



**UU Report form - Erasmus 2022-2023**

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

destination city & country	London, United Kingdom
how did you travel to your destination?	Train
name university abroad	University college London
start date	09 / 01 / 2023 (dd/mm/yyyy)
end date	09 / 06 / 2023 (dd/mm/yyyy)

**PREPARATION**

exchange application process

The application process might seem overwhelming in the beginning, but once you start and follow every step it is very doable! However, if you run into something that is unclear, the international office usually replies quickly and is happy to help! The information can all be found on the website, and as long as you start in time and follow the steps you will be fine!

counselling & support at Utrecht University

The international office is always prepared to help and they reply quickly. The website is also very helpful!

academic preparation

I did not do a lot of academic preparation before I went to the UK. As soon as I got to UCL, it was quite clear what was expected of me. It is different than in Utrecht though, less seminars, more lectures!

language preparation

The language preparation is different according to which visa you want to stay in the UK. If you go for a standard visitor visa, you won't need a language test, but if you want a student visa you do. This was a bit confusing with my application and I ended up spending quite a lot of money on a test I did not need, so try and dive into this and figure out what they need from you. The scenario for you might be different since Erasmus has changed as well, regarding to the UK.

finances

Living in London is expensive. Please make sure you have enough money to live comfortably, because the last thing you want to do is miss out on stuff because you can't afford it! Of course, you can make it as expensive as you want, but keep in mind that transport and food etc, already take up quite a bit of your budget!

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

The modules I eventually took did not really line up with the modules I picked out beforehand, so there were quite some changes in that. I didn't mind it, because when I got to pick there were still lots of modules I found interesting, and there is plenty of choice. One module didn't let me in because it was too popular, so keep in mind that you might need a backup. The way the study year is arranged is very different from Utrecht, they have 3 trimesters, rather than 2 semesters (and 4 'blocks'), so that was a bit confusing in the beginning. I went the second trimester, and my classes ended at the end of April. That was confusing, because I thought I had to



leave after that, but the third trimester is for exams, so you can stay till summer! You just won't have classes in the last months, but only exams (although mine were done by the beginning of May so I got some extra time to chill here!).
academic quality of education activities
The modules usually mainly exist of lectures, where in Utrecht you usually have seminars as well. I did feel that the academic level might be slightly lower, but that might also have to do with the fact that they expect even more self studie from you. So be prepared to do a lot by yourself.
counselling & support at receiving university abroad
The staff of UCL was easy to reach, and it was also clear who to reach. Especially the affiliate seminar groups are really helpful, because you get one seminar leader, and you can turn to them with your questions! (at least this was the case for psychology students). There are also people you can speak to if you struggle with anything, which is very helpful.
transfer of credits
This has not happened yet, so I can't comment on this, but it looks like UCL is going to send my transcript of records to UU and then it should all work out!

<b>STUDENT LIFE</b>
welcome & orientation programme
I missed out on the welcome programme for the affiliate students, because I was not in the UK yet. However, they recorded the session and I got all the information via email, which was nice and helpful.
accommodation
I was lucky enough to have a friend in London already, so I lived with her. I signed up for accommodation via the university, but the room would be about 1200 euros a month, which in my opinion too much for what it was. But if you go for this option, you can connect with other students more easily! I found that a bit difficult during my time. There are also possibilities for flat shares and all that, it is worth looking into it! Might save you quite a lot on rent. Start on time though, and don't set your standards too high!
leisure & culture
I absolutely loved living in London. There is always something to do, and I just love the city. A lot of museums and things are free, so make sure you use that opportunity to go and explore! I spend a lot of days just walking through the city, and never got bored of it! There are also a lot of places that give you student discount! Sometimes your student id is enough, but there are also some apps that give you discount, like student beans.
suggestions/tips
Tate Modern, St. Pauls Cathedral, all the little markets and go see a musical at West End!!!

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
I would recommend this destination absolutely. London is great! The university is good too, just keep in mind that it works a bit different than in Utrecht.
do you have any additional advice or comments?
Start your research and applications on time!! Give yourself time to arrange it bit by bit, rather than all at once. and then just go for it!!! I was scared and overwhelmed at first, but just start and see what happens, and don't be afraid to reach out if you need help. It's worth it!!



**UU Report form - Erasmus 2019-2020**

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

destination city & country	London, United Kingdom
how did you travel to your destination?	Airplane
name university abroad	University College London
start date	16 / 09 / 2019 (dd/mm/yyyy)
end date	13 / 12 / 2019 (dd/mm/yyyy)

**PREPARATION**

exchange application process

The exchange application process took some effort and time, but the steps to follow were quite clear. Sometimes it was a little bit hard to know who to contact with questions, since UCL is such a big university. Make sure to spend enough time on your motivation letter since that proved to be very important.

counselling & support at Utrecht University

The international office at UU was very helpful in the whole application process. They all responded very clearly and quickly on all of my questions.

academic preparation

For academic preparation the past years of psychology at UU were sufficient. I did not specifically do other things to prepare myself for UCL academically.

language preparation

In my gap year I was examined in a Cambridge CAE exam, to prove my English level was sufficient I used this certificate. If you don't have a certificate like this, you might have to take an official English test.

finances

London is a rather expensive city to live, so it is important to save money beforehand. Especially housing is going to be rather expensive, especially compared to Utrecht, but it is definitely worth it, since London is an amazing city to live.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

The study programme at UCL was very confusing. The lack of feedback and easily approachable mentors made it quite hard to know if you are doing the right thing. We got very vague assignments and weren't really given help on how to approach them. I also really missed getting feedback. What I did really like was the opportunity UCL offers to get involved in a research project, I can totally recommend that.

academic quality of education activities

The thing I didn't really like about studying at UCL was the way the study programme was structured. I really missed group discussions and more interaction about the material. I only had lectures and then had to write 2 essays on all modules and the topics of the essays did not have a lot to do with the material discussed in the lectures.



counselling & support at receiving university abroad

I have not found UCL to be very helpful and they are not very good at communication and organisational matters. I felt like UCL teaches more students than they can handle organisationally.

transfer of credits

I have not received credits yet, but I do not like the fact that they will not give any results until 2 months after the exams. The grading system at UCL is very different, but they explained that well.

## STUDENT LIFE

welcome & orientation programme

The welcome program was more like one lecture on security matters and one affiliate students pizza hour. Apart from that, most orientation activities were meant for Freshers and not for affiliates specifically. Even though we were invited for these events, I did not feel very comfortable and motivated to go to all of these, since mostly freshers were going.

accommodation

I got a great room in John Adams Hall, in the centre of Bloomsbury, which is West Central London. The room was provided by the university and was of good quality and location. Compared to my room in Utrecht it was very expensive, but compared to other rooms in the same area it is a very good deal.

leisure & culture

London is an amazing city. Nevertheless, I wished I had more time to enjoy it. Especially at the end of term it was very busy and I didn't get the chance to see a lot of London. There are still a lot of things I want to see so I'm sure I'll go back to London. Make sure to check out all of the museums, since they are all free in London.

suggestions/tips

Make sure you go to at least one of the Museum Lates. These events take place in a lot of museums in London and are adult-only nights in Museums where you can have a drink, dance, listen to speakers and watch the exhibitions.

## CONCLUSIONS

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

To be honest, I would not recommend this university to others. Even though I learned a lot from this experience, I did not particularly learn a lot academically, but more about the challenges that UCL brought about, caused by the way they structured the study programme.

do you have any additional advice or comments?

If you are looking for a university to do research and a great city, I could definitely recommend going to UCL, but don't expect too much from the modules, because those were not always as interesting as I expected from such a world-leading university.



**UU Report form - Erasmus 2019-2020**

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

destination city & country	London, England
how did you travel to your destination?	Train
name university abroad	University college London
start date	16 / 09 / 2019 (dd/mm/yyyy)
end date	13 / 12 / 2019 (dd/mm/yyyy)

**PREPARATION**

exchange application process	The application process wasn't to hard. Take your time to write a good motivation. This could still be enough even if your average is not a 7.5
counselling & support at Utrecht University	Don't email, but call or go over there. There are a couple of deadlines and it is more reliable to have direct contact. the exchange faculty is a really good help.
academic preparation	I did not prepare much, apart from looking in the course catalogue and seeing what I would find interesting
language preparation	I did not prepare much, London is an international city with many languages or not native speakers
finances	I tried to save up as much as possible, since London is very expensive

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)	I thought we could use any class we wanted but unfortunately that was not the case. Also we have to choose the courses in a way that the classes do not overlap, which happens quite often if you want something from a different department.
academic quality of education activities	The lectures where interesting. Unfortunately non of the classes had a seminar, which would increase my knowledge and interest.
counselling & support at receiving university abroad	I did not know where to go for support. In the beginning we met some people who we never saw again. Our mentor was new and also did not know everything
transfer of credits	



<b>STUDENT LIFE</b>
welcome & orientation programme
The welcome programme was nice, however, we had to pay for almost everything. Therefore a lot of us did not go to everything which is quite unfortunate. Also there was not really an Erasmus programme or anything. Everyone was thrown together. This was nice as well but freshers and 3 <sup>rd</sup> year affiliate students don't really match
accommodation
The housing was nice but really expensive. You have to get over this last part because your location is amazing. Definitely go on campus!
leisure & culture
I didn't think I would have a culture shock but you meet people from all over the world with different cultures and different values. Prepare for this and learn from it
suggestions/tips
Go in openminded, enjoy your free time before the essays start (8 essays in one month) and try not to stress about money

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
I would not recommend this university. The country is amazing and the university has it's good qualities. However, in the first two months there is nothing to do, just exploring London. But, the last month and a half you have to write 8 essays on which you could not have started sooner. This really changed my experience. I had stress and panic every day. Been in the library everyday. If you prepare for this and really want to live in London, then you should go for it!
do you have any additional advice or comments?
Enjoy every moment because the time flies by



**UU Report form - Erasmus 2018-2019**

faculty/college	Psychology and Language
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	London, United Kingdom
name university abroad	University College London
start date	17 / 09 / 2018 (dd/mm/yyyy)
end date	14 / 12 / 2018 (dd/mm/yyyy)

**PREPARATION**

exchange application process	I made a big effort for my motivational letter, but I don't know whether that was necessary or not. Bear in mind that there is only one place though.
counselling & support at Utrecht University	Very good. Attend all the meetings. If you have any further questions, the international office is always happy to help you out.
academic preparation	The study programme at UU prepares adequately for a semester at UCL. However, UCL has very different requirements for essay writing.
language preparation	A decent level of English is needed. Good writing skills beforehand will give you an advantage, otherwise you will develop these.
finances	Make sure to save a lot. Housing will likely be most expensive. Groceries are somewhat more expensive as well. All in all, I think you can expect to spend about double the amount of money you would spend normally, so prepare for that. But it is definitely worth it!

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)	Unfortunately, the amount and variety of courses you can pick is quite limited. Only until about a week before the lectures begin, you will be given a list of courses to choose from. In this short period I had some trouble and misunderstandings with the Exam Board of UU to get my choices approved. These organisational issues resulted in a lot of stress, phone calls and e-mails.
academic quality of education activities	Academic quality is very high. You'll receive lectures on the most current issues of your field from leading professors. You won't have many lectures a week though: about 6 hours per week in total. Likely you won't have any seminars or practicals. You will have to do most studying by yourself.
counselling & support at receiving university abroad	You will have a personal tutor for your counselling and support.



transfer of credits

I am still in the process and have not received all my grades yet, so I don't know yet.

## STUDENT LIFE

welcome & orientation programme

There were two introduction programmes: one for internationals specifically and one for all the freshmen. I suggest you join both of them as you meet a lot of new people easily and you won't have any classes those first weeks.

accommodation

My accommodation was arranged by UCL and it was very good. However, very, very expensive. This is probably always the case. I can recommend the UCL housing because it is easy, secure, close to campus and you meet other students.

leisure & culture

The museums are free. Going out is very expensive, but the UCL student bars are a cheaper option

suggestions/tips

Go out in the student bars of UCL and enjoy the free museums. Join UCL Student Union societies to meet many British students and maybe try a new activity: they have so many options!

## CONCLUSIONS

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

Yes, definitely! I had an amazing experience. An advantage of studying abroad in an English-speaking country is that you make contact with the native students easier, as they do not have to adjust their language to you.

do you have any additional advice or comments?

In my experience, the British can be somewhat 'reserved' in the beginning. They are less direct and may seem uninterested. However, this is some form of politeness and you just have to give them some time to get to know you!





**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	United Kingdom, London
name university abroad	University College London
start date	08 / 01 / 2018 (dd/mm/yyyy)
end date	08 / 06 / 2018 (dd/mm/yyyy)

**PREPARATION**

exchange application process

UCL was very slow to answer in the application process and in my experience everything was arranged rather late. Some only heard about there accomodation the day before they left. But I think everyone eventually got a room.

counselling & support at Utrecht University

The international office is very helpful and are quick to answer.

academic preparation

I didn't have any specific acedemic preparation

language preparation

idem

finances

London is very expensive, especially the accomodation. I saved some money from working and together with the Erasmus grant and some money from my parents I managed it.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

The set-up is different from the UU. The exams are all essays, which was new and frightening for me. In the end, it was not so bad after all, but I certainly think it's more difficult than a multiple choice exam. The content of the courses was very interesting. I took the Brain in Action course, which was a specialty of the university. The course was research orientated and required you to read a lot of research papers. Therefore I learned a lot

academic quality of education activities

The acedemic level is quite high, but manageable.

counselling & support at receiving university abroad

UCL offers a lot of support, but I did't need to use this

transfer of credits

I didn't receive my grades yet



<b>STUDENT LIFE</b>
welcome & orientation programme
The welcome programme was very short, I would have liked a bit more activities to get to know people. This was much more in September. I had to start studying immediately, which made the first weeks with meeting new people, adjusting to the city and the university quite stressful.
accommodation
I stayed in Max Rayne, which was cheap, but not very good. Nevertheless, everything you need is there and when something is broken they fix it very quickly.
leisure & culture
UCL has a lot of societies and of course London itself has also a lot to offer. You don't have to be afraid to get bored in London. This is one of the things I enjoyed the most of London
suggestions/tips
You'll meet many people, but I would advise to invest in one group the most. In my experience it is very valuable to have a few good friends instead of many friends that you only know a bit. Because London is so big, the danger is to get lost in all the opportunities and end up lonely. Regarding sightseeing, I suggest you take the time to explore the many museums (which are free most of the times), theatres, concerts etc. in London. Also go to the less touristic parts. You can fill 6 months with only exploring the city. I would also suggest to travel around the UK. I can highly recommend Scotland and the south west coast of England.

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
Yes, definitely. London is a lively city with lots of opportunities. It is a great place to explore new hobbies, meet people from different nationalities and get a nice British accent. In general, studying abroad is so good for your development. It has opened my eyes to new things I never knew I was interested in and I feel more independent now. It changed how I see my future.
do you have any additional advice or comments?



**UU Report form - Erasmus 2016-2017**

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	Psychology
destination city & country	London, UK
name university abroad	University College London
start date	15 / 09 / 2016 (dd/mm/yyyy)
end date	16 / 12 / 2016 (dd/mm/yyyy)

**PREPARATION**

exchange application process

University College London was my first choice for my semester abroad. I knew that a lot of people applied for UCL in the previous years, so I put a lot of effort into my motivation letter. The rest (financial plan, CV and study plan) wasn't really time-consuming.

counselling & support at Utrecht University

The support from UU was perfect. The people from the International Office were always quick and helpful in answering all of my questions and concerns. I also went to one organised event at which I met someone who just came back from his term at UCL.

academic preparation

Nothing special

language preparation

Besides switching to BBC news and removing subtitles on Netflix/in films since the summer, nothing special either.

finances

London is a pretty expensive city. So I advice you to save some money!

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

I followed four (really interesting) modules in my field of interest (neuroscience). This was quite intense. You're actually taking 30 ECTS in only 12 weeks time.

academic quality of education activities

The academic quality was really high. They use a completely different way of teaching; it's less focused on working through a study book. Instead, they focus on recent studies and current knowledge in the research field. In my opinion, this is an extremely interesting and useful way of teaching!

counselling & support at receiving university abroad

There is one Affiliate supervisor, who answers all of your questions concerning administrative issues, signatures etc. In addition, you have an Affiliate Tutor for content wise questions e.g. essay deadlines, marking criteria etc. Both of them were always willing to help you!

transfer of credits



At UCL they use a different grading system, namely percentages. This can be quite confusing, but your tutor will explain the relevant criteria for your essays in more detail. The 'Examencommissie' transfers those percentages into UU grades using a conversion table.

## STUDENT LIFE

### welcome & orientation programme

There was one international introduction week, followed by a regular introduction week for freshers. The events itself were not that special, especially when comparing it to the price you pay for the tickets, but it's nevertheless an easy and convenient way to meet new people.

### accommodation

I chose to live on campus, in an accommodation offered by UCL. I made some great friends in my flat! I had my own furnished bedroom and I shared the kitchen with 12 others (both internationals and English). It was a 10/15 minute bus ride away from the main campus.  
It was a decent place to stay, but keep your expectations low.

### leisure & culture

London is such a vibrant city. There is always something new to discover! Even after 3.5 months, I didn't get to see all of the activities/museums/festivities/neighbourhoods/pubs/clubs etc. which London has to offer. Not even half of it!  
I also made trips to Oxford, Brighton and Cambridge.

### suggestions/tips

Use all the leisure time you have at the beginning of the term! Visit the free museums, explore different neighbourhoods, and enjoy the British pub culture!

## CONCLUSIONS

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

Yes, definitely! I'm sure you're going to love London as much as I do. It's a fantastic city! Nevertheless, when you choose to go to London, you also choose for quite an intense term at UCL. The education is really good and interesting, but especially during the last four weeks, the essay writing (you don't have exams) is quite time-consuming. I knew that beforehand, so for me London and UCL was the most perfect combination for a great learning experience abroad.

### do you have any additional advice or comments?



**UU Report form - Erasmus 2015-2016**

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	London, United Kingdom
name university abroad	UCL/University College London
start date	23 / 09 / 2015 (dd/mm/yyyy)
end date	18 / 12 / 2015 (dd/mm/yyyy)

**PREPARATION**

exchange application process

The exchange application process was mostly clear, however UU did not give me the correct instructions for the application procedure for FYA or Erasmus students was different from other affiliate students at UCL. This means a few documents like recommendations letters and transcripts were not necessary. UU could have instructed me better about the application procedure at UCL which came after the application procedure at UU.

counselling & support at Utrecht University

Counselling was provided, however, always for studying abroad in general. Specific advice for studying at UCL or in London was lacking. International offices from other departments of the UU did send students to UCL as well, so I guess they could have got us in touch with each other. I would therefore be grateful to provide information about Psychology at UCL, UCL in general or studying in London.

academic preparation

UU did select students going abroad to UCL on grades, which is smart. However, I would recommend that the international offices provide more information of a different courseload in the British System. Furthermore, UCL is a very research-based University and studying therefore can not be compared to studying at UU. I would have found it helpful if I was a little more prepared to this. However, the fun of an exchange is that you find new things and ways to deal with them!

language preparation

For me language preparation was not necessary, because my English is pretty good. However, the UU international office stating that UU students' English is sufficient, because our books are, could cause problems for others.

finances

I worked during the summer to save for my study abroad period.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

I was very glad to be able to take all the courses I wanted to take. UCL gave me all the possibilities regular psychology students had. They provided sufficient and adequate information about the procedure for course registration and the possibilities which courses I was able to take. Furthermore, we as affiliates had several meetings with our tutors to discuss our module choices. They could even provide us with information about the content the modules were about to help decide which modules to choose.

academic quality of education activities



The quality of education at UCL was high. A lot of personal engagement and discipline was expected from the students. In the first few weeks I was amazed by the high speed with which my courses discussed so many topics already. However, I found it different from UU in the way that I solely had lectures and no seminar groups. For me, this is a necessity to consolidate the knowledge gained in a lecture. UCL expects you to do this consolidate on your own. I would have profited from more interactive education and more hours of class.

counselling & support at receiving university abroad

The counselling at UCL was good. We had a tutor who also taught us a course. Furthermore, Joanna Strange, course administrator, responded to enquiries very quickly and therefore provided me with helpful procedural information.

transfer of credits

The transferring procedure of credits has not taken place yet. I find it very hard that even though I don't have any grades back, I can't login to any the UCL sites, except my email account. I would have been more helpful, if someone had provided me with information about how to review grades and that I would exactly be able to review my given feedback.

**STUDENT LIFE**

welcome & orientation programme

A general orientation programme for international students was provided, for there are a lot of international students at UCL. They really help you out with questions you have. There is a planned week in which a lot of activities take place to get to know London, UCL, and its societies.

accommodation

I chose to live in halls provided by UCL. Besides, it being small, a little crappy and still sort of expensive for what you get, I really had a good time and made a lot of friends in my hall. It was the best way to get to know people quickly and I still really miss all of them.

leisure & culture

I found that while studying at UCL, you have less time for leisure than we are used to in Holland. The course load is higher, you have less time and 4 courses at once. However the term is way shorter as well. So expect to be pretty busy during the term, but use the time you have before and after the term so you can enjoy London! During the weekends there mostly was time to go places. There is so much to do: going out, museums, theatre, shopping, just walking around, nice restaurants and bars, etc. London is a vibrant city and you should make the most of it!

suggestions/tips

Join a society to get to know local uni life, live in halls even though it's crappy, make trips to museums in your spare time between lectures, go out.

**CONCLUSIONS**

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

I would absolutely recommend studying at UCL, though bear in mind that you want to study here because you want to upgrade your resume and want to get something out of your education. If you just want to have fun during your exchange, I would pick another university (in London). This doesn't mean I didn't have fun, but I enjoyed it a lot, because it really learned a lot of new things during my time at UCL. And besides studying, I really fell in love with London: whatever you are looking for, you will find it. London is such a diverse city!

do you have any additional advice or comments?