



## 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>	Uppsala universitet
<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>	1
<b>Academic reputation/quality of the host institution</b>	1
<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
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## HOME INSTITUTION

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<b>How do you assess the general support of RUB?</b>	1
<b>How would you describe the services provided by RUB (information meeting, level of information...)?</b>	the informations provided by RUB are very detailed and helpful. The staff from International office is very nice and quick responder.
<b>Did you receive support from RUB while abroad?</b>	Yes
<b>If yes, which kind of support?</b>	informations shared by international office and reminder via email
<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>	1
<b>Was there an orientation programme?</b>	No
<b>Was a preparatory intensive language course offered?</b>	Yes
<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 whole process of registration and enrollment is digital. so it's very convenient for international students to finish everything online without going to office in person.
<b>Please describe the host institution buildings and installations (IT, library...).</b>	Uppsala University has many campus in Uppsala city. The one where we had lectures is modern and well-equipped. there is a small library in that Campus but we can always go to University library in the city center, which is well-connected to anywhere.

### Academic year schedule

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<b>Preparatory language course duration</b>	
<b>First semester/term duration (in weeks)</b>	20
<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>	Yes
<b>If yes, please give the holiday/semester break duration.</b>	1

## STUDIES

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### Studies/Semester description

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<b>Which courses did you attend (brief description, evaluation, credits)?</b>	Conflict and peacebuilding 15 ECTs Religion and Humanitarian actions 5 ECTs Advanced Management 5 ECTs Methodology 5 ECTs The evaluation consisted of assignments, group works, presentations and quiz.
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<b>How did you get information on the content of courses you attended?</b>	syllabus
<b>What was the language of instruction at the host institution?</b>	English
<b>How was the academic support/assistance?</b>	it's great. there are office hours offered by professors and if you need academic support, you can always write them an email to make an appointment to discuss with them.
<b>How do you assess the quality of the courses compared to RUB?</b>	Equal
<b>Did you have any issues with courses recognition?</b>	No
<b>Please describe the grading system of the host university.</b>	Uppsala University has a different grading system. from A to F. A is the best. The standard of grading is very clear and written in syllabus. and they would give us the feedback in time.

## ACCOMMODATION

### Accommodation

<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>	the housing is offered by Uppsala student housing office. it's slightly more expensive compared to other housing in Uppsala. but it's easier to reach out to them and they act quickly if there is something wrong with your room.

## HOST COUNTRY

### Host country

<b>How do you describe the city, the country and the people?</b>	Sweden, or Uppsala, to be more specific, is very nice. since Uppsala is a University city, it's easy to make friends. Swedes speak very good English, so for international students, living here is easy.
<b>Did you need a visa?</b>	No
<b>Did you take an additional Insurance?</b>	No

## COSTS

### General costs

<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>	Erasmus
<b>Did this grant cover all your spending while abroad?</b>	No

## Monthly costs

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<b>Monthly housing costs</b>	450
<b>Monthly catering costs</b>	400
<b>Monthly transportation costs to study place</b>	0
<b>Abroad health insurance coverage</b>	
<b>Other monthly costs</b>	
<b>Total amount of your monthly costs</b>	850

## Additional costs

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<b>Immunization, medical care</b>	
<b>Visa</b>	
<b>Travel costs for arrival and departure</b>	
<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>	

## SUMMARY

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### Summary

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<b>How would you summarize your stay abroad?</b>	overall, it's a very nice and interesting experience. Uppsala University is famous for its academic, and I do feel it would be really helpful for the academic development for my future. and I made a lot of friends here.
<b>Describe your greatest experience/achievement</b>	students activities: there are 13 students nations here, where you can make friends with students from different cultural backgrounds and it's very important when you are new to this city and all alone.
<b>Describe your most negative experience</b>	the cost here is very high.
<b>What was the biggest difficulty you faced while abroad ?</b>	still the cost
<b>Overall notation of your stay abroad</b>	1
<b>Do you recommend your host institution for an exchange program?</b>	Yes
<b>What would you have liked to know before your stay abroad?</b>	
<b>Other comments/improvement proposals</b>	

## SUBMIT REPORT

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<b>Can we publish an anonymous version of your report on our website?</b>	Yes
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