



UU Report form - Erasmus 2022-2023

email address	jedidjahartman@gmail.com
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	Bristol, United Kingdom
how did you travel to your destination?	by train
name university abroad	University of Bristol
start date	17 / 01 / 2023 (dd/mm/yyyy)
end date	17 / 5 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process

I applied late. Around April 2022 I decided that I did want to go on a semester abroad next year, so I looked at the places that were still available (on the UU site) and got into contact with the international office for social sciences here in Utrecht. It was pretty easy. I had to apply via Osiris and got notified via email when I had to hand in certificates or when I had to do something. I would say the application process went smoothly.

counselling & support at Utrecht University

For every question I had, The International Office were there to help me. Communication went smoothly and if I did have a problem, they were quick to help me.

academic preparation

To be honest, I didn't really do any academic preparation for my semester abroad. I kinda went into blindly, and have found that to be a good thing actually. I studied in the UK, so I knew it wouldn't be that different from the Netherlands, and actually I have found it to be easier than a Psychology degree in the Netherlands. Moreover, I followed subjects within policy studies, so it was a minor, probably making the subjects a bit easier as they weren't third year units, but second year.

language preparation

Having a VWO diploma was enough to apply. However, I also did a test for my Erasmus grant, but this was already at C2 level, so I didn't really have to do any language preparation. I did find it to be quite difficult to go from speaking English the way you are taught to actually speaking it like a fluent / native speaker. However, this does take time.

finances

I started saving up quite early on when I knew I was going abroad, and before that I was already saving some. Next to that, I received an Erasmus grant, but this is not nearly enough to cover all the expenses. The UK is very pricy (accommodation as well as cost of living). Lastly, I was able to receive some money from my parents as well. Together, this made it possible for me to go, but I would suggest saving up quite early on, to also be able to do fun and spontaneous trips and stuff during your semester abroad.



STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I followed units in Policy Studies. The units were 'Harms of the Powerful', 'Social Policy and Development' and 'Youth Justice'. These accounted for 30EC in total (10EC separately). You follow your units for the whole semester instead of the Block system we have at UU. They also use Blackboard, so it wasn't that difficult to adjust. I did not have any issues. However, at UU, the Unit information and hand out are on Blackboard a few weeks prior to starting. At the University of Bristol (at least the subjects I followed), the unit information was sometimes just a weekend or after the first lecture available. The rest of the semester, it all went pretty smoothly.
academic quality of education activities	The academic quality was quite similar to what I have experienced at UU. However, the units I followed were quite small. The lecturer and the work group teacher were the same professor. We have 1 seminar a week with probably only 5 people. Next to that, the workload wasn't as demanding as what I have experiences at UU. I think per week I had 8 contact hours, spread over 5 days. Also, I did not have any tests. At midterm I had to hand in 2 1000 words assignments and at the end of term, I had to write two 2000 words essays and one 3000 word essay. This was different to what I have experienced at UU. Especially in Psychology, the essays are way shorter and we have more tests. So, this took some adjusting, especially writing everything in English, but I would say it was very doable.
counselling & support at receiving university abroad	From the moment I was granted a spot at UoB, I got a lot of emails on everything I had to fix before coming to Bristol. Also during my time there, there was an exchange professor of Policy studies who invited the students for a cup of coffee and showed us around. If we had any problems we could go to him. Moreover, UoB has a global lounge that is directed to exchange students. They organised quite a bit during the semester and made me feel very welcome.
transfer of credits	hasn't happened yet.

STUDENT LIFE	
welcome & orientation programme	The global lounge in Bristol is a spot in one of the campus buildings. They organised the welcome & orientation programme. You could sign up for quite a lot, city and campus tours and fun outgoing trips. It is a very easy way to meet new people.
accommodation	Me and a lot of other internationals were placed in 1 st year accommodations. I was in a catered building meaning that you got breakfast and dinner during the week and in the weekends it was breakfast and lunch. It was pretty pricy, but to be honest, I think in the end I preferred having the catering. It was an easy way to make friends as you all had to go to dinner. Moreover, my room was very tiny, but it had everything I needed (bed, desk and cabinets).
leisure & culture	It is very easy to do a lot of daytrips from Bristol. You can go to Cardiff, London, but also to the seaside. Bristol also has rich history. The campus buildings are very pretty and especially during spring the city really came alive. You have a lot of nice pubs that serve cider and beer and good English food. Bristol also has quite the coffee culture. There are a lot of cafés and also outdoorsy stuff. My accommodation was close to a huge park, called the Downs. All in all, there is a lot to do in Bristol, but it is located so well that you can go on a lot of day trips to



neighbouring cities.
suggestions/tips
Go to the suspension bridge and the nearby neighbourhood: Clifton Village. It has the best fish and chips, and during the weekend it has a lot of markets. Also, Bristol has a lot of thrift shops so I would suggest you check some out. Trips: Go to London for the weekend. Its very cheap via flixbus. Moreover, join a club if you can! It is a very easy way to do fun stuff and also make new friends.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yea I would. However, I think it was very expensive. The UK is a wonderful country and you are going to meet a lot of internationals which makes it very interesting and fun. However, I would not recommend it if you want to save some money, because the cost of living is currently expensive.
do you have any additional advice or comments?
Have fun! But also, make sure you are on top of everything and you're sure that all the application deadlines have been met etc. Moreover, it will be quite hard adjusting. Make sure you find some people who you can trust. Studying aborad is not always how its portrayed on social media. It certainly is an experience of a lifetime, but simultaneously you can feel very lonely at times. Take time and enjoy your time there!



UU Report form - Erasmus 2022-2023

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

destination city & country	Bristol, United Kingdom
how did you travel to your destination?	Plane
name university abroad	University of Bristol
start date	19 / 09 / 2022 (dd/mm/yyyy)
end date	21 / 01 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process

After choosing my top three destinations, the application process went really smoothly. The International Office at the UU sent me all the information about deadlines and grants. After you get selected by the UU, you need to apply at the host university. The contact with University of Bristol was very easy. I had to follow a couple of steps, but it was all very self explanatory.

counselling & support at Utrecht University

The support at Utrecht University was good. Didn't use them a lot but it was very clear who I had to contact when I had a particular question.

academic preparation

I took classes within my own study programm, so academic preparation wasn't necessary. The level of education at UoB is quite similar to the UU.

language preparation

Not necessary.

finances

The costs of living in the UK are similar to the costs at home. Books and alcohol are much cheaper (go to Wetherspoons for cheap drinks!). I lived in catered university accommodation during my exchange, which was quite expensive (3000 pounds), but that way you didn't have to spend much on food. A bus pass was included in the accommodation fees, so I only really spent money on going on trips. I had some savings and I applied for the Erasmus grant and the OV vergoeding. This was enough to cover my finances.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I took three Criminology courses, which is equivalent to 30 ECTS. Two courses are required to receive the Erasmus grant, but three is definitely doable. I found that the workload at UoB was lower than I was used to. All my courses had a lecture and a workshop every week. There were two grading moments, a mid-term essay and a final essay. After I arrived at UoB, I wanted to switch a unit. The admin team was really helpful and sorted it out for me.



academic quality of education activities
The academic level is similar to the UU, but the teaching methods are very different. I didn't have any exams, just essays, and the workshops were only 45 minutes.
counselling & support at receiving university abroad
My personal tutor was very nice and considerate, he really wanted me to feel comfortable and at home. I didn't need much support from UoB, but I knew who to contact if there was something I needed.
transfer of credits
I haven't received my credits yet, but one unit at UoB is 10 ECTS.

STUDENT LIFE

welcome & orientation programme
At the beginning of the semester, the university organised a welcome week, Freshers Week. A lot of fun activities were organised during this week, campus and city tours, parties and a welcome fair to check out all the societies. It seems like a full schedule at first, but you can go to as many events as you'd like. I definitely recommend going to the Welcome Fair. It's a great way to check out all the societies that UoB has and there's lots of free stuff! I met most of my friends during this week and I joined the women's football society.
accommodation
Accommodation isn't guaranteed for Erasmus students, so it was really stressful to look for housing. Two weeks before my exchange started, the university emailed me that they could offer me a room. I lived in Wills Hall, a catered university residence. The place really gives Harry Potter or Oxford vibes, and it's a 15 minute bus ride to uni. I really recommend living in catered housing, because almost all food is included so you don't have to spend much on food anymore. I think this works out cheaper than living in un-catered accommodation. Also, having breakfast and dinner together in the dining hall is a really nice and easy way to meet other people. In Wills Hall, I shared a block with 10 other girls. Most of them were other internationals. The international students didn't really interact with the Brits living at Wills Hall, as they were all first years.
leisure & culture
Bristol is a very artsy and young city. You'll see a lot of streetart (Banksy!) and the city has a looooooot of cute coffee shops and good second-hand bookshops. I joined the women's football society and I went on a lot of daytrips. During reading week in October, I went to Dublin with some friends and I took the train to Edinburgh the week before Christmas. I recommend seeing as much of the UK as you can, there are a lot of beautiful cities and nature you can get to by train (if the railway services don't go on strikes). Wales is only a short train ride away, and you can get to the roman city Bath in 15 minutes.
suggestions/tips
I would certainly see some of the country, British nature really surprised me. I would also recommend living in catered-housing, if you can. You'll live with other internationals and most of my friends were my housemates.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
I definitely would. Bristol is a very nice city to live in, and it's a great location if you want to explore the rest of the UK. UoB has more than 350 clubs and societies, so it's a perfect opportunity to try something new.
do you have any additional advice or comments?
As accommodation is not guaranteed for Erasmus students, this can be very stressful to sort out. However, all the European students I met in Bristol were offered a room in the end, so it will probably work out fine!



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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	Bristol, United Kingdom
how did you travel to your destination?	Plane
name university abroad	University of Bristol
start date	19 / 09 / 2022 (dd/mm/yyyy)
end date	21 / 01 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process went smoothly and was pretty clear. I missed the first deadline but still managed to do everything and go to the place I wanted to go to. I had to pick from the countries that were still left but got to go to my number 1 pick.

counselling & support at Utrecht University

I realised I wanted to go abroad after the initial deadline so I scheduled an online meeting with the International Office in Utrecht and was given all the information I needed for my application. Other than this I do not think I used these resources but they were there if I needed to.

academic preparation

The style of teaching and assessment was quite different. Your grade is based on an essay and there were no tests. When I follow courses here I focus more on studying the literature and lectures, in England you take a more practical approach.

language preparation

I did not really have to do any language preparation. I am pretty much fluent in English and have been since high school. I did take Cambridge English in high school.

finances

I saved up a lot of money so I did not have to worry about expenses while I was there. The only obstacle was that I did not have a credit card as it made a lot of things more complicated. Accommodation was really expensive and I wanted to pay this in instalments but this was not possible since I had to pay via a bank transfer instead of card payments.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Policy studies, for me this included courses from both criminology and social policy. For social policy I took Youth, Sexuality and Gendered Violence, and Poverty, Social Exclusion and Social Policy. For criminology I took Representations of Crime in the Media.

academic quality of education activities



The quality was good, but I realise that the teaching at my home university is a better fit for me. Because the essays focused on a specific part of the course you really only needed to watch the lectures related to this and it did not force you to really study all of the content. You also did not need to attend all seminars (I still went to the majority), putting even less pressure on the students to engage with the material.

counselling & support at receiving university abroad

I had a tutor who invited me and some other students on three different occasions to check in on us and how we were handling everything. I was only able to attend two of these due to a clash with my classes but I also did not really need that much guidance while I was there.

transfer of credits

The grading was very different than it is back home but as it is transferred as a pass or fail, this does not matter. I had a hard time estimating how well I did on something because they told us that it is rare that anyone would get a 70 or higher but most people I knew scored like that at least once.

STUDENT LIFE

welcome & orientation programme

Very fun! There were a lot of activities and this was a good way to find your place and people. There was a welcome fair with stands for all the different societies and local businesses. For the first few weeks there were a lot of give-it-a-go sessions for different societies so you could find out which one(s) you wanted to join.

accommodation

I really enjoyed the accommodation. I stayed in a very traditional accommodation which added to the english experience. I also enjoyed being catered as you meet a lot of new people in the dining hall and you don't need to worry about food, but can just enjoy your stay there. However, whenever a lot of students would be free and go home the halls were a bit empty and during christmas break we had to eat at a different hall.

leisure & culture

There was a lot to do all the time. Towards the end I did feel like I had seen/done most things and there was not that much more to discover. But it was a great place to live and I really got to see most of the city while I was there.

suggestions/tips

Provide more services to international students or other students who are not going home during the holidays. The bus service was also not working during the Christmas break which meant that anytime I wanted to go into town I had to walk for over 30 minutes. It is understandable that the busses would not run as frequently but it would have been nice if it went once every hour or two.

CONCLUSIONS

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

Yes! It really lived up to my expectations of spending a semester in England. I got to meet a lot of new people from all over the world and learned a lot about myself as well. I am very grateful I got to experience society life in England as it is very different from what it's like in the Netherlands. The societies are more specific and you connect more over your interests. The accommodation was also very nice as there is always someone around to hang out with.

do you have any additional advice or comments?

Make sure you have a credit card before you go (this is hard to get as a student in the Netherlands but maybe you could borrow one from someone you know). It is also likely that you will find accommodation via the



university so I would not try to look for something else because making contacts will be easier if you live in a uni accommodation.



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	Bristol, England
name university abroad	University of Bristol
start date	23 / 09 / 2019 (dd/mm/yyyy)
end date	24 / 01 / 2020 (dd/mm/yyyy)

PREPARATION

exchange application process

I took me quite a while to find the right destination, since I was looking for specific units to follow. Eventually, the University of Bristol seemed very interesting to me. After choosing my top three, the application proces went very smoothly.

counselling & support at Utrecht University

The international office helped me really well and answered every question I had very considerately, in person as well as in emails.

academic preparation

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language preparation

I had already been abroad before I started studying, so didn't need any language preparation.

finances

I had my student loan and I arranged the Erasmus grant/ov vergoeding.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

When I received my timetable, I found out I had an overlap in units. I tried to make it work by discussing it with my personal tutor, but unfortunately had to change one unit. I didn't like that in the beginning, but the (unwanted) unit grew on me and eventually became the most interesting one. The university really helped me organising it, and it wasn't a problem at all that I had to come to the office a couple of times.

academic quality of education activities

In the beginning it all seemed very easy and less than what I was used to, but the formative assessments were more difficult, because we did not always receive as much help as we hoped for (no time) and the assessments mostly consisted of just one sentence, which was very vague to me sometimes.

counselling & support at receiving university abroad

My personal tutor was very sweet and considerate. She was really interested in me and she always wanted to help. She wanted me to feel comfortable and at home.



transfer of credits

For me, this wasn't a problem. 20 points at the University of Bristol, were 10 credits in Utrecht. Utrecht is half the points, which was easy to convert.

STUDENT LIFE

welcome & orientation programme

Welcome Week was a week full of events and workshops. Unfortunately, you had to go everywhere yourself since we weren't divided into groups. During this week, ESN also threw a couple of events, where I went to. It was fun to meet other Erasmus students, but still I would have liked it more if we had a certain group. Meeting people was completely your own responsibility. I personally think a week is too long for all the students who don't know that much people yet.

accommodation

Since I have been abroad before with an international NGO, I emailed the same NGO of Bristol. The head of it gave me contact details of his vicar, who invited me into her and her family's home.

leisure & culture

Bristol is an amazing city. Very lively, artsy and vibrant. There's loads to do, but is very relaxed at the same time. Everyone lived in the many coffee shops, which I really enjoyed.

suggestions/tips

I would shorten Welcome Week. Besides that, many Erasmus students were homeless in the beginning, it would be good if they were a priority group for student housing as well.

CONCLUSIONS

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

I definitely would. The people in Bristol were very friendly, there is a lot of fun things to do in the city, the university was enjoyable and well organised. The vibe of the city and the university was really nice.

do you have any additional advice or comments?

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