



UU Report form - Erasmus 2021-2022

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	Jyväskylä, Finland
how did you travel to your destination?	I flew by plane
name university abroad	University of Jyväskylä
start date	03 / 01 / 2022
end date	31 / 05 / 2022

PREPARATION

exchange application process

For the exchange application process I got pretty clear instructions for what was expected of me. The communication of UU international office was very clear and helpful.

counselling & support at Utrecht University

Utrecht University responded and still responds really quickly when forms are needed to be signed or when I had any questions regarding my application.

academic preparation

I didn't do any academic preparation before my departure to Jyväskylä and there wasn't one moment during my exchange where I felt I had needed any. In my experience the way of teaching and studying, although different from Holland, was really easy to adjust to. I hardly had any exams or multiple choice tests, but mainly had to write papers or lecture dairies.

language preparation

I didn't do any language preparation and I had never a struggle to keep up with the level of English used in an academic context as well as in a more informal context with the exchange students in Finland. I think the university level of english we use in Holland is more than enough to keep up in a country as Finland.

finances

I received Erasmus money which helped me a lot and I was also lucky to receive a monthly support from my parents. Also before leaving on my exchange I had a gap-halfyear and worked in a restaurant to save money.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I was really satisfied with the teaching I experienced at JYU. I liked how reflective the teachers were, they were not afraid to criticize their own subject or field of study. I also really liked the way of examination that was not so much based on multiple choices test, but more in the form of learning dairies, group discussion or projects. Personally I found this a more stimulating way to learn because by writing learning dairies I was encouraged to explore what interested me in a topic and think critically about this and expand on the ideas from the lectures (instead of just absorbing literature). I also really liked the group discussions, I found it really interesting to hear how others think about a topic and to practice sharing my own point of view.



academic quality of education activities
I experienced the academic quality as relatively high. Some might experience it as maybe a bit more laid back, and I too experienced less academic pressure than I did in Holland. At the same time (as I mentioned above) I really liked that the academic assignments and the way of educating were developed in a way that really encourages you to think actively and critically about the subject at hand.
counselling & support at receiving university abroad
I experienced the University of Jyväskylä as really nice university. The coordinator of my department responded to emails really quickly and also send us emails to make sure it was clear when which document was expected of us. Also the teachers were really tolerant and often mentioned that deadlines were negotiable or if you missed something they were really willing to help you so that you could still finish the course properly.
transfer of credits
I haven't received my transfer of credits but it should be sent to my home address as well as to my home university.

STUDENT LIFE
welcome & orientation programme
When I arrived at Jyväskylä there was a lot of snow, I was so thankful that my tutor came to pick me up and helped me carry my two suitcases through the snow in a new city. It was also really nice to be assigned to a tutor group and have some contacts. My tutor also organised a campus and city tour for us. I think the tutor system was definitely one of the highlights of the welcome programme at JYU. Other than that I had the bad luck to have a completely online orientation programme due to corona, which consisted mainly of 3 days of informative and introductory lectures, this was okay but also a bit of an overload of information and sometimes difficult to keep the focus.
accommodation
I stayed in Korthevoja. At first I was a little worried that maybe it would be too much of a student village with a lot of parties and noise, but in the end I was so glad I chose Korthevoja for my accommodation. I stayed in the MNPO complex, for which I paid 260 euros and for this price you do have a really tiny kitchen and bathroom which you share with one other person. The building was actually quite well isolated so personally I didn't have so much noise that bothered me (though I know some other students that lived in other buildings in Korthevoja did complain about noise from time to time). My private sleeping room was nicely furnished and had a okay bed and a closet and a desk, in the beginning I thought it was a bit bare and empty, but in the end I really appreciated the minimalist living space and you are free to decorate it however you want. I also really liked that the living space is really easy to clean because it is so tiny. But the main reason I liked Korthevoja was because it was so easy to meet new people there, especially at the beginning people would often hang out in one of the common rooms in Rentukka and everybody was welcome to join, also the lunch in the Rentukka cafeteria was a great opportunity to meet other people or to just meet up with your friends. Most of the parties were also hosted in Korthevoja buildings and I really liked that it was so easy to get home or join other get-togethers. Korthevoja has now a special place in my heart, it was not fancy and even the Rentukka food was not always that tasty, but I had a really pleasant time there because of all the facilities, like sauna and laundry room, piano room, restaurant, gym and also beautiful nature and lakes are really close by where it is lovely to take walks, all within max 10 minutes. And also because of the friends and Korthevoja community we were able to build, I think in the end I was able to know a lot of the exchange students that lived in Korthevoja because of parties and events that were so easy to join for me. This made it really feel like one close community we lived in and really added to my experience.
leisure & culture
I had a lot of free time, which was really nice. I spent a lot of time taking walks, hanging out with friends or taking trips. With a lot of students at Korthevoja we joined the ESN Lapland trip and the ESN Lofoten trip, and



on our own we visited tampere, mikkeli, Helsinki, Riga and Tallin. It was really wonderfull to have the opportunity to travel so much and explore different parts of Scandinavia. In korthepohja we also organized parties, went to kareoke bars, to clubs freetime and escape mostly, hiking, sauna parties or pick nicks at the lake or joined ESN activities like the sitsit or the sauna experience, or a snowboard lesson. I really liked the student community at Jyväskylä, the students as well as various student organisations organized plenty of things.

suggestions/tips

Go to the lofoten trip of ESN, many people were worried about the 22 hour bus drive but actually it was totally worth it for me, I saw one of the most amazing views and landscapes and Norway is really beautiful and I thought the trip was better organized then the Lapland trip. However the Lapland trip was also really nice, I made my Erasmus friends there and the Lapland trip was a true turning point for my whole erasmus experience, it changed from there on to become truly unforgettable. So definitely go on some trips, you can make friends for life when you experience something special like visiting beautiful locations. Oh and look for cheap tickets to Tallin, when we were there were flight tickets for 5 euro's!

CONCLUSIONS

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

Yes definetly, Jyväskylä is a cozy city its not that big, its quite small and the buildings are pretty plain. But the student community is really great in the city and surrounding the city there is a big lake and many pretty forest which you can discover and which actually made me like the Jyväskylä a lot. A tip would be also to go out when its -15 or -20 degrees, don't stay inside and miss the buauty of nature at this temperature when every tree is frozen white, or when even your wimpers will freeze, its really an experience!

do you have any additional advice or comments?

I went in the spring semester which last from january till may and before my departure I was a bit worried about the darkness of the first few months. But actually I didn't experience any trouble with the amount of daylight, I think the earliest I have seen the sun set is at 15:00 but then it was only completely dark at 4, which is only a little more then one hour later in winter time in Holland. And in my experience there was actually a lot more sunlight then I feel like there is in holland during the winter. In the hours that there was sunlight I had many days with blue skies and the snow also reflects a lot of the light, so don't worry to much about the sun!



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	Jyväskylä, Finland
how did you travel to your destination?	By airplane and train
name university abroad	University of Jyväskylä
start date	05 / 08 / 2019 (dd/mm/yyyy)
end date	20 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process was really easy for me. I got everything by e-mail and it was all explained very clear. Also I got all e-mails long before deadline so I really had the time to finish the deadlines in time.

counselling & support at Utrecht University

The support from Utrecht University is good. I did not use it that much because everything was really clear for me but when I did e-mail I got a response very fast and they gave long and good explained answers. I also talked with a student that went to the same city a year before me which was really helpful as well.

academic preparation

For the academic preparation I did two English courses, Academic Speaking and Academic Writing. They both helped me in using English more confidently but after I have been on exchange I do not think it is really necessary to follow those courses. For the rest I did not do any preparation for the university.

language preparation

I did not do much preparation for this, only the two English courses (Academic Speaking and Academic Writing). In the end I do not think it is really necessary to do these courses because you will get confident talking in English since you do it every day on exchange and the university is not strict at all with your grammar.

finances

Finland is pretty expensive. I worked a lot before I went to Finland because I love to travel and I did not want that I had to think about money when I was here. With the money I saved and the Erasmus grant I could pay everything I wanted and even had some money left but keep in mind that it is more expensive than the Netherlands. However, the rent and the lunch at university are cheaper than in the Netherlands, for me at least, so I saved some money on this.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I studied psychology in Finland as well but also did some other courses that I thought were interesting. I really liked most of the courses because the content was so different than what I normally have in the Netherlands.

academic quality of education activities

I think the academic quality is worse than in Utrecht. For me it was really easy to get good grades and I did not



really feel that I had to put a lot of effort in it to pass my courses.

counselling & support at receiving university abroad

The support is really good. You get a tutor, which is a student that did an exchange, when you arrive in Jyväskylä. The tutor shows you around and answers all your questions. When there are questions that he does not know the answer to you can e-mail with the international office or with the responsible person of your faculty. I did not need to use this but I heard they answer really fast and take the time to answer.

transfer of credits

I did not get all my grades back yet. I do think that this university takes a lot of time to give the grades back. I did an exam in half November and still did not get the grade back. However the university told me that I would receive my transfer of credits at the end of January in my mail box.

STUDENT LIFE

welcome & orientation programme

The orientation programme was nice. They had a few information sessions and explained everything that was important to know. They also have a lot of fun activities to go to. Only the first information session is obligatory so for the rest you can choose what seems interesting for you to know.

accommodation

Jyväskylä has two housing unions. I got a room in Kortepohja which I really liked. I had a small apartment that I shared with one other person. Since almost all my friends were living in Kortepohja as well it was really easy to meet up. Kortepohja also has a building with study places, a restaurant, a gameroom, and a gym, which is really useful as well.

leisure & culture

I had a lot of free time because the majority of my courses were online. I had really few lectures because of this and did not need to be at the university very often. The culture is something you will have to get used to, or at least I really had to get used to this. In my experience, Finish people are really introverted and quiet. This also means that they are not very polite in general which was something I needed to adapt to. However, when you start the conversation Finish people are really nice and if you ask for help they are more than willing to help you.

suggestions/tips

In Jyväskylä is a teahouse that is really popular and nice to go to with friends. I also enjoyed the nature a lot so walking around in the forest and around the lakes is also really nice. Especially in summer when you still can go on the lake with a boat and go to the island.

CONCLUSIONS

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

Yes, Jyväskylä is a student city and therefore they organise a lot of activities for the students. Almost every night there is something to do and if not it is really easy to meet up with friends. Also I loved the surroundings in the city because it is surrounded by forests and lakes which is so different from the Netherlands. And this is even more beautiful when it gets winter and there is a lot of snow.

do you have any additional advice or comments?

You have to keep in mind that in Finland the days will be really short, especially the first semester, so if you are sensitive for this bring vitamin D pills. This helped me a lot. Also the city is not that big. For me it felt more like a big village so if you really want to do an exchange in a bigger city, Jyväskylä may not be the right place for you.



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	Jyväskylä, Finland
how did you travel to your destination?	By plane and train
name university abroad	University of Jyväskylä
start date	03 / 09 / 2019 (dd/mm/yyyy)
end date	20 / 12 / 2020 (dd/mm/yyyy)

PREPARATION

exchange application process

One of the reasons I chose for Jyväskylä was because of the good information. You could easily find all the courses which were available and they answered really fast when I sent an email with questions. The process in general takes some time to find things out and fill in all the forms, but when you take your time for it it is actually quite easy.

counselling & support at Utrecht University

They always answered my emails fast and the International Office was really helpful when I didn't understand the forms.

academic preparation

I thought the level of the education in Finland would be as high as here in The Netherlands, but when you could study here without problems, the education there is quite easy. They don't really expect that much because you're an exchange student. There are always a lot of other exchange students with a lower level of education, so when you're from The Netherlands your education level is high enough to study there and you don't have to worry.

language preparation

My English wasn't that good and improving my English was also one of the reasons I went on Erasmus. I was a little afraid if I could do everything in English for 3,5 months, but you get used to it very easily. There are a lot of people from other countries who almost can't speak English or just a little bit and they also survive, so your English level isn't that important. But it will make it easier when your English is good.

finances

Before Erasmus, I saved some money because I knew that Finland was an expensive country. First I bought an one-way ticket to Helsinki (120 euros) and didn't buy the return ticket, because I didn't know when I wanted to go back (I can recommend this because you can change plans with the people you met there to stay/travel a little longer there and don't want to go home on the date you planned). The room I got there was 306 euros a month. Next to that, I spent around 800 euros a month there (300 to live and 500 to travel). I traveled a lot, so when you don't do that you have enough with 600/700 a month..

STUDY ABROAD PERIOD

study programme (content and organisational issues)



The website of the university with the courses was quite clear. Some courses changed when I arrived there, but most of them were the same. It was only more difficult for me because in Utrecht you always do only 2 courses at the same time and in Jyväskylä all the courses have a different time schedule. So sometimes you have weeks when you attend 4 courses and sometimes you only have one course. So it is easier to plan this when you're there then to do it from home, because when you're there you also see the time schedules. They were also really flexible when you wanted to change the courses you already chose.

academic quality of education activities

Most of the courses I did were really interesting and nice. Especially the Education courses, because Education in Finland is really good. So it was interesting to learn about it and see how it really goes there. I also went to a primary school there to see how they teach the children and that was really interesting. Most of the classes at the university were active and you had to interact a lot with the other students. This was nice because you meet a lot of students from different countries this way.

counselling & support at receiving university abroad

The University of Jyväskylä was really helpful when I had troubles or problems with my courses or the university programmes. They always immediately answered my emails and you could also always ask your tutor about everything. It was nice to know that there were always people who wanted to help you.

transfer of credits

It's still in progress, but I received my transcript of records.

STUDENT LIFE

welcome & orientation programme

When I arrived at the Jyväskylä train station my tutor was waiting there for me. She brought me to my new home and showed me already a little bit of the city. The next morning I had to start the orientation programme. I had a tutor group and we got a lot of information that week! Next to all the information, we also saw a lot of the city, campus and university and did a lot of fun things. It was really important to take part of the orientation programme because this was also the week you got to know everybody and where I met my Erasmus-friends. The orientation programme was well organized and a lot of fun!

accommodation

I lived in the KOAS Ristonmaa building, 3 minutes from the University and 10 minutes to the city by bike. They have 2 student housings: Kortepohja and Koas. Kortepohja is in one place with a lot of buildings and here are the most international students. Koas has buildings everywhere in the city, so you could be lucky to be in a good place or you have to bike a lot. If I could choose again I would choose Kortepohja because almost everyone lived there and also the parties were there all the time, but the KOAS buildings were bigger and nicer. So it depends on what you prefer.

leisure & culture

I didn't need a lot of ECTS, so I had a lot of free time. So I traveled a lot and did many fun activities like hiking, canoeing and partying. When you're a student, you get a lot of discount everywhere in Finland. Jyväskylä isn't really a big city and you could go everywhere by bike. They have a lot of nice places where you will meet the other exchange students and a lot of fun bars. The beers are quite expensive in the weekends, but when you go on Tuesday or Wednesday it was really cheap. There are a lot of fun things to do in Jyväskylä, so you won't be bored!

suggestions/tips

- Join ESN Jyväskylä. They do a lot of fun activities and offer a lot of trips, for example to Lapland, Russia, Estonia, Stockholm, The Baltic Sea and more! You also get to know a lot of people when you do these activities, parties and trips.
- Do some weekend trips to the national parks in Finland
- Do the Grand Russia trip and the Lapland trip!



(and if you have the time also go to Estonia and Sweden)

- Hike a lot, the nature in Finland is beautiful

CONCLUSIONS

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

YES! I had the best time of my life. Next to all the fun stuff I also learned a lot about the culture/nature in Finland and ofcourse from the courses ;) But you shouldn't go there when you don't like the dark, because in November/December there was only daylight from 11 till 15.. I actually really liked it because it was so different, but some people found it a little depressing. Tip: don't stay inside, go outside and enjoy the dark (and the northern lights)!

do you have any additional advice or comments?

Do a lot trips and activities! It will make your experience so much better!



UU Report form - Erasmus 2018-2019

<p>permission to publish contact details**</p> <p><i>See end note for * and **</i></p>	<p><i>optional; only if you allow students preparing for study abroad to contact you (directly)</i></p>	
	<p>my e-mail address <input checked="" type="checkbox"/> yes: m.t.m.vandepoll@students.uu.nl</p> <p>my weblog <input type="checkbox"/> yes:</p> <p>my Facebook account <input type="checkbox"/> yes:</p> <p>other (social) media <input type="checkbox"/> yes:</p> <p>or</p> <p><input type="checkbox"/> my contact details cannot be published on the UU webpage, but I do give the International Office permission to forward my e-mail address to individual students interested in my host university abroad: @</p>	
faculty/college	Psychology & Education	
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD	
name study programme	Psychology	

destination city & country	Jyväskylä, Finland
name university abroad	University of Jyväskylä
start date	02 / 01 / 2019 (dd/mm/yyyy)
end date	20 / 05 / 2019 (dd/mm/yyyy)

PREPARATION	
exchange application process	<p>The application process went quite easy. Of course there is a lot to do and a lot that you have to figure out, but for me it was really clear what I had to do. That was actually also a reason that I decided to study here in Jyväskylä, because the website was very clear with the steps you had to take, I could find everything easily and I was also able to get an apartment via the university. I was here the second semester, and because there are less (but still a lot!) exchange students than in the first semester, everybody will be able to get a room so you don't have to look for it by yourself! That was a big advantage for me.</p>
counselling & support at Utrecht University	<p>When I had a question, the International Office was always able to help me with it and they also responded very fast to my e-mails when I needed something signed or when I had a question. I was really glad with that.</p>
academic preparation	<p>I didn't have to do any academic preparation, I could just go with the courses I had done before and with the marks I received.</p>
language preparation	<p>I only had to do an OSL, but everybody gets that automatically. It was not that hard and with the level you have when you're studying at the UU, your English will for sure be good enough. You can't get rejected because of your result on the OSL, they can only advise you to do a language course if it is below average.</p>
finances	<p>As I knew that Finland is quite an expensive country and I also wanted to travel whilst being there, I saved money before. I worked a lot in the summer and put this apart, I also did an internship in the first semester (I didn't study then) where I got paid a bit so I could also save money from there. Furthermore, I borrowed money from the government, using the 'basisbeurs' and I had the Erasmus grant. I was also lucky that I could put the</p>



total amount of my Honours budget into the exchange. I had no struggles with money at all, could do a lot of trips and didn't have to reject things because of money. The rent in Jyväskylä is quite low (mostly between 200-350, depending on where you stay), only some groceries (alcohol and medicines) are more expensive, and places to go for dinner. But overall, you can really influence the amount you spend by yourself.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I studied in the department of Psychology, but I also followed a course from the Sports & Health faculty and one Communication course. There were a lot of courses you could do as an exchange student, from different departments. For many you could just take them and it was not necessary to have a certain level of knowledge before. I also took Survival Finnish, which is quite easy and gives you at least some basic knowledge, because the Finnish language is really different from Dutch/English/other Scandinavian countries. I would recommend to do this. In the Psychology department, there were a lot of independent study courses. I took some and they were nice, but you really need to be able to motivate and to plan it, because you will do so many things that you might 'forget' about those courses. Because of this, I postponed it and had to do it at the end of my stay which is not what you really want. So I would recommend to choose mostly 'normal' courses, which have lectures or practical meetings, and intensive courses, in which you focus for example 5 days on 1 subject and then the course is finished in one week. Those were also very nice. Sometimes my courses overlapped, but the teachers at JYU are really kind and always help you to find a solution.

academic quality of education activities

The academic quality was in general quite good. The grading system is 0-5, and with a 1-5 you will pass the course. The teachers are very friendly, always willing to help and also if you face difficulties in your schedule, they will always change things for you. I had for example on one day two exams, but I could just take one a week later. Also with an independent study course, I could choose if I wanted to do an essay, and eExam or a home exam. In the Psychology department, there are not a lot of exams, mostly essays, practical exercises and learning diaries. The relationship between the teacher and students here is amazing, you are totally on one line and they are always open if you need something to change. Some of my courses were more difficult than others, but in general the level was not higher than in Utrecht and I have easily passed all my courses with higher grades and less amounts of work than in Utrecht.

counselling & support at receiving university abroad

The International Office is open every day and they are always there to help you. You can also email the coordinator of the department, she also helped me with some struggles I had with registering to courses. They have a very open atmosphere so it is easy to go to them for help. I really liked the whole study environment.

transfer of credits

I didn't received my transferred grades and credits yet, so I don't know about that.

STUDENT LIFE

welcome & orientation programme

When you arrive, your tutor will pick you up somewhere and he or she will also attend parts of the orientation programme. The orientation program was okay, it gave useful tips about things you had to do now you have arrived and helped you starting up in Finland. As a lot of people in Jyväskylä cycle (even in the coldest winter!), we also got an 'how to cycle'-lecture, which was of course less useful for Dutch students. The tutors provided a citytour and campus tour, those were nice ways to get to know the city a bit. I felt really welcome because of my tutor and the presentations we had the first days. I didn't feel alone at all and everybody was willing to help if you didn't understand anything.

accommodation



I lived in an apartment from KOAS - Roninmäki. This was for me a perfect place to live, the apartments were big and equipped and there were a lot of exchange students. Most people from the University of Jyväskylä lived in Kortepohja, that is the other tenant organization which is normally recommended for students at the JYU. That is also a really good place and has more facilities, but the apartments are older and smaller. I decided to choose for KOAS because I heard very good stories from friends at home, and I didn't regret it a single second. Most exchange students that live there study at the JAMK university, but everybody mingled and it doesn't matter at all where you study or where you decide to live.

leisure & culture

Jyväskylä is not a big city, so for culture it is not the place to be. However, I really liked it that the city is not big, because I felt home really soon and it was much easier to get to know the city. There are a lot of nice places to go for a drink, to go out or to eat, and you will often see other exchange students at any place you go. Also almost all places offer students discounts, which make your beers much more affordable ;-). Every Wednesday we went out to a certain club, always with a lot of exchange students. In the weekends we also went out a lot, but the clubs are quite expensive. Finland is of course known for all its lakes and I definitely recommend to explore the environment during your stay! There are cheap buses with which you can go to nice places, nature parks, lakes and hiking tracks. Finland is beautiful, in summer and in winter, so definitely go and explore it! Also go to the sauna as often as you can, they are literally everywhere and they are also at your accommodation for free.

suggestions/tips

I recommend to become member of ESN! They provide a lot of awesome events for exchange students and if you have an ESN-card you will get discounts for it. I went skiing and snowboarding many times, had a lot of parties, experienced traditional sissits with ESN and most important I did amazing trips to Lapland and to Russia with ESN!

CONCLUSIONS

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

YES! I had the best time of my life and met awesome people from all over the world. I did awesome trips, experienced a real winter and had so many amazing experiences that I will carry with me for the rest of my life. The atmosphere at the university was really good and I love the city. I was at first a bit scared for the cold and for the darkness, but just buy good thermic clothes and a good coat and you will survive. The landscape is incredible and I literally was amazed everyday by the snow and how it makes the landscape beautiful (okay when it snowed in May again for a day I was done with it). It was also such a weird experience in January to have so much darkness, but it is so nice from February on when you literally see more daylight day by day. In the end, it was still not fully dark at midnight, and already completely light at 3:30!

do you have any additional advice or comments?

Just GO! I first was in doubt about the first or second semester, but I am really glad I went the second semester. Time flies by so fast so only 3,5 months in the first semester would have been too short for me and 4,5 months was perfect. I also preferred to have the cold and darkness at first, and see it getting warmer and lighter everyday instead of having the full november and december month with much more darkness. And for sure go to LAPLAND it was the most incredible, amazing trip I have ever made in my life in so far!



UU Report form - Erasmus 2018-2019

permission to publish contact details**	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input checked="" type="checkbox"/> yes: s.s.m.visser@students.uu.nl my weblog <input type="checkbox"/> yes: my Facebook account <input type="checkbox"/> yes: other (social) media <input type="checkbox"/> yes: or <input type="checkbox"/> my contact details cannot be published on the UU webpage, but I do give the International Office permission to forward my e-mail address to individual students interested in my host university abroad: @
<i>See end note for * and **</i>	
faculty/college	Psychology (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	Jyväskylä, Finland
name university abroad	University of Jyväskylä
start date	03 / 09 / 2018 (dd/mm/yyyy)
end date	21 / 12 / 2018 (dd/mm/yyyy)

PREPARATION	
exchange application process	The application process was very well organized. After registration at the university of Utrecht the university of Jyväskylä contacted me with a very detailed email which clearly stated instructions. Everything needed to be done in an online platform and you got more than enough time to fulfill all the requirements. Besides the 'standardized' email every exchange student got, I also got contacted by my faculty coordinator who helped me with any question I had. I experienced no problems at all during the application process.
counselling & support at Utrecht University	Besides the help from the university of Jyväskylä, I also experienced great support from the international office in Utrecht. I could contact them with any question I had, and they gave the feeling that no question or comment was silly. They responded quickly and with detailed explanations and answers.
academic preparation	Choosing the courses was something that I found hard, because the information about courses on the website of the University of Jyväskylä was often old and sometimes in Finnish. When I arrived in Finland it was much easier to understand what courses they offered, and we had a lot of time to change our learning agreement (I think it was six weeks from the start of semester). Almost all of the courses I choose when I was still in the Netherlands changed after I got to Finland, but for the better.
language preparation	I did not do anything to prepare for the language, most Finnish people speak English pretty well (at least at the university) and I was confident in my English skills.
finances	Besides the Erasmus grant, OV money and DUO, I also saved some money for the exchange. All of this together was more than enough to live there. Finland is a bit more expensive than the Netherlands, especially alcohol,



but in general the prices are pretty similar. The rent was extremely cheap (only €230 each month) so I was actually a bit cheaper out than I am in Utrecht, and this money I used for traveling and fun activities.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Jyväskylä has the amazing idea of having a tutor that you are coupled to. This tutor will contact you before you arrive and you can ask him/her many questions. Besides this does he/she pick you up or wait for you at your apartment with your Survival Kit, which contains sheets and some kitchen stuff. This immediately makes you feel really welcome. With this tutor and the rest of your tutorgroup you start the well organized orientation programme, in which you are overloaded with information. Very informing! After this week I felt prepared and informed about what there was to come.

academic quality of education activities

The level of the courses I took during my exchange was a little lower than I was used to in Utrecht. The courses I took were a lot of fun and very interesting, these courses were totally different than what I would have followed in Utrecht which made it a lot of fun. The professors where usually very friendly and there was a casual atmosphere between the student and the professor. Many courses that were being offered only had 3 to 5 ECTS, which was different than the 7.5 ECTS courses I was used to in Utrecht. This was something I had to get used to because I had to take a lot more courses to get to 30 ECTS. Something that was also different is that I almost only had to write essays instead of doing exams. Overall I experienced no problems with studying. There was also a very fun study organisation called Stimulus (for Psychology students) that organized many events which were fun to attend.

counselling & support at receiving university abroad

During the orientation programme a lot of information was given which prepared me thoroughly for the semester. Any questions I had during the semester were always very quickly answered by my study coordinator or by the international office, who were both very helpful and responded quickly and accurate.

transfer of credits

As I mentioned before, most of my courses changed after I got to Jyväskylä. Fortunately, most courses were accepted by UU. Some courses did get rated with a lower level than I would expected, but others got rated higher so this evened up.

STUDENT LIFE

welcome & orientation programme

The first week of the exchange was thoroughly organized by the university. As I previously mentioned, everyone was coupled to a tutor and a tutor group. With this group you went to many lectures and activities that were really informative. Besides information, there were also a lot of parties and activities going on that you could participate in. This week was intensive and also a lot of fun, the university made me feel very welcome.

accommodation

Through the university you could sign up for a student home, which was very easy. I was assigned to a flat in Roninmäki, which was really nice. Together with two lovely roommates I shared an apartment with furniture. Everything worked when we were there, there is sauna and a gym in my building, so pretty good. The building itself did not look that appealing, but you could make it really nice in the inside. The distance to the university was only 10 minutes by bike, and 5 minute walking to three supermarkets.

leisure & culture

The ESN organized many activities for exchange students that were typical Finnish, like the ultimate sauna



experience, but also for the exchange students, like the international dinner. Through the university you could participate in the friendship and family programme, which was really nice. Here you got coupled to a Finnish family that you can spend time with and do activities with. This was really a highlight for me, because through them I really got to know the Finnish culture.

suggestions/tips

Go on adventures! There are many nice hiking paths and nature trails in the neighbourhood which are truly worth visiting and exploring. I've spend many hours in the forests, from really sunny and hot in the summer to climbing through the snow in the icecold in the winter. Enjoy all the seasons that Finland has to offer. Especially when you go during the autumn semester really appreciate the autumn period, because this is only short. The colors of the forest and the leaves of the trees are amazing but only short available.

CONCLUSIONS

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

I would definelty recommend going to Jyväskylä because of the beautiful nature, the amazing Finnish people, the open and welcome atmosphere that the university offers, the cheap partying (only) on Wednesdays in Bra, getting to know almost every exchange student that goes to the university of Jyväskylä, and the wonderful trips you can take with the highlight: going to Lapland.

do you have any additional advice or comments?

Be open minded, willing to meet people from different cultures and ready to face the cold in the winter and you will have an amazing time.



UU Report form - Erasmus 2018-2019

<p>permission to publish contact details**</p> <p><i>See end note for * and **</i></p>	<p><i>optional; only if you allow students preparing for study abroad to contact you (directly)</i></p>
	<p>my e-mail address <input checked="" type="checkbox"/> yes: z.benmabrouk@students.uu.nl</p> <p>my weblog <input type="checkbox"/> yes:</p> <p>my Facebook account <input type="checkbox"/> yes:</p> <p>other (social) media <input type="checkbox"/> yes:</p> <p>or</p> <p><input type="checkbox"/> my contact details cannot be published on the UU webpage, but I do give the International Office permission to forward my e-mail address to individual students interested in my host university abroad: @</p>
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	Jyväskylä, Finland
name university abroad	University of Jyväskylä
start date	03 / 09 / 2018 (dd/mm/yyyy)
end date	22 / 12 / 2018 (dd/mm/yyyy)

PREPARATION	
exchange application process	
<p>Jyväskylä was in one of the leftover spaces of exchange destinations, and I was very happy that I found this spot! A lot of paperwork needs to be done before going on exchange, so I would recommend taking enough time to prepare everything. I was a bit late and would have liked to prepare everything a bit better. Other than that, the application process went fine, since a lot of information could be found online or by asking other students. Especially the motivation letter takes some time, and it is also very convenient to make a plan of finances to know what you will need during your exchange.</p>	
counselling & support at Utrecht University	
<p>The staff from International Office was very helpful. Questions sent by email were always answered very quickly and it was really easy to reach the IO and get help with paperwork or other things.</p>	
academic preparation	
<p>I did not really do (or feel like I needed to do) any academic preparation, since I thought the level of courses would be more or less similar to the level at Utrecht University. I picked the courses I wanted to follow by reading the descriptions online, which was also similar to the system in Utrecht.</p>	
language preparation	
<p>Although I was not sure if my English level was high enough for using it in an academic setting, I was surprised when I found out the level of English of teachers and other students was actually quite similar to mine. I found it really easy to follow lectures and communicate with other students, and I also had no trouble writing assignments. To improve my Finnish skills, I also participated in a survival Finnish course, which taught me the basics such as ordering a drink and understanding signs and numbers. I would really recommend this, it was such a fun course.</p>	
finances	



To pay everything I wanted to do on Erasmus, I made use of the Erasmus grant, the regular student grant and my own savings. Finland seemed expensive beforehand, but overall prices were really okay. Student housing is really affordable and groceries as well. Trips can be organised as cheap as possible, and lunch at student restaurants in Finland is also very cheap! Overall, I think I did not spend more money than I usually do at home, just the trips to other countries or cities I did were a bit more expensive, but they could easily be covered by the grants.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The courses I took were all from different fields, but all very well organised and interesting. I followed some psychology courses, and also 2 courses in communication. The university uses a system for schedules, grades and course materials, which makes it very easy to follow everything. The university also offers independent courses, which means that you are supposed to study all the materials by yourself and enroll in a public exam. This was a bit confusing at first, but the teachers at JYU are easy to reach and they answered all my questions about it. Also, different from the system in Utrecht, every course in Jyväskylä is different and has its own amount of credits. For one course I only had to write an essay and attend some lectures, whereas for other courses I had to write essays every week, do group discussions and presentations. So this really differs from course to course, and not one course is the same. This also meant that my schedule was a bit messy and I really had to plan everything myself, since a lot of courses were overlapping. I also had a really easy and quiet start of the semester, but a really busy last months. Especially november was really stressful and busy for a lot of students.

academic quality of education activities

The quality of the courses for exchange students was, in my opinion, quite high. Teachers were usually very well prepared and had a lot of knowledge about their field. This made it interesting to follow. I also took some courses in communication, in which the lectures were very interactive and involved discussing a lot of topics with other students. That is something that happens a lot in Finnish education, together with doing groupwork. It was also more common to do reading at home and read articles to discuss in class, rather than just listening to lectures.

counselling & support at receiving university abroad

The International office and other counsellors were very helpful. Everything was explained well during the introduction week and everyone was assigned their own tutor. You could easily ask one of them about anything that you wanted to know about.

transfer of credits

My credits have not been transferred yet, but I was told that they will be converted in a way that is similar to the Dutch ECTS system.

STUDENT LIFE

welcome & orientation programme

The first week of the semester was full of introductory events, which really made you feel welcome and gave chances to meet other exchange students. It was a really fun week, in which I got to know my tutor group and got to hang out with them a bit more. Also, the campus was shown and everything was explained.

accommodation

Accommodation in Jyväskylä was very well organised. Both the student accommodations KOAS and Kortepohja had their own up and downsides. I lived in a KOAS building which was a bit out of the neighbourhood of most other students, but the apartments were really big and well equipped. You could use common areas and a sauna for free, and the rent was also really affordable. I lived with 3 roommates, and we had a big living room to



share. It is also a great way to get to already have some international friends :).

leisure & culture

Jyväskylä itself is a really nice cozy city, with plenty of things to do. The university offers a lot of sports classes and there are also a lot of public events to attend, which you can usually find through your tutor or on facebook groups. The Finns like their sauna, cottages and campfires, which I also really enjoyed trying.

suggestions/tips

Say yes to everything! Take the chance to meet new people, make trips and engage in the Finnish culture. It will really bring you a lot of knowledge, memories and friendships with people from all over the world. Overall, I think everyone will enjoy their semester abroad, and I really enjoyed being surrounded by people who shared this mindset. The trip to Lapland is definitely a must do when in Finland, and Stockholm and Estonia are also really nice! It can be quite easy to organize trips yourself, and sometimes cheaper than going with organisations. Take some warm clothes with you, but don't worry too much about the cold, because it is really not that bad. Also, don't buy too much new stuff for your apartment. You can rent a 'survival kit', with all the necessities and in the first week of the semester, there was a free giveaway with lots of super nice kitchenware.

CONCLUSIONS

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

Yes! The education in Finland is of very high level, and everything in regards to the university is well organised. Jyväskylä focusses on exchange students, and has a wide range of courses to chose from. Finland is a really beautiful country, which is why I would recommend visiting it to everyone.



UU Report form - Erasmus 2018-2019

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

destination city & country	Jyväskylä, Finland
name university abroad	University of Jyväskylä
start date	01 / 09 / 2018 (dd/mm/yyyy)
end date	21 / 12 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

To make sure I was going to go somewhere where I could attend courses that I found interesting, I spent one day searching through all subjects of all partner universities in Europe. Afterwards, I could easily pick out the few universities that were left in which I thought I could earn 22,5 ECTS while only attending subjects that I liked. The application process that started afterwards was a lot of emailing and filling in quite some documents, but not difficult at all if you just take some time for it.

counselling & support at Utrecht University

The UU responded very fast with signed and/or filled in documents and send me to the right adress when I had questions.

academic preparation

Even though I was going to do subjects in different subjects than home, I did not have to do any academic preparation.

language preparation

My English was already sufficient because of earlier experiences abroad. Do not let insecurities about the (English) language get in your way of going abroad! Afterall, you learn the fastest while being in an environment in which you have no other choice than to speak English.

finances

Uncle DUO on max!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Educational subjects. I did all kind of educational subjects, varying from practice in a kindergarten to teaching physical education to the use of language in education.

academic quality of education activities

Good.

counselling & support at receiving university abroad

I had a student mentor and the international office that I could contact for all kinds of questions.

transfer of credits



After changing my goal a couple of times, I went for 30 ECTS in the end (in my opinion easier to get there than at the UU). I got granted all ECTS.

STUDENT LIFE

welcome & orientation programme

They organised a couple of days in which you would get a campus tour, get to know some other (international) students and were able to attend parties if you wanted to. This was a nice way of getting used to the new situation.

accommodation

Great! Easy to get via university. I lived in a 4-persons KOAS apartment which had a huge living room and kitchen (especially compared to the 2-persons Kortepohja apartments).

leisure & culture

There is enough to see and do in and around Finland and (as I experienced) you will have enough time to explore. Go enjoy!

suggestions/tips

1) Definitely go to St. Petersburg (I went with ESN - from Helsinki with the boat to Russia -and it was great! Fantastic country and culture!). 2) Make sure that you go to Lapland when there is a lot of snow so you can enjoy a long husky ride. (And do not only go to Santa Claus village, go more North!) Both trips are expensive but definitely worth it so start saving up! 3) Do not go home before seeing the Northern Lights. 4) Join in on a typical Finnish Sauna Experience (ESN) 5) Go to Helsinki and combine it with Suomenlinna! 6) Visit as many cities as possible now you're there! You can get to quite a lot of cities by bus. Tips: Kuopio, Turku, Stockholm.

CONCLUSIONS

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

Yes, especially if you want to attend sports subjects and/or educational subjects. Jyväskylä is one of the few universities with sports subjects and Finland is a great example when it comes to education. The different way of learning is great; less exams and room for exploring your own interests related to the subject.

do you have any additional advice or comments?

You can always ask the UU for my contact information if you have got any questions!



UU Report form - Erasmus 2018-2019

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	Jyväskylä, Finland
name university abroad	University of Jyväskylä
start date	01 / 09 / 2018 (dd/mm/yyyy)
end date	24 / 12 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

For me, making the decision where to go took some time. When I decided where I wanted to go, the next steps were quite easy. I just followed the steps given on the UU site. The application process will take some time and effort, so I would recommend you to start on time.

counselling & support at Utrecht University

The support by the University of Utrecht was perfect. The meetings (general information meeting and pre-departure meeting) were helpful and the International Office answered my questions really quickly.

academic preparation

I did not do any specific academic preparation.

language preparation

I did not do any language preparation. For the Erasmus+ grant, I had to do one English language test before going abroad and one test when I came back.

finances

I had to upload a prove of funding before applying, so I already had to think about finances. This was helpful, because living in Finland is expensive. Especially making trips makes the semester expensive (but this is definitely worth it!). I have had a warm lunch for €2.60 at one of the student cafeteria almost every day, this has saved me a lot of money.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The University of Jyväskylä offers many interesting courses. The system is different from the system of Utrecht. At the University of Jyväskylä you can choose almost all subjects that are offered. This is great because you have a lot of freedom, but it took me a lot of time to choose all courses without overlap. In Jyväskylä you have many courses of only 2,3,4 or 5 ECTS. This means that you have to follow a lot of courses to get enough points.

academic quality of education activities

In general, the quality of the courses was high, but it was not difficult to pass. It was easy to get a good grade. I have done both exams and essays.

counselling & support at receiving university abroad

The University of Jyväskylä was very welcoming. They answered my questions really quickly.



transfer of credits

I am still waiting for one course to be graded, so I do not know yet.

STUDENT LIFE

welcome & orientation programme

You will get a tutor who helps you to become familiar with Jyväskylä and the University. He or she picks you up from the trainstation when you arrive and brings you to your apartment, really nice. The introduction week was helpful and nice, I met a lot of people during this week. Everyone tries to make you feel welcome.

accommodation

I lived in an apartment from KOAS, called Myllyjarvi, located close to different supermarkets (including Lidl). By bike, it takes you 15 minutes to go to the library/citycenter. In every building there is a sauna and the apartment was recently renovated. I shared the flat with 2 other persons.

leisure & culture

I joined a lot of activities organised by ESN and IDESCO. At these activities, I got to know a lot of people. I did a lot of trips, organized both by ESN and IDESCO as organized by myself. Besides this, I partied and I did several hikes.

suggestions/tips

I would recommend you to buy or rent a bike. This saves you a lot of money and I really liked to bike around in Jyväskylä. Besides this, do as many trips as possible! My personal highlight of the semester was the trip to Lapland, organized by ESN. With some friends I went to Tallinn (Estonia) for a weekend. This is a really nice city and you can buy cheap alcohol over there.

CONCLUSIONS

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

Yes, I would definitely recommend Jyväskylä! Because Jyväskylä is such a small city, it is really easy to feel welcome and to get to know people. Everything is well-organized and the university offers a lot of interesting courses. The nature around the city is amazing and perfect for making hikes. Because it was not really difficult to pass the courses, you have enough time to do trips. The city is very focused on students, so you get students discounts almost everywhere.



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 B
destination city & country	Jyväskylä, Finland
name university abroad	University of Jyväskylä
start date	25 / 08 / 2017 (dd/mm/yyyy)
end date	28 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

In general it takes some effort before you can go on an exchange. That wasn't different with the application for Jyväskylä. Sometimes it was difficult to find out which courses were available for my level of expertise, but you can always send an email to the University of Utrecht and the University of Jyväskylä. Their help is very useful!!

counselling & support at Utrecht University

As I said, the international office in Utrecht and in Jyväskylä are very quick in responding to emails. They are very nice in responding and want to make an effort to help you find the answers you need.

academic preparation

The academic preparation was minimal. I didn't have to do extra work to get into the University of Jyväskylä. The University of Jyväskylä offered a summer course to learn Finnish and to improve your academic English. I didn't go there, but I heard really good stories about those courses from people who did go.

language preparation

I hadn't really talked that much English after I graduated high school, so I was a bit afraid my English wouldn't be good enough. But that fear was not needed, my English level was perfectly fine to survive in Finland!

finances

I had some savings before hand, and with the Erasmus scholarship added to that I could do everything I wanted to do. Including a lot of trips in Finland and in nearby countries. But make sure that you have enough money so you won't regret not doing things in Finland!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I found the study system quite different from Utrecht's study system. In Finland you could choose almost every course, if it was also approved by the Examination Committee in Utrecht. There were also courses that only took 6 weeks, and other courses that took almost 3 months. Because of this, you really had to puzzle before admitting to a course, to see if it was possible to follow every course you wanted, without too much overlap. I found this quite hard, but luckily my mentor was really nice and helped me with figuring out everything! Also, they mostly use essay-questions instead of multiple choice questions. I had to get used to that a lot, because I had to learn in a completely different way.

academic quality of education activities

Most of the teachers were pretty good in speaking English, so that made classes easier to follow. Other than



that, you have to be a bit lucky with the way of teaching. Some teachers have a quite lazy way of teaching, others make you way more active and participating.

counselling & support at receiving university abroad

The coordinator of my faculty in Jyväskylä was super nice and saw almost every student of my faculty at least once during the semester. If you had a small question, most of the time you could come over the same day to take a look at it together. That was really helpful, especially in the first couple of weeks, when everything needed to be fixed for the whole semester.

transfer of credits

The credits have not been transferred yet.

STUDENT LIFE

welcome & orientation programme

The orientation programme was quite elaborate, they made sure you had seen the whole campus and understood what needed to be done in the first 2 weeks. Because of the mentor and mentorgroup you have the whole semester, you immediately know some people and immediately have someone to go to if you don't understand something.

accommodation

I lived in one of the student accommodations, with 2 roommates. The room was okay, not big, but big enough. There was also a pin-up board you could pin photo's on, so you could really personalise your room!

leisure & culture

I joined the ESN (Erasmus Student Network) and because of that I could join a lot of activities for a small amount of money. That was really nice, that was the way to meet new people and fill your free time with fun activities!

suggestions/tips

I would really recommend to join the ESN. It doesn't cost a lot of money and you will have so much fun because of it! They show you Finnish traditions and have some awesome trips you can join!

CONCLUSIONS

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

Yes I would recommend this university/destination. I do have to say that if you are looking for a party Erasmus, that this might not be the cheapest option (because of the alcohol prizes). If you enjoy nature, this is certainly the place to be, Finland is very beautiful. Even if you don't particularly enjoy nature, like I didn't particularly enjoy nature, you will fall in love with the Finnish nature!

do you have any additional advice or comments?

-



UU Report form - Erasmus 2017-2018

faculty/college	Social and Behavioural Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Educational Sciences
destination city & country	Jyväskylä, Finland
name university abroad	Jyväskylän yliopisto
start date	14 / 08 / 2017 (dd/mm/yyyy)
end date	15 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process was quite clear to me. According to me the most important thing is that you take enough time for yourself to read through everything you need to do. On the website of the UU you can find the steps you need to take before, during and after your stay abroad. Files you have to upload before are a study plan, financial plan, motivation letter and CV. I think almost nothing can go wrong when you do everything on time and when you take enough time for it. When my application was approved I had to fill in a form in an online mobility system of the University of Jyväskylä (JYU) about which courses I wanted to choose, based on courses that were given last year.

counselling & support at Utrecht University

I didn't have so many questions, but the questions I had were answered quickly by the International Office. Also when a document had to be signed it was signed as fast as possible.

academic preparation

I didn't had to do any obligatory academic preparation, but I chose to take a course for academic English in Jyväskylä before the semester started. It was nice to already meet new people before the semester started and make myself feel comfortable in speaking in English.

language preparation

See above, I took a course for academic English in Jyväskylä. In Jyväskylä it's also possible to take an intensive course in Finnish. I didn't take this course but I highly recommend this! I heard from other people that it's really useful to learn the basics in Finnish at the beginning of the semester, to make you feel less lost. I took a beginners course in Finnish instead later in the semester, which was also nice. You won't need it to understand your courses if you choose English courses only (there are a lot of them), but it can make you feel more connected with the Finnish people.

finances

I saved some money myself by working the summer holiday before I went abroad. Besides that I received an Erasmus grant of €270 per month. The living costs in Finland were higher than in the Netherlands, but the differences are not that big. Only alcohol was much more expensive than in the Netherlands, so be prepared ;). The rent of my room was lower than the rent for my room in Utrecht, it was around €250. It depends on your accommodation if you have kitchen stuff like cutlery, pots and pans in your house. In Kortepohja it's included, but in KOAS you have to buy it yourself. The student union offers a 'survival kit' for an affordable price with bedsheets, kitchen stuff etc.



STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I had chosen some courses of Educational Sciences, but also some courses outside my studies. To be specific: 1 course of Early Childhood Education, 3 courses of Intercultural Communication and 2 courses of Communication and Language studies. The courses do have less ECTS than my courses in Utrecht, 3 ECTS or 5 ECTS, so you had to do more courses than in Utrecht in order to receive 30 ECTS. This was absolutely possible, but it's different from what I'm used to. All the courses I had at JYU were really interesting. In my point of view the lecturers were more engaged with students than in Utrecht; you will notice that they really want you to understand everything and that they are interested in your own opinion. I think the way they give lectures is more relaxed, they really take their time to explain a topic really well.
academic quality of education activities	The courses I had were of high academic quality, but there were differences in the courses I had. Some of them didn't have seminars, but only lectures. Some of them included both seminars and lectures. Most of my courses didn't have exams at the end: instead of these exams I had to write an essay/paper and do a presentation. Most of my courses included group work and individual work. What I was not used to was that I had to write learning diaries in some courses, so about what was interesting in the course, what I've learned and make a connection with some articles that I had to read before. I think this is a really good exercise to improve your own understanding of the topics. To summarize, the focus is more on writing essays and papers than doing exams, which I think is a really good exercise to develop a critical view towards yourself.
counselling & support at receiving university abroad	I experienced the counselling and support of JYU as very friendly and helpful. They were fast in answering my emails and their office is opened through the weekdays. Also the contact with teachers is very informal and they underline explicitly that there is no hierarchy (almost every lecture ;)), so I really didn't hesitate to ask them something.
transfer of credits	I am still waiting to receive my credits, but I think this will be fine. The grading system is different (from 1 to 5), so my grades will be transferred into Dutch grades.

STUDENT LIFE	
welcome & orientation programme	I already felt really welcome the first days I arrived at Jyväskylä. With a group of students we had one tutor who gave me the keys for my house/room, my survival kit and we did some grocery shopping together on the first day. When we had questions later in the semester we could ask our tutor. There was an introduction week organised by the university, in which they tell you everything you need to know as a new student. Also ESN (student organisation for international students) organised a lot of events to meet other (international) students; I highly recommend you to go there! There is an event called 'Freshman party', in which new students (not only internationals) are welcomed by the older students, which is a lot of fun.
accommodation	As I mentioned above, there were two organisations that have student accommodations in Jyväskylä: Kortepohja and KOAS. KOAS has flats at several places in Jyväskylä. My accommodation, Roninmäki (KOAS), was a really nice place to live. Don't expect too much luxury (it's a bit outdated), but I'm sure you will start to love the place the longer you stay in Jyväskylä. There are saunas in every building, which is really nice when it starts to get colder. Also there was a lake on 2-minutes walking distance, where you can take a swim in summertime (when you're not afraid of a little cold). When you arrive in August/September berry season just started, don't forget to try some.
leisure & culture	



Jyväskylä itself is not a big city, so don't expect many cultural hotspots that are nice to visit. On the contrary, the nature in Finland is stunning: everywhere you go you will see beautiful lakes and forest. When you're in Jyväskylä in wintertime the lakes will be frozen (around January) so then it's possible to go iceskating (especially on the biggest lake Jväsjärvi). ESN offers many trips for international students, a.o. to Finnish Lapland. This was such an amazing experience, that I almost can't describe in words. I absolutely recommend to go there.

suggestions/tips

Next to the trip to Lapland, ESN offers trips to Russia, Sweden and other baltic countries like Estonia, Latvia and Lithuania. I went to Russia (St. Petersburg) which was really impressing and worth going to. It's a really nice experience to travel with other international students. However, don't forget that Finland itself is also worth travelling through. Some students organised hiking trips in national parks themselves and stayed overnight in the forest: must be a really cool experience (in summer at least). Also cool to know: everybody is riding a bike in Jyväskylä, just like in the Netherlands. I rented a bike for one semester, but it's also possible to buy a second hand bike. I recommend you to buy all other stuff you need second hand (like a ski pants, shoes or kitchen stuff), because in general the quality is really good and it's a lot cheaper. There are a lot second hand shops in Jyväskylä and they also have an English facebook group for second hand stuff.

CONCLUSIONS

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

I surely recommend this university/destination to others. To summarize: education of good quality, beautiful nature and a vibrant student city. There are so many activities for students that are nice to join, you won't get bored in Jyväskylä. I wouldn't recommend you to go here when you want the vibes of a big city, because you won't find these in Jyväskylä. In general the Finns are a bit introvert at first side, but also very friendly and they are willing to help you with everything you ask.

do you have any additional advice or comments?

When it's getting colder in wintertime, don't stay inside all the time! Just dress well and enjoy winter wonderland!