



UU Report form - Erasmus 2023-2024

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

destination city & country	Gent, Belgium
how did you travel to your destination?	Train/Car
name university abroad	Gent University
start date	26 / 09 / 2023 (dd/mm/yyyy)
end date	01 / 02 / 2024 (dd/mm/yyyy)

PREPARATION

exchange application process	Exchange application process was very smooth.
counselling & support at Utrecht University	Counselling at the university of utrecht was perfect aswell, questions of mine were always very quickly responded to.
academic preparation	Academic preparation was not applicable.
language preparation	Language preperation is not applicable for my exchange
finances	I had to save some money to have no financial problems during my transfer, however, as my expenses were the same as they were in the Netherlands I had no financial problems.

STUDY ABROAD PERIOD

study programme (content and organisational issues)	Although some of my courses were very interesting content-wise, I found it very unfortunate that my program only had lectures and zero smaller classes or working groups. The workload is also a little more than in Utrecht, since you have to do six courses for 30 EC. And these exams are all in one month and not divided over 2 exam periods.
academic quality of education activities	The academic quality was somewhat the same to that at the UU, however, as mentioned above, it lacked interesting group discussions or group projects, and the lectures were often very long and exhausting.
counselling & support at receiving university abroad	The counselling at the University of Gent was perfect.



transfer of credits

Transfer of credits went fine.

STUDENT LIFE

welcome & orientation programme

The welcoming programme was alright, there are a lot of activities being organised by ESN so you will make friends in no time.

accommodation

My accommodation wasn't too fantastic, it was a home arranged by the university of Gent and I wouldn't want to live there for 5 years for example. Half a year is fine, but I would recommend looking for a room through 'kamer in gent' on Facebook

leisure & culture

Gent has many things to offer and the city centre is absolutely amazing, felt really at home there. There is a really vibrant student culture in Gent which is really nice, only weird thing is that everyone goes home in the weekends.

suggestions/tips

Go to all the activities ESN offers in the first 2 weeks. It is really nice to have a group of friends early on. And really check out the "omgekeerde wereld" and take all your new friends there. It is a very fun cafe with very friendly staff.

CONCLUSIONS

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

I would definitely recommend this city if you get enthusiastic by the thought of having to learn many new things and do quite some academic work, while also having much and much time to do amazing things and explore a great ancient city.

do you have any additional advice or comments?

Go do an exchange! It doesn't really matter where you will do it, you will have a great time!!



UU Report form - Erasmus 2023-2024

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

destination city & country	Gent, Belgium
how did you travel to your destination?	Car
name university abroad	Universiteit Gent
start date	25 / 09 / 2023 (dd/mm/yyyy)
end date	31 / 01 / 2024 (dd/mm/yyyy)

PREPARATION

exchange application process

I missed the initial deadline for application, so I contacted the international office and was advised to check the available spots when they were published in February. I then picked from those and completed my application in time to prepare for the exchange, for example by attending the going away days. The rest of the application process consisted of choosing my curriculum and getting it approved by the UU exam board, and then communicating with my contact person at the receiving university. For the most part, this went pretty smoothly.

counselling & support at Utrecht University

The support from the international office was very supportive in helping me complete my application, which was especially appreciated since I missed the initial deadline. At first I did not know what to do so I could still apply for an exchange, but with some back and forth emailing and online meetings, I was able to complete the application, which was a relief.

academic preparation

Since I was able to pick both Dutch and English taught courses, I had a pretty wide range of classes to choose from at the receiving university. I ended up taking mostly courses from their exchange program in Psychology, which aligned nicely with the courses I have taken previously at Utrecht University.

language preparation

Since my first language is Dutch, and I speak English at C2 level, I did not have to do any language preparation for my exchange. Speaking Dutch made living and studying in Belgium relatively easy, as there was never a language barrier or any difficulty in communication with both the university or people I met while on exchange.

finances

The study-grant I get from DUO and reisvergoeding together with the Erasmus grant meant that I assumed I could afford the living costs and rent without being forced to get a job while on exchange. The Erasmus grant was delayed a bit because of some missing documents, but I ultimately ended up getting it.



STUDY ABROAD PERIOD	
study programme (content and organisational issues)	
	The initial curriculum I chose had some issues with overlap in my schedule or ended up being different from what I had anticipated. I ended up, with approval of the exam board, replacing two of the courses I had initially planned to take with ones that were a better fit for me and my schedule, while still earning all the required credits. The choosing and editing of my curriculum was very easy to do, which made it possible to change my curriculum to fit my needs during the first few weeks of the semester.
academic quality of education activities	
	Overall, I think the quality of the education was up to par. The material was taught in a good way, and I liked (most of) the lecturers and their teaching style. There was one thing about the education form that I liked less; the courses I took almost all exclusively had lectures as teaching form. For one of the five courses I took there were 2 mandatory seminars to attend, but for the other four courses there were only lectures and nothing else. At Utrecht University, I am used to having at least one or two seminars every WEEK, so the shift to only having two of them in the entire semester was quite big. The lecturers were recorded, which gave me a lot of freedom in planning my study load, but I would have liked to have a few more interactive sessions in each course.
counselling & support at receiving university abroad	
	My contact person at the receiving university was very responsive and helpful for all my questions, and the same goes for the teachers. When I had a question about the courses, everyone involved was very approachable and responsive.
transfer of credits	
	I am not sure what to put here, as I believe both universities use the same measure for credits/ECTS. So I am assuming that the 23 ECTS I earned in Gent will equvalate to 23 ECTS towards my study in Utrecht.

STUDENT LIFE	
welcome & orientation programme	
	There were various activities and meetings planned for international students, and the city itself even organises a festival to kick off the year. Both the university itself and Erasmus Student Network arranged activities and parties to get to know other students and explore the city, which was very nice especially in the first few weeks to get used to the city and make new social connections with other (international) students.
accommodation	
	I stayed in student housing provided by the university. The room was fine but nothing special. There were cleaners around the building very frequently, and overall I don't have many remarks about the accommodation, apart from the fact that it was a bit further away from the city center than some of the other student accommodations.
leisure & culture	
	The city has lots of stuff to do and explore, so if I wanted to, there were always options to go into the city and spend an afternoon or evening walking around or visiting some notable locations. The city has very many students, so the nightlife was also very flourishing.
suggestions/tips	
	Attend the activities arranged by ESN, especially in the first few weeks of the stay. They really helped to meet new people and make friends, some of which I am still regularly in touch with and plan to see again sometime.



CONCLUSIONS

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

Definitely. Gent is a city with lots of students and lots of life. For people wanting to experience student life abroad, it's a very welcoming and fun place to live and study. I think it was even chosen as Erasmus destination of the year, which I suppose only shows that people agree with my verdict here.

do you have any additional advice or comments?

Make sure to keep up to date with communication from and between your sending and receiving universities, as well as Erasmus itself. There's quite a few documents that need to be sent back and forth, and you want to avoid having to go out of your way to arrange administrative things like these, since you're most likely going to be more than busy enough with the social and academic life during your exchange.



UU Report form - Erasmus 2019-2020

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

destination city & country	Ghent, Belgium
how did you travel to your destination?	Car, bus
name university abroad	Ghent University
start date	17 / 09 / 2019 (dd/mm/yyyy)
end date	01 / 02 / 2020 (dd/mm/yyyy)

PREPARATION

exchange application process	I applied for the the Ghent University online and had to write a letter of motivation.
counselling & support at Utrecht University	The support was really good. They always helped me when I had questions and they always replied very fast. The pre-departure meeting was also very handy.
academic preparation	I didn't really prepare for Ghent, I only had to finish the courses in Utrecht before the departure.
language preparation	None, the courses were in Dutch or English, so there was no preparation needed.
finances	The Erasmus grant, my family and I also saved some money before departure.

STUDY ABROAD PERIOD

study programme (content and organisational issues)	As an exchange student from Holland you had a lot of courses to choose from, because you could follow the English and the Dutch courses. The course content of the courses were very interesting and the courses were also well constructed.
academic quality of education activities	The academic level is a very high level, in my opinion higher than in Holland. The quality of the teachers are also very good.
counselling & support at receiving university abroad	There were some misunderstandings, but the International Office of the University of Ghent also helped me in a good way and quick.
transfer of credits	



The credits appeared in Oasis, a system similar to Osiris at the Utrecht University.

STUDENT LIFE

welcome & orientation programme

Very good, the university organized a lot of activities.

accommodation

Very clean and good. I met a lot of new people there.

leisure & culture

The culture in Ghent is really good. The people are very helpful and kind.

suggestions/tips

Not really, but it is a good thing to have a network in Ghent.

CONCLUSIONS

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

My conclusion of Ghent is that it is a very beautiful, small city with a nice atmosphere. The people and the food are also very good. The courses are in English and Dutch, so it is easy to pick the courses. The disadvantage was that the courses are very hard. It is not difficult, but it is a lot of work to do. I ended up with a lot less spare time than I had in Holland. I recommend it because it was a very nice experience to live in a new environment and get out of your comfort zone, but on the other hand it the study, like I said, very difficult.

do you have any additional advice or comments?

No.



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	Ghent, Belgium
name university abroad	University of Ghent
start date	25 / 09 / 2017 (dd/mm/yyyy)
end date	03 / 02 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process
The exchange application process was well explained, nevertheless it was a lot of work.
counselling & support at Utrecht University
Counseling and support at UU was good, you could always contact the international office and they would always quickly help you with your questions and problems.
academic preparation
There was not a lot of academic preparation, only choosing courses which seemed pretty clear.
language preparation
I did not have a lot of language preparations since my courses in Ghent were in English and Dutch.
finances
We had to make a financial plan, but for me, Ghent was not more expensive than Utrecht and with the Erasmus Grant we got everything was fine for me.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
I had some problems with my courses and my schedule, it was very hard for me to choose enough courses which were interesting for me and would fit in to my shedule and where also approved by Utrecht. I had to change my courses twice and because of that I missed the beginning of some of my courses. I would have been better if this was all clear and arranged before I started my time in Ghent.
academic quality of education activities
I experienced the academic quality of Ghent very high. The courses and professors were all of very high quality.
counselling & support at receiving university abroad
The couselling & support was good although I did not have a lot of contact with my contact person.
transfer of credits



Credits came in a little bit late but it was handled well.

STUDENT LIFE

welcome & orientation programme

Ugent organised a welcome day which was nice but especially the ESN programme really helped me to feel welcome and orientate in Ghent.

accommodation

I lived in the residence of the UGent which was well organized and I really enjoyed living with a lot of international students together.

leisure & culture

ESN organised very nice activities to meet people, have fun, and also see some culture.

suggestions/tips

My tip is to join the ESN activities, it's a really nice way to meet people.

CONCLUSIONS

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

Yes for sure, I had a great time. I thought it was nice to have a full Erasmus experience, but also be pretty close to your home.

do you have any additional advice or comments?

Don't expect the studies to be easy like most Erasmus exchanges, I had to study very hard because all the exams (5/6) are in 1 month.



UU Report form - Erasmus 2017-2018

faculty/college	Psychology
level	X bachelor's master's PhD
name study programme	Department of Psychology and Educational Sciences

destination city & country	Ghent, Belgium
name university abroad	Ghent University
start date	20 / 09 / 2017 (dd/mm/yyyy)
end date	04 / 02 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process	I applied for Ghent University in the end of november 2016 and wrote a letter of motivation and a study and financial plan.
counselling & support at Utrecht University	Good, any questions were always answered really quick and people were very helpful. Also, the pre departure meeting was really helpful for all the information you needed to understand what was necessary before going on Erasmus
academic preparation	I did not prepare in a certain manner for my Erasmus to Gent, as I expected it to be similar to Utrecht in a lot of ways. Also, I was not sure if the courses that I was planning to follow, were actually the courses that I was going to take in Gent, because timeschedules tend to overlap or the number of ECTS differ from what was stated before.
language preparation	Half of my courses were in English and the other half were in Dutch. I did not really prepare for the English courses beforehand, since I already read a lot in English and did not think that courses taught in English would be a problem
finances	I financed my period abroad with some money I earned during my job in Utrecht, my student loan, money from my parents and the Erasmus grant. The expenses were quite comparable to the expenses I had in Utrecht

STUDY ABROAD PERIOD

study programme (content and organisational issues)	The Study programme was good. There were a lot of offered courses I could follow and you could easily switch in the beginning of the semester if there was overlap between courses or a different problem. The content of the courses I took was very interesting and the courses were well constructed. Over all, I liked the study programme a lot.
academic quality of education activities	



I thought the academic level at Ghent University was high and the courses were really well organised. Also, the professors were very skilled and the lectures well taught.
counselling & support at receiving university abroad
Good. I did not run in to a lot of problems but if there were any problems regarding my learning agreement for example, I got help really fast.
transfer of credits
I did not receive any credits of my January exams yet, but for papers I wrote during the period I got some credits by mail. The other credits will appear in Oasis, which is a platform and a clear way of communicating the results.

STUDENT LIFE
welcome & orientation programme
Nice, but not that many activities and the popular activities were full really fast. It is a nice way to meet people though and the ESN activities were really nice to take part in, especially in the first few weeks.
accommodation
I stayed in a room of a girl who also went abroad with Erasmus, which was nice because the period I stayed there and she subrented her room was exactly the same. I could definitely recommend to find accommodation in this way (by a Facebook page), because I liked living in a real Belgium student house and it was much closer to the city center than the university residence.
leisure & culture
I really liked the culture and atmosphere of Ghent. It really is a student city with a lot of things arranged for students and there is definitely enough to do in your spare time in the city and the surrounding
suggestions/tips
Really invest in a lot of social activities in the beginning, because you can enjoy this the rest of your period since you got to know a lot of people in the first few weeks.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, I would. The months I lived and studied in Ghent really were an incredible experience that taught me a lot. The city is really fitted for student life and has a great atmosphere. Also, in my opinion, the courses were of a really high level and shows that Ghent University is indeed a very good university.
do you have any additional advice or comments?
Since all the exams are in January, it is really recommended to keep a good schedule on your courses and start at least a month in advance. For me, six courses at the same time were a lot, so keep in mind that you begin your preparations on time.



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	Arbeids en Organisationspsychologie

destination city & country	Gent, Belgium
name university abroad	University of Ghent
start date	25 / 09 / 2017 (dd/mm/yyyy)
end date	03 / 02 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

As long as you start the process early enough and you take your time for every step, it is a procedure you should not be worried about

counselling & support at Utrecht University

The Study Abroad information nights were very helpful and the International Office responded very quickly to all e-mails

academic preparation

Not necessary for me, as I used my stay abroad to follow courses that were mostly bachelor 1 courses

language preparation

Not necessary for me, as most of my courses were in Dutch

finances

As my destination was not very far away, I did not have to worry about finances when it came to travelling there. In Ghent I did not need to loan any more money from the Dutch government, as the Erasmus grant was enough to cover all my extra expenses.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The study programme was interesting but when it came to the organisation different than what I am used to, since I only had lectures and not a single working class.

academic quality of education activities

I found the multiple choice examinations harder than what I am used to in Holland and the open questions examinations easier than what I am used to. I recognised the assumption that in Belgium learning everything by heart is far more important than in Holland, immediately.

counselling & support at receiving university abroad

My contact person was very friendly and responded quickly to all my emails and that really was all the counselling and support I needed.

transfer of credits



Easily done. The only thing that caught my attention is that the gradingsytem in Belgium (0-20) is different to the Dutch system (0-10), so a 10 was already enough to pass an exam instead of the 5.5 that I am used to. Therefore the transcript of records will be changed to the Dutch system to make a 10 into a 5.5 instead of a 5.0.

STUDENT LIFE

welcome & orientation programme

From day 1 on there were a lot of activities to sign up for so it was quite easy to make friends. Besides that the first week was all about getting to know the city which was very easy because of the pub crawls and city tours that were organised by the Erasmus Student Network Ghent.

accommodation

I lived in the UGent Residence Canterbury which was easily accesible and had all the facilities I needed. Besides that, it was very convenient to have a lot of my friends only 1 or 2 minutes away because the lived in the same building or one of the other Residences (Groningen, Göttingen or Uppsala).

leisure & culture

Ghent is a very good city for going out because it has 2 main going out spots: the Overpoort street and the City center. Besides that all the sports facilities are there, especially in the University Sports Centre, similar to Olympos in Utrecht.

suggestions/tips

I would suggest applying for the UGent residence over looking for a private room somewhere else in the city, because to me this was a vital part of my Erasmus life since everyone was nearby and in that way you never feel alone.

CONCLUSIONS

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

I would definitely recommend this destination, since it has been an amazing experience with amazing people. Not a single day went by that I felt bored or something like that. The Erasmus Network Ghent organises an event almost every single week and besides that the Residences were always full of energy and sociability.

do you have any additional advice or comments?

While studying for the examinaton in January, make sure you focus on knowing the content of the course by heart because it the eximations are more focused on that than to what we are used to in Holland.



UU Report form - Erasmus 2016-2017

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

destination city & country	Ghent, Belgium
name university abroad	Ghent University
start date	20 / 09 / 2016 (dd/mm/yyyy)
end date	03 / 02 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process	The process was a lot of burocratics but in the end it is all posible to do.
counselling & support at Utrecht University	The International office of Utrecht University gave good advice. They knew how everything worked and were able to answer to all the questions. The only hard thing were their limited office hours, it was hard to get the papers signed.
academic preparation	I was well prepared. The universities worked on the same level and I had the feeling that my academic preparation suited the level of Ghent University
language preparation	I did not have do prepare anything, because everything was in dutch and english
finances	Life in Belgium is comparable with life in the Netherlands so it was fine.

STUDY ABROAD PERIOD

study programme (content and organisational issues)	This was a bit hard. First it was hard to find all the available courses. It was hard to get to know the website and to get an overview. Than I choose interesting courses and the combination was approved by Ghent University. When I arrived, the courses did not fit in the schedule and I had to change most of the courses. So in the end I could not follow the interesting courses, which were the reason for me to come to Ghent University. I ended up with irrelevant courses for my direction.
academic quality of education activities	Fine.
counselling & support at receiving university abroad	We had a good advisor who took good care of us.
transfer of credits	



I don't know how this goes.

STUDENT LIFE

welcome & orientation programme

This was well organized and gave a good introduction to the university and the student city.

accommodation

I rented a private room, which was fine.

leisure & culture

-

suggestions/tips

-

CONCLUSIONS

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

I would recommend Ghent University to others because they have a good curriculum, good professors and everything is well organized. Next to that I would recommend Ghent as a living student city.

do you have any additional advice or comments?

No.