



UU Report form - Erasmus 2021-2022

contact details	my e-mail address	z.i.m.remmers@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	Interdisciplinary Social Sciences	

destination city & country	València, Spain
how did you travel to your destination?	by plane
name university abroad	Universitat de València
start date	13 / 09 / 2021 (dd/mm/yyyy)
end date	28 / 01 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application process started a long time before my actual exchange. This was useful as it prepared me for my eventual departure. However, due to the Covid-Pandemic it remained unsure whether I could actually go on exchange until a month before my start date.

counselling & support at Utrecht University

The Internation Office of Utrecht University was a very helpful institution in the preparation of my exchange. They tried to share as much information as they could, but there were still a few things that remained unclear due to the Covid-Pandemic. This was a stressful situation, but it was mentioned before starting the application process that it would be unsure whether we could go on exchange.

academic preparation

You will enter the Faculty of Psychology and will need to select which courses you want to follow. You will find all the course-descriptions on the site of the University of València. I do recommend that you really look at what courses you would find interesting to follow, because you have to follow them for five months.

language preparation

At Utrecht University, I followed two courses Spanish which led to me having an A2-level in Spanish. I also used the Duolingo-app to improve my proficiency. I only followed English courses, so I did not have to have a higher level for my courses. However, I would recommend having at least a B1-level in Spanish as it will make everyday life a lot easier.

finances

I got the Erasmus-grant and also got the OV-funds. I also saved some money and followed the workshop on how to finance your finances before going on your exchange. Spain is not the most expensive country in Europe, and a lot of the Erasmus-trips were less than 50 euros. A lot can be seen and done without having to spend a lot of money. I would advice to really look at your financial situation beforehand, as it would be a pity to not be able to do certain things because of financial difficulty.



STUDY ABROAD PERIOD
study programme (content and organisational issues)
I followed four courses; Perception and Attention, Social Psychology, Psychology of Delinquency en Life-Cycle Psychology. I wanted to follow a course from the Law-faculty too, but when I arrived in València they told me it was no longer possible because of my schedule, so keep in mind that even though your Learning Agreement has been approved, it could still change once you are actually in your destination country.
academic quality of education activities
University in Spain is very different from the Netherlands. There are much more contact-hours and less hours of individual study. They also work with a semester-system, which means that in the first three months there are basically no deadlines. So my advice would be to use these months to prepare for the latter part of the exchange as there will be quite a few exams and assignments then.
counselling & support at receiving university abroad
The people behind the International Office in València are very friendly and will try to help you. However, if there are any urgent questions, I would recommend to ask them as soon as possible, because it will take a very long time before you have an answer.
transfer of credits
The UV asked their students to apply for the transcript of records a month after taking the last exam, so that the professors' have enough time to upload the grades. So at this moment my grades are still being transferred.

STUDENT LIFE
welcome & orientation programme
Before my exchange, I was already contacted by a mentor from the University of València. This was very nice because I could ask her a lot of questions on a more student to student level. I also met up with her twice in Spain, which was very fun. In the first official week we had a tour around the Psychology Faculty, which helped with finding our classes later.
accommodation
I found my accommodation on a site called 'Uniplaces.' Overall I don't think it is very difficult to find a room in València, but because I learned that my exchange would happen only a few weeks before having to leave, it was more difficult to find a room, as a lot had been rented already. I ended up living in Aragón, which is a neighbourhood very close to the university. I enjoyed living here, as it was close to the Blasco Ibañez where there is a lot of student-culture. However, I did have friends who really enjoyed in the city center too.
leisure & culture
València is a city with an enormous amount of international students, because of this it is very easy to find new friends. I did a lot with my roommates but there are also a lot of sites like ESN and Erasmuslife València which promote events, clubs and trips and are a great way to visit new places and meet new people!
suggestions/tips
I would recommend trying to improve your Spanish either before, or during your stay in València (as the university offers cheap courses too) this way you will be able to integrate just a little more, and also speak with people who might not have the highest level of English.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would recommend this university and destination abroad to everyone who wants to experience a culture very different from the Dutch one. València is an amazing city with a lot of fun activities to undertake, lots of



amazing food to try and a very sunny climate. It is also one of the most popular destinations for international students, so you will get to experience the Erasmus-life style to the fullest. I also really recommend the Universitat de València as I really enjoyed following courses there, experiencing student-culture in Spain will be a very new and interesting experience for anyone.

do you have any additional advice or comments?

I would like to stress again that you should really pick your courses wisely, and not just pick whatever fits in your schedule. So first look at what you would find interesting to study, and then check if València offers any of these courses. My most important advice is to really enjoy your stay there, as it will be an amazing experience.

UU Report form - Erasmus 2021-2022

faculty/college	Universteit Utrecht
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Educational sciences (psychology in València)

destination city & country	Valencia, Spain
how did you travel to your destination?	Plane
name university abroad	Universitat de València
start date	13 / 08 / 2021 (dd/mm/yyyy)
end date	28 / 01 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process was fine. I did online research to prepare, e.g. possible courses to follow, student life. Make sure what you want out of your experience, and make a decision for a university based upon that. That also helps when writing your motivation letter.

counselling & support at Utrecht University

In the early stages the support was great (and many information available online). The international office also responded fast to mails, also once I was in Valencia. I did have problems with the erasmus+ office at UU, responses took a lot of time, information not always up to date, and not always that friendly. So, take into account that they are busy, and it can take time before you receive what you need. I mostly asked other Erasmus students (from UU, also in Valencia) how they were handling things, that helped.

academic preparation

Not needed.

language preparation

If your english is sufficient, you are good to go. Since you will mostly hang out with other international students, speaking spanish is not that important. But spanish is a great language, and I regret not learning it at least a bit before I came here. So, I would recommend to take a course or training before you come here (and also take one while you are studying here), so you are able to speak it a bit with locals here (english speakers are very limited here) and also train it more.



finances

Spain is not as expensive as the Netherlands, but either way, you are going to spend a lot of money. So, make sure you have a realistic financial plan. Especially because of all the trips, activities, clubs and restaurants you will go to. You don't want to miss those things because of money. And make use of: Erasmus+ grant and OV compensation (and DUO). Also, I worked a lot the year prior, so I had saved up for this experience.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Be aware that it is not common to follow 30 ECTS in a semester for Spanish students here (they take around 21 ECTS, 4 courses). So expect around 25 ECTS max. of classes you can take, and it can be hard to find subjects that fit your schedule because you need more courses. Plus, research your subjects (timetable and contents) and make a schedule that does not have overlap, because the enrollment period can be chaos here. And then, you have to choose subjects you may not like or want once you are here, because by then most subjects are full. The big projects and presentations have to be submitted in december, and in january you only have exams. I took perception and attention (don't recommend), instruction and education, community and social interventions, emotional bonds and sexual education, and delinquency. I did all my classes in English.

academic quality of education activities

Don't expect the same standards of education compared to Utrecht. The contents weren't that new for me, did not go that deep, and are not always that academical. Deadlines or class activities can be announced a few days prior. Class activities and tutored group works are not that difficult most of the time, just require a good amount of time. What is expected is not always clear. The professors are really nice though, and really help you when needed.

counselling & support at receiving university abroad

If you have a question, go directly to the international office, then she will help you immediately. Don't expect fast replies when you send mails (especially when you need a signature for some documents).

transfer of credits

This took a really long time. The steps that had to be followed (from the university of Valencia) were not clear at all. I had to ask for an extension.

STUDENT LIFE

welcome & orientation programme

There wasn't really a program organized by the university itself. For us it was an online introduction (covid), about what to do in Valencia and some important things regarding the university. So, my tip is: go to as many activities that are organized by erasmus organizations (e.g. ESN) in your first weeks. Meeting new people is super simple that way, and a lot of the people I met then I saw regularly throughout my stay.

accommodation

It isn't as easy as some other people said it would be. So get an apartment before you come here, and be on time with getting one (the good spots are gone fast). There are lots of agencies to book through, e.g. hello flatmate or spot a home. I would recommend getting an apartment close to plaça d'Ajuntament or close to the Mestalla Stadium. I started my stay in a hostel, which I really liked so I recommend that. I had bad luck with my roommates, so if I could do it again I would search with someone together, but others had great roommates, so it really depends.

leisure & culture

Valencia is a great city: the city center is beautiful, the beach amazing, there are lots of great parks, the food is good. And the student life is great too. There are also lots of options and organizations for international



students (Happy Erasmus, SoyErasmus, ESN, ValenciaLife and many more, follow them on Instagram).

suggestions/tips

- Sign up for an activity in the park (yoga lessons / art in the park classes).
- Make use of too good to go, great food for little money.
- Make some trips to different cities (for example Madrid/Sevilla/Barcelona).
- Use valenbisi, get a metro/bus card and download cabify/freenow.
- Go to a lot of Erasmus activities in the beginning: that is where you easily meet other students.
- Go to all the cafés in Ruzafa, also for studying.
- Make use of the sports options of the UV (I took surfing lessons, I really recommend those).

CONCLUSIONS

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

I would really recommend Valencia! Valencia is amazing if you: are looking for a city with lots of things to do, when you want to see more of Spain (so many trips are organized by erasmus organizations), great weather and great student (night) life. If you are looking for to learn something on a more educational level, maybe this is not the place for you.

do you have any additional advice or comments?

Embrace the spontaneous, relaxed culture here and living without an agenda, it is one of the best things :). Also expect that there will be moments you don't feel great, which can be hard when you are not home. But overall, it is an amazing experience, that I did not want to miss!

UU Report form - Erasmus 2019-2020

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	Valencia, Spain
how did you travel to your destination?	By plane
name university abroad	Universitat de Valencia
start date	02 / 09 / 2019 (dd/mm/yyyy)
end date	30 / 01 / 2020 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process started a long time before my leave. I liked this, because I knew that I would be going to Valencia a few months before I actually left. Because of this I had enough time to prepare myself for my stay in Valencia. I had to fill in the Learning Agreement about which subjects I wanted to follow. This took some time and preparation.

counselling & support at Utrecht University



There was good support from Utrecht University. If I had any questions or doubts, there was always someone to help me out.

academic preparation

I didn't had to do a lot of academic preparation. I searched for information about the subjects the University of Valencia offered, so I knew which subjects I wanted to study there.

language preparation

I tried to improve my Spanish before I left with the app Duolingo. I tried to practice as much as possible so I felt prepared when I left to Spain.

finances

I saved some money in the months before I left. Besides that I made a list for myself with the incomes and outcomes I would have in Valencia, so I was prepared about my total finances.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The subjects in Valencia were interesting, but easier than in the Netherlands. I had more hours of attendance, and less hours of self study. I had to go to school approximatly 5 days a week, while in Utrecht I have to go about 3 days a week. This is different than in Utrecht, because there a lot is about self studying. I had to get used to this, but it was okay because it wasn't so difficult.

academic quality of education activities

The quality is in my opinion lower than in the Netherlands. Some subjects were discussed for a long time, while in Utrecht this would not take a lot of time. For me the subjects in Valencia were easier than in Utrecht.

counselling & support at receiving university abroad

The International Office of Valencia was very kind to help you with every doubt or question. Sometimes it was a bit vague what school expected from us, but luckily we as students helped each other a lot.

transfer of credits

All the grades I achieved in Valencia are converted to a pass or fail in Utrecht. This was clear for me from the beginning. I had to follow 5 subjects to achieve 24 ECTS. Most subjects have a value of 4,5 or 6 ECTS.

STUDENT LIFE

welcome & orientation programme

There was 1 welcoming day for students, and 2 courses about the Valencian life. This course was very nice because of the information and of the opportunity to immediately get to know other students. I think it is a pity that we did not really have a introduction week from the university to meet more people. Therefore I joined ESN, to have more introduction activities and to get to know Valencia and other people. It took some time to get everything organized in the beginning with everyones subjects, this was a bit annoying. But eventually everthing worked out well.

accommodation

You have to find your own accomodation, the university does not provide this. But from my experience and what I saw with others it is really easy to find a nice room in Valencia for not too expensive.

leisure & culture

There are a lot of nice activities to do in a lot of associations, and I stronly recommend to follow these activities to meet new people in the beginning. Every weekend there are daytrips or weekend trips to different cities, and during the week there are a lot of parties and meeting points for international students.

suggestions/tips



Be open to everyone and everything in the beginning, and then everything will work out fine! Go to a lot of activities to meet Valencia and new people.

CONCLUSIONS

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

Yes! Valencia is an amazing, diverse city with a lot of nice people. In general, I think Spanish people are very kind to help you with everything and with the language if you want to learn it. I had an amazing time in Valencia and I think it is very easy to have a nice time there. The weather is always good, the city is amazing, and the people are very nice. If you want to go especially for the subjects and to improve your academic skills, maybe another university is better, because the quality is not super high. But I think that is perfect to have the best time possible and to not stress too much about university.

do you have any additional advice or comments?

Enjoy your time abroad and every moment from it because before you know it is over!



UU Report form - Erasmus 2019-2020

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

destination city & country	Valencia, Spain
how did you travel to your destination?	I went by plane
name university abroad	Universitat de Valencia
start date	10 / 09 / 2019 (dd/mm/yyyy)
end date	24 / 01 / 2020 (dd/mm/yyyy)

PREPARATION

exchange application process

I knew right away I wanted to go to Spain. I had made a top 3 of places: Valencia, Seville, Granada. And was selected on motivation letter for Valencia. Soon I got in contact with the university and I was able to fill in the deadlines on the website of Valencia in time and start looking for a house.

counselling & support at Utrecht University

The contact with Utrecht University was very good. I had a quick response to my emails and through the information college I knew what I had to arrange.

academic preparation

You will be selected for Psychology. Since I am studying ISW in Utrecht, I had to find out which subjects I wanted to study. On the website of Universitat de Valencia, you can find a whole list of subjects. In total I followed 3 English courses and 2 Spanish courses in the study of psychology.

language preparation

I went to Valencia a month earlier. I did 3 weeks of language school at Enforex. It was my own initiative, because I wanted to learn to speak Spanish and I wanted to follow 2 courses in Spanish. I can recommend it to anyone to go to Valencia earlier and follow a language school. You will have time to get to know your new city and meet people from all over the world and of course you will learn to speak Spanish.

finances

I received the Erasmus grant, OV grant. I also had savings and some help from my parents. This was enough to live really good for 6 months. Going out for drinks/lunch/dinner is a lot cheaper than in The Netherlands. I also did a lot of weekend trips (between 20 and 40 euros) to explore more of Spain.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I took 5 psychology courses: 3 in English and 2 in Spanish. Unfortunately I didn't pass one Spanish course, because it was a little bit too difficult and we had to do the exam of 25 questions in 30 minutes. The other Spanish course I passed and I really liked to be in a class with Spanish people. I really recommend it to follow at least 1 Spanish course, if you really want to learn Spanish. There are a lot of international friends I know who didn't do it and couldn't speak a word in Spanish at the end of their Erasmus, because with the exchange people it is more normal to talk in English. Therefore I am glad that I followed 2 psychology courses in Spanish and



spoke Spanish at home with my roommates. I think you will regret it if you can't speak Spanish after 5/6 months living in Spain, while you had the chance to learn it. You just have to step over your fear and just do it. The teachers at Universitat de Valencia were really nice and always gave you the feeling that you will pass the course. The first weeks were a little bit chaotic, because you could change courses. After that the classes really start. You will have 5 months the same subjects. In December you have to hand in all the papers and in January you have the exams.

academic quality of education activities

I think the quality is quite good. The courses are easy to follow and are also practical with video footage in the classroom, which was new for me and very fun to do. Teachers of English subjects can speak quite well English as well.

counselling & support at receiving university abroad

The international office at the receiving university always responded quick to my emails. And the first week you could go to the office to change courses

transfer of credits

University of Valencia will send the transcript of records to your home university by post and to you by email.

STUDENT LIFE

welcome & orientation programme

We had one general introduction for the whole faculty and a meeting with your tutor, who was also a psychology student. They showed us the buildings, library and aula. There was a space to meet and talk with new people.

accommodation

I stayed in a house from Flats2Enjoy. The house was quite good: I had 3 other roommates, a living room, kitchen and 2 bathrooms. But there were some problems with the agency. When we said that something wasn't working or broken, hardly anyone came to fix it. You can question yourself if this is just this agency or just the Spanish mentality ;). I lived near Blasco Ibañez, which is the student area. There were a lot of Erasmus parties here, which was really nice. In this area you could easily meet other students.

leisure & culture

Valencia is a great city to explore. The city centre is really nice and every weekend I went to club MYA / L'umbracle. During the day you can also go to the beach, Ciudad de les Arts y Ciencias and Turia parc. There are also a lot of organizations who organize activities/ trips for Erasmus students: ESN, Happy Erasmus, Erasmus Life

suggestions/tips

I would really recommend you to go earlier to Valencia and do a language school before starting your Erasmus.

CONCLUSIONS

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

I would really recommend the city Valencia and Universitat de Valencia. Valencia feels now as a second home. The university was so friendly and I really met a lot of international people who are now my friends. The courses were nice to follow and there was opportunity to follow English and Spanish courses. If you go to Valencia, you will definitely experience the best Erasmus exchange you could only wish for.

do you have any additional advice or comments?

Enjoy your Exchange in Valencia!



UU Report form - Erasmus 2018-2019

faculty/college	Faculty of Social and Behavioural Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	pedagogische wetenschappen

destination city & country	Valencia, Spain
name university abroad	Universitat de Valencia
start date	01 / 09 / 2018 (dd/mm/yyyy)
end date	01 / 02 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

I knew I wanted to go to Spain early on. It is important to do a lot of research on where you want to go. Valencia was my first choice because of the city, the courses and the experiences of other studies. You have to fill in some forms which will take some time, just make sure you start on time. It took me a while to write a good motivation letter. I think everything is explained well on the uu website.

counselling & support at Utrecht University

The international office of the FSW was very helpful. They always responded fast on my emails and I visited them a few times for some questions.

academic preparation

I already had written my thesis before going on exchange. I chose to go abroad to take more courses than necessary. I did not really do any academic preparations. I just chose the courses I found most interesting.

language preparation

There are some courses available in English at the University of Valencia. But living in Spain is so much more fun and interesting if you are able to speak Spanish. That's why I took some language courses before going to Valencia. I arrived 4 weeks before the start of the semester to take some intensive Spanish courses in Valencia. I really enjoyed doing this.

finances

I did save some money before going abroad. I wanted to be able to do anything I wanted to so I could make the most out of it. I would advise you to save some money! Compared to the Netherlands Valencia is much cheaper though. Everyday life will not be as expensive as Holland but because you are abroad you will spend more.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I took 4 different courses: psychology of language, psychology of education & instruction, social psychology and psychology of communication and intervention. I changed my courses the first two weeks because they were different than expected. The first weeks is just trying and finding the courses you are really interested in.

academic quality of education activities

Education in Spain is different than what I was used to. Sometimes it felt more like highschool with the small classes and essays. I did not think it was very difficult because they did not go that fast, but it is important to make sure you do everything you are supposed to. This way you will pass the classes.



counselling & support at receiving university abroad

The woman at the international office of Valencia was very helpful and friendly. The first weeks were a bit chaotic because so many people wanted something from the international office. Nevertheless, they were very helpful.

transfer of credits

My grades were just transferred to the university, you will have to write an email to the examencommissie to make sure the courses can be accepted. I did not have a lot of problems with this other than that my grades took a lot of time to get here.

STUDENT LIFE

welcome & orientation programme

It was a bit overwhelming but as a new erasmus student you will be guided well. Everyone got a mentor who you could whatsapp with any questions. There were a lot of organisations to welcome the new students and organize a lot of events, party's and trips. This is why I made friends real quick.

accommodation

Finding a room was not that difficult, I visited a lot of facebook groups who I then send messages. I got my room in maybe 3 days. It is not that expensive to rent a room, just make sure you rent a room in a student neighbourhood. This is where everyone lived and it is close to the university.

leisure & culture

I really miss the Spanish culture. Everything is very relaxed and tranquillo. This is something to get used to because I was used to do everything in a hurry. Also the times of eating and food were a bit different. But you will get used to that very soon because everyone does it. Also the weather is amazing, it is almost always sunny and does not get freezing cold. Valencia has a lot to offer, an amazing beach and great city center.

suggestions/tips

I really recommend Valencia, I had the best time ever! My tip is to invest a lot the first few weeks you are there. This way you can meet a lot of people and get to know the city. Also, Valenbisi is very useful as a bike rent.

CONCLUSIONS

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

Yes, I would defintely recommend Valencia. It is a great city with everything you want. The food, culture and people are amazing. It is a very lively city with a lot of (international) students.



UU Report form - Erasmus 2017-2018

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	Valencia, Spain
name university abroad	Universitat de València
start date	05 / 09 / 2017 (dd/mm/yyyy)
end date	26 / 01 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

I had to make a top 3 of destinations I would like to go to. Because I wanted to improve both my Spanish and English, I choose three destinations in Spain. My first choice was the Universitat de València. For the first choice I needed to hand in my CV, a motivation letter, a financial plan, a study plan and a language proficiency form. The deadline was around the first of december. At the end of january I received an email that I was selected for the exchange to Valencia.

counselling & support at Utrecht University

Most things are well explained: once every few months you will receive a newsletter from the International Office FSW with information and important to-do's that you should not forget. The International Office also organized a pre-departure meeting where I met the other student who was also going on exchange to Valencia. When I had questions, I asked them with e-mail to the International Office. The people from the International Office responded mostly very fast and they were always very friendly and kind.

academic preparation

For the exchange application process I had to make a study plan with courses I wanted to follow. However, the courses that I actually followed in Valencia were mostly different subjects than I had chosed first.

language preparation

Because some courses that are given at the Universitat de València are in Spanish, I did a Spanish language course in Utrecht. I also practised my Spanish sometimes with Duolingo.

finances

It was a little bit difficult to make a financial plan, because I could not fully predict in advance how much money I would spend actually during my exchange. But I got my Erasmus+ scholarship, a savings account, a loan from DUO and a student OV compensation. This taken together was sufficient for me. However, I have spent more money than I had expected in advance. Although life in Spain is cheaper than in the Netherlands, my exchange has become expensive. This was because I made trips: I went to some places and cities in Spain and I also participated in the tour through Morocco organized by Happy Erasmus. In addition, it is a bit cheaper to go to restaurants for lunch or dinner in Spain, but therefore I did it way more often than I normally do in the Netherlands. However, the exchange was totally worth the money!

STUDY ABROAD PERIOD



study programme (content and organisational issues)

I followed four courses in total. Three were in English and one course was in Spanish. All my courses were from Psychology. I also did a Spanish course B1 at the language center via the university. At the start of the semester I had some issues with my Learning Agreement and the organization at the university was not very good. It took some time to arrange everything and it was really chaotic, but after a couple of weeks everything worked out. The amount of courses I followed was fine for me because in Spain I had more contact hours than in The Netherlands and with four courses I had more time for other activities.

academic quality of education activities

Every course had two classes of two hours each a week. Most of the time the classes consisted of a Powerpoint and explanation from the teacher and then an assignment or a Kahoot we had to do, mostly in groups and sometimes alone. Because of the attendance requirement you always had to put your name on the assignments so that the teacher could check whether you had been present during the class or not. Everything taken together, the classes were more 'schools'. Next to that, the academic qualities were different than in Utrecht. We needed to do a lot of assignments and only in January there are exams. The assignments and exams were not really difficult. I think the main challenge was to follow the courses in two other languages than Dutch. However, I had expected the quality of education even lower than it actually was. But, I prefer the way of education in The Netherlands.

counselling & support at receiving university abroad

The people from the International Relations from the University of Valencia were really helpful and they tried to help the Erasmus students as good as possible. Although it was really chaotic at the start of the semester, they helped me well. Most teachers were also friendly and helpful.

transfer of credits

Universitat de València sent me my transcript of records at the beginning of February, so pretty quickly. At the moment, the grades that I have achieved at the Universitat de Valencia are being converted to Dutch grades by Utrecht University.

STUDENT LIFE

welcome & orientation programme

In the first week of the semester we had a general introduction for all the Erasmus students of the faculty. This was an useful introduction where we got a lot of information. Later that week there was a meeting for only Erasmus psychology students. They gave us a tour through the faculty building and provided us with information about the university, the faculty, the library, exam procedures, aula's and so on. We also had a student tutor, but I think you should be lucky with that because mine was not very helpful and I never met her in real life. She only sent a few emails to us. Next to the introductions at the university, the Erasmus organizations organized many introductory events like parties and activities. With all these introductory things you will meet many new people and get to know the city.

accommodation

Because the university in Valencia did not provide accommodation, I had to search accommodation by myself. At the pre-departure meeting I met the other student from the UU who was going on exchange to Valencia as well. We decided to search together for a shared flat via the internet. This was quite hard and did not work, so we booked rooms in different flats. But once we arrived in Valencia, it turned out that something could still be arranged. Because of this, we ended up in a flat together in a really nice neighbourhood close to the city center. Although many students lived in the university-neighbourhood, for me our neighbourhood was a nicer neighbourhood to live in because it was close to the city center and the Turia, and the university was only 10 minutes away by bike. Only the beach was a bit further. We had a few other roommates, but unfortunately I did not speak a lot with them. I think you just have to be lucky with your roommates. The only downside of my



room was that it had very thin walls. Therefore it was quite noisy. It was really nice that the room had a fan and a heater. I don't know if I would recommend searching a room in advance via the internet: on the one hand it is nice that you have certainty in advance. This saves you a lot of searching stress. On the other hand, when you search for a room via the internet, you can only view the room through photos and not in real life.

leisure & culture

It was easy to meet new people in the beginning because of all the welcome activities. We had a group of friends soon and at the start of the semester we went often to the beach together by day to chill or by evening to have predrinks before going out, or how the Spanish call it: a botellon. We also went to parties together, cooked dinners, went out for lunch and dinners and made trips. We went to Sevilla, Cordoba, and Madrid without an organization. This was really nice because we were not stuck to a program. There are also several Erasmus organizations in Valencia, like ESN, Happy Erasmus and Erasmus Life. In the beginning of the semester it was a bit chaotic that there were so many Erasmus organizations, but after a while there will be an organization with which you will do the most and where you know the most people. The organizations organized very nice activities and trips. Almost every Monday I went to beerpong with a group of friends. This was a good activity to meet new people. The organizations also organized daytrips to for example Toledo and Peñíscola, but also longer trips to for example Morocco. It was really nice to join those trips because I met nice people during the trips and the trips were really cheap: for those prices you can never do such a trip again! I also visited many cultural highlights in Valencia and had a membership of a gym. I also received some visits from friends and family from The Netherlands. However, be careful that you won't get too many visitors from The Netherlands because then you will soon have every weekend fully planned and it is also nice to have some free weekends in Valencia.

suggestions/tips

Do a Spanish course before you leave to Valencia or during your exchange. For biking I recommend to buy a Valenbisi card for like 30 euros a year. This is cheap and your bike cannot be stolen. Nice and cheap restaurants are Tanto Monta, La Finestra, Saona and La Flamenca.

CONCLUSIONS

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

YES, definitely! Valencia is a really nice city and it has everything: a big beach, friendly people, a nice and beautiful city center, a good nightlife (go for sure to mya in the Ciudad d'Arts y Ciencias), a lot of good restaurants and tapas bars, the rainy days can be counted on one hand and the weather was almost always sunny. The city was very nice to live in because it is a student city and not too big, not too small. However, if you want very structured and high-quality education, Spain may not be the best place because it is not the same as in The Netherlands.

do you have any additional advice or comments?

Go on exchange! I would recommend to follow not only courses in Spanish but also courses in English if it is possible. Last but not least: the exchange might take a lot of paperwork and arranges in advance, but it is totally worth it!! If you have any questions you can send me an email. I also tried to make a short aftermovie about my time in Valencia, so if you are curious, ask me!



UU Report form - Erasmus 2017-2018

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	Valencia, Spain
name university abroad	Universitat de Valencia
start date	11 / 09 / 2017 (dd/mm/yyyy)
end date	26 / 01 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process
I thought about my erasmus destination for a long time. I went to the presentation in October, which was really useful and searched on the sites of the possible destinations. In the end I chose Valencia and two other destinations.
counselling & support at Utrecht University
The counselling and support at Utrecht University is really helpful. The international office always replied really fast to emails.
academic preparation
Not necessary.
language preparation
I did two courses, A1 and A2, at Instituto Cervantes in Utrecht. I really recommend to prepare for the Spanish language, because some courses are not taught in English. In addition, it is very useful if you can make yourself understandable.
finances
I worked a lot the year before, therefore I saved some money. Besides I received the erasmus grant and money from my parents.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
Keep in mind that you are in Spain, everything is going very slowly. It is very useful to look closely at the courses you want to do. When you arrive in Spain you have to go to an office to subscribe into courses if you want to change them. Some courses are soon full. It is quite a chaos at the beginning. In the end, everything worked out.
academic quality of education activities
The academic quality of the courses were low. I followed six courses 3 in Spanish and 3 in English. The teachers of the English courses couldn't really speak English. You have a lot of small assignments/activities, which are very easy but is different from Utrecht.
counselling & support at receiving university abroad
The woman of the international office is very kind and really wants to help you with everything.



transfer of credits

You have to send an email to the Examination Committee to determine the credits. It takes some time before they respond.

STUDENT LIFE

welcome & orientation programme

We had two meetings, one general introduction and one for only psychology students. They explained everything about the system they use and practical things about lectures. A tutor showed us the faculty and told things about the aula's etc.

accommodation

I found an accommodation before I left on: uniplaces.com. The room was really bad, so I changed my accomodation during my stay. It was a really nice apartment in Russafa, it is close to the park and city centre. I recommend to go to a hostel first and then look in Valencia during your stay.

leisure & culture

Valencia is really great to do different things: go to the beach, visit museums, go partying, run in the Turia etc. Also the univeristy provides a lot of leisure and culture events. You also have some Erasmus organizations which organize a lot of nice day trips, but also trips for a couple of days.

suggestions/tips

Do some trips in different cities, for example Sevilla or Madrid. Rent a Valenbisi instead of buying your own bicycle, because a lot of bikes are stolen. You can leave the Valenbisi everywhere in Valencia there are a lot of stops, so you are not responsible for the bicycle.

CONCLUSIONS

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

I really recommend Valencia, it is a great city to study! Valencia is beautiful, near the beach, many students, good nightlife and it is not that crowded as Barcelona. The eductional level is a little bit lower than in Utrecht, but they offer a lot of interesting courses.

do you have any additional advice or comments?

Go on exchange! It will be the best time of your life!



UU Report form - Erasmus 2016-2017

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Algemene Sociale Wetenschappen
destination city & country	Valencia, Spain
name university abroad	Universitat de Valencia
start date	10 / 09 / 2016 (dd/mm/yyyy)
end date	31 / 01 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

It took some time to decide for myself to which city i wanted to go, but when I knew it, it was an easy process. The website of the University of Valencia is in Spanish in the first place, but you can change the language to English and then everything is quite clearly described what you have to do. Just start in time.

counselling & support at Utrecht University

International Office at Utrecht University always replied really fast to my e-mails, which was very helpful! Make sure you go to the information events to orientate and there they'll tell where you can go to with your questions.

academic preparation

I already followed some courses of Psychology in Utrecht, but not so much because I'm studying Interdisciplinary Social Sciences. In Valencia I took three courses in psychology, but didn't prepare before and that was fine.

language preparation

I took three courses of the Minor of Spanish at Utrecht University. I learned a lot there, especially basics and grammar, and I took some books with me to Valencia and there I started to really speak it. The first two weeks in Valencia I took a language course for B1 at Happy Erasmus, which I really recommend.

finances

I received the Erasmus grant and also had savings and some help from my parents, I could live really good with this. Life in Spain is a lot cheaper, especially rent and food and drinks outside of home.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I took three courses in psychology and one in law. The organization in the beginning was a bit chaotic, just prepare that the organization in the Netherlands is a bit more efficient and quick. Don't stress if your timetable is not yet fixed in the beginning, it will be fine in the end, just takes some time!

academic quality of education activities

I took courses for which I had to do quite a lot, for example writing papers and doing presentations. But this was divided over the whole semestre, so in the end it's good and not so stressful.

counselling & support at receiving university abroad

International Relations at the receiving university helped me when I needed it, responded quickly to my e-mails.



transfer of credits

University of Valencia sent me the transcript of records

STUDENT LIFE

welcome & orientation programme

We had one general introduction for the whole faculty and thereafter a meeting with our 'tutorgroup' with only psychology students. It was good, they showed us the faculty and told things about the library, aula's, exams etc. We also had a 'student tutor' who made a Whatsapp group and Facebook page to help us when we had questions.

accommodation

The first week I stayed at a Hostel and I searched for a room. I found one in the center, with three Spanish girls, because I really wanted to learn the language. It was a bit stressful to find something in the first place, because I had to write e-mails and make calls to people who rented rooms, but in the end I found a nice one within two days. You can use websites to search for a room, like for example EasyPiso.

leisure & culture

Valencia is a great city to visit events, go to different places, explore the city, enjoy nightlife, go to the beach, run in the parc and hang out with friends. The university also offered leisure and cultural activities such as theatre and music workshops. The Erasmus organizations like Happy Erasmus, Erasmus Life and ESN organized activities everyday, including the weekends, so you can join whatever you want!

suggestions/tips

For me it was really nice that I spoke the language. It is easier to come into contact with native speakers and taste of their culture. So I would really recommend to study some Spanish before arriving or take a course in the beginning.

CONCLUSIONS

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

I would really recommend to go to this University in Valencia. The people are really nice and helpful, the city is amazing and you have so many things to do. The Erasmus community is big and there are different groups you can join. The education is good, it maybe depends a bit on which courses you take. In my experience I had to do stuff like papers and presentations, but I heard from other people that they didn't have to do so much, just go to the lessons and make the exams.

do you have any additional advice or comments?

As I already said above, just make sure you know some Spanish and enjoy!



UU Report form - Erasmus 2016-2017

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	Algemene Sociale Wetenschappen
destination city & country	Valencia, Spain
name university abroad	Universitat de Valencia
start date	01 / 09 / 2016 (dd/mm/yyyy)
end date	27 / 01 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

As an application for going abroad, we had to make a top 3 of destinations we would like to go to. Based on our first choice we had to write a motivation letter, a curriculum vitae, a financial plan and fill in a language proficiency form. After a few months I received an email that I could go to the destination of my first choice: Valencia.

counselling & support at Utrecht University

Whenever I was not sure about something, I could email or call the International Office of Utrecht University. They were mostly quick in responding.

academic preparation

Academic preparaton was not necessary.

language preparation

A B1 level of Spanish or English was required. My English was already quite good and since I wanted to do some subjects in Spanish, I choose to further develop my Spanish by doing a few courses at Fuentes. At first I did not speak any Spanish, so I started with a beginners course. After that I did two more courses. Since the courses were only one time a week, learning the language was a slowly process. When I arrived in Valencia, before university started, I did an intensive course of 40 hours. This really improved my Spanish and after that course I had managed to gain the B1 level.

finances

I worked a lot the year before I went on erasmus and because of this I saved a lot of money. Besides I received some money from my parents and the erasmus grant.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

You are in Spain, so beware of this. Things go slow and are definately not as organised as you are used to in the Netherlands. While in the Netherlands it is possible to subscribe for your courses online, in spain you have to go to a secretary where they make your schedule by hand. So things go slower and you need more time than one click on your computer to sort things out. It may cause some frustration, but in the end everything worked out.

academic quality of education activities

The academic quality of the courses I followed was low. I had two courses in English and to be honest I perceived the quality of these courses as extremely low. The material was easy, not much, in the classes we



played games, one of the teachers english was very bad. It was a bit like highschool. The quality of the courses I had in Spanish were higher, maybe because this is also easier for the teachers.

counselling & support at receiving university abroad

This was okay

transfer of credits

This was okay as well

STUDENT LIFE

welcome & orientation programme

We had one welcome day. First we had a general presentation with all the international students for Universitat de Valencia. After that we had another presentation from the faculty of psychology and we met our mentors. It was not that interesting, but okay.

accommodation

The university did not provide accommodation. Because of this I arrived earlier and stayed in a hostel for a few days. While staying there I looked for rooms. I don't know if I would recommend this. On the one hand it is nice to search while being there, because you can visit the rooms. On the other hand, a lot of rooms were already taken and this caused some stress. In the end I found a super nice apartment, where I lived with a guy from Spain, a guy from Belgium, a guy from Austria and a girl from Mexico. It was all I could have wished for.

leisure & culture

The university provides a lot a sports. You can play nearly everything you want. Nearly all the students live close to the university, which isn't the most beautiful neighbourhood, but living there is very cheap and there is a lot to do. The university is about 15 minutes walking from the centre. Here are a lot of beautiful buildings, churches, musea. From the university to the beach is about 15 minutes by tram. In the see you can surf as well and a lot of people are playing volleyball on the beach. This is also a nice way to meet people. Besides, there are a lot of erasmus organizations in Valencia, which organise casual meetings, like playing beerpong or language exchange evenings. Also, they organize big trips to for instance Marroco. In conclusion, Valencia offers you a lot of culture and leisure activities.

suggestions/tips

The neighbourhood Rusafa is super nice, but a little bit further from the centre and the university neighbourhood. Because of this not that many people go there often, but go there! It is worth it.

CONCLUSIONS

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

I would highly recommend this destination. It offers you everything you want: nice weather, culture, beauty, the beach, cheap lifestyle, good nightlife. The level of education could be higher, but this did not bother me that much.

do you have any additional advice or comments?

I think it really helps if you learn spanish in advance. The spanish people do not speak english that well and it will help you in your everyday life. Besides it is a super good opportunity to learn a new language in a fun and good way. I also recommend the spanish course at Happy Erasmus from Carlos. He is such a nice teacher and really helpful. Besides I would try to live with some spanish speaking people.