

Take Your Studies Further – Go Abroad!

Psychology session
International Experience Week 2026



Universiteit
Leiden

Romy van Keppel
Senior International Coordinator

Getting to know each other..

- I know exactly where I want to go on exchange
- I have no idea where to go on exchange
- I have already been abroad for a study programme
- I have never been abroad for more than a month
- My family or friends have been abroad
- I am an international student
- I am a bit scared to go abroad
- I am completely ready to start my adventure!



A photograph of a traditional building with a large palm tree and two people standing near an arched entrance. The building has a light-colored wall and a dark arched doorway. A large palm tree stands to the left of the entrance. Two people are standing near the entrance. The sky is blue.

Today's presentation

1. Orientation: why study abroad?
2. Exchange: Where, when and what?
3. Exchange: application and placement procedure
4. Health and safety
5. Other options abroad
6. Money Matters
7. Contact information
8. Q&A

Orientation: why study abroad?





Intercultural competence

International orientation



Knowledge

- Knowledge of foreign languages
- General and specific knowledge of cultures
- Knowledge of communication styles
- Knowledge of identities, stereotypes, discrimination and racism



Attitudes

- Open-mindedness
- Respect
- Tolerance
- Interest in different perspectives
- Engagement with other people and topics



Skills

- Perspective-taking skills
- Listening, observation and interpretation skills
- Mediating and relating skills
- Managing differences and conflict
- Intercultural relationship-building and networking skills
- Ability to deal with uncertainty and ambiguity
- Metacommunication skills (communicating about communication)



Orientation towards society and the world

- Familiarity with international perspectives on global challenges such as climate change, refugees and sustainability.
- Familiar with supranational institutions such as the European Union, the United Nations and corresponding themes, including Human Rights and the Sustainable Development Goals.
- Awareness of global citizenship and its corresponding rights and responsibilities.
- Engagement with societal and global issues (politically critical and personally transformative).



Orientation towards the profession



- Staying informed and updated on international practices and developments within one's profession/discipline.
- Making use of international information, sources and resources from different countries.
- Understanding and evaluating perspectives and practices from an international or cultural perspective.
- Having the ability to use techniques and methodologies from different countries.

Personal qualities



- Self-awareness
- Self-confidence
- Self-reliance
- Critical attitude
- Responsibility

- Independence
- Drive
- Perseverance
- Resilience
- Patience

- Adaptability
- Flexibility
- Creativity
- Curiosity
- Empathy

- Entrepreneurial skills
- Problem-solving skills
- Reflexivity
- Tolerance to stress

Exchange; Where, When, What?



Exchange

- Study at partner university
- Pay tuition to Leiden University only
- Application via Leiden University
- Limited places: selection
- Eligibility requirements:
 - ❑ GPA 6 or higher
 - ❑ All 60 EC of BSc Year 1 completed by internal application deadline
- Possible to have your credits recognized and avoid study delay
- Register in year 2
- Locations on [World Map](#)



Two types of Exchange programmes

Faculty/programme exchange Europe (Erasmus+)

Coordinated by **Institute of Psychology**

Open for **Psychology students**

Courses are mostly within the field of Psychology and the Social Sciences.

Seperate selection process

Contact:

Romy van Keppel

International coordinators

Institute of Psychology

Faculty of Social and Behavioural Sciences (FSW)

exchangepsy@fsw.leidenuniv.nl

University wide exchange Outside of Europe

Coordinated by **International Relations Office (IR)**

Open for **all students**

Possible to take courses outside your field of study and faculty.

ISEP Programme

Contact:

Charro Kooijman & Fatima al Moufridji

International coordinators

International Relations Office

Student and Educational Affairs (SEA)

studyabroad@sea.leidenuniv.nl

How to navigate the Exchange Website

Student website > Extra study activities > Studying abroad > Exchange > What and why?

Extra study activities

Studying abroad

Exchange

What and why?

Where?

When?

Approval and application

To arrange before departure

To arrange upon your return

> Studying abroad independently

Entire masters programme

Health and safety

Financial matters

Internships, research, fieldwork,
summer schools and more

Outgoing Exchange Coordinators

Honours education

Summer & winter schools

Extra online courses

Double degree

What and why?

General

Psychology (BSc)

Exchange Programmes

As a Psychology student you can sign up for a university-wide exchange programme (outside of Europe) or an exchange programme organised by the Institute of Psychology (within Europe). For a complete overview of all the necessary steps in the study abroad process, please use this [Checklist](#).

Questions?

Send an email to exchangepsy@fsw.leidenuniv.nl

University-wide exchange programmes

Information about university-wide exchange programmes can be found on the “General” tabs.

Make sure to also read the Psychology tabs:

- [Where?](#)
- [When?](#)
- [Approval and Application](#)
- [To arrange before departure](#)
- [To arrange upon your return](#)

These include important information for all psychology students who are interested or selected for an exchange semester. For a complete overview of all the necessary steps in the study abroad process, please use this [Checklist](#).

International exchange coordinator Psychology



Romy van Keppel
Exchange coordinator
Psychology

exchangepsy@fsw.leidenuniv.nl

[Make an appointment](#)

International exchange coordinators (university-wide)

For outbound exchange students

Charro Kooijman & Fatima al Moufridji
studyabroad@sea.leidenuniv.nl

Leiden

Open consultation hour

No open consultation hours June to Sept 2026

[Plexus Student Centre](#)

Kaiserstraat 25
2311 GN Leiden

The Hague

Open consultation hour

No open consultation hours June to Sept 2026

Where can you find the exchange agreements



Study Abroad World Map

Apply Now ?

- Aarhus Universitet
- Aristotle University of Thessaloniki
- Bangor University (University of Wales, Bangor)
- Coventry University
- Eötvös Loránd University
- Freie Universität Berlin
- Göteborgs universitet
- Instituto Superior das Ciencias do Trabalho e das
- Karolinska Institutet
- Katholieke Universiteit Leuven
- Koç Üniversitesi
- Lunds Universitet
- Norwegian University of Science and Technology
- Universidad de Granada
- Universitat de Valencia

Before starting your search, click on the ? (top right of screen) for instructions on how to search for suitable destinations.

Faculty	FSW - Psychology	Level	
Exchange Programme	Faculty exchange programme	Language of Instruction	
Country		Partner University	

Reset Filters

<https://wordmap.universiteitleiden.nl>



Where?

Faculty-wide exchange

Belgium	Austria
Denmark	Poland
Germany	Portugal
Finland	Slovenia
France	Spain
Greece	Czech Republic
Hungary	Turkey
Italy	United Kingdom
Latvia	Sweden
Norway	Switzerland



Where?

University wide exchange

Argentina
Australia
Brazil
Canada
Chile
China
Egypt

India
Indonesia
Japan
Mexico
New Zealand
Singapore
South Africa

South Korea
Taiwan
Thailand
United States



Choosing a destination

How to decide?

Course availability? Language requirement?

Academic Calendar? Cost of living?

Culture? Small or big university?

Campus, student city or metropole?

Green travel?

Equal treatment? Future plans?

Disability or illness? Safety?

Checklist



Make use of the Student reports database



Universiteit
Leiden

Student Reports

Log out keppelrdgvan1

<https://studying-abroad-reports.universiteitleiden.nl>

What are you looking for

Search

Regions of the World



Select a country



Faculty

- ☐ University-wide
- ☐ Archaeology
- ☐ Governance and Global Affairs
- ☐ Humanities

Found reports (183)

The University of Sydney Australia

2022 | Exchange | Social and Behavioural Sciences | Psychology | 1

University of Vienna Austria

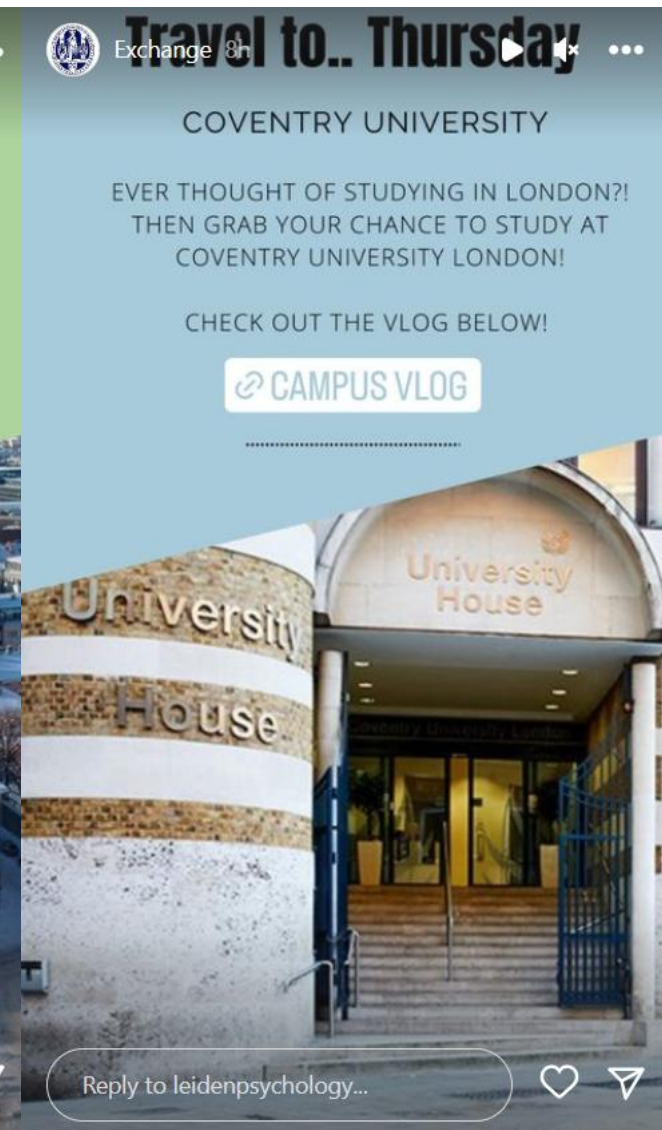
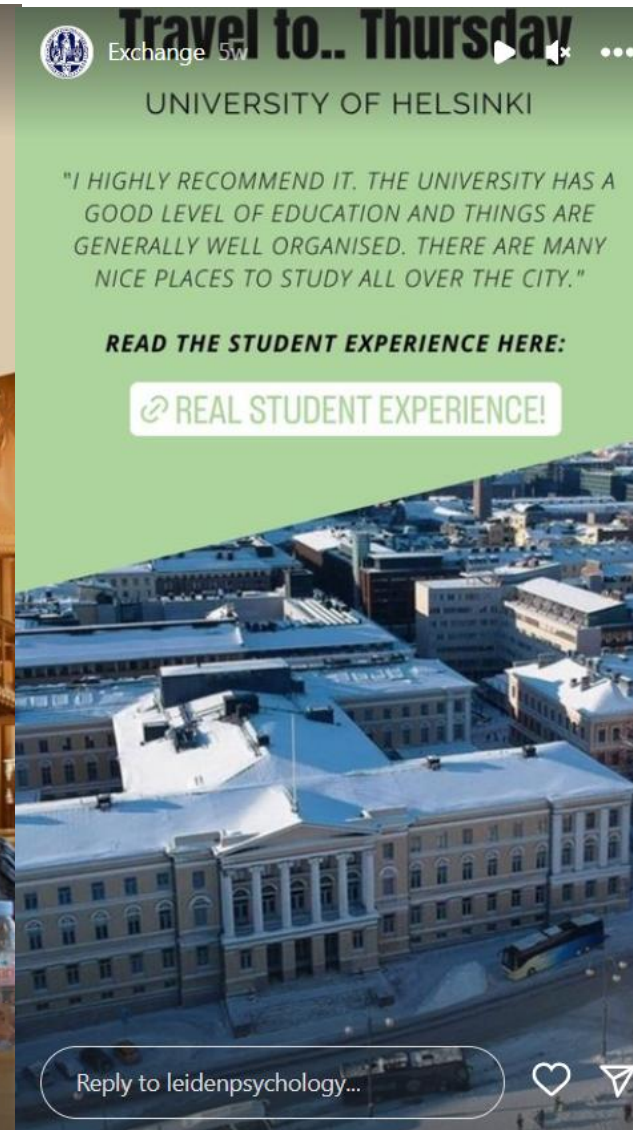
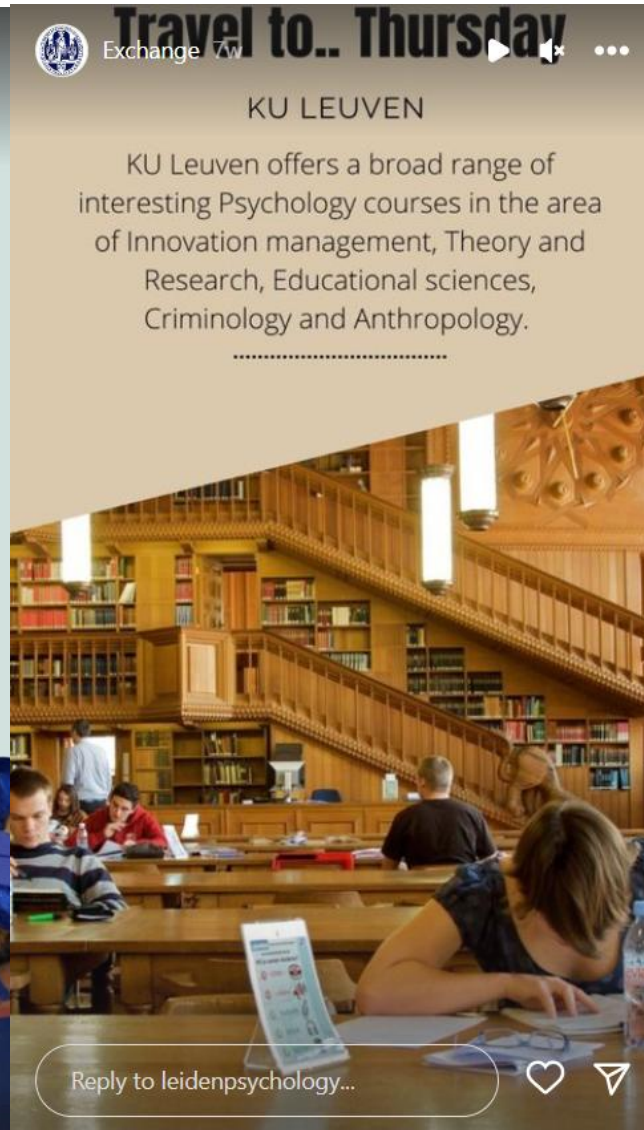
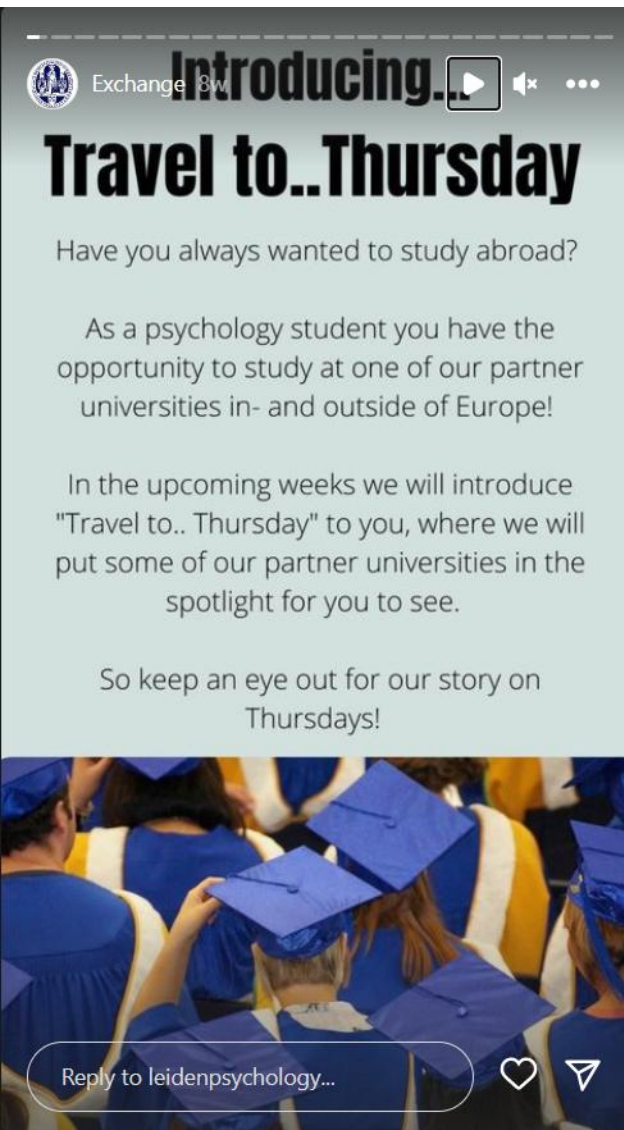
2024 | Exchange | Social and Behavioural Sciences | Psychology | Fall1

University of Vienna Austria

2024 | Exchange | Social and Behavioural Sciences | Psychology | Fall2

Follow our Instagram stories

[Stories • Instagram](#)



BRAIN BREAK



We resume in 5 minutes



When?

Best time to go on exchange: **Bachelor Year 3**

(prepare and apply in Year 2): electives

Elective space (60 EC)

in green

30 EC within Psychology:

- 20 EC of specialisation courses
- 10 EC of specialisation courses or Psychology electives

30 EC general electives:

- 30 EC within or outside of Psychology

Year 2

Developmental Psychopathology (5 EC)	Consciousness (5 EC) 9	Elective Space (15 EC)	
2 / 4 or 6 Psychometrics (5 EC)	Group Dynamics (5 EC)		2 4 MVDA (5 EC) 10
Stress, Health & Disease (5 EC)	Psychodiagnostics (5 EC)	Interpersonal Professional Skills (5 EC) OR	Interpersonal Professional Skills (5 EC)
Perspective on Career Planning (5 EC)			

Year 3

Elective space (15 EC)	Elective space (15 EC)	Elective space (15 EC)
P 10 Bachelor Project* (15 EC) Permission needed to do BP in sem I (deadline May 15 th): Brightspace		

Deadline permission Bachelor Project semester 1:

May 15, 2027 (contact your Study Adviser in time!)

What? – Elective courses

Year I

Mandatory courses (60 EC)

Year II

Mandatory courses (45 EC)

Year II & III

Specialisation courses (30 EC)

Year III

Elective area (30 EC)

Year III

Bachelor
Project (15 EC)



Exchange courses



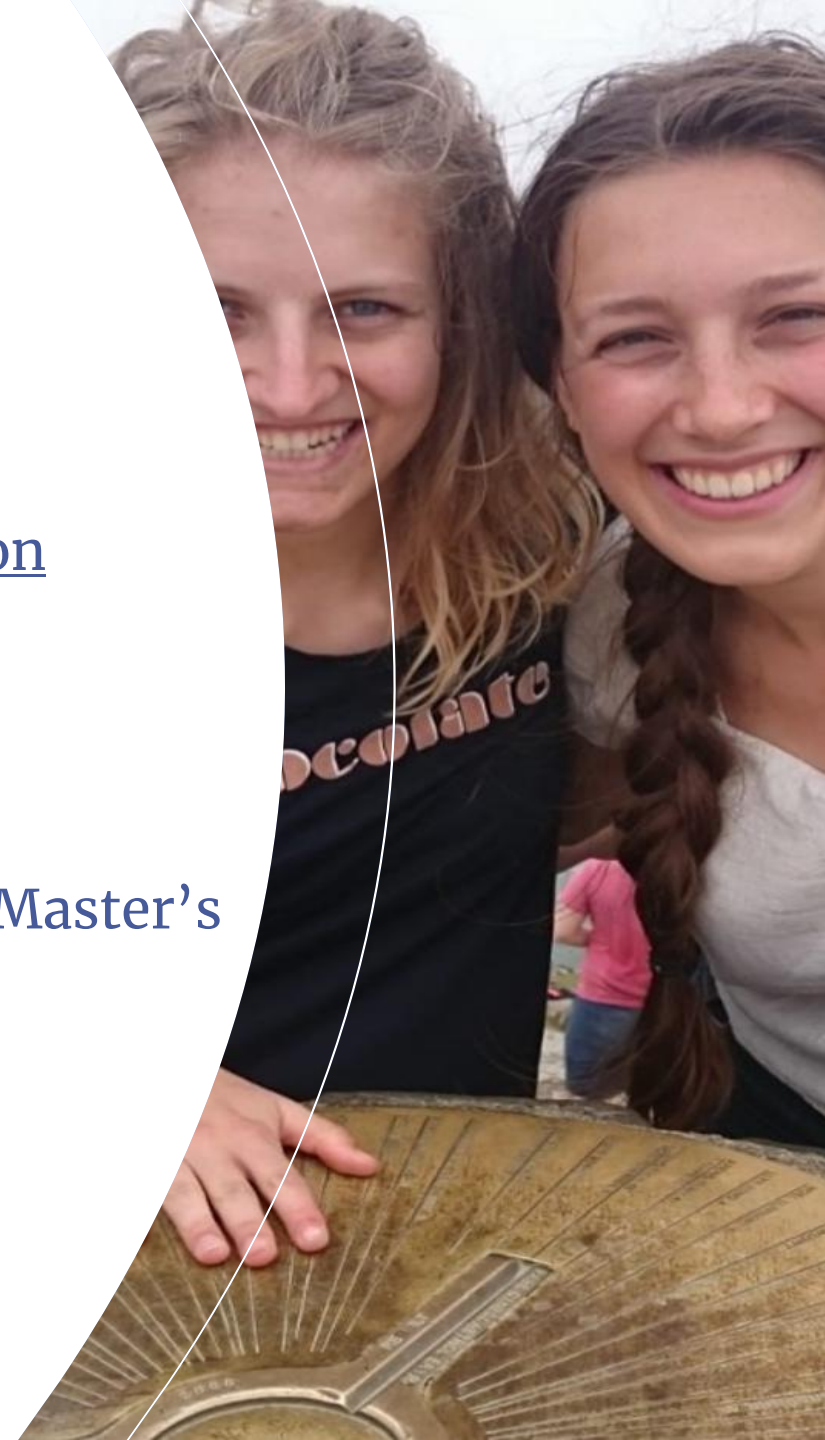
When?

Bachelor Year 4:

- Electives or extra curricular
- All 180 ECTS obtained? Ask permission to postpone graduation

Master:

- Courses via the exchange programme are extra curricular
- Contact the exam committee for course recognition for your Master's
- Not all partner universities offer courses on master level
- Bachelor students have priority in placement process



What? – Course criteria

Always ask permission before departure!

- <40% overlap with courses in your programme (bachelor)
- No English language proficiency courses
- Academic course (no practical course)
- Min. 20 EC (or equivalent study load)

Important: partner universities can also have course restrictions!





Exchange application

Application Faculty exchange programme

1. Do you meet the requirements? →

- Registered student at LU
- All 60 EC Year 1 courses completed (P) by internal selection deadline
- GPA of 6 or higher

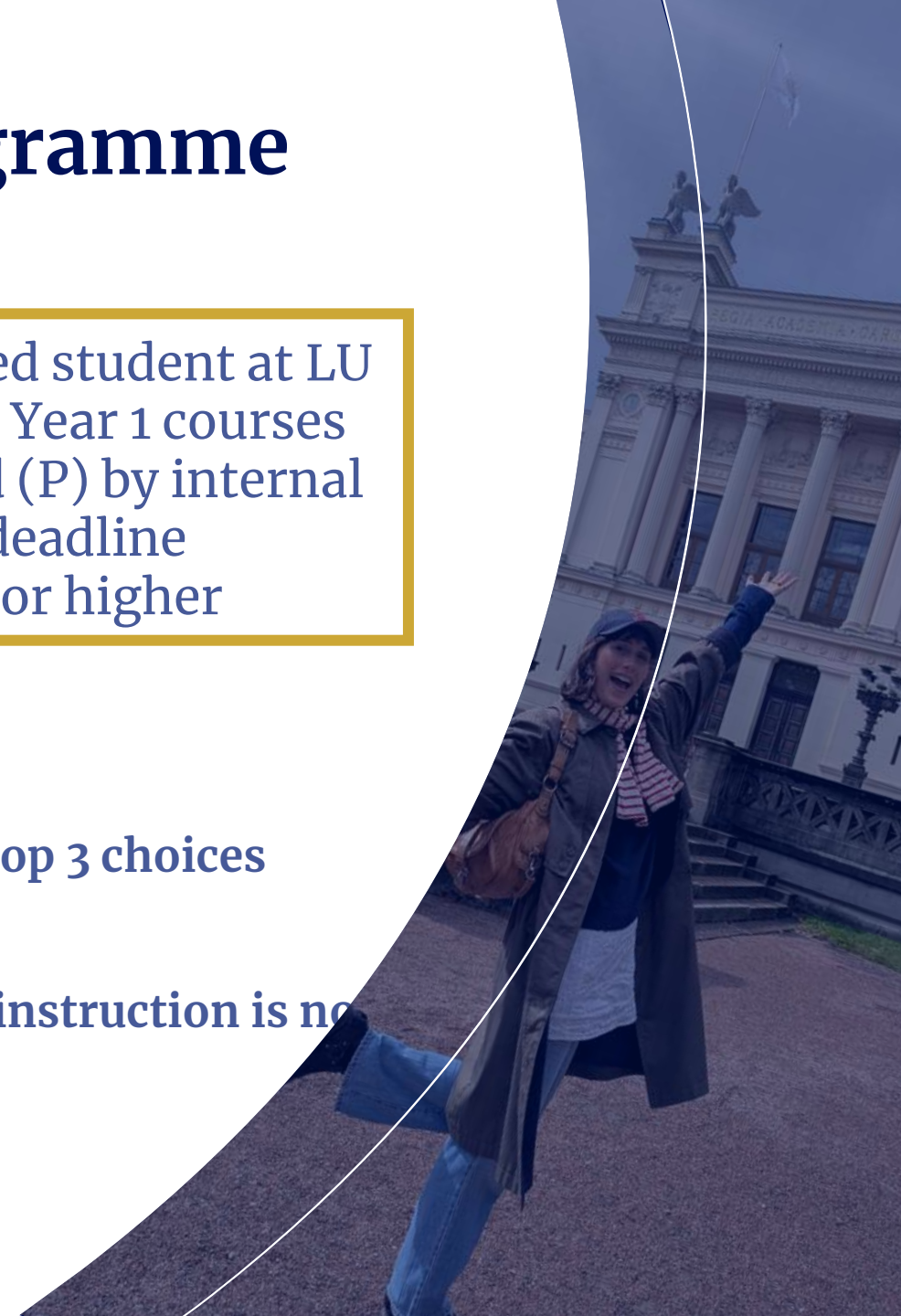
2. Make a study plan: does it fit?

3. Select partner universities:

- **Max. 5 universities faculty exchange programme**

4. Submit online application and upload:

- Study plan with preliminary course selection for your top 3 choices
- Motivation letter – Why study abroad?
- Proof of language proficiency and plan (if language of instruction is not English)



Application Faculty exchange programme

Student website > Extra study activities > Studying abroad > Exchange > Approval and application

- > Your study programme
- > Support and well-being
- > Facilities
- ✓ Extra study activities
 - ✓ Studying abroad

Exchange

- What and why?
- Where?
- When?

Approval and application

To arrange before departure

To arrange upon your return

> Studying abroad independently

Entire masters programme

Health and safety

Approval and application

General

Psychology (BSc)

First check your exchange programme type!

As a psychology student you can apply to go abroad either via the Erasmus+ exchange programmes of the Institute of Psychology or the university-wide exchange programmes. **Find your exchange destination via the world map!**

- For destinations via the Erasmus+ exchange programme of the Institute of Psychology: follow the instructions and deadlines here below.
- For destinations via a university-wide exchange programme: follow the instruction and deadlines on the general tab of this page.

Erasmus+ exchange programme of the Institute of Psychology

Deadline

Check [this page](#) for all the steps.

Steps to take

1. Study Plan >
2. List of universities >
3. Required documents >
4. Online application >
5. Selection and offer >
6. Accept the offered place within 7 days >
7. Nomination and application to host university >

Deadlines internal selection

<u>Exchange in/ Location</u>	<u>Academic year</u> 2027/2028 Fall/Spring semester
<u>Outside of Europe</u>	1 st December 2026
<u>Inside of Europe</u>	15 th Feb 2027

DEADLINE





Placement process

Before placement we will check if:

- * You meet the requirements
- * Your application is complete (including motivation letter and study plan)
- * Your application is within the deadline

Motivation letter, GPA and study plan are required, but it does not affect your placement at a specific destination

During placement:

Direct Placement Method

If more applicants than places → random selection monitored by a selection committee

Placement is done in order of most preferred destination
(from 1st choice to 5th choice)



Placement process

- Student / Preference

A 1 2 3

B 1 2

C 12345

D 1

E 12

F 12345

G 123

H 1234

- Student / listed

B 1 2

G 123

A 1 2 3

D 1

E 12

H 1234

C 12345

F 12345

After internal selection

International Coordinators will inform you about next steps after selection!

1. Accept or decline your offer
2. Coordinator nominates you at university abroad
3. Application to university abroad: follow their application steps!
4. Accept offer of admission
5. Before departure: Kick Off meeting, permission course selection, housing, visa, Health & Safety meeting, insurance, finances...
6. Study Abroad!
7. Homecoming & Credit Recognition



Health & Safety: Study Abroad Policy

Code Green	Code Yellow	Code orange	Code Red
✓	✓	X	X

You can only go abroad when your host country is considered safe according to Dutch government travel advice.

Continually monitor the situation

- Check travel advice right up till your day of departure.
- Download the Ministry of Foreign Affairs's 24/7 BZ Reis-app (in Dutch).
- Follow @247BZ on X

 Always have a plan B in case the exchange is cancelled 

Other options Abroad

Minors abroad: Arabic and Islamic studies in Cairo
Sustainable Development
African dynamics

Study Abroad independently

Summer/winter schools

Internship or thesis research abroad (Master only)

Entire Master abroad

Important: If you receive credits or funding via Leiden University you must register your activity abroad in uSis!



Internship or thesis abroad

Master only!

You need to arrange the following by yourself:

- An internship or thesis assignment abroad
- Approval from your Internship coordinator at Leiden
- A suitable supervisor abroad

You can make arrangements with the internship/thesis coordinator of your own master specialization.

Step-by-step plan

Important: register your approved internship in uSis!

You can apply for scholarships



Una Europa: 11 European universities



Study, gain professional experience, or develop your leadership skills!

Study opportunities

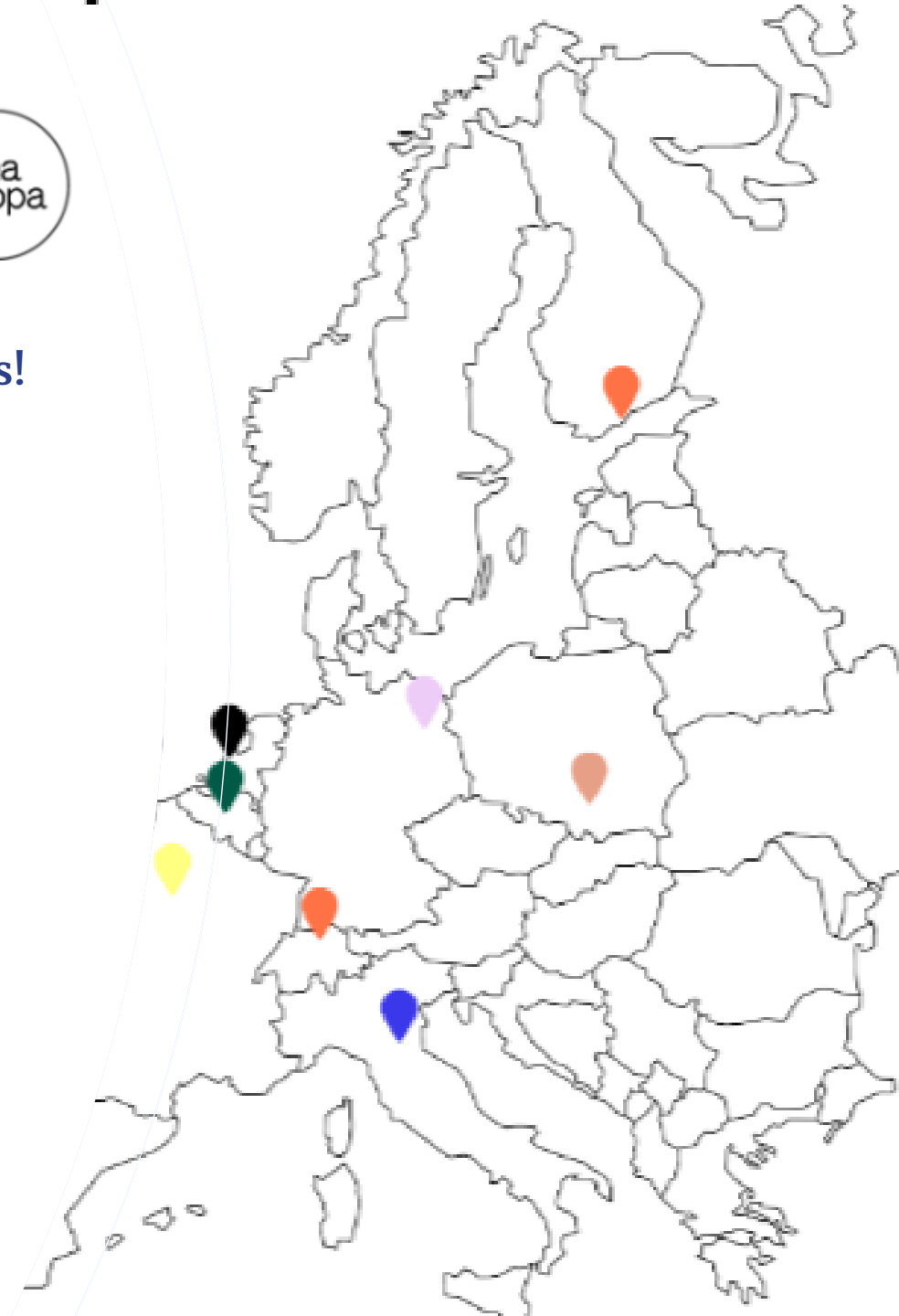
- Summer schools
- Online courses
- Virtual exchanges

Professional experience

- Join our Local Task Force
- Apply for internships
- Participate in programmes

Leadership skills

- Become a Student Board representative
- Present at conferences



Una Europa: current opportunities



Student Board Elections

Want to represent
Leiden University on
the European stage?
Interested in
working with
students from across
Europe and helping
shape the future of
higher education?
Stand for election!



Free Language Classes



The background of the slide features a world map with a focus on Europe and Africa. In the foreground, there is a silver laptop, a black smartphone, and a small white electronic device, possibly a travel adapter or a small speaker, resting on the map.

Working abroad

- Career Services
 - After your studies
 - Country Career Guides
 - CV according to the norms of country
 - GoingGlobal



Money Matters

*Scholarships



Erasmus

€330 - €390 per month
2026

Maximum of 90 days

First-come, first served



NL Scholarship

€2500 one-time
payment 2026

Few students

LUSTRA+ Leiden University Fund

LUSTRA

€200 - €450 per # days
2026

LUF

Max. €1750
2026
If granted

* Budgetting

* Cost of Living

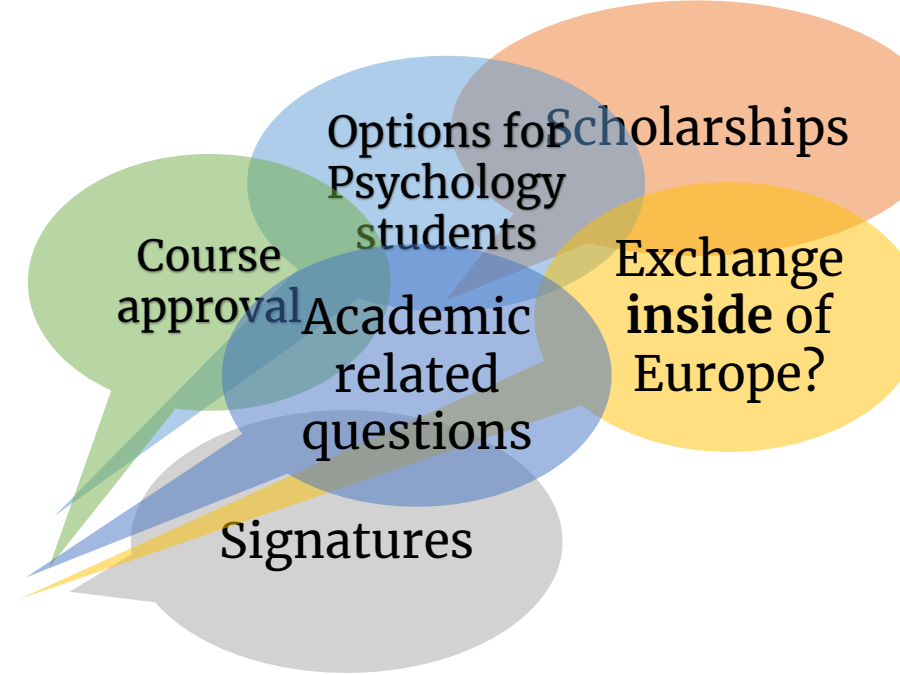
* Wilweg.nl

Contact information

Faculty exchange and other options

Institute of Psychology
International Coordinator:
Email:

Romy van Keppel
exchangepsy@fsw.leidenuniv.nl



University wide exchange

International Relations Team (IR)
International Coordinator:
Email:

Charro Kooijman & Fatima al Moufridji
studyabroad@sea.leidenuniv.nl



And Now?

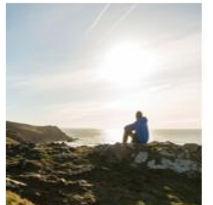
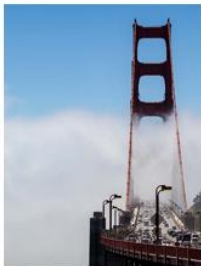
Read the information on the [Study Abroad website](#) (look at the Psy tab!)

- Check the destinations on the [World Map](#)
- Read the experiences of students at the [report archive](#)
- Use this [Checklist](#) for an overview
- Start with gathering information and planning!
- [ESN](#) – Erasmus Student Network Leiden for help and activities.

Application deadline:

1 december 2026 for **outside** of Europe

15 february 2027 for **within** Europe



Questions

