmembers from the international office at Utrecht University were very helpful. They always replied promptly and were able to help me find the right documents & information I needed. Pro tip: don't hesitate to contact them!

academic preparation

For my academic preparation, I looked into which courses I needed to do for the master's that I want to do and when these courses are provided by my University. This influenced when I was able to go (I needed to do courses in the second semester, so I could only choose to go to a country that allowed me to stay during the first semester).

language preparation

I already had an English C2 certificate before applying for my exchange, so I didn't need to prepare anything else. I did, however, check with the receiving university's website to see which language tests they accepted (this may differ per country/university).

finances

For my finances, I made sure to have enough money saved up to live off of for my stay. For some visas or universities you need to prove some form of finance security. This information can be found on the country immigration website or the university website. Furthermore, you may need a credit card to make online payments in a non-EU country if you have a EU bank account. Therefore, it may be beneficial to open up a bank account in your receiving country (including EU countries that don't use euros).



STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I followed psychology courses at my receiving university. Each university has their own specialties and unique courses to offer, so be mindful of that when you pick a university. Personally, I really enjoyed the courses I followed, despite the fact that I hadn't expected to follow all of them (I had to make a last-minute change due to some scheduling issues). Don't worry, your receiving university can help you choose the right courses!
academic quality of education activities	You can find out a lot about a university if you do your research, but you'll only know what it's like when you study there. I have found that Queen's University Belfast was a good university to study at, but that the methods of teaching & the structure of the courses can be quite different from Utrecht University. This is not a bad thing, of course, but it is something to be mindful of. The way your essays, etc. are supposed to be written & the way that the quality thereof is measured is something to look into once you start studying there.
counselling & support at receiving university abroad	QUB offered a lot of student guidance and support, although this support can take a while to reply. I found that it was best to email my exchange coordinator or teachers directly when you know who they are. Don't hesitate to do so!
transfer of credits	Utrecht University has a list of credit conversions per country. Do look into them when you choose your courses. Different universities have their students follow different amounts of courses. In the UK I followed three courses, where in NL I would follow four. You can usually download your results from whichever student website your receiving university uses.

STUDENT LIFE	
welcome & orientation programme	QUB had a great welcome & orientation programme. Their focus on student communities was far more intense and diverse than what I experienced in Utrecht. Going to the many international students events helped me meet more people and gain more information on studying at the receiving university. Also, these events helped me know the city/country better!
accommodation	My accommodation was organised by the receiving university. I stayed at a student village and shared a kitchen with 10 other international students (busy!). Living with so many roommates had its own upsides and downsides, but I would mainly recommend 1) making sure you get to know all of them quickly and 2) organising who cleans what/when. Other than that, I loved living in another country. Living with other erasmus/exchange students was great and really helped me to not feel homesick. Don't hesitate to lean on them or open up if you're missing home! They either have the same experience or know how to deal with it.
leisure & culture	My receiving university offered a lot of leisure/culture trips, some of which were free! Belfast is definitely a student city, so I was able to do a lot of fun things & visit a lot of cool places/clubs/pubs for students. One side note: clubbing culture in Northern Ireland is different to Dutch clubbing culture. I definitely experienced a small culture shock when I went to a club there for the first time, so let go of any expectations you might have and just enjoy.
suggestions/tips	If you're religious or affiliated with a specific group/hobby/interest, make sure to check out if you can join any similar groups in your destination of choice. This is a great way to make new friends, feel more at home in your exchange country, and these people always have the best tips for fun experiences in their country/city.



CONCLUSIONS

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

I would definitely recommend Queen's University Belfast as an exchange destination to others. Although it may not seem as dreamy as Paris or Edinburgh, Belfast is a great city to live in with a large student population. Northern Ireland is beautiful and Ireland is easily accessible through trains and busses. The University itself is great and I've had a grand time studying there.

do you have any additional advice or comments?

Let go of both your worries & expectations for the exchange. Just head over and enjoy! It might take some time to adjust, but the experience overall is unique and it's a great opportunity to learn more about yourself + make friends.



UU Report form - Erasmus 2022-2023

e-mail address	alessa.elferink00@hotmail.nl
faculty/college	Faculty of Social Sciences, Utrecht University
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology

destination city & country	Belfast, United Kingdom
how did you travel to your destination?	Plane
name university abroad	Queen's University Belfast
start date	12 / 09 / 2022 (dd/mm/yyyy)
end date	10 / 01 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process

For the application, I needed to write a motivation letter, to pick the courses I wanted to take at my exchange university, get them approved, and fill in a few documents for the Erasmus grant. The process was not hard to get through, but I advise you to start on time and make a to do-list of what you need to get done. It can take a while to get the documents you need signed.

counselling & support at Utrecht University

There is sufficient support from Utrecht University and I did not encounter any problems. They offer a lot of information and I advise you to make use of the International Office if you're confused or run into problems. They really try to do their best to support you! The only thing is, it can take a long while to get documents signed.

academic preparation

I did not do any academic preparation.

language preparation

I did not do any language preparation.

finances

I advise you to make sure you have enough money to comfortably spend your time abroad and maybe overestimate the amount you need. I got money from my loan (DUO), the Erasmus grant and saved up, and that was enough, but it is nice to have money left over to do some trips with.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed three psychology courses: Using Nudges to Change Behaviour, Introduction to Political Psychology and Typical and Atypical Literacy Development, and they were different from the courses I took at Utrecht University. The courses I could choose from were varied and to me, they were very interesting. The organisation of the courses was good and the contact with the teachers is very nice. I was happy with the courses I took.



academic quality of education activities
Overall, the academic quality was a bit lower than in The Netherlands, I feel. The courses I took did not cover a lot of topics and the coverage was a bit shallow overall. I did not have any tests, only one presentation and a few papers. The work load and pacing was very relaxed. The teachers were very involved and passionate.
counselling & support at receiving university abroad
Queen's has a lot of activities for her students and seems to care a lot about the mental and physical wellbeing of her students, which was really nice to notice. I did not really make use of any counselling, but the contact I did have with Queen's went smoothly. Sometimes it was hard to see who was the correct person you needed to contact.
transfer of credits
The final grades and ECTS will be communicated to Utrecht University through Queen's.

STUDENT LIFE
welcome & orientation programme
There were a lot of activities in the welcome programme. I attended a campus tour; it was really nice to get to know the grounds this way and meet a few new people. There were a lot other activities, but I did not go! I would recommend, if you don't have anything to do, to go to these activities, they are fun. The accommodation I lived in also had a lot of activities throughout the year.
accommodation
Accommodation is guaranteed for every international student at Queen's, I could only choose for Elms BT9 but I could communicate my preference regarding a room with or without bathroom. I choose for the room without a bathroom, and got put into OAK1. The people I got to live with were by far the best part of my exchange. My flatmates truly were amazing and I got to know them so well, and did almost everything with them during my exchange. The services in the accommodation itself are not great, the fire alarm gets tested every week, but the accommodation did have cleaners and the accommodation team was very nice and helpful. You can have guests over, but there are a lot of restrictions and after 23:00 you cannot get any guests in you haven't signed in yet, so it's good to have a good look at that. The accommodation team organises a lot of activities! The accommodation is pretty far from city centre, like a 40-minute walk, but the walk is very nice. There are two bus stops nearby, but I wouldn't trust the timetables for the life of me, I missed the bus far too many times because it got there early or didn't come at all.
leisure & culture
There is a lot to do in Belfast, there are a lot of pubs that are nice to explore and the Titanic Museum is an absolute must to visit. Irish people are very nice and welcoming, I would recommend to talk with them anytime you go to the pub! I did not feel unsafe, the atmosphere is very cosy and there is always something to do.
suggestions/tips
Some places you need to visit in my opinion: Cave Hill, Giant's Causeway, Derry, Christmas Market at Victoria Square, Titanic Museum, The Thirsty Goat. Get some chicken wings at Wing It, the staff is also very nice!

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, I would. It is an amazing experience to live in Belfast and explore the city for your own, to live on a campus with 9 other students, and to have classes in beautiful buildings. There was so much to see and learn, and it was definitely a period of my life that I hold close to heart and miss dearly!
do you have any additional advice or comments?



Please don't be dumb like me and GO ON THE IKEA TRIP that is organised by the accommodation team. Get all your bedding and kitchen stuff there, it is much cheaper and the quality is 1000x better.



UU Report form - Erasmus 2022-2023

e-mail address	a.b.straatman@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	Psychology

destination city & country	Belfast, Northern Ireland
how did you travel to your destination?	To Belfast with car/boat, back to the Netherlands with plane
name university abroad	Queens University Belfast
start date	19 / 09 / 2022 (dd/mm/yyyy)
end date	16 / 12 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process was very easy. The most important thing is to know when the deadlines are. I wrote them down in my agenda and so I knew when to do what. I also recommend starting early. Both universities were very helpful with answering questions I had.

counselling & support at Utrecht University

The support was very good. There were some meetings where they prepared you for life abroad and it was very nice to talk to other students who were going on exchange.

academic preparation

I looked up which courses you could follow on the Queens website. Unfortunately there were not a lot of courses in psychology to choose from.

language preparation

I didn't do a lot of language preparation because my English was already good enough.

finances

I of course saved up, the rent in Belfast was a bit more expensive than in Utrecht. I also recommend to rent out your room in Utrecht, because otherwise you have to pay for 2 accommodations.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

As I already mentioned there wasn't a lot of choice in psychology courses for the first semester. I followed Political Psychology, Typical and Atypical Literacy Development, and Using Nudged to Change behaviour. It was very easy to apply for the courses and I had no difficulties at all.

academic quality of education activities

The big difference between the courses in Utrecht and in Belfast was the testing. In Belfast the main form of testing were (group) assignments. In my opinion the assignments were easier than the tests in Utrecht. I passed all the assignments. The courses themselves were very interesting and the academic quality was almost the same as in Utrecht. I didn't have a lot of lessons through the week, only 2 days a week and in total around 8 hours a week.



counselling & support at receiving university abroad

Queens University did a great job connecting us to other (international/exchange) students. There were a lot of activities, as well as at school as in the accommodation, and this way it was very easy to make friends.

transfer of credits

Went very smoothly, I didn't need to do anything.

STUDENT LIFE

welcome & orientation programme

Was very nice, there were 2 weeks before school started where they organised activities. Sadly in the second week the Queen died and some activities were canceled/postponed because of the mourning. You can choose in which activity you want to participate in, nothing was really mandatory.

accommodation

It was quite easy to get an accommodation, but make sure you pay in time, otherwise I think you lose the accommodation. I couldn't really choose which accommodation I wanted, even though in the beginning they made it look like I could. My accommodation was in Oak 4, in Elms BT9. I lived with other erasmus exchange students, and even with someone from Psychology in Utrecht, which was very nice. The accommodation was also quite nice, even though you share 1 kitchen with 10/11 people. You do have 2 bathrooms. A downside to Elms BT9 is that it's around a 30 minute walk to the university, and a 45 minute walk to the city centre.

leisure & culture

Belfast is a nice city. It is really interesting to see how the troubles changed it, and I recommend doing a city walk and to see all the murals through the city. This way you can empathize with the residents of Belfast. A downside to Northern Ireland is that the public transport is quite expensive, but I would still recommend at least going to Dublin, and the university also organizes some cheaper trips, which is great. I also really loved the time around Christmas in Belfast, you should definitely visit the Christmas markets.

suggestions/tips

Try to meet as much new people as you can, especially in the beginning.

CONCLUSIONS

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

Definitely! Queens is very friendly to their exchange students, they really seem to get how it is when you are new in a country without any of your friends, and they really try to help you get new connections.

do you have any additional advice or comments?

Don't be too worried, a lot of the exchange process goes without saying, but do keep ahead of your deadlines.



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	Psychology

destination city & country	Belfast, Northern Ireland
how did you travel to your destination?	By airplane.
name university abroad	Queen's University Belfast
start date	11 / 09 / 2019 (dd/mm/yyyy)
end date	13 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process wasn't difficult. I had to write a motivational letter and fill in and sign some forms. But do start on time - otherwise it's probably a lot to do in one go. During my application both Utrecht and Queen's University were quick at responding to any questions I had.

counselling & support at Utrecht University

Utrecht University does an amazing job at preparing you for your time abroad. First, there's a general meeting for all students who want to study abroad and then - if selected - there's a pre-departure meeting with all students selected. This is a great opportunity to meet students of the same destination! The things you have to know for applying are covered in those meetings. Also, The International Office is very helpful and they usually respond to emails within one to two days!

academic preparation

Other than looking into the subjects that Queen's offered and choosing the ones I wanted, I didn't prepare anything.

language preparation

Since the language used in Northern Ireland is English, I didn't have to do any language preparation.

finances

For my finances I used my saved money and I applied for the Erasmus Grant. I do recommend to save enough money so that you won't miss out on fun activities. The Erasmus Grant covered up a big part of my accomodation, but it's not nearly enough to make a living out of it.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed four courses during my stay at Queen's: Using Nudges to Change Behaviour, Sport and Exercise Psychology, Political Psychology and Applied Animal Psychology. I originally signed up for another course but this one was unavailable for Erasmus students, I received an email from my Erasmus coordinator at Queen's who helped me pick another course. This went very quickly and a week before I arrived we established the course list above. The organisation of the courses was good. During Sport and Exercise Psychology our lecturer got ill, so we missed a couple of classes. The university took great responsibility for that and they even offered us the



choice to extend the deadline by three weeks. Lastly, the amount of hours you spend on lectures at Queen's is a lot less than in Utrecht. In the second part of the semester I had just one day of classes! So you'll generally have a lot of free time.

Queen's also offers classes in foreign languages through the Language Centre. I took Spanish classes there. However, the organisation wasn't very professional and I didn't get any better. I'm not saying this would be the quality with every language class you take, but beware of the fact that it can be less educational than promised.

academic quality of education activities

The academic quality depended on which course you followed. For example, the assesment of Using Nudges to Change Behaviour was more difficult than the one from Sport and Exercise Psychology. Overall, I would say that the academic quality of Queen's is similaire to Utrecht. The biggest difference is that Queen's content is mostly article based, while Utrecht's content is more book based. Also, we only had writing assignments, so no tests. For Applied Animal Psychology they even took us to the zoo to observe animals, which was a lot of fun! I experienced the work load to be more relaxing at Queen's. You don't have to prepare that much before class, usually you have to read some articles and that's it. The professors were very good and well organised.

counselling & support at receiving university abroad

Queen's really seems to care about its students. Personally I didn't need help with annything but they offer a lot of student services and the lecturers are very helpful. There's always someone to contact whether it's about feeling unwell or academic purposes.

transfer of credits

The final grades and ECTS will be communicated to Utrecht through Queen's.

STUDENT LIFE

welcome & orientation programme

The first week, there was a welcome week for international students. It was well organised and they gave us all the information we needed to study and live in Belfast. They showed us the campus (which is stunning! and the library and they had a lot of free pizza. Also, in the first week you have to register in the system of Queen's and you meet your Erasmus coordinator to go through your Learning Agreement. You're guided very well through these processes, and I felt warmly welcomed since the first day I was there. The second week I was basically off because this was the general welcome week for first year students. In one of the first weeks they also show you all their student societies, and trust me, there are so many of them! I ended up sometimes joining the Kickboxing society with a friend of mine.

accommodation

Accommodation is guaranteed for every international student at Queen's. You have to communicate your preferences to Queen's and they put you in one of their residences. I (and everyone I know) didn't get put in my first choices (which were BT1 and BT2). I was put in Guthrie House (which I believe was basically used because there was an overload of students). We lived with Erasmus students only. The services weren't as great as you would get in the other residences, we even got a refund because of this reason, but I wouldn't have wanted it any other way. My flatmates were amazing and we grew out to be one big group of close friends. Guthrie House is located right opposite of the main building of Queen's and it's a five minute walk to the Psychology building. The city centre was a twenty minute walk and the area (University Square) was lovely! The accomodation team was also very helpful, whenever there was something that needed to be fixed they would come in pretty quick. They also organise trips to for example the Giant's Causaway (must see!) or Dublin. Lastly, thanks to Queen's the transfer from airport to accomodation went very swiftly, I didn't have to think about anything since the accomodation team provided us with transport.

leisure & culture



Belfast is an amazing and vibrant city and Irish people are the best! They're very welcoming and interested in other cultures and always take their time to talk to you or help you. Also, there wasn't one moment in which I felt unsafe, not even when I was walking alone in the night. You'll never get bored here, everyone can find some activity that suits them. There are loads of restaurants and pubs and you can go hiking in Cavehill or the Black Mountains. There's the Titanic Museum, Crumlin Road Gaol, the Botanic Gardens - anything really. There are always street musicians in the city centre and especially around Christmas time the atmosphere is very cosy. Unlike the amount of leisure there is, Belfast doesn't feel like a very big city which I loved.

suggestions/tips

St. George Market and the Christmas Market are really nice to visit! Also, there's a place called Cathedral Quarter with a lot of cute pubs and little streets in the city centre, I would definitely pay a visit there. If you do any particular sport it would also be really cool to continue doing that in Belfast. I ended up following some drop in classes at the Crossfit box there, but in hindsight I wish I did that on a more regular basis. So if you really wish to continue your sports in Belfast, don't hesitate and just go for it! You can also arrange your own trips. I went to Galway with some of my friends, which was a great experience!

CONCLUSIONS

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

Yes! Definitely! Living in Belfast has been the best period in my life so far! I met so many awesome people and you'll have the ultimate Erasmus experience here! There's so much to see in and around the city, and because of the broad choice of courses you'll definitely learn new things in academic context.

do you have any additional advice or comments?

When you arrive to check in for your application, the Housing Team will offer you a Bedding and Kitchen Pack so that you have all the necessary stuff in one go. I would recommend taking the bedding pack, but I wouldn't invest in the kitchen pack since you probably won't use some of the equipment given and it would be less expensive to buy the stuff you need in a store. And lastly, do an exchange and have the time of your life!



UU Report form - Erasmus 2018-2019

<p>permission to publish contact details**</p> <p><i>See end note for * and **</i></p>	<p><i>optional; only if you allow students preparing for study abroad to contact you (directly)</i></p>
	<p>my e-mail address <input checked="" type="checkbox"/> yes: r.a.m.damen@students.uu.nl</p> <p>my weblog <input type="checkbox"/> yes:</p> <p>my Facebook account <input checked="" type="checkbox"/> yes: Rosemarijn Damen</p> <p>other (social) media <input type="checkbox"/> yes:</p> <p>or</p> <p><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: @</p>
faculty/college	Faculteit Sociale Wetenschappen
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychologie

destination city & country	Belfast, UK
name university abroad	Queen's University
start date	12 / 09 / 2018 (dd/mm/yyyy)
end date	14 / 12 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process
The exchange application process was extensive. There are a lot of forms to be filled in and signed by a lot of people. Especially the communication with Queen's university wasn't always great, however when I arrived in Belfast everything became very clear and I basically had been stressing over nothing.
counselling & support at Utrecht University
Counselling and support from UU is great. International Office has very good communication and helps you with everything. They send you reminders of what you have to do every few months, which is amazing.
academic preparation
I tried to figure out which courses to follow about 5 times. They changed everything... I recommend that for the forms you just fill something in, don't waste too much time over choosing the right courses, because they WILL change. When you arrive in Belfast, it will be way easier to choose your courses. Afterwards you can fill in another form to indicate what courses you're actually going to follow.
language preparation
UU assumes that you're english is good enough, so it is not necessary to do extra preparation regarding language. If you want, Queen's university does have extra courses in English, however I heard that it is mainly for really struggling students and I think no one from Utrecht will be that bad.
finances
Belfast is just a tad more expensive than Utrecht. I saved up a lot but ended up not spending my saved money at all. I still recommend saving up, so you don't have to worry about money and you can spend a little more on fun trips. I also recommend taking a creditcard with you as a normal card doesn't always work.

STUDY ABROAD PERIOD



study programme (content and organisational issues)
The semester is barely 3 months long, so you have a lot of vacation time. There are less hours of lectures a week compared to Utrecht. In the first semester of the year, you only have coursework, meaning that you don't have tests (only multiple choice tests), but you do have a lot of essays, papers, and presentations. Although I would say that the overall workload is lower compared to UU.
academic quality of education activities
Academic quality is lower as well, regarding basically every aspect. I got praised upon because I was the only one in the class not reading from my paper during my presentation. The teacher asked the class to find papers themselves for this one time in stead of the teacher giving them everything they need. They thought me loads of things I already knew. The grading system is very generous, making it basically impossible to fail a course (when someone fails a course AND the resit, they have to do the WHOLE year again). However, I followed a (first-year) course in philosophy as well, and I do recommend taking a course you have never had before, because there's less chance of them teaching information you already know since first year.
counselling & support at receiving university abroad
The communication before my departure wasn't that great. Mails were answered weeks later so start everything in time! Counselling & support was really nice during my stay. I had a warm welcome in the first weeks, and even after the first weeks you could find support everywhere.
transfer of credits
My credits have not been transferred yet, they will be send to me and Utrecht University end of Febuary or the beginning of March.

STUDENT LIFE

welcome & orientation programme
Really nice! You really feel welcome from the start and everyone is extremely nice. There are lots of pubcrawls and I recommend doing them as you need to get to know more international students.
accommodation
Queens has accomodation for internationals which is great! I thought it was a bit expensive (100 pounds A WEEK for maybe 10 square meters and a shared kitchen with 10 others). However, cleaners come every week, trash is picked up, you get a free gym membership (this is amazing, it is so big and has a pool AND sauna!), you live on campus which is awesome, and in the center of campus is a building where you have a small supermarket, studyroom, washing machines, and a really big 'living room' where you can get free coffee and tea, play pingpong / pool, hang out (or drink) with friends. The accomodation team also organises fun activities, from sightseeing to movienights. Campus is a 15 minute walk from the university and 30 minute walk from the city center (there are busses and ubers are VERY cheap). There are accomodations in the city center as well, but they are even more expensive and not on a campus. Most of the international students will live on campus so you don't want to miss out on that.
leisure & culture
The accomodation team organises a lot, and there is also a christian organisation that orginises activities (you don't actually have to be christian to participate). I recommend hiking, the nature outside of Belfast is incredible! There are some museums in Belfast which you can visit, however outside of Belfast is more fun. You can take a bus to Dublin (it takes 2 hours). You can even take a boat to Scotland if you have no plans in the weekend.
suggestions/tips
Let friends/family fly over through Dublin, it is way cheaper. The busride from dublin is 2 hours, from Belfast airport it is 40 minutes.



CONCLUSIONS

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

Yes, it is very welcoming to erasmus students. That makes the stay (away from everything you know) so much easier and more fun! I wouldn't recommend it for educational purposes, although you're average will become higher.

do you have any additional advice or comments?

Go back with st. Patricks day after your erasmus period. It is the best time for a reunion, as everyone wants to experience Belfast during that holiday!



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<p>permission to publish contact details**</p> <p><i>See end note for * and **</i></p>	<p><i>optional; only if you allow students preparing for study abroad to contact you (directly)</i></p>
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faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology

destination city & country	Belfast, Northern Ireland
name university abroad	Queen's University Belfast
start date	10 / 09 / 2018 (dd/mm/yyyy)
end date	14 / 12 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process
<p>The application process regarding my exchange was quite easy, however, it can be daunting at first, since there are a lot of documents that need to be filled in, signed by both parties and uploaded. Especially for the Erasmus+ Grant application. One tip, pay attention to which documents you are using, because sometimes I used the wrong presets which made my process longer than it could be.</p>
counselling & support at Utrecht University
<p>Support at Utrecht University was great, especially the meetings organised before applying and before departure. Moreover, like I previously stated, I had some issues with using the wrong documents, however, the International Office was always really helpful and fast in their replies to my questions.</p>
academic preparation
<p>There was not a great deal of academic preparation, the only thing of importance would be to figure out which courses you'd like to follow and let these courses be accepted by the Examcommittee.</p>
language preparation
<p>For me a language preparation was non-existent, since my English was already sufficient.</p>
finances
<p>I think it is a good idea to save up money for studying abroad, especially when you already know you would like to study abroad. This way, including the Erasmus + Grant, you will be able to study abroad carefree and tick off your bucketlist.</p>

STUDY ABROAD PERIOD

study programme (content and organisational issues)



I had some issues regarding getting documents signed before studying abroad, since it took the contact person a very long time to send them back. Also I had a little bit of trouble with my courses, since one course was suddenly not available anymore and another clashed in my timetable. However, this was quite easy to fix.

academic quality of education activities

The academic level of the university is quite the same as in Utrecht, however, for me personally, the assignments weren't too daunting and because I had two courses that stopped before the course free week, I barely had any contact hours. Moreover, apparently it is easier to get high grades in QUB than in Utrecht, regardless of whether they know you're an exchange student or not (especially when your English is just fine). Also, I did not have exams, I only had to write essays or research reports.

counselling & support at receiving university abroad

In the Welcome Week everything is made very clear about where to get help when you need it. Also, they offer a lot of services, for example the Student Union offers to check your essays.

transfer of credits

QUB sends your result to your home university, so this will be simple.

STUDENT LIFE

welcome & orientation programme

Queen's University does have a week or two weeks of welcome & orientation, however only the first week would be interesting since it is dedicated to international students. The second week is dedicated to freshers, and wasn't really relevant for us. This week mostly consists of information, but the fun is mostly with your accommodation. The provided Queen's accommodation have a variety of activities you can sign up for, which is definitely a must in the beginning! Moreover, there are parties and pubcrawls organised by student societies and a lot of parties in the freshers week, which are a lot of fun and a great way to meet people! I feel like QUB really tries to organise activities for Internationals to meet others and have a lot of fun, which I really appreciated. This way it was extremely easy to make a group of friends!

accommodation

The accommodation was absolutely perfect. The process of applying was straightforward and the rent isn't too high. I stayed in a brand-new accommodation called BT1, in the midst of the centre. I couldn't have accepted a better place. The accommodation was a huge flat building, only for students, with very modern apartments, a big common room downstairs, a study room and a gym! One thing I absolutely loved was the fact that I had my own bathroom. I lived with four other people in an apartment, and two of them became my best friends! Also, the kitchen we had was big and modern, plus, we had a living room with a tv and a couch. I don't think it can get any better. Moreover, our accommodation organised a lot of trips and fun activities with a lot of free pizza (by the way, in the first two weeks, free pizza is everywhere). The accommodation definitely contributed to a lot of good times I had.

leisure & culture

Depending on your courses and obligatory activities, you'll have a certain amount of free time. In Belfast, there is an enormous amount of leisure activities, clubs you can sign up for, bars you can check out and a big shopping mall. However, for me the best thing must have been the possibilities to have trips to and hike in beautiful Irish sceneries. This is an absolute must do and Belfast is an awesome place to study if you'd like to go hiking as well! We went with a few organized trips but mostly organized our trips ourselves, with hikes lasting up to 6 hours in mountains and hiking up the highest point in Belfast itself to see the beautiful view. Belfast has unbelievably beautiful sceneries and nature. QUB also has a lot of sports options with their clubs and gyms available to everyone. About the culture, people who live in Belfast are the friendliest you'll ever meet! The food is delicious (and you can find very cheap places). Unfortunately, I didn't befriend a lot of Northern Irish people, because my friends were all internationals. However, this is actually what makes an exchange so much



fun! The amount of different cultures and languages you get in touch with is amazing, and doing fun things like Thanksgiving together or get everyone to taste Dutch treats. It makes you reconsider how people actually look at a Dutch person and makes you feel... more Dutch?

suggestions/tips

Definitely try as much places to eat as you can find, especially in the centre and around the university there are really good and cheap places, and there are so many! Also, they have breakfast and cakes literally everywhere! If you want to go hiking, try to do it as soon as possible, take advantage of the weather and the time you have. Hike to Slieve Donard, The Giant's Causeway, Tollymore Forestpark, etc. It's really easy to have citytrips as well, Edinburgh is a really beautiful place you can easily visit, and maybe try to go to a lake in Scotland and hike a bit over there as well.

CONCLUSIONS

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

Yes absolutely, the university has some good courses, the people are friendly, you make a lot of friends and are able to a lot of fun things and have amazing experiences!

do you have any additional advice or comments?

Relax, you will have the most amazing time here!



UU Report form - Erasmus 2018-2019

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	Belfast, Northern Ireland
name university abroad	Queen's University Belfast
start date	12 / 09 / 2018 (dd/mm/yyyy)
end date	14 / 12 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

It will take quite some time to do all the paperwork. You also need some documents signed by the sending and the receiving university so sometimes you have to wait a while (especially for the receiving university, Utrecht Univeristy is really fast). So make sure you will start on time and keep an eye on all the deadlines.

counselling & support at Utrecht University

The International Office is really helpful. You can call or email them with your questions and they will do their best to help you as fast as possible. They also organise a meeting where you can meet the other students who go to the same university, which was very useful and nice.

academic preparation

language preparation

I did not do any language preparation before my departure. To get an Erasmus Grant, you are required to do an Online Language Assesment but your grant is not dependent on your results.

finances

I financed my Erasmus exchange partly with the Erasmus grant but this is not enough to cover up all your expenses. I also worked a few months in advance of my exchange to have some extra savings. I mainly financed my stay with the loan from the Dutch government. In general, it is not cheap to study abroad but you can decide for yourself how much additional costs you want to make for trips, restaurants, partys, etc.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

It can be difficult to get an idea of the courses you want to take because some courses take pre-requisites and some courses can be the same as courses you already took at Utrecht University. The course cataloge was not up to date because I choose a course that eventually did not exist anymore. However, the Erasmus Director at Queen's University helped me with choosing another course. In the end I took two psychology courses: "The Psychology of Intergroup Relations: Theory and Applications" and "Using Nudges to Change Behaviour". Besides, I took one sociology course: "Northern Ireland: Conflict, Identity and Peace". The courses I took were really interesting and I would recommend them.

academic quality of education activities



The academic quality is quite similar to that of Utrecht University but maybe a little bit lower in some aspects. Local students are sometimes less independent and more insecure in the sense that they email the teachers a lot with questions (also with requests to re-schedule the deadline! And the teachers often agree with this). The courses are sometimes also a little bit less organised than in Utrecht University, for example: not all the information needed is provided in the handmodule etc. When you go abroad in the first semester, you do not have exams but you only have to write essays. This can be difficult sometimes but it is not too hard. Overall, the quality is very good.

counselling & support at receiving university abroad

Everyone is extremely helpful. There are services for every kind of help you may needed. There is a Student Guidance Centre with all the services united in one building. So if you need any help, it is very easy to get it at Queen's University.

transfer of credits

Queen's University will send my grades to the International Office of Utrecht University. I do not have to do anything for this. At the moment, I am not sure what grades I will get because the UK has a different grading system than in the Netherlands.

STUDENT LIFE

welcome & orientation programme

There were two Welcome & Orientation weeks. The first one was specific for international students and the second one was for all new students. Queen's University organised a lot of events to create opportunities to meet new people and to provide information. Especially, the first week for international students was very helpful to meet new people and I have met almost all my friends this week. These weeks were very good organised and I felt really welcome from the beginning.

accommodation

Queen's University provides a range of different types of accommodation. Since september 2018, it opened two new buildings in the city centre to create more space for (international) students in Belfast. When applying for a room, you have to fill in six preferences. I had chosen a room in one of the new buildings (a five-persons apartment in Elms BT1), which I really loved. It is very modern and luxurious. The rooms are small but the livingroom/ kitchen is big. The location is also very nice because it is close to the city centre (and 20-25 min walking to the university). There is a 24/7 security in the building which is sometimes annoying but it also made me feel safe. Elms BT9 is very far from the city centre and also not very close to the university. The most freshers are living here. Other accommodations are more independent, like College Gardens. However, the website of Queen's University accommodation provides all the information you need.

leisure & culture

Belfast has a lovely city centre. Even though it is not a very big city, there are many shops, pubs, clubs etc. There is always something to do in Belfast. The history of the city is also really interesting because of the Troubles that took mainly place in Belfast. Besides Belfast, there are so many beautiful places in Northern Ireland!

suggestions/tips

The most important aspect of your Erasmus is to meet new people. It will make your time during your stay much better and it will enrise you as a person. So I would advise to meet as much people as you can in the beginning. Besides, I would reccommand to see as much from Belfast and the nature of Northern Ireland as you can! If you like hiking, go to cavehill country park, tollymore forest park, mourne mountains, Giants Causeway, etc. and go in the beginning of your stay, because then it is not too cold.

CONCLUSIONS



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

Yes, definitely! I had the best time of my life during my stay in Belfast. Belfast is a not very well known city yet but it has so much to offer and you can travel through Northern Ireland quite easily. The people are extremely nice and they appreciate international students. I felt immediately welcome in Belfast and it feels like my second home now!

do you have any additional advice or comments?

Go on Erasmus in Belfast! You will have a wonderful time!

Comment: Northern Ireland is known as a very rainy country but it barely rained and there were many sunny days during my stay from September till December!



UU Report form - Erasmus 2017-2018

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 science

destination city & country	Belfast, Northern Ireland
name university abroad	Queen's university Belfast
start date	13 / 09 / 2017 (dd/mm/yyyy)
end date	15 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

Everything was well organised by the international office in Utrecht. Also the application to the host university went well. It takes quite some time to do all the paper work, but that is normal.

counselling & support at Utrecht University

The support at Utrecht University was good, they always respond quickly and are there for you if you need help with something. Also the way they send emails and notifications is very useful.

academic preparation

I didn't really need to prepare for acadamil things, it was kind of the same system as it is at Utrecht University.

language preparation

The language was not a problem, because they speak English in Northern Ireland and my English was good enough.

finances

Only the application for the Erasmus grant takes time to finish, because it is a lot of paperwork. The rent for my room in Belfast was a bit higher than in Utrecht, so I used the money that I saved as a back up for that.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

There was a wide range of courses that you could take, so the study programme was good and challenging. It was also well organised at arrival, we needed to sign up and choose the courses we wanted. They really helped me with choosing the best options and to fill my schedule.

academic quality of education activities

The academic quality was a bit lower than at Utrecht University, but not that much of a difference. Also the assignments were quite challenging.

counselling & support at receiving university abroad

The support at Queen's university was very helpful and they were all very happy to help you. The people were very nice and you had a lot of places you could go to if you had questions.

transfer of credits

Not yet awarded.



STUDENT LIFE
welcome & orientation programme
The orientation week was awesome, we had one for only international students (we arrived one week earlier than the other freshers) and after that there was a general freshers week. This was a very nice opportunity to meet new people and to meet other international students. They organised a lot of activities and we got a lot offers for trips etc.
accommodation
I had a room in Elms Village, which was nice and well organised, but way too expensive for what you get. Finding a private room in the city is way cheaper, but I don't know how hard it is to find something if you are still in the Netherlands and can't really go there to have a look. Although I would search for it if I had known it.
leisure & culture
Belfast is a very vibrant city and there is always something on in the university quarter or in the city centre. They are a bit new in hosting international students, but therefore they are all very interested in you and happy to organise stuff. Also there were a lot of trips organised by the accomodation organisers (The treehouse) so you could discover the surroundings of Belfast and the nature.
suggestions/tips
Try to look for an private appartment in the university quarter (with other people/students) because this is way cheaper. Also, join every club/trip/activity that you like because there are a lot of them and you easily meet new people that way.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would definitely recommend Queen's University and Belfast as a destination. It is just a lovely city with lovely people (with crazy accents). Because of the troubels (in the 1960/70's), no one really visited Belfast/Nothern Ireland because it was dangerous, nowadays it is becoming more and more a very vibrant and exciting city. It is therefore nice to go there now, because it Belfast is a new promising modern/flashy city.
do you have any additional advice or comments?
Visit the surroundings of Belfast and the nature of Nothern Ireland (mountains, Giants Causeway etc) because it is a beautiful city/country



UU Report form - Erasmus 2017-2018

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	Belfast, North-Ireland
name university abroad	Queens University Belfast
start date	18 / 09 / 2017 (dd/mm/yyyy)
end date	20 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process
Went very smooth, I was prepared quite well so I everything was done before the deadline without stressing out. But: It was a lot of paperwork, waiting and sending emails back and forth, which made it an annoying job.
counselling & support at Utrecht University
Although a lot of paperwork needed to be done, STIP was always open for questions and to help you which was great.
academic preparation
language preparation
I went to Belfast where they speak English so I did not have to prepare myself for speaking another language.
finances
The grant was more than I expected so I had nothing to complain about.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
The study program was great, I had 2 lectures/ tutorials of 2 hours a day. One day a week I had none, which was relaxed. You had a lot of time for other activities, like hanging out with friends, going out and such.
academic quality of education activities
The academic quality of the courses was high in my opinion. Some courses were easier than others, but overall the courses were challenging. They also were different from courses in the Netherlands, for example they have courses like 'The Psychology of Serial Killers' and 'Applied Animal Psychology'. Very cool.
counselling & support at receiving university abroad
My contact person in Belfast was Dutch, just like me so I could communicate very easily with him. He often was in his room in a building nearby the student accomodations so you could always walk in and ask him whatever you wanted. This was really nice, that there is someone you can ask your questions about choosing courses and stuff.
transfer of credits
I was not that happy about my grades because they were quite low. But Utrecht University transferred them



into higher grades, so after all I am really happy with my grades.

STUDENT LIFE

welcome & orientation programme

When I got in Belfast, there were all kinds of activities for internationals, for a week long. This was a great way to get to know the city and meet tons of people. I absolutely loved it. The first week I already had a group of friends I hung out with every day. The first week was filled with information meetings, lunches, parties, and other nice activities. The second week was freshmans week (first years students that just started studying). The whole week was filled with parties, more than you can imagine. This was really fun, seeing all those young people misbehave and having fun. The international students were free this whole week so we could all join for the freshers parties. After this week the courses slowly started. I enjoyed going to courses again because the day had more of a schedule, while still having enough time for everything else.

accommodation

This was very well taken care of, the rooms were not really big but it is fine for one person. I had a standard room in Elms Village. I reccomand going to Elms Village because that is where almost all first year students and internationals live. There is always something to do on campus, and otherwise you can walk 10 minutes and then you are at the Student Union, a big building with a shop, restaurant, bar, club and more. I have been here so many times, awesome place.

leisure & culture

I love the Irish culture, the people are so relaxed, open and kind. When you are somewhere new, people often start talking to you. Me and my friends made a lot of friends that were born in Belfast. They were so nice and invited us immediately for parties and gave us a walking tour.

suggestions/tips

When you arrive in Belfast, you will soon discover the treehouse (a place for students to hang and meet up). There will be posters everywhere about going on trips and tours and how to sign up. You should definitely do that, they are amazing and you will see so much of North-Ireland! I went to Derry, the Giant Causeway tour, the Game of Thrones tour, a ice hokey game and more. I liked them so much, I would not have wanted to miss them.

Another tip is to join a club, they have a club for everything. I am serious, they have like 300 different clubs. Dancing, swimming, singing, rugby, painting and more. It's a great way to meet people and do what you enjoy doing!

CONCLUSIONS

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

I would definitely reccomand this destination and university to others because the city is really beautiful and vibrant; there are so many people and they are so nice and social. It is a city with a history, this made the city how it is now. Totally fell in love with the city, its people, the centre, the pretty botanic gardens, the university, the beautiful clubs and pubs and everything else.

do you have any additional advice or comments?

There is no reason NOT to go to Belfast, have fun!!!!



UU Report form - Erasmus 2017-2018

faculty/college	Psychology
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	Belfast, United Kingdom
name university abroad	Queen's University
start date	11 / 09 / 2017 (dd/mm/yyyy)
end date	15 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

If you apply for a study abroad period, be prepared to fill out a bunch of documents and to spend a lot of time emailing back and forth to get documents filled in and signed. However a lot of these forms are quite easy to fill in, so as long as you start on time the application process really isn't that difficult.

counselling & support at Utrecht University

If you ever have any questions you can stop by at the International Office or just send them a quick email, which you will get a response to quickly.

academic preparation

The academic level at Queen's is pretty much the same, perhaps a little bit easier than in Utrecht (depends on which courses you take).

language preparation

Considering that a lot of literature used at Utrecht University is in English I feel like the language transission is not that overwhelming. However the Belfast accent is a bit more difficult to understand especially when you just arrived, so keep that in mind.

finances

Accommodation can be quite expensive, however the living costs are quite normal. Before going abroad you are required to fill in a financial overview, filling this in will give you an idea about how much you will need during your stay.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

It can be quite difficult to get an idea of which courses you can take, considering that some courses have pre-requisites. I had to change two of my courses upon arrival because one of the teachers was on pregnancy leave, and one had the same hours as another course. So keep in mind that the courses that you put on your Learning Agreement before arriving might not be the courses that you end up with. The Erasmus Programme Director at Queen's is really helpful with figuring this out. however he might take some time to reply to your emails, or forget that he didn't reply so don't shy away from sending another email to ask why it's taking so long. Studying Psychology I was used to not having many classes a week, and at Queen's this really isn't any different. Obviously this depends on which classes you take, but in general I would say you will have the same amount of hours.



academic quality of education activities
The academic quality is quite similar to that of Utrecht University, some courses might be a little easier. One exam had an essay style, which is different from any exams I had previously taken in Utrecht, so be aware of what type of assessment will be used.
counselling & support at receiving university abroad
During the Welcome Week we got a lot of information about what services would be available to the students, which is definitely a long list. QUB has a student guidance centre and people are very helpful if you need advice or assistance with anything. You can find all the different services online as well.
transfer of credits
QUB sends your transcript of records to the UU so you don't have to do anything in order to get it, however I'm unsure about what grades I will get considering that the UK has a different grading system.

STUDENT LIFE
welcome & orientation programme
There were two weeks of orientation, one for international students, and one for all the new students. A lot of different events were organized for the students; parties, food markets, etc. which gave you a lot of opportunities to meet other students and have fun during your first weeks. They also have informational meetings informing you of everything you need to know about what studying at QUB will look like.
accommodation
When applying for a room in Queen's accommodation you get to fill in 6 preferences, however I did not get into any of those choices, so keep in mind that you might not get into your room of choice. I ended up in Elms Village (premium standard room). I had to share my bathroom with 3 others, and my kitchen with 9 others which can be quite challenging at times. However I really enjoyed that my floor consisted of international students and regular first year students, which made the group dynamic more fun.
leisure & culture
There is a lot to do in and around Belfast. The city centre has a lot of shops / two shopping malls, cinemas, restaurants and quite a lot of pubs and bars. It also seems that people go out every night in Belfast, there is always something to do. Staying in Elms had the benefit of trips arranged by the Treehouse, so I was able to visit a lot of places in Northern Ireland with my friends for a cheaper price, which I would definitely recommend signing up for once you arrive.
suggestions/tips
Especially if you are out with a few friends it is quite cheap to get a cab back to accommodation, considering the weather can be quite bad this was quite handy. Try to see as much of Northern Ireland as you can in the beginning of your stay (if you are attending during the first semester) due to the weather, but also because after classes start it can be more difficult to make time and find others that can join you.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Definitely! Belfast is a beautiful city, and there is always something to do. QUB offers a bunch of courses that the UU does not offer, so take advantage of this. The people of Belfast are very kind and very helpful, so you will definitely feel at home.
do you have any additional advice or comments?
Try to get an idea of all the things you want to do in Belfast beforehand, because the time will fly by!



UU Report form - Erasmus 2016-2017

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	Belfast, United Kingdom (Northern Ireland)
name university abroad	Queen's University Belfast
start date	25 / 01 / 2017 (dd/mm/yyyy)
end date	03 / 06 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

It took a while for me to figure out what was all expected of me when applying for studying abroad. The meetings organised by the International Office were very helpful for this, because they clearly explained what all had to be done when applying. The forms were all made available on the students site of the UU. I found the International Office very helpful in the application process!

counselling & support at Utrecht University

The meetings that were organised before applying and before departure were helpful because a lot of useful information was provided. It also created opportunities to meet other students who were planning on going abroad, so you could help each other and ask stuff from your fellow students. What I also really liked was the fact that the International Office made a Facebook page which allowed students to get in contact with other students who were going to the same city or students who had already been there.

academic preparation

There was not a lot of academic preparation for me to be done before departure, this might be different though for example when you write your thesis abroad.

language preparation

There was not a lot of language preparation for me to be done before going to Belfast. To get an Erasmus Scholarship you are required to do an online language assessment before and after departure, but there were no additional requirements set out by Queen's University Belfast.

finances

When applying for studying abroad, Utrecht University requires you to make an overview of your finances. This is really helpful to see how much extra money is needed for studying abroad. From my experience only the Erasmus Scholarship is not enough. Most countries are more expensive than the Netherlands and when abroad you want to do as much fun stuff as possible and maybe travel around, so some extra saving money is necessary.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I had some difficulties with the courses I was supposed to follow. Some of the courses I was not allowed to follow because I lacked some prior knowledge, and other courses clashed in my timetable. I therefore needed several weeks to find my final courses. My contact person from Queen's University was very helpful, and always responded really fast to my emails. Upon arrival I changed courses again when I found out that one of my



courses wasn't quite what I expected, but this was no problem.
academic quality of education activities
The level of education was quite similar to Utrecht University, maybe a bit easier. One big difference was that there were no seminars with the courses I had chosen. Another difference that I noticed was that the exams were all essay style.
counselling & support at receiving university abroad
In the welcome week it immediately became clear where you had to go if you require any help. People were extremely helpful and there are services for everything (even more than Utrecht University). There is a guidance centre which has all the services gathered in one building.
transfer of credits
Queen's sends the results to your home university, so I did not have to do anything for this.

STUDENT LIFE	
welcome & orientation programme	Queen's has a great service for new international students. I was being welcomed at the airport and directed to the right bus to take me to students accommodation. There was also a welcome week organised, which included information from the university but also fun activities to get to know Belfast. I highly recommend attending the welcome week as it is also the week to meet your new friends!
accommodation	I chose to live in university accommodation. As an international student you are guaranteed a place in university accommodation. It is nice to live on campus because most of the internationals live there and you have everything you need close by.
leisure & culture	Belfast and Northern Ireland in general has lots to offer! The city is quite big and has a lovely city centre with lots of pubs, there is something for everyone. If you get the chance: rent a car and drive through the countryside, it really is beautiful!
suggestions/tips	Go to an ice-hockey game, pubs, the beach, Botanic Gardens, the country-side, Black-cab tour, Dublin, Giant's Causeway, Tollymore Forest Park, Newcastle, County Donegal, etc!

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	Definitely! It is a great university with lots of different subjects and courses. The people are extremely nice and very willing to help. The education is pretty much the same level when comparing to Utrecht University (maybe a bit easier).
do you have any additional advice or comments?	-



UU Report form - Erasmus 2016-2017

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

destination city & country	Belfast, United Kingdom
name university abroad	Queens University Belfast
start date	25 / 01 / 2017 (dd/mm/yyyy)
end date	03 / 06 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

To apply for studying abroad I had to do several things. First of all I needed to choose the university where I would like to go. According to this choice I made a study plan and financial plan. To explain the reasons for my choice I wrote a motivation letter. Furthermore I handed in my CV.

counselling & support at Utrecht University

If I had any questions I could go to or send an email to the international office of Utrecht University. Most of the times they were very helpful. Also they answer my emails quick and were able to sign papers and send them digitally back, which was very convenient. Nevertheless, you should (of course) pay attention yourself. It is very important to pay attention to the different semester dates of the universities abroad. International office first told me that it would be no problem to have a bit of overlap between the UU semester dates and the semester dates of the university abroad. But in the end it turned out to be a problem with my exams. Unfortunately the international office could not do anything about it then. Luckily, I could solve this myself. So, I would recommend other students to take the semester dates into account and try to solve problems with overlap as soon as possible. For example, taking exams earlier or arranging the opportunity to send exams to your exchange university.

academic preparation

Since I passed all my subjects at my home university and I would follow courses of the same department in Belfast. I did not need a special academic preparation.

language preparation

The main language in the United Kingdom is English, consequently I did not have to do a language course. The international office gives you a language certificate because the highschool level of English in the Netherlands is high enough to do Erasmus abroad. Furthermore I did the Erasmus pre-language test, which had a good result. At the end of your Erasmus you will do a post-language test.

finances

I expected to be spending more money on my Erasmus than I would do back home. That is why I made sure to save enough money beforehand. If you are going to the UK, you should really take into account the foreign currency. It is more expensive to get cash in pounds than it would be in Euros. Moreover you spend more money on housing, especially when you live on campus. (Still I would recommend this, it is worth it), and you will spend more money on trips and doing fun things. I would recommend to save money for your Erasmus, because it is so much fun to be able to travel around with your Erasmusfriends.



STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I had a coordinator in Belfast, who I met in my first week. He explained my sceduele and for any organisational issues I could contact him. Furthermore you will sign up for their versions of 'Osiris' and 'Blackboard' in the welcome and orientation week and the people there will explain you what to do. There is no need to worry about this beforehand.
academic quality of education activities	I think the level of education was more or less the same as in The Netherlands. Only their way of questioning in the exams was very different. They use essay-style questions which we are not ussed to. Although, I was not used to this, I did fine at the exams. Also, their guidelines for papers are not so clear, but you can trust upon the fact that we learned how to wite papers here in Utrecht.
counselling & support at receiving university abroad	In the United Kingdom, things are organised very well. There are several people you can go to for different things organised by the University. This is all explained at the welcome and orientation week and could be found on their website as well.
transfer of credits	I think all my credits will be accepted. I do not know how they will transfer the grades yet. Since they have a different grading system in the UK.

STUDENT LIFE	
welcome & orientation programme	The welcome and orientation programme in Belfast was organized very well. They showed you around at the university and made sure that you were registred for your classes. Also, it was easy to get to know the other Erasmusstudents.
accommodation	I lived in Elms Village, which is part of the Queens accomodation. I would recommend other Erasmus students to live there, since things are organized really well there. It is even more organized than we are used to, which can be annoying, but it is also very easy. For example there is 24hours reception, cleaners and guards at night. I lived on my floor with 10 other people who I got know quite well and among who were also other Erasmus students.
leisure & culture	Belfast is a super interesting city to live in and has an impressive history. While staying in Belfast I learned a lot about the relationship between Northern-Ireland and Great-Britain and Northern-Ireland and The Republic of Ireland. Both the history and political issues in Northern-Ireland are very interesting. The Northern-Irisch people are super kind and friendly and appreciate international students. Also I got to know the Irish culture. There are pubs everywhere and every night you can find live music somewhere. Moreover, Ireland is a beautiful country to travel around and there are lots of opportunities for road trips. The North and West coast of Ireland is stunning and I would definitely recommend everyone to go there.
suggestions/tips	The most important thing on your Erasmus is to meet people. I have met amazing people from all over the world, who I will stay in contact with. Furthermore I learned a lot about different cultures and I even got to know our own culture better. I would recommend to meet as much people as you can in the beginning, do not be afraid because everyone is there to meet new people. Also, you should take every chance you get to experience something new or do something fun. In this way, I made most of my Erasmusus.

**CONCLUSIONS**

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

I would definitely recommend Queens University Belfast to others. Like explained above everything is organized well. Also, the building is stunning and looks like Hogwarts. Furthermore maybe Belfast does not sound as an appealing city but it is really nice. It is not a very famous place or a popular tourist location and this makes it a real student city and it really felt like a home to me. Also, the local people do not see you as a tourist, but as an international citizen. Despite it is not a real tourist city, there is a lot touristic stuff to do.

do you have any additional advice or comments?

Do not be afraid and go on Erasmus. It will be a great experience!



UU Report form - Erasmus 2016-2017

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

destination city & country	Belfast, United Kingdom
name university abroad	Queen's University Belfast
start date	12 / 09 / 2016 (dd/mm/yyyy)
end date	23 / 01 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process is quite a lot of work. You have to fill out a large amount of forms and attend a few meetings. However, you should not let it scare you. The UU keeps you updated on everything you have to do and if you keep yourself organized it is doable. It is worth the work, because the experience will be great.

counselling & support at Utrecht University

Very good support. They usually reply to emails within 24 hours and they have office hours almost every day if you want to meet in person for questions.

academic preparation

I did not really prepare because I would be doing courses with similar difficulty as the ones I would follow in Utrecht. Also, because I followed mostly psychology courses in Belfast (you have to do 60% psychology courses) preparation was not necessary for that either.

language preparation

Not necessary as I was going to an English speaking country

finances

If you have your erasmus grant on top of the normal amount of money you have every month you should be fine. I had enough money with my grant, loan and erasmus grant combined. Just make sure you have some savings, because you might need to make larger payments (for example your room) at once.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed 3 psychology modules and 1 history modules. The university in Belfast has great modules available, because it is a large university. There is something for everyone. When I arrived I had to substitute one module because my original choice was not available anymore. Also, during the semester a full module was reduced to a half module due to absence of a teacher, so I had to pick another half module to make up my credits. This was all a bit annoying, but because there are so many courses available it was fine in the end.

academic quality of education activities

The quality and depth of the courses is similar to Utrecht. In the end I would say it is maybe a little bit easier, because you have to do slightly less reading and assignments throughout the period, and scoring a sufficient mark is very doable.



counselling & support at receiving university abroad
I had a Dutch contact person which made things very easy. He communicated fast most of the times, although you sometimes need to send him a reminder e-mail. He got me all the help i needed in time.
transfer of credits
Transfer of credits from Belfast is very easy because the education there is of high quality. For the most part i followed courses that would be considered level 3 courses in Utrecht. It is also possible to score quite high on those courses, because you have more time to get good grades because you have a lower workload compared to Utrecht.

STUDENT LIFE

welcome & orientation programme
Queen's organises a great welcome week for international students. It consists of information lectures, and meetings with your study adviser there. Additionally, there are a lot of leisure activities which help you to meet other internationals/erasmus students. There are pub crawls, a traditional irish dance night and much more. At the end of the week i had already made a lot of friends, many of which i ended up being my friends throughout the exchange period.
accommodation
I stayed in university accommodation, which was quite nice. My building had recently been re-done, so the showers and the kitchen were good and clean. Another nice part about staying in university accommodation was that almost all my friends lived within a five minute walk, because pretty much everyone lived in the same spot. This made it very easy to meet up and hang out with my friends.
leisure & culture
Belfast is a great city. It is not too big, so you will be able to really feel at home in a short period of time. There are many pubs, bars and clubs and you can go out pretty much whenever you want. The people in Northern Ireland are very nice, and are glad to have you, because there are not that many foreigners there yet. Also, northern Ireland and the Republic of Ireland are beautiful countries, so do as many trips as you can while you are there. Traveling within the country is very cheap, so Scotland is also an option.
suggestions/tips
Make sure you have enough savings, because sometimes you need to pay large sums at once. Do not forget that you will spend more money than you expect, I did at least. Also, if you go to Belfast a creditcard is a good thing to have, because you cannot use your debit card for everything. For the rest, enjoy!

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
I would definitely recommend Belfast. It is a great university, and the country and its people are very nice as well. There is a lot to do, and the city feels like my second home now.
do you have any additional advice or comments?
-



UU Report form - Erasmus 2016-2017

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	Belfast, United Kingdom
name university abroad	Queen's University Belfast
start date	14 / 09 / 2016 (dd/mm/yyyy)
end date	24 / 01 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process is mainly getting a lot of signatures and filling in forms. After you have chosen the university you want to apply for, you have to make sure that you have an overview of all the deadlines for the different forms (motivation letter, resumé, choice of subjects, finances). Even when you arrive in Belfast, you're not done with the paperwork but you have to fill in a learning agreement (often several times), grant agreement and many more. It is not that overwhelming, but just make sure that you have enough time to collect the signatures from both receiving and sending university. UU responds usually within 2 days but sometimes QUB takes a while to respond.

counselling & support at Utrecht University

The International Office of Social and Behavioural Sciences was very helpful when I had a question or when I had to deal with a personal issue. They respond very quickly to emails and the information on the website about what steps to take is pretty clear.

academic preparation

The level of education at QUB is comparable with the level at Utrecht University. In my opinion it is slightly easier, so academic preparation is not necessary.

language preparation

Language preparation is not necessary. If you have an average level of English, you will be able to manage. The accent can be quite hard to understand sometimes, but after a while you will get used to it.

finances

Belfast is overall slightly more expensive than Utrecht. If you have accommodation at the campus of QUB, you have to pay your total rent at once, so about 2200 euros. But there are few costs for transport, since almost everything is in walking distance (and you will walk a lot) and you don't have to buy studybooks, since everything is available for free online and also the cinema is only about 4 euros. But overall, by being abroad you will spend more money than you probably will do at home because you will go out more, and by making trips to Ireland and Scotland. So make sure you saved enough money to enjoy yourself!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The courses that I took were Ageing: Mind, Brain and Behaviour, Introducing Criminology, Youth and Political Violence and Performance Analysis. I wanted to choose Childhood Adversity and it was confirmed after email contact with my study advisor, but after I arrived in Belfast, the main teacher was on maternity leave so



that course wasn't available anymore. There was not much to choose after that so I had to pick the last two courses I named. Those were half courses, which meant that in the first half of the semester I took 2 courses, but in the second half I had 4 courses, which is quite a lot. At QUB there are usually two moments of examination, either an exam or an essay. Exams are different from the ones at UU because they are only essay questions (with references!), which is a bit difficult if you are used to multiple choice questions.

academic quality of education activities

The academic quality is about the same as the quality at Utrecht University. But the quality was different for every module, some of them were quite hard and specific (like Performance Analysis) but other modules felt like taking 2nd year courses. I had about 6-12 hours a week.

counselling & support at receiving university abroad

The study advisor at the School of Psychology at QUB is dutch and he helped me with choosing my courses and he send me a list with the courses which were available, since the information on the website is not up to date. I didn't needed much support after choosing my courses but if you need help there are many places you can go to.

transfer of credits

I haven't received it yet, so I don't know.

STUDENT LIFE

welcome & orientation programme

The orientation programme at QUB was well organised. There was a full week with welcome speeches, fun activities and tours around the campus and the city. In this week you will get to know the city better as well as the university. After that week, the freshers will arrive, which means another introduction week with mainly parties, and you can also sign up for one or more of the clubs and societies that exist at QUB. The many churches that Belfast has also have a welcome programme, I didn't know it was from the church at first, but luckily they didn't talked about church as much and they just organised free dinners and trips.

accommodation

If you get accepted at QUB, you will get the opportunity to apply for accomodation on campus. You can also decide to live in private accomodation, which is much cheaper but it is difficult to find one if you haven't arrived yet and you will most likely live with non-students, which is not preferable if you want to meet a lot of other students. I lived at Elms Village, with 10 other international students. The rules are quite strict with a guest policy and guards every day at 11 pm that will check your ID. The rooms are basic but fine and the kitchen/living room was a perfect place to hang out with flatmates. You can also live off-campus (but still part of QUB accomodation) in Grant House, College Gardens and Mount Charles. You can also apply for accomodation there (which I also did), but most international students will end up in Elms Village.

leisure & culture

Belfast is not that big, but is a lot of fun. It is well known of his cosy pubs with lots of live music. There are some great places in Queens Quarter (close to the university) and in the Cathedral Quarter (in the city centre). Most places close at 1 or 2 pm, so don't be shocked if your pubcrawl starts at 7pm. Belfast has also a lot of coffee places and restaurants to offer (for student places, go to Botanic Avenue).

The whole of Ireland and Northern Ireland is beautiful! Make sure you can make a lot of trips because the coast and the nature reserves are absolutely stunning. The treehouse in Elms Village will organise a lot of trips for you in the first two months and they will give you a cheaper price.

suggestions/tips

If you want to meet locals instead of mainly international students, you can sign up for a club or society. I decided to join Lacrosse and the Photographic society which was great and it also brings some structure in your week schedule, because the amount of free time in the beginning can be a bit overwhelming for some people.



Also, do a Black Cab tour, it is very interesting and will tell you a lot about the history of Belfast and I only noticed after the tour that the Conflict is still alive (the enormous walls that close everyday is quite shocking).

CONCLUSIONS

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

Yes, I would recommend this university for an exchange! The quality of the university is good and Belfast has a lot to offer. You can try things you would never do (or less) at home and the people are really friendly and will make you feel welcome.

do you have any additional advice or comments?

Try to do as much trips while the weather is still good, because after two months it can be quite cold to do a hike in the Mourne Mountains for example. Enjoy your time while you can, because people start leaving before you know it.

Additional comment: They say about Ireland and Northern Ireland that it rains almost every day, but none of that was true while I was there from September till January. It was sunny most of the days and it barely rained.