



UU Report form - Erasmus 2022-2023

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

destination city & country	Dublin, Ireland
how did you travel to your destination?	By plane
name university abroad	Trinity College Dublin
start date	1 / 9 / 2022 (dd/mm/yyyy)
end date	16 / 12 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process took some time but it is definitely doable. For me it went pretty smoothly in the beginning but I only got further information from TCD in June which was pretty late also in relation with searching for a room. The process included mostly a lot of arranging things and figuring out what was meant with certain steps of the mandatory preparation process. It takes some time but in the end it will work out anyway.

counselling & support at Utrecht University

The international office of the UU was very good and quick in responding and helping you when you have issues with for example documents that need to be signed.

academic preparation

I only did sociology courses where no academic preparation was necessary, it was a lot of writing essays in a different way than I was used to but academic preparation was not mandatory.

language preparation

I didn't do anything of a language preparation because the main language is English and I already followed some courses in English in Utrecht. And although busdrivers with their Irish accents can be hard to understand there is nothing to worry about.

finances

Important to know about Dublin (Ireland in general), it is very expensive. Groceries are doable in supermarkets as Lidl or Tesco but normal life in Dublin is quite expensive, and that's not even the housing prices. A semester in Dublin only is 3/4 months so saving money beforehand is maybe a wise thing to do or just prepare yourself that nice activities or social life do cost more there than they do in the Netherlands.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I did 4 courses of 25 ECTS in total. They were all Sociology courses because I found those the most interesting and never did a specific sociology course in Utrecht (Even though I do have a background in the social sciences). I liked my courses a lot, they were really interesting. For me it was a huge difference in teaching and type of assignments compared to what I was used to. First of all, there were 4 courses at the same time (normally I had 2) and seminars and lectures were different. But I liked this different type of education because I had to write a



lot of essays and was able to improve my writing skills.
academic quality of education activities
First of all, what kind of teaching they do depends on which course you take and of which department that course is part of, because for example psychology courses don't have seminars or presentations while all my sociology courses did. I had to do 4 presentations which were really informative and I didn't really enjoy it. But there were also a lot of writing essays, which were more interesting because a lot of times you could pick your own subject and there was a lot of freedom in the writing assignments. I spent more time than I expected in the library because I wanted to pass everything but the teachers are really sweet and thoughtful and easy with grading.
counselling & support at receiving university abroad
The TCD employees take some time to respond which is something to keep in mind. In my experience contacting TCD can be kind of chaotic because it is sometimes unclear who you have to email for what purposes and they are a little more relaxed in their way of doing than in the Netherlands, with which I mean that it can take long before they respond but Irish people are the sweetest and despite the chaotic part are always eager to help.
transfer of credits
The grading system at TCD can be found on internet but when receiving your transcript of records it is just a pass or a fail so grades are not really important.

STUDENT LIFE
welcome & orientation programme
All students were assigned to an orientation group with whom we did a tour around campus. The tutors got our email and they organized more activities, even after a couple of weeks. In the orientation week there were also society markets where all the societies had marketstalls and explain what their society means, which was really nice.
accommodation
Also important to know about Dublin, finding accommodation is really difficult. Besides the lack of accommodation the rooms are also really expensive compared to the Netherlands. The average prices vary from 800-1300 euros per month. Once you've received a mail from the UU that your submission is approved (which is in January I think) it is wise to already sign in for student accommodations and maybe join some Facebook groups. You can start searching after the confirmation from Trinity in June but then there is a big chance you'll have stress during the summer because it is so difficult.
leisure & culture
Dublin is a lovely city with lots of things to discover in and around the city, I have a whole list of things to do but here are some of them: <ul style="list-style-type: none"> - Visit Howth, close to Dublin and only 1 hour by train. Beautiful cliffs and really nice for an easy walk. - Wicklow mountains, close to Dublin as well, nice to visit Glendalough lake - Botanical gardens, in the North of Dublin - Do a pubcrawl, Dublin has a pubculture which is amazing, the whole city exists out of pubs, you can do a self organized pubcrawl but also an organized one which is also really nice. - Vintage Cocktail Club, really nice hidden spot with the best cocktails. - Explore the nightclubs, there are really nice ones, for example Diceys is international oriented, Copper Jacks has more Irish people, the George is a gay club and way more. - Visit other places in Ireland, it is a really beautiful country and if you want to escape the city life for a weekend (or a day) Ireland has a lot of beautiful nature to offer.



suggestions/tips

Besides starting early with the room search another tip is to ask around you, let everyone know you're looking for a room and let friends and family help.

Trinity has a lot of societies (I think more than 200), they have a society for everyone, it is really nice to join them to meet new people or to try a new sport or develop a hobby, there are also societies which do trips so that's also a nice opportunity to see more of the country with new people.

CONCLUSIONS

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

Yes definitely!! I always describe Dublin as a friendly city, the people are so kind and everyone is so relaxed. Trinity is a beautiful university and offers a lot of interesting courses although their communication sometimes isn't the best. Dublin is a really nice city for international students because the city has a lot to discover and besides the lovely pubculture and nightlife, also offers beautiful nature in and around Dublin.

do you have any additional advice or comments?

If you want more tips you can ask the international office for my email.



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	Sociology

destination city & country	Dublin, Ireland
how did you travel to your destination?	By plane
name university abroad	Trinity College Dublin
start date	01 / 09 / 2022 (dd/mm/yyyy)
end date	18 / 12 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process and its steps on the UU side are very clear and is organised well, but it is a lot of paperwork. I got my acceptance letter from Trinity College Dublin later than other students going on exchange to different destinations.

counselling & support at Utrecht University

The counselling and support at UU is great, the international office often respond very very quickly and are always willing to help with all of your questions.

academic preparation

There is no additional preparation needed beforehand, just be aware that the examination is mostly likely writing essay's individually.

language preparation

For this exchange no language preparation was necessary.

finances

The accommodation in Dublin is more expensive than Utrecht, the life in Dublin is generally expensive but more comparable to the prices in Utrecht. In Dublin you can often get a good student discount on various things, so that is nice. The Erasmus grant is helpful, but it will take a bit of effort to arrange it.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The content of the study programme for me consisted mostly out of sociology courses, but you don't have to and were quite clear. The process of registering for the modules was very chaotic. You need to register for the courses that you would like to take, then TCD will manually look if this works in your schedule. Mine got accepted after a couple of days. But a couple of days later I got an email saying that something had changed and that my schedule clashed. After a lot of emails over multiple days and eventually going in person it got changed. Because of this I missed the first class of my alternative course, which was annoying. This can feel very chaotic but everyone is dealing with the same issue. Thus compared to UU, TCD has more organisational issues, but everything will work out in the end.



academic quality of education activities
The academic quality of the education in Trinity College is good and the modules are very interesting with knowledgeable professors. And the level of the courses are similar to the UU. I learned a lot during my exchange, I had to write essays for all of my courses and made me think and write differently, focussing more on critical thinking - what you have learned etc, compared to Utrecht. Although I did miss the statistical part for my arguments in the essays.
counselling & support at receiving university abroad
Support is given if you ask for it and there are a lot of services available. In the first weeks it can be busy with everyone asking questions, thus it could take a bit of time. Most of the people there are very helpful and willing to help, as well as the professors when you have any questions about the course.
transfer of credits
I haven't received all of my grades yet, so the transfer of credits has not been done yet. So I don't know how these will be transferred yet.

STUDENT LIFE
welcome & orientation programme
The first orientation week was made up of a few introduction activities, like a campus tour etc. There is a separate orientation part for Erasmus students with whom you get put into smaller groups. But the rest of the activities were quite limited and not that special, thus I would recommend going, because I met my friends there. Then some weeks later there is a week where all the societies have stalls on campus and where you can sign up.
accommodation
Finding a place in Dublin is tough and expensive. I did not have a shared room, but that could be a cheaper option. I started looking for a place in June, when I got my acceptance letter and I did find a place relatively quickly, but it was expensive. The positive of the place was that it was furnished and had everything (cutlery, washing machine, linnen etc), this made it easier to move in. Although the accomodation was expensive, I enjoyed it, especially being able to walk to the city/university everyday, it took me 30 minutes, but I loved it. Thus, even though it may seems difficult in the beginning you will find a place.
leisure & culture
I loved living in Dublin and going to Trinity College. Dublin has so many nice cafes, pubs, restaurants etc., you will not run out of options. This combined with the beautiful nature just outside of Dublin, it's a wonderful place to live on your exchange. Among other things these things made me feel at home in Dublin quite quickly. The societies at TCD organise trips all through Ireland and it's a nice way to see the country and meet new people. Trinity has a lot of different societes - aroung 70, providing societies for all sorts of people, having this option and it not being expensive to join societies I also joined a few. I really loved having the option of so many societies, it made me really feel part of the Trinity community.
suggestions/tips
Start looking at accommodation early on! Furthermore I would try to see as much of Dublin and Ireland as possible whenever you can, its beautiful. Join societies, which can help you meet new people and help to travel around Ireland.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, I would definitely recommend studying at Trinity College Dublin and living in Dublin. Even though the



paperwork and the organisational part at TCD can be irritating, I wouldn't have missed this experience for the world. TCD has a beautiful campus in the middle of the city, I always felt very lucky to study there. Dublin itself is very enjoyable, always something to do, eventhough the city is not so so big. I loved trying new pubs and exploring the city, the atmosphere in general is great because the people are very friendly, the rest of the country is also beautiful and combined it makes your exchange a time you will not forget.

do you have any additional advice or comments?

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UU Report form - Erasmus 2022-2023

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

destination city & country	Dublin, Ireland
how did you travel to your destination?	By plane
name university abroad	Trinity College Dublin
start date	05 / 09 / 2022 (dd/mm/yyyy)
end date	20 / 12 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

I thought the application process was fairly straightforward. The UU provides a lot of information on which documents you need to fill out and when they need to be turned in. Any questions I had were answered quickly over email. The deadline for your motivation letter and study plan is quite early, so there is a pretty big waiting period. After I got my confirmation that I could go to Trinity, I needed to get some signatures on a couple documents from both the UU and Trinity. These were easy to get over e-mail.

counselling & support at Utrecht University

Any questions that I had regarding my application or Erasmus grant, I could always email to the international office and they were always answered quickly and clearly. In my case this support was enough to prepare me for my semester abroad.

academic preparation

I don't think I needed any academic preparation for my semester abroad. The courses I followed at Trinity did not have any entry requirements and I could follow them easily. The education I received from my previous courses sufficiently prepared me for my semester abroad.

language preparation

I did not have to prepare my English for my semester abroad as I had acquired a Cambridge English certificate while I was still in high school. For the Erasmus grant, I did have to take a language test to see which level I scored. After my exchange I had to do the same test to see if my English had improved.

finances

Dublin is very expensive, especially accommodation. I knew this in advance so I saved up quite a bit and increased my DUO loan. Grocery prices were comparable to the prices in the Netherlands. But I do recommend doing your groceries at a Lidl or Aldi. The Erasmus grant I received was really helpful in this aspect.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I had to sign up for my courses a week before classes were supposed to start. The process was quite clear and explained in the first introductory lecture that I had. You can find a lot of information on the available courses online, which is where I based my choices on. I did change a couple courses after a couple lectures because they



were a bit different than expected and really didn't fit in with my interests. It was possible to switch them for others. This process was also quite easy as both the UU and Trinity were quick in their email contact. Most of the courses that I followed were more focused on neuropsychology which was very different than what I have followed at the UU but they did not require any entry requirements. Each course was quite different in the way it is built as I believe the teachers have a lot of influence on them. I thought this was nice as each course has its own 'identity'.

academic quality of education activities

I thought the academic quality of education at Trinity was quite similar to the UU. I did have less contact hours in Dublin and no deadlines in the first few months of my exchange. This made it possible to explore Dublin and Ireland in depth. However it also meant that the last three weeks were very busy as I had to finish all the courses at the same time and every test or essay was 100% my grade for that course. I spend many hours in the library during that time.

counselling & support at receiving university abroad

Trinity offers a lot of help to those who need it. You can always ask your teachers any questions you have on their specific courses. For more specific questions on your application for courses or something similar, Trinity has the academic registry, which you can email or visit in real life.

transfer of credits

Trinity uses a different grade system than the UU, but you do not bring your grades to UU as they are changed into a pass/fail. In my case I got five credits per course. The transfer of the credits from Trinity to the UU was easy.

STUDENT LIFE

welcome & orientation programme

My time at Trinity started with an introductory lecture where I received a bunch of information on how the university works and what systems it uses to choose my courses etc. Also in the first weeks, Trinity organised a fresher's week where they organize a lot of activities for all new students. Almost all week there is a fresher's market where all societies have a stall to showcase their society. They also organize a lot of activities the first couple weeks so you can figure out if you would like to join one or multiple. The university also organised mentor groups, where I met a lot of internationals who also became friends of mine. With these groups we did a bunch of activities and they organised a tour over the campus.

accommodation

Finding accommodation in Dublin was very difficult and it is really expensive. It took a lot of time and effort to find a room and I paid more than double for my room each month than I do here in Utrecht. I could not find anything until about two weeks before I was supposed to begin my semester abroad, which was very stressful. I was lucky enough to get a room in a student hall because of a cancellation. Living in a student hall was very fun and has a lot of nice aspects. You live with hundreds of students in the same building while sharing an apartment with usually about seven people. In most halls there is a good mix between Irish students and foreign students. My hall also organised multiple events in and outside of the building. In student halls it is also very normal to have your own bathroom, which was great.

leisure & culture

Trinity really tries to offer something for everyone in terms of activities. It has so many societies that range from knitting to beer to Irish football. It is very easy to join them and they organise so many fun activities throughout the year. Anyone can join them for a couple euros for the whole year without signing up for responsibilities. I signed up for eleven societies. I met a lot of fun and interesting people that were both international and Irish. Outside of Trinity, I also really enjoyed the culture and atmosphere in Dublin. The Irish are just so kind and entertaining. Everyone is up for a chat and genuinely interested in what you have to say. I



also really enjoyed the publife. You can find live music in a pub every day of the week. It is really inviting.

suggestions/tips

Dublin has a lot of nice little places on the outsides of the city which offer a lot of nice activities and beautiful nature. For example, in Howth there is a nice food and stuff market each day and you can do a beautiful hike along the cliffs there. In Bray you can climb a mountain which offers great views of Bray and Dublin and in Malahide you can visit the castle and gardens. From Dublin, it is also very easy to go further into Ireland and explore, for example, the cliffs of Moher and Galway (which I did via a tour) or go to Northern Ireland for the weekend.

CONCLUSIONS

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

I would recommend the university to others. Trinity has such a different approach to teaching which makes it a great university to go to for a couple months. It is a nice change from the UU system but also the Dutch system. Even the campus was so different than the uithof as it is filled with old classic buildings. It felt really special to walk through the old gates every morning and be able to study there.

do you have any additional advice or comments?

One thing I really enjoyed about my last week in Dublin was that I stayed a bit longer than I had to. I finished school on Thursday but did not leave until 6 days later. This made it possible to make a lot of trips to various locations in town and do a lot of activities to really say goodbye to the city. The last few weeks were so busy and filled with almost only school that it was really nice to walk through the city and see everything one last time. This is something I really recommend to others.



UU Report form - Erasmus 2022-2023

email address	my e-mail address other (social) media	valerie.jaski@gmail.com @valeriejaski on instagram
faculty/college	Sociale wetenschappen	
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD	
name study programme	Pedagogische wetenschappen	

destination city & country	Dublin, Ireland
how did you travel to your destination?	By plane
name university abroad	Trinity College Dublin
start date	04 / 09 / 2022 (dd/mm/yyyy)
end date	19 / 12 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

I followed a introductory meeting in my second year to see if studying abroad interested me. I found out I only had a few weeks to sign up, but decided I really wanted to go so I started making lists of interesting countries. I decided I found it important that I could speak the language a little and that I would receive the Erasmus grant, so based on that I made my top 3 with Dublin as number 1. I chose Trinity because my father studied there and because I really liked the campus. My father helped me write my motivation letter and the rest of the preparation I did myself.

counselling & support at Utrecht University

During the application process I had lots of questions, so I scheduled a few meetings with an officer at International Office. They really helped me with my questions and the application process and were always quick to respond to my emails.

academic preparation

I did not do any academic preparation.

language preparation

I did not do any language preparation.

finances

I rented out my student room for the period that I was away. In the summer I tried to work more to save up for Dublin, since it is an expensive city. I had the maximum loan from DUO and loaned some money from my parents as well. To save money in Dublin, I tried getting groceries at bigger stores like Lidl and Aldi in East Wall, since the smaller stores were very expensive. I also bought a bike in Dublin at Bolton Cycles, which I would really recommend so you're not dependent on public transport.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I studied in the sociology department at Trinity, but I did not follow 100% of my courses in Sociology. I followed



these courses:

CLU11201-202223: GREEK AND ROMAN MYTHOLOGY

- really fun lectures and assignments were pretty doable

ET4202-202223: APPLIED PSYCHOLOGY IN EDUCATION

- really contains lots of pedagogische wetenschappen/ pedagogical sciences content, so easy to follow but the essay deadline is all the way in february so after you're back from the first semester

MUU11014-202223: POP MUSIC

- not as interesting as i thought, but still very doable assignments since it was a course for first year students

SOU33021-202223: RACE, ETHNICITY AND IDENTITY

- really interesting lectures and topics

SOU44021-202223: SOCIAL NETWORKS & DIGITAL LIVES (10 ECTS)

- really interesting topics, tutorials were fairly easy

By doing one course for 10 ECTS, I only had to follow 5 courses in total which made the semester feel less busy. I really enjoyed my sociology courses, especially race, ethnicity and identity. The courses outside of sociology were fun too and I would really recommend following some less 'serious' courses that might be a bit outside of your normal field of study.

academic quality of education activities

Over all, I found the amount of hours spend studying and following tutorials+lectures to be less than I was used to. I found this really nice because it gave me more time to explore Dublin. All lectures and tutorials were 1 hour each, which made them very doable. The tutorials and lectures required some reading preparation, but this wasn't too hard. The assignments were all written or presentations and I found the grading to be less strict than in Utrecht. You also had more time for the assignments so I did not experience much stress. The quality of the lectures and tutorials was a little less than I was used to, but it was still good.

counselling & support at receiving university abroad

In one of the first weeks, I got really sick and could not follow tutorials and lectures. When contacting the university and professors, they were pretty slow to answer but in the end it all turned out all right. Over all they were pretty slow in answering emails about Erasmus stuff, so I usually approached professors face to face or emailed multiple times.

transfer of credits

I have not gotten all of my grades back, but I think the transfer is done online.

STUDENT LIFE

welcome & orientation programme

When I arrived there was apparently an orientation week with activities, but I learned this after that week. In the orientation week itself, I had one short online meeting from the sociology department but as far as I could find on their site there weren't any other activities.

accommodation

Finding accommodation was really a struggle and I only found something about 2 months before going to Dublin. It is important to start searching as early as possible and to look at as many sites possible and also join Facebook groups. Eventually, I found an apartment on spotahome with 2 other girls from Utrecht.

leisure & culture

I had lots of free time since I only spent about 20 hrs studying per week. In my free time, I spent time with my



roommates going to pubs and going to parks and café's. I really enjoyed the culture in Dublin since it did not feel much different from Dutch culture. I visited some museums, the national gallery for example has free admission. I also joined some societies which organized fun activities such as a painting class. After handing in our essays, my roommates and me stayed for another week to visit Glendalough, Moher, Galway and Dollymount strand.

suggestions/tips

Join the Trinity Societies! They have a lot of different societies for all sorts of interests. I joined the yoga society which gave cheap yoga classes every week. The DUIS also had many fun activities and was a good way to get in contact with other international students.

I can also recommend one of my favourite pubs: The Old Storehouse, which had live music every day.

If you want to escape the city for a bit, I would recommend going to Dollymount Strand and St Anne's Park, doing a bus tour to Moher was also one of the most fun things I did.

CONCLUSIONS

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

Yes! Although Dublin is an expensive city and housing is not easy to find, I had the most amazing time there. Trinity has a really nice campus located in the middle of the city centre which I really enjoyed. I loved the vibrancy of the city and how accessible it was because of the many cultures there. Dublin has something for everyone, don't be afraid to try new things while you're there!

do you have any additional advice or comments?

While in Dublin, I tracked my journey on Polarsteps which I really recommend doing. If you have any questions, don't hesitate to contact me!



UU Report form - Erasmus 2021-2022

Contact details	my e-mail address other (social) media	luca.verhaegh01@gmail.com Luca Verhaegh
faculty/college	Social and Behavioural Sciences	
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD	
name study programme	Psychology	

destination city & country	Dublin, Ireland
how did you travel to your destination?	By plane
name university abroad	Trinity College Dublin
start date	17 / 01 / 2022
end date	06 / 05 / 2022

PREPARATION

exchange application process

The exchange application process was, in my opinion, fairly straightforward. Although it took me some time to write the motivation letter and set up my study plan (as I am quite the perfectionist), it did get me excited for my exchange. However, you have to keep in mind that the deadline for signing up for a semester abroad is quite early: the 1st of December. There is a second deadline (in case you miss the first), but it is possible that some destinations are already 'full' by that time. In my motivation letter, I described myself and my interests and explained my motives for participation in an exchange programme at Trinity College Dublin. Moreover, I addressed my interest in the country of Ireland and the qualities I have that would be beneficial as a student at TCD. I asked friends and family to read and correct my motivation letter, as it has to be written in English. The study plan took less of my time. You can find all the courses that are available for exchange students on the TCD website. Carefully look at if the courses are available in semester 1 (Michaelmas Term) or semester 2 (Hilary Term) and whether or not there are any prerequisites. In most cases, it is no problem at all if you end up following other courses than those in your study plan. However, it is quite helpful to have looked into all the possible courses and faculties before you leave for your exchange.

counselling & support at Utrecht University

I found the assistance from the International Office at Utrecht University extremely helpful. They responded quickly to my emails and were always prepared to help me find solutions for the things I was struggling with (during my preparation, as well as during my time in Dublin).

academic preparation

During my exchange, I took 2 courses in Psychology, 2 courses in Sociology, and one in Classics (25 ECTS in total). It required no academic preparation for me to follow these courses. However, as exchange students could only follow third-year Sociology courses (and I had no Sociology background), some of these courses ended up being a bit of a challenge.

language preparation

As Ireland is an English-speaking country, no language preparation was necessary. Some teachers - of course - have an Irish accent, but you do not have to worry about this. The teachers are aware of the fact that most classes partly consist of international students and will therefore make an effort to be clear to everyone.

finances



In my opinion, the only downside to an exchange in Dublin are the potentially high costs. I mainly did my groceries at Lidl and the prices there are comparable to those in the Netherlands. Going out for dinner, drinks, and other social activities are slightly more expensive than in the Netherlands. You can of course choose not to go out too often. However, when you meet new people, you mainly go for a coffee or a beer (Guinness!). Besides that, Dublin has the best pubs and I personally loved exploring new restaurants or lunch places. Keep in mind that you will probably partake in more social activities than you did in your home country. I for example went Kayaking at sea and went on trips to other parts of Ireland. This of course cost me money, but it were also exactly these things that made my exchange so special.

The most expensive part of an exchange to Dublin is housing. Accommodation in Dublin can be extremely expensive, so this is something to keep in mind. For example, the costs for renting a room in a student accommodation can be between 800-1200 euros per month. Living with a host family could save you a lot (!) of money, but I personally did not want to do this. I set up a financial plan and saved up money in advance. This combined with the Erasmus Grant certainly made it manageable for me. And remember, it will be totally worth it in the end!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The process of signing up for the courses was not difficult at all, as this was very well explained in the introduction period (the first week). As addressed before, I took five classes in different faculties. I originally had to take >50% of my courses in the faculty of Sociology (my host faculty), but I last-minute asked for permission to replace one Sociology course with a Psychology course. As I followed five totally different courses it is difficult to describe them all in a couple of words. All courses were completely different, but I enjoyed almost all of them. It seemed like the teachers at TCD got quite a lot of freedom to organize the courses as they pleased, so it all depends greatly on the lecturers and their way of teaching. Furthermore, I advise you to choose at least one course that is totally out of your comfort zone as this can be fun to experience (for me this course was 'Greek and Roman Religion').

academic quality of education activities

In my opinion, the quality of education was quite high compared to other universities in Europe. Compared to Utrecht University, however, I feel like there was less expected from us. I did not spend as much time studying as I do in Utrecht, which I of course appreciated during an exchange abroad! The biggest difference in my opinion is that all the study workload is predominantly at the end of the semester. I had hardly any assignments or homework during the first three months, as all my deadlines/exams were in the last two weeks of the term. I appreciated this, because it made it possible for me to go on a lot of fun trips. However, I advise you to not underestimate the work you have to do at the end of the semester :-).

counselling & support at receiving university abroad

Although the teachers were extremely friendly, I had a lot of trouble getting in touch with my contact person. In order to receive your Erasmus Grant, you have to get some paperwork signed by coordinators at Trinity at the beginning and end of your exchange. This of course depends on your contact person, but in my case it took multiple weeks to receive a response. Therefore, keep in mind that you might have to contact them weeks/months prior to your deadlines in order to hand in all your paperwork on time.

transfer of credits

Trinity uses another grading system than the UU, but you can find conversion tables online. However, your exact grades unfortunately do not really matter, as your grades are transferred to a pass/fail.

STUDENT LIFE



welcome & orientation programme
Because of COVID, our orientation week was completely online. They gave us information about the application process for the courses and about student life in Dublin. There was also a meeting with our 'mentor group', where I met most of my friends!
accommodation
Unfortunately, housing in Dublin is not only expensive, it is also quite hard to find. The most important thing: start looking for a accommodation on time! My semester started in January 2022 but I already booked my room in September 2021. I lived in a student accommodation called 'LIV' and I absolutely loved living there. I met a lot of lovely friends there and the people who worked there were very friendly. The only problem was that it was really expensive. The advantage of a student accommodation is that you have your own room and bathroom and you share your living room with other international students. You could also choose to live with a host family or try to find a room or apartment online or via Facebook (watch out for scams though!).
leisure & culture
During my exchange, I fell in love with Irish people and their culture! The Irish are generally quite straightforward and a bit sarcastic, but also extremely kind. They will help you with everything you need and are always in for a chat. You will need some time to get to know Dublin, but once you do, you will love it! There are so many lovely pubs and you can find live music there any day of the week. You can easily visit Howth or Bray by train (only 20/30) for a beautiful hike in nature.
suggestions/tips
Daytrips: Bray, Howth, Dalkey/Killiney hill, Glendalough (Wicklow mountains). Weekend-/weektrips: Connemara or Ring of Kerry (you will need a car), Galway + Cliffs of Moher, Belfast + Giant's Causeway. In Dublin: the old library on TCD campus, St. Stephen's Green, Bonobo, Krewe, The Port House. Pubs: The Celt, Old Storehouse, The Stags Head, Porterhouse, Bleeding Horse, The Brazen Head, and so on... Other: Kayaking from Killiney beach to Dalkey Island.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Absolutely! Trinity is an amazing university to study at and it felt unreal every time I walked on campus. Irish people are so incredibly lovely and Dublin really is the 'best of both worlds' (a lively city, but also close to beautiful nature). I will come back to Dublin and visit the rest of Ireland in a couple of years without a doubt!
do you have any additional advice or comments?
Do not worry too much about meeting new people or being on your own in a new city. There are so many international people in Dublin looking for friends. There are a lot of Whatsapp group chats in which people make plans to have drinks together or go to a sports match. In addition, you might meet people in your classes, mentor groups or student housing. You could also choose to sign up for one of the many student societies at TCD (international society, hiking society, food & drinks society...). They organize a lot of events where you can meet new people. As cliché as it sounds, time will fly by, so try to make the best of it :). However, do not worry if you are not doing exciting things every moment of every day. While going on an exchange, you can feel a bit of pressure to enjoy every moment. Try to also enjoy some time being by yourself and meet up with your friends when you feel like it! Finally, do not hesitate to contact me if you have any questions.



UU Report form - Erasmus 2021-2022

faculty/college	Faculty of Social Science
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Interdisciplinary Social Science (ISW)

destination city & country	Dublin, Ireland
how did you travel to your destination?	Plane
name university abroad	Trinity College Dublin (TCD)
start date	06 / 09 / 2021 (dd/mm/yyyy)
end date	19 / 12 / 2021 (dd/mm/yyyy)

PREPARATION

exchange application process

I attended all International Office preparation lectures, looked on the TCD website at what modules they offered, looked at what forms had to be filled in for preparation (Erasmus Timeline was especially important for the grant).

counselling & support at Utrecht University

The International Office always responded to my emails quickly, which was helpful in the application process.

academic preparation

I had to do no academic preparation.

language preparation

I had to do no language preparation as my level of English was sufficient enough already.

finances

During my time in Dublin I loaned the maximum amount of money from the government, I had some money saved from working during the summer time in Utrecht, and I received part of the Erasmus grant. This was all more than enough to survive in Dublin.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed two modules in Sociology: Conflict Studies 1, and Globalisation and Development 1. These were both very interesting, however, Conflict Studies was mostly about the history of Irish conflict (the Troubles), which I had no prior knowledge about, but this was no issue. Besides my Sociology modules I followed one Psychology module, named Thinking, which was about cognitive heuristics (didn't enjoy this one that much, wasn't that interesting to me). And I followed one elective module, which are modules that anyone from any faculty can follow. I followed The Psychology of the Climate Crisis, which was very interesting. There were some organisational issues in the first few weeks, regarding the application process of your modules. The administration process at Trinity is organized very badly in my opinion and it took such a long time to get all my modules accepted. However, you do get time to switch modules when you don't enjoy some.

academic quality of education activities



I would say the academic quality in Dublin is worse than in Utrecht. In Dublin you follow 4 (or more) modules at the same time during 1 semester. Because of this, the lectures and tutorials are quite short (45min-1h) which results in the professors not going in depth in the topics. Also there is almost no interaction with the students through means of tutorial assignments/questions. During all tutorials we had to listen to student presentations of other students. Maybe this is different at other faculties.

counselling & support at receiving university abroad

TCD offers free student counselling, which is a great feature of their university. Moreover, they offer Student2Student support for those who want that.

transfer of credits

Hasn't happened yet.

STUDENT LIFE

welcome & orientation programme

I was here during Covid. Because of this, the orientation programme was limited. The orientation organisation did organise events, however, they put these up online and we had to buy tickets (which were limited) and these were sold out in a matter of minutes. Despite this, I did meet a lot of people in the first week, because there were a lot of group chats on whatsapp through which everyone met up and made their own little 'events'.

accommodation

I recommend starting early with looking for an accommodation. I stayed at accommodations by ISA (international student accommodation), which was a shared flat with other international students. You can share a room (twin room) or have your own room, which is more expensive. In September I shared a room and the rest of the months I had my own, I paid around 800 per month. Here are some other accommodation organisations in Dublin: Highlight Parkgate, Highlight Thomas Streete, Broadstone Hall, From Here, The Bidary Hub, The Liv. They are all expensive, around 1000eu per month... But they are quite fancy from what I've heard. For cheaper accommodations I'd recommend looking on Facebook pages, or maybe look into hosting families.

leisure & culture

Dublin has a lot of pubs, some clubs/concert avenues, some parks (Phoenix park being the biggest, and very nice to walk around!). Out of Dublin you can visit Howth and Bray, which are both beautiful.

suggestions/tips

I would suggest to join student societies, TCD has over 100, there's a society for everyone! They organise events every week, so here you could meet other students.

CONCLUSIONS

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

Yes, I would.

do you have any additional advice or comments?

I do not, but if you have any questions at all, don't hesitate to ask for my contact details through the International Office!



UU Report form - Erasmus 2021-2022

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

destination city & country	Dublin, Ireland
how did you travel to your destination?	By airplane
name university abroad	Trinity College Dublin
start date	06 / 09 / 2021
end date	10 / 12 / 2021

PREPARATION

exchange application process

I would consider the exchange application to be quite easy. We had to write a motivation letter and have a study plan. In the motivation letter I wrote about where I wanted to go, why and how I would be a good fit for Trinity College Dublin. Furthermore, I explained what kind of courses I would be interested in. As I already had an idea of the courses I wanted to do, making a study plan was also easy. I knew the courses I wanted to do in Dublin, the courses after I came back from Dublin and that I want to do a fourth year in which I will do another minor. After the application process I had to wait some time until UU approved (or disapproves) my application and a long time until Trinity College Dublin accepted the application.

counselling & support at Utrecht University

For questions regarding the application, Erasmus+ grant and my study application I emailed the International Office and my tutor, which for me was enough. I would say they respond quite quickly and the answers are helpful.

academic preparation

I don't think I did any academic preparation, as you could sign up for the courses the week before university started, so you did not know until you got in if you enrolled in the courses you wanted to.

language preparation

I did not do much language preparation for my study abroad period, as Ireland is an English speaking country and my English is quite decent. Upon arrival we did have to do an online language assessment there for which I got the C2 level. This meant that I did not have to do any extra courses or another test.

finances

I have to say that Dublin was way more expensive than I expected it to be, which is partly my fault as I did not do much research about this. The Erasmus grant was therefore really helpful, just as the compensation you can get for your free student public transport use. I loaned money from DUO as well and rented out my student room in the Netherlands to minimise the costs.

STUDY ABROAD PERIOD

study programme (content and organisational issues)



<p>The courses I enrolled in were quite interesting! I liked the topics they talked about and even had fun reading some articles. However, there were a lot of organisational issues within Trinity (not for me but for others), so you can expect chaos in the first few weeks. You can enrol courses in the week before university starts using a google form, which seems quite amateuristic and the time of enrolment is quite late, as they then have to process all those forms within a week. This of course leads to a lot of chaos, people not having their timetable on time, not being enrolled in courses for the first few weeks. For some of the students they were not even registered correctly until beginning of October.j</p>
<p>academic quality of education activities</p>
<p>The quality of the education was alright, however, it was less than in Utrecht University I would say. I did like that their lectures took 45 min, as I cannot concentrate any longer than than. Yet, in every tutorial there were 3 students who had to do a presentation about one of the articles they read, but that left no time for any interaction and questions about the article. The tutorials were too short. And I find it weird that for Sociology at Utrecht University, there is a focus on doing research, so how this is done, how you interpret results and then reflect back on the existing literature, whilst at Trinity, the focus was just on literature and being able to use the literature to answer an essay question.</p>
<p>counselling & support at receiving university abroad</p>
<p>Trinity offers a lot of counselling & support, however, I did not use it and felt no need to. If you do however, there is always someone who can help you, which is great.</p>
<p>transfer of credits</p>
<p>If I read it correctly, the grades are transferred to a pass/fail here in the Netherlands so if you passed you get the ECTS credits. I do find it a bit weird that it does not tranfer into grades, cause this could lead to less motivation and less trying, as you only have to pass the course. However, Trinity uses a whole other grade system, which makes it understandable as to why the grades there are transferrred here to a pass/fail.</p>

<p>STUDENT LIFE</p>	
<p>welcome & orientation programme</p>	<p>This was quite unclear and chaotic, but I think COVID-19 is to blame for this. We were put into groups with two mentors for every group. There was a Zoom session in which you got to know your group, which was nice. However, I felt like that was it, as I did not receive any more info about a welcome & orientation programme. Yet, what I did not know, was that Trinity Ents organised all these 'get to know each other' activities, but did not mail about them, but put it on Instagram. So, I missed out on quite a few of these activities. However, it did not matter, cause I already found a group of friends with whom I could do stuff.</p>
<p>accommodation</p>	<p>I am not sure if the university offered accommodation, at least not to my knowledge. I found my accommodation through my Academic Buddy. We stayed in two different houses of the same accomodation, as the second one was not empty yet. You can just google 'student accomodation Dublin' and quite a few options will pop up. The only thing is that it is really expensive, I think the average for rent in Dublin is at least 800 euros a month.</p>
<p>leisure & culture</p>	<p>Dublin is amazing. There is so much to do in and around Dublin. Museums are free, so you can visit them. You can visit different parts of the city and even take (free) guided tours. You can take the train to a lot of beach places and go for walks. As the Wicklow Mountains are nearby you can go for hikes in the mountains. Moreover, you can go to other places and cities in Ireland, as Ireland consists of so many beautiful places. And of course: pubs. The Irish culture is all about going to pubs, which I definitely would recommend. As the Irish are known for being friendly, you can always ask them for directions, which pubs they would recommend, etc.</p>



suggestions/tips

Join societies! It is a great way to get to know students, especially if you want to meet Irish students. I mostly was in an international student bubble. The societies organise trips, fun activities, student related activities where you can meet other people. And: the activities mostly are cheaper than if you would organise them yourself.

CONCLUSIONS

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

I would absolutely recommend going to Dublin and to Trinity. The quality of the university may be a bit less than Utrecht University, but the university itself is beautiful and they offer so many interesting courses. Furthermore, Dublin is an amazing city. The people are friendly, the vibe is great and there is so much you can do in and around Dublin. And a plus: when I was there the weather has been great. I did not experience much rain (I expected there would be)

do you have any additional advice or comments?

I think most people find it scary to go abroad as they are all on their one and alone. I thought this too, but I don't think this is often the case. It was so much easier to make friends than I expected it to. Remember: all international students want to meet other people and make friends, so you are not the only one. Join some groups online and in real life and you'll make friends really easy.

UU Report form - Erasmus 2019-2020

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

destination city & country	Dublin, Ireland
how did you travel to your destination?	by plane
name university abroad	Trinity College Dublin
start date	02 / 09 / 2019 (dd/mm/yyyy)
end date	13 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The application for the the abroad programme was very easy. It was clear what we had to do and how to do it.

counselling & support at Utrecht University

The international office at UU offered clear support and were ususally quick to resopond to questions

academic preparation

The courses at the receiving university could not be picked until the start of the semester. I could give some



suggestions of the courses I wanted to take, but these courses changed before I actually started there. This made it hard for me to prepare for the academic courses. However, it did not cause any problems when the semester had started
language preparation
I had to do the assigned language test, on which I scored C1 I believe. This meant that I didn't need any extra help regarding the language preparation. I did need to take the same test at the end of the semester to see if my English had improved.
finances
I remember being kind of confused by some of the preparations of the Erasmus Grant. However it all turned out fine in the end.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	The studyprogramme changed before I got there, which meant I had to choose other courses than I was planning on taking because they were not available anymore.
academic quality of education activities	The quality of the university and the courses were fine. However, it was less than I was used to from the Netherlands. I did learn quite a lot because I took courses that were different from my own study programme at UU. I barely experienced any stress because all the deadlines were at the end of the semester which gave me plenty of time to prepare these assignments.
counselling & support at receiving university abroad	I did not rally use the counselling that was provided by the receiving university, but they did offer plenty of support.
transfer of credits	The credits were quite the same in both universities

STUDENT LIFE	
welcome & orientation programme	The orientation took a lot longer than I had expected. We had a week to see the societies and to choose our courses. After that the lectures started and the week after that the seminars. So the starting of the semester went really slow, but this was nice because you could have time to get used to the university and meet other people.
accommodation	There was no accommodation provided by the university and it took me a long time to find an accommodation. The day before orientation started was the day I found a room. It was really expensive to live in Dublin which I was not really prepared for.
leisure & culture	The Irish culture is amazing. Everyone is very friendly and willing to help you with whatever. The culture is mostly inside the pubs where young and old are mixed together and are all having a good time. Because the university is in the middle of the city centre, it was very easy to just go into the city to get some lunch or a coffee or just go to the park to relax for a bit. Also there were some areas near Dublin where you could go hiking or go to the sea.
suggestions/tips	



If you go to Trinity College Dublin, join the hiking society. They offer beautiful hikes every week. I only went one time, but it was one of the best days I have experienced there.

CONCLUSIONS

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

Yes, it is a beautiful university and I think the city is really nice as well. The pubs are so much fun and there is beautiful nature (but you have to leave the city for that)

do you have any additional advice or comments?



UU Report form - Erasmus 2019-2020

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

destination city & country	Dublin, Ireland
how did you travel to your destination?	Plane
name university abroad	Trinity College Dublin
start date	02 / 09 / 2019 (dd/mm/yyyy)
end date	15 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

My preparation started at the end of last year. The UU's first deadline is 1 December: if you want to study abroad in the next school year, you have to submit your application for the UU before that time. For me, this consisted of a motivation letter and a study plan. In your motivation letter you have to make clear why you want to study abroad at the UU. Your study plan consists of the courses you would like to take abroad and which courses you will follow when you are back in the Netherlands. Sounds like it's not that bad, but be smart and start on time. Figuring out which courses you can take abroad takes more time than you think and it is always nice to have your motivation letter read by someone who is good at English. After you have indicated this in Osiris you have to wait for a message that you have been approved by the UU. When you have received a message from the UU, you will receive an e-mail from the Foreign University. You usually have to make sure that you have submitted your application to the foreign university you would like to attend before 1 July. You will need signatures for this, so it is important that you have them on time. For this I had to fill in a form and have it signed, send a signed grade transcript and a copy of my European Health Card and a signed letter from the UU stating that you speak the language of the Foreign University. After this you will receive a welcome message from the Foreign University. Then you have to make sure that you apply for grants and fees on time, arrange rent and sublet and book flights.

counselling & support at Utrecht University

The counselling and support at Utrecht University was good, if I needed something signed or had a question the International Office always got back to me in a couple of days. We also had a predeparture meeting, which was a nice way to meet other students that go to the same location.

academic preparation

The education I had beforehand at my home university was sufficient and I could manage the material fine.

language preparation

Luckily I went to an English speaking country, so I did not have to do a lot of language preparation. I did have to do an online language assessment, but because I got a C2 the first time around, I didn't have to do a second one after my time abroad.

finances

I felt like my expenses abroad were quite similar to my expenses in Utrecht, the only thing that's far more



expensive is accommodation. Most of the other Dutch students I talked to had to pay around double the amount of rent compared to what they have to pay in Utrecht. The same was the case for me. Luckily I got the Erasmus grant, so I was able to manage my expenses.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

There weren't any problems with the study programme. After the first week, we had a week where we could choose our classes and visit several of them. This was a nice way to see which courses Trinity had to offer. I did not have any problem with registering for my classes. Secondly, there weren't any problems with the content of my study programme. I could follow several sociology courses, which were interesting.

academic quality of education activities

The quality of education was good. We had interesting assignments and the professors explained the material well during our tutorials and lectures. We had courses for 5 ECTS or 10 ECTS so we would have tutorials and lectures between 6 and 12 hours a week. I mainly had to write essays, which were a bit more broad than what I was used to. I liked this, because I had to put more effort in my argumentation and had more freedom in what subjects I wanted to discuss.

counselling & support at receiving university abroad

The counseling at Trinity was amazing, there are a lot of facilities for you if you have a problem. There is even a chapel and counselling if you feel overwhelmed or are homesick. Also if you need to practice some academic skills, they have workshops in the library every month. Unfortunately, the support in finding housing wasn't that good. That is probably the only thing I would have liked to get a little more help with.

transfer of credits

The transfer of credits went without any problems.

STUDENT LIFE

welcome & orientation programme

We had an introductory week, which was a nice way to get to know Trinity and all its societies. We also had two studentmentors showing us around the campus, which was great. They also sent us weekly e-mails with recommendations and advice. However, these meetings and mails kind of stopped as the semester got more busy, which is a shame because it would have been nice to get to know the other exchange students a bit better.

accommodation

Because of the housing crisis in Ireland it is quite hard to find affordable accommodation. Almost all the other Dutch exchange students I talked to paid double the amount of rent as they did in Utrecht. On the facebook page: "TCDSU Accommodation Support" a lot of rooms are placed and I found mine through "NCAD Accommodation Network"!

www.daft.ie www.myhome.ie www.rent.ie www.collegecribs.ie

www.gumtree.ie www.tcd.ie/communications/noticeboard www.propertycheck.ie www.property.ie

leisure & culture

Dublin is an amazing city to stay in, there is always something happening and a lot of museums and places to visit. Trinity also has a lot of societies that organise fun activities, which is a good way to spend your free time.

suggestions/tips

First of all, the national museums are free of charge, so definitely visit the national art and natural history museums. There are a lot of lovely small towns around Dublin as well, for instance Howth and Bray, or go hiking



in the Wicklow mountains or climb Killiney Hill. You can also take a trip a little further away to Galway, Cork or Belfast. Lastly I went to the cliffs of Moher, which was beautiful.

CONCLUSIONS

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

I would most definitely recommend Trinity College, the campus is beautiful, the professors are nice and the lectures are interesting. All in all, it was a very positive experience for me. However, the main way of meeting people, is with the societies. This can be a bit scary for some people, because unfortunately there is not that much arranged for specifically the Erasmus students. Trinity is also a very individual society, so this is also something to take into consideration.

do you have any additional advice or comments?

Before you go on exchange, take your time to think about things you find important. For instance, if you find it hard to meet new people, it can be nice to go to a university that organises a lot for foreign students. Every university is different and it can be nice to know if you have to find your own accommodation, or if the university arranges a lot of things for foreign students. It can help you make a good informed decision and minimize stress.



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	Sociology

destination city & country	Dublin, Ireland
how did you travel to your destination?	Plane
name university abroad	Trinity College Dublin
start date	02 / 09 / 2019 (dd/mm/yyyy)
end date	13 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

To apply for TCD, like every other university, you have to do a lot of paperwork. Because the UU provides a lot of information and guidelines, everything went well.

counselling & support at Utrecht University

The UU answered the questions I had quickly via phone and email. They also sent general informative e-mails and organised an information meeting to which you can go to.

academic preparation

At Trinity, I took some modules in Sociology and Environmental Sciences. To take these modules, no special preparation was needed.

language preparation

There was no preparation needed.

finances

Accommodation in Dublin is more expensive than in Utrecht. The price of food in Dublin is comparable to the prices in the Netherlands (I recommend you to go to the Moore Street market and the Lidl). I have spent some more money on social events in Dublin than I used to do back home. Before I went to Dublin I saved some money, got the Erasmus Grant and the 'OV-vergoeding'. I also wanted to find a job in Dublin. However, finding a 8-hour-a-week job appeared to be impossible so I used my student loan to compensate for this.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

At Trinity, I took two modules in Sociology (social networks and digital lives + researching society) and Environmental Sciences (environmental monitoring, environmental dynamics + global climate change). Although some of these modules were officially not accessible for international students, exceptions could be made. The modules were very interesting, especially the environmental ones because we did some lab work and went on a field trip.

academic quality of education activities

The quality of the courses given at Trinity is quite comparable to the quality of the courses given at the UU.



There are some differences in assessment; you'll have to write more reports and there is less group work.
counselling & support at receiving university abroad
Everyone at Trinity is very eager to counsel and support you. There are multiple places/persons you can go to for help (e.g. Student2Student, academic registry and your coordinator). It is well arranged and you do not have to wait long for a response.
transfer of credits
I didn't receive all my grades yet, so I don't know yet how my grades and credits will be transferred.

STUDENT LIFE
welcome & orientation programme
This was great. In my first week, the university organised a Freshers market where all the 100+ societies promoted their activities at their stalls. During this week, you could go to the societies' activities (e.g. reading horoscopes, debates, gazing stars, picknicking, scuba diving and petting insects) to see if you wanted to join them. There also were some opening speeches from my faculty, informative talks and a tour through the big campus.
accommodation
Accommodation was hard to find and is also pretty expensive here (you'll pay around €500-600 a week for a shared room). I lived at a guest parents' place, 30 minutes by bike from TCD. I found this place via Facebook, where I posted a message on a page. Although it was nice to have my own room, I missed the contact with housemates and cooking together. If I could choose again, I would have gone for a student house with flatmates.
leisure & culture
One of the reasons I wanted to go to Ireland, was because of its culture, beautiful nature, kind people and the TCD's 101 societies. In my leisure time I went on hikes to places like Howth and Bray and I also joined the Hiking Society on their hikes (they go to the places that are hard to reach by public transport). I also visited places like Cork and Galway, and went on a road trip with some friends to see some more of the country. Also the national museums are free and fun to visit on a rainy day (and some are just around the corner of TCD). And of course, for the 'real Irish craic' you should go to the pubs and sing along with the buskers!
suggestions/tips
If you want to go to Dublin, I recommend you to look for accommodation on time(!). Join as many societies as you like in the first week and do the random things that are possible to do here. If you feel like making trips with other people, you should join international societies like Europa, because you will find many people who want to go to the same places like you and you can rent a car together.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
If you consider to go to TCD, go! Dublin was super nice, and TCD even greater. In the city there are plenty of things to do and if you're tired of the crowded streets, the stunning Irish cliffs are only 1 Lewis away. The people are the kindest and lively music is all around. Even the weather was better than I expected. Plus, Dublin is also quite nearby so your (Dutch) friends and family can easily visit you!
do you have any additional advice or comments?
A friend of mine was an au pair while she studied at TCD. She had to work for 12 hours a week, got free accommodation and food and even got some pocket money. So, if finding affordable accommodation appears to be hard, you could consider this!



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	Dublin, Ireland
how did you travel to your destination?	Airplane
name university abroad	Trinity College, University of Dublin
start date	02 / 09 / 2019 (dd/mm/yyyy)
end date	15 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application process was a little nerve-wracking for me, because I didn't decide to apply until a week before the deadline. It is not a huge amount of work, but I found the writing of the motivation letter especially difficult. I'd advise to take your time writing this and to make sure you have time to let others read it for you.

counselling & support at Utrecht University

The international office of Utrecht University was always helpful if I had a question. The time it took for them to reply varied from half an hour to a week, but this was never problematic.

academic preparation

I did not prepare much academically, since I planned my exchange in my fourth year. This ensured I had no restraints on which classes I had to finish or the amount of ECTS I had gathered at the end of my third year.

language preparation

I have had a lot of experience in speaking English, so I did not prepare for the language in any particular way. I did look up whether people in Dublin spoke Irish, but as they do not, I did not prepare myself further.

finances

I took some time to calculate my finances. I made an excel spreadsheet to calculate costs of living in Dublin (rent, groceries, etc), the costs of university (books, writing material, transport) as well as the costs of potential trips around the country and activities with friends. Living in Dublin is more expensive than Utrecht, with average rent around €800 per month. Supermarket prices are similar to Dutch prices. I calculated how much money I would need per month to pay for this and took into account my student loan and erasmus grant, so that I could see how much I would need to save.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

At Trinity college, module registration is not organised very efficiently. You don't choose modules before your arrival, but you find out which classes are taught in the first week. You then choose which you want to follow and you have to get your choices signed by the faculty in which that module is taught. Each faculty organises a date and time on which you can do this. When you have all your modules signed, you bring the form to the



academic registry, and they will put this in the system manually. This is a bit of a hassle, but it worked out fine. My modules were Conflict studies (Sociology), Social class and stratification (Soc.), Language learning (Linguistics), Policy in the behavioural and brain sciences (Psychology) and Irish for beginners (Ling., an elective).
academic quality of education activities
The quality of education was quite high. All my teachers and professors were experts in their fields and taught their modules well. I mostly had lectures and some seminars, which usually had some required reading. The lectures were often very interactive.
counselling & support at receiving university abroad
I did not make use of any particular counselling or support at Trinity, but I know they were available. Each student is assigned a tutor, who you can contact for any kind of problem. New students and erasmus students are also placed in a student-mentor group. My mentors were very nice and they sent an email every week with important information, as well as upcoming activities at the university. They sometimes organised meetups or would be at the university to show us how to do something (like printing).
transfer of credits
My modules were accepted by Utrecht University and varying difficulty grades were awarded to them. I did not agree with all of these, and after making a case for each disagreement, they were changed. I will receive my grades at the end of January.

STUDENT LIFE	
welcome & orientation programme	The first week at Trinity consisted of the Freshers market, in which all the societies of Trinity have stands (hundreds of them). You can sign up for as many as you want and they all have activities throughout the week as well. The academic part of the programme is small but full of useful information.
accommodation	Finding a room in Dublin is not easy. There are a lot of people searching and the rent is often very expensive. I was lucky to find a room in a house with other exchange students, not far from the city centre. I shared my room with another girl, which was a little strange at first, but I had a great experience with her and all my housemates. My landlord had several houses which he only rents out to international students, so don't hesitate to contact me if you would like his contact details.
leisure & culture	Dublin is full of museums (quite a few are free), great pubs, shops, parks, etc. and cool activities are organised all the time. Pubs often close around 12/1 o'clock, but clubs are open later. There's a lot of live music in pubs, which makes it a great place to hang out and relax. The Irish culture is interesting and well worth immersing yourself in. Irish people are generally very polite and will be very helpful if you need something, so don't hesitate to ask others for advice or help.
suggestions/tips	The Trinity societies organise loads of activities so I'd advise to join whatever societies you like (you can also join at any other time in the semester) and just check out activities that sound fun. Lots of people will be new and it's a great way to get to know people and to experience the university and Ireland more fully. One I'd recommend is The Hist, a debating society that has very interesting, but usually also very funny debates every Wednesday evening, followed by drinks and chilling, as well as bigger events throughout term. In terms of accommodation, I'd advise to start on time. I mostly used facebook and I think most people find their rooms there. If you're really having trouble, lots of people stay at a hostel for the first week or two and usually find something then, so don't worry. Do make use of the public transport to visit great places, like taking the dart (regional train) which is easy and short but can take you to lovely seaside towns in no time.



CONCLUSIONS

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

I would definitely recommend Trinity college and Dublin. The university has a great location and campus is beautiful, which already makes it lovely to go to class each day. Classes are interesting and there are lots of options, and you can choose as much of a challenge as you'd like.

People are welcoming and Dublin has a lot to offer on all domains. Public transport in the city is good and it's not hard to get out of the city either.

do you have any additional advice or comments?

The university might seem a little hectic at first, but I learned that it'll sort itself out, so don't worry about that too much. They are very flexible and you can switch modules in the first weeks if it is not what you expected and they are always open for options if you need help or are struggling.



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	Sociology

destination city & country	Dublin, Ireland
name university abroad	Trinity College Dublin
start date	03 / 09 / 2018 (dd/mm/yyyy)
end date	14 / 12 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

Before departure there was not that much you had to do/prepare. Just the regular things like your Erasmus grant. However, all students have to do this, wherever you will go as Erasmus student. There is not a specific TCD preparation necessary.

counselling & support at Utrecht University

UU was very helpful. You could always send them an e-mail with questions or whatsoever. They responded quickly and were not judgemental when you were asking stupid questions.

academic preparation

Not necessary. Whilst I think it is worth noting that all assignments at TCD (Social Sciences) have to be done individually (except for presentations) while at UU most assignments are group projects. Thus, writing papers is at UU done in groups but at TCD individually. However, this depends on your faculty. Business for example did have group papers. Just be aware of that, but you do not need any preparation!

language preparation

There was no language preparation necessary. At TCD everything is - off course - English and you did not have to do any preparation for that. The level of English used by teachers and students is perhaps higher than at UU at English modules, but you will definitely be able to manage.

finances

I think Dublin is more expensive than for example Krakau or a city in southern Europe, mostly since the rent is high in Dublin, but it is definitely worth it! However, there are many places to get cheap food for students. Most important; remember that maybe you will spend more money during your time abroad than back in the Netherlands, but studying abroad will be something you remember for the rest of your life; so do not worry too much about the money.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I liked the courses I followed and I liked that you had the possibility to follow courses outside your regular curriculum. You could easily follow modules from another department. So if you study psychology it is no problem if you would like to follow a philosophy module. Some modules have mid terms, other don't.

academic quality of education activities



The content of the courses was very good, I definitely learned things while at TCD. At UU we have 1, 2 and 3 point modules, at TCD they do not have this schema. However UU will assign each module 1, 2 or 3 points. Though I do think that in general, a "2" point module at TCD is a bit more difficult than a 2 point module at UU. However, it was not too difficult/ too hard to pass. Since all papers were supposed to be written individually for our faculty, it was a bit harder, but the content was in general fine.

counselling & support at receiving university abroad

All teachers were super helpful. You could always send them an e-mail with questions regarding the content of the course, or about your assignment. All teachers were happy to help you when necessary. Also, each module has two hours a week in which you can come visit your teacher in his/her office to ask questions.

transfer of credits

I think that transferring the credits is done pretty strict. I think that at UU you can easier get a grade of 7 or higher than at Trinity, but a 7 at Trinity is just seen as a 7 at UU. I personally think that a 7 at Trinity may be seen as a 8 at UU. Because higher grades are tougher to get at Trinity than at UU.

STUDENT LIFE

welcome & orientation programme

In the first week there was an orientation week, in which you got a tour on campus. While there was not really a program with activities etc, I definitely recommend you to go, since you will be assigned to a mentor group where you will meet your new best friends! Also, there are parties the first week, but those are not organized by the university. Depending on your mentors, they will organise fun activities to do with you mentors and mentor group.

accommodation

Dublin has some student accommodations; you'll live with a few others in an apartment, share a kitchen and living room and have your own bathroom. The rooms look a bit like hotelrooms; nice and often very new. However this is wanted by many, so you have to be quick. Also, it is expensive. An advantage of these accommodations is that you'll have roommates, so new friends immediately. Also, they organize parties especially for students living in these accommodations. There are of course also other students houses. Just look on Facebook for those. Finding a room in Dublin can be tough, and expensive. You just need a little bit of luck. I lived with a hospita and absolutely loved it. Because of this family I saw areas in Dublin which I would not have seen without them. Also, it is really nice to be part of an Irish family for a while, to experience the real Dublin. However, I was very lucky with my hospita, it really depends on the hospita. Some are more strict than other about having friends over; I was lucky that my hospita was 100% okay with having friends over for dinner and friends from back home visiting me for a weekend sleeping in the house.

leisure & culture

LOVE IT! Dublin has so many great cafés, pubs, restaurants; you will never get bored. Only 20 minutes in a train and you are in nature; enjoying a hike for example. TCD has over 70 societies you can join. Some examples of sport-societies: sailing, rowing, karate, football, soccer, horse riding, hiking, tennis etc; many more! Great opportunity to meet new people! There are also societies for the not so sporty-ones ;) Think about fashion, music, theatre, etc. Also certain groups form societies, like Christians, LGTB- community, Arab-culture, German society etc etc etc. I joined 8 societies but there were so many more I would have liked to join. The societies are just a great way to meet new people. There are also societies which organize debates and lectures. Whether you like sport, debates or theatre, I would definitely join the International society and Europe society, since they organize trips though Ireland and parties.

suggestions/tips

Make sure you join some societies, and be bold, do not be afraid to go to activities and parties the first few weeks. These first weeks are the most important ones, because this is THE time you'll meet your new best



friends.

CONCLUSIONS

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

Without a doubt; Dublin one of the cosiest, nicest and coolest cities I have ever been. After 4 months there is still so much to explore. Regarding the academic education I recommend TCD too; education is good and teachers are helpful.

do you have any additional advice or comments?

Ask everyone around you whether they know people in Dublin, to make sure you have a room upon arrival. Also, look at Facebook and subscribe in time for the student accomodations if you would like to live there.



UU Report form - Erasmus 2018-2019

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> s.a.j.vanoort@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	Sociology

destination city & country	Dublin, Ireland
name university abroad	Trinity College Dublin
start date	03 / 09 / 2018 (dd/mm/yyyy)
end date	15 / 12 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

To apply for studying abroad you have to prepare a lot of paperwork. Although, it took some time, I didn't have any problems with it. Since all of it was presented in a clear manner. However, I did not receive my letter of acceptance from Trinity College Dublin until a month before the semester started. Somehow, they forgot to send it. Luckily, the International Office from Utrecht University got in contact with the Academic Registry at Trinity College Dublin, so in the end everything worked out.

counselling & support at Utrecht University

For all my questions I could e-mail the International Office and they always responded very fast. This helped to clear things up.

academic preparation

The courses at Trinity College Dublin are comparable with the courses at Utrecht University. There was no additional preparation needed beforehand.

language preparation

There was no preparation needed

finances

Accommodation in Dublin is very expensive. Next to this, you spend a lot more money on social activities than you do at home. For this reason, it is important to have a financial plan. I saved money before I went abroad and during my stay in Dublin I got the Erasmus Grant. So, it is definitely manageable.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed two courses of Sociology and two courses of Political Science at Trinity College Dublin. Although, I didn't follow any Political Science courses at Utrecht University, the professors made sure that I could understand all the new concepts. At Trinity College Dublin you write a lot of essays, which I had never done before. This was not a big deal, because the professors at Trinity College Dublin are always happy to help with any questions I had. Like I said, I followed four courses in total. This is because the Academic Year is a bit



different from Utrecht University. Their courses last an entire year, so instead of following two courses at a time, you follow four up to six courses at a time. As an Erasmus student, you will only be there for one semester, so you cannot follow the second part of the courses. For this reason, you sometimes have to write an extra essay to get all the credits. However, I only had to do this for one of the four courses. You just have to ask the teachers about this.

academic quality of education activities

As I said, the courses at Trinity College Dublin are comparable with the courses at Utrecht University. In my opinion, the level of the courses are the same. The students and professors are very motivated at Trinity College Dublin, which was nice.

counselling & support at receiving university abroad

If you ask for help, they will always help you. You get a mentor, who you could contact if something is going on. Next to this, you get two student tutors during the orientation week who you could always contact. Furthermore, the professors were always willing to help with everything. They were very nice.

transfer of credits

I didn't receive all my grades yet, so I don't know yet how my grades and credits will be transferred.

STUDENT LIFE

welcome & orientation programme

The first week is called Fresher's week, which is the welcome & orientation programme for all the new students at Trinity College Dublin. There is a separate orientation programme for Erasmus students. You get assigned to a group with two student tutors and 20 Erasmus students. The Fresher's week itself wasn't that special, because there were only things organized on Monday. The rest of the week there was nothing planned so far. However, I met a lot of nice people during the first day and we planned things to do ourselves for the entire week. This was really nice.

accommodation

Accommodation is very expensive in Dublin. In the middle of the city centre it could cost you €1000,- per month. A little bit further from the city centre it will still be between €600,- and €800,- per month. I didn't have a shared room, but some people do because it could be less expensive. So that's something you could think about. There is a big housing problem in Dublin, so it was very hard to find accommodation. You can sign up for student accommodation provided by Trinity College Dublin. However, I received my letter of acceptance too late. So, by that time the student accommodation was already fully booked. I started to look for private accommodation by then and I found a really nice house with other students. So, keep searching because in the end you will definitely find something, even though it might seem hard in the beginning!

leisure & culture

Dublin is a great city with a lot of things to do. There are so many nice buildings, coffeeshops, pubs and amazing places to hike in the nature among cliffs. You won't get bored here. I felt at home immediately because the atmosphere is really amazing and the people are so friendly. Next to exploring the city with your friends or on your own, there are a lot of organized activities from the students societies. You can enroll in these societies during the orientation week. I subscribed for 5 or 6 societies, which is quite normal here. With the international society I went on a trip to Northern Ireland and with my friends we went to squash training twice a week from the squash society. So, there was a lot to explore and to do in and around Dublin.

suggestions/tips

Go explore everything in the city, because Dublin has a lot to offer! Furthermore, explore Ireland if you have the opportunity to do so. I went to Galway with my roommates and to the ring of Kerry with my friends and these were amazing trips I won't forget. If you don't get that opportunity, there are also a lot of great things to see



near Dublin such as Howth or Bray. Join societies, meet new people and explore. Your studying abroad experience will definitely be great here in Dublin!

CONCLUSIONS

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

Yes, I would definitely recommend Trinity College Dublin. It feels great to walk through the front gate everyday, and feel part of the community. The Irish people are very friendly and the atmosphere is amazing. I could tell everyone over and over again what a great time I had.

do you have any additional advice or comments?

Since I didn't live that close to college I bought a bike here, because I preferred cycling over taking the bus everyday. This was really nice, because you see a lot of the city in this way and it was an easy way to go everywhere.



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	Sociology

destination city & country	Dublin, Ireland
name university abroad	Trinity College Dublin
start date	03 / 09 / 2018 (dd/mm/yyyy)
end date	16 / 12 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

The University of Utrecht is well organised in comparison with Trinity College Dublin. Before my stay in Utrecht I applied online via Osiris (Utrecht Universities online administration website). This was very easy as the tasks were explained very well. I had to send a letter to my top three universities, so I had a bigger chance of actually going abroad. Many months after I applied I got an invitation of Trinity College Dublin, which was very delayed and let me in doubt for a long time. Many of my friends got accepted many months before I did.

counselling & support at Utrecht University

Half a year before I started my exchange in Dublin, we had a meeting about where to go and what we needed to expect during our stay abroad. This was well organised and all the information needed was given by the coordinators. During this time I knew how to apply, where to apply and what to take into account. If I had questions, I knew where and when to go to get answers. During my preparation it was only difficult to get housing in Dublin, so I had a lot of stress about that. I only got a room two weeks before my travel and another student did quit because of the intense stress. The international Office and Trinity College Dublin did both not help with this our could not help.

academic preparation

Before I left I had no idea what to expect of the level of education at Trinity College Dublin. Before my exchange I mainly got information about how and where to apply for an exchange and how to life abroad, but not how to deal with studying abroad. During my third week at Trinity College Dublin I got more information about this topic.

language preparation

The language level at Utrecht University is great and I did not need help for improvement.

finances

University Utrecht gave a great estimation how much it would cost to study abroad and if I could get an Erasmus Grant. Because of this I had no financial problems.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

At the beginning of my stay at Trinity College Dublin I did not know what to expect. The first two weeks were scheduled for new students and for applications for courses. In reality, this was only half a day and I had two



weeks off because of this. After a week everything was arranged and I started with my courses. The study programme was really clear. It has the same structure as in Utrecht, but with less periods. The teachers told clearly what to expect.

academic quality of education activities

The quality of the education was quite the same as in Utrecht. The teachers gave good feedback and the papers and readings were challenging. The only big issue were the presentations. For every course we had to make a presentation. These were generally very bad and still got high grades. In the Netherlands we already learn to present when we are eight years old, but students at Trinity College Dublin have no presentation skills.

counselling & support at receiving university abroad

When I was abroad the communication during the first weeks were difficult, because everything has to be done face to face. Many people had questions which caused there to be a long queue at any time. In Utrecht this is done online most of the time, which causes the waiting times to be much lower. The support was good when given. The teachers gave solid answers and were clear.

transfer of credits

The transfer was quite difficult because my transcript of records got send to the wrong place multiple times, which was resolved later. The communication between Utrecht University and Trinity College Dublin was clear and I knew what grade I needed to achieve to be validated in Utrecht.

STUDENT LIFE

welcome & orientation programme

During the first week Trinity College Dublin gave a welcoming start. First I got a tour around the campus and later I met with my mentorgroup. This was the only time I saw them, because they were all inactive. I found some other mentorgroup which became my friendgroup during my stay. During the orientationweek there was a big societymarket which really helped to find people with the same interest as you do. It was great that the memberships of these societies were cheap. I joined many societies which really helped to settle down in Dublin.

accommodation

Getting an accomodation in Dublin was really a difficult task. There is not that much housing, and if there were places to rent, they were really expensive. A lot of people got scammed by fake accomodations. I luckily did not get scammed and found a quite expensive room 30 minutes from Trinity College Dublin. There was no help from Trinity College Dublin to get an accomodation.

leisure & culture

Because of the societymarket it was really easy to get into new sports or hobbies. This game an opportunity to get better with volleyball, learn how to squash and meet fellow christians. Because the memberships were really cheap, I got motivated to join societies which I would otherwise never join. Dublin is a great city. I felt it was my hometown during my stay and I am eager to go back. People are so friendly and you can talk to every stranger. Everyone is in for a talk. In the Netherlands there is far more individualism.

suggestions/tips

1. Join all the societies you like, you can later choose in which society you will invest.
2. Try to get an acommodation which roommates, they help you to settle easier as well.
3. Try to use the readingweeks for reading and not as an holiday, it could cause problems.
4. Join the Europa Society and tour through all of Ireland or rent a car! It is so beautiful.
5. There are so many good places were you can get great coffees, try them all out!
6. Do not go out in the tourist area, it is far too expensive. Beers a few streets further are so less expensive.



CONCLUSIONS

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

I would definitely recommend to study in Dublin. Time flies by when you are having fun. Most of the time people think Ireland is old-fashioned, but it is totally not. In Dublin there are so many great coffeeshops, restaurants and small stores. Also the weather is not terrible either. During my stay there was far more sun than rain, even during the winter months. The people are great as well, so eager to help and so friendly. Trinity College Dublin is also a great campus. It is so beautiful. It depends on what you are going to study there, but the faculty of social sciences is very welcoming as well. The structure of the systems is very unclear and devious, for example during your registration. But it is definitely worth the waiting.

do you have any additional advice or comments?

Generaly, just have fun and discover Ireland. The only important thing to do is getting yourself registered as early as possible.



UU Report form - Erasmus 2017-2018

faculty/college	Utrecht University
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Cultural Anthropology and Development sociology

destination city & country	Dublin, Ireland
name university abroad	Trinity college Dublin
start date	10 / 01 / 2018 (dd/mm/yyyy)
end date	25 / 05 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process	It was a lot of paperwork, but definitely worth it. Everything was pretty well explained
counselling & support at Utrecht University	We had one meeting about the exchange before choosing a destination, and one after we had been accepted to one of our choices. The first one helped pretty well with choosing which destination could suit me best. Moreover, the support at Utrecht is pretty accessible
academic preparation	I didn't need any academic preparation
language preparation	My courses were in English, so I didn't need to learn another language.
finances	I managed to get an erasmus grant and I saved some money for the occasion

STUDY ABROAD PERIOD

study programme (content and organisational issues)	Sociology: they didn't offer anthropology courses so I had to choose something quite similar or that comes close: in this case sociology seemed the more interesting option. Moreover, I already had taken sociology courses before so I was kind of prepared. I chose my courses online for my learning agreement, but changed some at my arrival, which was pretty easy.
academic quality of education activities	I had to follow fourth year courses, whereas I am a second year student so I was pretty sceptical at first. In the end it worked out really well so the level wasn't too high as I first expected.
counselling & support at receiving university abroad	There was a lot of support, especially the first week and during the orientation day. We also had a student council where we could go whenever we had a problem.
transfer of credits	



The transfer of credits seemed pretty fair to me.

STUDENT LIFE

welcome & orientation programme

Very welcoming arrival. the first day, everything was clearly explained, and they even gave some information about the student life, the daily life etc.

accommodation

It was hard to find accomodation, especially that the prices are very high. In the end, I got a number of a landlord via a friend.

leisure & culture

I didn't really have any culture shock because it reinds me of dutch culture a bit. People are welcoming, mostly in a good mood. However there is still a lot of poverty around the city thar you can clearly see, and can sometimes be quite shocking.

suggestions/tips

Accomodation is quite hard to find, start in advance!

CONCLUSIONS

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

yes definitely! You have a lot of freedom first of all. Secondly the university itself id beautiful and a toursitic destination. Your whole stay abroad you will feel really lucky to be able to study here. Moreover, the studentlife in dublin is very nice, so if you are looking to make friends, and really enjoy your time, Dublin is really nice.

do you have any additional advice or comments?

/



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	Pedagogical Sciences

destination city & country	Dublin, Ireland
name university abroad	Trinity College Dublin
start date	11 / 09 / 2017 (dd/mm/yyyy)
end date	16 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

It's a lot of paperwork and preparation. It's not any difficult stuff, but it's just a lot of filling in forms, sending it back, waiting for answers, waiting for signatures etc etc. It takes some time, but at the end of the day it's worth it. I wouldn't let it stop you from doing the exchange, because eventually you will get it done. Just start in time so you won't feel stressed about it last minute.

counselling & support at Utrecht University

The counselling at UU was good, whenever I had a question I just emailed them and they responded within 1-3 days. I didn't have that much difficulties, but the things I wanted to know, they clarified for me, or helped me with.

academic preparation

I didn't really prepare any schoolwork before leaving. I sort of assumed that my knowledge would be enough. Psychology in Utrecht or Dublin would not differ that much. Which was true.

language preparation

I had already taken Cambridge English exams a couple of years back, so I had those certificates, and besides I was fluent in English already. I did need to complete a mandatory language test to get my Erasmus grant.

finances

I worked all summer to save an extra amount of money on top of my already existing savings and my student loan. Then my family surprised me by gifting some money, and I was good to go. Most my resources were from my own income though, so it's important to make sure you find a reasonable job that helps you save up

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The study programme that I had planned to follow, I didn't end up following at all. That was my own choice though, because it turned out that I didn't really like the modules that I picked. The good thing about Trinity is that in the first two weeks, you get to "try" every module you like by going to the lectures/tutorials, and if you like them you sign up, if you don't: you pick something else. This enabled me to put together a study programme that I genuinely liked without being negatively surprised by a module once you've already signed up for it. I was pretty content with my study programme, because there was not a load of study load. I took three Psychology courses and one Sociology course (25 ECTS): the psychology courses did not have any tutorials. So turned out I had 4 lectures a week and 1 tutorial, so only 5 hours a week (lectures only take one hour at Trinity).



Obviously you still have stuff to do at home, but not as much as in Utrecht. Regarding the organisation of the study programma: when signing up to courses, you have to print and fill in a form and get it stamped/signed by your coordinator, which is super inconvenient (we are used by doing everything online).

academic quality of education activities

As I stated above, the work load was not that heavy. I had a lot of free time, especially the first couple of weeks. The academic quality really differs per module, but overall I think Utrecht has a higher level of education, especially when it comes to Social Sciences. However, it is fun to see how Trinity puts different emphasis on certain aspects of courses, then Utrecht would.

counselling & support at receiving university abroad

There are plenty of opportunities for counseling, support, advice and a lot of services that you can turn to: Student2Student mentoring for example, which they promote a lot. It's actually one of the first thing I noticed about Trinity, we got SO much information on where to find people if you didn't feel well, were stressed, or had any questions. Also, the Global Room or the Student Union are always there to help as well.

transfer of credits

My credits and grades have not been transferred yet, because it takes a while. By the end of January, all professors should hand in the grades at the Registry where they start processing them. This take up to the end of February/beginning of March.

STUDENT LIFE

welcome & orientation programme

We started off the schoolyear with Freshers' week, which was an amazing experience. During the day there's loads of stalls at campus where you can join one of the 100+ societies (definitely do so!) and get to know fellow students. Every night in Freshers' week there's a (themed) party night: those were a few of the best nights I've had in Dublin, and you are guaranteed to meet a lot of Irish there as well because they join in Freshers'week too. I wasn't too impressed by the tour around campus, we got from two students, it was pretty chaotic, and eventually you will find your way on campus by yourself, it's not too difficult. Orientation for Internationals was pretty basic, but that didn't bother me that much.

accommodation

Finding accommodation in Dublin is a crime.... It's extremely difficult, you have to watch yourself not getting scammed and most of all: it's super expensive. I stayed at a lovely, big, new, international student complex, which was absolutely amazing (sorted out through Trinity, just email them) but it was about 1000 euros a month... That's almost triple the amount I pay in Holland. After all it was worth it though, because at least I had a super pleasant stay, very near to the city centre, with loads of other internationals. For rooms further away, smaller, older etc. you still pay around 700 euros.. In summary, Dublin is expensive.

leisure & culture

The Irish are incredibly nice and the atmosphere in the entirety of Ireland is very pleasant and cosy. People in the pubs are super friendly, and the people are very willing to help. There is so much to do in Dublin, but also in all of Ireland (See suggestions and tips below). The nature is beautiful, there are many many events throughout the year (check facebook regularly) and every night is a night to go out (Monday? No problem!) The city is very lively, big enough but not TOO big.

suggestions/tips

Definitely make as many trips within Ireland! School is not that intense the first weeks, so take out the weekends to take trips to Northern Ireland (Belfast, Giant's Causeway), Galway (!!!), Cork, Wicklow & Glendalough and many many more. All of these places were so beautiful and not that far away. It gives you a better view on how the Irish live at the countryside, because Ireland is not only Dublin. "Couchies" as the



people from the countryside call themselves, can be very different from the people in the big city (tourists, other internationals). Travelling more to the south and west enables you to meet the "actual locals".

CONCLUSIONS

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

Definitely! Trinity is very beautiful, has a lot of status in Ireland and Dublin as a city is simply amazing: great nightlife, friendly people, always something to do, beautiful surroundings, interesting history. I would totally recommend studying in Dublin.

do you have any additional advice or comments?

Make sure you make an accurate financial overview and save loads of money before you leave: you will need it.