



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

destination city & country	Strasbourg, France
how did you travel to and from your destination?	Train
name university abroad	Science Po Strasbourg
start date	17 / 01 / 2020 (dd/mm/yyyy)
end date	31 / 05 / 2020 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

The information on the UU website about the possibility to go abroad is complete and easy to get access to. The way to organise your documents in a special Osiris file is helpful. Students do get a good understanding of what documents are expected to be handed in for the application.

#### counselling & support at Utrecht University

The correspondence with the UU International Office is quick and helpful. I got the feeling that all my questions were taken seriously, and that the signing of documents did take a day or two which was very positive.

#### academic preparation

I planned to go on Erasmus already at the beginnings of my studies. I followed a bachelor in French language and culture and later started a double-degree programme with History. These two studies helped me develop the needed skills for the courses at Sciences Po Strasbourg. Especially the specialisation of International Relations and Europe constituted a relevant preparation.

#### language preparation

As mentioned before, I acquired a good proficiency in the French language, and a sufficient understanding of France's culture to be well prepared for my Erasmus period in Strasbourg.

#### finances

The university gave me a good indication of how the amount of money I would receive. The bigger share of the grant was awarded to me well before the departure.

### (interrupted) STUDY ABROAD PERIOD

#### welcome & orientation programme

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

\*Welcome programme & orientation programme\*: I was introduced to the university during one introduction day. The organisers gave me a good insight of the university and its functioning. It could have focused more on the administrative sides of the university, as well as on the various websites, apps, the mailbox, and other platforms the university regularly uses. I had to find this out on my own and this took me a lot of time while I had to settle in the city as well. More of a helping hand on these issues would improve the orientation programme substantially.



\*Study programme\*: I really enjoyed the variety of interested courses students could choose from. The university focuses on international relations and politics, of course, but there is room for more cultural and historical subjects as well. The organisation is good, comparing it to other French universities.

academic quality of education activities

Science Po Strasbourg is a highly appreciated university in the country and I could see that by looking at the professors teaching the courses. These people are specialised in their subject and are known for their knowledge. Although the staff was very talented and distinct, I had the feeling that the academic quality lagged a bit behind sometimes. Especially the master courses I followed often only scratched the surface. The assignments mirror this: an essay of 1,000 words constituted the only assignment of the whole course during the semester. This aspect however, did not negatively impact my Erasmus experience.

transfer of credits

I don't have received any credits yet. I hope to get them on time before the deadline. Experiences of other students at Sciences Po Strasbourg and of other French universities however do indicate otherwise. In that case, I know that I can rely on the good service of the International Office.

**CORONAVIRUS CONSEQUENCES**

support guidance of host university

Good information on the measures taken by the university. The people in charge also focused on the health and wellbeing of their students via messages. Information on the exams came short after the severity of the measerus became clear. Communication with the administration and teacher when I already returned to the Netherlands was solid and decent.

support guidance of home university

Good information on the UU's side, from the beginning of the situation. When in France, the UU sent an update on its measures and the impact on internationals; already when the situation in Europe was still calm. The university was quick in responding to the government's decision to restrict traveling in Europe. I appreciated it that the UU made it its priority to take car of the internationals and to leave out any potential risk. TI received a compensation for the extra travel costs I made for booking a flight home. Once back home, the university informed me on the adminstrative consequences (erasmus grant, possibility to finish the semester online). The best strategy an institution can adopt during unsure times, in my opinion.

online offer and quality of digital courses

Sciences Po Strasbourg offerd the possibility to contiue the semester online. The platform however, was limited to powerpoints of lectures and links to documentaries of readings. Interaction between teacher and student disappeared completely, but I understand the difficulty and the limited resources. Communication on the exames remained and ensured that many students could succesfully complete their Erasmus period.

suggestions/tips on digital exchange

digital (recorded beforehand) lectures by teachers. This is a better alternative than scrolling the powerpoints and reading articles by yourself.

If digital exchanges become more usual, I suggest that the international of the specific university can meet each other via a digital platform. The international community is one of the most important aspects of the exchange period. An organisation such as ESN can make this platform possible, but it is the universites' role to encourage this community building at distance.

**CONCLUSIONS**



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

Yes, I would. The university is prestigious and international oriented. It offers interesting courses on international relations, politics, history, European law and economy. A variety of students therefore could be interested in passing their period in Strasbourg. The city is lovely, and interesting because it is so attracting to internationals. Besides, traveling to other European destinies, like Germany, Switzerland, France and Luxembourg is fast and easy regarding Strasbourg's geography.

do you have any additional advice or comments?

Concerning the documents international students have to fill in, I hope these can be ameliorated. Documents like this one are oftentimes restricted to some editing. Filling in tables, or attaching a autograph might be difficult because students only type and not adapt the lay-out in order to name all the required information. I understand that you want to have a common lay-out for these documents, without students messing things up, but I think that these documents could be made more convenient for the users.



faculty/college	Faculty of Geosciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Global Sustainability Science

destination city & country	Strasbourg, France
how did you travel to your destination?	Train and Bus
name university abroad	Institute d'etudes politiques, Scs Po, Strasbourg Université
start date	01 / 09 / 2019 (dd/mm/yyyy)
end date	31 / 01 / 2020 (dd/mm/yyyy)

**PREPARATION**

exchange application process

The application through University Utrecht was straightforward enough. There was also an in-class meeting scheduled in which a previous exchange student offered her experiences and advice, and several brochures were handed out. However, these pieces of paper seemd a bit redundant. Contact with the exchange coordinator was accessible, but not efficient as it goes through a general exchange-questions portal. So although I have the coordinator's first name, i cannot email her directly, but have to await a automated response first.

counselling & support at Utrecht University

The exchange coordinator was very helpful, and so were most of the helpdesks such as the student services from which you need to get your documents. However, because it is so many different desks I have been sent from one to the other and back again for my questions, what I mean to say is that it is rather bureacratic and confusing.

language preparation

My studies is already fully in English so there were no problems there. However, as I was going to France I expected that English alone would not always be enough. In France they don't speak as much English as we do in the Netherlands, so you really do need to have a decent grasp of French. Not only in supermarkets and other daily businesses, but reception at the host university and residence was mostly in French: it would have been nice if I could have taken a crash course before my depart, just tobe able to ask directions on the street. The crash course French offered by the host university for visiting students was fantastic though.

finances

The Erasmus grant did not even cover my full rent (and it is cheaper in France than in the Netherlands.) Luckily your student loan can still be continued during your stay abroad, but I would advise to have savings you can spend. Not unless you do baby-sitting for expats or know perfect french, will you be able to get a job. It also didn't seem that having a job next to your studies was much of a thing there, so it is not advised I think.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

I followed a set of modules specifically for visiting students, which had already established classes and offered three electives - this was an easy, clear process. However, friends of mine I met there who did not take this programme (which was the Certificate of European Studies) had to choose their own classes and this was a



chaotic event. Also I noticed that two of the initial electives I had chosen turned out to be moved to a later semester or made unavailable so I had to choose different course modules; this all seemed very unorganised. The content was a nice introduction to International Relations and European Studies (pretty much all of my peers there were from political studies) but the content was not in-depth. I guess that those who study political studies, should not take this programme, as it will be too basic.

academic quality of education activities

The teachers were overall good, and very knowledgeable about their topics, with one definitely more expertised than the other. The classes were well-balanced and, as said earlier, the content proved a nice introduction. Additionally, there were class-trips offered to several EU institutions, such as the ECB, the Parliament, and the European Court of Human Rights, which was really nice! But considering Strasbourg is the capital and host to these institutions, it should not be hard to go there on your own as well. Overall examination seemed very subjective and actually changed throughout the semester (a grade that was first to come from an exam but then changed to a presentation for example).

counselling & support at receiving university abroad

Although the host contact was very nice and responsive, I mainly relied on my peers and people from the university itself that I met. They had a team of people who organised activities and question hours for the exchange students and they were super helpful, so that was very well organised. But the overall administration seemed chaotic and old-fashioned. The students were all a great help.

transfer of credits

France works with marks out of 20 rather than the Dutch system of 10, in which 10/20 is a pass, 12/20 is 'above average', 14/20 is 'good' and above 16/20 is 'very good'. It is harder to get higher marks, but considering 14/20 was deemed "magna cum laude", the grades seem to be worth more. Because of the fact that the university was actually going through moving into a new building, it took a little bit longer to send the grades -which were send on paper by postage.

**STUDENT LIFE**

welcome & orientation programme

There was a warm welcome, with a week of activities and then throughout the semester more activities. The students were nice and very helpful and the orientation programme worked really well to immediately meet a lot of erasmus students.

accommodation

The accomodation options differed greatly, with mine being a very new, renovated, and modern building in which i had my own bathroom but a shared kitchen, whereas other shared bathrooms as well, had small rooms and very few appliances available. Overall it is not hard to get accomocation as you can sign up for it through the university (they send you an email with options) or it was possible to find a shared apartment (colloc). They were all situated very closely to the University and the city centre, which was nice.

leisure & culture

There are a lot of bars in Strasbourg, and sports facilities and parks. However, not many people speak English, so in order to sign up for a club or organisation, it was important to speak French. Strasbourg has a rich history, especially in terms of politics and the European Union, so for those interested in these topics, it is an amazing place. Next to that, it is very old and beautiful city, with a lively christmas market every year lasting almost two months (many many tourists!). Student life was mostly hanging out with erasmus students at bars or parks though: not much integration with the French peers. Considering the geographical location of Strasbourg it was very easy to take weekend or day trips to other countries, by bus or train, such as Germany (Oktoberfest), Luxembourg (International Court, Philarmonic), Colmar (beautyfull Disney-like medieval town), Alsace (region full of wine and nature), Switzerland (hikes!) and even Brussels.



suggestions/tips

Know some basic French, appreciate the Aperos (pre-dinner drinks) and buy a bike!

## CONCLUSIONS

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

For those who are interested in politics, international relations, and/or Europe I would definitely recommend coming here. The city is full of history, embassies/consulates, official EU institutions, the European Court of Human Rights, with a beautiful city centre, canals, old buildings, and pleasant culture. The CES programme was a nice introduction to these topics, and for me perfect because it was a minor, but if you really want to follow the in-depth courses, you must be able to speak fluent French. However, Sciences Po is very known in France, and it definitely deserves the allure.

do you have any additional advice or comments?

Do not underestimate the hectic of (French?) administration, and the fact they still mainly work with paper (rather than online)



## ERASMUS+ STUDIES - UU Report

faculty/college	Faculty of 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	Strasbourg, France
name university abroad	Institut d'Etudes politiques, Université de Strasbourg
start date	03 / 09 / 2018 (dd/mm/yyyy)
end date	19 / 01 / 2019 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

I had to do quite a lot of paperwork, but the counselling from both universities was very good. Actually it was always clear to me what I had to do. Also, there was one pre-departure meeting organised by Utrecht University which was helpful for preparing.

#### counselling & support at Utrecht University

Counselling & support from Utrecht University was good. I could always email to the International Office and the replies were fast. Besides, the pre-departure meeting was very helpful.

#### academic preparation

None

#### language preparation

I had followed the first year of French Languages & Culture and this was enough. Also, I attended a French language course in the first two weeks of my study abroad period.

#### finances

I had some savings, the Erasmus+ grant, DUO and some support from my parents.

### STUDY ABROAD PERIOD

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

There were enough interesting courses to choose from. However, some of them had changed or couldn't be followed in the first semester. The first two weeks of the academic year we could take whatever courses we wanted and after that we could make our final decision. I thought this was really helpful. The organisation wasn't very good, especially in the first weeks there were a lot of changes in the timetables.

#### academic quality of education activities

The academic quality was less than in Utrecht. Most of the courses were 3 ECTS so it was less profound than in Utrecht. However, most of the courses were interesting and they were from another faculty than my major so I still felt like it added something to my study programme.



counselling & support at receiving university abroad

The counselling & support at the receiving university was really good. We could always email the contact person with questions and we received answers really quickly. Also, there is a student board which we could contact if we had practical questions about the student life.

transfer of credits

Not yet received.

## STUDENT LIFE

welcome & orientation programme

The orientation programme made by the IEP was really well organised. The first two weeks were a combination of a French course in the morning and in the afternoon/evenings we had activities to get to know each other and the city. Also, in the weekends things were organised for us (like a wine tour or BBQ's). I felt welcome from the first moment and I really felt like I knew the city (kind of) after those two weeks. Also, the people I met in the first two weeks I kept seeing during the semester/we had courses together. It's really worth it going to the two introduction weeks from the IEP :).

accommodation

We got an email from Université de Strasbourg that they offered rooms for international students. We could enroll for those rooms. My accommodation (Paul Appell) was good and cheap (€260). The room was quite small, but it had its own bathroom. Besides, a lot of students from my faculty lived there and the atmosphere was good. There was a canteen really close where you could get dinner for €3,25 (I did this often: the kitchens were really simple). It was close to the center and the university.

leisure & culture

Strasbourg is a really beautiful city, it is really a student city. There are a lot of pubs with cheap drinks and tarte flambées (local speciality). Also, the European Parliament is situated here; definitely worth a visit. There are beautiful parks, a nice river and the architecture is really nice. It is a combination of German "vakwerk" houses and French architecture. The city is bigger than Utrecht (half a million inhabitants) but I never felt like it was too big. Also, museums are free for students with the Carte Culture, you get discount for public transport and theaters. With Christmas, it had the biggest christmas market of Europe, which is really nice. Also, the surroundings of Strasbourg are really nice. The Alsace has wine fields and castles and it's close to both Germany and Switzerland. There is a Flixbus station close to the center where cheap buses depart.

suggestions/tips

## CONCLUSIONS

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

I would really recommend to go to Strasbourg, it is the perfect student city :)! Although the level of the courses was not really high, I felt like I learned a lot here (also outside of university). Besides, we didn't have a lot of coursework to do; we had a lot of time to discover the city and its surroundings.

do you have any additional advice or comments?



## ERASMUS+ STUDIES - UU Report

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

destination city & country	Strasbourg, France
name university abroad	Université de Strasbourg
start date	14 / 09 / 2018 (dd/mm/yyyy)
end date	15 / 01 / 2019 (dd/mm/yyyy)

### PREPARATION

exchange application process	We received an email from Michelle Benoit, the erasmus coordinator, which contained all of the necessary information.
counselling & support at Utrecht University	The International Office was always there to answer questions.
academic preparation	I didn't really prepare academically.
language preparation	I wasn't too concerned about this as I had already been studying French for two years.
finances	This depends on the individual. Just make sure you take all of the necessary steps for the Erasmus grant on time!

### STUDY ABROAD PERIOD

study programme (content and organisational issues)	Political faculty
academic quality of education activities	I wouldn't go to France for the academic quality as the general way of teaching at the universities is very passive, i.e. you listen and write down what the teacher says. However, some classes were a bit smaller and more interactive. The subjects were all very interesting.
counselling & support at receiving university abroad	Michelle Benoit, the Erasmus coordinator, was always there to help you out. She replied quickly to emails and was also available in her office most of the time. The administration of the university itself was very chaotic though, especially in the first weeks when we could try out classes.



transfer of credits

I still haven't received my grades, which I don't understand as I've handed in essays in October and it is now March.

## STUDENT LIFE

welcome & orientation programme

There was an introduction day where the erasmus students were welcomed and explained how to register at the university. The Bureau des Etudiants Internationaux was very active and organised a lot of activities, including an excursion in the first weekend I was there. This was great for meeting people. You also have the option to do a two-week French course before classes start in september to improve your French. I didn't do this though as I didn't feel it was necessary.

accommodation

I applied for a room at the Cité Universitaire Paul Appell and was awarded a room quite easily. Just make sure you fill in the form right away via the link you receive around June. Most of the Erasmus students were in building D which is just renovated and very clean, but has very small rooms. However, by chance I was assigned a room in Building E which was much bigger than the rooms in D. Even though the building was a bit old and the kitchen was practically nothing, I was very content with my room. For dinner I just had to walk downstairs to the cafeteria where they serve meals for 3,25 euros.

leisure & culture

Strasbourg has a lot to offer. You can do activities with the Bureau des Etudiants Internationaux which is a great way to get to know the city. Also with the Flixbus you can visit other cities around Strasbourg for a cheap price.

suggestions/tips

Try Tarte Flambée, munstiflette and galettes de pomme de terre!

## CONCLUSIONS

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

For the city, definitely. For the academics, I wouldn't expect too much.

do you have any additional advice or comments?



## ERASMUS+ STUDIES UU Report

family name	xxx
first name	xxx
student number	xxx
e-mail address	
faculty/college	Geesteswetenschappen
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Bachelor of Humanistic Studies

destination city & country	Strasbourg, France
name university abroad	Université de Strasbourg
start date	1 / 09 / 2017 (dd/mm/yyyy)
end date	31 / 01 / 2018 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

The application process was different for me than for other students at Utrecht University because I'm a student at the University of Humanistic Studies. My experience with the application process included a lot of paperwork. Luckily, there are good checklists to be found on the website of the UU. For a student of the UvH you need to send an email or make an appointment with one of the people of the international office and they will explain how the procedure works (it's a bit different to the normal procedure). Besides this, I didn't find it very difficult. My experience with the University of Strasbourg was very good. They sent me emails with instructions on how the application worked and it went very smoothly. They also are quick to respond to any emails or questions I needed help with.

#### counselling & support at Utrecht University

Although the planning was organised, there is a lot of time spent without much information on what to do next for the Erasmus semester abroad. Especially at some point during the year, the international office of the UU is very busy (and the International office in Strasbourg was as well) so I didn't get responses on my emails etc. You need to be patient and do some of your own research on the next steps.

#### academic preparation



For the Certificate of European Studies (CES) program, there were no academic requirements as far as I know. So this was not a problem.

language preparation

All the courses in the CES program are in English and since I already spoke English I didn't have to prepare a lot. But I wish I knew more French before I went to Strasbourg because it is very useful in integrating easily into French life. Even though the requirements didn't mention the knowledge of the French language (you will get French classes throughout the semester), it makes the semester in Strasbourg much more fun. I did learn a lot more French while I was there but a certain basic knowledge would have helped me a lot I think. Young people in Strasbourg speak English quite well but for many situation, some French is very helpful.

finances

As a Dutch student, there are a couple of things you can do to receive some grants for a semester abroad. Firstly (of course) you can apply for an Erasmus scholarship. This is easy, you have to follow all the steps. Besides that you can apply for a "Ov- buitenland vergoeding", which will give you around 80 euro's a month as compensation for not using the student subscription for free public transportation in the Netherlands. This does take some time, and you cannot stop your subscription when you are not in the Netherlands so you have to make sure you fix this in time.

I decided not to work in Strasbourg (because I had to get a new health insurance then) so I used my student loan and some money that I saved up. I think I spent around 800 euros per month in a normal month. But, because I traveled around quite a bit, I spent quite a bit more.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

I am very positive about the organisation of the CES program, especially concerning the learning agreement. The CES program has a lot of set subjects, which means that they hold a spot for you in that class and the classes won't change. I've heard a lot of frustration from other Erasmus students that had to change their Learning Agreement constantly because classes would be full or they would be given in a different semester. Overall the French organisation is really chaotic, but in this case the CES program was acutally well organized. Although, you will receive around 5 emails a day about things that don't really concern you, but that is only a small thing ;).

What I liked most about the content, is that the CES program had the module 'Applied European Studies', in this module you will visit an EU- institution, or something related to the EU or the Council of Europe. This is a very fun way to get to know more about the European Union and of course it's just really cool to walk around in the Parliament and hear all the politician speak. There is also always a lot of room to ask question to professionals, which for me was a really great part of the program.

academic quality of education activities

Concerning the other classes, there is a very big difference in the difficulty of the classes. In general, the level is lower than what I'm used to at the University of Humanistic studies. Some of the classes had more in common with my high school history classes than with a lecture at the university. Other classes were more challenging. Besides that I think in French education, they are much more focused on the learning of facts rather that discussing and applying different theories. You also have a lot of different subjects, that you only have once a week compared to a more insense subject and that you only have two or three. This resulted in a quite superficial way of learning about different subjects.

counselling & support at receiving university abroad

The counselling and support is done by Michelle Benoit. She is a good help and in my experience also good in answering emails fast. It's also always possible to walk by her office, just be aware that French office hours are a



bit weird. There is no electronic way to see your schedule and your classes, which results in a lot of emails though. You will get your schedule by email every two weeks (for CES). Other international students had to figure it out themselves.

transfer of credits

After the semester abroad you need to fill in a form and your credits will be send to your home university. You will not know your markt unitl they send the credits, which means that you will not know if you have passed your exams until you are home already for quite some time.

**STUDENT LIFE**

welcome & orientation programme

When I arrived, there was an orientation of two weeks where there were activities every day. I thought this was really nice because you had the chance to quickly get to know other students. There were activities in the afternoon and in the evening, you were free to decide which activities you wanted to join in and they also helped to get to know the city which was cool.

accommodation

I stayed in one of the university accomodation buildings. These are really something. The rooms are quite small but luckily it's also quite cheap. I payed around 270 euros per month. You should bring kitchen supplies and cutlery because they are not available in the accomodation. Cooking is not great but it's all doable. The nice thing about it is that you will be in a building with other students so it's a nice way to meet new people.

leisure & culture

You can get a culture card for 5 euros for the whole year and it offers discounts for the Opera and cinema. You can also go to museums for free and do all kinds of things. I would recommend getting one because it's a lot of fun. I went to the opera and to the movies a couple of times. I haven't visited many museums but there are many in Strasbourg.

suggestions/tips

I would recommend going to the opera, it's around 10 euro's and a lot fun to see.

**CONCLUSIONS**

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

I would recommend going to Strasbourg if you want to study anything surrounding European Union politics. It's really cool to study and learn about politics while you can also visit the parliament and the Council of Europe. It's very easy to go to plenary sessions which is cool!

do you have any additional advice or comments?

Take some time to look into the loaction of the university accomodation, some of the buildings are quite far away. Also, I would really recommend buying a bicycle it's a great way to get around the city. But make sure you have a good lock because many bikes get stolen!