



UU Study Abroad Report Form

	Contact info at the IO.
faculty/college	Faculty of Geosciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Global Sustainability Science

destination city & country	Krakow, Poland
how did you travel to your destination?	Train
name university abroad	Jagiellonian University
start date	26 / 09 / 2022 (dd/mm/yyyy)
end date	10 / 02 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process went smoothy. It took some time figuring everything out but if you just follow all the steps it will be fine. However, keep in mind that some documents need to be signed and this can take some time so to be safe start well in advance.

counselling & support at Utrecht University

The international office is quick in replying to emails and we got the opportunity to talk to a student who had been there before, which was very helpful.

academic preparation

Choosing the courses online for the learning agreement was quite difficult at the beginning, but once i knew how the site worked it was doable. But it definetly took me some time to figure this out.

language preparation

Because I already study in English, and in Krakow I would also study in English, I did not do any extra language preparation.

finances

I applied for the erasmus grant, but because the expected living costs are not that high in Poland, I did not save a great amount of money beforehand.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

At the start of the semester there were some organisational issues. Especially the enrollment for courses works really differently than in Utrecht. It is more flexible, and in the end I ended up following only 3 out of 6 courses that were originally on my learning agreement, and I took other ones instead that fit my schedule more. Every course/institute/faculty has different procedures concerning enrollment for courses. This information can be found on USOSweb, or by emailing the faculties or professors. I took a lot of courses from different faculties, this made it also more difficult to arrange everything. In the first two weeks this was a bit stressful for me, but all the professors are really helpful and in the end it will always be fixed.

academic quality of education activities



The classes are given in small groups (15-25 students) directly by the professor. This makes an informal learning environment in which there is room for discussion which I really enjoyed. However, in my opinion, not all classes were of the highest academic quality. It differed a lot per course and per professor.

counselling & support at receiving university abroad

The international office is really helpful, they reply quickly on emails and you can also go there in person. Additionally, most of the professors are happy to help you out.

transfer of credits

I have not gotten my credits yet, so I can't say anything about this.

STUDENT LIFE

welcome & orientation programme

A week before the courses start, ESN had organised an orientation week with activities everyday. There was a party every evening, and during the day there were activities like speed friending, playing board games, a visit to a national park and an old town tour. This made it really easy to meet new people and feel at home very soon.

accommodation

I rented an apartment through an agency which arranges everything for you (contract, contact with original owners, cleaning, etc.). However, you pay extra for this service (agency fee of around 300eu) and the rent is on the expensive side. My rent was 375 euros (it had also gone up due to the rising energy prices), but my room was quite big (20-25 m²) and we had a modern kitchen. I lived in Kazimierz, the old Jewish quarter and I would really recommend this.

leisure & culture

Krakow has a lot to offer, there is a rich history which is seen throughout the whole city and in the area. Next to this, there are a lot of nice cafes and bars to hang out. The old town is really beautiful with a lot of old big buildings, but especially in Kazimierz the atmosphere is great,. This quarter is full of cool bars, restaurants, street food stands and vintage stores.

suggestions/tips

If you want comfort and security and you do not mind to pay a bit more, I would recommend renting through an agency. Otherwise, there are also student dorms (which are more outside of the city center) or private renting (but this is more difficult to find).

CONCLUSIONS

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

I would definitely recommend Krakow, especially because due to the low living costs in Poland, you can do a lot more with the same amount of money you would have spent back home. Instead of chilling in the evening in someones house, we would always go to bars and have some drinks there, we went to the cinema very often and we tried new things like a cermaics workshop and dancing classes. Travelling to other cities was also really affordable, I went to Warsaw, Zakopane (2h from Krakow in the Tatra mountains), Budapest, and even to Berlin. Next to this, there are a lot of exchange students in Krakow, and because everything in the city center is within walking distance, this made it very easy to meet up with everyone and randomly meet people on the streets.

do you have any additional advice or comments?



Krakow is really versatile, you do lots of different activities both in the city as well as in the area, e.g. you can even go skiing after taking the bus for 3 hours. This in combination with the low living cost and the fact that it is really a student city makes it a great city for doing your Erasmus.



UU Study Abroad Report Form

	Contact info at IO.
faculty/college	Social sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Sociology

destination city & country	Krakow, Poland
how did you travel to your destination?	By train
name university abroad	Jagiellonian Universtiy Kraków
start date	26 / 09 / 2022 (dd/mm/yyyy)
end date	1 / 03 / 2023 (dd/mm/yyyy)

PREPARATION	
exchange application process	The application proces went pretty well. Most things were very clear on the UU website, so this made it quite easy to prepare.
counselling & support at Utrecht University	I had quite some contact with the international office because I was not completely sure if my trip to Poland would be responsible due to the situation in Ukraine. But they contacted the University in Krakow for me and they both made sure all of my questions were answered so I could make a good decision. They always responded quickly and clear.
academic preparation	It was quite hard to find the courses online since the semester in Poland starts a month later than in the Netherlands. Also at the point they knew what the courses for my faculty would be, for 80% of the courses there was no course description yet, so you had to just pick courses by the names. But in the end this all worked out.
language preparation	I did no language preparation since I had already heard that the polish language was really hard to learn.
finances	I saved up around 2000 euros before I left because I wanted to be sure I would be able to do every activity I wanted to do. Additionally I got some money because I stopped my Public transport card and also I kept my DUO loan on. I did not live cheap there, so you can survive with less, I just simply did not want to.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	There are quite some english courses in the Jagiellonian University. The application process was very weird though. It was hard to figure out how to do it, but in the end the university was very flexible. In the first week, you can just show up to classes and talk to the professors in person and mostly they could still add you to the class even if you were not officially registrated.
academic quality of education activities	



The academic level of the courses was not very high. It was mostly a lot to learn, but it was not that hard. For the sociology courses, we did have a presentation in almost every course and also an exam or a final paper, but since all the courses took all semester, this was very reasonable.

counselling & support at receiving university abroad

It took them quite some time to answer e-mails, but once they did, they were very clear and helpful with anything you had to ask. Sometime it was hard to find the right person, but professors were really nice and also very understanding towards exchange students. Also, I would advise you to join the ESN whatsappgroups that are out there since they are also very helpful and there are many ESN members studying at the university you are planning to join.

transfer of credits

This all went fine!

STUDENT LIFE

welcome & orientation programme

The ESN community in Krakow is very big and active. So the first week was full of parties and other activities to meet other students. This went very easily. The university did not really do anything for orientations as far as I know. But the ESN community did a lot. It was great!

accommodation

I found an apartment through JustHome.pl this was a great agency. I would advise you to start on time with looking for housing since it was quite hard to find something. I found my flatmates through a facebook group with erasmus people from anywhere.

leisure & culture

Krakow is an amazing city with a lot to offer. There is a lot of history in the city which is visible everywhere. There are many great museums that all have something unique. It is an amazing city for nightlife, the Polish people know how to party! Also there are some nice national parks not too far from the city so they are also nice to visit. From Krakow it is quite cheap to travel to other places in Poland but also outside Poland! So nice for some weekend trips.

suggestions/tips

I would definitely advise you to get an ESN mentor, since it is very nice to be in contact with a Polish student that can show you around the city. Also, just contact me for more specific tips and suggestions or questions! I would love to tell you more about Krakow!

CONCLUSIONS

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

Yes! The courses were interesting, the professors were really nice, the city is amazing, Poland is quite different than the Netherlands! It is a great country to explore, you can learn a lot and as I mentioned before, the city has a lot to offer.

do you have any additional advice or comments?

Not really! You can contact me for more info!



ERASMUS+ STUDIES - UU Report

faculty/college	Geo
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Sociale geografie en planologie

destination city & country	Krakow, poland
how did you travel to your destination?	Plane
name university abroad	jagiellonian university
start date	23 / 02 / 2022 (dd/mm/yyyy)
end date	01 / 07 / 2022 (dd/mm/yyyy)

PREPARATION	
exchange application process	Went wrong. They forgot to send me the information to apply at the right moment. When i sent a mail later on, they gave me another option specially open for me to apply. In the end everything worked out, but it was a long process.
counselling & support at Utrecht University	Amazing, always super short reaction times with all information needed.
academic preparation	Perfect. The academic level is lower in Poland than in the Netherlands. It was quite easy.
language preparation	Perfect. The general dutch proficiency in English is higher than most other erasmus students. If you want to feel more comfortable, do courses beforehand. And don't hesitate to speak english when arriving! Everybody has some trouble switching languages. If you keep talking dutch to dutch people in the beginning, you will just delay the process of becoming comfortable in your English proficiency.
finances	It quite cheap compared to other destinations. But due to the all the socializing and going out you will spend as much as you do in the netherlands i think.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	Geo erasmus minor. Things are not streamlined and everything takes time. So be prepared and send mails when needed! Plus side: They don't mind mistakes or if you are late with documents etc. They are very complying with Erasmus students! If you ask you can even change courses after a month etc.
academic quality of education activities	Good and low to medium workload depending on the courses you take. Look for subjects that have to do with communism, Europa and the iron curtain. Some professors have first-hand experiences from their youth how it



was to live in communist Poland, and have seen the economic and political transition to the current form. It's very interesting to hear and learn about it from these experts.

counselling & support at receiving university abroad

Slow reaction times, but good answers and knowledge on subjects. Be very wary on the dates where you can sign up for courses though! They differ vastly between faculties, and you can choose between many faculties as an Erasmus student. There are not enough places for many courses, so be ready 5 minutes before the registration opens and know exactly which courses you want to choose. Sometimes you can send the teacher an email and still get in while the course is full. So try that when needed. When it comes to location: Some are 30 minutes away by tram, like most of the GEO courses, while other political courses or migration studies are given next to the city centre. So look into the course pages if you care.

transfer of credits

Still in the process, but everything seems to be looking fine!

STUDENT LIFE

welcome & orientation programme

Was fun, good activities to meet people. But sign up in time! There are limited spaces for many activities that don't involve drinking. An alternative: Add yourself to the WhatsApp groups that are posted on the ESN and/or Erasmus Facebook and Instagram. In these groups, people will organise some random hangouts or pre-drinks. So you can use these to make new friends and get information on the study and social stuff.

accommodation

Found a house through Facebook groups. Decent accommodation for a low price. Don't apply to the dormitories though, they are old, dirty and you need to share a room. So not much privacy, which i would recommend in your Erasmus. Sometimes being alone is nice after being out every single day of the week to meet new people and have fun.

leisure & culture

Many fun leisure activities, amazing bars and nightlife. Fun culture as well.

suggestions/tips

Go out every day in the first week or 2. Meet as much new friends as you can, get their numbers and instagram. Don't hesitate to go alone or to walk up to new people. They love to connect. In this way, you get a lot of friends immediately. So you can choose which people you prefer and would love to spend more time with after meeting loads of new friends. Time is short, so make the most of it immediately.

CONCLUSIONS

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

Most definitely. Good university, amazing professors and decent to low workload with interesting insights in specific subjects such as communism and middle European culture. Due to not having a high workload, you can spend more time discovering Cracow and meeting other people. It's a beautiful city, with a ridiculous amount of amazing bars. And with all this in mind, it's cheap as well! So you can do your predrinks in a bar instead of home, or go out to eat twice a week in good restaurants for instance. I would recommend everybody that likes socializing, history, middle European culture and going out to come here.

do you have any additional advice or comments?

Don't do language courses. The language course took me 2 times as much time as a Master course i followed, and the course is given on 2 afternoons every week. So you can't really go out before or go out to dinner those days. And I needed to pay another 150 euros for it. Worst decision I made in Krakow.



Some other advice: Don't go live with Dutch friends, and don't immediately talk to all the other Dutch people from the Erasmus. This will make you comfortable from the start and not meet as many other people from different cultures. Speaking Dutch won't improve your English capabilities and is not inviting to other people. Do your best to try to make friends with anybody even though they might not look like your type of person. Due to different cultures, people can look different but be exactly your type when it comes to social behaviour and activities. All the people I met who went with people from their Nationalities didn't really have many friends from different countries/cultures in the end.

And a small final tip connected to this, from my experience and other experiences from my friends: Spanish people are notorious for doing exactly this. They mostly speak Spanish and have Spanish speaking friends. If you get the option to live with 2 or 3 Spanish (speaking) people in a house, I would recommend reconsidering the offer. They probably will talk Spanish mostly. There are of course exceptions, so take it with a grain of salt. Some of the dormitories have this problem, from what I heard from friends and other people who went semester(s) before me. The generally spoken language was Spanish in some of the social spaces.



UU Study Abroad Report Form

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

destination city & country	Krakow, Polen
name university abroad	Uniwersytet Jagiellonski
start date	28-02-2022
end date	30-06-2022

PREPARATION	
exchange application process	The application process was easy. Everything is done via email and it is clear which steps to take to be able to go abroad.
counselling & support at Utrecht University	As I said, most of the times the emails were clear. Sometimes it was not, but then they usually answered to my questions per email. It took quite a while before I had to do anything, and because everyone tells you to start early because it is so much work I was questioning if I was doing things right. But at least for Poland everything was arranged quite at the last minute, so this was not a problem.
academic preparation	There was no need to prepare anything special. I took some legal courses as well as some other courses that have nothing to do with my bachelor but it was fine.
language preparation	I took only English courses, as my Polish is not sufficient enough. You could also take courses in Spanish or Hungarian for example, but I'm also not fluent in those languages. You have to submit a proof of English proficiency for the Jagiellonian university, but if you just write an email to UU you can get a general statement from UU that your English is good enough, as everyone who follows classes at a Dutch University is likely to have a high level of English.
finances	I did not really worry about finances as Poland is very cheap compared to the Netherlands.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I took some legal courses and some other courses such as history and anthropology. I also took the Polish language survival course, which I very much liked. It began when I was still in the Netherlands and we had lessons every day for 10 days in a row on Teams. There were about 7 people in that course and we got together when we all arrived in Krakow and it was really nice to have a nice group right at the beginning. I stayed friends with them the whole semester. There is also a follow up language course in university which is 6 ECTS and me and some other people also took this course. You can get to level A2. Like with the application procedure, the signing up for the courses was very late. Some are via USOS and some via email (if you want to do courses



outside of your department, the signing up is even later and it is not guaranteed that you can get a place). But it all worked out in the end. The European studies courses are very popular, so you have to be fast.
academic quality of education activities
The quality of the courses was fine. I think they are pretty easy on you if you are an Erasmus student and they really just want you to come to class and participate and then it is fine.
counselling & support at receiving university abroad
The Jagiellonian university was pretty quick with responding to emails, they are just later with things such as signing up for courses than you would expect.
transfer of credits
I did not do this yet.

STUDENT LIFE

welcome & orientation programme
The orientation programme was very nice from what I heard, but there were very limited places (still because of covid) so I could only participate in one pub crawl which was really nice. I think next year will be better though.
accommodation
I myself stayed in an Airbnb which I got with discount together with my boyfriend. It was really nice and not super expensive because of the discount. I did not want to stay in a dorm because those are very small and you have to share your room. Some people stayed in Livinnx which was fine as well but expensive.
leisure & culture
There are many things to do in Krakow, in summertime it is definitely the best. Everyone is outside drinking and chilling. Get to know the history behind the city and the country, it will make it much more beautiful. Polish people can come off a bit cold to strangers (also to each other if they don't know each other) but they are very hospital if you get to know them. Try to speak a little bit Polish, they will appreciate it.
suggestions/tips
Myself I liked hala forum very much for chilling with friends and eating and drinking. There is also a coffee place called Pozegnanie z Afryka, it is really nice. Also do visit other cities such as Warsaw, Wroclaw and Gdansk. They are really nice.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
Yes I would. I wanted to go to Poland because of the history and my roots but it is really a nice place for everyone. Krakow is beautiful and pretty small (kind of like Utrecht). Warsaw would also be a nice place for an exchange I think, it is much more modern and super big. It really feels more metropolitan. So pick what you like best.
do you have any additional advice or comments?
Do go to many Erasmus meetings and parties, it is what makes your exchange the best.



ERASMUS+ STUDIES - UU Report

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

destination city & country	Krakow, Poland
how did you travel to your destination?	car and back by plane
name university abroad	Uniwersitet Jagiellonska
start date	14 / 09 / 21 (dd/mm/yyyy)
end date	10 / 02 / 22 (dd/mm/yyyy)

PREPARATION	
exchange application process	Application process was relatively easy. The courses, however, were at times very confusing; it changed from time to time so in the end i was only able to take one of the courses that I initially wanted and later wrote down on my learning agreement.
counselling & support at Utrecht University	The meetings beforehand were somewhat useful, though most information was already available elsewhere. I didn't think I'd need support, so I also didn't ask for it.
academic preparation	I did not prepare myself academically beforehand. This was in the end not needed anyway, since the academic level in Krakow is lower than in Utrecht.
language preparation	Most courses are in English in Krakow, so it's not needed to prepare in that way. It is possible to do a survival polish language course, which I took two weeks before the semester began. This was quite useful for everyday life in Krakow.
finances	Life in Krakow is generally cheap, so it is very much possible to live from erasmus money, public transport money and an extra 200 euros a month should be fine to live with.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	There are a lot of different courses to choose from, from different faculties. Registering for these courses was a hassle for me, since I didn't have priority for any of the faculties and thus had to wait to register for the classes till half of the first week of the semester.
academic quality of education activities	The academic level in Krakow is definitely lower than in Utrecht, even the MA courses are under the BA Utrecht level. There is however more focus on details and in learning in different ways, and less on research; in which you definitely get a much broader sense of the topic in hand.



counselling & support at receiving university abroad

I was assigned a spokesperson, who mostly helped me with re-registering questions (that she didn't always know how to answer, but still helped calm me a bit).

transfer of credits

Has not happened yet.

STUDENT LIFE

welcome & orientation programme

We had a whole week, designed as orientation week. During the day there were activities such as tours around the city, bowling and museums and in the evenings there were parties to get to know other Erasmus students. It really helped to start here your semester with, so you at least have some friends to start with. The activities were mostly only for like 20 people while there were more than 300 students, so it was at the beginning a bit confusing on where you could go; but there was enough communication so that at least there was something to do every day.

accommodation

I opted out of getting a dorm for two people one room, but i got a (compared with Amsterdam or Utrecht) cheap room near the Jewish Quarter that was perfect for me. There was in the end plenty of student rooms to rent there.

leisure & culture

There are especially a lot of museums to visit in Krakow (art and history). Especially the Kazimierz neighbourhood is full of culture, bars, restaurants and museums. There really is enough to do there.

suggestions/tips

no

CONCLUSIONS

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

I would! Maybe not the university in terms of a whole study, though the level is fine for just one semester. I would mostly recommend the destination, since it's a beautiful city full of things to do and the country itself is beautiful too.

do you have any additional advice or comments?

no



UU Study Abroad Report Form

faculty/college	Recht, Economie, Bestuur en Organisatie
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	Bestuurs- en Organisationswetenschap

destination city & country	Krakow, Poland
name university abroad	Jagiellonian University
start date	23 / 10 / 2019 (dd/mm/yyyy)
end date	16 / 02 / 2020 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process did go very well. I had to prepare things such as a motivation letter and a CV. This did not take as much time as I expected. Next to that I did get a reply that I was selected to go to Krakow really soon, that was nice.

counselling & support at Utrecht University

Both the international office and my study advisor at my own department helped me really good and replied fast on my emails. Next to that the meeting with information were clear and helpful.

academic preparation

Because the level of the courses in Poland is much lower than in Utrecht, I did not do any academic preparation.

language preparation

I studied in English in Krakow and my level of English was already high enough, so I did not do any language preparation.

finances

Living in Poland is cheaper than living in the Netherlands. I did get an Erasmusgrant of 240 euros per month. Also I lived in one of the university dorms, this was only 94 euros per month. So I did not have to save money before going abroad and I could pay everything with my loan and Erasmus Grant. Of course, if you want to travel a lot it is smart to save some money before you go.

I also had a creditcard, because that was easier to buy some online things with in Poland than with my Dutch debitcard. Next to that, it was cheaper with the creditcard to get cash money from the ATM.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I chose a lot of different courses from the faculty of Humanities and Social Sciences and from the European Studies faculty. Before I went to Krakow, it was not really clear which courses I could choose, so I registered for the courses, but I did not know if everything went well and if the courses were available. I was afraid that it went wrong. But when I went there, everything turned out to be okay. In the first two weeks I could go to classes and see if I liked them. After that I could choose which courses I wanted to follow. This was an ideal method and because of this I chose courses that I really liked.

It was a bit hard to get the learning agreement signed. Before I went to Krakow, I emailed the secretary a couple of times, but I did not get a reply. So I had to go to the office once I arrived in Krakow. There the people immediately helped me. So in the end it all worked out well. Unfortunately I discovered that most people at the



Jagiellonian University do not reply to e-mails at all or it takes really long. So you should probably just go there and let them sign.
academic quality of education activities
The academic level of the courses was much lower than in Utrecht. Even though the courses were interesting and there were interesting discussions in class, the level of the exams was low. Most of my courses were really interactive and the teachers were interesting and passionate about the subject. Their level of English was quite high. Next to that, some of my teachers organised interesting studytrips and tried to make the most out of the course.
counselling & support at receiving university abroad
I did not use any counselling or support. But when I had to reach the secretary for example for signing my learning agreement, they did not reply to my emails at all. So I had to go to the office and wait in line for a long time. Once I got to speak to them they were really friendly and helpful.
transfer of credits
I did not get a transfer of credits yet.

STUDENT LIFE

welcome & orientation programme
<p>The Erasmus Student Network in Krakow was really active and they organised a lot of things. The organisationweek was well organized with many activities and parties, so you could already meet a lot of other Erasmus students. Through the semester they organized a lot of activities. For example, every Monday they organize an event in a bar with a different theme every week. I liked that a lot.</p> <p>When I arrived in Krakow I had to go to the international office where I received some really helpful information. So I did know where I had to go and how everything worked.</p>
accommodation
I chose to live in the university dorms. As far as I know I was the only person from Utrecht University this year who chose to live in the dorms. And I would really recommend it. It is only 94 euros a month. Of course for this low price (compared to housing in Utrecht) you should not expect too much. You have to share your room, which is amongst 10 square metres, with someone else (same gender). In my dorm, I also shared the bathroom with two girls in another room, but in some of the dorms the bathroom is only for two people. I lived in Piast, which is 10 minutes by bus from the centre. The bus stops next to the dormitory. Piast was okay, but I would recommend to chose Nawojka (I only know Piast and Nawojka). My friend lived in Nawojka and it was newer and more fancy and closer to the city centre than Piast. I thought the dorm was okay. There was also a hairdresser in my dorm and a bistro where you could have lunch (soup+meal) for amongst 3,50 euros. Also sharing a room was a fun experience and an easy way to make your first friend when you are there.
leisure & culture
Krakow offers the perfect combination of culture, history and (cheap) partying. It has many nice bars and beer is really cheap. Next to that it has many interesting museums and nice parks. I did a lot of weekendtrips to Warschau, Wroclaw, Prague, the Mountains, Ukraine, etc. because those were easily to go to by bus or train. I also went to Auschwitz Memorial Museum and volunteered there.
suggestions/tips
<p>See my recommendations on living in the dormitory.</p> <p>I would also recommend to take a creditcard or find another way to have good rates for the Polish currency (Zloty), because by keeping an eye on that you can save a lot of money.</p>



Last tip: Go to Krakow! I would really recommend it. I had a really good time. I did a lot of trips and made a lot of friends. It was really cheap and there are many things to do and to see. There are many Erasmus students, so the atmosphere is nice and it is easy to make friends.

CONCLUSIONS

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

I would really recommend to go to Krakow! I really enjoyed my time there. While learning a lot about other people and cultures, I also was able to travel a lot and learn a lot about (Polish) history. Polish people are warm and welcoming. I was not that cold during the winter season (In October I could still walk around in a t-shirt and chill in the sun in the park). It is easy to make a lot of friends, because there are many Erasmus students and many activities organised by Erasmus Student Network and everyone is their on their own, so everyone wants to make friends. The location is really good to make trips to Poland, Ukraine, Czech-Republic, Hungary, etc. Also Krakow is a good combination of history, culture, nice bars, nice parks and cheap partying.

do you have any additional advice or comments?

I would recommend to stay in the university dormitories, because it is really cheap (94 euros per month) and it is an experience. I would recommend Nawojka or Piast to stay in. Next to that I would recommend to take a creditcard with you, because it makes it easier and sometimes cheaper to pay in some places or take cash money from the ATM.



ERASMUS+ STUDIES - UU Report

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

destination city & country	Cracow, Poland
name university abroad	Jagiellonian university
start date	20 / 09 / 2018 (dd/mm/yyyy)
end date	04 / 02 / 2019 (dd/mm/yyyy)

PREPARATION	
exchange application process	The exchange application process is mainly a lot of paperwork. It takes a lot of time and effort to find all the necessary information and there are a lot of documents required to submitted. Be aware that this will take some time, yet the exchange offices from both universities were really helpful and contributed a lot to speed the process.
counselling & support at Utrecht University	The counselling and support from Utrecht went very smoothly, every time I had a question they answered me quick and with thorough information which was really useful.
academic preparation	There was no need for academic preparation.
language preparation	Beforehand, every students has to conduct an english language test. The test was about 15 minutes and it was actually a nice assessment to find out on what level of English you currently are. It is also a nice extra to put on your CV. Every student of Utrecht UNiversity has sufficient level of English, so it was not that hard and no need for preparation.
finances	



To apply for the grant, you need to hand in a financial plan with estimated costs and expenses. This was a nice assessment to calculate personally if you would have to save extra money. For me the grant was enough, so I didn't have to save any extra money.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Since this semester was some sort of holiday semester for me, I could choose every course I wanted to do (if I had the appropriate prerequisites of course). At the university, most courses they offer in English are mainly focussed on Erasmus students which has its positive and negative sides. The positive side is that I had a wide variety of really interesting courses, ranging from Polish society, Philosophy, to military interventions and art in the public space. So there is always something interesting to offer for everyone. The downside was that I had no clue what the level of the courses would be, there is no indicator for. Furthermore the organisation on how to apply for the courses was quite poorly, it was very unclear for a long time where the only advice was; Don't worry it will work out. In the end it did all work out fine, but the system is more chaotic than in the Netherlands, and the administrative staff did not always speak very good English.

academic quality of education activities

The academic quality differed highly per course. Some courses were from good academic quality, some were also absolutely not. Remarkable is that even though some courses were content wise not that qualified, I still learned a lot from it. I really did like the way of teaching, where the professors were genuinely interested in our opinion regarding different issues, and since the group consisted of students from different nationalities and background, there were always some really eye-opening discussions. Furthermore they offered quite some educational activities, especially the courses regarding society, history and art. There were multiple fieldtrips planned which contributed greatly to the content of the courses. The examination is easier than in the Netherlands, you do not have to worry from not passing your exams.

counselling & support at receiving university abroad

I did not need any counselling or support from the university, in the beginning I still had some questions regarding the registration of some courses, they always provided me with answers. One tip is to go and talk in person with them, since they do not always respond via email very elaborating.

transfer of credits

The transfer of credits is still unknown from me. When I left the university I did not have all my grades yet, so they told me to ask for it when I received it. Now I do have it with their signature, but apparently I needed the original, which was not really possible. So it is a little bit vague, but I am confident it will work out fine in the end.

STUDENT LIFE

welcome & orientation programme

Unfortunately, this year the orientation programme was badly organised. The welcome programme offered by the University was sufficient and provided us with useful information. Yet I was unable to attend to almost all of the activities organised by the orientation programme since they planned activities for only a limited amount of people. Therefore it was very hard for me to get to know other Erasmus students in the beginning.

accommodation

I already arranged my accommodation before the semester started, via the agency rentersellers. Do not rent an apartment from this agency. The apartment was okay, it was not very new but for a student house that is totally fine. The location was amazing, therefore I also paid 1000 PLN per month but that was an appropriate price, only quite expensive for Polish terms. Yet the communication with the agency was really bad and it could



take up to two weeks before they would fix the electricity/heating. Especially during winter times, this was really annoying. Sometimes we had to go to the gym to shower. You can also apply for the dormitory, this is very cheap, yet you have to share a room with a roommate and you share the kitchen with 30 people without a fridge or freezer.

leisure & culture

Cracow is an amazing city, it has a lot of history and culture. It was possible to do something new everyday for the whole semester. Because Poland has quite a rich history and Cracow is pretty old, it is a city of the stories. You can find lots of museums and talks about history and culture. Furthermore they have amazing bars, it is not possible to try them all. Also they are really into music, where you can go to a classical or jazz concert every evening.

suggestions/tips

1. Don't rent an apartment from real estate agents.
2. Go to Zakopane, it's a ski area in the Tatra mountains, it is beautiful there in the summer and winter
3. Travel around Poland, it is such an interesting country and still quite undiscovered, it also has beautiful nature.
4. Get to know the Polish culture. It is really interesting, especially to see how much influences from communist times are still present there. Talk to the local people and get to know their way of thinking, it is quite a different culture than the Dutch culture.
5. There is a lake next to/at the end of Cracow which is quite unknown. In the winter it is beautiful to hike around there and in the summer many people go there picnicking and swimming. You also have a beautiful view over the whole city from up there.

CONCLUSIONS

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

yes, everyone was very nice towards Erasmus students. Cracow is a beautiful city and Poland has a very rich culture. It is a super interesting country. Even though the academic level was not very high, I still learned a lot and enjoyed it very much.

do you have any additional advice or comments?

The older Polish generation usually hardly speaks any English and they are not very keen on tourists. It is a way of showing respect to their culture. Furthermore be aware that you can offend Polish citizens quite easily, also in public. We as Dutch students were considered rude quite often, when it would have been completely normal in the Netherlands.



ERASMUS+ STUDIES - UU Report

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

destination city & country	Kraków, Poland
name university abroad	Jagiellonian University
start date	01 / 10 / 2018 (dd/mm/yyyy)
end date	23 / 02 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

It is not hard, but it is a lot. Do not underestimate this and start on time! Especially because you need to get things signed by the receiving institution, which in my case sometimes took several e-mails in multiple weeks. Everything you need to do is in Osiris quite clearly. I was too late with applying for the Erasmus grant so I received it a few months later, which was not a big problem but a bit inconvenient. Thus, I recommend taking care of the deadlines. I did not have any real difficulties in the application process.

counselling & support at Utrecht University

I always received very quick responses from the International Office when I had questions.

academic preparation

I did not do any specific academic preparation.

language preparation

I was taking courses in English, so I did not do any preparation for this.

finances

I did not really save up. Even though I knew I could not work there, I expected my normal income and Erasmus grant together with the fact that Poland is a very cheap country to be sufficient (and it was).

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I did mostly courses in Political Science and Philosophy. Registration was a big mess; All faculties have different starting dates for registration and often registration starts in the second week, so after the first class. For many courses, you cannot register online, so you have to go by different offices to register. It all worked out fine, but it was completely unclear to everyone. All courses run for 1 semester and they are mostly 3-6 ECTS, so very small. I took 7 courses. Each course has 1 lecture per week, most were 1,5 hours, some were longer. In total I think I had about 15 hours of class per week. Most classes had around 20 students, which was nice. This way it is easy to ask questions and to meet people. I did not need to buy any books or other materials. All my classes took place in the city centre, but some other faculties are located on campus, outside the centre. You can get



there by tram.
academic quality of education activities
The study load was much less than I was used to. Most courses require no preparation at all, you only need to be present during the classes. The academic quality was also relatively low. I think they just really wanted everyone to pass so the classes and exams were really easy. I thought this was a bit of a shame, so I found an internship for 10 hours a week. I really recommend thinking beforehand about what you want to do besides your studies.
counselling & support at receiving university abroad
In the first welcome meeting a staff member was introduced who was responsible for student safety. I did not use these services, but it seemed very well taken care of. I did not get any counselling regarding choosing and registering for courses.
transfer of credits
Did not finish this process at the time of writing.

STUDENT LIFE

welcome & orientation programme
In the week before the first classes, there was a welcome meeting at the university which was quite useful. ESN organized an orientation week with a lot of different activities in a Harry Potter theme. I did only a few of them, because I thought most of the activities were a bit silly/childish. Still, it is a very nice and easy way to meet new people, and there definitely is more than enough to do.
accommodation
I rented a room via the agency Rentsellers. Even though some other people had very good experiences with it, I definitely do not recommend it. The house was generally quite old and cold and the heaters and boiler broke several times. A bit over a month before I would leave my heater broke and after a lot of phone calls and e-mails it became clear to me that they simply were not going to fix it. My last two weeks I spent in an Airbnb. Before this issue the agency was quite helpful with fixing things, so the way this ended surprised me, but to be sure I would really choose another agency.
leisure & culture
Kraków is a very cultural city with a lot of nice events. Every Wednesday, I would go to the pubquiz at Klub Buda. Every Sunday there is a small standup comedy in Szpitalna 1, which is a lot of fun. Both these events are in English. There is also a lot of great museums. As everything is so cheap, I would spend a lot of time in coffee shops and bars! Especially the Jewish quarter Kazimierz has a lot of great places. If you like museums, the National Museum (Muzeum Narodowe) has multiple locations throughout the city. The modern art museum is called MOC AK. In October there is a big festival called Unsound, with mostly techno gigs but also some very interesting talks and events during the day. I also made some trips, to Warsaw and Zakopane (in the mountains).
suggestions/tips
Be sure to visit a graveyard if you are in Kraków during All Saints; On this day, everyone visits their hometown to light candles on the graves of their loved ones. It looks beautiful and the atmosphere is very nice. It's not grim, but rather a happy and thoughtful event.

CONCLUSIONS

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



I very much recommend the destination; It is a great city with lots to discover culturally. Generally if you go on Erasmus I would recommend going to a cheap place, simply because you're only there for half a year and you want to do and see as much as you can. However, if you're looking for an academic challenge, this university might not be the best choice - I was a bit disappointed by the quality of the courses.

do you have any additional advice or comments?