



UU Report form – Erasmus 2022-2023

email address	s.a.dekanter@students.uu.nl
faculty/college	FSW
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology

destination city & country	Brighton, United Kingdom
how did you travel to your destination?	I went by car
name university abroad	University of Sussex
start date	17 / 09 / 2022 (dd/mm/yyyy)
end date	27 / 05 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process

The process was really smooth and the UU helps you with through clear documents what to prepare each period. It is still important to write down for yourself what you need to do before, during and after the exchange so you don't stress too much during your exchange.

counselling & support at Utrecht University

The UU was really quick to respond and they can help you throughout the whole process. There is also an information evening which I thought was really helpful. They list once again what you can expect and are there to answer some of your questions. You also have the opportunity to meet fellow exchange students which I thought was really helpful and fun. It was nice meeting people who were in the same boat.

academic preparation

I haven't done anything in terms of academic preparation. All of the modules that I did abroad were below the levels at UU. This made me confident about my academic level. In retrospect, this was true and I did not have much trouble with the modules. What was new for me were the essay-based exams, I might have read up on that a bit better.

language preparation

I haven't done anything in terms of language preparation. Beforehand, I was confident about my English and during your exchange it will get better and better. I feel like learning is actually the best done when you are surrounded by people who speak the language and are doing the same studies.

finances

Because I stayed a full year I had to save a lot of money, which I had been doing well for two years, so I didn't have to worry about that very much. Make sure you save enough money so that you can do fun things while you study abroad. And also: don't worry too much about spending money to do fun things, this is a once in a lifetime experience, so you have to make the most out of it and not feel guilty :)

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The study programme was a bit different from the UU study programme. In a full year you have two semesters, each semester you take 4 modules (which is different from the UU where the semester is divided into two



blocks). I actually liked this because those four modules were taught very extensively and you had enough time to learn. What was also different from the UU is the amount of free weeks. You have a three week christmas break and a 3 week spring break! There are also fewer contact hours and most of the modules are only taught once a week, you either have a lecture or a workshop for the module, that you have both, almost doesn't happen.
academic quality of education activities
The quality of teaching was really good. What I liked the most is that the teachers really help you to feel comfortable and mental health is top-priority. I felt a lot less pressure to study here and because of this I feel like I learned a lot more. What I liked a bit less was the amount of strikes during the spring term, teachers didn't teach anymore and no lecture recordings or slides were provided, which made it really hard to study for those subjects. It was a bummer, because I learned a lot less about certain subjects because of the strikes.
counselling & support at receiving university abroad
The University of Sussex is very fast in responding to their emails and they will help you with anything. Requesting your student ID took a while, so make sure that you get your personal details in order right on time.
transfer of credits
It happened automatically.

STUDENT LIFE	
welcome & orientation programme	The first week of the autumn semester there is a freshers week with a lot of different events, which was really fun and I highly recommend participating in the events. During the year the University of Sussex organizes a lot of different events and there is always something to do on campus. For the spring term there is also a 'refreshers' week. There are also enough (sports)societies you can join and I highly recommend joining that! It gives you a change to step out of the 'internationals bubble' and meet other (British) students!
accommodation	I stayed at the Kings Road accommodation and I couldn't recommend it more. The accommodation is right at the sea front and really in the centre of town. Everything was less than a 10 min walk for me, except for the university, which was a 25min bus ride. As a full year student, you are guaranteed accommodation, but this is not for one semester students. Chances are that as a one semester student you will not get accommodation from the university, so be early to look for other.
leisure & culture	Brighton is a really fun city and there are a lot of things to do. I couldn't get enough of walking down the Lanes and the seafront. The people in Brighton are really nice and always in for a chat. Brighton is also really close to London and it will just take 1h15m to get there. The people in Brighton are very diverse and open which makes it a city for everybody. Whether you come in the summer or winter, there are always fun things to do in the city.
suggestions/tips	Snoopers paradise and Fatto a Mano for good pizza :)! And try to make a day trip to the seven sisters, busses can bring you there and the view and the cliffs are beautiful!

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	Yes. I had a wonderful time in Brighton and I couldn't recommend it more. If you want to study in the UK and also want to be able to explore a lot (London, Seven Sisters, South Downs), then this place will suit you.
do you have any additional advice or comments?	





UU Report form - Erasmus 2022-2023

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

destination city & country	Brighton, United Kingdom
how did you travel to your destination?	Train
name university abroad	University of Sussex
start date	17 / 09 / 2022 (dd/mm/yyyy)
end date	22 / 12 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application process was not all that difficult, albeit extensive. There were a lot of forms that had to be filled out and a lot of boxes to tick. However, all the instructions were quite clear and readily available in case I needed to know something. The only thing I spent a lot of time on was my motivation letter.

counselling & support at Utrecht University

Utrecht University did a good job at preparing me for the exchange. The international office was very approachable and always responded quickly to e-mails. On top of that, the information event they organised was very helpful and informative, regarding both practical things we needed to know about grants and cultural things like culture shock.

academic preparation

There was not a whole lot I could do to prepare on an academic front, as the literature would be provided online by the university on Canvas, which I didn't have access to yet.

language preparation

I didn't really feel like I needed to prepare, since I was going to an English-speaking country. However, looking back, I might have tried practicing speaking English more, as I sometimes found it difficult to keep up with my classmates while engaging in conversation at an academic level.

finances

I applied for the Erasmus+ grant and the Travel Green Grant, which given my rent in Brighton was a good idea. I also had compensation for public transit. Other than that, my job operates mainly online, so I didn't need to worry that I would run out of money as I could keep working.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

One of the courses I applied for turned out to be full. This was very disappointing, as this course played a big part in why I chose that specific university and I was really looking forward to following that course. The courses I ended up taking were very interesting and fun however, so I don't regret anything.

academic quality of education activities

It surprised me a bit how different the education styles were from here in the Netherlands. I feel like the workload in the Netherlands is a lot heavier, and we have to engage with the subject (and each other) a lot more than in the UK. For example, three out of the four courses I took only had lectures, no seminars or



workshops. There were also not a lot of assignments, not like the amount we have here. On top of that, I feel like some of the courses I took lacked the depth I expected from third-year courses. I still learned a lot of course.

counselling & support at receiving university abroad

The amount of support you get at this university astonished me. I have some special needs/requirements, and they have a lot of arrangements that worked great for me and were a lot less work than constantly asking for help when I need it. They also offer a lot of additional help and support, or counselling if you need it, which they state very clearly on their website and in e-mails.

transfer of credits

The transfer of my credits is still in progress.

STUDENT LIFE

welcome & orientation programme

The university of Sussex organised multiple events to get to know each other, ask questions, and get all the necessary information. On top of that, the Student Union organised an extensive welcome week with all sorts of events, ranging from coffee meet-ups to walks to a huge party on the Palace Pier. Whatever your interests are, they had something for you.

accommodation

The accommodation process was not fun. I applied to the student housing at the beginning of the year, and immediately they said that housing wasn't guaranteed. This of course wouldn't be a huge problem, but they didn't let me know if I got housing until the beginning of August, a little over a month before I was set to leave. Housing is scarce in the UK, so I had to e-mail a lot of people, and eventually found something on my own. It wasn't a great location (just outside the city, 20 min to the centre by bus but often an hour to campus), and it was with a landlady who lived there as well. I did have fun there, it just was not how I envisioned it.

leisure & culture

I loved Brighton. The city has a very relaxed and open atmosphere. So many nice cafes, a beautiful beach, a lot of fun night clubs and of course great English pubs. Things like theatre, comedy nights or concerts are often quite cheap, so I made good use of that. There's also a lot of second-hand shops all over Brighton, be it books, clothes or records. The clubs often have theme nights or student-exclusive nights. I also went to some of the meetups from certain associations which was quite fun, but I didn't go as often as I would've liked looking back.

suggestions/tips

Join student associations! There are so many available at Sussex, for almost anything you can think of. Also, of course studying is important, but explore your city as much as possible. Really get to know the place you're staying at. Go to a random café every so often, stuff like that.

CONCLUSIONS

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

Yes, I absolutely would. The university was very accessible and I really liked some of the courses I took. Brighton is a city that stays with you. It's not just a beautiful place, but the people are nice and there is so much to do and see there. It's also not very touristic, so it's not very busy or fast-paced.

do you have any additional advice or comments?

No.



UU Report form - Erasmus 2022-2023

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

destination city & country	Brighton, UK
how did you travel to your destination?	By train
name university abroad	University of Sussex
start date	17 / 09 / 2022 (dd/mm/yyyy)
end date	14 / 01 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process can be a bit chaotic, just because there are a lot of things to do. But as long as you follow the steps as they are described and you keep the deadlines in mind it is very doable.

counselling & support at Utrecht University

The counselling and support at UU is very good. You have to do a lot of things yourself, but the international office always replies quickly to emails so you can easily ask questions when needed.

academic preparation

My academic preparation was good, I didn't prepare anything specifically for my exchange. But the courses I had followed at UU were good enough preparation for my courses at Sussex.

language preparation

My English was already sufficient for the exchange, and having followed courses in English, I didn't have much difficulty with it at Sussex.

finances

I did get an Erasmus grant, which really helped my finances. I had also saved up quite a lot of money, since I expected England to be more expensive than the Netherlands. Housing was quite expensive, but I felt that general living expenses were quite similar to the Netherlands, but having saved up a bit is nice to be able to explore more and not have to worry about spending too much.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed the courses Surveillance, Technology and Control, Restorative Justice and Desistance, and Victims of Crime and Society. I really liked the content of the courses, which was different to the courses offered at UU. The teaching styles were similar, with lectures and workshops.

academic quality of education activities

The quality of the lectures and workshops were similar to those at UU. Following three courses at the same time was a bit tricky in the beginning, as I was not used to it. But after a while it becomes normal. I did not have any exams. I had to write a theory report and three essays, but they had to be longer than my essays usually have to be at UU.

counselling & support at receiving university abroad



I didn't really need any counselling when I was abroad, but the study abroad office did reply fairly quickly when I had a question or needed something for my Erasmus grant.

transfer of credits

This still has to happen, but it does take quite long (I had my deadlines in the beginning of January and my transcript is expected to be sent in March).

STUDENT LIFE

welcome & orientation programme

The orientation programme was really fun, they had a lot of activities in the first week. They also have a Buddy system which you can sign up for.

accommodation

The organization of the accommodation was quite bad/chaotic. About a month before I had to leave I got an email that they didn't have any housing for me, they sent a few links where I could search for accommodation and that was it. Many exchange students visiting for one semester didn't get housing. So it could be useful to already look for housing yourself, to avoid a stressful situation.

leisure & culture

I loved Brighton, it is such a nice city with a chilled, cozy feel to it. There is a lot to do and explore, I loved living in a coastal city. There are many fun shops, cafés and pubs to go to. London is also only an hour away, and there are also other coastal cities to go to!

suggestions/tips

Just go out and explore!

CONCLUSIONS

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

Yes! I had such a fun time and felt at home in Brighton really quickly. It is such a nice city to live in, with many nice people to meet and fun things to do.

do you have any additional advice or comments?

Don't be afraid and just do it!



UU Report form - Erasmus 2022-2023

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

destination city & country	Brighton, United Kingdom
how did you travel to your destination?	Train
name university abroad	University of Sussex
start date	17 / 09 / 2022 (dd/mm/yyyy)
end date	13 / 01 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process

The application proces was quite easy looking back at it. Communication Just follow the steps that are described on the UU website and the information you get by mail from Sussex. If you have any questions, both the international office at the UU and Sussex will gladly help and respond to your questions suprisingly fast.

counselling & support at Utrecht University

I couldn't expect more from UU. They responded very quickly to every e-mail I send. So don't hesitate to ask!

academic preparation

There was a pre-departure meeting in which we were told general information about what you could encounter during your exchange, which was helpful. Besides that you'll also get a exchange manual in which you have some tips.

language preparation

Not necessary. As a university student at the UU you are automatically sufficient in the English language.

finances

If you need help you can always ask and you can set up a meeting. There is also an exchange manual in which you have tips for grants which you can use to get money. For example the Erasmus Grant and for travel compensation the Travel Green Grant.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

For third year courses the topics are very specialised, which make them very interesting. Psychology of the Family has very interesting topics such as marriage, sibling relationships, gay and lesbian parenting, and much more. Psychology of sleep was pretty straight forward, it does cover a lot of what UU students learn during Brain and Behaviour. Self-regulation is a course that UU also gives, so watch out with that for the exam committee. I can recommend it as you learn to more critically evaluate theories you've learned before. Living well is a course that was quite unique. It can be considered as a more spiritual course, grounded in scientific literature. You have lots of interesting class discussions about interesting topics. It also covers ideas of some of the most interesting and prominent psychologists in history.

academic quality of education activities



The academic quality of the lectures were good, but not as good as the UU I would say. The quality of the reading was similar and also similar work. In general I would say that it is easier to study at the University of Sussex than at UU.

counselling & support at receiving university abroad

Teachers were very easily approachable and will make time to help you to their best ability. Some said that they sit in a certain café on campus at certain times and that you can always sit with them if you have questions. The support from the international office was also quick, which was quite helpful.

transfer of credits

The University of Sussex will send a transcript to the UU and you don't have to do anything.

STUDENT LIFE

welcome & orientation programme

University of Sussex has a welcome week with a lot of great activities. Some do cost money (like the fair on the pier) and for almost everything you have to reserve a ticket. The student union has a website for all activities that you can do.

accommodation

The accommodation can be a problem. As we were told very late that the university was not going to provide housing for us. Leaving us 1.5 month to find something. It did work out in the end, but I'd advise starting to look a bit before you know if the university has housing for you. Just to be sure.

If you search in the private sector I'd recommend looking at something along bus route 25. As this is the main connection between the city and the campus. Making both easily accessible for you if you have accommodation there. The 25 busline is operated throughout the whole night so that makes it very easy going back after going out.

leisure & culture

I would suggest going to lots of coffee cafés to study. It makes studying much more fun and you'll discover the city very well. At night you can go to pubs (Prince Albert is the best in my opinion, but East Street Tap and The Dorset are also very good) or clubs (Pryzm, Revenge, and Chalk are best known).

I'd definitely look into joining societies. As they are very fun weekly activities. I went to the Craft Beer Society and the Walking & Hiking society. The Craft Beer Society is every thursday night and is good time to drink some nice beers and talk with each other about them (or just chit chat a bit). The walking and hiking society is also very nice as you'll discover the beautiful nature surrounding Brighton and have nice people to get to know.

suggestions/tips

Waterstones café and black mocha are good study cafés. Everyone loves the pizza's from VIP pizza.

CONCLUSIONS

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

I would definitely recommend the University of Sussex as an exchange destination. The courses are interesting, many great people (definitely look into joining societies!). A lot to do in the city as it has a lot of good pubs and clubs.

do you have any additional advice or comments?

For paying in the UK you can use an European debit card, but I'd advise getting Revolut. You can get a virtual credit card which makes paying easier as it is accepted everywhere, where your debit card can get declined sometimes (if you want to buy bustickets in Brighton for example).



It can take a while before you can get your student card (which is important for discount on bustickets and access to the library). I would suggest just mailing them about it when they start saying that it will take some time because for quite some people they are already done. In the mail from Sussex they said it would take another week for some and they would say when its your turn. I mailed back asking if mine was done and they said I could pick it up.



UU Report form - Erasmus 2022-2023

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

destination city & country	Brighton, United Kingdom
how did you travel to your destination?	By train
name university abroad	University of Sussex
start date	12 / 09 / 2022 (dd/mm/yyyy)
end date	12 / 01 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process	It's all very easy and explained well. Make sure to write down all the deadlines, so you don't miss anything!
counselling & support at Utrecht University	The international office was a great support and you could always count on them for help. They also reply very quickly, which was very helpful!
academic preparation	I study Pedagogical Sciences in Utrecht but my courses in Brighton were part of the Psychology program, however my courses were of a similar level as in Utrecht, so I didn't need to prepare anything beforehand.
language preparation	My English language skills were sufficient (C1)
finances	Since the UK is not part of the EU anymore, it's difficult to get an Erasmus grant, but I'm pretty sure I was part of the last year of students that still got one, so that definitely helped me out. I also had my own savings, since I worked a lot before going on my exchange. My advice is definitely to watch your expenses, but mainly I would advice you to have fun so you can make the best of your exchange!

STUDY ABROAD PERIOD

study programme (content and organisational issues)	The content was similar to that in Utrecht. I followed the courses 'Educational Psychology', 'Peer Relationships' and 'Psychology of the Family'. Also, the professors were very enthusiastic which definitely helped to motivate me to participate in classes.
academic quality of education activities	The academic quality was similar to Utrecht, however the amount of literature and coursework that I had to do was not as much as I have to do in Utrecht, which gives you a lot of free time as well. The exams however were more difficult in Brighton than in Utrecht.
counselling & support at receiving university abroad	The university organized an entire Freshers week where you can get to know other students and can get acquainted with the university, which I definitely recommend doing.



transfer of credits

They will send over a transcript of records.

STUDENT LIFE

welcome & orientation programme

There is a huge welcome & orientation programme organized by the university. There are various activities that you can do. There are a lot of parties, but also some more quiet activities, such as dog walking or having a cup of tea and meet up with new students. There are also a lot of societies you can join for the Autumn semester to get to know more people.

accommodation

I unfortunately didn't get accommodation from the University which I heard pretty late. This was very stressfull, because I had to find my own accommodation in one month. I ultimately ended up in a house off-campus, which I was very happy with. I do recommend you look at some other options in advance, because housing is not guaranteed and it's definitely hard to find other options especially in such a short amount of time.

leisure & culture

Brighton is a great city full of students. The center is not that big, but it has a lot of shops and cafes. It's also a coastal city, so if the sun is out, you can sit by the beach. Brighton also has a great train connection to other places in the UK, such as London or Cambridge.

suggestions/tips

CONCLUSIONS

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

Yes! My experience studying abroad was fantastic and I would do it all over again if I had the chance. I love Brighton and it's such a fun place to live. The people are very nice and I enjoyed my time there a lot.

do you have any additional advice or comments?



UU Report form - Erasmus 2022-2023

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

destination city & country	Brighton, UK
how did you travel to your destination?	Train (Eurostar)
name university abroad	University of Sussex
start date	26 / 09 / 2022 (dd/mm/yyyy)
end date	14 / 01 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process was fairly easy, mostly because of the help and instructions from the international office. There are a lot of things to think about though, so I would definitely recommend asking for help when you need it in order to figure everything out before the deadlines.

counselling & support at Utrecht University

The international office of both the UU and University of Sussex were very helpful during the application process and usually responded very quickly. And if anything is unclear you can always send an email and ask!

academic preparation

There was not really any academic preparation needed, since I study psychology and did psychology courses in Brighton. So I was already sufficiently prepared to take these courses.

language preparation

There was no language preparation needed.

finances

I found it pretty difficult to predict in advance how much money I would spend and in the end I spent more than I had expected. Before my exchange I saved as much as possible, which was definitely needed. In my experience especially housing was more expensive than I had thought. If possible it is nice to have enough money to be able to do things like (day)trips to other cities and not having to worry too much about the extra costs. But of course you can decide yourself how much you want to spend.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The courses I had picked were a bit more specific than I was used to which I really enjoyed. For example I followed a course which was called 'Psychology of sleep' and the course 'Science of memory'. There were some differences with what I am used to, but the general way of doing things is pretty similar.

academic quality of education activities

I thought the quality was very good. Interesting subjects and enthusiastic professors. I did have courses which mostly had lectures and only a few seminars. Personally, I would recommend doing courses with more hours on campus than just one lecture a week. And I think the quality of the courses would increase if they had more than just lectures, but you can see this on the website of the uni in advance and choose courses that suit you.



counselling & support at receiving university abroad
I did not really need much support while I was there but the few times I did have a question I was helped really well and quickly.
transfer of credits
The grades are a bit different and only a fail or pass will transfer to you own university. The transfer has not happened yet.

STUDENT LIFE

welcome & orientation programme

The university had organized a lot of different events for the start of the year and a few specifically for international students. These were very well organized and a great start to the semester. There were taster sessions for different societies and lots of other things going on in the first week. A few of the others from Utrecht and I actually went to Brighton a few days before the introduction started, which I really enjoyed. We had a bit of time to do some touristy things and take a look around before everything started.

accommodation

I did not get university accommodation and the university had let us know only a bit more than a month before I was supposed to leave. It was pretty stressful to find something myself, so I would recommend to not rely too much on getting uni accommodation. In the end I found a room a bit outside of the centre (but pretty close) living together with a landlady and a couple of other students. Brighton has a beautiful surrounding area and I had an amazing view from my room. But being outside of the centre also had a couple of disadvantages (like no late buses going to the neighbourhood and it was a bit longer to uni). But overall I really enjoyed living there for a couple of months.

leisure & culture

Brighton is such a lovely city to live in! There is just a lot going on, such as concerts, theatre, museums, clubs and much more. There are so many cute shops and cafes and Brighton has a great city centre. I also really liked that the city is not too big, but big enough for a lot of fun things to be happening all the time. And if you take a bus you can quickly find yourself in beautiful areas to go walking/hiking, which I really enjoyed. It is also really nice that Brighton is close to London, where there is so much more to discover. I absolutely loved living and studying in Brighton!

suggestions/tips

- I regularly took the train to London and several towns/cities close to Brighton. If you think you will be travelling a bit during your exchange I would suggest getting a railcard (age 16-25) from the start with which you can get about a 30% discount when you buy train tickets (which can be pretty expensive in England). It costs 30 pounds for a whole year and for me it has definitely been worth it!
- You will probably hear more about this during the introduction but I would recommend joining a couple of societies. There were a lot of different societies and this was just a great way to have some extra activities planned and meet new people! For example I joined the archery club, the walking society and a choir. It was so much fun and very easy to join societies or just some activities.
- I had a little bit of extra time before and after the semester. I really liked being able to take my time a bit after the exams to enjoy the last days in Brighton (and going on some trips) before going home!

CONCLUSIONS

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

I would definitely recommend this destination. The city was amazing and I had such a great time! The University of Sussex was great and they offered very interesting courses. And there were so many fun things to do in Brighton, London and other places in the surrounding.



do you have any additional advice or comments?

It will be so much fun, enjoy your time abroad! (:



UU Report form - Erasmus 2019-2020

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

destination city & country	Brighton, UK
how did you travel to your destination?	By plane/car
name university abroad	University of Sussex
start date	21 / 09 / 2019 (dd/mm/yyyy)
end date	12 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process speaks for itself and is very clear. You simply have to follow a few steps as described by the UU, and the IO from the university of Sussex contacts you directly after you have been selected.

counselling & support at Utrecht University

See other boxes on the Erasmus grant.

academic preparation

All of my academic preparation was sufficient. I only took Psychology courses in Sussex, and my background in Biomedical Sciences and Neuropsychology at the UU was enough preparation for all the courses I took.

language preparation

My English skills were sufficient (C1/C2)

finances

The finances can be quite tricky if you visit in the autumn semester like me. I was promised a Erasmus grant, but didn't get one since my visit was shorter than 3 months. I know that all the other international students, even from all the other Dutch universities, got one since we did study there for a full semester. You have to complete deadlines until the end of January, but for some reason for the UU this wasn't a big enough reason to give me and the other girl who studied at Utrecht University the grant.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Perspectives on Psychology, Self Regulation, Biological bases of Mental Disorder & Psychology of Forensics and Analysis

academic quality of education activities

Very good. I had an excellent timetable with only 3 days with obligations on campus. With the modules I chose, I only had lectures, and had to do a lot of writing myself. You can choose a lot of modules which do have small group sessions.

counselling & support at receiving university abroad

The University of Sussex is very helpful! I visited a counsellor the day I went to campus for the introduction



because I had some conflicting modules in my timetable. They will help you right away, and I got a list of alternative modules which did fit my schedule, and where suitable for my background. They will also grant you that if a module turns out to be easy or too challenging in the first 2 weeks of studying, they will switch you into a course more suitable for your academic experience.

transfer of credits

Happens automatically

STUDENT LIFE

welcome & orientation programme

If you arrive at Heathrow like me, I advise you to use the busses provided by the university. You are picked up with all the other internationals, and dropped off at the doorstep of your housing facility for 20 pounds. I met a lot of other people from around the world while waiting for this bus, and you make new friends instantly before even getting to Brighton!

accommodation

I lived in the (Langfords) Hotel in the city centre. I couldn't recommend it more purely based on the location (right on the seaside). The kitchen facilities are terrible, so I ate all of my meals either in a restaurant or through take out. You have to share the kitchen (located in the basement of the hotel) with all the other students living there (about 40), but there were a lot of people who did use the kitchen every day. The campus is quite far from the city (an hour by bus), so I really did enjoy living off-campus. Do keep in mind that the assessment period for internationals visiting in the Autumn Semester is in January. Your housing in the hotels is for a fixed period of time, and will end the weekend after the final classes.

leisure & culture

Brighton is a beautiful city, with amazing bars, parks, theatres and cinemas. I loved living in the city centre near the beach with all the other internationals. The locals are super friendly and interested in where you are from and what your plans are, and if you're in a bar someone will always come up to you to have a chat.

suggestions/tips

There are a lot of pubs and bars with live music (Paris House has live music 7 days a week). Nice to have a beer/dinner!

CONCLUSIONS

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

Absolutely. If I could move there I would. You can get to the beautiful countryside by bus and hike the Seven Sisters, you can take the train to London and get there within an hour, and Brighton in itself is an amazing city with lovely people and facilities.

do you have any additional advice or comments?

Check whether you can get an Erasmus grant before you leave (I don't know if it's even applicable because of the Brexit). Mine was declined a few weeks before I left, and this was very unexpected since the "3 month rule" did not seem to be a problem since the term is longer than 3 months, but you have to complete the last deadlines from home.



UU Report form - Erasmus 2018-2019

permission to publish contact details** <i>See end note for * and **</i>	<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: j.janssen6@students.uu.nl my weblog <input type="checkbox"/> yes: my Facebook account <input type="checkbox"/> yes: other (social) media <input type="checkbox"/> yes:	
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	Brighton, UK
name university abroad	University of Sussex
start date	31 / 1 / 2019 (dd/mm/yyyy)
end date	14 / 6 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process
It is important to write down all the application deadlines and make sure you complete all steps in time. I think the most important part of the application process is your motivation letter. Take enough time to write this!
counselling & support at Utrecht University
Although during the whole exchange you have to do a lot independently, the international office replies very fast to questions in emails, in my experience. Besides the university helps you be aware of some common struggles.
academic preparation
I felt like my courses at the university so far were enough preparation. Luckily this was true, I did challenge myself by choosing a neuroscience course at Sussex, this was harder than the psychology courses, but my background in Neuropsychology was enough for me to pass this course.
language preparation
I felt like I had to take a English course at Babel, not because my English was not good enough. But I felt like i was not confident enough in my English speaking and writing. This course really helped me get more confidence. But after completing my exchange i realise this wasn't really necessary because you quickly gain confidence while being abroad.
finances
I tried to save as much money as possible before going to the UK, it is important to realise that housing is more expensive but you can spend as much as you want/have. I do think It is really nice to have enough so you can explore the country you are in and not worry too much.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
The organisation and content of the study programme in Sussex was very similar to that in Utrecht. Therefore, I



did not have many issues with the programme. The professors were really passionate about the subject and really helpful with any questions I had about assignments and the exams.

academic quality of education activities

The academic quality of the lectures and workshops were similar to those in Utrecht. The exams and assignments were easier and more straightforward. But I donnot think that that makes the quality worse. It is important to study independently because I did not have a lot of lecture hours, 1 or 2 per week every module.

counselling & support at receiving university abroad

The study abroad office of Sussex is incredible!! It is run by older students who are very kind and will help you with everything. Besides, the first week is all about getting to know Sussex and especially about learning where the counselling and support houses are based.

transfer of credits

The universities system was quite hard to understand because there grades didn't transfer to Utrechts grading system. I only knew what grade to get to pass because it only transferred as a pass or no-pass. Sussex also has different systems for writing assignments and exams which is confusing.

STUDENT LIFE

welcome & orientation programme

The welcome and orientation programme of Sussex was amazing. The first week there were multiple activities every day. The activities were focussed on getting to know the univeristy and the facilities but also other exchange students. One really nice initiative was the buddy-system. By signing up you got a buddy from the UK that already studied at Sussex for a couple years. My buddy showed me around brighton and also helped me with any questions I had.

accommodation

I was really lucky with the campus accommodation, because my building was brand new when I moved in. It was a really nice and big house that I lived in with ten other exchange students. It was more expensive than a studenthome in Utrecht so I did have to save money to pay for it.

leisure & culture

Brighton is an amazing city to live in for six months. There is so much to see and do in Brighton you will not get bored. Besides Brighton is an hour from london, but also many small coastal cities. Brighton itself is known for the lanes, these have many little shops and coffee and cake places to explore.

suggestions/tips

The University of Sussex organizes many trips from musicals to country side walks. I went on many of these trips and they were totally worth the money. Another tip, is to make sure to not lock yourself up in your room but enjoy your time abroad with the other exchange students.

CONCLUSIONS

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

YES, I had the most amazing time abroad at the univeristy of Sussex. Brighton is a really accepting city and you will definetely feel at home in Brighton. I cannot really think about negative points about going to study abroad at Sussex! the only negative point is going back home!

do you have any additional advice or comments?

Don't be afraid to go out of your comfort zone! Say yes to everything!



UU Report form - Erasmus 2018-2019

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	Pedagogische Wetenschappen

destination city & country	Brighton, United Kingdom
name university abroad	University of Sussex
start date	30 / 01 / 2019 (dd/mm/yyyy)
end date	09 / 05 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The application was very clear and the International Office provided very detailed information about how to apply. The department of Pedagogische Wetenschappen was also very helpful with the motivation letter.

counselling & support at Utrecht University

The International Office is very helpful! They have helped me a lot with all my questions before and during my time abroad.

academic preparation

I did not prepare extra for this exchange in an academic way. When looking back, this was not necessary as well.

language preparation

Because the main language was English and I already felt quite competent in English, I did not prepare in any way for this.

finances

I saved money from my job and I used that to travel. I used the money from my students' loan for the substances.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The programme has many different options, although I found out when I was already in Brighton that there are more options available that are not mentioned on the website beforehand. It can be useful to e-mail the school you are in to ask if there are any other courses available, outside of the list that is published on the website.

academic quality of education activities

The level of academics is not as high as at Utrecht University. The content of the courses is slightly less difficult, but the most different is the way the grading works and the way your mark is established. The exams, papers and coursework are in general less difficult than at UU.

counselling & support at receiving university abroad

The International Student Support was very helpful. They can refer you to whatever service you need, if they cannot provide it themselves.

transfer of credits



I have not you received a transfer of my credits.

STUDENT LIFE

welcome & orientation programme

The International Student Support organised a very fun week for the international students. It was a great way to get to know the campus, its facilities and the city and to get to know the other international students.

accommodation

The accomodation was very lovely! I was originally placed in a flat at campus, but I asked for a placement in the city centre and that was possible as well. So, I lived in the city and that was a very very lovely experience. The city is so vibrant and it is so fun to explore the city. I think you would not get to experience Brighton in the same way if you were living on campus. On the other hand, I did not live with other international students and me and my flatmates did not really bond. So, in terms of flatmates, it can be more fun to live on campus. One thing to keep in mind is, apart from furniture, there is nothing available at the accomodations, so no pots and pans, utensils, duvets, pillows or anything. You can buy those things really easily from the university or you can bring it from home, but it can be handy to keep in mind.

leisure & culture

Brighton is the most fun city every! So many independent shops and cafes! There is always something going on for everybody. Almost every day of the week it is fun to go out to bars and clubs, but there are also many lovely parcs and ofcourse the beach if you are more into chilled activities.

suggestions/tips

North Laine is by far my favourite part of the city! The most fun thing to do in Brighton is to just wander around (especially in North Laine) and enjoy the colourful shops and all the lovely coffee bars. And you should definitely try Fatto a Mano for the best pizza ever.

CONCLUSIONS

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

Yes, definitely! Brighton is such a lovely and fun city and the University of Sussex is well structured and is very helpful.

do you have any additional advice or comments?

Enjoy!



UU Report form - Erasmus 2017-2018

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

destination city & country	Brighton, United Kingdom
name university abroad	University of Sussex
start date	15 / 09 / 2017 (dd/mm/yyyy)
end date	15 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application process took some time, for example you have to choose the modules you want to take abroad and fill in some forms. However, I didn't mind doing these things, because I was looking forward to studying abroad!

counselling & support at Utrecht University

The international office in Utrecht helped me a lot. You can always e-mail your questions or visit them during the office hours. There was also an information event, where I met another girl who went to Brighton.

academic preparation

I chose courses that matched my study in Utrecht, so I didn't pay any attention to academic preparation. I followed one course that didn't fit in with my study, but this was a first year course, so it wasn't necessary to prepare anything.

language preparation

I didn't pay any attention to prepare for the language, since I went to England.

finances

Studying in England is quite expensive, so I started saving money in time. Still I spent a lot more money than I expected, so take this in mind!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The University of Sussex keeps you well informed about which courses you can follow and which ones you can't. Also when I was abroad and decided to drop a course, this was arranged well. Eventually, I followed two first year courses and one third year course. I didn't have to buy books, because all the readings were PDF which I could download from Study Direct (something like BlackBoard).

academic quality of education activities

The study in Brighton was different than I'm used to, I had fewer teaching hours and I found out essays are more common than exams (for the exchange students). I think it's a good system, because you can plan by yourself when you have to study and that makes it easy to combine with your student life and exploring the city. The quality of the lessons was fine.

counselling & support at receiving university abroad



Also at the University of Sussex they have a helpful international office, where you can go to ask all your questions.

transfer of credits

The transfer of credits comes later, so I can't tell anything about this yet.

STUDENT LIFE

welcome & orientation programme

Since I started the study in September, there was a freshers week for all first-year students. Many activities were organized which was fun! You can also meet a lot of new people. There were also several welcome talks with information about the university and life in Brighton, but these were not that useful.

accommodation

I had signed up for a room arranged by the university. I was placed in a hotel in Brighton, with all other international students. I had to share my room with another international student (with our own bathroom), but this was really fun :) There were approximately 70 students in the hotel, so there was always someone around to talk to or to do some activities with. However, the room was a bit expensive compared to what you get, but finding a room by yourself is difficult, so I think this was a good solution. The kitchen was not so good, it was quite small for the number of people living in the hotel and most of the time it was a bit dirty, but many students are used to this in student houses so we didn't care ;) The location was very nice, close to the beach and the city. The university, on the other hand, is further away. It took approximately 40-45 minutes to campus by bus.

leisure & culture

Brighton is a really nice city! There are many restaurants, cozy coffeeshops (of course they don't mean a coffeeshop like in the Netherlands, but just a café), clubs and of course you have the pier and the sea. The people are very open and often in for a chat. And, I almost forgot, a nice shopping mall!

suggestions/tips

London is close to Brighton, so you can also explore this city! Lewes is a small village close to Brighton, nice to see. Besides, you can go to the Seven Sisters. The Seven Sisters are seven adjacent chalk cliffs on the coast, it's very beautiful.

CONCLUSIONS

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

I will definitely recommend the University of Sussex in Brighton.

do you have any additional advice or comments?

You can always contact me for any questions :)



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	Interdisciplinary Social Sciences
destination city & country	Brighton, UK
name university abroad	University of Sussex
start date	16 / 09 / 2017 (dd/mm/yyyy)
end date	16 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

It was a lot of work, but nothing too bad. The university made it very clear what documents you needed to fill in and when the deadlines were.

counselling & support at Utrecht University

I always got an answer to my questions and they replied very fast via email.

academic preparation

University of Sussex is pretty much the same level of education as Utrecht University, so I didn't need any preparation

language preparation

No need for a language preparation, you will be surprised how easy it goes to talk English all the time

finances

I saved up a lot of money, which turned out to be a very good idea. I have spend at least €3.000 during my time abroad, excluding flights and accomodation. Be prepared that you are going to spend a lot more than you expect because of all the trips and nights out. Just make sure you have enough savings, you should not have to be worrying about the money you are spending because it is definitely going to be the time of your life.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I took two courses in Sociology (one 7,5 ECTS and one 15 ECTS) and one in Social Geography (7,5 ECTS). Because I am a fourth year student I could choose whatever level I wanted, and my modules varied, but I enjoyed the third year module of 15 ECTS the most. Keep in mind that third year modules are very popular and usually have limited place for exchange students, so don't get your hopes up too much. I got an email in may to which modules I was assigned, but I was still able to make some changes in them. Also, during the first two weeks I realized that I didn't like one of the modules, luckily it was very easy to switch to another one. So in general, don't worry too much about the modules you are picking, there is always a solution if you don't end up liking them.

academic quality of education activities

I thought the level of education is quite comparable to Utrecht, besides the fact that it is much more relaxed at Sussex. They don't expect a lot of you and they don't really take track of your attendance. A lot of it is just your own responsibility. Deadlines are usually all at the end, or somewhere close to your reading week (which is a



week off actually!). I enjoyed the fact that I had so much free time, especially as being an exchange student. I feel like the third year module was actually the only module that asked the same amount of focus and time as all my modules in Utrecht.
counselling & support at receiving university abroad
I didn't need counselling or support, so I can't really comment on this.
transfer of credits
Not yet received.

STUDENT LIFE
welcome & orientation programme
The freshers week was okay, the parties were quite expensive in comparison to what you get and I also felt a bit of overwhelmed with all the activities. Especially because you don't have a group of people to go out with, you just have to find your own company. I guess the buddy scheme is a good way of doing this, but I personally never got to meet my buddy. Luckily I stayed in the student hotel so I met a lot of people in my accomodation. In general, it is incredible easy to meet new people even without going to a lot of activities, I didn't expect that at all.
accommodation
I stayed in one of the two hotels in Hove (Imperial Hotel). It was the best choice I had ever made. Don't be scared by the fact that you have to share your room, trust me I like my privacy but I didn't mind any second of it. Everyone has such different routines, which means you're not spending a lot of time together in the room. Next to that, the dining room in the hotel is pretty nice and comfortable. The location of the hotel was just perfect for experiencing Brighton and its nightlife, and it's just right next to the sea. There is a direct bus to uni, which takes about 45 minutes, but since I didn't have a lot of lectures I didn't mind the travel time.
leisure & culture
Brighton is an amazing student city. It is always full of life, there are pubs everyone and you'll never get bored with wandering around the adorable city centre or walking by the seaside. The vibe in Brighton is just so lovely, it feels like everyone is just having a good time. Not to forget, they have awesome vintage stores. And with London being so nearby.. Do I need to say more? Oh, and if you get the chance, go to the Lewes Bonfire on November 5 th !
suggestions/tips
Don't be afraid of going on abroad, it's really the best thing I've ever done. I'm not a very chit chatty person but I have never talked to so many people as I have here, and I made some friends for life. I do recommend anyone to get the student hotel accommodation, since I have talked to some exchange students who stayed in AirBnb's and they wished they had chosen for the hotel option.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Definitely, 100%! You are going to have an amazing time in Brighton, for sure. You should not expect too much of the academic level of the university, but that's not the main reason to go on exchange right?
do you have any additional advice or comments?
Don't think twice whether you should or should not go abroad, really, just do it. It will be the time of your life. I enjoyed every second of it and I would do it again if I had the option. You get to learn so much about different cultures, but also about your own culture. You make friends all over the world and maybe the coolest thing of it all is that you get to know yourself much better. Very cliché, but true!



UU Report form - Erasmus 2016-2017

faculty/college	Sociale Wetenschappen
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Cultural Anthropology and Development Sociology
destination city & country	Brighton, United Kingdom
name university abroad	University of Sussex
start date	25 / 01 / 2017 (dd/mm/yyyy)
end date	09 / 06 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

In the beginning the application process seems incredibly overwhelming - for me at least. However I have learned that it is so easy to avoid this, if you just do everything right away, as soon as a notification email pops into you inbox. And if that's not possible, I made lists of everything I needed to do and suddenly everything did not seem as overwhelming anymore!

counselling & support at Utrecht University

I had loads of questions and uncertainties, but I felt supported by Utrecht's International Office. I found them very helpful.

academic preparation

I did not feel the need to prepare myself academically. I only made sure I followed a course in English the term before I went to Brighton so I could get used to thinking academically in English.

language preparation

I felt like my English was well enough to engage in society - like I said, I only followed a course in English to warm up my English academically.

finances

I knew that England might be quite expensive, so I saved quite a lot. Eventually, I made sure I had E750 per month to spend (excl. living costs) and I found that that was enough to maintain myself.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Before I started, I was enrolled in different courses (or modules as they are called here) then what I ended up doing. I was asked to make up a top 6 of courses that I wanted to do and got enrolled in my three least favorite options. However, I found out it was really easy to switch courses! You only have to go up to the school's coordinator, ask if you can switch and 99% of the time he would do it right away.

academic quality of education activities

I think the academic quality is the same as at Utrecht University. However, I did experience the courses I did to be easier than comparable courses I did at home. They expect less of you, and the workload is also not as much. Additionally, the contact hours were way less than at home. Here I only had 8 hours of class per week for 4 courses.

counselling & support at receiving university abroad



Apart from the housing office, everyone was very helpful and was happy to point me in the right direction.

transfer of credits

Havent received it yet, so can't say anything about it.

STUDENT LIFE

welcome & orientation programme

I highly recommend doing the welcome and orientation programme! Eventhough they mostly host talks about life on campus and Brighton, and have not so many social activities to get to know each other, it still gives you a pretty good idea who is in the exchange with you. Just go to all the talks, you will meet people!

Accommodation

I was in an University managed accommodation. They offered me a room in a hotel, with a roommate and 75 other international students! Sounds pretty good right? In reality, the hotel is not a nice place and is even for a student far below acceptable living standards. While the room and bathroom are very basic and old but alright, the kitchen is a real problem. Most of the facilities were broken most of the time and it should be cleaned daily by the hotel but they failed to live up their promises - we were lucky if it was "cleaned" once every two weeks and that is just not what you want when you share one kitchen with 75 others! Same goes for the room. We were promised weekly housekeeping for our rooms but they did the ultimate minimum cleaning. However, the social aspects of living with so many people were great and the location is amazing!

leisure & culture

Brighton is a really fun place to live! Right by the sea, you always have the possibility to get some fresh air. It has the same feel as Utrecht - not too big and everything is pretty centered. There are many places to go out, go shopping and there is a great variety of restaurants and cafes to choose from.

suggestions/tips

Explore south England! If you book in advance, train tickets can be as cheap as 10 pounds for a return ticket to London for example.

CONCLUSIONS

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

I highly recommend it! British life is easy to adapt to but I found the little differences between the Dutch and the Brits very funny. Brighton offers everything a student could wish for, if you like to party everynight or if you like to explore the surroundings and nature.

do you have any additional advice or comments?

Find your own accommodation haha, might be a bigger effort, but will be worth it!



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	Psychology
destination city & country	Brighton, England ,
name university abroad	University of Sussex
start date	10 / 09 / 2016 (dd/mm/yyyy)
end date	05 / 01 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process
I had to write a motivation letter and fill in the required documents provided from Utrecht University, apply via osiris. Once I got accepted by Sussex I had to fill in several documents provided by them and chose modules and get these approved by my home University. It was quite a lot of paper work but surely doable.
counselling & support at Utrecht University
There were several information events, I got the contacts from a girl who used to study at the same abroad university, the international office always helped me quickly with any questions.
academic preparation
Since I studied something different in Brighton than I did in Utrecht I had to make sure my subjects were accepted by Utrecht University. Further preparation was not necessary.
language preparation
I did the language test required by the Erasmus programme once I arrived in Brighton, further preparation was not necessary.
finances
I started saving half a year before I left to Brighton, I saved around 2000 Euro which I had plus the regular monthly amount I got from my parents. This was enough to have a good time but surely not enough if you also do trips and travel with other erasmus students during the stay. Especially food is really expensive compared to the Netherlands.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
I chose three first year anthropology modules and one second year literature module. All literature was provided as pdfs, sometimes I had to buy books for my literature classes but that was only twice and not expensive. I switched my modules in the beginning quite a lot, tried some and then changed my mind about them. It was no problem to change the modules within the first 3 weeks of the programme. I had lectures and seminars 4 days a week. The rest of the time had to be used to study independently and especially read a lot.
academic quality of education activities
The academic quality varied in my opinion. For some modules you really had to read a lot and always be prepared otherwise you wouldn't understand any content anymore. For other modules it was just a lot of repetitive talking especially in the seminars which felt quite useless to me. I was supposed to have a



presentation once which the tutor just forgot about then, sometimes lectures did not take place and noone informed you about it.

counselling & support at receiving university abroad

The support of Sussex University was really good. Everybody was welcoming and helped you with any questions, a lot of informational and fun activities were organised especially during the first weeks, I felt very supported by them.

transfer of credits

There were no issues with the transfer of credits.

STUDENT LIFE

welcome & orientation programme

Lots of events organised, lot of tours in the city and on campus, trips to other cities, speeches were given by head of international office, head of your department and so on. Got lots of welcoming packages with useful information about the university. Some fairs were organised for sports societies and other leisure or study related societies.

accommodation

I lived in a hotel with 80 other international students. We had shared room although I got a single room because my roommate switched to another room. The hotel staff was friendly, the rent was highly overpriced for a shared room which was also really tiny (it was 125 pound per week), for a single room it was fine but for a shared surely not. The location was also nice, it was right by the beach and 20 minutes walking to the city center. The 80 students shared a large common room in the hotel and a too small kitchen, we had 2 washing machines but one was always broken so you had to know when to wash. Although we complained a lot about the cleaning and the kitchen and prize, I wouldn't have liked to live anywhere else but in this hotel since I met so many lovely people from all over the world there, we had a lot of fun.

leisure & culture

Brighton is the best place to be in the world if you like music and art and fashion and are in general a open-minded person. There is so much to do every day and the city really feels alive and much bigger than it actually is. Also for queer people and politically active people it is the perfect place. Everybody was engaged in something and of course, everybody had their own band. Lots of nice bars to discover and the pier of course is lovely.

suggestions/tips

CONCLUSIONS

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

I would definitely recommend Sussex University and Brighton. Brighton is as explained earlier such an exciting and young city to live in righth now and although I sometimes had my issues with the unorganised manners of the university (well I am german) the lectures and subject in general were really interesting and if you do the reading you can learn a lot.

do you have any additional advice or comments?

If you have the chance to, stay for a whole year and not a term in Brighton. This is what I really regret. There is so much more to do in the city and Sussex Students might would have been opener to really get to know you when you stay longer than just 3 month.