



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>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input checked="" type="checkbox"/> yes: liseverhagen1201@gmail.com 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: @
<i>See end note for * and **</i>	
faculty/college	Geosciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Human Geograhphy and Spatial Planning

destination city & country	Stocholm, Sweden
how did you travel to your destination?	Plane
name university abroad	Stockholm University
start date	21 / 08 / 2021 (dd/mm/yyyy)
end date	14 / 01 / 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 was smooth. Start collecting the necessary papers and deadlines on time. You definitely need the Erasmus scholarship in Stockholm, so make sure you apply for it on time.
counselling & support at Utrecht University	The university always responded quickly to emails and was willing to answer your questions.
academic preparation	



The Swedish level of education can be compared with the Dutch level of education. But you will only take exchange courses. In this the level must be equal with all students. As a Dutch student you are used to a high level of education and you will be able to keep up with it.

language preparation

If your English is up to standard you don't have to worry about the language. The English level is very high among the Swedes. It is nice for yourself to have already mastered some Swedish, but you can also follow a language course on the spot.

finances

Sweden is an expensive country. Groceries and drinks are more expensive than in the Netherlands, so make sure you have enough savings or take out a loan. The Erasmus scholarship is a must.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed 50% geography courses, and the other half was of free choice. There was not much choice in geography courses. I followed the courses Swedish Geography and Essay on Swedish Geography for the 50% of geography courses. For the other half I followed Swedish History of Ideas and Environmental Communication.

academic quality of education activities

The quality of the courses were not as high as I expected. As I mentioned before, you follow an exchange course with students from all over the world from different levels. The quality was exactly right, so you could fully enjoy your semester abroad. But if you find the courses more important, than the joy I would not recommend this university. As there was not much choice. The way of education looked like the Dutch one, with a lot of peer feedback and presentations.

counselling & support at receiving university abroad

The support from the host university was perfect. They were always there for you if you had questions and they were fast with responding to your emails.

transfer of credits

I'm still in the process of transferring the credits.

STUDENT LIFE

welcome & orientation programme

Upon arrival, you were welcomed by a university student and given a bag with useful information. Due to the coronavirus, many welcome activities were online. This was of little use to you. The student associations did organize activities, such as a speedfriending activity and a campus tour. I would definitely go here to meet new people. ESN also organized a number of fun activities, where you could meet new people.

accommodation

You could participate in the lottery for accommodation through the university. I got a room in the Lappis student complex. That is about a 10 minute walk from the university, and there was also a bus service. This was an ideal location, there were also many house parties here to meet people. I also know people who were not drawn, so make sure you start looking in time, because there is a shortage of rooms in Stockholm.

leisure & culture

Through the university you can take out a subscription to the gym, which is also present at the university. I signed up for badminton, it was nice to have something that was standard on the same day. Furthermore, I always tried to go to ESN activities. Everyone was looking for new contacts here. I have made many trips, such



as by boat to Helsinki and Gotland. By bus to Copenhagen and a week to Lapland. Small day trips were also often on the program. Stockholm is an ideal location for traveling. But the city itself, also had a lot to offer. For example, kayaking in summer and ice-skating in the winter.

suggestions/tips

I wouldn't worry too much about how many contacts you have. In the beginning, everyone is looking for contacts. They won't always be very deep. But with time you will automatically find people you like to hang out with. Just express your feelings, then you will find out that everyone is insecure about making friends. And that it will be fine.

CONCLUSIONS

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

I would definitely recommend this university. Sweden is a very nice country to study. Everything is clean, the people are friendly and you feel safe. There is a lot of beautiful nature and city in Sweden and an ideal base for trips. The education is of a high standard, but there is not much choice in subjects. It is fun to learn the Swedish language, and that is doable with knowledge of English, Dutch and German.

do you have any additional advice or comments?

If you go to Stockholm make sure that you like winter. It can be very cold sometimes and gets dark really early. You will get used to it ofcourse, but if you don't like winter at all I don't think Stockholm is a destination for you.

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.