



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

email address	m.s.devries1@students.uu.nl
faculty/college	Faculty of environmental and life sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology

destination city & country	Southampton, United Kingdom
how did you travel to your destination?	Plane
name university abroad	University of Southampton
start date	20 / 09 / 2022 (dd/mm/yyyy)
end date	27 / 01 / 2023 (dd/mm/yyyy)

**PREPARATION**

exchange application process

The application process for this exchange required a few steps but it was pretty clear. I made a to do list in my notes, which really helped me keep track of everything and make sure I didn't forget anything. I had to apply to the University of Southampton (UoS) and Utrecht University had to approve first. When I got this approval I needed to send my application, latest transcript of records and English test (only mandatory cause I did HAVO so I did not have a 7 or higher on my final VWO exams) to UoS. I also needed to ask the exam commission for permission for the courses I chose. After I got the confirmation email of UoS that I was accepted, I had to fill in a lot of personal information forms, create an account, arrange accommodation and apply for the Erasmus Grant. The communication with UoS was really good and I'm very positive about how they arranged everything. I got the room I wanted on campus and was well received and guided once arrived.

counselling & support at Utrecht University

The counselling & support I received from UU was really good. I've had personal teams-meetings about everything I needed to know and all my questions were responded in time via email.

academic preparation

I didn't do a lot of academic preparation. In Utrecht I study pedagogical sciences, but since this isn't a course in the UK, I followed psychology. I chose some modules that were quite different than the ones I've had here so I let it surprise me.

language preparation

As I already speak English pretty well, it wasn't necessary for me to do a lot of preparation. As mentioned before I did have to take an English test to prove to the University that my English level was good enough.

finances

From the moment I knew I was definitely going on this exchange I started saving money. I opened a savings account in my bank and every time I got paid at my job I put money aside. Also my parents helped me out on accommodation and receiving the Erasmus grant helped.



<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	When I applied I chose 4 modules I wanted to follow. During freshers week I found out that one of them was changed to semester two so I had to apply for a new module last minute. This was fine, but I only found out because the original module was not in my timetable so I had to go to the administration to ask what was wrong. I wish I received an email about this so I could've changed it a bit sooner. But I did enjoy all my modules. I followed psychology of attractiveness, interrogating crime: an introduction to criminology, social and psychological approaches to understanding sexual health, and social and affective neuroscience. Especially psychology of attractiveness was such a nice module. I really enjoyed the lectures and even the exam was kind of fun to do.
academic quality of education activities	In my opinion the academic quality is pretty similar to Utrecht University. Though, the academic requirements were less strict. For example, there was no attendance obligation, during presentations I was only marked on the information and not presentation skills, and the minimum number of points for a pass on exams was lower. I don't know if this is the same for every course, but it was like this on mine.
counselling & support at receiving university abroad	The counselling and support during my exchange was okay. We had an exchange tutor but there was only contact when needed. There was a meeting the first week, which was really nice because I met some other internationals who turned out to be great friends, but that was the only meeting we had. This was fine by me, as I didn't need the counselling but it would've been nice to have some mandatory meetings with the international group and tutor every now and then to talk about how the exchange was going or receive some tips about studying in the UK.
transfer of credits	I received all my marks on the 23 <sup>rd</sup> of February per email. It was all clear and no complications.

<b>STUDENT LIFE</b>	
welcome & orientation programme	The first 1,5 week we had freshers week. In this week we had some introduction lectures and a lot of activities you could enjoy. I spent most of this week clubbing and going to pubs to be fair, but the introduction lectures were nice and informative. For me the priority that first 1,5 week was settling in and meeting new people, which I did. I have to say that's partly because of my flat, but the University did organize a lot of activities and parties for all the new students, which was really nice.
accommodation	I lived on campus, in the Glen Eyre Halls in building South Hill A. These buildings had a shared kitchen but private bathroom. I was pretty satisfied with my accommodation. I lived with 4 other girls and 3 other boys who made my stay amazing. I got really lucky with my flatmates, we became a close friendgroup who went out together and everyone got along great. Other friends we made always came over to our flat because ours was the best according to everyone. This is partly what made me love my accommodation, but besides that I can't complain. The warm water worked, the radiators always worked and there was only one time we lost the internet. I only didn't really love my shower and the kitchen was a mess sometimes but that's kinda what you expect living with 8 students. Living on campus was a great way to socialize as you live with all the other first years.
leisure & culture	The University offers a lot of societies. I joined the aerial arts society and the live music society. The societies are a great way to get to know people and socialize. Every Wednesday it's social night, where most of the



societies have a social night where they plan activities. Depending on the society this can be clubbing, going to a pub or having a meal together.

suggestions/tips

I would absolutely advise to live on campus as it's close to the University and so easy to make friends and settle in. Also you start with all the other freshers so no one knows each other, which makes it easier cause you all start together. I also suggest joining one or more societies, they have a bunfight in freshers week where they present all the societies, and trust me there's something for everyone.

## CONCLUSIONS

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

I would definitely recommend this university. I had the best time here and plan on going back to visit everyone soon. The University was really nice, it's big and has a lot of facilities. The modules I followed where interesting but not that hard so I had a lot of free time. I absolutely loved my flatmates and all the other friends I made, they made settling in and loving Southampton so easy. I would do it all over if I could so for anyone in doubt, just do it. I learned so much from this experience and enjoyed it even more than I thought I would. No regrets here :).

do you have any additional advice or comments?

Make a to do list, this really helped me avoid stress and keep track of everything. If possible save as much money as you can, you want do be able to go clubbing or pubbing whenever you can and join all activities you can to enjoy your semester abroad to the fullest. Also don't let negative or frustrating moments get you down. I thought the first week was more confronting than I thought it would be and got scared it wouldn't be as great as I thought it would be. But looking back I could never feel that way and I'm so happy I did this. It's normal to feel homesick sometimes, or nervous, or scared, but everything will be okay



## UU Report form - Erasmus 2021-2022

Contact details	other (social) media      xlincy_m_mx (on instagram)
faculty/college	Social and Behavioral sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology

destination city & country	Southampton, England
how did you travel to your destination?	By train
name university abroad	University of Southampton
start date	31 / 01 / 2022
end date	17 / 06 / 2022

### PREPARATION

#### exchange application process

The application process is mostly filling in a lot of forms and sending a lot of emails. Most of the time the plan provided by the UU site is sufficient. However, I would suggest you always double check yourself. The process is packed with deadlines and it's easy to lose sight of where in the process you are. So always double check everything and if you have any questions, don't be afraid to send emails. My experience is that everybody, both at the UU as well as at the University of Southampton, is very friendly and willing to help.

#### counselling & support at Utrecht University

I have had help of an amazing team. The exchange team at UU has always helped me with everything. I have had a lot of questions on the way, and they have always helped me. Since my exchange got delayed there was a period of about 1,5 years of sending emails and preparing. However, the team never seemed to get bored of helping me out.

#### academic preparation

Apart from the official language test I had to do, to prove my level of English, I didn't do any academic preparation. I would say the level at the University of Southampton is most certainly not higher than that of UU. The academic culture was a bit different in that they don't have 4 blocks of class in a year but 2, and they focus more on essays (at least within psychology). But, this does not make it harder per se.

#### language preparation

The English level you have when you are studying at a Dutch university is sufficient. I did not do anything to prepare for my exchange, language wise.

#### finances

I thought this was very important to know before I went on exchange, so I kept track of my finances and will try to explain very well.

I knew exchange would be expensive so I saved up money. The total amount I saved is 5500 euros. This is what I mostly used for paying for my accommodation (since this was not monthly but was paid in 2 big amounts of money).

Next to this every month I received: the maximum amount Duo lets you, which is about 900 euros. The money you get from freezing your OV card, which is 104 euros. And money from my parents, which was 100 euros. I won't count health care insurance and the compensation for that, since it is the same as in the Netherlands.

I also got the Erasmus+ grant, which should be around 360 a month, however be careful. Because you won't get



your money until you are already on exchange. I got the first 80% 3 months after I arrived in England, and will get the last 20% after handing in more forms (I am back from my exchange and will receive the last portion later). So do not count on that money when you are trying to estimate your monthly income. Furthermore, I received the Travel Green grant for traveling by train. However this is only for the way to your exchange, and cannot be used when returning to the Netherlands. Which is something I did not know. This grant covered my entire trip to England (about 100 euros, but be careful because the eurostar costs vary greatly depending on which time you take the train).

I chose university accommodation with catering, which cost a total of 3858 euros. I paid 2040 euros at the beginning of my stay, and another 1818 at the middle of my stay, just before easter break.

For general groceries I would say it might be a bit more expensive than the Netherlands, however you can get cheap stuff if you try hard enough. Also, it might be more expensive because everything is in pounds. Because I was used to euros, I underestimated the costs (since 1 pound is about 1,20 euros).

I did not keep track of all my expenses, since it was a lot. I was able to pay everything with the monthly income I mentioned earlier. As a tip I would say, whatever you think you are going to spend, you'll spend way more. Going out for drinks, eating out, going to travel, or just trying new things. It is all very expensive. Upon returning, I still have 1100 euros left from my own savings, and 250 from the erasmus grant (and I will receive another 300 or so later). If you have any questions don't hesitate to get into contact and I can explain in more detail :)

## STUDY ABROAD PERIOD

### study programme (content and organisational issues)

I studied 3 psychology courses, and 1 language course. To study in Southampton, officially you have to choose 3 courses within your programme. You are allowed 1 course outside your programme, but it has to be within the department. For me, I wanted to follow a social of anthropological course which is unfortunately not possible. At UU they are in the same department, but in Southampton they are not. There is very little programmes overlapping with psychology within the department.

How I got into a language course, I honestly don't know. I think I got lucky that they allowed me to follow this course. But that was not planned and it was not the original plan.

I ended up following Human Sexual Diversity (PSYC3071), Self Conscious Emotions (PSYC3024), Perspectives in Human Animal Interactions (PSYC3045), and Spanish Language stage 2B (SPAN9074).

### academic quality of education activities

Since they are year 3 modules, overall they had quite a holistic perspective. So I had to do assignments using all my prior knowledge and research skills. I had lectures of all modules, but not really working groups (the lectures of spanish were more practical). For all modules I had to do assignments. 3 of the 4 modules had an end of term exam (Perspective in Human Animal interactions did not).

The assignments over all are challenging and quite demanding. I would say they are similar as in Utrecht, but there is more of them. I could tell the english students there had more experience with the type of assignments we were handed. But all in all, I was able to finish all assignments, so it is very much doable.

### counselling & support at receiving university abroad

The exchange team in Southampton is just as lovely as in Utrecht. They help you with every question you might have, and always reply fast. If you feel like you want to discuss something in person, you can always walk into the Student Hub (building 37) without appointment. Furthermore, if you need direct support (eg mental health issues) you can call 24/7.

The support at the University of Southampton is great and there is always someone you can talk to, no matter the issue (eg about finances, accommodation, academics, health, etc).



transfer of credits

My credits are not transferred yet since I do not have all my grades yet. But when I do, my grades will be translated to pass/fail. So I won't get my actual grades on my diploma. For this reason, technically you don't have to get high grades, as long as you pass.

**STUDENT LIFE**

welcome & orientation programme

I started at the beginning of the year, so there was not introduction for all students. However, there were introduction activities for exchange students. Some of them were online (because of covid) like a coffee and conversation session. Some of them were in person, like playing badminton or painting mugs. Because of this introduction, all of us exchange students were able to meet and make a big whatsapp group. This was the beginning of an amazing friendgroup and a lot of adventures together. We ended up calling each other exchange family, and indeed we were very tight and did a lot of things together. Most of the people I knew and hung out with were exchange students from all over the world.

accommodation

In Southampton you can either rent privately or go for university accomodation. I did the later. I chose accomodation with half-catering (breakfast and dinner on week days and lunch on Saturday and Sunday). I was in a shared flat in Connaught halls (1 of the 2 halls of Wessex Lane Halls complex) and shared my kitchen and bathroom with 3 other people. However, I got lucky. Some of my friends shared a (bigger) kitchen and bathroom with 15 people. Because of this big group, their accomodation was less clean than mine was. Also the size of the rooms differed (I think I had a room of about 9 square meters, and some of my friends had a room of about 13/14 square meters).

Also, there are a lot of halls owned by the university. They are all a bit different and some are old ones (like most of Wessex) and some are new ones (Like Mayflower and Glen Eyre).

There is also difference in rooms, you can get shared bathroom and kitchen, or get en suite (own bathroom).

Some other accomodation providers I know are City Gateway, Hampton Square, Vincent place, and Unite Students.

leisure & culture

The culture in Southampton specifically is very much student oriented. The city is not that big but is a very good place for students. There is pubs and clubs everywhere, and no matter where you go, you will always see fellow students. This gave me a very safe feeling.

On weekends the city centre is flouded with football supporters. The football culture is very allive in Southampton. When they play in the St Mary stadium, all the pubs and restaurents are filled with people (and police). It is over all a really fun and nice environment.

suggestions/tips

For your accomodation, know that Portswood and the campus are pretty far from the city centre (about an hour walk and 20/30 minutes by bus). You can go out in the student pub and in some pubs a Portswood, but the clubs are in the centre. So you will need to take the bus (they stop driving at 12:30) or an uber (which is about 6/8 pounds).

For cheap travels download apps like Trainline (for train and bus (I got a railway card via this app, which gives you discount every time you buy tickets)), Omio (train and bus), Flexbus (bus). I mostly used Omio for booking buses. That is the most inexpensive way to travel in the UK. I got a bus from London to Ediburgh for 14 euros.

The buses from Southampton are also about 12 euros (the company is called national express and they have a separate bus station called "National express coach station, harbour parade"). This bus takes about 2 hours to get to London. The train to London is about 35/60 euros and takes about 1,5 hours. I have a lot of travel advise and have travelled to London a lot, so if you want more tips you can contact me.



I have also been to Wales, Scotland and several places in England using these apps. About your studies, I had quite some stress because I had 4 modules at the same time, instead of 2. However, don't stress too much. You are on exchange to study, but also to experience, to travel, to meet people, and to enjoy yourself. So do that.

### CONCLUSIONS

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

I would 100% recommend both. England is a nice place and has beautiful nature. The people are lovely and always kind. Southampton is very nice if you don't want a very big city like London. I loved my time here, and I would not change my destination if I could.

do you have any additional advice or comments?

If you have questions or want to chat, don't hesitate to contact me :)



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

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

destination city & country	Southampton, England
how did you travel to your destination?	I arrived by car.
name university abroad	University of Southampton
start date	20 / 09 / 2019 (dd/mm/yyyy)
end date	25 / 01 / 2020 (dd/mm/yyyy)

**PREPARATION**

exchange application process

The application process went pretty easy. Both universities had specified what was expected.

counselling & support at Utrecht University

Utrecht University provided me with a lot of support, not only during the application process, but also while I was in Southampton. Whenever I had a problem or another question they responded to my emails within the week, which was very helpful.

academic preparation

Before moving to Southampton I only prepared my IT-account, so I could access Blackboard and my personal mail. You will receive an email with information on how to set up your account, so that went pretty easy. The courses weren't available yet and I did not have to buy any books, so I could not really prepare anything else.

language preparation

The expected level of English at the University of Southampton corresponded with the English at Utrecht, so I did not prepare much.

finances

Before moving to Southampton I had made a shedule of my finances per month and how much money I needed extra. However, after arriving I had to change it a bit, due to some unexpected costs.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

I followed four different courses in the field of Sociology, Criminology and Anthropology. Two of the courses were introductions to these fields, so the content of those courses were rather easy. The other two courses were at around the same level as at Utrecht University. The big difference between the courses at Southampton and Utrecht was the way in which courses were tested. In the exam period I only had one exam and the rest of my tests were essays.

academic quality of education activities

I feel like the academic quality of the University of Southampton is pretty similar to the quality at Utrecht. For me, the amount of academic work I had to do was less than at Utrecht due to two introductionairy courses.

counselling & support at receiving university abroad





Again, the university at Southampton was quick to answer my mails. There was also a Student Office from my faculty if I had any urgent problems. Furthermore, I had a Personal Tutor who I could contact whenever I had some academic problems or questions.

transfer of credits

I have not yet received all my marks, so I do not know precisely what is going to happen regarding with the credits. If I am correct, I will receive my credits by mail and post and I will have to give those to STIP, who will process these marks.

**STUDENT LIFE**

welcome & orientation programme

The whole first week I was in Southampton there was an introduction week for freshers. Every student was allowed to go to these activities. There were fairs where you could get free stuff and fairs where every society had their own stall and you could sign up for a taster session, so you could join a society. For internationals, there were extra activities, such as an welcome introduction where I met other international and also other Dutch students. ESN also planned some welcome activities, which we could join.

accommodation

I chose to live in a private rented house in the neighborhood Portswood, where most students live (apart from students who live in uni accomodation). I chose to live private rented, because I thought it would be cheaper, but at the end I paid the same as people who lived on campus. I did not know that you only received a bus pas when living on campus and my contract was for six months instead of four. So in the end, I paid the same amount as people living on campus, but spend more time arranging my accomodation and more problems with the landlord. My landlord was particularly difficult and there were some issues with the bills and other housemates. In the end I only lived with one other girl, instead of the promised five other people. So, I would advice you to live in an university accomodation. Most people live in either Glen Eyre accomodation or Archers' Road accomodation, because these accomodations are close to campus and not that expensive. Besides, do not worry about the site telling you that they cannot guarantee accomodation for students from Europe. Everyone I knew and applied for the uni accomodation eventually lived in one of the halls.

leisure & culture

This was the best part of my exchange period. The University of Southampton is known for the many societies which you can join. There are not only sport societies, but also societies for for example drinking beers. These societies are represented at the fair in the introduction week, so I would recommend going there and just look around, talk to the people at the stalls and try a taster. I tried different tasters to see which society I wanted to join. Eventually I chose to join the Volleybal society and was invited to the try-outs. There are two competitive teams and if you are not selected for those, you could always join the recreational training. I was selected for the 1<sup>st</sup> team, which meant that every week I had one training with the team, a match and almost every week I visited the Volleybal social. This social mostly started at a house party and ended in a club. These socials were great to get to know more people in the society apart from your team.

Besides, playing Volleybal I also went on a lot of trips in the weekend. There was an organisation who planned different trips, which you get invited to by email. Me and some friends joined some of those trips, but I also went to see different cities in the south of England with friends (also with the volleybal during matches). I would definitely recommend visiting different cities around Southampton, because to be honest Southampton is not a pretty city, but there are a lot of nearby cities which are beautiful.

suggestions/tips

Live in uni accomodation, join at least one society and plan a lot of day/ weekend trips!



CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, because the academic level at the University of Southampton is manageable, but mainly because Southampton really is a city full of students in which extra activities outside of uni are promoted.
do you have any additional advice or comments?
/



## UU Report form - Erasmus 2018-2019

contact	my e-mail address: f.c.bekius@students.uu.nl my Facebook account: Froukje Bekius
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	Southampton, England
name university abroad	University of Southampton
start date	28 / 01 / 2019 (dd/mm/yyyy)
end date	15 / 06 / 2019 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

My process went a bit slow. Because I did my second semester abroad I had to wait quite a long time for all the documents. It was also sometimes difficult to choose my modules. The website can be hard to get a hang on and not all the modules they advertise are actually available. But after I had some patient and waited for my documents everything went a lot smoother.

#### counselling & support at Utrecht University

The support of the UU was good. I changed my modules during the first weeks but I got these approved by the UU very quickly.

#### academic preparation

I did no specific academic preparation and these were not necessary. The level of difficulty is comparable to the University of Utrecht so preparations were not needed.

#### language preparation

I also did not do any language preparations. I only did the language test for the Erasmus grand and that showed I already have the second highest level of English so I did not think any more preparations were necessary.

#### finances

I saved up 2500 euro in total, got 90 euro a month from OV, 280 a month from Erasmus grand and 700 a month from my parents. This was more than enough money. I did try to live as cheap as possible but I never found myself in the situation where I did not have the money to do something. The amount of money you spend on food in Southampton is comparable to that in Utrecht. Public transport can be expensive if you don't book it in advance, but once you get the hang of it, it's alright. Just keep in mind that you do spend more than in the Netherlands, since you're constantly planning trips and fun things to discover the country.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

I am a Psychology student but I wanted to do one module outside of Psychology. I had a lot of troubles with trying to arrange this. In the first few weeks I switched modules three times. They don't allow Psychology students in every module and there was a lot of overlap in the lectures which made the choice limited. I ended up following three instead of four modules because of this. But this did give me a lot of free time!



academic quality of education activities
The level of education is comparable to the University of Utrecht. You can choose between first, second and third year modules which are almost the same as our level 1, 2 and 3 modules. I had a two hour lecture for each module and 2 seminars in the entire semester. The seminars are not like in the Netherlands, a lot of people don't show up and you also don't need to prepare anything. The lectures are pretty much the same as in the Netherlands. I followed the modules Psychology of Advertisement, Psychology of Attractiveness, and Self-conscious Emotions. If you want more information about these modules, just contact me!
counselling & support at receiving university abroad
When I was switching modules the University of Southampton was very helpful and answered my emails within a day. Other than that I did not have much contact with the university. They did organize a introduction day and a (free) farewell BBQ.
transfer of credits
I have not transferred my credits yet. I will get my marks after the deadline of this document. I am pretty sure I passed everything.

<b>STUDENT LIFE</b>	
welcome & orientation programme	The freshersweek was already over because I came in the second semester. They did have a psychology specific introduction day, but I missed that because I was still writing my thesis in the Netherlands. ESN did do a lot of fun activities and I went to almost all of them. In the first week they did a quiz and curry, getting ice cream together and they threw a big party. ESN was very great overall, lovely welcoming people who organize a lot. I also had a buddy mom (a British student) and international sisters (usually do the same study programme). You could always ask your buddy mom questions and it was a great way of meeting internationals who do the same study programme.
accommodation	I lived in student halls (Archers road). It was quite expensive, but I didn't have to worry about gas, electricity, etc. And you also get a free bus pass (very helpful!) when you live in halls. I lived with 5 others, they were all first years British students. I did not really feel a connection with them but they were friendly. We also had a cleaner who came once a week and cleaned the kitchen. You can also live privately rented. This is a lot cheaper and is not that hard to find. But these houses are often very dirty.
leisure & culture	Southampton is not that big or beautiful. But there are a lot of pubs and clubs in a wide variety. If you want, you can go clubbing every night. And the pub culture is amazing. The people have no accent and are very friendly. There are hundreds of societies you can join. There is something for everyone (sports, fanclubs, volunteering, board games, etc.). I joined the hill hiking society and I definitely recommend this if you want to see some of the country sides of England. They organize a hike every Saturday somewhere around Southampton. And I also went to hike in the highlands of Scotland with them. Overall I travelled a lot. Even though Southampton is not the most beautiful city, it is the perfect base to travel around. I went to Dover, Canterbury, Bath, London (several times), Winchester, Isle of Wight, Oxford, New Forest, Portsmouth, Liverpool, Manchester, Bournemouth, Brighton and the Jurassic coast. I also did trips to Fort William in Scotland, Belfast in North Ireland, Dublin and Galway in Ireland, and Newport and Cardiff in Wales. In the second semester they have springbreak in England and somehow my springbreak was the entire month of April so I had a lot of time to travel. If you want to know how to get to the places I went to or what I recommend just contact me!
suggestions/tips	Try to do as much as possible! Travelling around is amazing but there are also so many fun things to do in Southampton. Join a society, go clubbing, eating out (especially breakfast), hang out in the parks, shopping, etc.



And you can get a cinema pass in the student cinema for 10 pounds and go to the cinema for free for the entire semester!

### CONCLUSIONS

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

Yes I absolutely loved my time in Southampton. Everything is nicely organized, the ESN is very active, there are so many places you can travel from there and student life is just great. I just recommend England in general, the county has so much more to offer than you think.

do you have any additional advice or comments?

Just do an exchange.



## UU Report form - Erasmus 2018-2019

email address	veerle-schepens@live.nl
faculty/college	Social Sciences
level	<input type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Interdisciplinary Social Sciences

destination city & country	UK, Southampton
name university abroad	University of Southampton
start date	28 / 09 / 2018 (dd/mm/yyyy)
end date	26 / 01 / 2019 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

The exchange application process takes some time and effort because you need to submit multiple different documents and have to keep track of what is needed and when. But this was totally worth it in my opinion.

#### counselling & support at Utrecht University

The FSW International Office always replied quickly and helpful to my emails.

#### academic preparation

No academic preparation was necessary for me since I had already been studying at uni for 3 years.

#### language preparation

I was sufficiently confident about my English skills before departure. The online thing I had to do was an online English exam for the Erasmus+ grant. This takes 40 minutes and tests your grammar, vocabulary, listening and reading. You also have to take this test after the period abroad. I found it interesting and nice to see that I had improved my language skills.

#### finances

I found it very useful to make a balance of the expected costs and expenses abroad because then you know what to expect and if you need to get a secondary job for example.  
Also, make sure that you double check online if you really switched off your OV-chipkaart (on DUO or OV website) after you have done this at a machine because I forgot to do so and thus did not get my first monthly €90 compensation.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

I did Sociology in Southampton. There is plenty of choice in terms of modules. You have to do 3 modules within the course (Sociology) but you are allowed to do 1 module in a different area. Anthropology is also part of Sociology there. I enrolled in the following modules:

- Race and Ethnicity
- Sexuality and Intimacy
- Lives? New technologies and social change
- Social Psychology (outside of Sociology)



These were all level 5 or 6 modules, level 6 there is normally comparable to level 3 in Utrecht but not always so make sure you check this with the examination committee in Utrecht.

Before arrival I had a different list of modules in mind but they did not all exist anymore and I had some timetable clashes so do not expect that you definitely will get all the modules you first chose.

academic quality of education activities

In the beginning I expected the modules to be very easy because of the first introductory lectures. However, I found it quite difficult to do 4 modules at the same time and keep up with all the readings.

The level was quite similar to the level in Utrecht, but English students are more used to keeping up with the reading and prepare well for seminars.

Something I found surprising was that the sociology lectures lasted for only 45 mins, and for 2 modules, I only had 1 class per week.

counselling & support at receiving university abroad

The University of Southampton is well organised and offers a lot of support. If necessary, they can support you 24/7 because of their telephone nightline and other services. You receive all the information about this in the first days of the semester and via email.

Also, you get a tutor (one of the teachers in your course) to answer your questions and teachers have office hours every week which you can use to discuss personal or study issues.

All staff members were very friendly and helpful and replied to my emails very quickly.

transfer of credits

This part of the administration still needs to take place but that's because the marking deadline for exams and papers is the 21st of February. But I do not expect any problems with this because so far, all correspondence went very well.

**STUDENT LIFE**

welcome & orientation programme

The University of Southampton organises a huge amount of different activities for freshers (first year students) before the start of the academic year. There was a week full of welcome activities, parties, presentations and fayres with information about student (sport)societies and university services. This was not specifically for exchange students but fun and useful anyway. Also, there was a welcome meeting per faculty especially for exchange students in which the staff introduced themselves and we got extra information. So, this was also very well organised. I think they will have something similar but smaller for the start of the second semester too.

accommodation

I had read in almost all student experiences that the University accommodation was very overpriced and that private rented was way better, so I started looking for a room on spareroom.uk. This did not really work so I posted a question in a Facebook group (I think it was ESN Southampton) to ask whether anyone could recommend anything. Someone replied that The Student Quarter had nice houses on good locations, so I contacted them and ended up in a nice house with 2 other international students (in a house for 7 students). I had a great time here but the price (+/- 380 euros per month) was excluding bills (water, wifi and electricity) so in the end I think I paid almost as much as I would have paid for Uni accommodation. But our house was in a great location, between the city centre and the campus in a student neighbourhood and I had a big room, double bed, only 2 roomies and nice bathrooms and shared livingroom and kitchen, while most uni accommodation has small rooms with single beds, smaller shared spaces and a lot more roomies (10 or 12). A lot of private landlords do not offer contracts shorter than 6 months though but if you find someone to take over your room, you're good. So, I do recommend private rented accommodation but if you do not want extra things to take care of, university accommodation might be easier.



leisure & culture
<p>As you will probably read in other student experiences too, Southampton is quite an ugly city. Although it's a harbour city, don't expect any beaches or promenades! The city does have some nice parks and two big shopping centres but not really an historical centre because this was bombed in WW2 and not rebuilt. Nevertheless, there are plenty of things to do for students (many pubs, bars and clubs) and a lot of beautiful places to visit in the surroundings (e.g. Isle of Wight, New Forest, Salisbury, Portsmouth, Brighton, Bristol, Bath, London etcetera.). You can easily visit most of these places by coach (cheap!) and maybe this makes you appreciate beautiful places such as Utrecht more.</p> <p>Do not expect too much from the ESN committee in Southampton. Unfortunately, they were a bit lazy and did not organize any fun weekend trips. But you don't need them of course! Just become a member of Southampton International Facebook and WhatsApp groups and organise your own trips and other social activities!</p> <p>The societies at uni are also a great opportunity to get to know more British students and learn more about their culture. They have a society for almost everything (sports, hobbies, charity, nationality etcetera.) so just choose something you like or want to try.</p>
suggestions/tips
<p>The first semester here starts and ends quite late. My classes started around the 1st of October and the last exams and deadlines took place throughout January (till the 25th this year). The second semester starts directly after this so at the beginning of February and ends at the beginning of June. There are no classes during the entire month of April!! So, keep this in mind and plan a nice trip to Ireland or Scotland for example!</p> <p>I recommend to buy a 2nd hand mountain bike because Southampton is quite hilly and buses are not very reliable and very expensive. By bike you can go anywhere in the city in less than 30 mins. There are not many bike lanes but as long as you bike carefully and have good lights, you're safe.</p>

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
Absolutely! Well organised university, good level and variety of modules, nice facilities on campus, fun city with a lot of opportunities for beautiful trips in the surrounding areas.
do you have any additional advice or comments?
<p>The Brits are also extremely polite, patient and friendly so it was a pleasure living in their culture for a couple of months.</p> <p>Feel free to contact me if you have any further questions!</p>





**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	Psychology
destination city & country	Southampton, UK
name university abroad	University of Southampton
start date	01 / 10 / 2018 (dd/mm/yyyy)
end date	25 / 01 / 2019 (dd/mm/yyyy)

**PREPARATION**

exchange application process

The exchange application process was quite easy. Because as a Dutch student your English level is good enough you do not need to do an extra language test as many of my international friends needed to do. The university is pretty inviting and welcome to foreign students, so they are happy to help you with the application and all the questions you might have.

counselling & support at Utrecht University

I didn't use either of these really, but I know that there are multiple options if you need some extra help or advice as an erasmus student.

academic preparation

There was not much academic preparation needed for the uni.

language preparation

Not needed.

finances

I will recommend people to save up some money before going. Housing is a lot more expensive than in the Netherlands and also your normal groceries are just a bit more expensive. Also, me myself, liked to get the full erasmus experience by traveling a lot of places in the UK and Ireland and doing a lot of social events. I would recommend every student to do this, since it's a one in a life time experience, but this also means you need a bit more money. The erasmus grant and extra money from your own sources are not going to be enough so take care of that before you take off.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

At uni you have a lot more freedom and independence as Utrecht gives you. I also thought the content was a lot less and a bit easier. Passing is not the hardest to do, but getting really high marks might be harder than at Utrecht.

academic quality of education activities

I think the university has a really interesting program with a lot of different and alternative modules that are more specific and special than Utrecht has to offer. Also I really liked the interaction between lecturer and student. This was way less formal, but also triggering to really think about topics discussed in the lecture.



counselling & support at receiving university abroad
-
transfer of credits
This was quiet late and nt in time within the given period from the erasmus organisation.

## STUDENT LIFE

welcome & orientation programme
There is a lot going on at the university of Southampton. The first week there is a special program for freshers and new students. The university is really involved with their students and organises way more activities (fun and academic) than Utrecht does. There are more than 100 societies for every hobby, sport or other interest where you can find some new friends. For internal students there is a special esn community where you can meet other erasmus students and join for fun events.
accommodation
There are multiple options for accomadation. You can either live in halls or in a private accomadation. Halls is something via the Uni and maybe a saver choice. But I have to say that I am happy I didn't choose halls. Halls are basically big accomadations where you live with more than 10 on a floor and share one kitchen and bathroom. These houses are mostly filled with English freshers who party a lot and aren't always the cleanest. Tis is really different per hall. Also are halls very expensive, compared to private rent. I would suggest you look at facebook, or the esn page for a place and do some viewings before you really move in. The best places to live are in between highfield and the centre, for example Potswood.
leisure & culture
The British students are a lot of fun. They know how to do a good party and can be a bit crazy, but that's what I loved. If you are not so fond of these crazy Brits, there is a big esn cmmunity where you can find friends from anywhere in Europe.
suggestions/tips
Join a society! They are great fun, have nice socials and give yu instant friends.

## CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
Yes,, I loved my sta here. I have to say that Southampton itself is not the most pretiest place in the world. But the uni and its students make more than up for it. Futhermore, ther location in the South of England is pretty good, since it's easy to visit a lot of nice other cities nt to far from it.



## 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	Algemene Sociale Wetenschappen

destination city & country	Southampton, England
name university abroad	University of Southampton
start date	01 / 10 / 2018 (dd/mm/yyyy)
end date	25 / 01 / 2019 (dd/mm/yyyy)

### PREPARATION

exchange application process	Dit is wel even wat werk, maar je wordt er wel goed in begeleid en duidelijk gemaakt wat je nodig hebt of moet doen.
counselling & support at Utrecht University	Er werd snel op mijn mails gereageerd en mensen waren erg behulpzaam
academic preparation	Dit was niet nodig. Ik heb vakken uitgekozen waar ik zonder verdere voorbereidingen aan me kon doen
language preparation	Dit was niet nodig aangezien mijn Engels al op een adequaat niveau was om te studeren in Engeland.
finances	Naast de Erasmus beurs heb ik zelf ook geld gespaard en een bijdrage gekregen van mijn ouders.

### STUDY ABROAD PERIOD

study programme (content and organisational issues)	Sociology
academic quality of education activities	Deze is lager dan in Utrecht, maar nog steeds wel interessant om te volgen.
counselling & support at receiving university abroad	Net als in Utrecht waren de mensen in Southampton erg behulpzaam en redelijk snel in het beantwoorden van mails
transfer of credits	ik heb nog niet al m'n cijfers binnen

### STUDENT LIFE

welcome & orientation programme	
---------------------------------	--



ze hadden een welkomswEEK voor eerstejaars waar de internationals ook aan mee deden. Het was leuk georganiseerd en gezellig, maar het was wel duidelijk dat het op eerste jaars was gericht en niet op mensen die op uitwisseling zijn

accommodation

ik heb een huis gevonden bij een landlord. Beiden de campus en huizen bij landlords zijn vrij prijzig

leisure & culture

het was erg leuk om op daguitjes naar andere steden te gaan. Dit was erg makkelijk te doen met het openbaar vervoer (ookal kan dat soms nog duur zijn). De cultuur was verder makkelijk aan te wennen aangezien het niet erg veel verschilt van de Nederlandse cultuur.

suggestions/tips

x

## CONCLUSIONS

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

jazeker, het is een mooie universiteit met interessante vakken. Het ligt mooi gelegen en daarmee bedoel ik dat er veel leuke engelse steden in de buurt liggen waar je gemakkelijk heen kunt gaan als een uitje.



**UU Report form - Erasmus 2017-2018**

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

destination city & country	Southampton, United Kingdom
name university abroad	University of Southampton
start date	23 / 09 / 2017 (dd/mm/yyyy)
end date	27 / 01 / 2018 (dd/mm/yyyy)

**PREPARATION**

exchange application process

The application process for the University of Southampton was quite straightforward and easy. You will receive an email from the University which directly explains what you should prepare and what to fill in. It might take a bit of time. If you were to run into any difficulties, don't hesitate on seeking contact with the University of Southampton. They respond really fast.

counselling & support at Utrecht University

The International Office was very helpful and nice whenever I needed them. Usually you will get a reply in a couple of hours tops.

academic preparation

I did not need to prepare anything for my studies at the University of Southampton.

language preparation

No special language preparations were needed. The Uni thinks your English is fine. If you passed secondary school. However, it might be a good idea to follow some English courses for some students who don't feel too confident speaking in other languages. I was fine without any classes and I think the majority will be as well.

finances

I made a financial plan with my parents which was very useful. I knew the UK would be more expensive than Utrecht so I saved some money. The exchange charges were worse than expected.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

Psychology. I followed three Psychology modules and one Forensic module. You will follow four modules simultaneous, instead of having two blocks with two modules. In some weeks you will have to do much more than what you are used to, but in general you will have more time for the same amount of work which means that you'll have a lot of spare time.

academic quality of education activities

Everything was quite straightforward and not too difficult. Teachers knew what they were talking about and students were participating a lot more than what I was used to. Less homework but more participation compared to Utrecht.

counselling & support at receiving university abroad



Same as our counselling & support at Utrecht University; very helpful when needed.

transfer of credits

They use the CATS system for credits. 1 ECTS = 2 CATS. The university has a chart which will tell you how many CATS and ECTS a module contains, when you want to choose your module. I did 30 ECTS as suggested, which was fine.

**STUDENT LIFE**

welcome & orientation programme

The University organised a Fresher's week which was fun. It was aimed for the Freshers(First year students) but was also available for the Internationals. We internationals also had special events.

accommodation

You could live in halls with other students or could rent a room. I chose for the latter. I lived in a private rented house where I got to live with 4 guys and girls from the UK and with 2 international girls (from Germany and Austria). I really enjoyed the mix of Internationals and locals. Price wise it was very similar to halls but now I didn't have to live with Freshers. I found a room via spareroom.co.uk which is also useful for other cities in the UK.

leisure & culture

Southampton itself isn't a beautiful city where you can do a lot but it has a lot of opportunities. There are lots of students and many societies which you can join. You will meet these societies in your first week. They throw sick house parties and partying in the UK is sick compared to Utrecht. Southampton has great access to other places in the UK. In less than two hours you can be London, in an hour you're in Bath, in 1.5 in Bristol and in 2 hours you are in Brighton etc.

suggestions/tips

If you were to go to Southampton you will have a lot of spare time! It's the perfect opportunity to travel around. I was able to visit a new city almost every weekend. So make some nice friends and get on the train! Also, join some societies and make sure to meet a lot of new people!

**CONCLUSIONS**

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

All things considered, I would 100% recommend studying in Southampton! It might not be New York, Sydney or a fancy place in Sweden but Southampton offers more than one would expect. I made some friends for life with whom I've discovered three countries while also passing my modules. You really have the opportunity in Southampton to make the most of it, if you want to. Not a lot of stuff is obligated so you can really turn it into your own experience!

do you have any additional advice or comments?

Fortune favours the bold.



## UU Report form - Erasmus 2017-2018

faculty/college	Social sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	Southampton, United Kingdom
name university abroad	University of Southampton
start date	24 / 09 / 2017 (dd/mm/yyyy)
end date	27 / 01 / 2018 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

I always knew I wanted to study in the UK. I just didn't know which city yet. So I read all the student experiences and looked at the courses that were available in the Universities and made my decisions based on that. I had to hand in a study plan, motivation letter, financial plan and curriculum vitae via Osiris. You can find all of these documents on the website of the International office.

#### counselling & support at Utrecht University

People at the international office were very helpful. They would always answer questions very quickly and you can just step by during office hours to get your documents signed.

#### academic preparation

I didn't have to do anything regarding academical preparations before my exchange.

#### language preparation

Besides the language test that all exchange students have to do, I didn't have to do any language preparation.

#### finances

You should keep in mind that the UK is a very expensive country. Even just considering rent and groceries it's much more expensive than in the Netherlands. Therefore you should start saving money early. You do get an Erasmus grant but it isn't even enough to pay your rent.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

I chose 4 modules:

PSYC2022: Forensic Cognitive and Affective Neuroscience

PSYC3015: Social and Psychological Approaches to Understanding Sexual Health

PSYC3056: Current & Emerging Issues in PSycho-Oncology and Pain Research

CRIM1003: Introduction to Criminology

You can easily find all the available modules on the website of the University. I initially wanted to do another criminology module but my tutor from Southampton emailed me that that module would probably be too hard and recommended this criminology module. They are very helpful in making your module decisions.

#### academic quality of education activities

I think over all the academic quality is high. I had 4 lectures and 1 seminar a week and I have to write some



essays and do some presentations. The professors are really involved with the students are provide good guidance with assignments. What bothered me was the fact that in two of my modules, all the lectures were student presentations. The professors would provide more information during the discussions, but still I felt like the professors could have done more. We didn't know if the information given by the students was completely correct, but we depended on that information for the exams.
counselling & support at receiving university abroad
The university offers a lot of support. As I said already, the professors are really helpful if you have any questions. Besides that there's also help to get accommodation, and the international office is also very helpful.
transfer of credits
I still need to receive my exam marks, I will hopefully get an email in the following week. The grading system is very different in the UK, as is explained in the other student experiences.

<b>STUDENT LIFE</b>
welcome & orientation programme
Freshers week was so much fun. The day I arrived I immediately had a welcome party planned that night. And there were all kinds of events planned throughout the first two weeks or so. You don't need to worry about going to such an event by yourself, because no one knows anyone. I would especially encourage you to go to Erasmus events if you don't know anyone.
accommodation
I stayed in Student Halls (Archers Road). In Southampton it's not one big campus, but the halls are more spread out through the city. My halls were in between the University and the city centre and close to Bedford place (which is a place with lots of pubs) so I was really glad I stayed there.
leisure & culture
The Student's Union (SUSU) offers a lot of societies. They have a society for literally everything. All kinds of sports, a cocktail society, anime society, etc. I joined the jazz dance society and I would really encourage you to join any society that suits you. Societies usually have one night a week for practice and besides that they organise all kinds of social events. Don't worry about going to your first social alone, because everyone does that. This is the way to get to know people besides Erasmus students! I went on a lot of trips. England has some very beautiful places and this is a good way to get to know the culture.
suggestions/tips
- I would really recommend living in halls, because you get to know so many people so soon and I met some of my best friends there. Everything is taken care of in halls, if something is broken they fix it within a day. - Go to erasmus events, especially in the first few weeks. I also met a lot of people here. - Join a society!!! There is a bunfight in the first week where you can see which societies there are and you can sign up to tag along for a session. Societies are one aspect of university which is really different from the Netherlands and I would really recommend you to join one! - Go on a lot of trips :)

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
Yes! The city itself isn't very special, but the student life is so good. I really had the best time. There are a lot of pubs/bars/clubs etc. The university is really organised and they will help you with anything.
do you have any additional advice or comments?
-





## UU Report form - Erasmus 2016-2017

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Pedagogical Sciences
destination city & country	Southampton, United Kingdom
name university abroad	University of Southampton
start date	30 / 01 / 2017 (dd/mm/yyyy)
end date	01 / 07 / 2017 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

I first chose another country to go to, but since the place and subjects didn't feel good, I decided to cancel it. I was very sorry that my plan to study abroad didn't work out. Hence I asked the International Office if there would be any other opportunity for me. I told them I actually always wanted to go to England, and regretted not choosing it. Miraculously (and meant to be!) there was one place left in Southampton, because another girl decided not to go. Although the application process was more work than I thought it would be and paperwork didn't stop coming, because of the inestimable help of the International Office from the Utrecht University everything went very well and I couldn't be more happy. The contact with the Southampton University went also really prosperous, always got an immediate reply on my emails.

#### counselling & support at Utrecht University

As I already mentoned above, the International Office in Utrecht is indispensable. The International Office crew is fast, competent, super helpful and really kind too. They always want to help you out and no question is too much. You get an extremely fast reply on every email you send and you can always make an appointment with them if something isn't clear. I'm really grateful.

#### academic preparation

I didn't have to do anything regarding academical preparations before my exchange.

#### language preparation

Beside the language test I didn't had to prepare that much for my exchange. I also didn't feel like I had to do an English course or something before my stay abroad, because my level was good enough.

#### finances

I already started saving money in 2016, the year before my stay abroad. Besides, I worked a lot in the first semester (september-january) of my studyyear (2016-2017) and applicated for a student loan. I really didn't want to have the feeling of being limited in money and withheld in spending. I really wanted to say: 'yes' to everything and besides, I knew that England would be an expensive country regarding lettings, trips and groceries.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

Choosing modules already started in the Netherlands, so I chose four modules. Everything was made very clear about what modules I could choose and which ones I couldn't. When I came to Southampton some modules



turned out to be not available anymore, so I had to make some changes, but it was not at all a big deal and the secretary from the University of Southampton was super kind and helped me with everything. The university also provided the opportunity to change a module after a few weeks. I also made use of that and skipped one module, because I wasn't really sure about that. Everything went really smooth thanks to all the people from Southampton and Utrecht.

academic quality of education activities

I think the standard of education is quite high in Southampton. The lecturers are really involved with the students and provide a lot of help and support. I had around 4 lectures a week and 2 seminars. Lecturers were all really well prepared and what I very much liked about the lecturers was that they were so close with the students and really wanted to do everything well. Also: lecturers use a lot of humor when giving their talk, I enjoyed every lecture. The seminars are also very well-prepared, I had to do a lot of discussions and a few presentations and learned a lot thanks to that. I also had to write a few essays. I had difficulties to sense what the teachers wanted, what they wanted to hear from us. I suspect it was a bit because of the fact that I'm not a natural speaker, but also because the module handbooks were not always very clear. Now I know how I have to address writing an essay, but I found out at the end of my stay and therefore too late. I think in order to really know what to do, you have to stay a year or longer. A semester is too short for that.

counselling & support at receiving university abroad

The university offers a lot of counseling and support. Lecturers are all really open to provide support. They offer the students to Email them or make appointments to talk about the readings or about the content of the essay. Besides, there is an academical support to help you with writing. You can make a personal appointment and talk about your essay, check if you're on the right track. And for foreign students, they can provide help with grammar. There is also an ICT desk on campus, which offers help with computers.

transfer of credits

The marking system in the UK differs from the Dutch marking system. In the UK, marks are given between 1 and 100% whereby you need a 40% in order to pass. A 40% thus stands for a 5,5 in the Dutch system. I'll probably get my marks at the end of June or at the beginning of July. I don't know yet how the transfer of credits will be done and I'm also not sure if the marks will be converted into 'Dutch grades'. We don't get much information about this.

**STUDENT LIFE**

welcome & orientation programme

There wasn't really a welcoming 'week' as we have in the Netherlands. However, there were two important welcoming presentations. After a short tour around the campus in groups to get know the most important buildings and places, we got one presentation organized for all Erasmus students who arrived in the second semester. It was a general information session whereby we were welcomed by the university staff and the 'Union staff'. The Union is an organisation within the university especially for the students. They talked about the facilities on campus: safety, ICT, lettings, library, shops, restaurants and so on. The second presentation was a short talk for the Psychology (Erasmus)students enumerating all the important websites we had to use, for example: Blackboard, E-assignments, SUSSED and e-folio. Websites on which you have to submit your essays for example and where you can find your timetable and grades. Both presentations were really well organized and useful. In the same week there was an Erasmus welcoming party. Every student was asked to wear a white t-shirt so that people could write words or sentences about you or about themselves on your t-shirt. It was really nice to have a party in the first week in order to meet people and to see you weren't the only foreigner who came alone.

accommodation

There were two possible options for accommodation: a student 'hall', a big complex with a lot of students under the supervision of the university, or a private rented house. At first I really wanted to live in a hall,



because I thought that was the way of meeting people and being surrounded by students. However, after I almost agreed with the hall, I got a message from the International Office that a Dutch girl who studied the first semester in England offered the private room she lived in the first semester. I got in contact with her and concluded that a private rented house suited me better. Especially the strong bond with your housemates and the privacy you have when you don't live with 15 people on the same floor, was what triggered me to rearrange my accommodation into private rented. I have to admit that it came along with a lot of paperwork and drama with the landlord, but nevertheless I'm super happy that I choose for private rented. During my stay here I found out that the halls are perfect for the first year students, where the only important thing is: go out, drink a lot and have fun, don't sleep and do as less study as you can. If you are looking for that: a hall is the place to be. However, I wanted a place where I could be on my own as well in a calm environment. A place where I could come 'home' and could study and rest. The most important thing of all is that you are surrounded by people, whether it's in a hall or in a private rented house. Housemates are really important. You want to tell your story to someone when you come home. However, I prefer a place where you could also choose to be on your own sometime and I think that works out the best when you're living private rented. The university site provides a list of private rented houses and rooms.

leisure & culture

The university and the student Union (SUSU) in particular offer a lot of different societies, including sport societies but also cultural and creative societies. You could thus choose whatever you want to fill in your leisure time. Besides, there are a lot of parties organized by the International Exchange Erasmus Student Network (ESN) who organize a lot of trips and activities. Societies are a very good way of getting to know the English culture (more about this in the next section). Besides, trips are a wonderful way to see the country. I did as much trips as I could and saw a lot. It definitely deepened my trip. Another way of getting to know the English (student) culture is to go out. Drinking beer is an essential aspect of the student life for the English students and it is very good to experience.

suggestions/tips

- Live private rented if you want to be on your own sometime. In contrast to living in halls, it offers you a lot more privacy and a lot more calmth. Besides, it's also very easy to meet people when you live private rented. It is just what you make out of it yourself: have dinner with your housemates, join a society, do a lot of nice things with the Erasmuspeople (organized trips or just by yourself) and be open to everything.
- Live close to the campus. I wouldn't recommend living in the city centre, since you're actually never there. Everything takes place around Portswood (where most of the pubs are) and around the campus. Besides, it's very convenient being able to walk to the campus instead of going by bus every day. And since you have lectures during the week, it is very nice to get there soon and be even able to go home during a break or something.
- Join a society. I think that joining a society is one of the best choices I ever made. Next to a lot of fun and implementation of the free hours you have, it is THE way of getting in contact with native English people. Although it is nice to get close friends with the Erasmuspeople (something undoubtedly happens because you're all in the same boat) you can't learn the English language as good, because every foreigner has his own accent and besides, you don't come into contact with the English culture.

**CONCLUSIONS**

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

I would definitely recommend the university as well as Southampton itself as a city to other students. Although Southampton isn't that pretty or has a lot of culture, it's a really nice place for students to stay. It provides everything a student needs. Food shopping malls, a lot of pubs, a nice centre with a lot of shops, beautiful parks to walk or sit down for a picnic and last but not least a super pretty campus with red bricks and a lot of trees and flowers. But most of all, I couldn't wish for a better organized university, than the university of Southampton. Besides the fact that everything that has to do with studying is super well organized for the



students, the university also provides a lot of opportunities for students to do in their leisure time, including sports, societies, activities and parties. Besides, the university staff and lecturers are very kind and open and willing to help you with anything. I thus can ensure another student a wonderful stay, although it is obviously also what you make out of it yourself.

do you have any additional advice or comments?

-



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

faculty/college	Faculteit 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	Southampton, United Kingdom
name university abroad	University of Southampton
start date	03 / 10 / 2016 (dd/mm/yyyy)
end date	24 / 01 / 2017 (dd/mm/yyyy)

**PREPARATION**

exchange application process

You need to do a lot of preparation in order to get ready for your exchange. It can be quite frustrating when you need to wait for a response from the University of Southampton when the deadline is approaching. Therefore, you should start early with this preparation.

counselling & support at Utrecht University

I had a lot of support at Utrecht University. I could email them whenever I had a question

academic preparation

I didn't prepare myself academically. The level of education in Utrecht is comparable to the level in Southampton. So I don't think you should worry about it.

language preparation

I didn't really prepared myself for it. I was to read a lot of English books, but I tried to do that even more in the minths before my departure.

finances

I saved a lot of money beofre my departure. I knew England was going to be expensive, and it turned out to be even worse than I thought! So, my first advise is: don't underestimate the English prices, even after the Brexit.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

Psychologie

(i) PSYC2022 Forensic Cognitive and Affective Neuroscience:

<http://www.southampton.ac.uk/psychology/undergraduate/modules/psyc2022-forensic-cognitive-and-affective-neuroscience.page>

(ii) PSYC3061 Intergroup Relations and Interpersonal Influence:

[http://www.southampton.ac.uk/psychology/undergraduate/modules/psyc3061\\_intergroup\\_relations\\_and\\_interpersonal\\_influence.page](http://www.southampton.ac.uk/psychology/undergraduate/modules/psyc3061_intergroup_relations_and_interpersonal_influence.page)

(iii) PSYC3043 Making Sense of Ambiguous Scenes:

[http://www.southampton.ac.uk/psychology/undergraduate/modules/psyc3043\\_making\\_sense\\_of\\_ambiguous\\_scenes.page](http://www.southampton.ac.uk/psychology/undergraduate/modules/psyc3043_making_sense_of_ambiguous_scenes.page)



These are the courses I did during my stay. The University of Southampton is well organized, so everything was quite clear. The content was comparable to the content I had in Utrecht. The only thing was that in the modules Forensic Cognitive and Affective Neuroscience and Intergroup Relations and Interpersonal Influence a little bit of prior knowledge was required, which I didn't have before I started. So in the beginning I had to catch up with the content by reading books that the other students had to read in other similar modules.

academic quality of education activities

The academic quality is high. The University of Southampton is famous for its Social Psychology, and after doing the module about Intergroup Relations I could totally understand why. It was very interesting, the lecturer was inspiring and the assignments contributed well to my understanding of the content. Also, Making Sense of Ambiguous Scene was very interesting. The lecturers have a lot of experience with doing research in the visual system area, so they could tell us a lot about what they've been doing lately. I wasn't very enthusiastic about the Forensic Neuroscience module. That is because the assignments and lectures were quite confusing and not very interesting.

counselling & support at receiving university abroad

The University of Southampton provided a lot of support. There was a Freshers Week in the beginning of the semester in which you had the opportunity to get to know everything the university has to offer. That was really nice, because the university has a lot of societies and activities you could attend. Also, when I wanted to change my module, they were very helpful. The Psychology faculty has its own student office where you could go to ask questions, collect stamps or change modules.

transfer of credits

The University of Southampton sent me an email with my transcript of records, so now it's up to the board in Utrecht to decide how they will transfer the credits to the Dutch system.

**STUDENT LIFE**

welcome & orientation programme

As said, there was a Freshers Week which was much fun! They organized a Bonfire Fight event where all the societies could present themselves. There were also a lot of other events to get to know the other students, to buy second-hand study books or to get a tour over the campus or in the city center.

accommodation

I lived in a privately rented accommodation. It was close to the campus, close to Portswood and several shops. I lived with three other Erasmus girls, which was very nice because we were all in the same situation. We didn't know the city or university so we had the opportunity to discover it together. I found the house because I posted a message on one of the Facebook pages for Southampton Housing and an agent responded to the message by offering me the room. I had to pay agency fees and more rent because I only stayed for half a year.

leisure & culture

I really like the English culture. People are very friendly and patient when you're struggling with speaking English.

suggestions/tips

Get a Unilink bus pass, a discount national express card and a discount trainrail card. That will save you a lot of money.

**CONCLUSIONS**

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

Yes, I would! Southampton isn't the prettiest city you'll ever be, but because all the Erasmus students have that same experience, they all want to go on weekend trips together. And, because Southampton is close to a lot of



nice cities, I've been on a lot of city trips to cities like Bath, Exeter, Brighton, Cardiff, Cambridge and London. Also at the university everything is well organized. There are a lot of activities to attend, a gym and a cinema, several pubs and restaurants at the campus.

do you have any additional advice or comments?

Try to become a member of one of the Uni societies (they've got everything you could think of), because they are well organized and a lot of fun! I was a part of the tennis society, and it made my exchange extra special!



## UU Report form - Erasmus 2016-2017

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

destination city & country	Southampton, UK
name university abroad	University of Southampton
start date	24 / 09 / 2016 (dd/mm/yyyy)
end date	28 / 01 / 2016 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

Very tedious and stressfull. I've been emailed that I supposedly had made a mistake when choosing modules (with the 75% rule), while I didn't. After I emailed them back about it, it was fine and I had no further problems. But I would recommend checking everything they say, because they can also make mistakes.

#### counselling & support at Utrecht University

I found the support from the IO of the UU of outstanding quality, they were so helpful and even when I completely had it during the endless application process they would still kindly and patiently explain what I needed to do. It made everything just so much easier.

#### academic preparation

I did not really prepare academically for my semester abroad. I decided to do modules from other degrees, but did not specifically prepare for that. In hindsight I think this was also not necessary.

#### language preparation

I did not prepare for speaking English on a daily basis either. You really don't need to, in my opinion. I got used to it quite quickly, although the first few weeks I was quite tired from all the new experiences and speaking English all the time. That will get better, of course.

#### finances

Even though the currency is very favourable at the moment, the UK is still a very expensive country. Housing, groceries and transport are very expensive. 500 pounds a month for a room is quite common, for example. If you have accomodation in one of the university provided halls, you'll get a free bus card for most buslines in Southampton. Make sure you have enough savings and a back-up plan in case of emergencies.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

I've completed first and second year modules from Sociology and Criminology and on top of that an English language module. This last module turned out to be completely different from what I expected. If you plan to do an English language module to improve your English, read the module descriptions very carefully or you could end up studying the English language from a very theoretical point of view (unless, of course, if you are interested in that). The other modules were quite satisfactory. No organisational issues occurred.

#### academic quality of education activities

The academic quality was approximately the same as at the UU (except for the language module, which was





very unacademic and in my opinion not university worthy). Work load is a lot higher at the UoS. It is essential to keep up with all the readings and start working on assignments in time, since they tend to be scheduled quite close to each other. Be prepared for a lot of essay writing.

counselling & support at receiving university abroad

Overall very supportive. You will get an academic tutor, you'll be assigned a student office for practical queries about your timetable, assignment marks etc. There is also student services and teachers generally are very approachable. They are all very kind and will help you find your way. Furthermore, there are lots of supporting activities for preparing for exams, assignments and other academic skills.

transfer of credits

Because my exams were so close to the deadline for submitting this report and it takes the University of Southampton 4 weeks to return your results, I do not know, as yet, how my grades are going to be transferred.

## STUDENT LIFE

welcome & orientation programme

The first week at UoS is meant to show you around the campus, get your student card, meet new people and attend some introductory lectures. This week is a good moment to get all the Erasmus forms signed, figure out your timetable and resolve any occurring clashes. Classes will start the following week. I personally decided to use this week also for meeting other Erasmus students and that was a good decision. I've maintained contact with them for the rest of the semester and it proved to be a lot of fun to meet people of so many different countries (think international Christmas dinner, for example).

accommodation

I managed to get a room in one of the university halls, which was quite a relief. I know many Erasmus students that got to find their own accommodation. It is not guaranteed for Erasmus students, that's why. You'll be notified quite late about whether or not you are placed in the uni halls and you can only access your room the weekend before Fresher's week. The rooms are basic. A bed, wardrobe, desk, sink, bedside table and some bookshelves. There is no bedding (!) and the quality of the matras is very bad (not exaggerating). I had a shared kitchen and bathroom, which were quite old and basic as well, but it will do. There is a cleaning lady for 4 days a week, which is very nice. I was located on a very large campus, where there would be a lot of noise from other students. There is a reception at the halls, open 24/7.

leisure & culture

There are loads of student societies at the UoS, ranging from knitting to all kind of sports. I joined a few societies and (in my experience) they are quite cheap. A la 10 pounds membership fee and (for sports) 1-3 pounds each class. You could also get a gym membership, but personally I found this too expensive (90 pounds for a year, there is no option to pay for one semester). At the uni there is a very strong campus feeling and lots of facilities (pub, lunchroom, pizzeria, shops, cinema, gym, etc).

suggestions/tips

Embrace the international students, even if you are more interested in the British ones. The internationals will probably be your closest friends.

## CONCLUSIONS

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

I do, for those that don't mind the ugly city and mediocre surroundings. The university itself is great.

do you have any additional advice or comments?

No