

PRE-DEPARTURE MEETING

OUTGOING STUDENTS
11 DECEMBER 2024

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!*

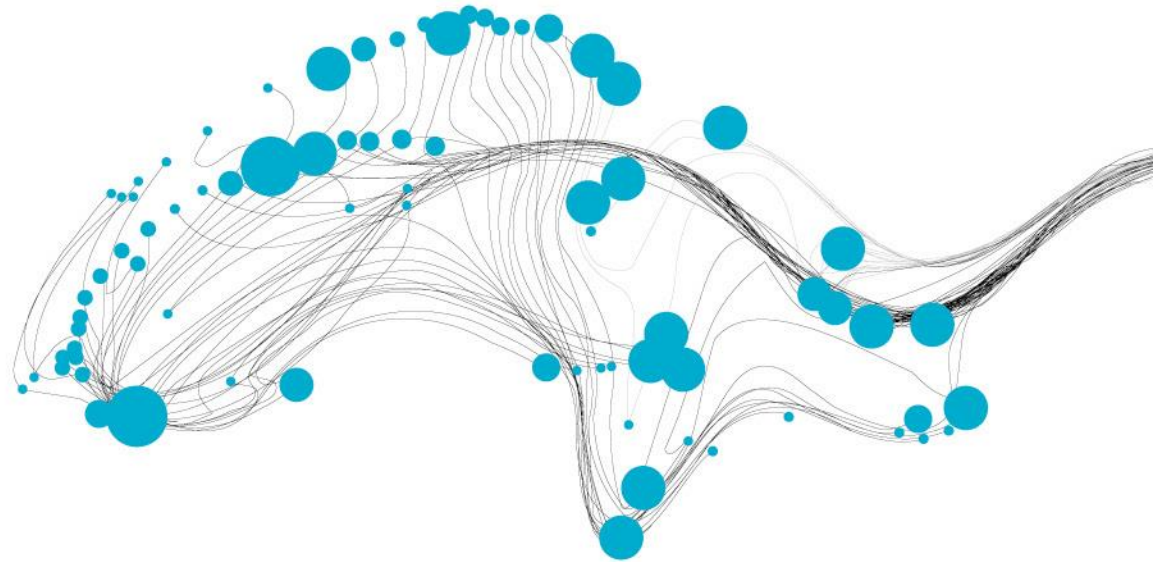


Access your worldwide UT alumni community ... also during study abroad!

- 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



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



QUESTIONS?

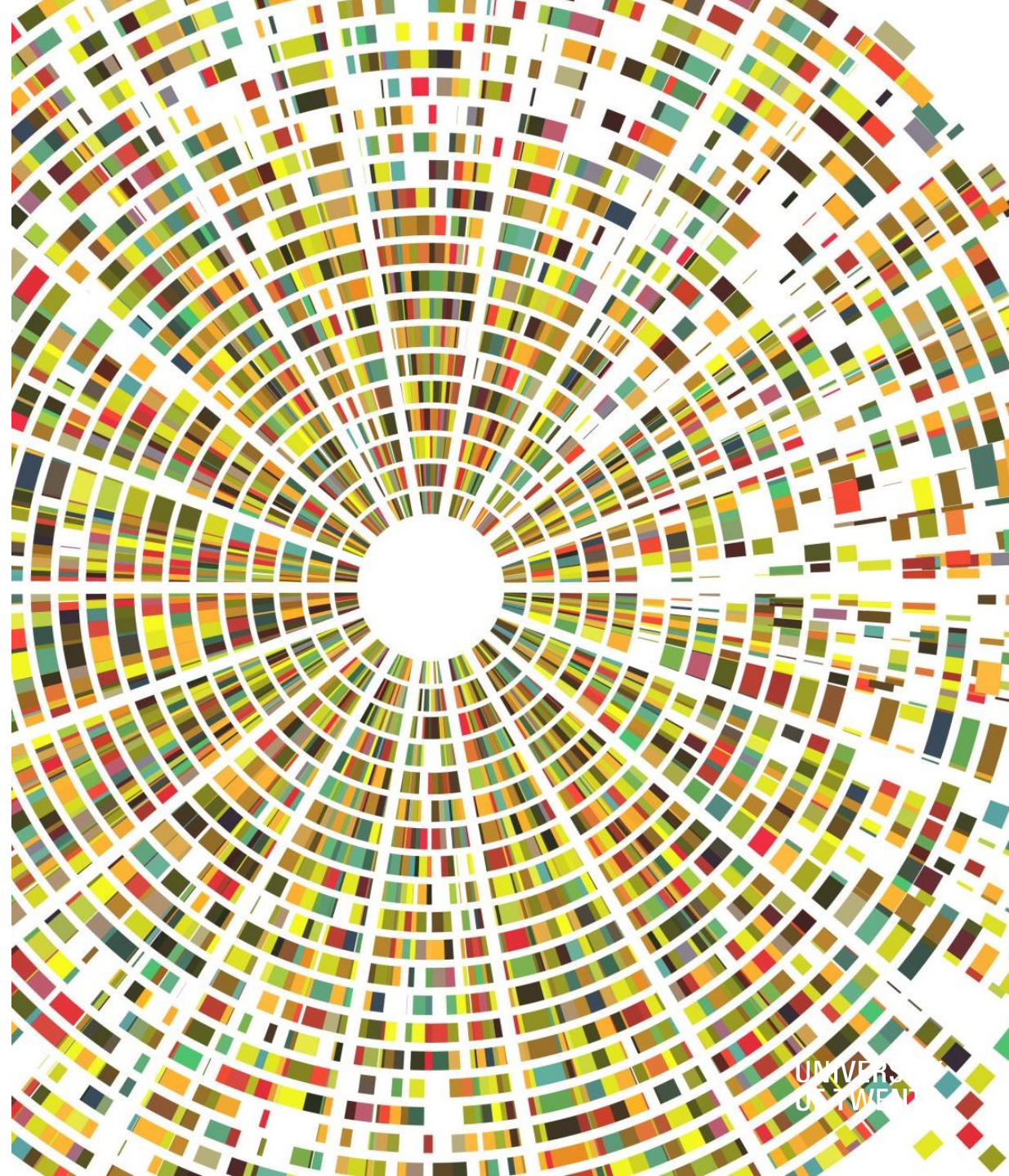
CONTACT YOUR FACULTY EXCHANGE
COORDINATOR OR
FACULTY INTERNSHIP COORDINATOR



CULTURE SHOCK

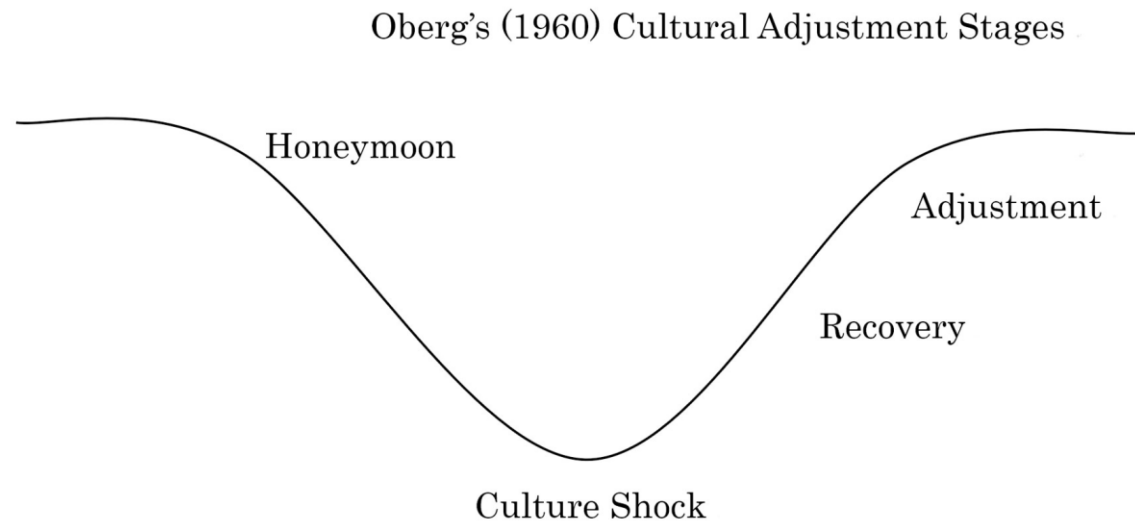
EXPERIENCES FROM A STUDENT'S
PERSPECTIVE

ELLEN KOK, 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”



HOW DID I EXPERIENCE CULTURE SHOCK?

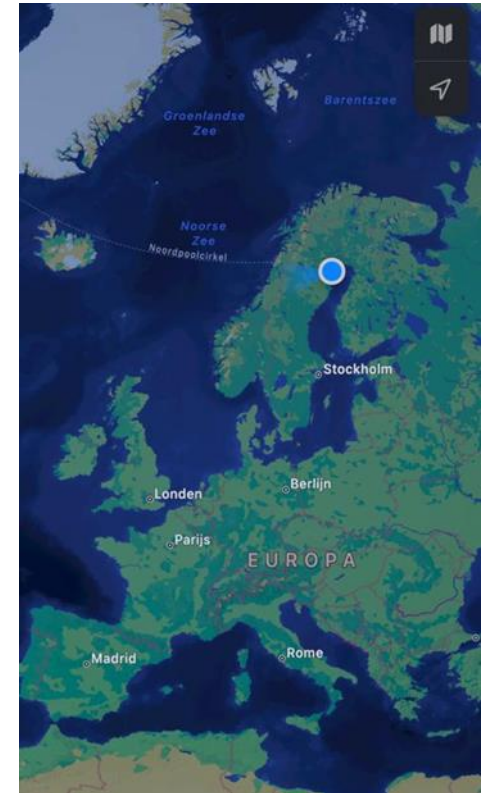
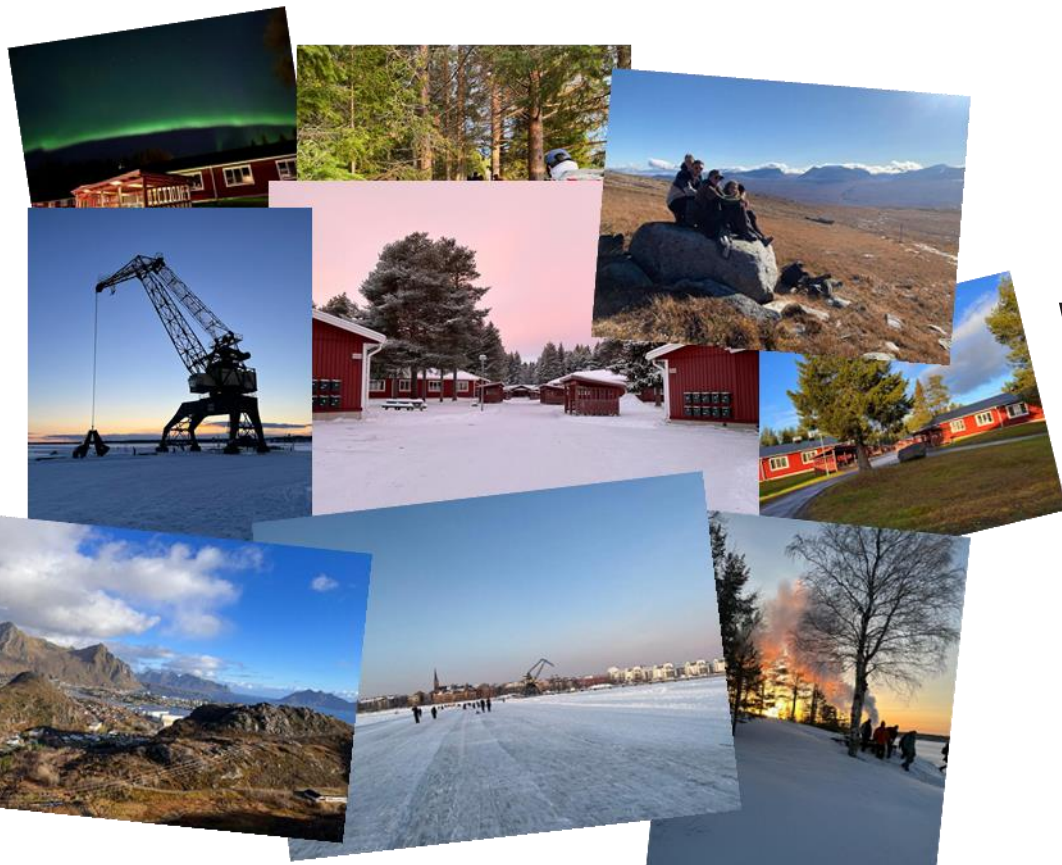
Luleå, Sweden

Darkness and utter cold

So much candy!

Why is no one saying hello?

Practical issues



HOW TO OVERCOME CULTURE SHOCK?

Take it slowly

Know what you sign up for... and prepare!

Get your vitamin D!

Buy the proper clothes

Seek support: friends, study advisor etc

And don't forget to have fun!





QUESTIONS?

EXPERIENCING DIFFICULTIES WITH
CULTURE SHOCK ABROAD?

CONTACT YOUR UT STUDY
ADVISOR FOR SUPPORT

HEALTH & SAFETY ABROAD

ANNA NARDINI, EMERGENCY OFFICER
INTERNATIONAL

3 IMPORTANT STEPS

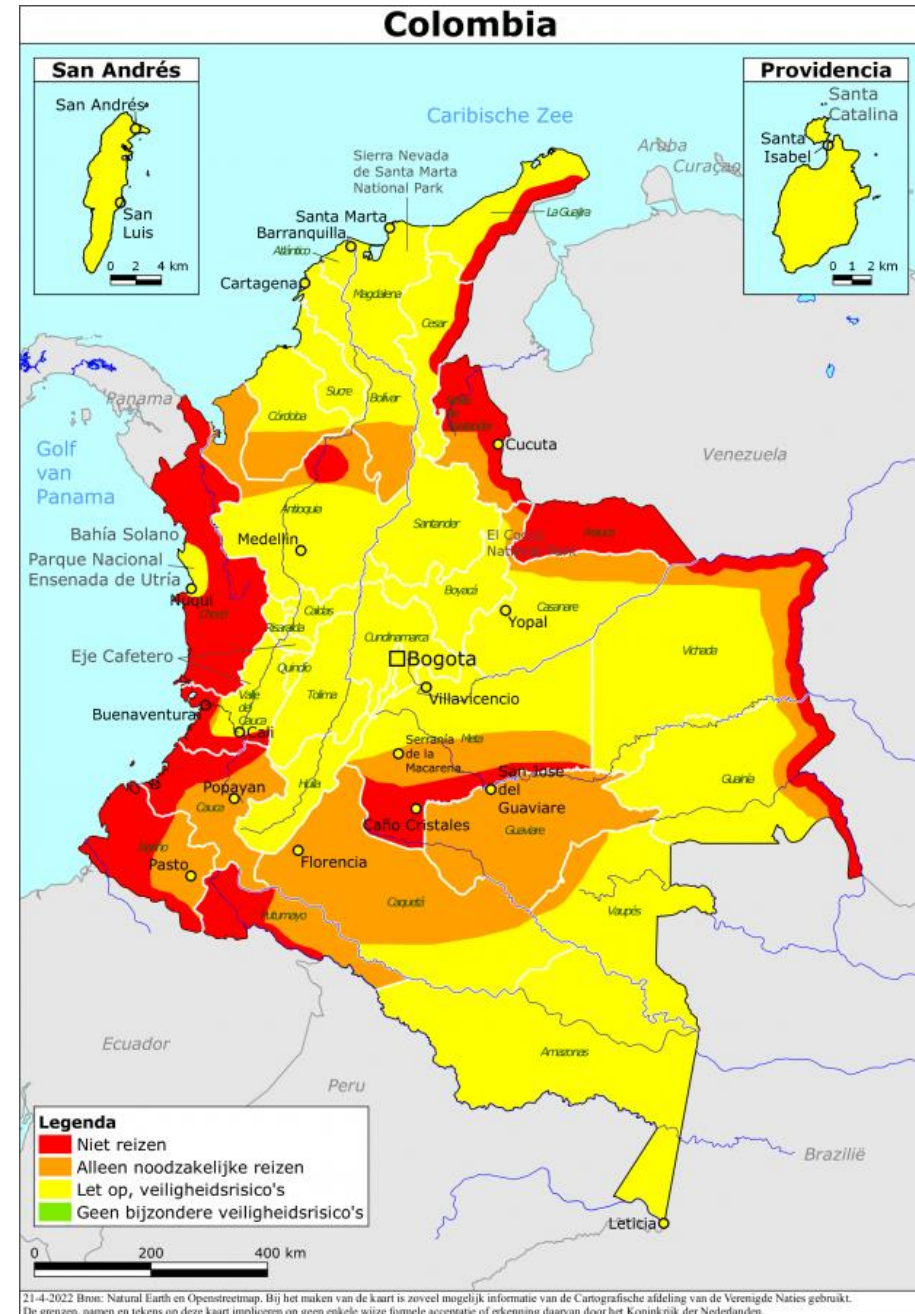
Full presentation on Study Abroad website:

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

REGISTRATION IN MOBILITY ONLINE
+
ICE CONTACT IN OSIRIS

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

WELLBEING-CHECK



3 IMPORTANT STEPS

REGISTRATION IN MOBILITY ONLINE
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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 the UT knows where you are staying at your destination and how to reach you (or your ICE contact) in case of an emergency.

3 IMPORTANT STEPS

REGISTRATION IN MOBILITY ONLINE
+
ICE CONTACT IN OSIRIS

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

WELLBEING-CHECK

Nieuw reisadvies voor IJsland



no-reply@informatieservice.nederlandwereld

To no-reply@informatieservice.nederlandwereldwijd.nl



za 11-11



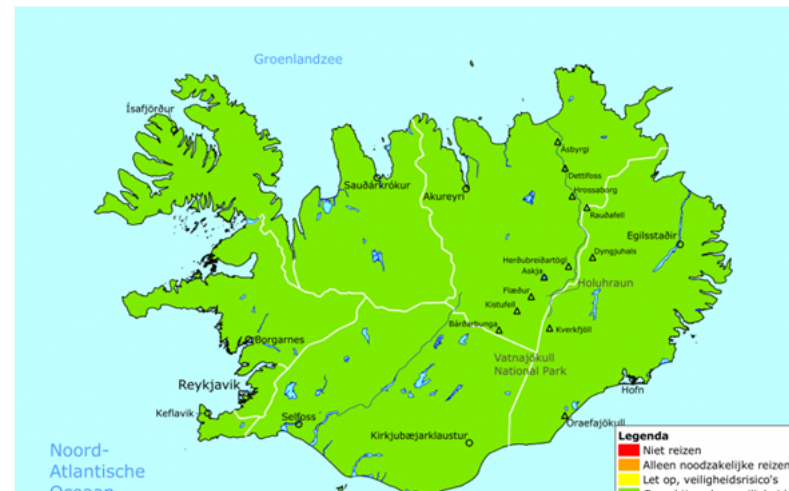
Rijksverheid

Informatieservice Buitenlandse Zaken

Zojuist is een nieuw reisadvies gepubliceerd voor IJsland.

→ [Reisadvies IJsland](#)

Voor het schiereiland Reykjanes, waarop onder andere het internationale vliegveld Keflavik ligt, geldt vanaf 11 november 2023 de noodtoestand vanwege verhoogde vulkanische activiteit van de berg Thorbjör en in verband met aardbevingen. Uit voorzorg hebben de lokale autoriteiten iedereen uit de stad Grindavik geëvacueerd. Wegen in het gebied zijn afgesloten. Het vliegveld is open. Bent u in het gebied? Volg de ontwikkelingen via de (lokale) media. Volg het advies op van de lokale autoriteiten. De kleurcode van het reisadvies voor IJsland is groen. Lees het hele reisadvies om te zien wat dit voor u betekent.



3 IMPORTANT STEPS

REGISTRATION IN MOBILITY ONLINE
+
ICE CONTACT IN OSIRIS

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

WELLBEING-CHECK

If 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!

KNOWLEDGE & INFORMATION SECURITY ABROAD

- You may encounter knowledge and information security risks during your travels
- All students travelling abroad should follow UT's guidelines on knowledge and information security
- This is particularly important if you are travelling to a **high-risk country** such as China, Iran, Russia or North Korea.





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

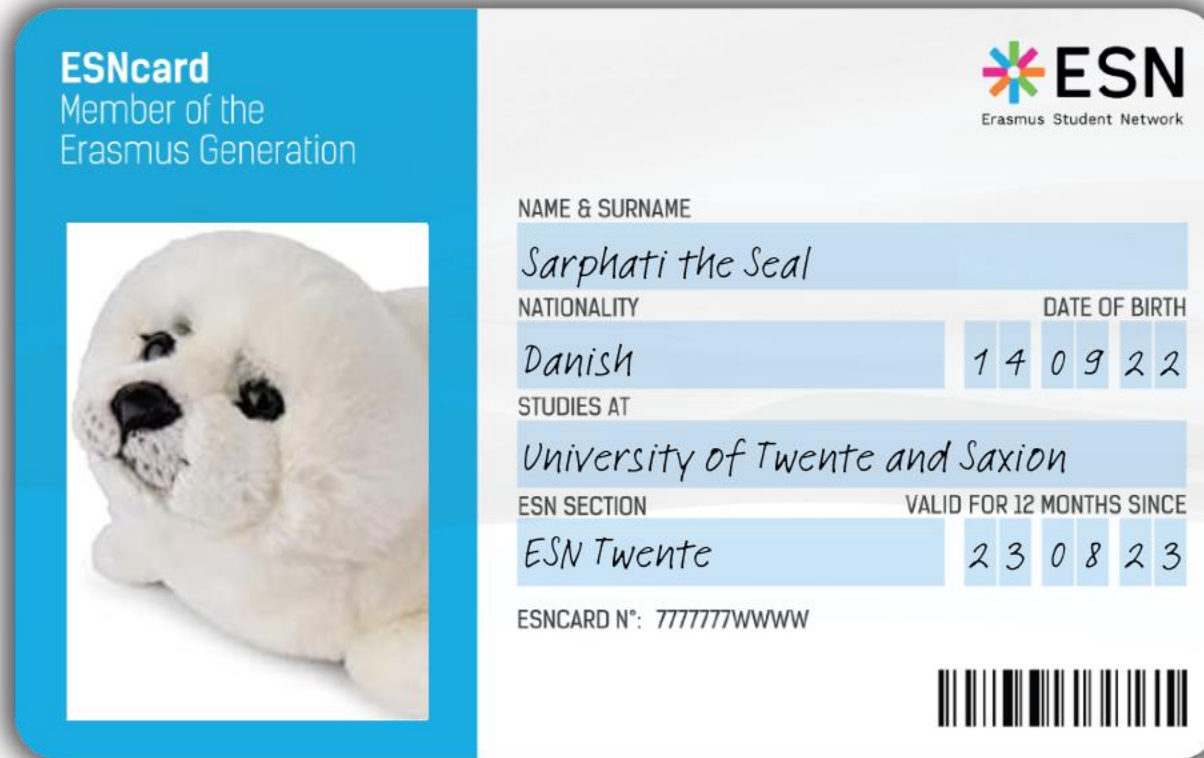
Enhance your experience by helping others

- 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!!!

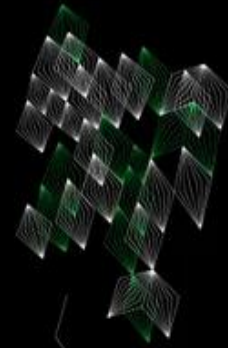
Stay in touch!

And see you at the **ESN Christmas Party!**
17 December 22:00 @ Aspen Valley
Get your ticket via [Eventix](#)

GOODBYE & GOOD LUCK!

QUESTIONS?

CONTACT YOUR FACULTY EXCHANGE
COORDINATOR OR
FACULTY INTERNSHIP COORDINATOR



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