

## [Netherlands] – [University Of Applied Sciences Of Utrecht]

### Agenda<sup>1</sup>

Your overall feeling after your semester abroad	2
Before the travel	2
Preparation	2
Visa	2
The flight	2
My luggage	2
Bank account	2
Insurance	3
Housing	3
Where to live	3
Find a flat or a room	3
Cost	3
When I arrive at the university	4
Inscription at the university	4
Information on the university	4
Courses	4
Advice on “contrat d’étude”	4
When I life there	4
Safety	4
Phone and Internet	4
Events	4
Sports	5
Eating	5
Go to the university : bus, car, bike	5
Travels	5
Any other information you would have liked to know about	5

---

<sup>1</sup> To update the agenda just click right on your mouse

## I. Your overall feeling after your semester abroad

*Help : How was your experience abroad? If you could go back I time, would you go to this university and why ?*

## II. Before the travel

### A. Preparation

#### 1. Visa

*Help : Do I need a visa ? If yes, what is the process ?*

I didn't need a visa because it was a european country. You only need your identity card to go to the Netherlands.

#### 2. The flight

*Help : what flight did you take (the company name, airport etc.) and when did you take your flight ticket*

I decided to take the train because it's way cheaper than the plane. It's also really easy. It's only three hours to go to Paris then you need to change the train station in Paris and it's two and a half an hour to go to the Netherlands with Thalys. If you reserve your ticket a long time ago, you can buy a ticket with OUIGO for 20 euros and around 35 euros for the Thalys. For me the big advantage of it, is that you leave from the train station in the center of Montpellier and you arrive directly in the center of Utrecht. And moreover you can take as much luggages as you want which is not the case with the plane.

#### 3. My luggage

*Help : what to not forget in the luggage (what was useful and what you would like to have taken)*

You need to take warm clothes. I always lived in the south and I was not prepared for this type of weather. I had snow and a lot of wind some days. Then I don't see other things that are that useful. You have a lot of shops in the city where you can find whatever you need.

#### 4. Bank account

*Help : did you have to change bank? To respect some amount requirement on the bank account etc.*

I made the choice not to open a bank account because the exchange was only for 5 months. But you need to know that some shops don't accept the Visa, the Mastercard so if you choose not to open a bank account, it's always useful to have a little bit of cash with you just in case. But you can totally stay 5 months there and keep your french bank account.

## 5. Insurance

*Help : What insurance did you subscribe to ?*

I already have an insurance so I didn't subscribe to anything more. I just checked with them, before leaving, that everything was covered and to let them know that I will be in a foreign country during the semester.

## B. Housing

### 1. Where to live

*Help : Do a google maps capture and circle the area you recommend to live in (and the one you do not recommend)*

The university is located in the west part of Utrecht and is a 20 minutes of ride from the center or 15 minutes by bus from the center. I think it's the best place to live because there is only international students and it's in the nature which is really great.

### 2. Find a flat or a room

*Help : How did you find your flat? Do you have any recommendation*

One of the best points of choosing this university is that they help you to find housing. The majority of the international students live on the campus of the university which is 15 minutes by bus from the city center. I lived in a flat with 4 other students and it's clearly the best part of my exchange. We are now a little family and it allowed me to meet so many people thanks to this big building where we all were living in. To conclude, during the first semester you just have to follow the instructions sent by the university and to book your flat (i think it was at the end of october, beginning of november).

### 3. Cost

*Help : How much should I plan for a room?*

To live with other students in a shared flat is clearly cheaper than to have your own flat. I was paying 484 per month. If you want your own flat you have to count 700 euros per month. To live in a shared flat is really incredible because you can learn a lot about other and their country and culture.

### III. When I arrive at the university

#### A. Inscription at the university

*Help : How was the process, what did you have to do?*

The international service of Moma helps you with it. When you are accepted, the university of Utrecht sends you some mails to keep you informed and to tell you what to do. I didn't remember something in particular that you need to do.

#### B. Information on the university

##### 1. Courses

*Help : List the different courses, and for each course, describe the format, the content, the exam, what did you like and not like, would you recommend it for the next student?*

I was doing the minor International Business Skills. I had Social Business Skills with classes of golf, etiquette and wine tasting, I also had International branding and marketing with classes of marketing, sales, pitch and negotiation and then I had casework. It was like a business challenge, we had to work for a company and at the end of the semester we had a conference day to present to them our work. As a bonus I had taken a class of Dutch.

##### 2. Advice on "contrat d'étude"

*Help : would you recommend for a student when picking its courses*

If you choose this university you can't select your courses. You choose directly a minor with all the classes already included in it.

### IV. When I life there

#### A. Safety

*Help : Is it safe? Is there areas or times I should avoid*

Which is great with the Netherlands is that it's really safe. Especially for a woman, I was never afraid when I was alone at night for instance.

#### B. Phone and Internet

*Help : How to be able to call and have internet*

As it's an european country my 4G worked the same as in France I didn't have to do anything or to change my contract. I had 30GO and it was enough for me.

#### C. Events

*Help : How to know about the events?*

I was a member of the ESN: Erasmus Student Network, they organized a lot of activities so I did some with them such as surfing in the sea. Of course with Covid a lot of events were cancelled.

#### D. Sports

*Help : What sport can I do ? and how?*

The last month (june) the gyms opened again. It's called the Olympos center. As a student you can do any sport and go to the gym for only 17 euros per month.

#### E. Eating

*Help : Any recommendation? Or good tips (e.g. an international house buffet)*

In the center you have some good restaurants that you can try. Overall the dutch food isn't my favorite type of food but you can eat any type of food.

#### F. Go to the university : bus, car, bike

*Help : How did you get access to the bus, car or bike*

As I was living on campus, the university was the building in front of my student building, I just had to cross the road to go to class. But if you decide to live somewhere else, you can go to the campus by bike, bus or tramway.

#### G. Travels

*Help : What do you recommend and what do you not recommend*

With the people there I visited the majority of big cities in the Netherlands and a lot of good spots there. As it's a small country with good public transports, it's really easy to travel around.

#### H. Any other information you would have liked to know about

*Help : What would I liked to know if I could have gone back in time*

I had the chance to be able to contact the girls that were there the year before me which helped me a lot. So, if you like this destination don't hesitate to contact me, I will be more than happy to help you, to tell you more in detail about my experience and to answer some questions that you may have.