



UU Study Abroad Report Form

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|------------------------|--|
| Family name: | xxx |
| First name: | xxx |
| Student number: | xxx |
| Faculty/college: | Sciences (Bètafaculteit) |
| Level: | <input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other |
| Name degree programme: | Informatiekunde |

| | |
|---|--|
| Destination city & country | Bangkok, Thailand |
| Name host institution and/or company/organisation | Mahidol University International College |
| Purpose of exchange | <input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other |
| Departure date (dd/mm/yyyy) | 25/08/2017 |
| Return date (dd/mm/yyyy) | 15/01/2018 |

Preparation

Exchange/placement application process:

The placement went relatively easy. I do not know how many students applied for MUIC and thus how hard it is to be accepted, but I only had to write a motivation letter I believe.

Counselling/support at home university:

The exchange coordinator (who is basically the only one you communicate with at UU), Sahra Fahra, is very helpful and you can always visit her during the visiting hours. Questions she couldn't answer, could be answered by the host university.

Academic preparation:

As I only took free electives, I did not need any academic preparation.

Language preparation:

Everyone at MUIC speaks English (well, at least the academic staff) and all courses are in English as well. However, if you want to try to pick up some Thai before you go, go for it! At Mahidol you can take the course "Thai Language and Culture" which is designed specifically for exchange students. You learn the very basics of Thai, which proved to be very useful; especially for ordering food! Furthermore, the Thais really like it when Westerners attempt to speak Thai. Take this course!

Finances:



There is one scholarship I am aware of, which is the Holland Scholarship (?). I tried to apply for it, but due to a mistake I made in the application process (I filled everything in, attached all necessary documents, but apparently forgot to submit) my application was rejected. Mind this: Only some students can get this scholarship, so the more applications they can reject the easier it will be to pick some. Be very careful whilst applying, make sure you have done everything correctly and check everything another time. Other than that, you can also get a refund on your OV, make sure you get that one as well; I failed here..

Study/placement abroad period

Study programme/work plan (concerning content and organisational issues):

Enrolling in the courses is simple

Academic quality of education/placement activities:

There are plenty of courses to choose from, so make sure you pick some fun ones! As far as I know, you only need to "apply" for a course if it is either a language course (because you have to be placed at a certain level) or a course which has prerequisites, which for me was not the case.

Counselling/support at host institution/organisation:

The host university is extremely helpful. Before your stay you can always contact them for questions and they usually respond within a day or so. During your stay you can always visit the international office for questions.

Transfer of credits:

For me this has been very easy: I went to my study advisor, showed her my grades list which I received from MUIC and the credits were simply transferred to Osiris.

Student life

Welcome/orientation programme:

During my exchange, the students of MUIC offer a nice welcome program, which consisted of a trip to a rural Thai village and a visit to the beach; and probably ending the day (or read: night) at the most famous nightlife street of Bangkok: Khao San Rd. You get to know many of the other exchange students and some of the Thai students. Oh, and you get a cool MUIC cap! Other than that, MUIC offers a buddy program as well. I signed up for it and hung out with my buddy a lot during my exchange! I still speak with her, so it has really turned into a friendship. However, I also heard stories of students who ended up not getting a buddy (both local Thai students and exchange students).

Accommodation:

I stayed at Bundit House. Bundit is a complex of four flats where most of the exchange students and also a lot of Thai students live. The room can be shared, since it has two beds in it, but I preferred to have my private room. I believe the rent is about 150 euros per month, excluding the deposit you have to pay before you check in. The room also has a small fridge, a balcony and a very nice bathroom. Bundit also offers a small, but clean, gym where a nice lady sits all day to check students in and write it down in a logbook (which raises the question: What is the point? Well, it's Thailand). Furthermore, you can also cool off in the pool which is open till 10 P.M. in the night.

Leisure/culture:



Now, this is where studying in Bangkok becomes interesting! Thailand, and SE Asia in general, offers endless adventure, fun and excitement. Bangkok in itself is one of the most amazing cities in the world, it has everything: delicious foods from all over the world in every price range, the most crazy nightlife, from fancy clubs like "C'est La Vie" and shady bars which do not only offer drinks, any form of transport imaginable, cultural influences from every possible corner in the world and spectacular architecture, from modern (or collapsing) skyscrapers to the popular Royal Palace and countless temples. And now I have only covered Bangkok! Every part of Thailand is unique, so make sure you visit as much of the country as you can: amaze yourself over the beauty of North-Thailand, take the motorcycle to the hippie village of Pai (or go a bit further and take the Thakek loop in Laos, which is even more spectacular!), enjoy the islands and beaches in the South (and maybe even get your scuba license) and definitely do not miss the more remote and undiscovered parts of Thailand, like the Isan region.

Suggestions/tips:

This is the moment to do the things you like and want, so do not hold back! :) Make good use of your time, my 5 months passed in an instant.

Conclusions

Would you recommend this host organisation/destination to others? Please explain:

I would 110% recommend this place! The exchange in Thailand has been the most amazing experience in my life so far, without a doubt. The academic level of the university is not great, but then again you shouldn't let this influence your decision. I met amazing people at MUIC and became friends with them (e.g. I visited two in Madrid a month ago), did so many cool things and still wish I could go back now (almost) every day! :) Don't hesitate, I guarantee it will be amazing!

Do you have any additional advice or comments?:

Respect the Thais and their culture. By studying at Mahidol you get the rare chance to experience Thailand in a completely different way, so make sure you don't be that typical Western tourist; there are plenty of those already! Be open-minded and take an interest in the Thai language. I learned to speak the basics of it and 99% of the Thais appreciate any attempt you make to speak their language! Lastly, be careful with food (especially with fish/meat), but do not skip the small 20 baht (50 cent) per meal food stalls which offer the most delicious foods for some fancy restaurant. Oh, and a good read before you go (the book is illegal in Thailand, for expected reasons): "The King Never Smiles", a biography of the late king Bhumibol (Pu-mi-pon). Oh, and wait, really the last thing: Make sure you also befriend some Thais, they won't easily approach you but once you make contact with them they are very open, friendly and welcoming.

UU Study Abroad Report Form

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|------------------------|---|
| Faculty/college: | Medicine |
| Level: | X bachelor master PhD other |
| Name degree programme: | Medicine |

| | |
|---|--|
| Destination city & country | Bangkok (Salaya), Thailand |
| Name host institution and/or company/organisation | Mahidol University International College (MUIC) |
| Purpose of exchange | X study/courses work placement field work other |
| Departure date (dd/mm/yyyy) | April 25 th 2016 |
| Return date (dd/mm/yyyy) | July 26 th 2016 |

Preparation

Exchange/placement application process:

I found the exchange/placement application process with all the help of the UU very easy! The most important thing is to be on time with your application (I had to hand in mine in December 2014 to go abroad April 2016). This is where most students of my faculty struggled, because they just found out too late and then they couldn't go abroad anymore. Next to that of course you have to have a good motivation letter/think well about why you want to study abroad and why you want to go to this specific place.

Counselling/support at home university:

Once you are accepted the UU will have a lot of information for you how to apply, and the MUIC site will have information for exchange students too. If you follow the steps it all pretty much speaks for itself, I didn't experience a lot of difficulties. Also the UU has a pre-departure meeting for your specific region which is nice because you can meet other students and ask questions to students that have already been there.

The only thing you have to notice is that Thai people are not always good with being on time, and maybe your e-mails won't be responded as accurate as you would wish for. I found this a bit annoying some times, but I experienced that actually it always works out, you just have to have some patience. Some things like class schedules and room possibilities get published/arranged quite late, but I know no one that did not find a room, and also you can still switch classes the first week you are here, so it will work out. And they will absolutely help you, just the communication over e-mail wasn't always optimal.

Academic preparation:

For most classes at MUIC, except for the foreign language classes, you don't have to take a

placement test. When selecting courses have a look if your classes need pre-requisites or not. Some of mine did and I only found out at the first day of class, this was a bit stressful. But in most cases it is not even obliged to have already taken the pre-requisite class, they only recommend it, so talk to the teacher to find out about this. Also you can change all your classes in the first week (add/drop period) if you want to.

Language preparation:

The nice thing about being an exchange student through the UU instead of being a visiting inbound student, is that you don't have to do a TOEFL test (what you have to pay for yourself) to prove your English level, but they already assume your English level is good enough. At the international college all classes are taught in English, and everybody speaks English as well, so this goes fairly easy. However when you leave the college you will find that very few people in Bangkok/Thailand speak English, that is something that actually surprised me. So I would definitely recommend to take the Thai Language and Culture course if you are able to. Thai people love it if you at least try to communicate with them in their own language, and it will also make your life here a bit easier getting around!

Finances:

Thailand is definitely the most perfect student country. Everything is so cheap, and especially with both our Dutch study finance and your OV coverage it is very easy to get around. It is literally cheaper to eat out for dinner than to cook for yourself, a meal usually costs only 1 euro which is crazy if you think about it (I am going find everything so expensive when I come home now). The only thing that is more expensive is traveling (especially to other countries with flight tickets and visa and all that kind of stuff), so that is what I saved money for and also use my most money on.

Study/placement abroad period

Study programme/work plan (concerning content and organisational issues):

I took 4 very different classes which I all really like. First I have 'Thai language and culture', only for international students and this is a super fun class! The teacher Adjaan Anchalee is awesome, we all love her, and the class is not hard at all, especially if you already know a couple of other foreign languages you will find it easy to catch up. However it is super nice to be see that you are actually learning some Thai as the trimester goes on + to learn about this country you live in. Also a fieldtrip + a Thai dinner is included in the course. Very fun and I would definitely recommend taking it.

My second class is 'Evolutionary Psychology' with Douglas Lee. The subject I don't like as much, but the teacher is amazing! He teaches a lot more psychology classes too so if you are interested I would definitely have a look at this. Evolutionary psych just fitted best in my schedule, I would probably look for one of his other classes if I would choose again. But even with the subject I am still finding the classes fun because the teacher is so entertaining.

Then I also have a class 'Ecology of Southeast Asia' with Ramesh Zimbotaana, which I would also

highly recommend!!! Very interesting class and a very nice teacher as well. Funny and he knows the world. +there is a fieldtrip included in the class to the Tropical Rainforest, where we even saw a wild elephant! And tests not too hard so all in all an awesome class.

My last class is 'Computer Software Usage Skills', which I basically took because I needed another class and this one fitted in my schedule + I liked it to learn a bit more about excel (which at least the first part of this class is all about). It is a class obliged for Business majors (which a lot of MUIC students are). I don't do any business so the terminology was sometimes a bit harder for me, but for the rest I think I was able to keep up and I think it will also be useful for me in the future. I liked the class for me but not as highly recommended as my other three classes.

Academic quality of education/placement activities:

Sometimes MUIC feels a bit more like Highschool then like University, but this is also because they teach according to the American system. So you have smaller classrooms and a teacher like we are only used to in Highschool. Also I feel like the academic level is somewhat lower then at home, but this also depends on the classes you take. I like it though, I learn a lot and it is nice that it is not as hard as home because it is really hard to focus anyway with so much going on next to only studying. And I already learn so much of the whole studying abroad and arranging your life abroad by itself, that is already irreplaceable for any class.

Counselling/support at host institution/organisation:

This university is so willing to help you, it is really amazing what they all do for you. They really like exchange students, are proud you picked their country and university to go to, and so they really want you to be happy. From free doctor services and shuttles to the immigration office to a buddy program where a Thai student shows you around, the sky is the limit. There is an international office with people there for you to help every day.

I have not had it often but sometimes I experienced that they don't know everything themselves either when you have complex questions and then they just tell you something which in the end is not exactly the answer you needed. This is more a culture issue because Thai people are not good at saying no. So sometimes there were misunderstandings here for me but it all worked out in the end. Always stay sharp yourself too though, and then you will absolutely be fine.

Transfer of credits:

MUIC works with the American system, where you get American credits for your courses. One course usually gives you 4 American credits. How many ECTS you get for them/how they transfer depends per faculty. My faculty just gave me 1 ECTS for 1 American credit, which I think is a too little if you look at the internet description. But they really can decide it themselves and as these were only my free electives so for me it was fine. I think you should be able to get more though, you just have to ask your faculty at home.

My credits didn't get transferred yet as I am still studying at this moment, but it all goes between Mahidol and the UU and this seems pretty well organized. I can't tell anything from my own experiences though.

Student life

Welcome/orientation programme:

The orientation program Mahdiol organized for us was very nice! You get a lot of information + there is a fieldtrip where you get to know the other exchange students for that term (with who you will probably be spending a lot of your time with during your exchange period), so I would definitely go and try not to miss it! I know people that did miss it had a harder time adapting right away (but it is also possible to miss it so if you still have classes during this period or something going on at home don't be too worried – it will all work out and as mentioned before everybody is always wanting to help you).

Accommodation:

There are many housing options around the university, so you don't have to be worried not to find a room, even if it looks like you don't have one right away (especially in Trimester 3 as this trimester is really quiet). The two accommodations most known for exchange students are Greenpark and Chaiyapruk. I stayed at Greenpark and loved it!! I would definitely recommend it to all others, because it is easy to get around (there are buses leaving in front of our house where Chaiyapruk doesn't have this), and there are a lot of food places/a little supermarket very close. However the people that live in Chaiyapruk I know love it as well, so they are both really good options. Chaiyapruk is a bit more of a luxury version, where your bed gets made every day and it seriously looks like a villa! Both housing accommodations by the way have a cleaning lady that is there all day and guards 24/7, which is pretty unbelievable to me but here completely normal. Our cleaning lady Bapin is the sweetest ever, seriously like your mum and she will make you feel totally at home. We love her!

Leisure/culture:

Thailand is so amazing in every single way! For me, I literally travel every weekend with my exchange friends. From the islands in the South to the elephants in the North, and next to that also weekend trips to Laos, Vietnam, Myanmar... Sometimes I can't even believe that I do this all while studying and I also feel like a 'luxury backpacker'; having the awesomeness of traveling everywhere in Southeast Asia but also the convenience of a home and a room where you can go back to. And even if you don't leave in the weekend Bangkok is totally awesome and has so much to offer as well, so you really will never be bored.

Suggestions/tips:

As you can plan your own class schedule, make sure to leave your Fridays free of classes! Most internationals do and like that you have a long weekend and you can already go travel in the weekends leaving Thursday evening. It is even possible to plan your classes only from Monday – Wednesday or Tuesday – Thursday (look for example at the cooking class which is only on one day! Super fun class my friend had it. Unfortunately I was too late but if you can try to get it!), which will even give you a longer weekend!

For me I have to leave right after my trimester so I won't have time to travel afterwards and that's

why I'm doing everything right know. If you have more time outside of the trimester of course that is really nice as well and you can take it a bit easier. But try to live life to the fullest while you are here because before you know it is over, and there are so many opportunities here you might not be able to get too soon again.

And my biggest suggestion is take your chance and go for this program. It is so special to be able to do this while studying. You learn SO much about life, the world and yourself, it really broadens your mind. Plus you will have friends from all around the world and memories you will never forget.

Conclusions

Would you recommend this host organisation/destination to others? Please explain:

Definite yes!!! For me, Thailand and MUIC was the last option to pick, as there were no other possibilities for Medicine students (our free electives don't fit in a regular semester so the trimester system was the only thing that worked for me). However, if I would have to choose again with having all the options open I would definitely choose for Thailand again. It's an amazing country with amazing people, it is great to be traveling around and I would recommend it to anyone.

Do you have any additional advice or comments?:

Go for this place/for studying abroad in general! You won't regret it!



UU Study Abroad Report Form

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| Faculty/college: | Faculty of Geosciences |
| Level: | Bachelor |
| Name degree programme: | Sociale Geografie en Planologie |

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| Destination city & country | Bangkok, Thailand |
| Name host institution and/or company/organisation | Mahidol University |
| Purpose of exchange | Study/courses |
| Departure date (dd/mm/yyyy) | 03-07-2014 |
| Return date (dd/mm/yyyy) | 26-01-2015 |

Preparation

The application proces went quite smooth. The website provides you with all necessary information, and should you need any more the international office is of great help. You have to pay attention though, the university and international office provides all the information you need, but if you want to study abroad it is ultimately up to you to get things done. This means you actively have to do research on deadlines and forms you need. This said: If you want to go abroad and if you are willing to put some effort in it, there should be no problem at all.

Language preparation: I assumed that my english would do in Thailand, and besides that I was registered for a course Thai culture and language, in which you learn some basics.

Finances: I saved up quite a bit of money over the years in order to be able to study abroad. Thailand might sound as an expensive destination since the tickets are relatively expensive and you don't receive an erasmus grant, it really is not. Thailand is super cheap and this is one of the reasons why I never had financial troubles during my time there. I think on average I could live on less then €10 a day if I wanted to. Meals cost around €1 so even without an erasmus grant you will probably do fine in Thailand. Just the ticket and the Thai drinks are bigger expenses.



Study/placement abroad period

I was enrolled in 4 different courses. Southeast Asian Studies, in which you will get an geographical overview of the Southeast Asia region. Complete with it's history, different ethnicities, different political systems and so on. The teacher (miss Siriwat) is an excellent teacher, and her lectures were always interesting and thought provoking. My second course was drug use and behavior. I enrolled in this class more by chance, but it was really interesting. The third course I did was Thai Language and Culture. A must do for every Mahidol student. You learn basics Thai and you will notice that Thais really like and appreciate you trying to talk Thai. This will result in nice conversations, cheaper prices and better bargaining! The last course was Poverty and development in rural Southeast Asia. It covered the poverty strategies in different areas but was a bit disappointing for me since I already covered most themes back home. The lectures were interesting however. A lot of region specific study cases helped you to get a broader view upon the region.

Despite the fact that all teachers were very capable, discussed interesting topics and tried to learn us as much as they could, the overall difficulty of the courses was low. Thai students are different then students at Utrecht University. Most of them will accept lower grades with minimal work which causes the overall difficulty of tests to be easier than the ones in Utrecht.

Counselling/support at host institution/organisation: A big compliment towards the support at the host institution. They are the most friendly people you will ever come across, helping you until your problems are solved. I needed an application form somewhere in Southeast Asia because I was travelling. They helped me with suggestions and ultimately sending it to the adress of my hostel in Cambodia. Also during my study they were very helpfull and kind.

Credits: I received 5 credits a course.

Student life

Welcome/orientation programme: Most of the students I already knew from my housing. The orientation however, was a really nice opportunity to get to know everyone. It included a trip to a Thai tourist attraction with fantastic foods, and an introduction to Thai culture in the form of a show.



Accommodation: If you go to Thailand, make sure you end up at Green Park Village! By far the nicest accommodation. Although it has no pool, there is a pool within 5 minutes walking distance which will cost you around €2. The cleaners are the most lovely Thai women you will ever meet. Although you don't speak Thai they won't hesitate to start a conversation with you. The living room and porch is really nice to hang out with other internationals and the rooms are clean and nice.

Leisure/culture: Thailand is nice, but SE Asia is even nicer! Once you are in Thailand it is so cheap to get around and also explore other countries. I did weekend/week trips to different islands, Kuala Lumpur, Myanmar and other destinations within Thailand. Those trips, with your new pact of international friends, is so nice.

Suggestions/tips: DO NOT HESITATE. Apply for your study abroad now! This is an once in a lifetime experience that you will never forget. I had the most memorable time of my life. The only sad thing was coming back in the Netherlands. Get rid of all your doubts and just take a dive into the deep. Thai culture, the food, the weather everything is fantastic.

Conclusions

Would you recommend this host organisation/destination to others? Please explain: Yes definitely. I had the best time of my life for all reasons mentioned above.

Do you have any additional advice or comments?: One final comment: I have been recording videos during my time in SE Asia. I already edited a trailer and I am currently working on Bangkok the movie. This movie is going to give a nice impression of my time abroad so that you also have a view on the actual university, housing, parties and all. If you want to see it just let me know!



UU Study Abroad Report Form

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| Faculty/college: | Geosciences |
| Level: | <input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other |
| Name degree programme: | Environmental sciences |

| | |
|---|--|
| Destination city & country | Bangkok, Thailand |
| Name host institution and/or company/organisation | Mahidol University International College |
| Purpose of exchange | <input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other |
| Departure date (dd/mm/yyyy) | 31/08/2014 |
| Return date (dd/mm/yyyy) | 25/01/2015 |

Preparation

Exchange/placement application process:

My exchange application process took some effort, but was fine in the end. There is a lot of paperwork that needs to be handed in, but it is not very difficult. When you start your application process on time, everything will be fine.

Counselling/support at home university:

There was a lot of help provided by the UU during the application process. Also the pre-departure meetings were very informative and fun to go to.

Academic preparation:

You do not need a lot of academic preparation in order to study at MUIC.

Language preparation:

You have to be able to speak English, but once you are there you will find a lot of other exchange students or Thai students that do not speak English like the average Dutch students does. So do not worry about your level of English. If your level of English is sufficient at UU, you will be fine at MUIC. There was also no proof necessary of my English language skills.

Finances:

There were some troubles regarding a possible scholarship provided for students who go to Asia. If you want to try to get this scholarship I would advice to look into this early on and not trust the international office in doing it for you. It is a lot of money, so you do not want anyone else to blame if something goes wrong with the application for the scholar ship, than yourself. Apart from this, it was easy getting my finances sorted. The public transport compensation together with the STUFI already pays for a lot of your expenses during your stay in Thailand. I saved extra money to go on trips during my exchange and to travel afterwards (which I can highly recommend).

Study/placement abroad period

Study programme/work plan (concerning content and organisational issues):



When you start University at MUIC you will be able to change your classes. This means that you can take one class and if you don't like it, change to another course instead. This was very nice. I would also advice not to take courses on Friday. Almost everyone goes away for trips in the weekend and you really don't want to be the one staying home alone. Besides this I really really really advice you to take the Thai language and culture class. This course is fun, but also very convenient during your stay in Thailand. After a few weeks I was able to communicate with the locals and this made my stay way more fun. Apart from this course, I can advice the oceanography course as well. This course involves two fieldwork trips to islands, where you will be studying the coral and the islands ecosystem. This was a lot of fun.

Academic quality of education/placement activities:

The courses are not very challenging. Though I wouldn't say I didn't learn anything. I can advice you to take courses that are not in your regular curriculum at UU or that you can only take in Thailand. Fieldtrips to coral reefs or the tropical rain forest taught me a lot and won't be in the schedule of UU courses.

Counselling/support at host institution/organisation:

The support at MUIC is very good. They have an international office where you can go to with all your questions. They help you with questions regarding the University, but also with questions about living in Thailand.

Transfer of credits:

Transferring of credits was easy, though you don't get as many ECTS as you would have gotten if you stayed in Utrecht. The transferring of the grades took some more afford as they changed a lot for all the UU students that went to MUIC with me.

Student life

Welcome/orientation programme:

The orientation day was a lot of fun. How many people can say there were elephants on their orientation day? Though I already met most of the exchange people before the official orientation day, it was a nice way to get to know each other better.

Accommodation:

I stayed at Salaya International House. It is a very clean and new housing and you can walk to the campus. I couldn't stay at Green Park, because my application was send in to late. I strongly advice you to do everything you can to stay at Green Park. Green park was a lot of fun and although I liked staying at Salaya International House I would have preferred staying at Green park.

Leisure/culture:

Bangkok is amazing. There are so many things to do, that you will never be bored. When you want to go away for the weekend you can go to fun cities like Chiang mai or Pai and do a motor bike trip. Or if you want to go to the tropical forest or island and relax it is possible too.

Suggestions/tips:

Try to go away for the weekend and see as many places as you can. In Bangkok I advice going to the flower market and the night markets. Of course clubbing in Bangkok is amazing too, from the simple clubs and bars on Khao San Road to the more fancy clubs like levels. There is so much to see and go to.



Conclusions

Would you recommend this host organisation/destination to others? Please explain:

Yes, going to study in Bangkok was one of the best decisions I've ever made. I had so much fun, met so many people, saw so many things and learned so much about other cultures. Bangkok taught me so much and I had such a good time, that I am already planning my next trip abroad.

Do you have any additional advice or comments?:

Just go.



UU Study Abroad Report Form

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|------------------------|--|
| Faculty/college: | Social Sciences at University College Utrecht |
| Level: | <input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other |
| Name degree programme: | Liberal Arts & Sciences Degree |

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|---|--|
| Destination city & country | Bangkok, Thailand |
| Name host institution and/or company/organisation | Mahidol University International College |
| Purpose of exchange | <input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other |
| Departure date (dd/mm/yyyy) | 7 September 2014 |
| Return date (dd/mm/yyyy) | 20 th December 2014 |

PREPARATION

Exchange/placement application process:

In order to prepare for the application process I was required to write a motivation letter and fill in my application forms, both through the UU and those eventually provided to me by MUIC once I had been chosen to attend the university there. There were a number of forms to fill in about your course choices, your housing preferences, etc. but it wasn't too much of an overload. I wouldn't worry too much about how many forms you have to fill in but just make sure you designate yourself enough time to read through the courses well online and know which courses interest you. Of course there is no guarantee that you will get them, but there are definitely enough interesting ones left over nonetheless.

Counselling/support at home university:

I received a lot of support from Utrecht University when filling in my forms. If I had any questions the exchange officer in charge of my region, at that time Laura van der Linde, was always available to help and went out of her way to make sure all questions were asked.

Academic preparation:

I didn't prepare in any special way academically other than that I made sure to keep up my grades once I was accepted.

Language preparation:

None.

Finances:

I had saved about 1000 euros myself before leaving to spend on extra trips on weekends or a week away somewhere. Luckily, however, Thailand is a very affordable place, so with my Stufi of approximately 270 euros, plus my 'OV Vergoeding' of about 100 euros each month to compensate for the fact that I was not using my student OV card, I actually found I often had enough money to



live off of. Rent costs about 200 – 290 euros a month depending on where you live and how luxurious you make it, and living expenses are extremely cheap. For a street meal you can expect to spend anywhere between 30 Baht to 120 baht on a meal, but if you want a more 'fancy' meal in a shopping mall they can cost about 400 Baht. [100 Baht = 2.66 Euros] In the end I even had 500 euros left over of my extra spending money for weekends away because even they ended up often being cheaper than I expected. One weekend away in Koh Tao I only spent about 6,000 Baht [150 Euros] total (including transport to and from, hotel, food, activities, etc.), but then another time I went to Chiang Mai and spent 5,000 Baht [133 Euros] alone on an entire day at an elephant sanctuary. So you can see how it really depends on what you end up doing. To sum up, you can make it as cheap or as expensive as you want it to be without feeling like you are missing out too much. I would definitely still save up some money, but if you are looking for an affordable place to go on exchange and be able to do a lot of wonderful things with a limited amount of money, Thailand is definitely the place to go.

Study/placement abroad period

Study programme/work plan (concerning content and organisational issues):

I was very lucky because I managed to get all the courses that I was interested in. My main focus was development and culture in Southeast Asia, so I took 4 courses in the social science department which really focused on that. My professors were very good and I really felt like I learned so many valuable things that weren't available to me in the curriculum in Utrecht (simply because it was a matter of expertise and geographical location concerning Southeast Asia). I really enjoyed the content and thought it was well organized, however I know that sometimes it was luck of the draw with getting the courses you wanted or a real quality course.

Academic quality of education/placement activities:

In my case I thought the academic quality was good, as all my courses were taught by very knowledgeable professors who clearly cared very much about their subjects. There are lots of professors from different countries which gives it an international feel. I did hear from others though that they weren't always as satisfied, as some Thai professors didn't speak English as well as the professors I happened to be assigned to. Personally I found UCU courses to be a lot more academically demanding with a lot more assessments in between exams, whereas MUIC courses were with fewer assessments and a bit more lenient with, for example, postponing an exam if you were already visiting something cultural. Overall I thought that it was very nice that the courses were less demanding because it meant you could actually travel a whole lot without worrying that you needed to be behind a desk all semester.

Counselling/support at host institution/organisation:

I thought the support at MUIC was fantastic. There is an international exchange office that goes above and beyond their job description to help you with all sorts of issues you face while on exchange, whether it be course issues or swaps at university or needing to get your visa extended, needing translations for a doctor, calling an Embassy, you name it. You get all the support you need.

Transfer of credits:

Absolutely fine. Four MUIC courses = 4 courses at UCU and the UU. Their 4 credits = 7.5 ECT, so



you only have to take 4 courses just like normal per semester at the UU (or at least at UCU).

Student life

Welcome/orientation programme:

I loved the orientation program, you get to meet all the other exchange students and visit some cultural sights. You get picked up from the airport by an MUIC representative and receive an envelope with your name printed on it and a welcome letter inside. Not to mention a little tape playing your whole way home about studying at MUIC, and discovering Thailand. The airport pick up takes you straight to your accommodation, and the orientation program really demonstrated to me that they want all their exchange students to feel at home. The dean personally asked if anyone was homeless during his speech on orientation day to avoid any of their exchange students still looking for a place to live! It was very nice.

Accommodation:

There is lots of accommodation to choose from. The 3 or 4 places officially part of the university are usually full, but if you don't get in to those it's not a big deal because all the other accommodation is also in the area. I lived at Salaya International House, 15 minutes on foot from campus, and could easily hop into a taxi to go to Baan Suan, Green Park, or any of the other places. An important thing I would say is that if you do end up somewhere where you don't want to live, you can easily move to another place.

Leisure/culture:

There is SO MUCH culture in Thailand and so many places to visit that you could never do it all in one semester! Whether you want to do something cultural like visit temples at Ayuthaya or something more relaxing like a weekend on the beaches of Koh Tao, it's all there. Bangkok itself has so much to offer as well that you never get tired of going into the city to see its sights. There are lots of cultural sights to see in the city: temples, the Jim Thompson House, etc., and lots of opportunities for delicious food, shopping, and 'modern' life in MBK mall, Discovery Mall, walking around the Sukhumvit area, etc. Bangkok city centre is about half an hour by taxi away from where the university is, which is perfectly doable by taxi. Nights out include trips to Kaoh San Road (the main backpacker district) and plenty of cool clubs and nightlife. There's honestly something for everybody.

Suggestions/tips:

Anything you need you can buy in Bangkok, so don't worry about bringing all sorts of things because you are afraid they might not sell it in Thailand.

Not to scare anyone off, but on a serious note one thing to remember is that you will probably get food poisoning at some stage. I can safely say that myself and my friends were all the victim of it at some point. The truth is that if you are being adventurous and eating street food for example, you can't always guarantee that it was prepared hygienically. For that reason I would recommend anyone going to bring some kind of medicine to be well prepared if that happens. You can of course buy it in Bangkok as well, but I wouldn't recommend leaving it until you get sick to buy something.

Conclusions



Would you recommend this host organisation/destination to others? Please explain:

YES, 110%! It might not seem the most obvious place to go compared to some other popular exchange destinations, but it is absolutely fantastic! It is affordable, extremely multi-cultural, exciting and adventurous. The Thai people are extremely hospitable and welcoming, and the country has so much to offer. Transport is easy to use, food is delicious, the weather is gorgeous. There are lots of courses on offer at the university so you are guaranteed to find something that suits you, giving you something different compared to what is taught in the Netherlands. The university is located in a larger university (much like the UCU-UU idea but on the same campus) with beautiful grounds, the support staff are amazing, and the food in the cafeteria is absolutely delicious. There are enough exchange students to find a group of friends that you 'fit' with, but not too many that you don't know who everyone is. There is a real sense of community there which makes you feel very supported while living half way across the world. Aside from everyone at your university you also meet lots of backpackers and travellers coming through Bangkok, making it a really exciting place to be. I absolutely loved it and am already planning to go back for a half-year internship!

Do you have any additional advice or comments?

CHOOSE MUIC! ☺



UU Study Abroad Report Form

| | |
|---|--|
| faculty/college | Geosciences |
| level | <input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other |
| name degree programme | Earth sciences |
| destination city & country | Bangkok, Thailand |
| name host institution and/or company/organization | Mahidol University International College |
| purpose of exchange | <input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other |
| departure date (dd/mm/yyyy) | 16 / 09 / 2013 |
| return date (dd/mm/yyyy) | 02 / 02 / 2014 |

preparation

exchange/placement application process

My first choice was Mahidol University International College (MUIC).

counselling/support at home university

When I had questions I contacted the UU International Office.

academic preparation

There was no need to take any academic preparations.

language preparation

There was no need to take any language preparations.

finances

Dutch student grant, own savings.

study/placement abroad period

study programme/work plan (concerning content and organisational issues)

Before the start of the programme MUIC sent me an overview of the available courses. I had to select a couple of courses in advance. However, when the programme started, some courses were not offered. During the first week it was still possible to switch courses.

academic quality of education/placement activities

The quality was a little bit lower compared to Dutch Universities. I think their level of education is somewhere in between University and Applied Sciences (HBO).

I took courses in Environmental Sciences. Some of these courses were interesting. The quality of the course really depends on your instructor. For one course I had an old Thai teacher. He spoke English, but he was unintelligible. So the lectures were quite boring, however it was still a nice experience. My other courses were taught by good instructors.

I also took the Thai Language and Culture course. I would really advise you to take this course!!! It makes your life in Thailand so much easier and you get so much appreciation of the locals. In Thailand they always raise prices for tourists. So if you can speak some Thai they won't treat you like a tourist but they will treat you like a local. This means you can get discount for a lot of stuff.

counselling/support at host institution/organisation

Before my departure I contacted MUIC about the course. They responded always immediately. During my stay the International Office of MUIC was really active. They tried to help you with everything.



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| transfer of credits |
| Almost each course at MUIC was 4 credits. It depends on your board of examiners (examencommissie) how much ECTS you get from 4 credits. My board of examiners gave my 5 ECTS in first instance for every course. However, a girl from social sciences at UU received 6 ECTS, my friends from Switzerland and Groningen received 6 & 7.5 ECTS. After a long time and a lot of effort, I received for 3 of my courses 6 ECTS and for one course 5 ECTS. |
| student life |
| welcome/orientation programme |
| We had an introduction programme of one day. It was more like an excursion instead of an introduction day. |
| accommodation |
| The dormitories were located 10 minutes from MUIC just outside downtown Bangkok. There were two large dormitories for international students. I lived in Green Park, which was the largest one. It consisted of two separated parts. There was space for approx 50 students. I had my own room and I shared a kitchen/living room with 20 guys. It was a great experience, because you make so many new friends. The room itself was pretty basic but convenient. I paid around 150 euro's a month. Students who shared a room paid half the price. Green Park was located in a nice neighbourhood with a 7-eleven (small convenience store) around the corner and many street stalls and small restaurants. This was really great. Some of my friends stayed in the second largest dormitory: Chaiyapruk International House. This is a more luxury dormitory (therefore more expensive) located in a fancy neighbourhood. It is a mixed dormitory with approx. 20 students and quite strict (no guests after 10/11). It is quite a long walk from Chaiyapruk to the 7-eleven and restaurants. Because of location and the strictness I would prefer Green Park, but Chaiyapruk is also very nice. |
| leisure/culture |
| Thai culture is really interesting. Thai food is absolutely great. The coolest thing is that you can eat anywhere at every moment of the day. Thai people are really friendly. If you want to get in contact with Thai students, you really should make the first move, because Thai people are quite shy. |
| suggestions/tips |
| If you book your flight, be careful with booking your return date. Many students booked their return date in advance, but a lot of them switched their return date. This was very expensive. So I would advise you to stay there as long as possible or buy a ticket with flexible return date. Or you just buy a ticket at an airline with cheap switching prices. Because MUIC uses (I heard rumours that they are planning to change this) a trimester system, make a good planning of your study year. It will be pretty hard to receive 30 ECTS in a trimester. |
| conclusions |
| would you recommend this host organisation/destination to others? please explain |
| I would really recommend Thailand as an exchange destination. You will have fantastic cultural experiences in Bangkok, Thailand and all the other countries in South-East Asia. MUIC is a good and well organized university with a many English courses which is a large advantage to choose MUIC. MUIC also has a large diversity in International Students, also from Asia itself. |
| do you have any additional advice or comments? |
| Because MUIC uses a trimester system, be prepared that you are won't be able to get 30 ECTS from your period at MUIC |

Contact details:

Student Services / International Office



UU Study Abroad Report Form

| | |
|---|--|
| faculty/college | Faculty of social sciences |
| level | <input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other |
| name degree programme | Cultural Anthropology and Development Sociology |
| destination city & country | Bangkok, Thailand |
| name host institution and/or company/organization | MUIC (Mahidol University International College) |
| purpose of exchange | <input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other |
| departure date (dd/mm/yyyy) | 16 / 04 / 2013 |
| return date (dd/mm/yyyy) | 03 / 09 / 2013 |

preparation

exchange/placement application process

The application process prior to my stay at MUIC took quite some effort. There is a lot of paperwork involved so it is recommended to start on time. The application process involved a number of different things you have to submit to UU, including 2 letters of recommendation, a study-plan, a financial plan and a motivation letter. Once you've submitted all this forms and the UU have granted their (initial) approval, you reach the second phase of the application process. This involves pre-registering for courses, making sure you have a visa and accommodation and some other issues.

counselling/support at home university

UU provided my with some excellent counselling and support regarding my exchange. During the application process there was constant assistance, and whenever there were questions or ambiguities from my side they were answered or clarified by the staff of UU in Holland.

academic preparation

There was no academic preparation required for me.

language preparation

Considering the fact that I've studied on UU more than 1 year prior to my exchange, there was no additional language preparation required. UU did not request any official proof of my English language skills. The used language on MUIC is English, and it's all fairly easy to comprehend if you possess some basic skills.

finances

Prior to my departure I made a financial plan for my stay. It comprised of my expected income versus expenses. This financial plan was a mandatory component of the exchange application process.



| |
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| <p>In retrospect, my financial plan turned out to be quite accurate. On average I had around 20 euro/day to spend, which turned to be just enough.</p> <p>Thailand is a relatively cheap country. Especially food, transportation and accommodation are very cheap compared to the Netherlands. You can get a proper meal in a restaurant for around 1,5 euro, and taxi's will take you 30 kilometres for only 6 euro's. One thing that is expensive in Thailand however, are recreational excursions, like diving-courses, surfing, jungle-trips and so on..</p> |
| <p>study/placement abroad period</p> |
| <p>study programme/work plan (concerning content and organisational issues)</p> |
| <p>Another mandatory component of the exchange application process was a studyplan. This studyplan contained a list of the courses I intended to take while on MUIC. Subsequently, this studyplan was approved by the UU-staff. After arriving in Thailand, however, I ended up changing all my initial courses for other ones. In the first week at MUIC, one is allowed to try out any course you like. At the end of the first week, one has to make his final course-registrations.</p> |
| <p>academic quality of education/placement activities</p> |
| <p>The academic quality of the education at MUIC was/is pretty good. The level of education, and especially the tests, was considerably lower as in Holland though. The teachers are very knowledgeable, however, and the lectures I found very interesting. The atmosphere at school reminded me a lot of high-school in Holland.</p> |
| <p>counselling/support at host institution/organisation</p> |
| <p>The support and counselling at MUIC was excellent. Whenever you have questions regarding whatever, there is always someone more than willing to help you out at the international relations office located in MUIC building #1.</p> |
| <p>transfer of credits</p> |
| <p>The credits-transfer issue is still a little bit unclear for me. I started of with following four courses at MUIC, which according to the UU, would result in a transfer of 15 ECTS. I dropped one course during the term, however, because I did not feel like this course was giving me something of value. Now I have no idea how many credits I will have transferred back.</p> <p>Next year I will make up for this during the first terms of next year.</p> |
| <p>student life</p> |
| <p>welcome/orientation programme</p> |
| <p>The welcome/orientation programme was held in the first week at MUIC, just a couple of days after arriving. The first day we got basic information and a quick tour around the campus. Two days later there was a introductory fieldtrip which was very nice. We went for a excellent buffet-dinner and afterwards we visited a theatre. In this theatre-show the history of Thailand was depicted in a very artistic dance-show.</p> |
| <p>accommodation</p> |
| <p>During my exchange-program I stayed in Greenpark home village. There are basically two options for accommodation whilst studying at MUIC: chayapruk Village and Greenpark Home Village. I'm very happy that I choose greenpark, because it turned out to be the best choice for me. The rooms are a little bit cheaper because they are in less good condition. However, the location is perfect. Only 10 minutes located from MUIC and surrounded by various restaurants, the indispensable 7/11 and even a small shopping mall. Furthermore, the security in Greenpark is a lot more easy-going than the ones at Chayapruk-village, allowing for some more excessive partying.</p> |
| <p>leisure/culture</p> |
| <p>In terms of options for recreation, Bangkok is definitely the superlative degree. The options are literally inexhaustible. From giant shopping malls to floating markets, from rooftop-swimmingpools to golden Buddha-statues, it is just never-ending. Everyone that will visit Bangkok city, I highly recommend them to visit the Wat-</p> |



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|---|
| Arrun temple at least once, as well as the royal palace of His Majesty the King. |
| suggestions/tips |
| If you decide to go and study at MUIC, YOU MADE THE RIGHT CHOICE! I've had such an amazing time here, and if it was up to me, I would have stayed here for my entire study. Unfortunately that was not possible. |
| conclusions |
| would you recommend this host organisation/destination to others? please explain |
| Yes, I highly recommend this host organisation to anyone that wants to expand their mind, get some new live-experience, make new life-time friends and connections, and anyone that is interested in Asian culture. |
| do you have any additional advice or comments? |
| Go to MUIC and you're in for a great time! |

Contact details:

Student Services / International Office

- Postal address: P.O. Box 80125, NL-3508 TC Utrecht
- Visitors' address: Bestuursgebouw, Heidelberglaan 8, Utrecht
- T: +31-(0)30-253 7000
- F: +31-(0)30-253 2627
- E: exchange@qdesk.uu.nl (information)
- verslagen.internationaloffice@uu.nl (report)
- I: www.uu.nl/students/exchange



UU Study Abroad Report Form

| | |
|---|--|
| faculty/college | Algemene Sociale Wetenschappen/Social Sciences |
| level | <input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other |
| name degree programme | ASW |
| destination city & country | Bangkok, Thailand |
| name host institution and/or company/organization | Mahidol University/ MUIC |
| purpose of exchange | <input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other |
| departure date (dd/mm/yyyy) | 20 / 08 / 2012 |
| return date (dd/mm/yyyy) | 05 / 01 / 2013 |

preparation

exchange/placement application process

The application went very smooth, both in Utrecht as in Bangkok. MUIC has send me several documents and information about the introduction and housing. I could pick an apartment in advance.

counselling/support at home university

The international desk helped me with my application, my choice of country and also applying for a scholarship.

academic preparation

At home I already looked at the courses in Bangkok to see which one I would prefer. I also prepared some stuff for my bachelor thesis, which started when I came back.

language preparation

You don't need any English diplomas to enter MUIC.

finances

I worked a bit more before I left so I had some extra money. The fixed costs were kind of similar to mine in Holland, probably a bit less. I paid about 200 euros for my apartment each month in Bangkok, but that was the most expensive one. You eat out every day because it's cheap, too hot to cook yourself, you don't have a kitchen and the supermarkets are expensive. But eating out every day is still cheaper than cooking in Holland. Going out and shopping is also cheaper. But since you probably travel every weekend the costs will be comparable to your monthly expenses in Holland. You do need some extra money for the flight, your visa and the deposit of the apartment.

study/placement abroad period

study programme/work plan (concerning content and organisational issues)



At MUIC they have a different system than here. They offer three semesters, at UU four. This means that you have to get more points in less time. The average amount of courses per semester in MUIC is 4, I did 5 to get enough points. And I could do all the traveling and partying, so it's ok. It would be more relaxed if you do some extra points in Holland in beforehand so you can chill in Thailand. So I had five courses, this means I had lessons from Monday to Thursday. Each course is 2*2 hours per week. This comes down to four hours per day school because one course I did a research track so I didn't had any contact hours. Four hours per day is more than in Holland, but everybody does it and the school is nice. It's more like High school that you sit in the class and the teacher explains, but that's ok. Another funny thing is the uniform. You have to wear a uniform when you are in school. This means a black/blue skirt and a white blouse. With that comes a belt from the university and a key cord with your pass. My teachers weren't very strict on how you wear you uniform, and some students say that exchange students don't even need to wear it, but it would be respect less if you are the only one not wearing it in the whole school. Some teachers were very strict on tucking in your shirt for example and there was a uniform police, but they never fined me. The school is very modern and clean, there are housekeepers in every corner and a lot of security as well. It's a huge campus with buses and golf carts driving around to bring you to different faculty's, the sport complexes etc. But for classes you'll be in the same building all the time, the International College. There are a lot of food stalls with fresh fruits and little restaurants everywhere, but that's Thailand. There are also some animals like water monitors living on the campus, so you have been warned. The other students are very nice but a bit shy so you have to make the first contact.

academic quality of education/placement activities

The teachers are almost all native speakers, I had an American, Australian, Scottish, Thai and German teacher. The academic quality for Thailand is very good, it's the best university in Thailand. So wherever you show you id-card you will get a discount or a taxi in a busy street. It really opens doors when you say you study at MUIC. Shopping in uniform is very funny. The school has several clubs you can join, a bicycle club, a diving club, a handicraft club etc. There are also a lot of sports facilities like tennis, swimming and soccer. The hospital part of the university is free for students which is nice.

counselling/support at host institution/organisation

MUIC has an international office. It's a place for international students to hang out, use a computer or ask questions to the international office workers. They are very willing to help you with anything. I had problems with my visa and they helped me 24/7. It's recommended to get a multiple entry visa for the time you are there. They didn't gave me one at the Consulate in Amsterdam, but they do in Den Haag. I got a single entry and had to renew the visa every time I went out the country which is very expensive and annoying. Finally I made a deal with someone at the border but it saves you a lot of stress, haha. First check the visa's and then book your ticket.

transfer of credits

MUIC sends you your credits and UU puts it in Osiris.

student life

welcome/orientation programme

There is an introduction at the first week. We went to a zoo with all the international students, which were around 150. It was fun, but the next introduction was a river cruise, so I hope you are lucky. The introduction also includes some speeches about the school, Thailand, the hot weather etc. They want to help you with anything and there are more than enough teachers who will help you with travel plans, medical advice, etc. You can also buy a uniform at the orientation; I bought one skirt and blouse. Because when you go to the uniform shop, which is behind the main street, the uniforms are cheaper than at the intro. The apartments are not owned by the school, so you can rent them anytime you want. I did a few weeks before school started so I could drop my suitcase and do some traveling. They don't have a introduction, but you'll meet everyone in the garden.



accommodation

I stayed at Salaya International House, you can google it. At first I had to choose between Chaiyapurk and Green Park. But because of the large amount of students that semester they were full. Chaiyapurk is like a compound. A little village with a gate and guard. You can walk to school but it's a bit far in the day because of the heat. It's a nice accommodation because you'll have a main room and a kitchen and even a swimming pool. Green Park is where all the Americans stayed. It's the most far from MUIC, you have to take a local bus or taxi because it's at the highway. They also have a common room. I had to choose between Baan Suan and Salaya International House. Baan Suan is a bit cheaper and just as far from University, maybe a bit further. Not that much students stayed there, but it's a nice place close to some restaurants. I stayed at Salaya and I think it were the best apartments available. It's all very new and clean, especially compared to the other apartments. You can have your own apartment with little kitchen and bathroom. I lived next to a Dutch girl so it's not lonely. The only thing we missed was a common room, but we also did drinks in the garden and had barbecues. In short it's very modern, clean and big. But the best thing to do would be to rent your own place. The apartments recommended by the university are expensive. 200 euros per month is a lot in Thailand when dinner in a restaurant is 3 euros. If you can you should contact other students beforehand and then find a place together. There are a lot of houses with pools and very nice apartments in the area for rent. You could sleep in the university hotel for a few nights and find one. I am sure it will be a lot cheaper and much nicer.

leisure/culture

Thailand is a very friendly, open country. It's more than just drunken backpackers. I lived outside of Bangkok and there you'll see the true Thai culture. I never felt unsafe. There is so much to do in Bangkok, since it's such a big city. You can do all sorts of cultural things, and it's all very cheap. Going out in Bangkok is very very nice. You can go to the backpackers district, Khao San. But once you live there a while you'll find out all the expat-party's and the big clubs where the Thai people and the expats go. It's very easy to travel around in Thailand or Asia, probably easier than in Europe. There is a train station next to school which takes you to the south, to the islands for a few euros. Or you can go to Vietnam, Laos, Malaysia, etc. Of course it's best not to travel alone, but that's all over the world the same. And when you go out to Bangkok at night, don't take a cab home, you just never know. Be careful for food on the street, if it looks wrong it probably is. And if you're not sure just buy a noodle soup that's always good. Just use your common sense and you will be all right. Nothing dramatic happened to one of the 200 international students when I was there. You can take a Thai language course at MUIC. I didn't do it. The good thing is that you learn a bit Thai so you can communicate with the locals and the course comes with all sorts of activities. The negative points are that the language is so difficult; people taking the course couldn't say that much more than me, the exams are pretty difficult too.

suggestions/tips

In short, get your own house with other students instead of the housing recommended by MUIC, because it's cheaper and better. Keep in mind that the university is around 30 km outside of Bangkok, this means you have to take a taxi every time you want to go in town. Salaya, the village where MUIC houses, is a small village with not much to do. If you want to be in the centre of a big city, take another university or another city. I didn't mind that much, because you get used to the 30 min taxi rides but in the end it annoyed me because of the traffic jams and the time and money it costs you. When you talk to the teachers you'll easily get time off to travel, they are not very strict with attendance. If you can travel before or after your time at MUIC. You don't need to have plans, afterwards almost all the students went somewhere. Make sure you'll get a multiple-entry visa, or a single-entry visa with a multiple entry permit. Don't take too much stuff from home. You can buy everything there, and cheaper. You don't need to bring a lot of clothes, unless you have a big size. Don't bring any jackets or long pants, you won't need it. They have all the beauty products. And you'll get used to the heat, don't worry.

**conclusions**

would you recommend this host organisation/destination to others? please explain

All in all I had a great time. The university is clean, modern and hostile. Thailand is amazing, cheap, western and friendly and a great central country to start traveling to the rest of Asia. But if you like to live in a big city, MUIC is probably not the best choice, Salaya is 30 km outside of Bangkok. On the other hand, since it's very hot in Thailand it's nice to have some fresh air every now and then. Plus you really connect to the other students because you live by yourselves.

do you have any additional advice or comments?

All my advice is given. If you need more information, don't hesitate to contact me. Contact info available at IO.

Contact details:

Student Services / International Office

- Postal address: P.O. Box 80125, NL-3508 TC Utrecht
- Visitors' address: Bestuursgebouw, Heidelberglaan 8, Utrecht
- T: +31-(0)30-253 7000
- F: +31-(0)30-253 2627
- E: exchange@qdesk.uu.nl (information)
- verslagen.internationaloffice@uu.nl (report)
- I: www.uu.nl/students/exchange



UU Study Abroad Report Form

| | |
|---|--|
| faculty/college | Humanities |
| level | x <input type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other |
| name degree programme | Communication and Information Science |
| destination city & country | Salaya, Thailand |
| name host institution and/or company/organization | Mahidol University International College |
| purpose of exchange | x <input type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other |
| departure date (dd/mm/yyyy) | 01 / 09 / 2012 (semester started 24/09/2012) |
| return date (dd/mm/yyyy) | 02 / 02 / 2013 (semester ended 17/12/2012) |

preparation

exchange/placement application process

Find out which courses of MIC fitted in my Bachelor program concerning credits, subjects and of course the duration of the semester. Get approval for the concerned courses of the exam committee of humanities. Find out what you have to do to apply for housing and what the requirements and processing time of a student visa in are. Work out a clear resume and write a convincing motivation letter. I let some of my friends check upon my resume and motivation letter. Besides that I asked two of my professors to write a recommendation letter about me. If you want this, do this quite some time in advance before the deadline of the application, because most of the professors are absolutely willing to write a recommendation letter for you but just have a busy schedule. So you have to give them some time to write if for you.

counselling/support at home university

Attend the information meeting about studying abroad before the application. It will help you to find out some information about the foreign university and gives you the change to ask questions to the person who organises the meeting and also to fellow students who are planning to study abroad.

academic preparation

Get approval for the concerned courses from the exam committee. This takes a while, so do it as early as possible.

language preparation

I did not do any language preparation. At MUIC it is possible to follow Thai Language classes. I did not choose these classes, which I regret because the Thai really appreciate it if you can speak a little Thai. Besides that it is



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| <p>very practical for communication with the Thai who do not speak English and it helps you a lot with the bargaining. They are more willing to lower the price if you bargain with them in their own language.</p> |
| <p>finances</p> |
| <p>Check the website of DUO for all the forms you have to fill in. Get the International Office to sign those forms as soon as possible, because that takes a while before you get it back. (This if for example necessary if you want to receive compensation for your travel expenses instead of your Student OV card. It is manageable, but please start on time with it, because most of the forms need to be send by post so it will take a while.</p> |
| <p>study/placement abroad period</p> |
| <p>study programme/work plan (concerning content and organisational issues)</p> |
| <p>We had to choose our courses again at the beginning of the semester after our arrival in Thailand. Some of the courses I choose in advance were not giving any more or not in the semester I was following. This mend that I had to choose some other courses. I was not sure if they would be approved by the exam committee. Actually you have to request for the approval by letter, but luckily they made an exception to accept it via e-mail. I just e-mailed them all the required information (see form for the specific information requested, like course description etc.).</p> <p>Furthermore, MUIC only allows visiting students to follow five courses during one semester and allows exchange students to follow four courses. Because of the amount of credits, I needed to follow five courses while being an exchange student. With an permission via e-mail (which I forwarded to the MUIC) of my contact person of the International Office I was allowed to follow five courses in one semester after all.</p> |
| <p>academic quality of education/placement activities</p> |
| <p>The level of the courses is sure doable. But you have more hours in class than at the University Utrecht. The classes I followed (most of them from Social Science) were given in small groups with about maximum 25 students. No big lectures.</p> |
| <p>counselling/support at host institution/organisation</p> |
| <p>There was always someone at the International Office at the MUIC. Whatever you needed, they could help you out. You did not have to make an appointment, you could just walk in their office.</p> |
| <p>transfer of credits</p> |
| <p>After the semester I automatically received our transcript which I had to pick up at the International Office of University Utrecht. I had to send the transcript together with form to get approval of the concerned courses from the exam committee (It is the same form as the form in which you ask approval in advance, only you have to fill in the second part. You can find the form in the website of University Utrecht). After that, they returned the form with their decision. In my case all the courses were approved and now the exam committee also decided on which level the courses would be counted. The courses were after that automatically added in my Osiris.</p> |
| <p>student life</p> |
| <p>welcome/orientation programme</p> |
| <p>There is an introduction day on MUIC. You will meet the other exchange students, get a tour around the University Campus, make a picture for your students card, you can buy your uniform etc. During that day you can sign in for the field trip with all the exchange students. This is highly recommendable. The University arranges some nice trip (this year they went to the crocodile zoo) and it gives you the change to get to know your fellow exchange students.</p> |
| <p>accommodation</p> |
| <p>The University Campus is absolutely gorgeous. It is very clean, huge and provided with all the services you need: a lot of food stalls, a few canteens, a shop to buy pencils, paper etc., a copy shop (most of the students do not buy</p> |



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| the books. They just copy the book of a fellow student or the teacher gives them to opportunity to copy his/her book. Other teachers provide the students with stencils or readers for free), sport accommodation etc. |
| leisure/culture |
| There is a excellent sport accommodation on the University Campus. Besides that, there are a lot of clubs you can join: photography club, volunteer club, football club, culture club etc. You name it and they have a club for it. It is even required by the University to join at least one club. But they are not so strict at all. Just come by one of the meetings or activities and see if you like it. They do not force you to attend every meeting or activity. It is all non-committal. |
| suggestions/tips |
| <ul style="list-style-type: none"> - I would recommend to follow the Thai Language Courses. - And do not miss out the introduction days! Because the forming of groups of friends goes to incredible fast. So attend as many activities or parties as the beginning of the semester. - Thai people are group people. So sometimes it seems like they are a little distance. But they really like to get to know you. If you make the first me they will be happy to let you join their group. |
| conclusions |
| would you recommend this host organisation/destination to others? please explain |
| Yes, I would absolutely recommend studying at MUIC in Thailand. It is an amazing country with a rich culture and history. The MUIC offers a large amount of courses, so it is easy to find some courses that you are interested in. There are a lot of apartment complexes in the neighbourhood, so you will find a place to stay for sure. The courses at MUIC are given mixed with Thai and exchange/visiting students, which means you can in contact with Thai students. You can learn so much from each other. |
| do you have any additional advice or comments? |
| <ul style="list-style-type: none"> - Like I mentioned before: start on time with the preparations. - It is also mentioned on the website of University Utrecht: when you are back home again, check out the website of ESN! Especially students who did an exchange program their selves know like no other how it feels like to be in a foreign country. Chare your knowledge en experiences and help out the international students in Utrecht by joining ESN. |

Contact details:

Student Services / International Office

- Postal address: P.O. Box 80125, NL-3508 TC Utrecht
- Visitors' address: Bestuursgebouw, Heidelberglaan 8, Utrecht
- T: +31-(0)30-253 7000
- F: +31-(0)30-253 2627
- E: exchange@qdesk.uu.nl (information)
- verslagen.internationaloffice@uu.nl (report)
- I: www.uu.nl/students/exchange