



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

faculty/college	Faculty of 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	Uppsala, Sweden
how did you travel to your destination?	By car
name university abroad	Uppsala University
start date	29 / 08 / 2022 (dd/mm/yyyy)
end date	15 / 01 / 2023 (dd/mm/yyyy)

**PREPARATION**

exchange application process

The information about the application process was very clear. There was a checklist of what we needed to submit, because of this it was very easy. Also when I had questions, I could email everything to the international Office.

counselling & support at Utrecht University

The support from Utrecht University was helpful. If I had any questions about the application process the Internal Office answered really fast.

academic preparation

I didn't had any specific academic preparation. All the knowledge that I needed for the courses at Uppsala University I got from my previous courses at Utrecht University.

language preparation

The courses were given in English. So I didn't need any preparation beforehand. I took the course Basic Swedish level 1 in Sweden, so I practised a little Swedish through Duolingo.

finances

I had saved a lot of money before going on exchange, also the Erasmus grant was a great help.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

Uppsala University only offered courses from the department of education. I was interested in this subject and that is also one of the reasons I choose Uppsala University. The courses were very interesting and I learned a lot about the education system in Sweden. I also got the chance to experience it myself through the visit of a secondary school, I had the opportunity to observe here for three weeks. The only drawback I found was that a lot of the information from the different courses was repetitive.

academic quality of education activities

The academic quality was good, but it was lower than in Utrecht. There was not really a clear difference between lectures and seminars and we didn't had exams, only papers we had to write. I am used to working together on a paper, but at Uppsala university you had to do everything individually. I liked this a lot, because you could write about your own topics that you found interesting.



counselling & support at receiving university abroad
I had one contact person who I could contact if I had any questions about my exchange. If I had any questions about the courses I could email the teachers and they replied very fast.
transfer of credits
I didn't receive all my credits, but I think it will be fine. My contact person from Uppsala University already send an email that when we receive all our grades she will send us the transfer of credits.

<b>STUDENT LIFE</b>
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welcome & orientation programme
The welcome and orientation programme was good organised. We had a beautiful speech with music in the main hall. Beforehand we get all the information we need in one building. There are also activities organised by student nations (this were kind of student associations). Here we had the opportunity to get in touch with the Swedish culture and to meet other students. There was also an app that we could use to chat with other students.
accommodation
The accommodation was arranged by uppsala university. We had to apply and give our top 3. I got my first choice: Flogsta. When I arrived there was a place where I could pick up my key and we already had a bed, desk, a lot of storage places, chair, and our own bathroom. In Flogsta I lived with 12 room mates and almost every month we did something together. It was also only 15 minutes bike ride to the center. Unfortunately I had the first room and because of that I sometimes couldn't sleep because of the parties in the building.
leisure & culture
All the things I did were for students. Uppsala is really a student city. The student nations organize a lot of activities. It is also a perfect location to visit other cities in Norway, Sweden or Finland, but when you go to Uppsala you need to visiti Lapland. It's so beautiful there.
suggestions/tips
Just enjoy. I know it can be scary in the beginning to be there on your own, but you will make friends. Everyone there is alone and wants to make friends. Just make the best time of it!

<b>CONCLUSIONS</b>
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would you recommend this university/destination abroad to others? please explain
I would. Uppsala is a perfect city for students and everything is good organized.
do you have any additional advice or comments?
Just enjoy.



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

email address	daphnevanderlee2000@gmail.com
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	Educational sciences

destination city & country	Uppsala, Sweden
how did you travel to your destination?	Airplane
name university abroad	University of Uppsala
start date	18 / 08 / 2022 (dd/mm/yyyy)
end date	18 / 01 / 2023 (dd/mm/yyyy)

**PREPARATION**

exchange application process	The application process was not as difficult as it seemed. As long as you regularly check your e-mails and read all the documents that are sent to you by both your home and guest university nothing really can go wrong. Something I did to make sure I didn't miss any of the deadlines is that I made a separate word document where I wrote down all important deadlines, contact persons, etc.
counselling & support at Utrecht University	Whenever I had any questions during the application process that could not be solved by an e-mail, it was really easy to call or drop by the international office. I always felt like my e-mails were read really fast and I have always gotten fast replies, which definitely made the whole process of applying more fluent.
academic preparation	Since I was already in my 4d year of my bachelor studies, I did not have to do any academic preparation.
language preparation	Since everyone in Sweden seems to talk perfect English, I didn't have to really prepare any languages.
finances	I financed most of my exchange with my student loan from DUO. Sweden is an expensive country, so it definitely is recommended to start saving early, so you will still have money to go out and do trips. My rent however, in Flogsta, was not that expensive (380 euros per month, inclusive).

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)	I started my studies in Uppsala doing educational studies, but during my stay I decided to change courses to something I felt more interested in. This whole process went really fast and great overall and I have found the teachers at Uppsala University to reply really fast and they are in general really kind and helpful.
academic quality of education activities	Overall I experienced the Swedish courses to not be that difficult; compared to Universiteit Utrecht I would say the courses were less academically challenging. The quality of the courses, however, was not bad at all.



counselling & support at receiving university abroad
My contact person was really nice and replied really fast to e-mails; usually within 1 hour. I did not need a lot of support or counselling during my stay in Uppsala but I knew that whenever it was needed it was very easy to access.
transfer of credits
I am still in the process of transferring my credits.

<b>STUDENT LIFE</b>
welcome & orientation programme
There is plenty of opportunities to meet new people at the beginning of your exchange. The university itself organises a welcome week, but besides that the nations also play a big role in organising a lot of activities focused on the new students.
accommodation
During my exchange semester abroad I stayed in Flogsta. I am really happy that I decided to choose this accommodation because this is also where I made all my friends and where all my friends lived. Flogsta really is a fun place for students and there are a lot of parties that are organised every week if that is what you're into. To go to the city centre you can either take the bus (15-20 minutes) or take the bike (10 minutes). I shared the corridor (and one kitchen) with 12 people. The rooms have their own bathrooms and a lot of space to leave all your stuff and clothes! It's really easy to make friends in your own corridor and if you don't like the people in your corridor it is really easy to befriend other corridors as well since there are so many buildings with so many floors (7) and so many students!
leisure & culture
Something I really enjoyed doing in Uppsala was having fika with my friends. Fika is basically drinking a coffee with a cake in the afternoon, and it's really a tradition that Swedish people take very seriously! Uppsala has a lot of cafes where you can also sit to study. If you would rather go to a library: Ekonomikum is the most beautiful and silent library I have ever seen. To meet new people or to have fun with the friends you already made you can join one of the many activities that multiple nations organise every day. Even if you are not part of a nation, you can still join their activities as long as you are part of ANY nation. Activities include; fika, baking, live music & clubbing, game nights, etc.
suggestions/tips
Bring a wi-fi router, download the app Revolut (it's a pre-paid credit card that allows you to pay in any valuta which I have used a lot in Sweden) buy a bike as soon as you arrive in Uppsala, and join a nation (I really liked Varmlands).

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
Yes! Uppsala was not my first choice but after being here for half a year I am so happy that it was Uppsala, and I think I prefer this place over Stockholm/Oslo. The city is the perfect size for me (not too small, not too big), it is really cosy and the people are really friendly (also lots of students!). The nations also made this experience even more unique.
do you have any additional advice or comments?
You will make friends! I remember being a bit worried about this before my exchange but I have made friends from all over the world for life here. You will not regret going to Uppsala, I had the best 6 months of my life here and I am going to miss it a lot.



**UU Report form - Erasmus 2021-2022**

contact details	pleunmeister@hotmail.com <a href="https://exchangeervaringen.sites.uu.nl/category/pleun-in-uppsala/">https://exchangeervaringen.sites.uu.nl/category/pleun-in-uppsala/</a>
faculty/college	Faculty of Social Sciences (Education)
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Educational Sciences (Onderwijswetenschappen)

destination city & country	Uppsala, Sweden
how did you travel to your destination?	By plane
name university abroad	Uppsala University
start date	01 / 09 / 2021 (dd/mm/yyyy)
end date	16 / 01 / 2022 (dd/mm/yyyy)

**PREPARATION**

exchange application process	The application process was very clear. All the information was available on students.uu.nl and my contact persons of Universiteit Utrecht & Uppsala University sent me all the information that I needed from them. The application form was clear and easy to fill in.
counselling & support at Utrecht University	The support of Utrecht University was great. The International Office of FSW provided a lot of useful information and answered quickly and clear whenever I had a question.
academic preparation	I did not need to do any academic preparation.
language preparation	I did not need to do any language preparation for my courses. All the courses were in English (except for the Basic Swedish course) and the level was doable. Only for the Erasmus grant I need to do an English language test, one before my exchange and one after my exchange to see my progress.
finances	In Sweden, everything was a bit more expensive than in the Netherlands. But, you can make it as expensive or as cheap as you want. I spend the most money on trips (in and outside of Sweden). I saved a lot of money by eating together with friends. It is easy, fun and cheaper to eat together. I put some money apart before my exchange and during. You get some money from the Erasmus grant at the beginning of your exchange, and a small amount after your exchange. Of course you spend more money than you usually would, because you make more trips and you do some more fun things. Also, you spend a lot of money in the beginning, because you need to buy all the necessary stuff for in your room etc. But mostly, I think it is doable if you keep track on your costs.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)	I do the bachelor Educational Sciences (Onderwijswetenschappen) and I had to follow 75% of my courses at the
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<p>department of Education. I followed the following courses:</p> <ul style="list-style-type: none"> <li>- Education and Teaching: an international process (15 ECTS) (including field work for four weeks)</li> <li>- Education and Refrom strategies (7.5 ECTS) (I dropped this one because of the study load)</li> <li>- Special Needs Education in Sweden from a comparative perspective (7.5 ECTS)</li> <li>- Basic Swedish 1 (7.5 ECTS) (this course is during the whole semester, two nights in the week)</li> </ul>
academic quality of education activities
I experienced the academic quality of the educational activities as similar to the quality in Utrecht. But I did experience a lot of differences in the quality of academic writing between my classmates. you could notice that in some countries, they do not practice it at all, and in some (including Utrecht) you practice it a lot.
counselling & support at receiving university abroad
The support of my university abroad was very good. They provided my the right information on time and helped me with every question I had. Also, when I needed a signature for some documents, they replied quickly.
transfer of credits
My credits still have to be transferred.

<b>STUDENT LIFE</b>	
welcome & orientation programme	I arrived on one of the welcoming days. On the welcoming days, Uppsala University had a stand at the airport where they welcomed us. They arranged transport from the airport to the university building. At the university building we got some more information, we could pick up our keys and arrange our passwords for the university sites. We also got some information about the nations in Uppsala. The nations organised a lot of welcome activities for new international students in the first two weeks.
accommodation	I applied for university housing. When the international office nominated me to go to uppsala, we got a link from the contact person in uppsala to the site where we could apply for this housing. I did this as soon as possible. I had to make a top 3 of places where I would like to live. A few weeks later we got an e-mail that said if you got a place or not. Everyone I knew, got a place. I lived in Flogsta, the biggest housing in Uppsala. This is the place where most international students live. You live with 11 other students (international or swedish) and you share a kitchen. You have your own room and bathroom.
leisure & culture	The nations are a big part of the student culture in Uppsala. They organise a lot of activities, have club nights, have a restaurant where you can eat breakfast, lunch or dinner and they have a library where you can study. There are 13 nations and as an international students you can become a member of everyone of them. Mostly you choose one or two, you pay around 250SEK per semester. If you are a member at any nation (does not matter which one) you can go to all the other ones as well. The only advantage of being a member is that you can get tickets (for a gasque for instance) earlier than the rest.
suggestions/tips	<ul style="list-style-type: none"> <li>- Socialize a lot in the first few weeks! All the other (international) students are looking for friends than, just like you, so it is easy to find people you like to hang out with.</li> <li>- Become a member of a nation! Does not matter which one, but you can do so many fun things at the nations and you meet a lot of people.</li> <li>- Apply for university housing! Most of the times you get a place, and everything is arranged very well. A lot of new students apply for it as well, so you meet many new people. If you go to Uppsala for one semester, I would recommend to put Flogsta high at your list: it is easy to meet many people, everyone lives closes, it is cheap and the rooms are furnished. If you stay for longed than one semester I would recommend to put other housings</li> </ul>



higher at your list, at other places you live with less people, what can be very nice. I really liked living in Flogsta, but it was very noisy, busy and it can get very messy. So if I would have stayed for a longer period, I would have chosen another place.

### CONCLUSIONS

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

Yes I would definitely recommend Uppsala to others. I loved the city itself, the amount of students that lived there, how easy it is to travel to other big or small cities from Uppsala and how everything is arranged at the university. I enjoyed my exchange so much, so I would recommend going on an exchange in general for sure. But for me, Uppsala was the best choice, because of all the things I said before in this report.

### UU Report form - Erasmus 2021-2022

faculty/college	Faculty of Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Academische Lerarenopleiding Primair Onderwijs
destination city & country	Uppsala, Sweden
how did you travel to your destination?	By car
name university abroad	Uppsala University
start date	19 / 08 / 2021 (dd/mm/yyyy)
end date	16 / 01 / 2022 (dd/mm/yyyy)

### PREPARATION

exchange application process

The application process for my exchange went very smoothly. Both from the international office of Utrecht University as from Uppsala University I got emails in time with instructions of what to prepare. All instructions were clear and the application process didn't take too long.

counselling & support at Utrecht University

When I had a question concerning my application I contacted the international office. I always got a quick reply from them.

academic preparation

I didn't do any academic preparation in advance. I knew my courses were going to be in English, but I expected my English and academic English would be good enough.

language preparation

While applying to study abroad you have to give an indication of your English level. For me that was C1 (I did the CAE Cambridge exam in high school), so I was confident that the language wouldn't be a problem. I think that in general all Dutch students who want to study abroad have a sufficient level of English and should not worry about that. In Uppsala I experienced that all Dutch people were totally fine with doing their studies in English and expressing themselves in English.

finances



The Scandinavian countries are know for being more expensive compared to the Netherlands. I experienced that the difference in costs compared to the Netherlands is not that much, some products like alcohol are. However, since you want to make the most out of your exchange you spend more money compared to what you would have spend in the Netherlands. Also for me housing was a little more expensive (around €450 per month, but a bigger room with own bathroom) Luckily everyone can apply for an Erasmus grand which can cover some of you extra costs, so definitely do that! Personally I didn't calculate beforehand how much money I would need, but it might help you.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

I chose the following courses which were 37,5 ECTS in total:  
-Education and Teaching an International Process (15 ECTS): this was a course in which we learned about the Swedish educational system. Part of this course was a three week field study at a school to see the educational system in practice. For this course I had to give a presentation and write two essays.  
-Introduction to Comparative Education: this course covered how countries can be compared regarding education and how to set up a comparative research. For this course I had to write a research plan for a comparative study and present this plan.  
-Education and Reform Strategies: this course was about all the previous reforms in the Swedish educational system. For this course I had to write two reflections on the presented course material and one essay on a topic that I could chose myself.  
-Basic Swedish 1: this was an extra course for me to learn some Swedish words and sentences. This course was sceduled 2 times a week for 2 hours and at the end you had an exam (oral, grammar/reading, listening). For me this was the only course that I had to follow online and I didn't learn as much as I expected. Probably that was also a little bit connected to my own effort and motivation since I didn't enjoy the online classes as much as the in person classes at the university.

academic quality of education activities

I would say the academic quality of the classes are similar compared to the Netherlands, however the expectations of the papers you write are a little lower. For example, we got a lecture about academic writing which was new and difficult for a lot of students, but for the Dutch students very well know and easy. I experienced the work load to be lower compared to what I was used to in the Netherlands.

counselling & support at receiving university abroad

The support at Uppsala university was great. We had a contact person for all our questions including all our questions concerning the need of a signature for documents. She responded very quickly and informed us about everything we needed.

transfer of credits

As I am writing this (20<sup>th</sup> of january) my credits haven't been transferred yet. I did already receive my transcript of records, so I expect the credits to be easily transferred. At the beginning of the semester I already got permission of the examcommission for my courses.

**STUDENT LIFE**

welcome & orientation programme

At the beginning of the semester the university organises arrival days. It is smart to arrive on one of those days since you can be picked up form the airport, get all the stuff you need (information, keys to your room) and transportation to your accommodation. After the arrival days the nations (Swedish student associations) organize all kinds of activities to welcome new students. Through those activities I got to know a lot of people, the city and the nations themselves.





accommodation	
<p>During my stay in Uppsala I had a room in Flogsta. The process of getting an accommodation was very well organised by the housing office. After my application I received an email that I could apply for housing at the housing office. There are different places in the city for student housing and you could chose a top 3. I had Flogsta as my first choice, since I read that most international students live in Flogsta and in general a lot of students.</p> <p>In Flogsta you live in a corridor with 12 people. You have your own bathroom and you share the kitchen with the other 11 students. Depending on your corridor it can be very clean/messy and quiet/noisy. I was lucky and had a quite clean and quiet corridor with which I was really happy.</p> <p>I also experienced it to be true that most international students live in Flogsta, almost all students I met lived in Flogsta which was very practical because we could easily meet with each other.</p>	
leisure & culture	
<p>Besides studying I really wanted to explore Sweden and if possible the rest of Scandinavia. Some trips I did which I would definitely recommend: with the boat to Helsinki (and Tallinn), explore the westcoast with a roadtrip, Swedish Lapland, daytrips to cities that are near.</p> <p>In Uppsala I joined a nation (Snerkis nation). It was in particular usefull to join one of the nations so you could attend activities at all nations. At Kalmars nation I joined a choir which I really liked.</p> <p>Furthermore I enjoyed cooking together with people, watching movies, having fika and hiking through the beautiful Swedish nature.</p>	
suggestions/tips	
<ul style="list-style-type: none"> <li>-Enjoy the Swedish fika</li> <li>-Join a nation</li> <li>-Buy a bike</li> <li>-Apply to live in Flogsta</li> <li>-Make a lot of trips</li> </ul>	

<b>CONCLUSIONS</b>	
would you recommend this university/destination abroad to others? please explain	
<p>I would definitely recommend Uppsala to others. I would say it's like the Utrecht of Sweden. Not to big and not to small and really a student city. I easily found my way around and met a lot of great people. The nations contribute to the feeling of a student city and it's fun that so many students live close together in student housing. Also Stockholm and the Swedish nature are right around the corner which are both beautiful to visit.</p>	

**UU Report form - Erasmus 2021-2022**

faculty/college	Faculty of Social Science
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	Uppsala, Sweden
how did you travel to your destination?	By plane
name university abroad	Uppsala University
start date	19 / 08 / 2021 (dd/mm/yyyy)



end date	12 / 01 / 2022 (dd/mm/yyyy)
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<b>PREPARATION</b>	
exchange application process	The registration process was actually very easy. The international office helped me very well when I had questions. The only thing that was not properly arranged when I registered was the information about the courses I was going to take in Uppsala. I thought I could just follow them, but apparently I needed 60 ECTS in courses in Educational Sciences. In the end I was advised not to say anything to Uppsala University and I was admitted either way. I had a lot of luck that Uppsala University did not notice this, but maybe good for the next exchange students that this is mentioned explicitly.
counselling & support at Utrecht University	This always went really well. The international office responded quickly to emails if you had a question. They were very helpful.
academic preparation	I actually didn't do anything for this. I haven't prepared anything for courses in advance, but I don't see why this would be necessary either.
language preparation	Same situation as described above. My English was already fine, since my entire second year at uni was also in English.
finances	I saved some money before going to Uppsala. I also got some money from family. But in the end you just have to continue borrowing money through stu.fi. And of course, you will also get your erasmus grant. But in general, how I got money was not very different than how I would finance it in the Netherlands. The only difference was not having a job anymore, but I also liked that for five months.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	I was obligated to take 75% of my courses in educational sciences. These courses were about the education system in Sweden. Unfortunately I did not find these courses interesting. This is also doesn't suit my bachelor program. Fortunately, I was still able to choose a course of personal choice and I found it very interesting. In the end, the courses were easy to do, because the exchange itself was a lot of fun. But something to keep in mind for next exchange students. (Side note: I also didn't understand why I was obligated to follow educational courses. It doesn't really make sense to me why Utrecht University wanted me to do this.)
academic quality of education activities	The academic quality was comparable in terms of the literature you had to read. But other than that I found it very easy. I always had to write papers which is not that difficult for me.
counselling & support at receiving university abroad	The help I was offered was very good. For example, the first day we were helped a lot with transport to our accommodation. In addition, there was always a contact person that I could email with all my questions. And the teachers were also very nice and helpful.
transfer of credits	This hasn't happened yet, but I think it should be fine.



<b>STUDENT LIFE</b>	
<b>welcome &amp; orientation programme</b>	
	Especially the first week there was a lot to do. We then went to all nations, also known as Swedish student associations. Here you could meet a lot of people and get together and eat, for example. In addition, our teacher of the first subjects organized a walk with the class to get to know each other and the city better.
<b>accommodation</b>	
	I lived in Flogsta, where many international students live. It was very nice to live so close to each other with everyone. Often your friends lived in the same building or one next door. The room itself was also nicely spacious and I had my own bathroom. I also lived with 12 people in my corridor. It was cool to live with different people from different cultures, but now I am also happy to live back in Utrecht. But this is really due to my personal preference that I prefer to live with less people, because it is also a bit cleaner then. Nevertheless, I had a very good accommodation for half a year.
<b>leisure &amp; culture</b>	
	There was a lot to do in Uppsala. The different nations organized events and you could also go out at some of them. In addition, I liked going to many cafes in the city where you could have a Swedish fika. And, I really enjoyed going into the woods for hiking.
<b>suggestions/tips</b>	
	Go and plan a lot of trips if you're able to. We went to Helsinki and Tallinn which was really nice. Further, we also rented cars and drove along the west coast. And we also went to Lapland with new year's which was a really cool way to end the exchange. If you don't have a lot of money, then there are also a lot of day trips which you can make. For example go to places like Stockholm, Gävle, Oregrund etc.

<b>CONCLUSIONS</b>	
<b>would you recommend this university/destination abroad to others? please explain</b>	
	Yes, I definitely recommend this university to fellow students. It is a very pleasant university to study at, where they welcome internationals very much. I also really liked the city itself. The center is super beautiful and there are many forests around it. But I would think carefully about what type of exchange you want. I first wanted to go to Asia, because I wanted to experience a culture shock. You will not experience this in Sweden, so you have to take that into account.
<b>do you have any additional advice or comments?</b>	
	If you are still in doubt about going on an exchange, then you should just do it. It is an experience that no one can take away from you, where you will learn a lot. I will take the friendships and all the personal learning lessons forever with me.

**UU Report form - Erasmus 2021-2022**

<b>faculty/college</b>	Faculty of Social and Behavioral Sciences
<b>level</b>	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
<b>name study programme</b>	Pedagogische Wetenschappen (Pedagogical Sciences)
<b>destination city &amp; country</b>	Uppsala, Sweden
<b>how did you travel to your destination?</b>	By plane



name university abroad	Uppsala University
start date	30 / 08 / 2021 (dd/mm/yyyy)
end date	16 / 01 / 2022 (dd/mm/yyyy)

<b>PREPARATION</b>	
exchange application process	The exchange application process was easy and went without obstacles, as far as possible in COVID-19 times. This is because the International Office of the Faculty of Social and Behavioral Sciences in Utrecht provided me with all the necessary information on the website and at the predeparture meeting.
counselling & support at Utrecht University	The support of the International Office of my faculty helped me to get through the preparation process smoothly. They responded quickly whenever there was a document to be signed.
academic preparation	Before coming to Sweden, I looked up the courses I could possibly follow. I selected a few at the Department of Education that seemed to match my own program in the Netherlands. Other than this selection of courses, no academic preparation was needed.
language preparation	The only language preparation I did for the Swedish language was to use the Duolingo app to get to know some basic words. However, this knowledge was not really necessary to follow courses in Uppsala since the language in which the courses were taught was English. For this, my high school English education and the experience I have with the language in university was enough to be able to follow my courses.
finances	Before applying I looked at what it would roughly cost me to go to Sweden for a semester. In doing so, the information on the cost of living in Sweden on the website of Uppsala University helped me. Then I looked at what I had already saved, what more I would need to save and what amount of money I could get through the Erasmus+ grant.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	At the Department of Education, I followed the courses Education and Teaching: An International Process (15 ects) and Swedish Special Needs Education from a Comparative Perspective (7,5 ects). I also followed Basic Swedish 1 (7,5 ects). At first I wanted to follow a Psychology course as well, but in the end there was overlap with the Swedish Special Needs course, so I unenrolled from that course.
academic quality of education activities	The quality of education is a bit similar to the Netherlands. For example, when writing a paper, it is expected to properly apply research skills such as stating your sources. Some of my peers from other countries struggled with this at the beginning of the semester. However, seeing as this is very similar to what is expected of Bachelor students in the Netherlands, I did not have any problems with this.
counselling & support at receiving university abroad	I did not need counselling but for support and any documents that needed to be signed, the contact person at Uppsala University was very quick to respond. This was very helpful.
transfer of credits	My credits have not been transferred yet.



**STUDENT LIFE**

welcome & orientation programme

The welcome days in Uppsala helped me to kick off my semester abroad. It was very convenient that there was a bus from the airport to the university building where we got all the necessary information and the room keys. It was also helpful that the bus then dropped all of us off at our accommodation. In the first days of being in Uppsala, I participated in a lot of events organised by the nations (a type of student organisations) and met a lot of lovely people there.

accommodation

It was very easy for me and all the other international students I spoke to, to find housing. We all found it through the Uppsala University Housing Office. I did sign up the first minute that it was possible to do so, but I know about other people who signed up later that they still got housing. In Flogsta, I shared a corridor with 11 other people. I must admit that I had no clue what it would be like to live with this many people before coming to Sweden. Luckily it turned out to be quite pleasant to live in my corridor. We started off on a good note with a corridor meeting in the first week so we all knew who lived in the corridor and we knew the expectations for keeping the corridor clean.

leisure & culture

Like I mentioned before, there are nations in Uppsala which are a type of student organisations. What is nice about these is that you only have to sign up to join one nation and then you can go and participate in events organised by every nation. There are 13 nations, so that makes for a lot of activities you can join! I would definitely recommend joining a nation. I personally joined Snerikes but actually I was at Gästrike-Hälsinge nation more often.

suggestions/tips

-If you want to live close to your new friends in Uppsala, I would really recommend that you put Flogsta as your first preference when signing up for housing. Most of the international students will live there, which makes it a fun place to be.  
-Make the most of your time in Sweden! Of course go to Stockholm, but also visit smaller towns such as Sigtuna and Öregrund. I would also recommend that you go to the west coast and visit Gothenburg. And of course go to Lapland. You can visit all of these places by public transport.  
-Even if it is not necessary to know Swedish when following the courses that I did, it was helpful for me to know a bit of Swedish when doing my field studies at a Swedish primary school during the course Education and Teaching: An International Process. Because of duolingo and the course Basic Swedish 1, I could understand a lot of the interaction between the teachers and students at this school. In contrast to this, my peers at the Swedish school mostly just asked the teachers afterwards what they were talking about.

**CONCLUSIONS**

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

I would definitely recommend Uppsala University as a place to study abroad in. In my experience, it is very welcoming to international students. The nations (student organizations) in the city are open to internationals joining them as well and they ensure that you have a great time living there.

do you have any additional advice or comments?

Enjoy you exchange while it lasts!



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

destination city & country	Uppsala, Sweden
how did you travel to your destination?	By aeroplane.
name university abroad	Uppsala University
start date	22 / 08 / 2019 (dd/mm/yyyy)
end date	20 / 12 / 2019 (dd/mm/yyyy)

### PREPARATION

exchange application process
It can take some time to fill out all the documents and to get the necessary signatures from different parties. As long as you start with this on time and give yourself a clear overview of what needs to be done, it should be fine.
counselling & support at Utrecht University
The support from the International Office at Utrecht University is great, the employees are always quick to respond and will answer all your questions.
academic preparation
No specific academic preparation was necessary.
language preparation
No language preparation was necessary either. The courses I took were specifically for exchange students and all given in English. And of course, the Swedish speak English very well.
finances
Especially at the beginning of your exchange, you will probably spend more money than expected, because you will need to buy some basic necessities like bedding, kitchen supplies, and a bike or other things you can't take from home. You will most likely also want to travel around a lot during your exchange. Sweden is also a quite expensive country to live in, as for example food and public transport are more expensive than in the Netherlands. So make sure that, even with the grant, you have enough space to stretch your normal budget a little. And don't forget to apply for the public transport compensation (OV-vergoeding) at DUO if you have a studentenreisproduct.

### STUDY ABROAD PERIOD

study programme (content and organisational issues)
I followed the courses: Education and Teaching - an International Process (15 erts), Education and Reform Strategies in Sweden (7.5 erts), and Introduction to Comparative Education (7.5 erts) at the Department of Education during the fall semester. All these courses are only given to exchange students, and they all end before the christmas break. I thought this was nice, because it meant I could go home for christmas without having to travel back to follow just two weeks more in January. If you follow courses at a different department however, it could be that your courses end in January, so keep this in mind. I also followed the course Basic Swedish (7.5 erts), which was interesting and also quite fun to follow.



academic quality of education activities
The academic quality of the courses is a little bit lower than that at Utrecht University, and some of the material might be repetitive. But I would say that I still might have learned more in these courses because of the international environment. It is also interesting to see the differences in education between Sweden and the Netherlands by experiencing it yourself.
counselling & support at receiving university abroad
The information given by the university was always clear, and it is always possible to ask questions.
transfer of credits
My credits still have to be transferred.

<b>STUDENT LIFE</b>
welcome & orientation programme
The welcome programme is very well organized by Uppsala University. If you arrive by plane, there will be a free shuttle service to the university. Once at the university, you will get information and you will arrange some things like the password for your StudentPortalen account and you will receive the key to your room if you got a room in one of the housing facilities. You will also be brought to your housing facility from the university. There are three arrival days, and the first week is the 'welcome week' for international students, with a lot of activities organized by the student nations and opportunities to meet other international students. There is also a facebook group for the international students.
accommodation
I was informed that this year (I think for the first time) there would not be enough accomodation places for the amount of international students that were coming. So per department, they would randomly select a certain amount of students. I don't know if this is true, however, because when I was there, I knew of a lot of empty rooms and most people I knew had gotten a room. When applying for a room, you give your top 3 choices. For the application, there is a period of 2 weeks, but I applied directly the first day the application link opened, at midnight. This might have helped, as I ended up getting a room at my first choice of Flogsta. I would definitely recommend Flogsta. This is the largest accomodation and it is were most events happen. The location is nice and it is not very far from the center by bike. The corridors are shared between 12 people, which seems like a lot, but this is actually not a problem at all. You have your own bathroom, everybody usually uses the kitchen at different times and with so many people the corridor is just a homier environment.
leisure & culture
Most of the things to do in Uppsala for students will be at the student nations. These are organizations run by students for students, that have their own buildings throughout the city, with pubs, restaurants, and libraries. They organize events and activities and are also just a place to hang out with friends. You can join one of the nations and join their sports, music, and other cultural activities like the gasques. It doesn't really matter which one you join, as long as you are a member of one nation, you will have access to the other ones aswell. It is also possible to work at the nations, but you won't get paid much and you will have to register at the tax agency, which can take some time. I did this, but more as an activity than as a way to earn money. Uppsala is a really beautiful town, but after a week or two, you will probably have seen most of it. But the location of the city makes it ideal to travel from. You could travel within Sweden to visit different places, but definitely go abroad as well. Students will for example travel to Bergen, Oslo, Helsinki, Tallinn, Copenhagen, St. Petersburg, and Lapland.
suggestions/tips
- If you want more time for leisure and travelling, maybe only take 22.5 credits worth of courses (make sure, of course, that you will take enough courses to make up for it at Utrecht University).



- Make sure to make friends immediately and arrive on the first arrival day. You will most likely feel quite lonely when you arrive, so if you just have somebody to go to IKEA with or to have dinner with on the first day, that will really help. I did this with someone I met directly after my arrival at the airport, while waiting for the bus, and she ended up becoming one of my best friends. Keep in mind that all the international students there are in the same boat, and they will probably will like somebody to talk to as well.

- Even though Sweden will be more expensive to live in, there are some smart ways to save money. At the beginning of each semester, for example, there will be a free market at Flogsta where you can get things that other students left behind. There is also a second-hand bike market at Flogsta held at the beginning of the semester, and you can also get things second-hand on facebook marketplace, for example. Also make sure to sell/get rid of stuff that you're not taking back home in time before you leave the country.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would, I think Uppsala University is very welcoming to international students and the city itself is perfect for students.
do you have any additional advice or comments?
Time flies, so enjoy your time while you're there:)





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

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

destination city & country	Sweden , Uppsala
how did you travel to your destination?	plane
name university abroad	Uppsala University
start date	23 / 08 / 2019(dd/mm/yyyy)
end date	15 / 01 / 2020(dd/mm/yyyy)

**PREPARATION**

exchange application process

The application proces was not difficult at all. the options were clear and the specific terms ad conditions for the universities were clear.Sometimes it was confusing whether or not the information was to come from the receiving university or the sending university.

counselling &support at Utrecht University

there were a couple of days when University Utrecht decided to organise informative gatherings where certain things were explained by teachers and by other students who had participated in the past. futhermore if things were unclear, they were always very helpful via E-mail.

academic preparation

a strange thing with my exchange was that I had to follow certain courses outside of my own faculty (psychology), nobody else abroad seemed to be in the same preperation. However I found the courses I followed very interesting luckily. it was just a bit strange I was very restricted in choosing my courses abroad.

language preparation

preparing for the language was not difficult at all. the course language in Sweden was English. I already had a certificate of C2 level in English. It was strange that this certificate was not accepted as proof of proficiency. the obligatory test however was not a very long one. overall it was not a long process

finances

the application for the Erasmus grant is really quite a long process and a lot of going backwards and forwards between two universities requesting signatures and other documents. at some time I found it all quie confusing and eventually I did not receive the grant until a month into the exchange, but yet again it all turend out fine.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

the programme was well organised. As mentioned before the courses i ended up following would not have been my first choice, but I ended up really enjoying the courses and I felt like they were very educational, the only small issue was my timetable which was not balanced. I followed most of my courses towards he end of the semester which gave me load of free time at the beginning

academic quality of education activities



It was very different to back home, the classes were very small which made the lessons quite personal and interactive which in turn made you more familiar with the course literature. I must admit that I felt like the level of education was quite easy.
counselling & support at receiving university abroad
to be honest I was not in need of any support while being abroad, everything was clearly explained during the welcome meeting and any further information was given through E-mail. if any questions had to be asked one could always send an E-mail.
transfer of credits
To me it was quite unclear how the credit process worked right up until the end when I requested some information from the home university. I was not sure whether or not I needed the receiving university to turn my pass or fail into numerical grades or not. this turned out not to be the case. but it was quite confusing to start off with

<b>STUDENT LIFE</b>	
welcome & orientation programme	the welcome programme was good. we got the opportunity to meet people and socialize during the first week. this was all very well organized and actually did help in the process of getting settled down in a new city, so I would definitely recommend doing this
accommodation	The accommodation was similar to a hotel format, it had a gym and kitchen facilities for everybody to use. the only thing was that everybody paid the same for the rooms. however some rooms were a lot nicer than other rooms, sadly I had one of the rooms which wasn't very nice. still the room was absolutely fine.
leisure & culture	The city was very beautiful and clean. it was also quite small which was nice because this meant almost everything was walking distance. the castle and church were spots which I visited many times. The nations were the place to be for leisure. be it having a drink or going out for a quiz.
suggestions/tips	tips would be to find a close group of friends and rent a car and do roadtrips. I did this a couple of times and there were loads of different national parks to visit and cabins to rent and just have a good time. Definitely join some nations as well to really experience the student life of Uppsala. Stockholm is also fairly nearby so definitely make a couple of trips to stockholm.

<b>CONCLUSIONS</b>	
would you recommend this university/destination abroad to others? please explain	I would definitely recommend it. When people asked what I enjoyed most I find it difficult to answer. I didn't specifically experience one or two amazing moments. You get there and start making social contacts and eventually start getting into a routine abroad in what felt like an extremely safe environment. If that is what you are looking for, I feel like Uppsala is the place for you.
do you have any additional advice or comments?	additional advice would be to just step outside of your comfort zone, it sounds very cliché, but that is how you'll get the most out of your experience. I feel like it's easy to socialise with people who are from the same country you come from. but more of a challenge to find connections with people from all over the world and definitely more rewarding to.



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

faculty/college	Faculty of 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	Uppsala, Sweden
name university abroad	Uppsala University
start date	29 / 08 / 2018 (dd/mm/yyyy)
end date	15 / 01 / 2019 (dd/mm/yyyy)

**PREPARATION**

exchange application process	The information sessions were clear and the overview on the university's website as well. Therefore, it was clear when and what to hand in. Also, the International Office was supportive in case of questions. The application online was convenient and the information provided was clear. The application at the university abroad was well organized and information was provided in time.
counselling & support at Utrecht University	The staff from the international office at Utrecht and from 'STIP' were very helpful with replying to questions, filling in documents and providing the necessary resources. The preparation meetings were partly helpful and the stories of the former exchange students was very motivating.
academic preparation	Academically my preparations were mostly choosing courses abroad and properly finishing the courses I was enrolled in at University Utrecht. It was necessary to properly plan the courses in order to fulfill the academic requirements and for the courses to fit into my bachelors. I didn't experience any problems and the information provided was sufficient.
language preparation	For language preparation I didn't have any specific preparations. Mostly I had already taken some english courses at the University of Utrecht and also had some experiences travelling abroad and speaking English. Therefore I didn't worry about my language abilities and did not take any preparatory measures.
finances	In order to apply for the exchange we had to fill in a document with the overview of finances. This was very helpful to me in the sense that it made me realise and organize the necessary finances for going abroad.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)	The study programme at Uppsala University I took was at the department of Education. Mostly I had class with international students and a mix of both Swedish and International teachers. I had a very good experience at during the courses. I had chosen this university because of the courses they provided and I got enrolled in all the ones I wanted to participate in. The content was therefore interesting and relevant, also the courses were organized well. The application for the courses happened online before arrival and at the arrival information session we checked with the international office worker to see if it was correct.
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academic quality of education activities
The educational activities at the department were sufficient and diverse. We had the opportunity to do several weeks of field studies, had engaging lectures and use of different teaching methods. The class was around 25 students and therefore there was enough individual attention and a good classroom atmosphere.
counselling & support at receiving university abroad
The international office worker was available in case of questions about the exchange and courses. Other staff at university was very helpful and friendly in case of any needs. The teachers were also very approachable and had good communication skills.
transfer of credits
At Uppsala University the grade system is Fail, Pass or Pass with Distinction. However, for international students they also give the grades in the A-F system, this makes it easier to transfer the grades. The information was provided if necessary and handled properly.

**STUDENT LIFE**

welcome & orientation programme
Uppsala University had organized arrival days with organized transport and organized information stands. The week that followed was full of orientation activities organized by the university and the student nations. This was very welcoming experience and there were many opportunities to meet other international students.
accommodation
The accommodation was provided by the university and was arranged by filling in an online format, this was very well organized. However, they do not provide housing for everyone as they have limited spaces. They do their very best to meet everyone's needs and take care of these international students. The accommodation was properly taken care of and was provided with inventory.
leisure & culture
In Uppsala they have student nations that provide a lot of activities, food and opportunities to meet other people. Being a member of one nation allows you to enjoy the activities at all the nations, such as the fika (Coffee with delicious pastries), pubs, parties, diners, sport events, choirs etc. This system works very well, is a lot of fun and very respectful to all members.
suggestions/tips
It is very fun to join a nation and take part in activities, also you get some discounts with the nation card. If you are studying at the department of education, they have free sports 2/3 times a week with the education department. It is easy to go and take the ferry with some new friends, to Tallinn, Helsinki, take the train to cities in Sweden, etc. Some museums in Uppsala are free if you are studying at Uppsala University. There are a lot of cultural activities such as Culture Night, Lucia, Valborg, etc. These are very nice to participate in.

**CONCLUSIONS**

would you recommend this university/destination abroad to others? please explain
YES! Uppsala is a very nice and friendly student city with a lot of international students. However it is still a cozy and authentic city with a lot of Swedish culture. The university is very well organized and the courses are worth attending. Moreover, the Swedish culture is very friendly and they have some awesome traditions and holidays. Moreover, the nation system is awesome and there is a lot to do for student life.
do you have any additional advice or comments?
Have fun, explore and experience :)



**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	Uppsala, Sweden
name university abroad	Uppsala University
start date	24 / 08 / 2018 (dd/mm/yyyy)
end date	14 / 01 / 2019 (dd/mm/yyyy)

**PREPARATION**

exchange application process
There were a lot of forms to complete and often I was afraid that I would accidently forget to submit a document. I helps to write everything you have to do down.
counselling & support at Utrecht University
If I was afraid that I forgot to submit a document or if I had any questions I went to the international office and they could help me with all my questions, which was really helpful. Only the timeslots when they were open was sometimes a problem, so you have to check the website and plan your visit.
academic preparation
I did not have to do an acadamic preparation. If you would like to learn Swedish, it is nice to practice on duolingo.
language preparation
I did not have to learn a new language, my English was good enough.
finances
I tried to save as much money as possible as did not have a job, but with the extra money I received from Erasmus it was money was not a problem for me.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)
I followed courses from Educational sciences, but I studied Psychology in Utrecht. I did not have a problem with background knowledge, so that was nice. I especially liked the course Education and Teaching - an international process, because I feel that I really learned a lot of new things that gave me a new perspective on education. We did an internship of three weeks at a Swedish school which was all organised by the university.
academic quality of education activities
I found the academic quality good, because the lectures and seminars were really clear. That is one of the reasons I think why I also thought that the courses were pretty simple. We only had to write papers, so I did not have to study as often as at Utrecht University.
counselling & support at receiving university abroad
When I had a question I could easily contact a teacher by mail or email the contact person of Uppsala University, so that was good



transfer of credits
This was really easy, you can see the amount of ECTS the course is at the course information online. In Sweden they do not work with grades from 1 to 10, but with letters. Utrecht transferred an A into an eight and a B into a seven.

**STUDENT LIFE**

welcome & orientation programme

The welcome and orientation programme was really great! The welcome was in a big hall with a lot of university students, which was pretty cool. The orientation programme was nice to meet new people fast, but it was really open, so you did not have any obligation to be somewhere. My advice is to go to as much as activities as possible, but be careful to be on time. The activities are organised by the 'nations' (student associations) and they are really popular, there is often only one or two activities at a time for only 50/80 people, so they do not have a lot of capacity. Be prepared to be early and to stand in line. It was worth it though!!!

accommodation

I lived in Flogsta and I was really happy with this accomodation, I wish Utrecht had something like this! Flogsta near the city centre and you live in one of the eight flats. You live in a corridor with 11 other students with who you share a kitchen with, but you have your own bathroom! I did not really have an active corridor, but everyone was really nice. Almost all of my friends lived in Flogsta, so it was really nice to live near my friends and meet up for a movie night or something.

leisure & culture

It is really nice to join a nation (or two), I joined Snerikes, because a lot international students I knew were joining that nation and it had a clubnight. I does not really mather what nation you join, so do not think to much about it, if you join one nation you can go to all the activities of the other nations. You only get a discount at activities or clubnight at the nation you join.

suggestions/tips

Enjoy the nature of Sweden! Everywhere you look there is nature, which was not something I am used to anymore. Flogsta is near a forest and a went jogging there a lot when the weather was nice (and I definitely was not someone to go jogging). It is also really nice to rent a car with friends and go on a roadtrip!

**CONCLUSIONS**

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

Yes, definitely! Sweden is a really nice country, the university is great (you also have a lot of free time to enjoy your exchange), you can easily get accomodation by student housing and Uppsala is a student city where you can enjoy the student life and meet a lot of nice people!

do you have any additional advice or comments?

If you're feeling nervous about going on an exchange or have second thoughts, go read a lot of information about the city and what to expect. You can also contact someone who already went on an exchange to tell you more about the city you are going to. This really helped me feel confident and sure. Going on an exchange is a one in a lifetime opportunity, so take your chance! It will be a great learning experience where you can develop yourself outside your comfort zone.



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

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

destination city & country	Uppsala, Sweden
name university abroad	Uppsala Universitet
start date	29 / 08 / 2018 (dd/mm/yyyy)
end date	14 / 01 / 2019 (dd/mm/yyyy)

**PREPARATION**

exchange application process	The application was easy with a motivational letter and CV. I got accepted at my first choice. We got all information through email so it was clear what to do.
counselling & support at Utrecht University	I knew students who'd been to Uppsala the year before me who I could ask questions and there was a meeting with the faculty beforehand with all the students who were going abroad. For other questions I could easily contact STIP or the International Office and they helped me pretty quick.
academic preparation	I didn't really have to do any academic preparation. My knowledge from studying in Utrecht was enough. It was good to have some experience with writing papers as that was the way of examination in my courses in Uppsala.
language preparation	I didn't have to speak Swedish but i voluntarily learned the basics with Duolingo beforehand, which I really recommend because it's nice arriving in a new country and already know a lot of words.
finances	I had saved a little bit of money and during my time there I lent a little bit more money. Even though Sweden is pretty expensive this was doable combined with the erasmus grant.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)	The university didn't offer a lot of different courses in the educational sciences sector. So the courses I followed had some of the same content. However it was all interesting and I learned a lot about the Swedish educational system. And through one of my courses I had the opportunity to visit a Swedish basic school for 3 weeks so I really learned about the educational system and the culture and I got to meet Swedish people.
academic quality of education activities	I think the academic quality was a little bit lower in Uppsala than in Utrecht. Although I feel like I had to read way more literature there than I was used to. Besides that, except for the Swedish language course, I didn't have any exams. I only had to write papers, which was fine by me because I trained that a lot in Utrecht.
counselling & support at receiving university abroad	Uppsala University was very nice and helpful to international students. I knew who my person to contact was



and I met her and we had a introductory talk to get to know each other. I could also contact her or the teachers if I had any questions and they always responded quick and tried to help me.
transfer of credits
I haven't completed this process yet but I assume I will receive all of the credits I earned there. But the grading system is just pass or fail there (sometimes pass with distinction) so it's hard to translate the grades fairly.

**STUDENT LIFE**

welcome & orientation programme
There were 3 welcome days, if you arrived on one of these days they picked you up at the airport (for free) and bring you to the university to collect your keys etc. and then they brought you to your home so that was very nice. Besides that there was an orientation programme in the first week with a lot of activities so you could meet other international students. However there were way more students than capacity in the activities so sometimes the activity was already full.
accommodation
The accomodation was very nice, I lived in a corridor with 11 other students. Some of them were Swedish and some of them were from other countries. I had my own bathroom and we shared the kitchen. The room was very big and all the furniture I needed was included so that was very nice. It was approximately a 3km bike ride to the university/city centre and Uppsala is a very good city for cycling. There were 10 buildings all with 7 floors and 24 rooms on each floor all filled with students, so there were always parties going on etc. So if you like that, Flogsta is a very good place to live.
leisure & culture
Uppsala has 13 students nations that are open for everybody. You can join one or more of them and each one organizes parties and activities which you can join for free (when you're a member). I you join one nation you can join activities and parties at all of the other nations as well. And each nations has it's own building, most of them with a pub and/or restaurant where you can eat and drink for a small amount of money. You can also work there if you'd like so you can meet new people. Noticable is the party culture in Uppsala, clubbing starts at 18 o'clock and ends around 1 pm so you start way earlier than you're probably used to. Besides that, apparently the Swedes love lines, because you always have to stand in an enormous queue for almost everything if you're not super early.
suggestions/tips
Try to find housing in Flogsta. Almost all of the internationals live there so when you make new friends there's a big chance they're all living there and there's always a lot going on there. And there's a nice forest nearby if you like some nature.

**CONCLUSIONS**

would you recommend this university/destination abroad to others? please explain
I would really recommend Uppsala for an exchange semester. It's a really small city so you can easily bike everywhere and although Sweden is a very expensive country, the student nations make it affordable to still go out for dinner and clubbing. So there is a really good student life and the university is well organized and the teachers are super friendly and helpful towards internationals.
do you have any additional advice or comments?
If you go to Uppsala, make sure you arrive at one of the recommended arrival days and join one of the nations that fit you! If you study educational sciences maybe try to find courses in another department because the courses in the educational department are all very similar.





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

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	Educational Sciences

destination city & country	Uppsala, Sweden
name university abroad	Uppsala University
start date	29 / 08 / 2017 (dd/mm/yyyy)
end date	20 / 12 / 2017 (dd/mm/yyyy)

**PREPARATION**

exchange application process

The exchange application process is a lot of work, you need to fill in a lot of forms and organize a lot of things. It might all overwhelm you in the beginning but when you are starting the application process it will all become clear. Moreover, you can always ask the International Office if they want to help you.

counselling & support at Utrecht University

The support from Utrecht University was good. You could always ask for help if needed during the preparation process.

academic preparation

I did not prepare myself in an academical way

language preparation

I also did not really prepare myself for the language, because I knew I was going to follow the Basic Swedish Course

finances

I made a financial plan before I went to Sweden. In this way you can make an estimation of what you'll be spending during your time abroad. Of course, you don't really know what to expect regarding what you will spending money on while you're away. But a financial plan can help you organizing your finances before you leave.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

The study programme was quite interesting! I followed the courses Education and Teaching an International Process, Introduction to Comparative Education , Swedish Special Needs Education from a Comparative Perspective and Basic Swedish 1. The courses were all interesting and offered some new topics which you don't discuss in Utrecht. Moreover, the fieldstudy during the Education and Teaching course was really interesting, because you do not only learn a lot about the Swedish school system, you also discover a lot about the Swedish culture and habits. The organisation of all the courses was great!

academic quality of education activities

The academic quality of the courses was good. Sometimes the level was a bit low, you could see that the students from Utrecht had a lot more knowledge than students. So the courses were quite easy and the workload is way lower than at Utrecht University, but you discuss a lot of different topics which keeps it



interesting.
counselling & support at receiving university abroad
The support at Uppsala University is great. I had a great contact with the teachers and the International Office, and you could ask them anything you wanted.
transfer of credits
My credits are not yet transferred.

<b>STUDENT LIFE</b>
welcome & orientation programme
The welcome at the airport was great! They welcomed us at the arrival, and showed us to the bus which took us directly to the university. There we could registrate and organize all the important stuff such as a university log-in and we could collect our house keys. We also got a lot of information about the university and student life. At the university there were small shuttlebusses which dropped us off at our front door. The orientation week was organized by the university and the student nations. This was a great way to get to know other people and to get to know the city and student culture in Uppsala.
accommodation
I lived in Rackarbergsgatan, which was super close to the city centre, a supermarket, the university and the gym. And Flogsta, where most students live was only a seven-minute bike ride away.
leisure & culture
The student culture in Uppsala is all about the studentnations. Here you can have a 'fika', have lunch, breakfast or dinner, but they also organize the best parties and activities!
suggestions/tips
Become a member of a nation, go to a gasque, have as many fika's as possible and travel as much as you can around Sweden. Stockholm is very close, but there are so many beautiful places in Sweden, enjoy them while you can!

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
Yes absolutely, I had the time of my life in Uppsala, I've met so many amazing people, seen so many beautiful things. This was definitely the best semester during my studentlife!
do you have any additional advice or comments?
No



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

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

destination city & country	Uppsala, Sweden
name university abroad	Uppsala University
start date	17 / 08 / 2017 (dd/mm/yyyy)
end date	09 / 01 / 2018 (dd/mm/yyyy)

**PREPARATION**

exchange application process	If you keep an eye on the important dates of the application process you will be fine. I put a lot of effort in the motivation letter and included personal motivation as well as academic motivation. I also read a lot of these student-reports to choose the perfect destination for me.
counselling & support at Utrecht University	The international office helped me with a lot of things, they had answers to all my questions mostly related to the paperwork you had to complete before you could go studying abroad.
academic preparation	I didn't do any academic preparations.
language preparation	I didn't do any language preparations; my level of English was already sufficient.
finances	Before I left to Sweden I made a financial overview of the amount of money coming in per month and the amount of money that will be spent per month. I made a balance and I raised my loan to compensate the shortcoming amount of money per month. I also included a big part of my savings; In my opinion, going on exchange is a good way of using your savings. It was totally worth spending my savings on an amazing experience.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)	In Uppsala, I followed courses that were all related to educational sciences, often in an international perspective. When I arrived at the university, there was still a possibility to change the courses I had chosen earlier.
academic quality of education activities	The courses were all well organised, but the academic level of the courses in Sweden were below the level of the courses in Utrecht.
counselling & support at receiving university abroad	There was one person you could ask all your questions. I received a lot of e-mails with important information from her, she knew everything you needed to know and helped/supported you when needed.



transfer of credits
Two weeks after I returned home in the Netherlands I received my transcript of records. The credits are not transferred yet by the university of Utrecht.

<b>STUDENT LIFE</b>
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welcome & orientation programme
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The university of Uppsala recommended to arrive at three specific days during summer; on these days they pick you up at the airport, bring you to the university where you get a lot of information packages and the essentials you need for your stay in Uppsala, and they bring you to your residence for free. So I strongly recommend to arrive at one of these days! During the introduction week all the student nations introduced themselves and there were a lot of fun activities you could participate in.

accommodation
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I lived in Flogsta. This is an area with a lot of studentflats where you live in a corridor with 12 students. We all had our own bathroom which was great. Flogsta is a good place to live, it is a bit further away from the city centre as other accommodations, but there are so many students living in Flogsta that you never have to cycle home alone :).

leisure & culture
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The Uppsala studentlife exists of the 13 nations. These nations are a bit like student associations in the Netherland but way less obligations/hierarchy, you will feel welcome from the beginning. You can join the nation you like most and once you are member of one nation you can participate in the activities (form breakfast till clubbing) of all the other nations. The nations are very popular and make your studentlife in Uppsala unforgettable. Uppsala is also only an hour by train away from Stockholm so I went there quite often with my friends, it is the most beautiful city I have seen so far!

suggestions/tips
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Join some facebook selling groups when you arrive, a lot of students are selling their stuff quite cheap; especially bikes, which you should really get one during your first days. It will probably be your main transport for the rest of the semester. Uppsala is a student-bike-city just like Utrecht.

<b>CONCLUSIONS</b>
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would you recommend this university/destination abroad to others? please explain
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Yes I would definitely recommend to go on exchange to Uppsala: Sweden is a beautiful country, you can make a lot of awesome trips with your friends, the university is all well organized and they are happy to receive you, and most important; Uppsala felt like home immediately.

do you have any additional advice or comments?
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Go to Lapland during the winter!



**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	educational sciences
destination city & country	Uppsala, Sweden
name university abroad	Uppsala university
start date	17 / 08 / 2017 (dd/mm/yyyy)
end date	09 / 01 / 2018 (dd/mm/yyyy)

**PREPARATION**

exchange application process

I signed up for two places, Uppsala was my first choice and Oslo was the second choice. You had to hand in a bunch of documents (I don't remember everything that clear anymore). I thought the deadline was on the first of December. I think around Februari you get to know if you got accepted, then there is a meeting from the university to tell you everything you need to arrange for your exchange (application documents for the guest university, housing etc.). It takes some effort, but I thought everything was pretty clear and you can always contact the international office.

counselling & support at Utrecht University

I thought the support from the international office at Utrecht University was great. They answered really soon and I actually don't have any comments about it.

academic preparation

I think Dutch students might be a bit in an advantage. I noticed the academic level wasn't as high as at Utrecht University. I didn't really do any academic preparation, only learning some Swedish at Duolingo.

language preparation

I already learned some Swedish at Duolingo, but the Swedes are really good at English, so you actually don't really need to be able to speak Swedish. But it is nice to be able to understand a bit of it and to be able to order some fika in Swedish.

finances

I filled in the form that was mandatory to fill in at your application. I think it is important to take into account that you have a lot of free time. So I spend more money on travelling and clubbing than I expected. I would just recommend you to make sure your financial plan has some extra room for travelling and going to the nations. Also, the form makes you fill in a certain amount of money for public transport, honestly you don't really need it in Uppsala. A lot of people bike, so I bought a second hand bike which was perfect transport for a Dutchie ;) If you need to buy a bike in Uppsala, look at facebook groups as flogsta häleri and Uppsala buy and sell. And really do make the trip to Lapland, it is a bit expensive but I totally loved it. You need to be pretty fast with booking at scanbalt, because it was full really fast.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

Education and teaching from an international perspective (15 ECTS)  
 Swedish special needs education (7,5 ECTS)  
 Introduction to comparative education (7,5 ECTS)  
 Basic Swedish (7,5 ECTS)



academic quality of education activities
Quality is a bit lower, just make sure you attend the lessons. We are already used to an academic approach and our English is in comparison to some others very good. So it is not too hard to study here. I think the school organized the field study (being in a primary school for three weeks) very well.
counselling & support at receiving university abroad
I didn't really ask for support, but I am sure they would have given it to me if I had asked for it. It is important to know that the courses I took are a bit more 'free' than what I was used to. The standerds seem a bit more vague.
transfer of credits
Don't know this yet. But I passed all my courses so I am assuming that I will receive the 37,5 ECTS. I also don't know how they transfer grades, maybe they could give some clarity about that from the start.

**STUDENT LIFE**

welcome & orientation programme
It was really well organized. When we arrived at the airport they were waiting for us at Arlanda to take us to Uppsala with the bus. They brought us to one of the campuses. There you got the keys to your room, you could buy a pillow and a quilt and had to make an account on the 'blackboard of Uppsala university'. They assisted you with everything, and when you had done everything you needed to do there. They would take you to your student housing in small vans. They only do this at certain arrival dates, but if you arrive on these dates everything is perfectly well organized. Also in the first week the nations and the international committee have all kinds of activities, so there is plenty to do and a lot of opportunity to meet other people. I would really recommend everyone to go to these introductory activities.
accommodation
I lived in flogsta, it is really nice to have you own bathroom. But sharing a kitchen with twelve in total isn't always ideal. Still it is nice that there usually is someone at home.
leisure & culture
The nations organize a lot of activities including some sports. So if you go to Uppsala, make sure you join a nation. Nations are not like the studentassociations as in the Netherlands. There are no mandatory drinking nights or anything. You just go when you like to. Usually you get some discounts at the nation you are a member of, but you can also join activities from other nations.
suggestions/tips
If you are having doubts about where to go on exchange, just go for the place you have the most feeling with. But do not forget to look at what they offer academically. My suggestions for Uppsala: buy a bike for transport, join a nation, go to a gasque (fancy dinner), have fika (coffee or tea with the greatest pies) and try to see a bit more from Sweden (Sandhamn was nice, njüpeskar waterfall and of course Lapland). They say Swedes might be a bit distant, I think they can be in a way that some of them wouldn't randomly chat with you at a busstop. But they are also very friendly, when you get lost or anything they are very helpful.

**CONCLUSIONS**

would you recommend this university/destination abroad to others? please explain
Yes definitely, well organized university in a nice and cosy student city. I had a great time.
do you have any additional advice or comments?
No