



UU Report form - Erasmus 2022-2023

| | |
|----------------------|---------------------------------------------------------------------------------------------------------------|
| faculty/college | Faculty of Psychology |
| level | <input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD |
| name study programme | Psychology |

| | |
|-----------------------------------------|--------------------------------------|
| destination city & country | Madrid, Spain |
| how did you travel to your destination? | Airplane |
| name university abroad | Universidad Autónoma de Madrid (UAM) |
| start date | 30 / 01 / 2023 (dd/mm/yyyy) |
| end date | 02 / 06 / 2023 (dd/mm/yyyy) |

PREPARATION

exchange application process

The total application process was a long process and not always easy because a lot of steps have to be followed. You need to be nominated by the University before proceeding with the application to Utrecht University. Once I was nominated, I had to complete the online application form with supporting documentation such as a motivation letter and a language proficiency. Then the University considered factors such as academic performance, course availability, language proficiency, and suitability for the exchange program. After that, my application was accepted, and I was nominated for Madrid, my second best option (you had to give a preference by drawing up a top three destinations). Once I was nominated, more steps had to be followed and sometimes it hard to reach out to the host University in Madrid, as there were moments where I did not receive any response from them. However, if you follow all the steps and keep in good contact with the International Office, the application process will be successful.

counselling & support at Utrecht University

I think the support at the Utrecht University was good. We received emails regularly from the University and when you sent an email to the exchange coördinator, a response was given within a short period of time.

academic preparation

I sometimes struggled a little bit with the academic preparation. I felt like as Erasmus students we did not always get much help on this part. As the host institution can have very different systems or regulations regarding the academic curriculum, it is hard to find it out all by yourself. At the beginning of my stay in Madrid, I felt lost because information regarding the curriculum, course offerings, or the requirements, were vague at my host university. Therefore, the course selection was hard. We did not receive much support from the academic support services.

language preparation

I did not take a language course to improve my Spanish before going to Madrid. Luckily, I already understood the language quite well, as I had already lived in Spain for a few months and studied Spanish in High School. However, there was a certain language requirement in order to follow Spanish courses at the host University. Therefore, I engaged in self-study to improve my language proficiency. This made it easier to navigate academic tasks and communicate with professors.

finances

Life in Spain is less expensive than in The Netherlands, which is an advantage for students who do not have much to spend. However, if you want to live in the centre of Madrid, rent does get very expensive. Next to that, exploring the city, its cultural and leisure activities costs money. Therefore, it sometimes felt like it was a little



hard to manage spendings with the money I had. Luckily, as Erasmus students, we were able to receive a grant for living abroad, which was very helpful as it supports international students make ends meet while abroad. It was a long process though to receive this grant, as lots of steps have to be followed and there are short deadlines that sometimes did not seem doable. The requirements and steps to receive an Erasmus grant can be a little overwhelming for students who are going to study abroad, so it is important and useful to find out well in advance how the steps work to get a scholarship. I could have prepared myself better before going abroad. Next to the grant, we received money every month from DUO for public transport abroad. This was also very helpful. Because of the grant and the extra support from DUO, it was quite manageable to survive abroad as a student.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

As I explained, I felt a bit lost at the beginning of my exchange. The study program in Madrid seemed vague, it was not always clear what had to be done in order to sign up for a course, and the host University did not always respond clearly or be helpful to Erasmus students. Also, sometimes it was not clear if students were able to choose courses from other faculties or not. However, the content of the study programme seemed very interesting. The courses were varied and they covered topics that were of great interest to me. Eventually I was happy with the courses I chose.

academic quality of education activities

There were multiple academic quality of education activities at the University in Madrid. Although I noticed that the quality of education seems higher in The Netherlands compared to Spain, the study programs made us engage with advanced coursework and specialized topics. Also, there were a few professors at the University who were experts in their respective fields. The interaction with these professors made me gain more and unique insights on certain topics. Some drawbacks were for example the fact that there were not a lot of (in depth) class discussions between students and professors that allowed for deeper understanding of the subject matter. In contrast, there were other activities like symposiums or conferences given, as well as museum visits which provided us with more knowledge and insights of some topics.

counselling & support at receiving university abroad

There was support given at the receiving university abroad. An introductory presentation for the Erasmus students was given at the beginning of the semester, with supporting information. However, the whole presentation was given in Spanish, which was a bit hard to follow sometimes, as I just arrived in Madrid and I still had to get used to the language. Therefore not everything was clear at the beginning. During my stay, I sometimes experienced some difficulties with contacting people at the University for support. Sometimes, I did not get a response to my emails for weeks. Overall, I figured a lot out myself together with my fellow international students, but we did receive some support from the university abroad.

transfer of credits

Before studying abroad, I had to make sure the courses were relevant to my academic goals. Also, Erasmus students from the UU needed to follow courses with a minimum amount of 22,5 ECTS in total per semester. I took four courses in Spanish with a total of 24 ECTS and eventually passed two of these courses, so I received 12 ECTS. The Transcript of Records was directly sent by my host university to the Erasmus department of the UU.

STUDENT LIFE

welcome & orientation programme

There was a welcome programme at the UAM University in Madrid for students that had just arrived. This program included information about the University, the courses, and a campus tour. Unfortunately, I had not yet moved to Madrid because of exams in The Netherlands, so I missed this introduction day at the University. I think this day could have been relevant for me, as specific important information was given of which I now had



to find out about myself. However, I did attend the introduction presentation that was given at the University a week later. This was more related to the courses and curriculum. There was not a specific orientation programme related to the exploration of Madrid the city centre itself.

accommodation

I found myself a room in Madrid online. I did this through the organisation Helphousing, which offers rooms for international students right in the city centre. The location where I stayed was perfect, and I had my own balcony. It was a student complex where on each floor there were several flats with about 10 students. I lived with people who came from all over the world, which was super fun! I met amazing people and had a really good time together. The only downside was that the street I lived on was very noisy and rooms are expensive in the centre of Madrid. Also, the university was far outside the city centre, so it was a long journey to get to the university.

leisure & culture

Madrid is known for its many leisure and cultural activities. For example, Madrid has several world-class museums, like the Prado museum, the Reina Sofia Museum, and the Thyssen museum. Next to that, the Royal Palace (Palacio Real) is a cultural and architectural masterpiece that shows the greatness of the Spanish monarchy. In addition, Madrid has many parks and gardens where people can relax and enjoy the outdoors, such as the Retiro park or Casa de Campo. Madrid's nightlife is also amazing. There are many bars, clubs, live music spots, or festivals. To me it felt like the city was full of (international) students that all enjoyed the city's nightlife together. I thought the city was very lively during the night. Finally, the food in Madrid was amazing. On every corner of the streets in Madrid you were able to find traditional tapas bars, where tourists as well as locals were enjoying the sun on the middle of the day, and high quality restaurants that were not extremely expensive. In total I think Madrid is the perfect city to enjoy different kinds of leisure or cultural activities.

suggestions/tips

I would recommend others who want to study abroad to live with other international students in an apartment, not on your own. Especially in the beginning it might be difficult to adapt to the city and find new friends. Through living with other international students, you make friends easily and get in contact with others very fast.

CONCLUSIONS

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

I would definitely recommend Madrid as a destination for other students. It's a very lively city that has all kinds of attractions. It has a beautiful city centre and the most beautiful parks. Despite being very big, the city is also compact and everything is within walking distance. The only drawback was that the university was far outside the city centre. This meant you had to travel almost an hour to get to the university. Other than that, the university itself was good and the teachers were very friendly and helpful!

do you have any additional advice or comments?

I would advise anyone going to a foreign city (in this case Madrid) to have practical things like public transport or university-related things well sorted out before you go, as it can be quite overwhelming to still figure everything out when you get there.



UU Report form - Erasmus 2022-2023

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|----------------------|---------------------------------------------------------------------------------------------------------------|
| faculty/college | Faculty of social sciences |
| level | <input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD |
| name study programme | Interdisciplinary Social Science |

| | |
|-----------------------------------------|--------------------------------|
| destination city & country | Spain, Madrid |
| how did you travel to your destination? | Plane |
| name university abroad | Universidad Autónoma de Madrid |
| start date | 01 / 02 / 2023 (dd/mm/yyyy) |
| end date | 31 / 05 / 2023 (dd/mm/yyyy) |

PREPARATION

exchange application process

i read all the steps on the UU site, went to the information day where i received a manual with the more detailed steps. I made a planning from what i exactly had to do before leaving, during the stay and after with the deadlines.

counselling & support at Utrecht University

if i had a question i could send an email to the international office and they helped me really well

academic preparation

I could all really speak a bit Spanish, but i tried to improve it by buying a spanish learning book to repeat everything and do some exercises (because some courses were in Spanish). Also i tried to find people who went on an erasmus in Madrid before so that could tell me a bit how it would be and what was expected from me. This was really helpful.

language preparation

As i said above, i followed two years of spanish classes in my highschool and i practiced it before leaving by reading and practicing in my study book. Also i wanted to find a room in Madrid with international people to improve my english. I would recommend this to everyone

finances

I already knew Spain was not really expensive. But to get a better idea, i asked someone who went there on an erasmus before how much money they had spend roughly. Since i knew i was going, i saved some money and made a goal of the amount of money i wanted to have before leaving.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

i had signed up for 5 courses in advance. when i got there we were still given the chance to change it, and since i didn't like some of the courses i did and added an extra spanish course. communication with the international office there was quite difficult, but in the end they helped you.

academic quality of education activities

I found the quality of the material in the courses to be good, but the level was low. also, the exams were tested with multiple choice, which normally doesn't happen often at UU and that makes it easier. however, the material was interesting



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| counselling & support at receiving university abroad |
| the support from the partner university was fine, but it took a long time to get in touch with them. in the end, they are happy to help you, but it is better to visit them in real life instead of emailing them |
| transfer of credits |
| it took a while for me to receive all the grades because there were difficulties with international students and entering the grades. she did want to help us so eventually we did receive them |

| STUDENT LIFE |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| welcome & orientation programme |
| there was an intro day where I got to know a lot of people, it was very useful because you've also been to uni before your first class starts and you kind of already know your way around and could interact with people and know where you could ask all your questions in the future |
| accommodation |
| i got my shared apartment through helphousing. i lived on calle de preciados, in the middle of the center of madrid. i would recommend it to anyone to live in this building; the place is fantastic, we had two roof terraces and a lot of very nice international roommates. |
| leisure & culture |
| spain in a perfect country to relax in your free time. every day people sit on the terrace eating tapas or having a drink, and there are countless fun, beautiful and cultural places to explore. just walking through the streets of madrid is all ready fun |
| suggestions/tips |
| Make a list of fun things you want to see/visit/try in madrid and make sure you have done them all by the end. also i recommend going to other beautiful towns as a daytrip like toledo and segovia. it is cheap/free to go there, close by and beautiful |

| CONCLUSIONS |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| would you recommend this university/destination abroad to others? please explain |
| i would recommend madrid to anyone, it's a great city where i had the time of my life and i made friends for life. i'm going to come back there often. the university autonoma is also fine to go to. it's a bit far out of the center, but so are almost every universities there. it's a bit more low-key and the atmosphere is really nice |
| do you have any additional advice or comments? |
| no |



UU Report form - Erasmus 2021-2022

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|----------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|
| Contact details | my e-mail address my Facebook account other (social) media | lejlasejfic@live.nl Lejla Sejfic Instagram: lejlasejfic |
| faculty/college | Utrecht University | |
| level | <input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD | |
| name study programme | Psychology Child & Adolescence | |

| | |
|-----------------------------------------|--------------------------------|
| destination city & country | Madrid, Spain |
| how did you travel to your destination? | By airplane |
| name university abroad | Universidad Autónoma de Madrid |
| start date | 01 / 02 / 2022 |
| end date | 30 / 06 / 2022 |

PREPARATION

exchange application process

I had to choose three different cities and I had to make a top three of them. For the rest the application process went pretty smoothly, because everything was well explained on the site of UU, but also in the emails that the International Office sent me with additional information. When I had trouble with something I just emailed the International Office and they replied within a few days with great help.

counselling & support at Utrecht University

As said above, the support at UU was great. Especially after experiencing how this goes at another university abroad (UAM), I appreciated all the great help even more.

academic preparation

I have not done any academic preparation before my exchange.

language preparation

For the language preparation I followed a Spanish course beforehand, but this was not enough. The language course and my level was A2, while UAM recommended a B1 level (preferably B2). I thought I could pick up the language pretty fast when I would arrive, but that wasn't the case. I was a bit overwhelmed, because everything was new of course, but some classes I had in Spanish as well. Besides, Madrileños (people from Madrid) tend to speak very fast also, so keep that in mind if you're going there. My advice is to really try to bring your level of Spanish as high as possible before you go to a city in Spain. During my stay I had classes at the university (UAM) and also private lessons, but I still find it difficult to speak Spanish for example. Don't underestimate it as I did!

finances

Try to save as much money up as you can beforehand, because going on a exchange is very expensive. At least, that was the case with me. I went to 9 different cities in Spain during my exchange for example and went clubbing with my roommates and friends, went out for dinner, etc. It was all worth it, but expensive.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

At UAM the things are a little less well organized compared to the Netherlands, but I think that's a Spain thing



in general. However, if you stand your ground and keep emailing teachers for example about something important, they will eventually answer.

academic quality of education activities

The academic quality is a bit lower at UAM then I am used to at UU. If you miss a deadline for example (and in my experience) the teachers are pretty flexible and understanding.

counselling & support at receiving university abroad

The support is okay. At the beginning we had a virtual welcome meeting which was in Spanish, then we had a welcome day at campus where they changed the location of it last minute and everything was in Spanish again. Keep in mind, most of the communication was in English beforehand. Also, again, when you email people, don't expect a fast response.

transfer of credits

Transfer of credits I haven't done yet.

STUDENT LIFE

welcome & orientation programme

See my answer at 'counselling & support at receiving university abroad'

accommodation

I had reserved a room through Atmosphere Living (actually I found them by reading these student reports). I was very pleased with it because I had 8 super nice roommates. The whole building is full of students as well (I lived at Calle del Duque de Rivas, 1D), which gets you in contact with even more people. The building is known for it's parties and activities (it's kind of a frat house). I experienced it as super fun, but also a bit tiring at times (for example when I was tired or not in the mood for a party, there is always noise and people everywhere). Keep this in mind when you choose to book a room at Atmosphere Living. Also, the condition of the apartment itself is not great either. You also pay a lot of admission fee (350 euros). Just because it was very easy to meet people because of living here, it was all worth it.

leisure & culture

I love Spain and it's culture. It felt like a 5 month vacation/break of everything. The weather, the people, the food, the activities, etc. Everything was so fun. I really fell in love with Spain. There is no rush, everything is done tranquilo.

suggestions/tips

My suggestion is to see as many cities around Madrid as possible, because this is your chance not to only experience living in Madrid, but also to see more of Spain in general. My favorite places were Salamca, Granada and San Sebastián. Smaller cities like Toledo and Segovia which are close to Madrid are a must do as well.

CONCLUSIONS

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

Yes, I would definitely recommend UAM and Madrid to others. I had one of the best times of my lives during my exchange. The campus of UAM is also pretty big and nice! It was interesting to see how going to a university in a different country is.

do you have any additional advice or comments?

Try to adopt the relaxed mindset of the Spanish people as soon as possible to prevent stressfull situations for yourself.



UU Report form - Erasmus 2021-2022

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|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| contact details | my e-mail address lottesuzanne@live.nl / l.s.jansen@students.uu.nl my Facebook account Lotte Jansen other (social) media lottesuzannejansen (instagram) |
| faculty/college | Faculty of Social Sciences |
| level | Bachelor's |
| name study programme | interdisciplinary Social Sciences / Psychology |

| | |
|-----------------------------------------|--------------------------------------|
| destination city & country | Madrid , Spain |
| how did you travel to your destination? | By airplane |
| name university abroad | Universidad Autónoma de Madrid (UAM) |
| start date | 1/ 9 / 2021 (dd/mm/yyyy) |
| end date | 31/1/2022 (dd/mm/yyyy) |

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| PREPARATION |
| exchange application process |
| To apply for an exchange you have to choose 3 favorite places to study and you have to write a motivation letter. |
| counselling & support at Utrecht University |
| The people from the International Office were always very helpful and nice, they helped me where they could, because due to Covid I could not go to Madrid first. In the last moment they called me and said that I could go and they helped me with arranging important things for the exchange. |
| academic preparation |
| I followed 1 English course, 1 language course (Spanish) and 3 other Spanish courses, but what I can say is that the English courses are good to do. They are not so difficult. The Spanish courses however were harder, but that's also because of the language. UAM is known for more studying/harder lessons than other universities (what I heard from people there), but the courses are a bit easier than the courses in the Netherlands. |
| language preparation |
| I had a Spanish course at high school (for 3 years) and I took 2 courses Spanish (Español 1 y 2) at Utrecht University, but I recommend you to practice the language more, because for me the courses Spanish were not enough to attend the Spanish courses in Madrid. |
| finances |
| I borrowed money from my parents. |



STUDY ABROAD PERIOD

study programme (content and organisational issues)

I chose subjects in Psicología (psychology). In the beginning I experienced problems, because the English courses were cancelled. You have to choose subjects in the summer (before your exchange). You will choose these from a timetable (it requires some effort to do this). The timetables are already made for the Spanish students. They are the whole year with the same group. You choose different courses from different groups/classes, so you have to figure out your own timetable.

academic quality of education activities

What I said before, the level of the university is okay to do for Dutch/other students. It's not that easy that you don't have to do anything, but you also don't need to study a whole week. But UAM has a better quality of academic activities than some other universities in Madrid.

counselling & support at receiving university abroad

The International Office in Madrid was also really nice and helpful, but the organizational paper work is sometimes a bit chaotic and slow there. Sometimes your mails will not be responded, so you have to go to the Office or send the information in Teams.

transfer of credits

I didn't do this yet.

STUDENT LIFE

welcome & orientation programme

There was 1 big general online welcome meeting what was kind of chaotic with around 800 people in it. After this we were divided in groups for each faculty and we got a bit more information about the faculty.

accommodation

I stayed in the center of Madrid. It was a big student building at Calle de Preciados 42, where I lived with 12 flatmates. In the beginning I only wanted to live with a maximum of 4 students, but I can recommend everyone that it is so much better to live with many people.

leisure & culture

There was a lot to do in Madrid. Multiple organizations organized events to make trips to other cities or to explore things in Madrid. The trips were also really nice.

suggestions/tips

In the beginning of your exchange you have to attend as many events as you can do, because especially in the beginning you will meet a lot of people.

CONCLUSIONS

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



I would definitely recommend this destination (Madrid) to others. The city is big, there is a lot to do, the people are really nice, you can improve your Spanish and the clubs are also nice.

do you have any additional advice or comments?

Make sure which courses you want to follow and ask the guest university in advance if you can change courses in English if Spanish courses turned out too hard for you. Also practice the Spanish language and make sure that you can understand and speak Spanish before you choose Spanish courses. B1 is in my eyes not enough to attend the classes, especially when you have to give presentations, write a paper or do group work.

UU Report form - Erasmus 2019-2020

| | |
|----------------------|---------------------------------------------------------------------------------------------------------------|
| faculty/college | ASW/Psychology |
| level | <input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD |
| name study programme | Erasmus |

| | |
|-----------------------------------------|--------------------------------------|
| destination city & country | Madrid, Spain |
| how did you travel to your destination? | By plane |
| name university abroad | Universidad Autónoma de Madrid (UAM) |
| start date | 09 / 09 / 2019 (dd/mm/yyyy) |
| end date | 27 / 01 / 2020 (dd/mm/yyyy) |

PREPARATION

exchange application process

From the host university it went pretty smooth, however, it took a while to receive all the information and answers from the receiving institute.

counselling & support at Utrecht University

Very good, always fast replies and good support whenever needed.

academic preparation

Didn't prepare a lot.

language preparation

Followed six years of Spanish class in high school, before leaving I practiced a little on Duolingo.

finances

STUDY ABROAD PERIOD

study programme (content and organisational issues)

If we got informations about the content of the study programme and organisational issues we got them pretty late from the receiving institute. This could sometimes be quite annoying.



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| academic quality of education activities |
| Academic quality of education activities might be a little bit lower than here at the UU, but through the Spanish language it can be a little more balanced, and perceived as more or less the same. |
| counselling & support at receiving university abroad |
| Not that well as here at the UU, very late with replying and a lot of times not answering the questions. |
| transfer of credits |
| They also work with ECTS. |

| STUDENT LIFE | |
|---------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| welcome & orientation programme | One day we had a quick tour around campus, and one day we had a 'welcome meeting at the faculty'. These were both really small and quick. |
| accommodation | I'd recommend living in the city. I had to travel about an hour in total to my uni, because it is close to the mountains outside of the city centre, but I was really happy to live in the city centre. You get way more experience of the Spanish culture and also for going out or meeting with friends it's perfect if you live in the city centre. |
| leisure & culture | There are a lot of activities organized by student organizations, such as Citylife. Every day they have a program with parties, trips and cultural activities. |
| suggestions/tips | I wpuld recommend to live in a student house in the city centre, because that way you really get involved in the Erasmus lifestyle. |

| CONCLUSIONS | |
|----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| would you recommend this university/destination abroad to others? please explain | The destination I would recommend for sure! It is a beautiful city and even though it is the capital of Madrid, it is still very local, with a lot of local Spanish restaurants and people around. The university I wouldn't necessarily recommend, because it is not that great at organizing things, replying to mails or questions and they don't really take into account Erasmus students. For example, they didn't explain that they had a different exam system, which seems pretty important to me. |
| do you have any additional advice or comments? | |



UU Report form - Erasmus 2019-2020

| | |
|----------------------|---------------------------------------------------------------------------------------------------------------|
| faculty/college | Faculteit Sociale Wetenschappen Universiteit Utrecht |
| level | <input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD |
| name study programme | Pedagogische Wetenschappen |

| | |
|-----------------------------------------|--------------------------------|
| destination city & country | Madrid, Spain |
| how did you travel to your destination? | Airplane |
| name university abroad | Universidad Autónoma de Madrid |
| start date | 09 / 09 / 2019 (dd/mm/yyyy) |
| end date | 22 / 01 / 2020 (dd/mm/yyyy) |

PREPARATION

exchange application process

It took some time to get the information from the International Office of the faculty of Psychology, but they informed us well. Don't expect them to respond quickly, but they are very nice and willing to help you.

counselling & support at Utrecht University

International Office from the Social Faculty of UU is very helpful!

academic preparation

They respond very quickly and give really helpful answers or solutions. Furthermore, they organised an meeting before leaving and every now and then they sent a newspaper.

language preparation

I have had some Spanish classes before going to Madrid. I would really recommend this, because everything will be in Spanish at Autónoma.

finances

Be on time with organising your Erasmus grant and your OV vergoeding.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I studied at the Faculty of Psychology. I could choose between all courses in the whole faculty. I followed the courses: Psicología de los Grupos, Psicología de la Personalidad, Psicología Ambiental, Necesidades y derechos de la infancia. It really depends per subject how it is organised. Most of the courses have lectures and tutorials, but always with the same professor. During the semester you can get some assignments to make, but most of the time you can make those during the tutorials. The exams need more preparation. Also for the exams it is usefull to ask the professor how they do the scoring. I was not used to their system.

academic quality of education activities

Academic quality is quite allright at this university.

counselling & support at receiving university abroad

It was difficult to have contact with the international office of UAM. They don't respond fast on emails and they only have a few openinghours a week.



transfer of credits

I did not receive the transfer of credits yet.

STUDENT LIFE

welcome & orientation programme

The university organised a very nice welcome day including paella! Also the faculty gave a introduction, which was in Spanish but very usefull.

accommodation

I would recommend new students to look for a room in the city centre. It is quite expensive, but worth it! The campus is far away from the city centre and not so many students live their. I stayed in a house from Atmosphere Living and I would recommend to have a look on their website.

leisure & culture

In Madrid there are many groups/organisations which organise parties and cultural activities! I did some trips with CityLife, which were very nice. Also, it is quite cheap to travel in Spain. I had enough time in my weekends to do that.

suggestions/tips

Segovia is a nice old city close to Madrid, it is very nice to give it a visit.

CONCLUSIONS

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

Yes, I would definitely recommend Madrid for doing your Erasmus. It is a nice combination of a new culture with a lot of parties/activities for international students. Also, I would recommend Universidad Autónoma if your level of Spanish is already good. Otherwise, it will be quite difficult. The campus is really nice to chill in between classes and the teachers are very nice.

do you have any additional advice or comments?

At the Universidad Autónoma they offer Spanish classes at the Servicio de Idiomas. I really liked this classes and my Spanish really improved!



UU Report form - Erasmus 2018-2019

| | |
|----------------------|---------------------------------------------------------------------------------------------------------------|
| faculty/college | Sociale Wetenschappen |
| level | <input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD |
| name study programme | Onderwijswetenschappen |

| | |
|----------------------------|-----------------------------|
| destination city & country | Madrid, Spain |
| name university abroad | Universidad Autónoma Madrid |
| start date | 01 / 09 / 2018 (dd/mm/yyyy) |
| end date | 22 / 01 / 2019 (dd/mm/yyyy) |

PREPARATION

exchange application process

The preparation felt like a lot of paper work but in the end the steps were easy to follow, it is important to make time for all the paper work and sending emails, but since you will be very excited it is nice to spend time on it.

counselling & support at Utrecht University

Support from the university is very good, the International Office is very approachable and you can stop by or send an email for any question. They always know how to give clear answers to what is really useful to you.

academic preparation

Since I wanted to go to Spain but the university didn't offer Educational sciences, I chose to take Psychology courses according to my own interests. My academic preparation was not special and I followed subjects from my own study.

language preparation

I took Spanish classes in high school for a total of four years and in preparation I did take four Spanish language courses at the university of Utrecht, I have reached level B1.

finances

To finance everything I had saved up some money. With the Erasmus grant and study financing we receive from back home I was able to manage it. But the experience was more expensive than I expected. Partly because I did some trips and had a lot of visitors. It was normal to go out for dinner a lot of weekends with my visitors and friends in Madrid.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

In the beginning the programme was very unclear for me. I received a schedule with all the lessons given on our university. I had to make my own schedule and therefore I changed some courses at the beginning to create a schedule that was as favourable as possible for myself.

academic quality of education activities

The quality of the education in Madrid is in my opinion lower than in Utrecht. They are less strict about deadlines, you can discuss the attendance or deadlines about turning in assignments everytime. Some courses were very well put together but in general all the courses were less organized.

counselling & support at receiving university abroad

It took mostly a week to get an answer from the International Office in Madrid, also you need to check the



opening times by forehand. It will be very chaotic at the beginning trying to make your own schedule and to make the learning agreement right, but in the end you get used to the Spanish way of doing things, disorganized and slow.

transfer of credits

At this moment my credits are not transferred yet. At the university in Utrecht we get 7.5 ECTS per course, in Madrid the courses are 6 ECTS, if all goes well, you can just let the subjects and grades count.

STUDENT LIFE

welcome & orientation programme

The university organized a welcome meeting for all the international students and the Faculty organized a welcome meeting with all the international Psychology students. It was very nice to meet everyone in an informal way with a lot of tapas and drinks. Besides that the university and ESN organize a lot of activities in the first month for the Erasmus students. Almost everyday there is an activity, you can decide whether you want to go or not.

accommodation

I have been very lucky with my apartment in the centre of Madrid (Puerta del Sol) for a very good price. I advise everyone to not rent a room through Erasmus flat organisations. Many people had problems getting the deposit back, or nothing was arranged. My landlord has arranged everything, when something broke, it was repaired immediately. The website is: www.operahousingmadrid.com.

leisure & culture

The experience in Madrid felt like a holiday for five months. It is so nice to leave the pressure behind you and let yourself be carried away in the Spanish culture. There is a lot to do and see in and around Madrid. You can explore all the neighborhoods on foot and it is also fun to make trips to other places during the weekend.

suggestions/tips

I really recommend [operahousingmadrid.com](http://www.operahousingmadrid.com) for renting a room in the city centre. Time goes by very quickly, I have done everything I wanted to do and I definitely recommend to occasionally escape the busy city to make day trips, weekend trips, visit a vineyard or go for a hike.

CONCLUSIONS

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

Absolutely! I love the Spanish culture and lifestyle. The city has so much to offer, it feels already like home! I was lucky not to have to study very seriously. The courses at the UAM are not as well organized as at the UU, but I think the level of the exams are way lower so it is easier to pass courses.

do you have any additional advice or comments?

I recommend going to Madrid a week before the start of the university to explore the city. I enjoyed living with many internationals, so I made a lot of connections in my first weeks already. I would also like to say that I received a lot of visitors, which was super sweet, but it was also a bit much. I found it quite exhausting to get visits for 6 weekends in a row and it also costs you a lot of money. Think carefully about how many visitors you want to get and feel free to say no.



UU Report form - Erasmus 2018-2019

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

| | |
|----------------------------|-----------------------------|
| destination city & country | Madrid, Spain |
| name university abroad | Universidad Autónoma Madrid |
| start date | 10 / 09 / 2018 (dd/mm/yyyy) |
| end date | 22 / 01 / 2019 (dd/mm/yyyy) |

PREPARATION

exchange application process

The application process for Madrid was quite hard, because they do not email fast back, so I was waiting for maybe 2 months for my learning agreement. This is a bit annoying while you're doing your preparations, because it really stops the process. But when I arrived I just went to their office at the university and then it was really easy.

counselling & support at Utrecht University

There was a lot of help from the university. If I had any questions I could just email them and I got a response quite fast. The only thing that was difficult is that they are not open so many times, so if you have classes it is really hard to find a moment to go there and get something signed.

academic preparation

To prepare academically I have been focusing on the courses I wanted to follow. I read the course descriptions of the courses I wanted to follow to decide which ones I like the most and which ones were most beneficial for my future.

language preparation

I took a Spanish course in the Netherlands before I went. I also studied a lot on my own, although this was quite hard to do. In Madrid, I followed a course offered at the University for 3 months, 3 hours a week.

finances

To prepare for my time abroad I worked a lot and saved up as much money as I could. Even if I wouldn't use everything, it is really nice if money is not the reason that you cannot do certain things.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I took 4 courses and one Spanish A2 course at the university. This course was really helpful because I improved my Spanish a lot. Out of the 4 courses, 3 of them were in Spanish, so that was really difficult, but I didn't really have another choice. I liked most of my courses and they were organized quite well. Sometimes it was hard to know if something was obligatory, and they were kind of vague about things we had to hand in yes or no. Also because we didn't get feedback on what we handed in. But they sent emails about important things and the dates of the exams were quite fast available.

academic quality of education activities

For me it's kind of hard to decide on the academic quality, because it is really different from the type of classes in Utrecht. They have a lot of lectures which are more interactive, but they don't really have workgroups. The



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| exams are mostly based on the lectures and not really on the books. |
| counselling & support at receiving university abroad |
| I didn't notice a lot of counselling or support. We had 2 welcome meetings which was nice and you could sign up for a buddy program, but I didn't do that because I didn't feel like I needed help. But I think if I needed it I could have get it. |
| transfer of credits |
| The receiving university let us know by email that they will send our grades to the home university and us as well before the end of February. |

| STUDENT LIFE | |
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| welcome & orientation programme | There were 2 welcome meetings from the university, which was nice to get to know a lot of other international students. Moreover, there is an Erasmus organisation which offers a lot of activities and Madrid also has CityLife Madrid. This is an organization that has activities and partys during every week and makes it really really easy to get to know a lot of people. So there were many options to get to know the city and a lot of international students as well. |
| accommodation | I stayed in a shared flat with 4 other girls. I got this flat using Aluni.net which was very efficient. I could just add some filters about how many people, how much money, location, etc. Then, a map came up with all the possible locations and the prices. I recommend to start looking quite early, before summer starts, because then there is a lot more available and everything is cheaper. |
| leisure & culture | The city itself is honestly amazing. There are só many bars, restaurants, parcs, cafés, etc. and everything is really cheap. There is always something to do, no matter what you like. A lot of museums, sport facilities, etc. There are always a lot of people in the streets and I felt really safe. There are many different neighbourhoods with different kinds of things that characterize them. For example a posche area, an area with a lot of bars, a multicultural area, and go on. This makes that there is a wide variety of things which makes that after five months there are still a lot of things to do. |
| suggestions/tips | I recommend to save enough money. Although it is quite cheap, you will spend a lot of money on travelling, going out, getting dinner and so on. |

| CONCLUSIONS | |
|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| would you recommend this university/destination abroad to others? please explain | Yes, I would definitely recommend Madrid! I loved every bit of it and I had an amazing time with a lot of new international friends. It has been an amazing experience, and the culture and climate are ofcourse beneficial to this. UAM is known as one of the best universities of Madrid so this is really good. |
| do you have any additional advice or comments? | Prepare enough before you go and print forms and copies of your ID. That makes it a lot easier when you arrive. |



UU Report form - Erasmus 2018-2019

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|----------------------|---------------------------------------------------------------------------------------------------------------|
| faculty/college | Universiteit Utrecht |
| level | <input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD |
| name study programme | Psychology |

| | |
|----------------------------|--------------------------------|
| destination city & country | Madrid, Spain |
| name university abroad | Universidad Autónoma de Madrid |
| start date | 03 / 09 / 2018 (dd/mm/yyyy) |
| end date | 22 / 01 / 2019 (dd/mm/yyyy) |

PREPARATION

exchange application process

It was quite some paperwork, but the International Office in Utrecht was always willing to help!

counselling & support at Utrecht University

The International Office knows a lot about the universities and their application process. They understand the stress you can have before you go on your exchange. They responded very quickly and clearly on my mails.

academic preparation

It was not necessary to prepare myself in a very academic way. I already had passed all my obligational psychology courses in Utrecht and my Spanish was also quite ok beforehand.

language preparation

I had done a Spanish course in the Netherlands

finances

I made a financial overview so I knew "hard financial times" were coming

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The programme was really nice, I liked the courses a lot. Sometimes it was a bit chaotic to organize everything in Spain, but the International Office in Spain was willing to help.

academic quality of education activities

The academic quality was ok. It depends a bit on the courses you do.

counselling & support at receiving university abroad

In the beginning of September they were still in the "holidays mood", but after a few weeks the International Office responded quickly. The ESN from Autonoma had a lot of welcome activities.

transfer of credits

In the Netherlands each course is 7,5 ECTS. Here it is 6 ECTS per course.

STUDENT LIFE

welcome & orientation programme



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| The ESN of Autónoma had a lot of welcome activities. It was nice to get to know people in that way. |
| accommodation |
| It was easy to find an accommodation via operahousing |
| leisure & culture |
| The weather is much better here, so that makes it very nice to do activities outside. Hiking, picknick in the park etc. There is still a family culture, the students life with their parents, that is different, but also nice. |
| suggestions/tips |
| Try to make Spanish friends!! |

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| CONCLUSIONS |
| would you recommend this university/destination abroad to others? please explain |
| Yes, the courses are good and the campus is nice. There is a train to the center every 10 minutes, so it would not take you to long to go to the university. The teachers are nice, there is a good atmosfere. |
| do you have any additional advice or comments? |
| Participate in some ESN activities to get to know (Spanish) people |



UU Report form - Erasmus 2017-2018

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

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|----------------------------|---------------------------------|
| destination city & country | Madrid, Spain |
| name university abroad | Autonomous University of Madrid |
| start date | 01 / 09 / 2017 (dd/mm/yyyy) |
| end date | 30 / 01 / 2018 (dd/mm/yyyy) |

PREPARATION

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|---------------------------------------------|--------------------------------------------------------------------------------------|
| exchange application process | The exchange application process was very clear and easy to follow. |
| counselling & support at Utrecht University | There was a huge support at Utrecht University. They were very helpful and involved. |
| academic preparation | I did not do any academic preparation. |
| language preparation | I followed an online Spanish course to prepare. |
| finances | I expected the same costs as in the Netherlands. |

STUDY ABROAD PERIOD

| | |
|------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| study programme (content and organisational issues) | At UAM the organisational issues are less efficient than at Utrecht University. It took a long time before things were completed. |
| academic quality of education activities | The academic quality was good. It lived up to my expectations. |
| counselling & support at receiving university abroad | The international office was very helpful. |
| transfer of credits | I haven't transferred my credits yet. |

STUDENT LIFE

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| welcome & orientation programme | |
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| The university had organised a welcome lecture with drinks and tapas at the end to meet other students. |
| accommodation |
| I lived in a flat, through Atmosphere living. |
| leisure & culture |
| The erasmus group organised a lot of events to discover the city. |
| suggestions/tips |
| Try to find an accommodation with a direct line to the university. |

| CONCLUSIONS |
|-------------------------------------------------------------------------------------------------------------|
| would you recommend this university/destination abroad to others? please explain |
| I would recommend going to Madrid. The city has so much to offer. It's a great place to live as a student. |
| do you have any additional advice or comments? |
| Try to go the first semester to Madrid, the weather is better and it's so nice during the Christmas season. |



UU Report form - Erasmus 2017-2018

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

| | |
|----------------------------|-----------------------------|
| destination city & country | Madrid, Spain |
| name university abroad | Universidad Autonoma Madrid |
| start date | 01 / 09 / 2017 (dd/mm/yyyy) |
| end date | 21 / 01 / 2018 (dd/mm/yyyy) |

PREPARATION

exchange application process

The application process takes some work. It is very important to make sure you arrange everything in time. I thought the hardest part was choosing a destination, because there are so many options. But when you have chosen your city, it is just some paperwork.

counselling & support at Utrecht University

The support was very good. You can email the international office any time and they respond very quickly.

academic preparation

As far as academic preparation I have not done anything special. Followed and passed all of the obligatory courses as well as courses and therefore in Madrid I decided to follow courses of my interest outside of my specialization.

language preparation

I took a language Spanish language course in the Netherlands, before my departure to gain some basic skills.

finances

I saved money during my study for going on Erasmus. This was enough and because Spain is not an expensive country, I didn't spend much more than I usually do, except from droing trips.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I already completed all my courses and my bachelor thesis. So the exchange was really about doing courses of interest and learning Spanish for me. An important note is that when you want to do courses at other faculties, you really have to be in time with subscribing, especially for English courses, because they are very popular.

academic quality of education activities

The academic quality of the education in Madrid is very different from what we are used to in the Netherlands. Because you are doing 4 to 5 courses in one semester, you have more contact hours, but less work to do at home.

counselling & support at receiving university abroad

The support is good at Autonoma Universidad, because the international group of psychology students is small there. So there is one person always available to help you and you can choose to get a student mentor.

transfer of credits



My credits do not count on my average, because I have already completed my bachelor.

STUDENT LIFE

welcome & orientation programme

There is a welcome day for all international students and there also is a welcome day for the international students of the faculty. This is very nice, because you get the opportunity to meet everybody and it is very informal in a Spanish way with tapas. At the first day you get an explanation about how you can switch your courses. You have to subscribe for courses in the Netherlands, but they have an introduction week there, where you can go to lectures and then decide if you want to follow the course or not, this was very nice, because I changed my Spanish courses for English ones, because it was still a little bit hard.

accommodation

I rented my apartment in the Netherlands and I would recommend doing that. I had friends who rented their apartment in Madrid and the advantage is that you can see the rooms, but it is very hard to find a nice one. I rented mine at Atmosphere living.

leisure & culture

The Spanish culture is amazing. I felt like I was on a holiday for five months, because everybody is so relaxed, the food is so nice, and there is so much to do in the city.

suggestions/tips

A lot of universities seem far away, but the connections are very good in Madrid. I really would recommend to try to find an accommodation in the city centre near sol/la latina/malasana, rather than living near the university.

CONCLUSIONS

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

I would really recommend this destination abroad. Madrid is an amazing city. It has everything. It was my first time abroad for five months and I liked Madrid very much, because the international community is huge. The city is really designed for internationals.

do you have any additional advice or comments?

Sometimes it seems hard to arrange things in Spain, but that is because people are so relaxed. So save yourself the stress and just experience their way of working things out. Enjoy!