



Report on Erasmus+ Study Abroad

Bewerbungsnummer



GENERAL INFORMATION

PERSONAL INFORMATION

Personal information

Surname	
First name	
Study Programme at RUB	International Humanitarian Action_Master
Exchange	Uppsala universitet
Subject at Partner University	International Humanitarian Action

Duration of the stay

Academic year	2024/25
Start semester	Wintersemester 2024/25
Duration in semesters/terms	1

STAY ABROAD

Motivation of stay abroad

Experience new academic environment/different university system	3
Improve your knowledge of the language	1
Academic reputation/quality of the host institution	1
Living in a foreign country	3
Discovering a new culture/way of life	2
Social/cultural life	3

Selection criteria

Which criteria motivated you to choose this institution?	reputation of the host institution, Appeal of the country/city
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HOME INSTITUTION

How do you assess the general support of RUB? 3

How would you describe the services provided by RUB (information meeting, level of information...)? Everything was informed in good detail. There were challenges with the fund release but overall a good experience.

Did you receive support from RUB while abroad? Yes

If yes, which kind of support? Mobility grant funding.

Did you receive all necessary information from RUB before you left your home country? Yes

HOST INSTITUTION

Host institution

How do you assess the host institution generally speaking? 1

Was there an orientation programme? Yes

If yes, please describe the orientation programme. The orientation covered all aspects of what academics to expect and how to do life in Uppsala.

Was a preparatory intensive language course offered? Yes

Was the completion of any language test at the host institution requested? No

Did you have a buddy during your exchange? No

Please describe the registration and enrollment formalities. It involved filling out exchange program form and basic registration formalities.

Please describe the host institution buildings and installations (IT, library...). The infrastructure was absolutely excellent. Great for a classroom and after studying.

Academic year schedule

Preparatory language course duration

First semester/term duration (in weeks) 18

Second semester/term duration (in weeks)

Third term duration (in weeks)

Examination period duration (in weeks) 4

Did you have holidays/a semester break? No

STUDIES

Studies/Semester description

Which courses did you attend (brief description, evaluation, credits)?	Religion and Humanitarian Action, 5.0 hp, Grade - B Religion and Humanitarian Action looks at the benefits and challenges that religion poses to the humanitarian field, including the contribution that religion can have for initiating and sustaining conflicts and how religious actors can contribute to peacebuilding efforts. Conflict and Peacebuilding, 15.0 hp, Grade - A Conflict and Peacebuilding focuses on concepts and theories of conflict resolution, peacemaking/peacebuilding with a specific relevance for situations of humanitarian disaster situations, and the conditions and consequences of humanitarian action in conflict situations. Advanced Management, 5.0 hp, Grade - C Advanced Management – which builds upon the course held in the first semester and focuses on leadership, security and logistics Methodology, 5.0 hp, Grade - C Covers different methods of data collection and how methods are incorporated into academic research.
How did you get information on the content of courses you attended?	University platform called Studium.
What was the language of instruction at the host institution?	English
How was the academic support/assistance?	It was good, questions were always answered with minimum delay.
How do you assess the quality of the courses compared to RUB?	Equal
Did you have any issues with courses recognition?	No
Please describe the grading system of the host university.	Fail (F), Sufficient (E), Satisfactory (D), Good (C), Very good (B) Excellent (A)

ACCOMMODATION

Accommodation

Which kind of accommodation did you find (student housing, shared-flat...)?	Student housing
Did you receive help from your host institution to find accommodation?	Yes
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.)	The university housing office would assign the student an apartment. The apartment was alright in principle but there was a rent hike which made things quite challenging.

HOST COUNTRY

Host country

How do you describe the city, the country and the people?	Sweden is a great country to be at in general. Coming from a warm culture you do get to see individualism in the winter months but things get better in the summer socially. Uppsala is also a great city. Fairly expensive to live in but a great city overall.
Did you need a visa?	Yes
If yes, please give more details on this	I had to apply for a residence permit. Because my german residence permit was taking time to come.
Did you take an additional Insurance?	No

COSTS

General costs

How were the living costs compared to your home country?	Higher
Did you receive a grant during your stay?	Yes
Which institution provided you with a grant (Erasmus, your home institution...)?	Erasmus
Did this grant cover all your spending while abroad?	No

Monthly costs

Monthly housing costs	480
Monthly catering costs	350
Monthly transportation costs to study place	80
Abroad health insurance coverage	144
Other monthly costs	
Total amount of your monthly costs	1100

Additional costs

Immunization, medical care	
Visa	200
Travel costs for arrival and departure	436
Costs for books, copies, etc	
Language course costs (language of the country)	
Orientation week	
Other non-monthly costs	Basic home equipment costs, 100 Haircuts 60
Total amount of your non-monthly costs	796

SUMMARY

Summary

How would you summarize your stay abroad?	Very good experience despite the high living costs and the winter depression.
Describe your greatest experience/achievement	Scoring good grades in my favorite subjects.
Describe your most negative experience	The winter depression in Sweden
What was the biggest difficulty you faced while abroad ?	The cost of rents is too high for the student from the university housing office.
Overall notation of your stay abroad	2
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

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