



## Report on Erasmus+ Study Abroad

Bewerbungsnummer



### GENERAL INFORMATION

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### PERSONAL INFORMATION

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#### Personal information

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<b>Surname</b>	
<b>First name</b>	
<b>Study Programme at RUB</b>	International Humanitarian Action_Master
<b>Exchange</b>	Rijksuniversiteit Groningen
<b>Subject at Partner University</b>	International Humanitarian Action

#### Duration of the stay

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<b>Academic year</b>	2024/25
<b>Start semester</b>	Sommersemester 2025
<b>Duration in semesters/terms</b>	1

### STAY ABROAD

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#### Motivation of stay abroad

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<b>Experience new academic environment/different university system</b>	1
<b>Improve your knowledge of the language</b>	2
<b>Academic reputation/quality of the host institution</b>	2
<b>Living in a foreign country</b>	1
<b>Discovering a new culture/way of life</b>	1
<b>Social/cultural life</b>	1

#### Selection criteria

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<b>Which criteria motivated you to choose this institution?</b>	reputation of the host institution, courses (course offer)
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## HOME INSTITUTION

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<b>How do you assess the general support of RUB?</b>	2
<b>How would you describe the services provided by RUB (information meeting, level of information...)?</b>	Overall, the services provided by RUB are very good. However, there was a delay in receiving the grant amount, and the communication and information regarding this issue were inadequate.
<b>Did you receive support from RUB while abroad?</b>	Yes
<b>If yes, which kind of support?</b>	During the mobility period, I received valuable support related to my visa and residence permit, as well as guidance for the upcoming semester.
<b>Did you receive all necessary information from RUB before you left your home country?</b>	Yes

## HOST INSTITUTION

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### Host institution

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<b>How do you assess the host institution generally speaking?</b>	2
<b>Was there an orientation programme?</b>	Yes
<b>If yes, please describe the orientation programme.</b>	The orientation program was extremely helpful. During the sessions, we had the opportunity to meet the administrative staff and some faculty members, who explained the academic system and provided an overview of the courses for the semester. The program also offered useful insights into the subjects, credit system, evaluation methods, and other academic guidelines. Additionally, we received valuable information about life in the city of Groningen and the various social activities available to students.
<b>Was a preparatory intensive language course offered?</b>	No
<b>Was the completion of any language test at the host institution requested?</b>	No
<b>Did you have a buddy during your exchange?</b>	No
<b>Please describe the registration and enrollment formalities.</b>	The registration and enrolment process at the university was somewhat challenging, particularly with regard to certificate verification. The university required all students to submit certified copies of their academic certificates for registration. However, since I was already enrolled in a European university where my certificates had been previously verified, being asked to provide certified copies again felt unnecessary and resulted in additional costs and time.
<b>Please describe the host institution buildings and installations (IT, library...).</b>	The University of Groningen's buildings are impressive, especially the historic ones with remarkable architecture. The facilities are also excellent and well-maintained.

### Academic year schedule

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<b>Preparatory language course duration</b>	
<b>First semester/term duration (in weeks)</b>	18
<b>Second semester/term duration (in weeks)</b>	
<b>Third term duration (in weeks)</b>	
<b>Examination period duration (in weeks)</b>	4
<b>Did you have holidays/a semester break?</b>	No

## STUDIES

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### Studies/Semester description

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<b>Which courses did you attend (brief description, evaluation, credits)?</b>	Master International Relations (International Humanitarian Action (NOHA) Subjects: - Methodology and Research Methods in Humanitarian Studies (Credit: 5) - Advanced Management in Humanitarian Action (Credit: 5) - Humanitarian Analysis & Intervention Design (Credit: 20) Achieved all credits: Total 30 ECTS
<b>How did you get information on the content of courses you attended?</b>	Got information through course manuals
<b>What was the language of instruction at the host institution?</b>	English
<b>How was the academic support/assistance?</b>	Very good and supportive
<b>How do you assess the quality of the courses compared to RUB?</b>	Better
<b>Did you have any issues with courses recognition?</b>	No
<b>Please describe the grading system of the host university.</b>	The University of Groningen uses a 10-point grading scale, where 10 is the highest and 1 is the lowest. A grade of 6 is the minimum passing grade.

## ACCOMMODATION

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### Accommodation

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<b>Which kind of accommodation did you find (student housing, shared-flat...)?</b>	Student Housing
<b>Did you receive help from your host institution to find accommodation?</b>	Yes
<b>How did you organize your accommodation? Why did you like it or not? Do you have other propositions? (Please provide website links, newspaper name... if you have any.)</b>	I lived in SSH Student Housing, and the experience was very positive. My roommates, who came from different continents, were friendly and social—we had a great time together. The facilities were also good and met all our needs.

## HOST COUNTRY

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### Host country

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<b>How do you describe the city, the country and the people?</b>	The city of Groningen was amazing to me—a beautiful place full of history, heritage, fun, and of course, lots of bikes. There are plenty of social and sports activities to explore, and the people are very friendly and helpful.
<b>Did you need a visa?</b>	Yes
<b>If yes, please give more details on this</b>	At the beginning of my mobility period, I did not hold a German residence permit. Therefore, I needed to obtain a visa in order to begin my semester in Groningen. While I was still in Bochum, I applied for a Dutch residence permit and successfully received it before the start of my mobility semester.
<b>Did you take an additional Insurance?</b>	No

## COSTS

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## General costs

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<b>How were the living costs compared to your home country?</b>	Much higher
<b>Did you receive a grant during your stay?</b>	Yes
<b>Which institution provided you with a grant (Erasmus, your home institution...)?</b>	I received Erasmus+ grant from my home university, Ruhr University Bochum.
<b>Did this grant cover all your spending while abroad?</b>	No

## Monthly costs

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<b>Monthly housing costs</b>	575
<b>Monthly catering costs</b>	350
<b>Monthly transportation costs to study place</b>	80
<b>Abroad health insurance coverage</b>	
<b>Other monthly costs</b>	
<b>Total amount of your monthly costs</b>	1005

## Additional costs

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<b>Immunization, medical care</b>	57
<b>Visa</b>	228
<b>Travel costs for arrival and departure</b>	90
<b>Costs for books, copies, etc</b>	
<b>Language course costs (language of the country)</b>	
<b>Orientation week</b>	
<b>Other non-monthly costs</b>	
<b>Total amount of your non-monthly costs</b>	375

## SUMMARY

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### Summary

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**How would you summarize your stay abroad?**

This exchange semester was truly an amazing experience for me. As a non-European student, the Netherlands was the second European country I visited after Germany. This opportunity allowed me to explore a new culture, meet new people, and discover a different country. Academically, the Netherlands offered a rich and rigorous learning environment that added significant value to my education. This was my specialised semester, and I had the chance to delve deeply into topics related to humanitarian intervention, gaining new insights and expanding my knowledge in the field. I really believe outcomes from this semester will help me in my career and also for my master thesis research. Socially, Groningen provided many opportunities to connect, interact, and network with people from all over the world. It also offered a wide range of sports and recreational activities, making my experience both enriching and enjoyable.

**Describe your greatest experience/achievement**

One of the major achievements for me this semester was gaining a wealth of information and knowledge that will be highly valuable for my master's thesis. I also had the opportunity to take several specialised courses in Humanitarian Action, such as Humanitarian Intervention Design, Supply Chain Management, and Humanitarian Advocacy, which significantly enriched my academic experience. Beyond academics, I thoroughly enjoyed being part of ACLO, the sports wing in Groningen. I explored a variety of new sports and received intensive training in activities such as climbing, snorkelling, parkour, swimming, and stand-up paddling. This balance of academic and physical engagement made the semester both productive and personally fulfilling.

**Describe your most negative experience**

I didn't have any major negative experiences during this exchange semester. However, the high cost of living and travel expenses were some of the more challenging aspects of life in Groningen.

**What was the biggest difficulty you faced while abroad ?**

I didn't face any serious difficulty, but one of the difficulties I faced in Groningen was the high cost of living and travel expenses.

**Overall notation of your stay abroad**

1

**Do you recommend your host institution for an exchange program?**

Yes

**What would you have liked to know before your stay abroad?**

**Other comments/improvement proposals**

## SUBMIT REPORT

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**Can we publish an anonymous version of your report on our website?**

Yes