



UU Report form - Erasmus 2021-2022

Contact details	my e-mail address other (social) media	huijersmarijn@gmail.com insta @marijn_sterre
faculty/college	Faculty of Social and Behavioral Sciences	
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD	
name study programme	Psychology	

destination city & country	Vancouver, Canada
how did you travel to your destination?	Plane
name university abroad	Simon Fraser University
start date	07 / 01 / 2022
end date	26/ 04 / 2022

PREPARATION

exchange application process

The application process was quite easy and SFU was good in communicating about the requirements and deadlines. They had an online procedure where you could upload the necessary documents.

counselling & support at Utrecht University

I didn't really need the support of the UU. I only contacted the international office when I needed a proof of my English proficiency for the SFU application, which was basically a signed letter from my university saying my level of English was good enough. The International Office was very nice and fast with helping me out.

academic preparation

I didn't need any academic preparation since I already finished all my courses and thesis before the exchange. I was able to take any course I wanted because I already had all my points that I needed to graduate.

language preparation

No language preparation was needed, I only needed a letter from the University proofing my English level was sufficient.

finances

I saved some money before going to Canada because it's an expensive city. I also arranged to sub rent my room in the Netherlands. I didn't get any scholarships.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Even though I applied as a student from the department of Social Sciences, I was not required to take courses from that department and since I already finished my mandatory courses, I was free in choosing whatever I wanted. I decided to study at the Political Science department, and they had a big variety of courses! It was somewhat difficult to figure out which courses were available in my semester because not all the courses are held in every term. I also needed to make a list with at least 8 courses that I would want to do in case courses were full or unavailable. This was a lot to come up with since I only wanted to follow 3 courses. The enrolment was very easy. I just handed in my list and the SFU exchange team enrolled me. The courses I did were introduction in politics and government, democracies and autocracies and women in policy.



academic quality of education activities
I think the difficulty of my courses was exactly right for me. I followed two more introductory courses and one more advanced course. All my courses were from political science, a different department than what I normally study. The courses were not hard or difficult to follow. Because you must do at least 3 courses (some people did even 4 or 5), there is a little bit more pressure to keep up and make the deadlines. If you don't need the points, I would therefore definitely recommend following only 3 courses. On the other hand, I do think the courses were easier than what I'm used to at the UU, especially the assignments and tests. The teachers were really nice and if you tried your best, it was not hard to get a good grade.
counselling & support at receiving university abroad
I only had contact with the SFU exchange team with the enrolment for my courses. They were very helpful when I made a mistake in understanding which courses were open for my term. In the end it all worked out and they enrolled me in my courses.
transfer of credits
All the three courses got transferred to my list of courses at the UU with a pass/fail system. For every Canadian credit you obtain you will receive 2 ECTS.

STUDENT LIFE

welcome & orientation programme
Since there were still some COVID restrictions in the beginning of the term, our welcome programme was online. The introduction was not very special, just some talks and time to get to know each other. As the exchange group, we immediately made a WhatsApp group during our introduction via Zoom which has helped me a lot with making friends and finding people to go explore the city. All the students were very nice and excited to go out or go on trips. We organised a lot of activities ourselves and took a lot of initiative. For example: we booked a bar for all the exchange students every Tuesday which was a really nice way to meet people, I went on skiing trips and on a road trip to Banff in Alberta with 20 other exchange students.
accommodation
I lived off-campus in West-End Vancouver (close to Stanley Park and downtown). I applied for on campus housing but got put on the waiting list. It was not hard to find a place to stay in Vancouver via Facebook or Craigslist (especially not when you're used to the process for finding a student house in Utrecht), but it was expensive. Most housing was around 1000 CAD per month, which was around €750. I lived in a really nice apartment with two roommates, and we shared a living room, kitchen and rooftop. Later, I did get a housing offer on campus but decided to stick to my apartment. Even though living on campus has some pros, like living close to most of the exchange students and University, I preferred living in the city. The campus is around 45 minutes from downtown with the bus, which is annoying if you want to go anywhere. Thereby the rooms on campus came unfurnished which meant you had to buy everything, from cups to sheets. The supermarket on the campus was also quite expensive so a lot of people took the meal plan. If you do want to live on campus I would recommend applying really quick so you have the best chance of living in the townhouses. I preferred living more independent and really feeling like I was living in Vancouver. I think it also helped me make a lot of friends outside the exchange programme. As I'm writing this report, I'm back in Vancouver again to see my friends that still live here and I'm able to couchsurf because most my friends live downtown.
leisure & culture
I must say I fell in love with the city and the people. Vancouver has a big diversity of neighbourhoods and backgrounds. Davie street with all its gaybars, Chinatown with hiphop vibes, underground music in Gastown, hipsters in Commercial Dr and a lot of Latin people on English Bay Beach. I really enjoyed exploring all the different places and getting to know people from different countries. I started with learning Spanish since most of my friends were Mexicans or South Americans. I also really enjoyed the combination of nature and city. From



where I lived it was possible to be on a ski resort, hike, lake or beach within 30 min with the bus. But within the city there was also a lot going on. I've been to concerts, restaurants, bars and worked as a volunteer in a movie theatre. Now since I came back to Van in the summer: I enjoy the festivals and long days on the beach!

suggestions/tips

I would definitely recommend taking time for trips and travels after your term! A trip to Canada is quite expensive so while you're there, better enjoy it! During my term I went on a trip to Banff which was cold but beautiful and Vancouver Island. After my term I went on a workaway to Portland, roadtrip to Yellowstone and North part of the West Coast of the US and solo travelled in California. It was worth it!

CONCLUSIONS

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

I would definitely recommend this destination! The university was nice and well organised, even though a little bit far from the city. Vancouver is a beautiful city with lots of things to offer! The people are super friendly and I loved the whole vibe.

do you have any additional advice or comments?

Pack light! I came with only one 65L backpack to Vancouver with my tent, sleeping bag, mattress and stove next to all my normal school stuff. I packed clothes suitable for winter and summer, hiking boots and a good camera, my absolute essentials! Because I only had one (heavy!) backpack I was able to travel a lot and camp/road trip after my term without a lot of luggage. In total I spent 5 months in Van and 3 months travelling the US, so it was a long time surviving on one backpack but totally doable and in my case worth it.

UU Report form - Erasmus 2021-2022

Contact details	my e-mail address	a.w.roder@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 (but I followed criminology courses)	

destination city & country	Vancouver, Canada
how did you travel to your destination?	By Plane
name university abroad	Simon Fraser University (SFU)
start date	08 / 01 / 2022
end date	27/ 04 / 2022

PREPARATION

exchange application process

I first went through all the countries and city's I thought were interesting and made a top 3 out of those. After



<p>this I applied for the top 3 at Osiris and submitted all the necessary documents. I mostly searched for English speaking countries because I don't really speak another language next to English and Dutch and I thought it would be easier to connect to people there when you can speak their language.</p>
<p>counselling & support at Utrecht University</p>
<p>I mostly went to all the information days and presentations and I could always email the international offices with any questions which was very helpful! I also made an online teams appointment for multiple questions.</p>
<p>academic preparation</p>
<p>I didn't have much academic preparation, I only made sure that I had passed all the courses the year before so I wouldn't get in trouble with a failed course. I also went in my 4th year of my bachelor because I requested a delay for my graduation so my exchange was an extra program.</p>
<p>language preparation</p>
<p>Nothing really.</p>
<p>finances</p>
<p>I did work for a full year 16 hours a week because it's really expensive, especially when you want to travel after the exchange. I still underestimated it.</p>

STUDY ABROAD PERIOD

<p>study programme (content and organisational issues)</p>
<p>I followed 3 criminology courses: Analysis of homicide, terrorism and communities and crime. They're actually exactly what you would expect so the first one was about different topics around homicides, the 2nd one about the history, theories and explanations of terrorism and the last one was about how and why crime differs between different neighbourhoods and why certain neighbourhoods experience more crime than others.</p>
<p>academic quality of education activities</p>
<p>I thought the courses were easier than the course at the UU but they're a lot more work. I had so many more deadlines than I'm used to and they were mostly quite long papers.</p>
<p>counselling & support at receiving university abroad</p>
<p>I had multiple meetings before arriving and also some after arriving. They are very approachable for questions and are fast with their answers. They also keep you up to date on email a lot.</p>
<p>transfer of credits</p>
<p>They do this automatically so I didn't have to do anything for my credits to be transferred.</p>

STUDENT LIFE

<p>welcome & orientation programme</p>
<p>I did arrive when Covid was still bad so everything was online for the first few weeks. Because of this we didn't really have a big welcome week but I've heard that it's nice when it's actually not online.</p>
<p>accommodation</p>
<p>I do recommend to get a room on the Burnaby campus! It's very hard to find something off campus and downtown Vancouver is still about an hour away. Also when I was there, most of the people lived on campus so we did a lot on campus and everyone who lived off campus had to travel to campus almost every day. The application for those rooms are open very early and they are also full quite fast so you have to check the application date and make sure you're the first. On campus there are different buildings with different names and before I left I read how you had to be in a townhouse but I was placed in Shellhouse so I expected everyone to be at the townhouses except but all the other exchange students were quite scattered between the different</p>



buildings actually. So it doesn't really matter that much.

suggestions/tips

Make sure you write down all the deadlines and mostly the one for the on campus applications because that's going to save you a lot of trouble. Also try to contact other exchange students who are going to the same university before you leave, this helped me a lot and I actually met up 2 other Dutch students at the airport and travelled with them to Vancouver. This definitely got me through travelling all the way to Canada.

CONCLUSIONS

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

I would definitely recommend this university and destination! I had such a great time there with amazing people. The university is great with communication and I loved the courses. Vancouver is also such a nice and safe city, you can do a lot around Vancouver as well. The nature around Vancouver is also so beautiful, you can do a lot of hikes and visit beautiful places just an hour away.

do you have any additional advice or comments?

You'll never be able to be fully prepared, you'll forget things, be surprised of things, you'll underestimate things but you'll figure it out and that's part of the experience so don't stress too much about it ;).

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	Interdisciplinary social sciences

destination city & country	Vancouver, Canada
how did you travel to your destination?	Plane
name university abroad	Simon Fraser University
start date	26 / 08 / 2019
end date	16 / 12 / 2019

PREPARATION

exchange application process

When checking out all the destinations on the uu webpage, I was quite overwhelmed by all the possibilities. I just went with my gut feeling and looked at the webpages of certain universities that gave me a good feeling. In the end, I made my decision based on those feelings and based on the availability of gender studies courses, since that was what I wanted to study.

I took the time to sit down for writing my motivation letter, writing bits and pieces every day. I also let my friends



and family read my letter to make sure there were no mistakes and my message was clear.
counselling & support at Utrecht University
International office was really helpful and quick to respond to all your questions via email, but you could also easily walk in during opening hours.
academic preparation
The courses I chose at SFU were in the field of social sciences, so I didn't have to do a lot of preparation. When I went abroad, I had completed my first year and had taken some extra courses in my second year, when I was on the board of my study association.
language preparation
My level was already sufficient, so I didn't do anything special.
finances
I applied for two scholarships at two private foundations: KF Hein fonds and Fundatie van de Vrijevrouwe van Renswoude. It is a lot of work to apply and you need to finish your application at least 3 months before you leave. I would totally recommend putting in the effort, because I got both the scholarships, and this covered for a significant part of my finances.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
I followed 4 courses in Gender, Sexuality and Women studies. It was a little difficult to find out which courses to take, since they offer different courses every semester, every year. Because of slight differences in what is offered every year, you might not be able to take all the courses you want. However, there are so many courses you will find something you like for sure. Enrolling was super easy, since the international office of SFU will do it for you. The only thing you have to do is give a list with your preferences.
academic quality of education activities
I expected the academic quality to be way lower than at UU, since that is what everyone told me. However, I decided to take only third- and fourth-year courses and those had a similar level to UU courses. The examination is a little easier, but is different from what we are used to. I got to do a lot of smaller (creative) assignments, and all exams were in essay instead of multiple choice. I personally preferred this over our own examinations. I really loved the education at SFU for multiple reasons. First of all, I had 4 hour seminars in groups of 30 students with a teacher specialized in that field. Both the teachers and the students were very involved, and everyone was participating in lively discussions. All students had very different backgrounds from all over the world, and had very different experiences in the field of gender and sexuality. I learned so much from discussion our experiences and ideas in the classroom.
counselling & support at receiving university abroad
The support at SFU was great. The international office was quick to respond to all my questions. I got a buddy to chat with before arriving in Canada, who was also there to show you around when you arrived at SFU. The university offered a lot of different support centres and activities throughout the semester.
transfer of credits
This was very easy. I made sure that I would get credits for my courses by checking it with the examination commission before I left. When I got back from studying abroad, SFU had already send my grades to UU and they were in Osiris some weeks later.

STUDENT LIFE



welcome & orientation programme
There are two weeks of welcome, one in residence and one of the university itself. In these two weeks there are a lot of activities that make it easy for you to make friends. For example, BBQ's, festivals, trips to the city centre and Whistler and tea hours. There is also the possibility to join clubs in this week. There will be a club that fits your interest for sure. From all different sports to gaming, knitting, ethnicities, political viewpoints and studies, everything is possible.
accommodation
I stayed in the Townhouses, which is one of the residences on campus. I would really recommend choosing this residence, since all international students stay here and the other residences are more for first year students. You live in a house with 3 other students, with whom you share a big living room, kitchen and storage. The bathroom you share with 1 of your housemates. The beds are not the most comfortable and the house is very basic, but it's furnished and with some small accessories you can easily make it your home. It is possible to choose your own housemates, but don't expect too much from this, because the system they use is very inconvenient.
leisure & culture
The culture at SFU is more American than I expected (think Cheerleaders on the day of arrival, everyone is walking around in sportswear and there is a Starbucks at every corner of the street). Canadian people are the nicest people ever and they make you feel very welcome. SFU has a gym, swimming pool and multiple indoor and outdoor sports fields that you can use on campus. However, you will probably want to get off that mountain every now and then. You will certainly not have enough leisure time to do all the amazing things you can do around the city and the wider area. The nature is stunning, so prepare to do some amazing (challenging) hikes.
suggestions/tips
The semesters in Canada work different from our own semester. I finished studying at SFU in the last week of November (usually it is in the second week of December), so I had two months off before starting again in Utrecht. Because of this I had time to travel, which was great.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would definitely recommend this university and destination for studying abroad for all the reason above. I had an amazing time, learned a lot and look back on a great adventure.
do you have any additional advice or comments?
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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	Pedagogische Wetenschappen

destination city & country	Vancouver, Canada
how did you travel to your destination?	Plane
name university abroad	Simon Fraser University
start date	01 / 09 / 2019 (dd/mm/yyyy)
end date	31 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process is fairly easy but does require some time to be completed. Keep in mind that some documents like your 'most recent transcript' need to be requested. To be sure you hand in all the documents in time, I would recommend to start as quick as possible.

counselling & support at Utrecht University

The International Office FSW is really helpful. They have helped me with all the questions I had and are also in contact with the University you're applying at.

academic preparation

I did not need any academic preparation for my exchange semester in Vancouver.

language preparation

SFU did require a proof of English, however a language proficiency statement derived from the International Office FSW, was enough. So there was no need for me to take IELTS or TOEFL test.

finances

I did save money for the flight, costs of living, insurance and books.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The study programme at SFU is diverse. I was able to follow the courses I wanted to. However take some time to look into the courses, they offer a lot and a lot of different courses you are not able to follow. Next to this, creating your schedule is chaotic. A special warning to look at the campus you are selecting, you live on Burnaby mountain and they also offer courses in Surrey or Vancouver Downtown. Those two campuses are 40 minutes by public transport.

academic quality of education activities

The academic quality was okay. I took first year courses, and this was really easy. The lectures were okay but



not every professor was as good in explaining his or her material. Expect a more 'high-school'-like approach, with a lot of guidance and small assignments.
counselling & support at receiving university abroad
The counselling and support at SFU, is really good and welcoming. Bose, the student counsellor was really helpful.
transfer of credits
No grade is transferred, only a pass or fail.

STUDENT LIFE

welcome & orientation programme
The welcome & orientation week is extensive. A lot of activities were organized which gave me the opportunity to meet exchange students. However, it was kind of childish but if you invest in contacts in this week you will be glad the remaining time.
accommodation
I lived in the townhouses, really nice houses with four people. Most exchange students lived in the townhouses and I would recommend this! Try to be quick to organize this accommodation for yourself, I was placed on a waitlist and finding accommodation off campus is really hard and expensive.
leisure & culture
Vancouver is surrounded by beautiful nature. If you like hikes, lakes and mountains (skiing in the second semester), I would for sure recommend this! The city Vancouver is big but not like an European city. For me, the city had little history or museums for example. But the vibe of the city is really relaxed, clean and safe. A lot of homeless people are living here since it is the warmest city of Canada but they are mostly located at one street, so I did not experience a lot of inconvenience. It is an outdoor city, so if you like this I would go there!
suggestions/tips
Safe some money so you can take a trip to for example: Banff or Seattle!

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
I would recommend this destination to people who love nature, outdoor activities and who don't mind rain (during the fall term). Be aware that Canada is really big, so getting around takes patience and time but the nature is stunning and the people so very friendly! Small talk in a non-American way is what surprised me the most! I do want to give a disclaimer, the weather can get pretty bad and the campus is quite remote (40 min. from the city centre). So if you have in mind to 'travel like a backpacker', keep in mind the country is big and quite expensive to travel around. But overall, if you are a person who loves nature and outdoor activities Vancouver is a really great place to go to!
do you have any additional advice or comments?



UU Report form - Erasmus 2018-2019

Faculty/college:	Social Sciences
Level:	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Cultural Anthropology and development sociology
Destination city & country	Vancouver, Canada
Name host institution and/or company/organisation	Simon Fraser University
Purpose of exchange	<input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	31/01/2019
Return date (dd/mm/yyyy)	13/06/2019

Preparation

Exchange/placement application process:

The application process was very clear. In December you have to apply and tell your top three destinations. For me my first choice was Vancouver, so I wrote my application on SFU, Vancouver. In January or February you get to hear whether you have one of your top three or if you have to look further. If you are selected for SFU Vancouver, you are very lucky! Then the process of application starts for SFU. There are several forms you have to send them, this is a transcript of your marks, another short motivation letter, and another form with general information. This is all very easy to get from the international office. There is also an International office at SFU which you can always email and they will reply to you within a day most of the times. In July or August you will get the official acceptance from SFU. Then you have to arrange housing and some other forms have to be filled in, but this is all very clear.

Counselling/support at home university:

Really good, the international office UU is always there to help you if you have any problems. They will respond to emails within a few days.

Academic preparation:

There is no academic preparation.

Language preparation:

There is no need for language preparation.

Finances:

Make sure you will save a lot of money!! You don't want to be the one that can never join activities. Especially if you are planning on skiing, which is amazing, save money! And living in Vancouver is just very expensive.

Study/placement abroad period

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



It is hard to find which courses are available for exchange students. You have to make your own schedule and this has to be approved by the court. They have youtube videos that explain how to do this, so again all very clear. And again there is always the possibility to email the international office in Vancouver.

Academic quality of education/placement activities:

The academic quality differs per course. For me it was quite similar to UU. I had to write a lot of essays and other writing exercises. They expect you to speak up in seminars and ask questions, go to study hours and so on. They expect an active attitude in class.

Counselling/support at host institution/organisation:

Very good. If you have any problems, you can always go to the international office or email them. They will respond within two days, or if you want to have it fixed immediately you can always drop by. Don't hesitate, they are there to help. But they will make this very clear the first day at the very American introduction day.

Transfer of credits:

Very easy. You have to get approval for every course from the exam committee at UU. SFU will send all your marks to UU, and everything will go automatically.

Student life

Welcome/orientation programme:

First of all they have a buddy program. You will apply for this while you're still in the Netherlands. Have to give up some preferences and you will get paired up with a student from SFU. My buddy picked me up at the airport and we spent the first day together which is a very nice welcome when you don't know anybody, so I would recommend to do that.

There is one day of orientation, it is a very American opening day for all students that are gonna start at SFU, so not only exchange students. You will get to know the basics of SFU, a tour through campus etc. At the end there is a meet up for all exchange students and they will focus on exchange and what you need to know about the exchange program etc. It is just a formal thing.

Accommodation:

I lived on campus in the townhouses which I would definitely recommend. Your house is like a real house, you will live with 3 others, you share a living room and two bathrooms. Walking to the Burnaby campus is 5 minutes and the best thing is that almost all exchange students are living here. This makes it very easy to make friends. You will enjoy the townhouse parties almost every week.

Leisure/culture:

The culture of Canada is very interesting. They pay a lot of attention to the indigenous people and their culture. Furthermore it is very western and is the stereotype about the politeness of Canadians very true.

Suggestions/tips:

Live in the townhouses, take most courses on Burnaby campus and save enough money (so you can travel after exchange as well)

Conclusions

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

If it was possible I would go again. It the best thing I ever did! They will help you with everything,



the professors are really nice and always open for questions etc. The campus life is beautiful and the whole experience is overwhelming but amazing.

Do you have any additional advice or comments?:

There are three ski mountains at 30 minutes driving distance and Whistler at 1,5 driving distance. So having class in the morning and going skiing in the afternoon is no exception. Choose SFU, you won't regret it.



UU Report form - Erasmus 2018-2019

Faculty/college:	Sociale Wetenschappen
Level:	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Pedagogische Wetenschappen

Destination city & country	Vancouver (Burnaby), Canada
Name host institution and/or company/organisation	Simon Fraser University (SFU)
Purpose of exchange	<input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	29-08-2018
Return date (dd/mm/yyyy)	19-12-2018

Preparation

Exchange/placement application process:

You have to think of a lot, which subjects you want to follow, housing, insurance, phone subscription, OV compensation, etc. Make sure you think about this and start on time with preparing, then this is no problem. For the application to SFU you get a username and password to fill in all the required documents in an online system. Start with this on time as well, because you need to hand in quite some documents and you also have to hand in the subjects you want to follow already.

Counselling/support at home university:

If I had questions about procedures or what to hand in, I could always ask the International Office and they would help me.

Academic preparation:

I made sure I had passed all the required courses in my bachelor so far and gained the amount of ECTS I needed in Canada.

Language preparation:

None necessary as long as you master English quite well.

Finances:

I had saved quite some money for this. I also lend some money and had an OV compensation. Especially the flight and housing is expensive. Other things are comparable with the Netherlands (food, clothes, etc.). Be aware of the coin exchange rate, a Canadian dollar is less in euro.

Study/placement abroad period

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



During your application you already have to hand in which subjects you want to follow, because you have to get approved for them. As far as searching for subjects, they have a lot of courses which all have different levels (from 100 to 400). 100 courses are usually very broad, introductory courses whereas higher level courses are in more depth. Usually higher level means it is a little harder and sometimes they give more credits, but not always! You must be aware that if you enter courses which are level 200 or up, there might be prerequisite courses and then the lecturer at SFU will decide if you get access to the course or not based on the courses you followed at UU. I had a couple of courses which were denied access to me, because I did not have the prerequisite SFU courses and then you have to search for new courses again. Also be aware that they have credits in Canada and not ECTS, so you have to convert the credits to ECTS. You can follow 3 to 5 courses. I followed 5 courses to be able to get all the ECTS needed, but this can be though sometimes. If you plan well, it is definitely doable but you have to keep up. You can also make your own enrolment schedule with the courses you want to follow. Sometimes there are multiple options for tutorials or labs, so you can make it to your own liking. SFU will then enrol you in these courses and those specific lectures/tutorials/labs/etc. Sometimes this might change a little afterward, for example when a certain lab or tutorial is already full, but for me it didn't.

Academic quality of education/placement activities:

The academic quality is good. The courses I followed had lectures and tutorials, but some also have labs or seminars. The number of students in lectures can be quite a lot, tutorials are smaller groups of students. If you put in some effort I think it is easier to pass/get a good grade. My exams and assignments were also smaller than I am used to. However, I had a lot more assignments and exams so at the end it was about the same amount of effort for me.

Counselling/support at host institution/organisation:

SFU also has an international office and they are happy to help you if you email them with any problems.

Transfer of credits:

SFU will do this for me, but I'm still waiting for it.

Student life

Welcome/orientation programme:

They had a general orientation day, but this was more general and mostly aimed at first year students at SFU and not international/exchange students per se. They also had an orientation day for all the exchange students of the semester. This was good, because you get a lot of information about how SFU works, how the school system works, but you can also get to know a lot of the other exchange students. In the afternoon there is lunch and you can talk and meet other exchange students, also the other students that are there from your own country. They also have an optional buddy programme. This means you get email contact with a buddy, someone who studies at SFU, about a month prior to your arrival. They can help you with questions and issues you have and usually you meet with them once you arrived.

Accommodation:

SFU informs you about housing on campus and there is an organisation which you can subscribe to and then opt for one of the housing options. They have multiple ones, but I chose townhouses and I got it. There is housing off-campus too, but then you have to look for yourself. There are some



groups on facebook and maybe if you search online you can find it too, but I only looked at campus housing. Do start applying for campus housing or search off campus on time. On campus housing was really nice, you share a house with 3 other people (so 4 in total). You have 3 levels, the lower level is kitchen and living room that you share. The middle level has 2 bedrooms and a bathroom and the upper level has two bedrooms and a bathroom as well. Your bedroom is your own. It is a bit bare, but you can make it cosy yourself. There is the option to get a meal plan, but this quite expensive so I cooked in our own kitchen. In my semester a lot of the other exchange students also stay in townhouses, so you can meet with them, etc.

Leisure/culture:

There is a lot of things to do in Vancouver. Vancouver is big and there is lots to explore. There are lot of things organized, so keep an eye on events in the city. There is also lots of hiking opportunities, you can find a lot of hikes in Vancouver online. There is also parties organized in the city or on campus if you like that. SFU organized a trip to Whistler when I was there, which is also a pretty city to visit. There are also lot of skiing and snowboarding options in winter around Vancouver if you like that, for example in Whistler or the Canadian rockies. There are also things to explore surrounding Vancouver, think of Whistler, Garibaldi, Cypress, Squamish, Joffrey lakes, Vancouver Island, Banff, Jasper and Seattle (do think of a visa if you cross the US border!). However these options are further away and you usually need to arrange a car or bus to get there, because public transit doesn't go there.

Suggestions/tips:

If you stay on campus, the rooms are usually bare. You have a closet, bed, desk, etc. However there is no bedding, no kitchen utilities (in townhouses) or bathroom utilities, so you have to buy all of that or bring it with you. If you buy it in Canada, it doesn't have to be very expensive, especially if you share some costs for for example the kitchen utilities. Walmart or the Dollar Tree/Dollorama are some stores in Canada which sell these utilities for low costs. These stores are a short trip with the public transit though. Walmart is about 30/40 mins. and the closest Dollarama about 20 mins. Also keep in mind that it takes about 1,5 hour to get to SFU from the airport.

Conclusions

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

Yes! Canada is a beautiful country, I had an amazing times, got to know lots of new people, learned a lot and got to see a lot too! It is an amazing experience

Do you have any additional advice or comments?:

Be prepared, but don't have too many expectations and enjoy your experience!


UU Report form - Erasmus 2017-2018

Faculty/college:	Social science
Level:	X bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Interdisciplinary social science

Destination city & country	Vancouver, Canada
Name host institution and/or company/organisation	Simon Fraser University
Purpose of exchange	X study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	26-09-2017
Return date (dd/mm/yyyy)	15-01-2018

Preparation

Exchange/placement application process:

I was required to write a motivation letter, make a financial plan and a study plan.

Counselling/support at home university:

There are some events to prepare for the exchange. You can talk to students who have been on exchange.

Academic preparation:

I did not prepare academically for my exchange.

Language preparation:

No preparation.

Finances:

I got money from my parents and I saved up money.

Study/placement abroad period

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

I followed four courses: three criminology courses and 1 psychology course. It was quite complicated to select courses because of prerequisites and schedule problems. So, you need some time to figure out which classes you can take.

Academic quality of education/placement activities:

It really depends on which classes you take. The overall level is lower than at the University of Utrecht. However, the workload is way higher. There are a lot of little assignments, readings, presentations etc.

Counselling/support at host institution/organisation:



The international office from SFU is really great. They are willing to help with a lot of questions. Also, they respond really fast when you e-mail them.

Transfer of credits:

My credits appeared in Osiris. The grades you get in Osiris are different from the grades you get at SFU.

Student life

Welcome/orientation programme:

They organized a lot of activities in the first week and it was really easy to meet new people. I thought the welcome's week was a little bit childish but it is a great way to meet new people.

Accommodation:

I would really recommend to live on campus. (in the townhouses) Almost all the international students live here and it is amazing to have all your friends living so close to you. I think the housing is around 550/600e euros, so it is not cheap, however, it is maybe even more expensive to live in the city.

Leisure/culture:

Vancouver is a really great city. When you go to Vancouver you have everything: a big city, nature and the ocean. Also, the people are really friendly.

Suggestions/tips:

When you go the first semester, try to do a lot of things at the beginning because of the weather. Make trips to the states. (Portland, Seattle)

Conclusions

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

I would really recommend SFU. I love Vancouver because the city has so much to offer. However, you should keep in mind that the workload is quite high. So, compared to European cities it is maybe less partying but on the other hand, Vancouver is great and you can make a lot of nice daytrips and also trips to the States from Vancouver.

Do you have any additional advice or comments?:

If you want to travel afterwards you should really think about how much luggage you bring. I wouldn't recommend travelling with two suitcases. (you can also send one back but that is really expensive)


UU Report form - Erasmus 2017-2018

Faculty/college:	Social Sciences
Level:	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Educational sciences / Onderwijswetenschappen

Destination city & country	Vancouver, Canada
Name host institution and/or company/organisation	Simon Fraser University
Purpose of exchange	<input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	24/08/2017
Return date (dd/mm/yyyy)	14/01/2018

Preparation
Exchange/placement application process:

I applied for this exchange semester by handing in all the required documents to the International Office of Utrecht University. I made a financial plan, motivation letter, study plan and an extensive cv.

It took me a lot of time to decide where I wanted to go, but after a lot of research I was sure about it. The whole application process costs some time, but in the end it is all worth it!

Counselling/support at home university:

The support of the International Office is excellent. They want to help you every time and give you a lot of advice and support. They organized two information meetings, send very helpful information mails and always responded quickly when I had a question about something.

Academic preparation:

I did not need any specific academic preparation for my semester abroad. Before my departure, I finished all my courses of my first and second bachelor year.

Language preparation:

I did not follow any specific language preparation. The International Office could give me a 'proof of language sufficiency', this was enough for SFU to make sure my English was alright.

Finances:

An exchange semester costs a lot of money, especially when you go out of Europe. Vancouver is a very expensive (but amazing!!!!) city and the travel and living costs are higher than staying in Europe. This is why I made sure I had a lot of money by working, saving and using my student



loan. Also the 'OV-vergoeding' is a nice way of receiving some extra money. I was very very lucky to receive the Holland Scholarship, but this is not a scholarship for everybody.

In my experience, it was important to make sure I had enough money. When you are on exchange, you don't want to have to think about money all the time. You want to enjoy your time, and having enough money to be able to do a lot of things and make some trips is really part of the exchange experience. So, make sure you have enough money before you go so you don't have to worry about it while you are abroad.

Study/placement abroad period

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

At SFU I followed four courses. Each course is 6 ECTS so to receive 30 ECTS you have to follow five courses. Because I already followed an extra course during my second year of bachelor at UU I was able to only follow four courses at SFU. This was nice, because five courses is too much while being on exchange.

I followed two courses of 'Gender Studies', very interesting and new for me. I also followed the course 'Social Issues of Education', a very special course, given in a whole other way than the way courses at UU are given. My fourth course was the course 'Introduction to Labour Studies', I had to chose this course because the examination committee of the UU did not approved all the courses I chose. They refused one of my courses only two weeks before my departure, so this was a bit stressing. Make sure you mail them as soon as you know which courses you want to follow, it takes some time for them to check it all and you want to have enough time to chose new courses if this is necessary.

Academic quality of education/placement activities:

The courses I followed at SFU were first and second year courses. I chose them with purpose, because I also wanted enough time to make trips and do other things while being on exchange. My courses were much easier than at home. The workload is a bit higher (you have to make a lot of small exercises and 'homework'), but the level is definitely lower. If you want to be sure to have courses that are easier, you have to choose first or second year courses. When you want something more challenging, you can choose third or fourth year courses. The professors at SFU were very passionate in general and it was very nice to listen to their lectures. The tutorials were not very informational and challenging, but overall I enjoyed the courses I followed.

Counselling/support at host institution/organisation:

The International Office of SFU was really nice! They wanted to help you with everything, both while I was still in The Netherlands as while I was in Vancouver. They respond very quickly on your emails and you can always visit their office on the campus. They expect you to be quite independent, but when you come with a specific question and put some effort in it, they are willing to help you always.

Transfer of credits:

SFU send my Transcript of Records to the UU, I did not have to do anything for this. My grades are not yet transferred, but they will be soon visible in Osiris.

Student life

Welcome/orientation programme:

SFU organized a week of orientation with a lot of activities and events. During this week you were



also allowed to eat in the Dining Hall, so you did not have to think about doing groceries and cooking. This was very nice, since you were very busy with making friends and enjoying all the activities in the first week.

The orientation week was overall very nice. There were a lot of different activities to choose from, you were not obligated to be present at every activity, you could just attend one of them if you liked it. It was a perfect way of getting to know new people and the city. With my new 'exchange friends' I attended some activities organized by SFU, but we also did some things by our own. It was very nice to have a week before the classes really began, so you had all the time to get to know new people, the campus, the city and the language. Although it was sometimes very overwhelming and busy, I really enjoyed this week!

Accommodation:

Because I heard almost all exchange students stay in 'The Townhouses' at SFU, I also chose to live here. This was the best choice ever!! It is really nice to live in 'The Townhouses' while studying at SFU. A townhouse is a small house (it looks a bit like a Centerparcs house) which you share with 3 other roommates. (Almost) all exchange students live in 'The Townhouses', which makes the ambience really nice. It felt a bit like a small village with all kind of different students from different nationalities. Before you go on exchange, you get the chance to search for your future roommates, send them messages and invite them to become your roommate. One of my roommates did this, which resulted in me living with a girl and a boy from Vienna and one boy from Paris, a very nice experience. You can also always go to your other friends, since the houses are very close to each other. I had dinners, house parties, movie nights etc. a lot in all 'The Townhouses' with my friends. Living in 'The Townhouses' was an important part of my campus and exchange experience, I would really recommend them!!

Leisure/culture:

This destination is perfect when you are looking for a great combination between city and nature. Vancouver is an amazing city with a lot of nice things to do. It looks a bit like New York with just one fifth of the inhabitants, really amazing! Within one hour of the city (by car), you can visit beautiful nature. One thing to realize is that the distances are a lot longer than we are used to: you have to travel one hour with the bus to downtown Vancouver and a couple of hours (around 8 to 10 by car) to Vancouver Island and for example Banff National Park. In the beginning this felt like a lot, but I got really used to it. We visited some nice national parks and Vancouver Island in the weekends (I was always off on Fridays and some weekends we had Monday off because of a national holiday). You will never get bored when you go to Vancouver, there is more than enough to do!

Another nice thing of studying at a campus is that you can follow some sport lessons and go to the gym very easily, it is just 5 minutes walking from your house. I bought a sports pass of 20 dollars for the whole semester (very cheap!) and followed some really nice lessons. Moreover, I went to the gym sometimes and even one time to the indoor pool.

Suggestions/tips:

I arrived in Vancouver one week before the moving in day on campus took place. I stayed in a hostel to already discover the city. This was really nice and I can really recommend to arrive a bit



earlier, it is a perfect way to already get rid a bit of your jetlag and to get used to the language and the city. The first weeks on campus were overwhelming and very busy (especially with making friends), so it was nice to already spend some time in the city and to acclimatized a bit.

I also made a roadtrip through the USA after the semester, which was amazing! I can really recommend it to not only go to Vancouver for studying, but to extend your stay with travelling. You don't have to have all your plans fixed before your departure: just go and see what it will bring you and what your new friends are planning to do. It is sure that you will find something nice to do!

Other suggestions you really have to visit: Tofino at Vancouver Island (for Whalewatching, but go as soon as possible because of the weather!); Banff National Park (it is far away but definitely worth it!!); Portland in the USA; Joffre Lakes Provincial Park (perfect for a daytrip).

Conclusions

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

I would really recommend this destination to others! I had an amazing time, I really fell in love with Vancouver and the surroundings. The SFU campus is not very special and not very pretty, but the people who lived there and became my friends made it a lovely place. Canada is more American than you maybe think before, realize this when you want to go there and just enjoy it when you are there. Be adventurous and go on a lot of trips and do a lot of things, there is so much to see and do in Vancouver and outside of the city.

Don't go to SFU/Vancouver if you want to learn a lot academically, the courses are not very challenging. Go there when you want to: learn about yourself; experience a different culture and learn from other cultures (by making friends from all over the world); improve your English; visit amazing places; making a lot of new friends and meeting a lot of new people. Going on exchange is not about getting smarter, it is about getting more mature and independent!

Do you have any additional advice or comments?:

My most important advice: just let it be! Don't try to organize everything in advance, but just let it be the way it is. Try to not have a lot of expectations, everything will be different than you have expected. Just go there and make the best time of it.

Also, don't care too much about your academic results and what you learn. I was sometimes a bit disappointed because I did not learn a lot in my courses, but I learned a lot of different things outside of the university which are really useful and valuable in your life.

The last thing: realize that Vancouver is an expensive city. It is definitely worth it and you get used to it, but make sure you know it so you are a bit prepared.