



## 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: m.r.bunt@students.uu.nl my weblog <input type="checkbox"/> yes: my Facebook account <input type="checkbox"/> yes: other (social) media <input type="checkbox"/> yes: <b>or</b> <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	Human geography and spatial planning

destination city & country	Stockholm, Sweden
how did you travel to your destination?	By plane
name university abroad	Stockholm University
start date	01 / 09 / 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!

<b>PREPARATION</b>	
exchange application process	I applied to the exchange on the websites of Utrecht University. Since the beginning of my studies at Utrecht I was really interested in going abroad. After doing research, attending lectures on going abroad, and talking to friends and family it was clear to me that I wanted to go abroad. I searched for destinations and after a serious and thought through process I picked my destination.
counselling & support at Utrecht University	



I got barely any support or inadequate counselling by my home university on the whole process. Most of it I had to do by myself by searching through the thousands of webpages of UU. I went to multiple lectures on going abroad, however every time they told the same story and non of it was relevant. Going abroad is fun, however the process that takes place beforehand makes you wonder why you even want to go. It's a challenge to find all the necessary information that you need.

academic preparation

For three years I took several courses at UU that prepared me in some way for the courses that I took at SU. The courses that I took in Sweden fitted well into my academic program. I did not prepare myself in a special way both academically as well as for my English proficiency.

language preparation

I had 10 years of experience in the English language that prepared me to go on this exchange. I did not take any new or extra precautions to prepare myself.

finances

I worked at several jobs prior to my exchange that helped me save some money for this exchange. However I relied on the Erasmus grant and an additional loan from the Dutch government. This money is well necessary to pay the rent and other monthly costs. The jobs that I took beforehand helped me pay the extra costs. During my exchange I did not take a job. I job about getting one, but the effort I had to put into finding one would not satisfy the result.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Human geography and spatial planning

academic quality of education activities

Bachelor

counselling & support at receiving university abroad

Information provided by email was adequate, introduction of university and student association was good, however after that we were left on our own and no counselling and support was provided or needed. The university did however let us know that we could contact them in case it was needed.

transfer of credits

This part is still in process

STUDENT LIFE

welcome & orientation programme

Welcome and orientation programme was well organized and a lot was done to make the new students feel at home and make new friends. This part was both done by the university as well as by the several student unions.

accommodation

Accommodation was perfect, however this was not provided by the university. I participated in a lottery for a room, however I did not get a room and needed to search for one myself using different tools, websites and social media pages.

leisure & culture



Leisure and culture in Stockholm were amazing. The international community is amazing and I made so many friends with whom I did so many fun things together. Activities were both organized by the several student unions as well as by students themselves.

suggestions/tips

Go to introduction and welcoming activities to make friends in the beginning. This really helps you to make new friends with whom you later will hang out

### CONCLUSIONS

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

Yes, I would definitely do so. Stockholm, the university, Sweden, the people, and the international community are amazing and I had the best time of my life during this exchange. The whole exchange changed me as a person in a positive way. I would recommend going abroad, and especially in Stockholm, to everyone to grow as a person. Stockholm and Sweden are perfect for international students considering the fact that everyone speaks English and that everything is well organized. For Dutch students it would feel very familiar to the Netherlands.

do you have any additional advice or comments?

Bring enough money, because the exchange in Sweden can become expensive, but it's definitely worth it. However don't let the money scare you, because it pays for an unforgettable exchange that you will cherish for the rest of your life. My advice would be to be very serious with the process beforehand, because there are a lot of things to check and do.

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.**