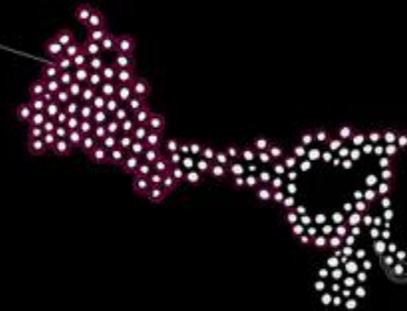
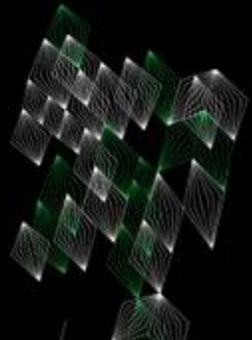
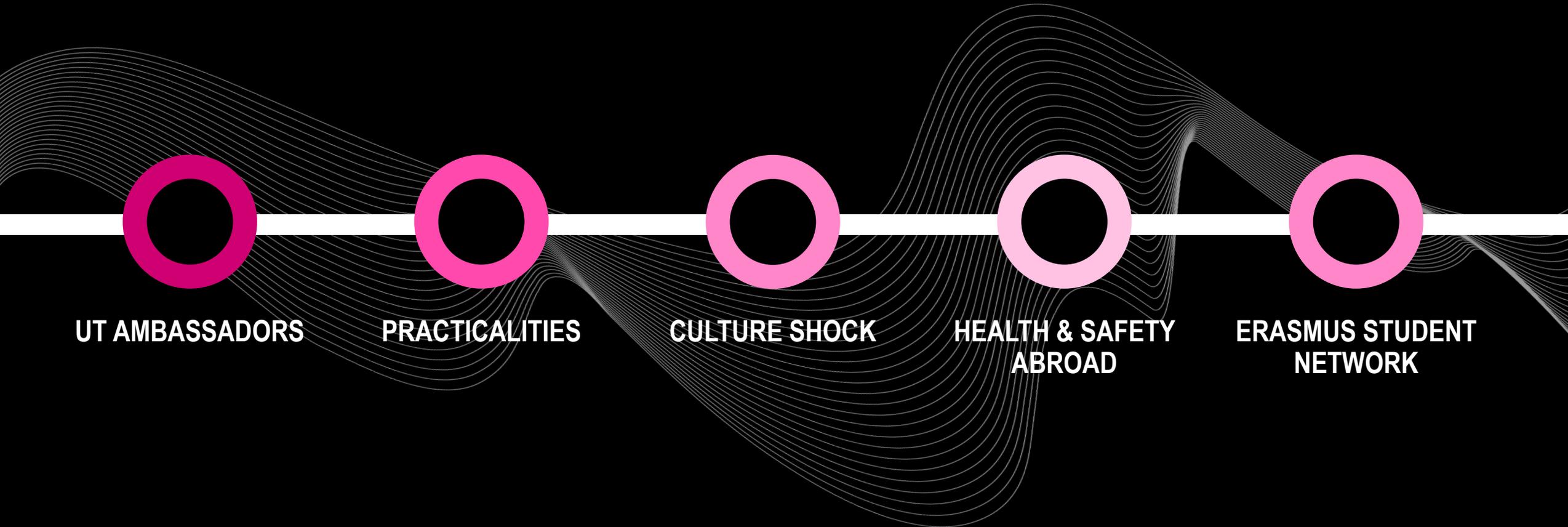


PRE-DEPARTURE MEETING

OUTGOING STUDENTS
11 JUNE 2025



IN THIS PRESENTATION:



UT AMBASSADORS

PRACTICALITIES

CULTURE SHOCK

HEALTH & SAFETY
ABROAD

ERASMUS STUDENT
NETWORK

UT AMBASSADORS

JOE LAUFER, SENIOR ADVISOR, ALUMNI
RELATIONS

*If you've had a positive experience at UT, please
share it while you're abroad!*



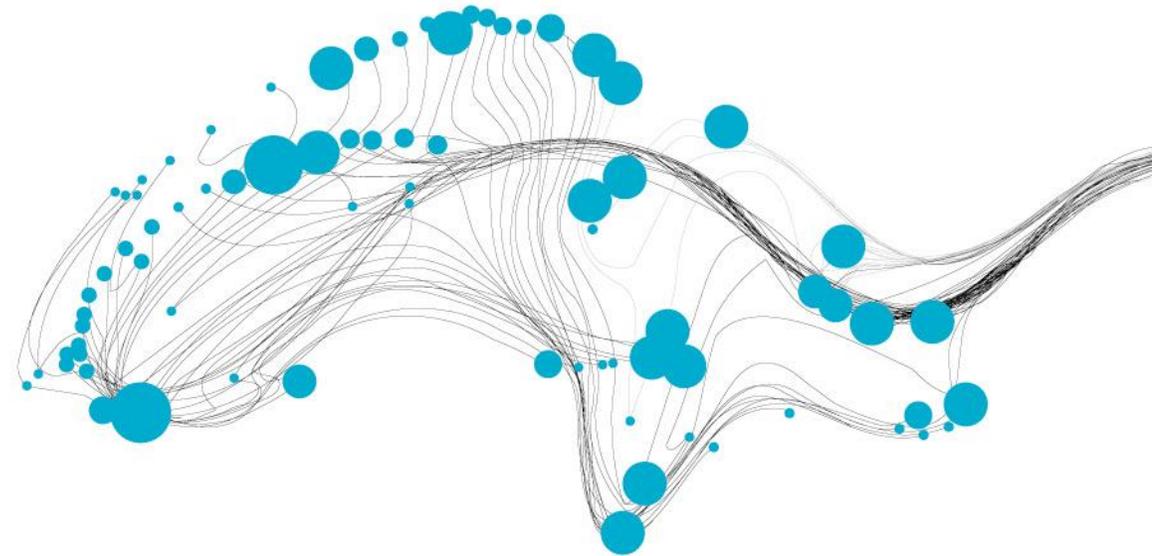
Access your worldwide UT alumni community ... also during study abroad!

- UT alumni abroad as well as former Twente exchange students offer a unique local perspective and are a valuable resource while studying abroad.
- In 2024 nearly 30 UT students met local alumni for informal coffee meet-ups to learn more about living or working in far places like Adelaide, Linköping & Tokyo.
- Interested in also being matched to a local 'UT'er' in your host city?
Scan the QR code below to submit a request and our Alumni Office will do the rest!



PRACTICALITIES

JAAP STOUT, EXCHANGE COORDINATOR,
FACULTY BMS



DEADLINES

Important: Make sure that you **always** complete the application/course selection before the deadline(s). Even if you're unsure about certain documents, always make sure that you complete the applications or hand in the required documents before the deadline.

Complete both:

- UT: Mobility Online application
- Partner University: host application

If you do not complete the required steps before the deadline (different for each partner), you might not be able to go abroad.

Remember:

Mobility Online UT ≠ Application Partner University

SCHOLARSHIPS

EU/ EEA destinations:

- Erasmus+ Study Scholarship (study abroad)
- Erasmus+ Traineeship Scholarship (internship/ graduation project abroad)

Non-EU/ EEA destinations:

- Twente Mobility Fund
- NL Scholarship

<https://www.utwente.nl/en/study-abroad/scholarships/>



ERASMUS+ GREEN TRAVEL TOP-UP

If you travel using a **sustainable** mode of transport to and from the host country (e.g. by train) you may be eligible for a green travel top-up.

Only students with an **Erasmus+ Study or Traineeship Scholarship** may apply.

Apply for the top-up via Mobility Online.

<https://www.utwente.nl/en/study-abroad/scholarships/>

ERASMUS+ FEWER OPPORTUNITIES TOP-UP

Eligible students have fewer opportunities as a result of:

- Experiencing **financial barriers** due to socio-economic reasons (you must receive a student finance supplementary grant from DUO to be eligible) OR
- Experiencing financial barriers due to a physical or mental **disability** that has an impact on your studies or international mobility.

Amount

Long-term study or internship abroad: extra **€ 250** per month

There are strict criteria for these top-ups. Only students with an **Erasmus+ Study or Traineeship Scholarship** may apply. Apply for the top-up via Mobility Online.

<https://www.utwente.nl/en/study-abroad/scholarships/>

STUDENT AMBASSADOR SCHOLARSHIP

The UT would like to reward students who put effort into actively promoting the UT abroad.

To be awarded the scholarship, you must participate in at least one promotional activity, such as:

- representing UT at a study abroad fair
- a social media takeover
- a presentation about UT

A limited number of Student Ambassador Scholarships are available each year. Therefore only **one scholarship per host institution** will be granted. The scholarship is granted according to a first come, first served policy. Please apply at least **2 weeks** before **departure**.

Total amount: **€ 100**

<https://www.utwente.nl/en/study-abroad/scholarships/sas/>

SCHOLARSHIP DEADLINE

Since there is a quite a lot of (digital) paperwork involved, make sure that you completed all the “Before Mobility Online” steps at least **4 weeks** before the start date.



OV-CARD

Compensation in 2025: **€ 109,04** per month

Visit the website for more information.

<https://duo.nl/particulier/ov-vergoeding-buitenland.jsp>

Your Faculty Exchange Coordinator can sign the form.



HOUSING

Start searching as soon as possible.

Use the [UT Marketplace](#) Facebook group to advertise your current room to incoming exchange students.

VISA

Your partner university will inform you about the VISA procedure. When in doubt, please contact the partner. Keep in mind that obtaining a VISA is a **vital** step in the application process.

TICKETS

Don't book your tickets until you've been accepted by the host institution and you know the exact start date of the semester/ introduction days.

PASSPORT/ ID

Make sure your passport or ID is valid for at least **6 months** after your date of return to the Netherlands.

BANKING

Make sure you can access money when you arrive. Your Dutch debit card may not work in all countries. You may need a credit card or a travel card.



TIPS

Respect the **rules/ culture** in your host country

Always participate in the introduction activities at your host institution

Make sure you arrive at least **1 week** before the semester starts

Don't hesitate to contact your **host university** (International/Mobility Office) if you have questions.

RESPECT THE RULES/ CULTURE IN YOUR HOST COUNTRY



PLEASE RESPECT LOCAL & TRADITIONAL CULTURE

TAFADHALI HESHIMU MILA NA DESTURI ZA KIJIJINI KWA MWANAMKE/ MME JISTIRI KWA MAVAZI YA HESHIMA

Sponsored by: *Mnarani Beach Cottages*

DON'T	DO
<p>Ladies DO NOT expose your shoulders and knees in the temple สุภาพสตรี ไม่ควร ใสเสื้อผ้าที่เผยให้เห็นช่วงหน้าอกและขาอ่อน</p>	<p>Ladies PLEASE wear appropriate clothing in the temple สุภาพสตรี โปรดสวมใส่เสื้อผ้าที่สุภาพมิดชิด</p>
<p>Ladies DO NOT touch the monks ภาพสตรี ไม่ควรอุกเนื้อต้องตัว หรือเข้าใกล้ชิดพระภิกษุสงฆ์</p>	<p>Ladies PLEASE keep a short distance away from the monks สุภาพสตรี กรุณาอยู่ห่างจากพระภิกษุสงฆ์พอสมควร</p>
<p>DO NOT approach the monks with disrespect อย่าแสดงกริยามารยาทที่ไม่สุภาพเมื่ออยู่ใกล้ภิกษุสงฆ์</p>	<p>PLEASE approach the monks politely and respectfully กรุณาสำรวมกริยามารยาทเมื่ออยู่ใกล้ภิกษุสงฆ์</p>
<p>DO NOT sit above or beside the monks on the same level อย่านั่งสูงกว่าหรือในระดับเดียวกับพระภิกษุสงฆ์</p>	<p>PLEASE sit below the monks กรุณา นั่งในระดับที่ต่ำกว่าพระภิกษุสงฆ์</p>

QUESTIONS?

CONTACT YOUR FACULTY EXCHANGE
COORDINATOR OR
FACULTY INTERNSHIP COORDINATOR



CULTURE SHOCK

EXPERIENCES FROM A STUDENT'S
PERSPECTIVE

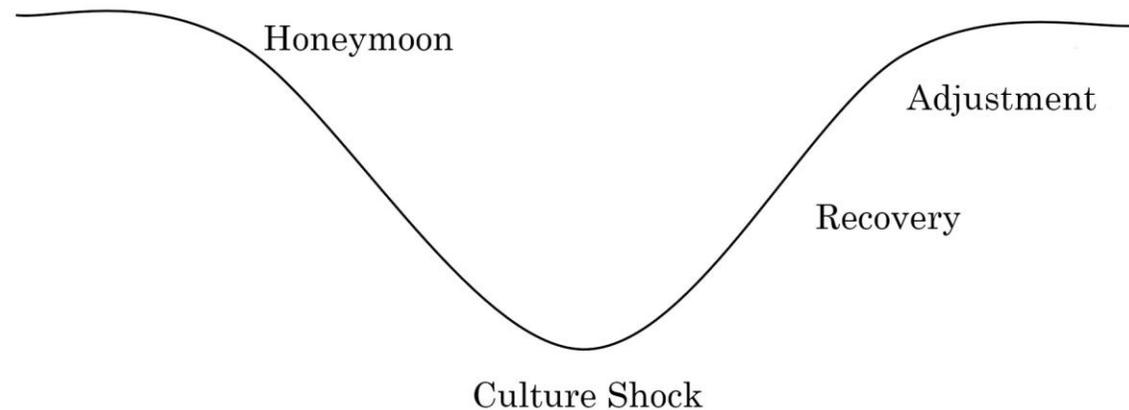
RIENKE MOOIWEER, ESN TWENTE



WHAT IS CULTURE SHOCK?

Cambridge dictionary: "a feeling of confusion felt by someone visiting a country or place that they do not know"

Oberg's (1960) Cultural Adjustment Stages



HOW DID I EXPERIENCE CULTURE SHOCK?

Trento, Italy

Classes until late

Eating pasta every day

Language

Being on time

Practical issues



HOW TO OVERCOME CULTURE SHOCK?

Take it easy

Do things you like

Embrace it

Look after each other!

Don't forget to have fun 😊



Don't forget to have fun 😊



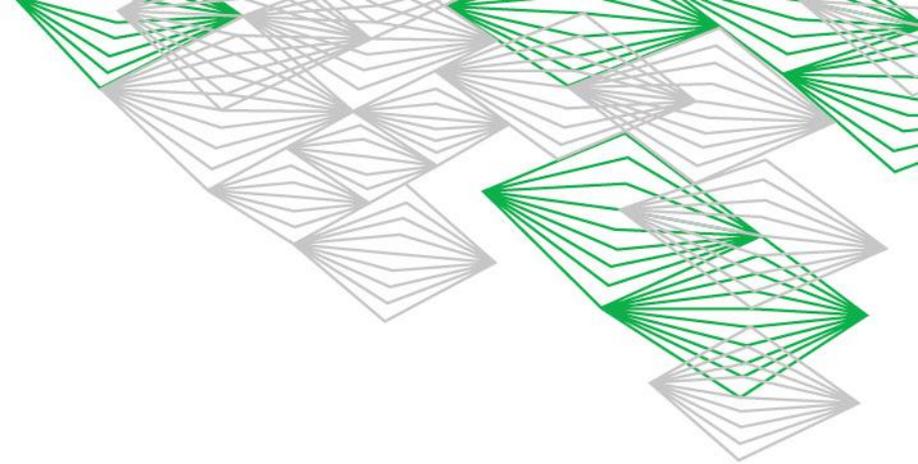


QUESTIONS?

EXPERIENCING DIFFICULTIES WITH
CULTURE SHOCK ABROAD?

CONTACT YOUR UT STUDY
ADVISOR FOR SUPPORT

HEALTH & SAFETY ABROAD



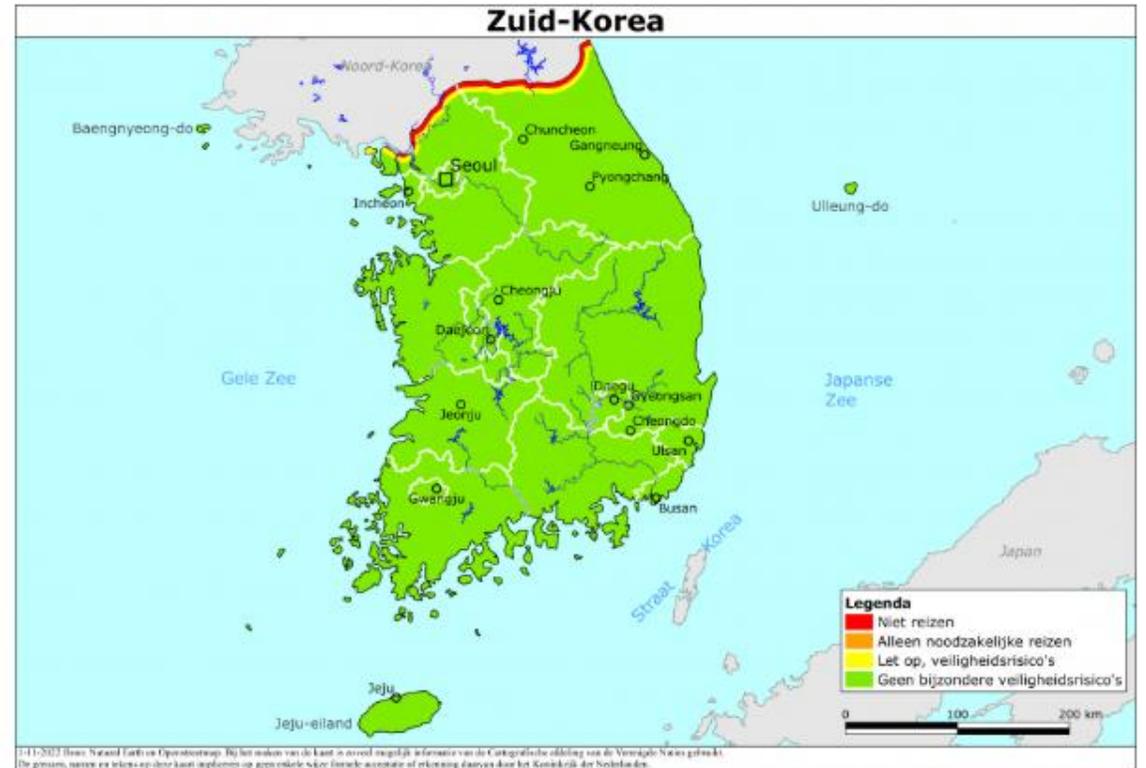
3 IMPORTANT STEPS

Full presentation on Study Abroad webpage: <https://www.utwente.nl/en/study-abroad/practical-matters/>

REGISTRATION ON MOBILITY ONLINE
+
ICE CONTACT IN OSIRIS

REGISTRATION ON BUZA (Dutch
citizens) / EMBASSY (International)

WELLBEING-CHECK



3 IMPORTANT STEPS

REGISTRATION ON MOBILITY ONLINE
+
ICE CONTACT IN OSIRIS

REGISTRATION ON BUZA (Dutch
citizens) / EMBASSY (International)

WELLBEING-CHECK

UT MOBILITY ONLINE REGISTRATION

Make sure your travel dates (e.g. departure/return date, foreign address, foreign phone number, etc...) on Mobility Online are correct, and keep your details **up-to-date** throughout your stay!

ICE CONTACT IN OSIRIS

Emergency Contact: It is important that UT knows where you are staying in your destination and how to reach you (or your ICE contact) in case of an emergency.

3 IMPORTANT STEPS

REGISTRATION ON MOBILITY ONLINE
+
ICE CONTACT IN OSIRIS

REGISTRATION ON BUZA (Dutch
citizens) / EMBASSY (International)

WELLBEING-CHECK

Nieuw reisadvies voor Turkije



no-reply@informatieservice.nederlandwereld

To no-reply@informatieservice.nederlandwereldwijd.nl



23-4-202!



Rijksoverheid

Informatieservice Buitenlandse Zaken

Zojuist is een nieuw reisadvies gepubliceerd voor Turkije.

In het kort:

- o Op 23 april 2025 is Turkije in de omgeving van Istanbul getroffen door een aardbeving. Lees meer onder Actueel.
- o De kleurcode van het reisadvies is rood voor het grensgebied tussen Turkije en Syrië, en Turkije en Irak. Wat uw situatie ook is: reis er niet heen. Het is er te gevaarlijk. Lees meer onder Regionale risico's.
- o Kleurcode oranje geldt voor de provincies Şırnak en Hakkari en de grensovergang bij Habur (grens met Irak). Reis alleen hierheen als het noodzakelijk is. Het is niet veilig er op vakantie te gaan.
- o Voor de rest van Turkije geldt kleurcode geel. U kunt hierheen reizen. Maar let op: er zijn bijzondere veiligheidsrisico's.

Lees het hele reisadvies: <https://www.nederlandwereldwijd.nl/reisadvies/turkije>

3 IMPORTANT STEPS

REGISTRATION ON MOBILITY ONLINE
+
ICE CONTACT IN OSIRIS

REGISTRATION ON BUZA (Dutch
citizens) / EMBASSY (International)

WELLBEING-CHECK

In the event you receive a wellbeing-check email from the Emergency Abroad Service, and if you are able to, then reply as soon as possible.

CHECK YOUR INBOX REGULARLY!

PASSPORT, VISA & CUSTOMS REQUIREMENTS



A passport or visa does not guarantee entry into some countries.



These documents merely authorise you to travel to a port of entry (typically an airport), where customs officials have the final say in granting or denying your admission.



It is crucial that you have the correct entry documentation and strictly comply with all admission regulations.

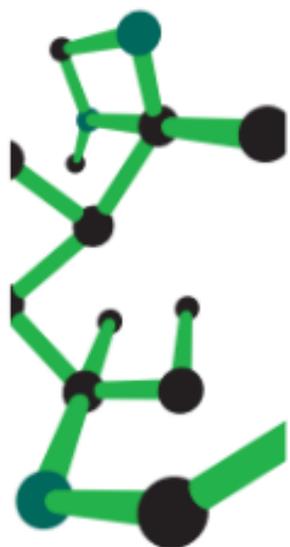
INCREASED SCRUTINY

In some countries, individuals affiliated with specific communities or academic institutions may be subject to **increased scrutiny** by immigration authorities. This may include a review of **online presence**, such as social media activity.

Additionally, in certain countries, it is prohibited for foreign nationals to participate in **demonstrations or other political activities**. Engaging in such actions may result in **deportation**.

BE SURE TO RESEARCH ANY TRAVEL RESTRICTIONS IN ADVANCE.





**UNIVERSITY
OF TWENTE.**



EMERGENCY ABROAD



+ 31 247 247 247 (24/7 BuZa Contact Center - in case of urgent support)



+ 31 682 387 796 (24/7 BuZa Contact Center - only Whatsapp)



+ 31 205 469 469 (UT Insurance)



emergency-abroad@utwente.nl



Erasmus Student Network
Twente

The Erasmus Student Network

Making the most of your time studying abroad





What is ESN?





...a network of students,
for students...

- **45** Countries
- **519** Local sections
- **16** in the Netherlands

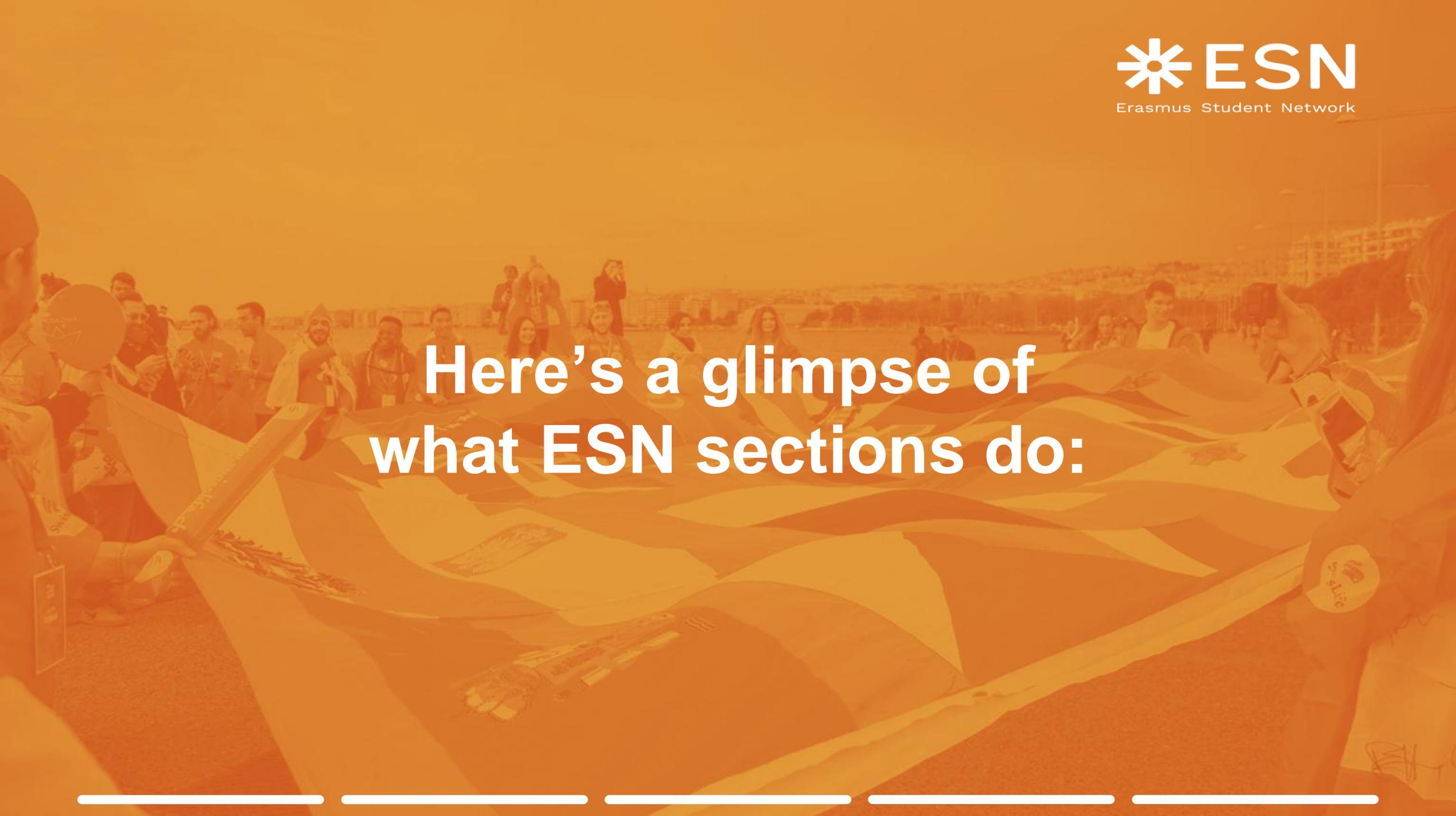
Even outside of Europe!

- Armenia
- Azerbaijan
- Georgia
- Jordan
- Kazakhstan

Find your community!

International associations exist
everywhere 😊





Here's a glimpse of
what ESN sections do:





Social activities
Cultural activities
Language support
Parties
and much more!!





How can you get the most
out of the ESN
experience?



Find Friends

Kick start your social life once you arrived in your new city

- Join in with ESN events (usually free!)
- Attend ESN parties

Re-integration

Immerse yourself in the culture

- Join the social activities
- Stay in touch
- Continue meeting international students!



Get Involved

Make the most of the ESN community

- Join WhatsApp groups and follow on Instagram
- Community of hundreds of international students
- Get help, advice, and find new friends

Become an Active Member

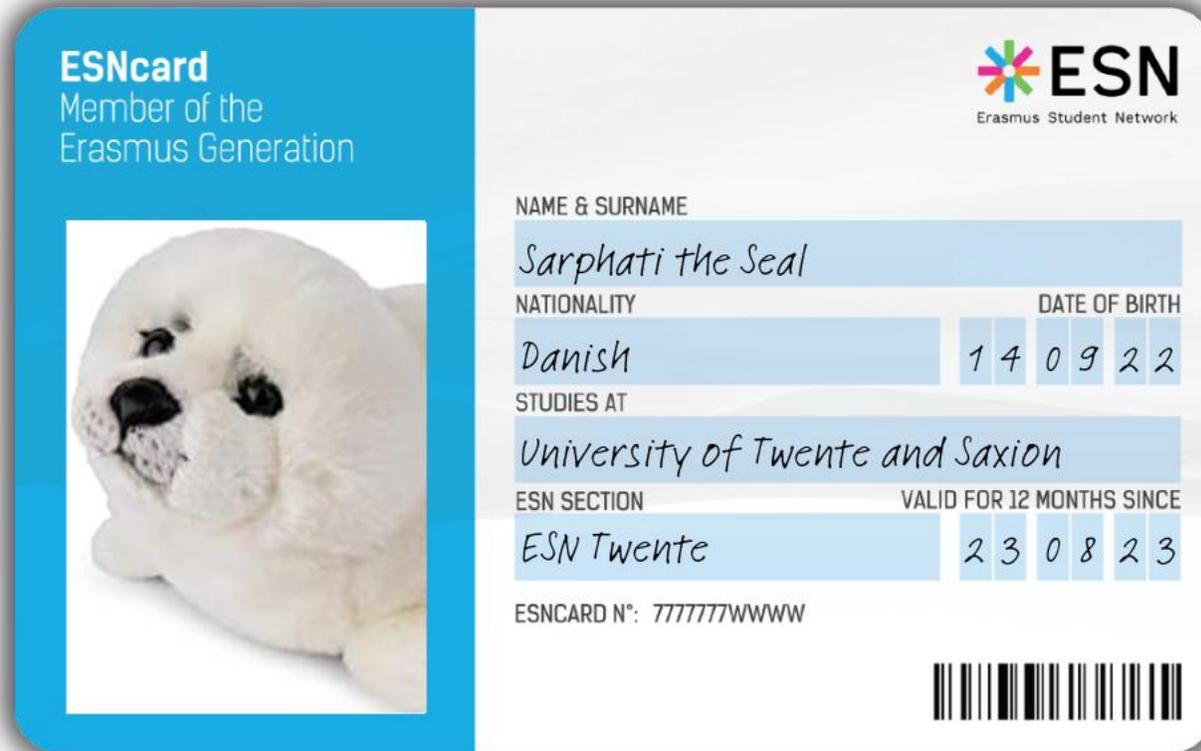
Enhance your experience by helping others

- Help plan and run ESN events to help others
- Come up with your own ideas
- Join a diverse community
- Add to your CV!



ESNcard

Should You Get It ??



- *Not necessarily needed to join events
- *Discounts and deals!!!

Stay in touch!

And see you at the **ESN Drinks!**
11 June 21:00 @ Sports Centre Canteen
First 100 students get a free drink!



COUNTRY GROUPS

Opportunity for outgoing and incoming students to meet and chat.

Your chance to ask questions about your destination country or university!

You can use the **flash cards** at your group for conversation topics:

- Housing
- Food
- Language
- Culture
- Cost of living
- Safety
- Transport
- Sightseeing
- Going out.



Only for the countries with outgoing students.



COUNTRY GROUPS

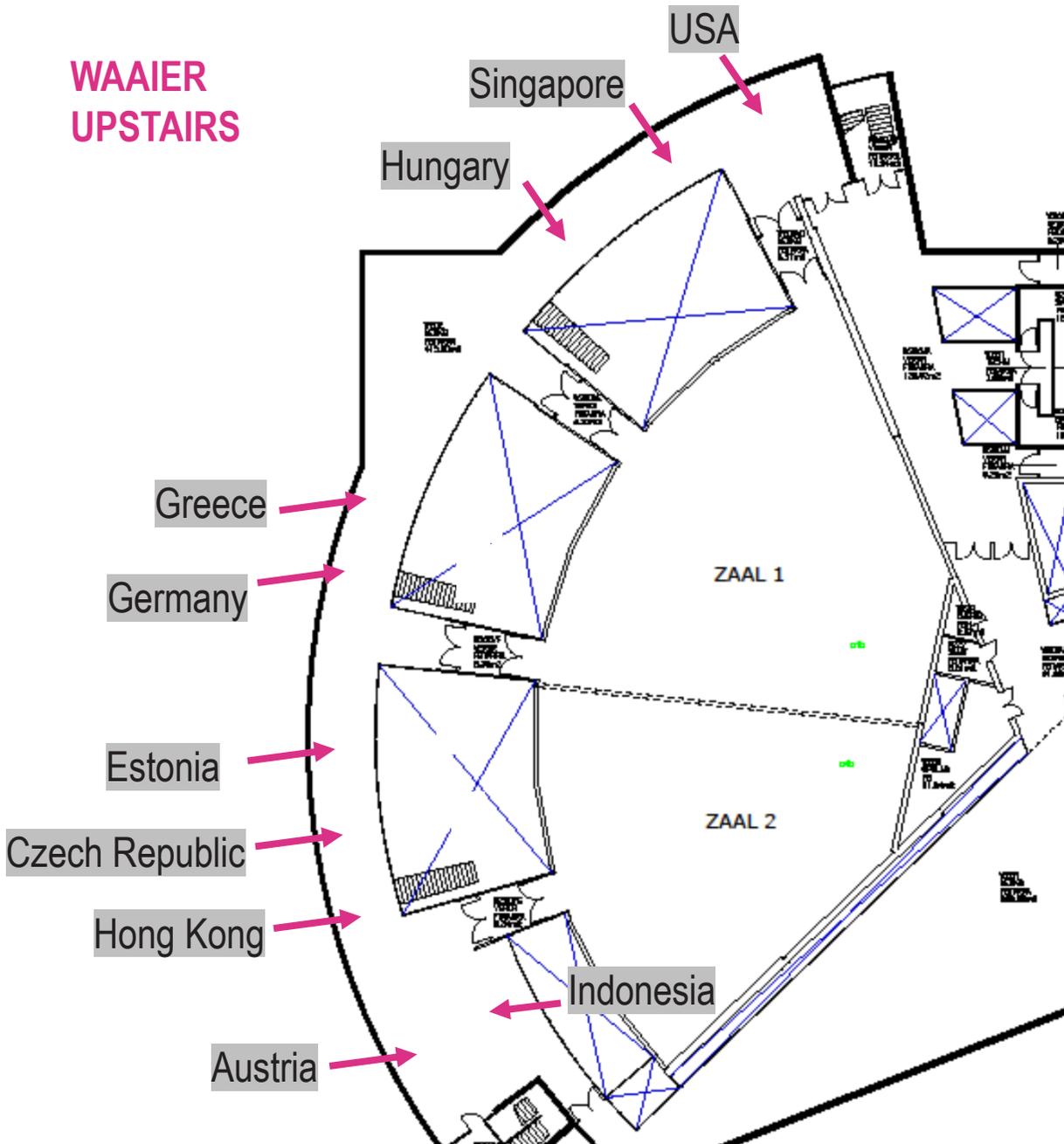
COUNTRY	LOCATION	GROUP LEADER
Australia	Waaier Downstairs	Liz Louden
Austria	Waaier Upstairs	
Canada	Waaier Downstairs	
China - Hong Kong	Waaier Upstairs	
Czech Republic	Waaier Upstairs	
Estonia	Waaier Upstairs	
Finland	Waaier Downstairs	
France	Carré 2K	Laureen Hamon
Germany	Waaier Upstairs	
Greece	Waaier Upstairs	
Hungary	Waaier Upstairs	
Indonesia	Waaier Upstairs	
Ireland	Waaier Downstairs	
Italy	Carré 2G	Sara Careaga Cacace

ROAMING STAFF MEMBER: Jitske Rijken

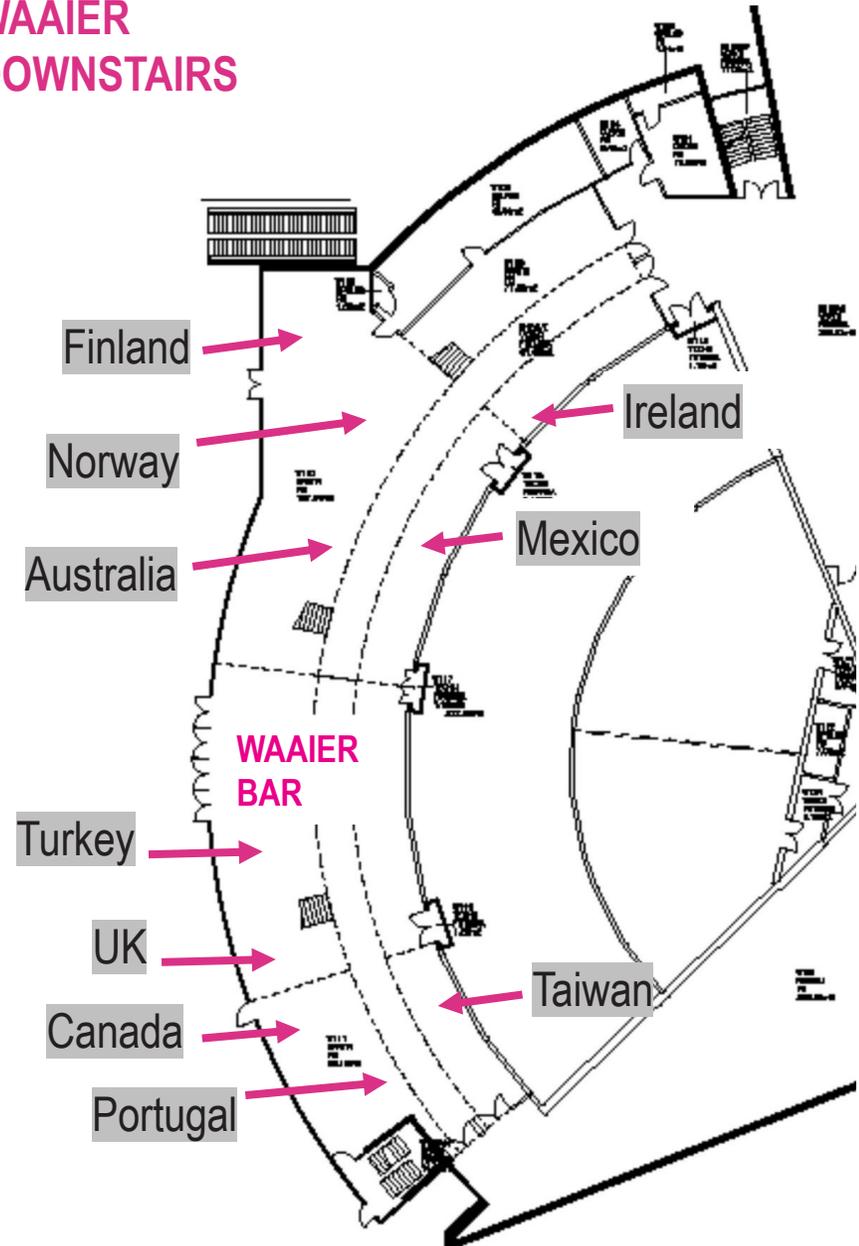
COUNTRY	LOCATION	GROUP LEADER
Japan	Carré 2H	Kai Kojima
Mexico	Waaier Downstairs	
Norway	Waaier Downstairs	
Portugal	Waaier Downstairs	
Singapore	Waaier Upstairs	
South Korea	Carré 2L	Jaap Stout/ Anne Leijzer
Spain	Carré 2M	Tahnee Smits
Sweden	Carré 2N	Sarah Kotter
Taiwan	Waaier Downstairs	
Turkey	Waaier Downstairs	Bilge Imren
United Kingdom	Waaier Downstairs	
United States	Waaier Upstairs	
No group? Join us at the bar	Waaier Bar Downstairs	Nell Zegers

Note: only large groups have a leader

WAAIER
UPSTAIRS



WAAIER
DOWNSTAIRS



Classrooms: Carré 2G Italy; 2K France; 2H Japan; 2L South Korea; 2M Spain; 2N Sweden

GOODBYE & GOOD LUCK!

QUESTIONS?

CONTACT YOUR FACULTY EXCHANGE
COORDINATOR OR
FACULTY INTERNSHIP COORDINATOR

