UNIVERSITY OF TWENTE.

EXCHANGE MEET + GREET

STUDY ABROAD IN SOUTHERN EUROPE

22 NOVEMBER 2022

HOST: JAAP STOUT, EXCHANGE COORDINATOR, FACULTY BMS
## PROGRAMME

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<tr>
<th>TIME</th>
<th>ACTIVITY</th>
<th>WHO</th>
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<tr>
<td>18:30</td>
<td>Opening</td>
<td>Jaap Stout</td>
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<td>18:35</td>
<td>Presentation: <strong>France - INSA Lyon</strong></td>
<td>Suzanne Mulder</td>
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<td>18:45</td>
<td>Presentation: <strong>Portugal - University of Porto</strong></td>
<td>Irene Mulder</td>
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<td>Video: Portugal - University of Lisbon</td>
<td>Selma, Roos &amp; Esmee</td>
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<td>19:00</td>
<td>Presentation: <strong>Spain - Pablo de Olavide University</strong></td>
<td>Nicolette van Pagee</td>
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<td>19:10</td>
<td>Q&amp;A</td>
<td>Suzanne, Irene &amp; Nicolette</td>
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<td>Closing of presentations</td>
<td>Jaap Stout</td>
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• France: 22 universities
• Portugal: 10 universities
• Spain: 20 universities

Only certain study fields are possible at each university!
FURTHER INFORMATION

**UT website:** Study Abroad
https://www.utwente.nl/en/study-abroad/

**Partner university website:** visit the university’s website for incoming exchange students

**Canvas:** visit your faculty’s study abroad page on Canvas

**Faculty Exchange Coordinator:** contact your faculty’s exchange coordinator
FACULTY EXCHANGE COORDINATORS

BMS: Jaap Stout j.h.stout@utwente.nl

EEMCS: Jitske Rijken studyabroad-eemcs@utwente.nl

ET: Tahnee Smits exchange-et@utwente.nl

S&T: Sarah Kotter exchange-tnw@utwente.nl

ATLAS: Brigitte Leurink uctexchange@utwente.nl
INSA LYON, FRANCE

STUDENT PRESENTER: SUZANNE MULDER
IN THIS PRESENTATION:

HIGHLIGHTS  CHALLENGES  FINANCIAL MATTERS  ACADEMIC ASPECTS  INSIDER INFO  USEFUL LINKS
HIGHLIGHTS

- Meeting many international students who immediately become your best friends
- Kfet = Vestingbar
- Holidays and (in my case): no work outside of classes
- Trips and visitors
- Learn about yourself
CHALLENGES

• You start (!) alone, far away from everything and everyone you know
• French: understanding some basic French is minimally needed!
• If something happens at home
FINANCIAL MATTERS

• Erasmus scholarship
• Prices are similar (€/month)
  • Housing: 350-500 €/month
    o Possibility for CAF (subsidy) but time-consuming to apply for
  • Transport:
    o Public: 25 €/month
    o Cycling system: 20 €/year
• Groceries: 100-250 €/month
• Restaurant on campus:
  o 15 meals/month: 70 €/month
  o 5 breakfast+13 meals per week: 60€/week

• Credit card
• If possible, save some extra for optimal fun
ACADEMIC ASPECTS

STUDY PROGRAMME: MSc Civil Engineering and Management

Workload

• 3rd year courses
  • Semester
  • Comparable to UT

• 4th year courses
  • Modules
  • Small classes (+- 20 students)
  • +- 30h of classes per week
  • Obligatory attendance
  • Few home work
ACADEMIC ASPECTS
STUDY PROGRAMME: MSc Civil Engineering and Management

Approach to Education

• French and/or English
  • It is possible to only follow English courses, but limits choice

• Friendly and approachable teachers

• (Local) projects
  • I only had projects and no exams, but this depends on the choice of courses

• Guest lectures

• Sports and culture integrated in the education program
INSIDER INFO

• Campus
  • Pros: lectures, kfet, friends, sport and study facilities nearby
  • Cons: relatively far from the city center and poor cooking facilities

• Walk from the campus to the center through the wonderful Parc de la tête d’Or (+- 4.5 km)

• Discover the city: alone and together!
  • The sight-seeing spots and beyond
  • Tip: La Clef de Voûte (jazz club)
  • Tip: Sunrise from Fourvière
INSIDER INFO

• The food is amazing and diverse (not ‘just’ French!)
  • Boulangerie and patisserie
  • Bouchons (traditional and relatively cheap food)
  • Everything you want: gastronomic capital of France!

• Dare to (try to) speak French!
• Have fun!! Lyon offers everything you need it to ;)

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Boulangerie and patisserie

Have fun!! Lyon offers everything you need it to ;)
USEFUL LINKS

INSA Lyon exchange website:
https://www.insa-lyon.fr/fr/programme-d-echange

Course information:
https://exchange-student.insa-lyon.fr/

Practical information (housing, health, associations etc):

Suzanne Mulder’s email:
s.h.mulder@student.utwente.nl
Map of the INSA Lyon campus
UNIVERSIDADE DO PORTO, PORTUGAL

STUDENT PRESENTER: Irene Mulder
IN THIS PRESENTATION:

- HIGHLIGHTS
- CHALLENGES
- FINANCIAL MATTERS
- ACADEMIC ASPECTS
- INSIDER INFO
- USEFUL LINKS
HIGHLIGHTS

- Sunsets
- Outside bars
- Mindset
- A lot of travelling options
- Weather
- Beautiful city
CHALLENGES

• Language difficulties
• Everything takes a bit more time
• A lot of hills
• No heating in houses and university
• Lot of houses under construction
FINANCIAL MATTERS

• Overall costs are slightly lower
• Housing is more expensive compared to the Netherlands
• Restaurants and bars are a lot cheaper!
ACADEMIC ASPECTS

STUDY PROGRAMME: Civil Engineering

Workload

- Workload is lower compared to UT
- But lectures are mandatory, so less flexibility
- Classes can also be in the evening
ACADEMIC ASPECTS

STUDY PROGRAMME: Civil Engineering

Approach to Education

• For BSc, small groups for international students
• Participation in class is required, comparable to high school
• Hierarchical, but not so much for international students
INSIDER INFO

• Overall safe country & city, just avoid certain neighbourhoods
• Make sure you always have some cash
• It is very helpful to learn some basic Portuguese!
• Try to avoid busses & take the metro instead (except during the night)
INSIDER INFO

- Parque Nacional da Peneda-Gerês
- Local wine festival
- Pasteís de Nata + espresso
- Bingo on Wednesday
USEFUL LINKS

ESN Porto
https://www.esnporto.org/
• Join their whatsapp group

Bolt app
• When the metro is closed
VIDEO

University of Lisbon
(Tècnico Lisboa)
STUDENT PRESENTER: Nicolette van Pagée
IN THIS PRESENTATION:
HIGHLIGHTS

- Best time of your life!
- Friends
- Weather
- Food
- Free time to travel
- Cultural
CHALLENGES

Leaving everything behind

Making schedule fit (overlap, limited # of students per course)

Language (dialect in Sevilla; but don’t worry)

Getting approval LA (very precise at UPO)

NOT GAINING WEIGHT ;-)
HOW TO OVERCOME?
FINANCIAL MATTERS

• What are the main expenses and how can students save money?

It depends... Rent, because central location, with cleaning service and organised activities

• Which items cost more/ less than in the Netherlands?

More: Stationary
Less: Terrace, restaurants, coffee, public transport

Expenses...
Rent: €300 - €600
Food: €30,- à €50,- /week
Gym: €20,- à €25,- /month
Padel: €8,-
Bike rent: €33,33 in total
Metro: €0,82 per ride
ACADEMIC ASPECTS

STUDY PROGRAMME: Faculty of Business (2nd year courses + sociology)

- Is the workload high or low compared to UT?
  LOW

- Hours per week?
  Classes: +/- 3 hours per course
  At home: depends (assignment/exam) → ½ hour per course

- Time for extra-curricular activities?
  YES
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**Monday**
- Spanish class
- Strategic Management

**Tuesday**
- Day off (I did a minor in NL and already obtained 15 ECTS)

**Wednesday**
- Spanish class
- (sometimes tutorials of Strategic Management)
- Innovation lecture
- Innovation tutorial

**Thursday**
- Sociology lecture
- Sociology tutorial (every other week)

**Friday**
- Weekend!!
ACADEMIC ASPECTS

STUDY PROGRAMME: Faculty of Business (2nd year courses + sociology)

Approach to Education

• What is the language of instruction?
  English, but be careful when selecting courses!! → “docencia en Inglés”

• What is the academic culture like?
  Hierarchical → obligatory attendance, many presentations, valid reason + PROOF for absence

• What is the approach to learning?
  Projects/assignments + presentations + exams
• Top tips for student life?

ENJOY, join activities, meet others, but also take time for yourself, walk into the centre, enjoy a drink on the terrace and look around.

• How to be safe in the country?

Sevilla is quite safe, but don’t seek out dangerous areas; be on your guard when going out (drugged, robbing); safe to cycle.
INSIDER INFO

• Best cultural experiences:
  So much culture in and around Seville (Plaza de España, Real Alcázar, Las Setas), but also many days off (very catholic country), Flamenco

• Best places to visit:
  Córdoba, Sierra Nevada, Cadiz, Granada, beaches etc.

• Best food to eat:
  Tapas, fish, tinto de verano (sangria), vino tinto (red wine)
MAKING FRIENDS (FOR LIFE)
SEVILLA TIENE UN COLOR ESPECIAL
USEFUL LINKS

• Pablo de Olavide website: https://www.upo.es/
• Accommodation: https://www.viverasmus.com
• Activities: https://www.erasmusclubsevilla.com/en/
• Social media accounts Viverasmus & Erasmus Club Sevilla
• Social media accounts: city, food, activities etc.
THANK YOU!

Disfruta cada momento
QUESTIONS?