



ERASMUS+ STUDIES - UU Report

Every student receiving an Erasmus+ STUDIES grant has to submit a UU report as well. Writing the UU report is one of the university's conditions to receive and keep the grant. Only after submitting this report your Erasmus+ grant will be awarded definitively.

Your report will be **published** (anonymously!) on the [UU study abroad destinations webpage](#) to inform UU students preparing an exchange or research period abroad. Not all of them are Dutch-speaking, therefore we prefer to receive reports **written in English**.

Please use Tab to go to the next (text) box.

family name*	
first name*	
student number*	
permission to publish contact details** <i>See end note for * and **</i>	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input checked="" type="checkbox"/> yes: silke.b@ejmail.nl my weblog <input type="checkbox"/> yes: my Facebook account <input type="checkbox"/> yes: other (social) media <input type="checkbox"/> yes: or <input type="checkbox"/> my contact details cannot be published on the UU webpage, but I do give the International Office permission to forward my e-mail address to individual students interested in my host university abroad: @
faculty/college	Geosciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Earth Sciences

destination city & country	Southampton, United Kingdom
how did you travel to your destination?	Train
name university abroad	University of Southampton
start date	31 / 01 / 2022 (dd/mm/yyyy)
end date	18 / 06 / 2022 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

PREPARATION
exchange application process
The application process consists of a lot steps, but they are well described on the study abroad website of the UU. At first it may seem overwhelming, but if you just follow all the steps outlined on the website it is rather straightforward. The most difficult for me was to find the course catalogues for certain host universities, but for the University of Southampton this was easy to find. You can apply to any of the courses they offer, as long as you fulfill any listed entry requirements.
counselling & support at Utrecht University



The international office is always available for questions via e-mail. Sometimes it can take a while before you get a reply, so make sure to send any questions well in advance. You do need to approach them yourself and it is very much your own responsibility to make sure you make all the necessary preparations for your exchange.

academic preparation

For me it was not necessary to do any academic preparation for the courses I took in Southampton. Most courses in Ocean and Earth Science do not have entry requirements.

language preparation

In order to go on this exchange I needed to complete an English language test. This was not communicated to me in advance, since the rules recently changed recently due to Brexit. I was able to take the Duolingo test, which was fortunate since all other language tests (TOEFL e.d.) are much more expensive. I did not need to study for this test and was able to pass it without preparation.

finances

To get the Erasmus+ grant you need to do some preparation and fill in necessary documents. These documents then need to be signed by both your home and host university. As a result, I strongly advise to apply for this grant as soon as possible. Furthermore, you can apply for financial compensation of a 100 euros per month for not using your student public transport card. This is also a matter of filling in some documents and submitting them at DUO. Finally, I strongly recommend to get Revolut. This is an online bank that offers good exchange rates for euros to pounds and does not charge fees for paying abroad, like most Dutch banks. Furthermore, you can use this card for online payments like a credit card, but you do not need to pay any annual fees.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The content of my modules was overall pretty interesting. There was some overlap with courses that I followed previously in my bachelor's, but not too much. Southampton has a focus on marine sciences, so I recommend to follow some courses in this direction. It is possible to change courses in the first 2 weeks of the semester but it was not necessary for me. I had some issues with receiving my timetable in the beginning, I was not able to see it. I also did not receive any confirmation that I was enrolled into the courses I chose, which I found a bit weird. In the end I called to student services and they were able to fix the issues for me.

academic quality of education activities

Overall the level of my courses in Southampton were very comparable to the level in Utrecht. The teacher I had were of high academic quality. I had the opportunity to go on two boat excursions with the university research vessel, which was very nice. I recommend choosing a course from oceanography with boat work.

counselling & support at receiving university abroad

I received great counselling and support from my tutor, Tim Henstock. He scheduled a meeting when I arrived to show me around and also 2 more during the semester to check up on me. This was very nice because I felt like someone was keeping an eye on me. I was also able to book personal meetings with him when I had some personal issues and he was a great help. The university also offers great well being support, where you can book a chat 24/7 by phone or e-mail, and you can even just walk into their building on campus.

transfer of credits

On the website of the University of Southampton it clearly states how many ECTS you get for each course. It is easy, since all the courses have 7.5 credits like here in Utrecht.

STUDENT LIFE

welcome & orientation programme



I started in the second semester with my exchange and as a result there was a less elaborated welcome programme. Because I was still finishing a minor in Utrecht, I was not able to attend some of the introduction activities, which was a shame. However, we made one big group chat with all exchange students and in this chat a lot of social activities were organized so I was still able to meet people through this.

accommodation

You can apply for university accommodation, which will guarantee you a place to stay. However, it is quite expensive so I decided to book a private accommodation on a complex called Lucia Foster Welch. It was very cheap for UK standards and it offers okay rooms and good facilities. However, I highly recommend that you take care where in the city you book accommodation. There are multiple campuses in Southampton, I had all my classes at the National Oceanography Centre. For this reason I chose an accommodation close to here. However, the main campus (Highfield) is quite far away from here. The student area of the city is located more around Highfield and an area called Porthswood. Most university accommodation is also located here. Most students live in this area, so I sometimes felt a bit isolated living at the other side of the city. Keep that in mind while looking for accommodation.

leisure & culture

The University of Southampton has a very large students union which houses many societies. It is a fun way to meet new people and especially local students. Take a look around, they have a society for nearly everything from sports to culture to food. The students union also organizes fun activities outside of the societies, so keep an eye on their website for those. Southampton has many pubs and one is even on the Highfield campus, called Stags which is worth a visit after a long day of studying.

suggestions/tips

I joined the hillwalking society, which I highly recommend if you like hiking and want to explore the nature in the area. The university also organized weekly free sports classes under the Be Active program, which is a really nice initiative. A trip to the nearby Isle of Wight (go to the Needles) and the New Forest national park are definitely a must, while you stay in Southampton.

CONCLUSIONS

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

I do recommend this destination to others. However, to be completely honest: Southampton is not a very pretty or particularly interesting city. It is not that big and the centre is a bit ugly. But the university is of high quality and there is always something going on for students, so no need to get bored or lonely. I was very lucky to meet amazing people and make good friends, which in the end is more important than the beauty of the city. If you like nature you will have to travel a bit outside of Southampton to find nice places, but there are many reachable by train. The UK is a beautiful country, so go out exploring when you get the chance.

do you have any additional advice or comments?

Buy a (second hand) bicycle, this will give you a lot of freedom to move around the city and go on small trips. One more time, take care where in the city you book your accommodation, go for something around Highfield or Porthswood if you want to be closer to the student area in the city. If possible, try to get into contact with some other exchange students before departure so you can check how they are organizing accommodation and everything else. If you want to join a society, do it at the beginning of the semester so you get to enjoy it the most. It is fairly easy to get to Southampton by train, so I recommend doing it. This will also give you the opportunity to apply for the travel green grant, which pays for your ticket to your destination if you travel sustainably. Finally, get revolut as mentioned above!



Save this UU report for your own records and upload the report in your Erasmus+ file/application in Osiris within 30 days after finishing your study abroad period and in ANY case before the final deadline!

NOTE: Please **upload in Word (.docx)** so we can delete your *personal details between processing for grant purposes and publication on the website for future UU exchange students. **Contact details will only be included if and where permission has been given.