

Psychology Session on studying abroad

Presentation: **Romy van Keppel**– International Coordinator – Institute of Psychology



**Universiteit
Leiden**
The Netherlands

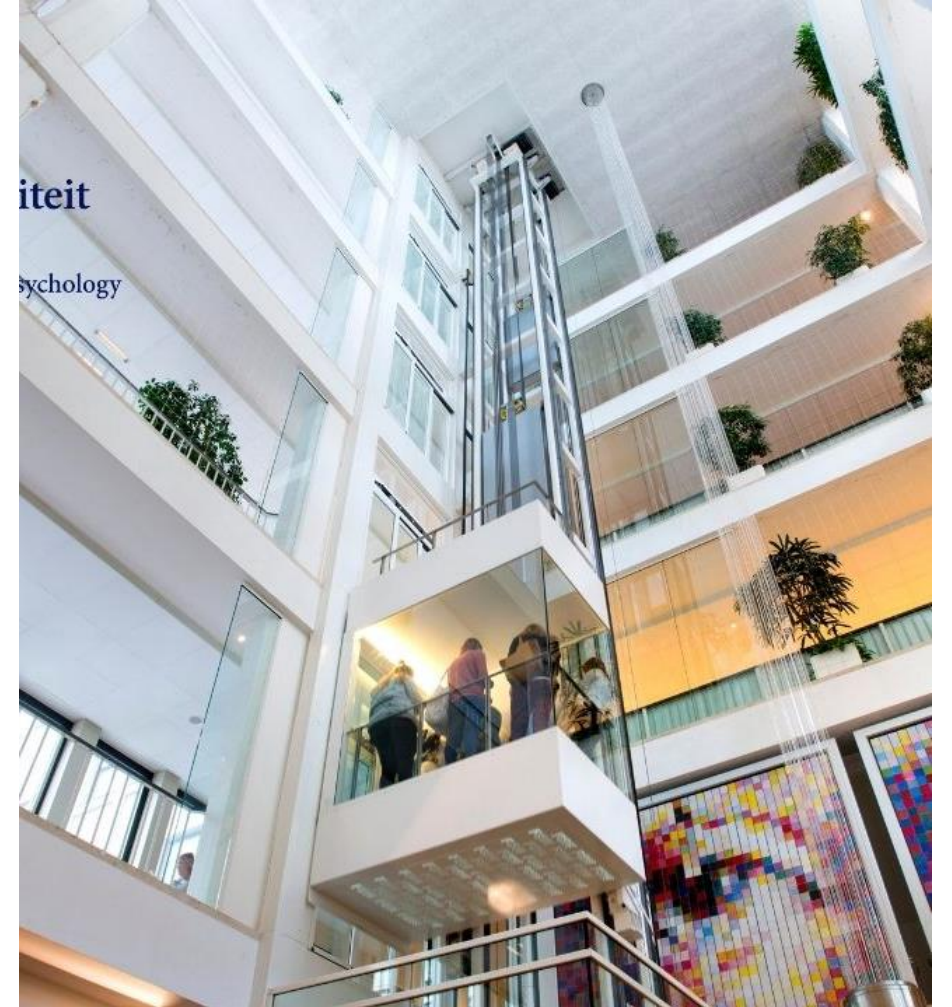


International Experience
Week 9-13 oktober

Discover the world at Leiden University

Getting to know each other..

1. I know exactly where I want to go on exchange
2. I have no idea where to go on exchange
3. I have already been abroad for a study programme
4. I have never been abroad for more than a month
5. My family or friends have been abroad
6. I am an international student
7. I am a bit scared to go abroad
8. I am completely ready to start my adventure!



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. Contact information
7. Student experiences in Spain and Scotland
8. Your input for exchange destinations



Orientation: why study abroad?





Intercultural competence



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).

- 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

International orientation



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



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

Within Europe (Erasmus+)

Coordinated by Institute of Psychology

Open for Psychology students

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

Separate selection process

Contact:

Rianne de Bree & 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:

Jeroen van der Heide & Sanne Feenstra

International coordinators

International Relations Office
Student and Educational Affairs (SEA)
studyabroad@sea.leidenuniv.nl

- > 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
 - Financial matters
 - Internships, research, fieldwork, summer schools and more
 - International Exchange Coordinators
 - Honours education
 - Summer & winter schools
 - Extra online courses
 - Double degree
- > Internships & careers
- > Alongside your studies
- > Administration & organisation

Where?

Leiden University has exchange agreements with universities all over the world. So there are plenty of destinations to choose from.

General

Psychology (BSc)

Check which exchange programmes are available to you

Before starting your search for suitable destinations, check on your faculty/study programme tab which types of exchange programmes are available to you. For example university-wide exchange programmes, faculty exchange programmes, or special exchange programmes only for students on your study programme.

Search for destinations

In our world map you can search through all Leiden University's exchange agreements to find a destination that is compatible with your studies and interests. You can filter on the basis of country, exchange programme type, level, language and more. Once you have found an interesting destination, check the details carefully. Pay particular attention to the following sections:

- Intended for students from: is this destination open to students from your study programme?
- Important consideration: are there other important aspects you should consider, e.g. language requirements or semester dates?

Find your exchange destination via the world map!

World map

International exchange coordinator Psychology



Rianne de Bree
Exchange coordinator
Psychology

exchangepsy@fsw.leidenuniv.nl



Romy van Keppel
Exchange coordinator
Psychology

exchangepsy@fsw.leidenuniv.nl

Make an appointment

International exchange coordinators (university-wide)

For outgoing students

Sanne Feenstra
Mon, Tue, Wed, Thur
+31 71 527 3063
studyabroad@sea.leidenuniv.nl

Jeroen van der Heide
Tue, Wed, Thur, Fri
+31 71 527 1785
studyabroad@sea.leidenuniv.nl

Contact form


For incoming students

[Click here for contact details](#)

Study Abroad FAQ

How to navigate the [study abroad website](#)

Where can you find the exchange agreements


 **Study Abroad World Map** Apply Now ?

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

Faculty: Level:

Exchange Programme: Language of Instruction:

Country: Partner University:



Map labels: FOXE BASIN, DENMARK STRAIT, FINLAND, SWEDEN, ENGLAND, GERMANY, POLAND, UKRAINE, KAZAKHSTAN, MONGOLIA, RUSSIA, FRANCE, SPAIN, TURKEY, UZBEKISTAN, TURKMENISTAN, CHINA, IRAQ, IRAN, AFGHANISTAN, PAKISTAN, NORTH ATLANTIC OCEAN.

Scale: 1,000 mi, 2,000 km

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- 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

<https://wordmap.universiteitleiden.nl>

Where?

Faculty/programme exchange



**Belgium
Denmark
Germany
Finland
France
Greece
Hungary
Italy
Latvia
Norway**

**Austria
Poland
Portugal
Slovenia
Spain
Czech Republic
Turkey
United Kingdom
Sweden
Switzerland**

Where?

University wide exchange

Argentina
Australia
Brazil
Canada
Chile
China
Egypt

India
Israel
Japan
Malaysia
Marocco
Mexico
New Zealand

Singapore
Taiwan
Thailand
United States
South Africa
South Korea



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?



Make use of the Student reports database

The screenshot shows the 'Student Reports' page on the Universiteit Leiden website. At the top left is the university logo and name. The page title is 'Student Reports'. In the top right corner, there is a 'Log out breerede' button. Below the header is a search bar with the placeholder text 'What are you looking for' and a dark blue 'Search' button. On the left side, there are two filter sections: 'Regions of the World' featuring a world map and a 'Select a country' dropdown menu, and 'Faculty' with a list of checkboxes. The 'Social and Behavioural Sciences' checkbox is checked. The main content area displays 'Found reports (36)' and lists several reports from Charles University (Czech Republic) and the University of Helsinki (Finland). Each report entry includes the university name, country, year, and specific details like 'Exchange | Social and Behavioural Sciences | Psychology | Fall1'.


Universiteit Leiden

Student Reports

Log out breerede

What are you looking for Search

Regions of the World



Select a country ▼

Faculty

- University-wide
- Archaeology
- Governance and Global Affairs
- Humanities
- Law
- Medicine/LUMC
- Science
- Social and Behavioural Sciences

Found reports (36)

Charles University Czech Republic
2021 | Exchange | Social and Behavioural Sciences | Psychology | Fall1

Charles University Czech Republic
2021 | Exchange | Social and Behavioural Sciences | Psychology | Fall2

Charles University Czech Republic
2018 | Exchange | Social and Behavioural Sciences | Psychology | 1

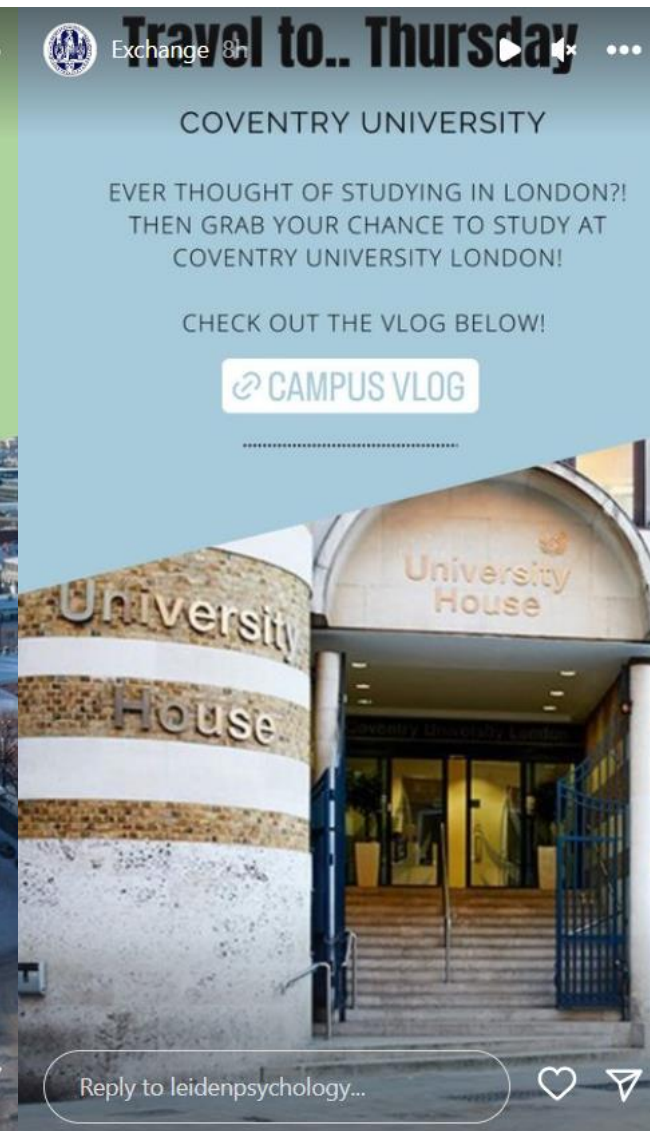
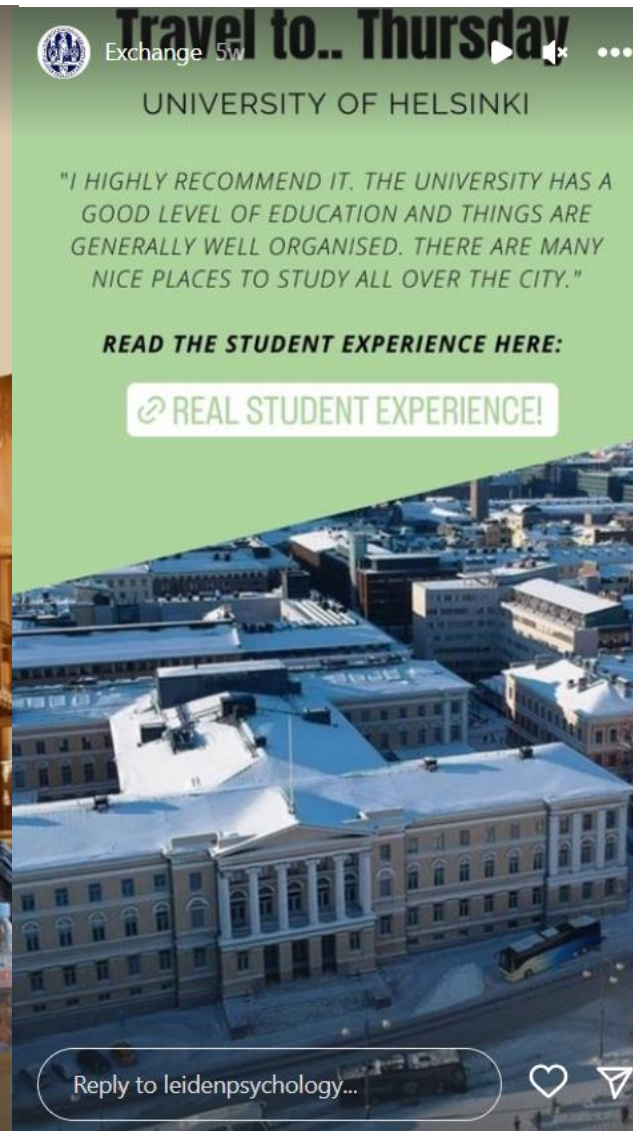
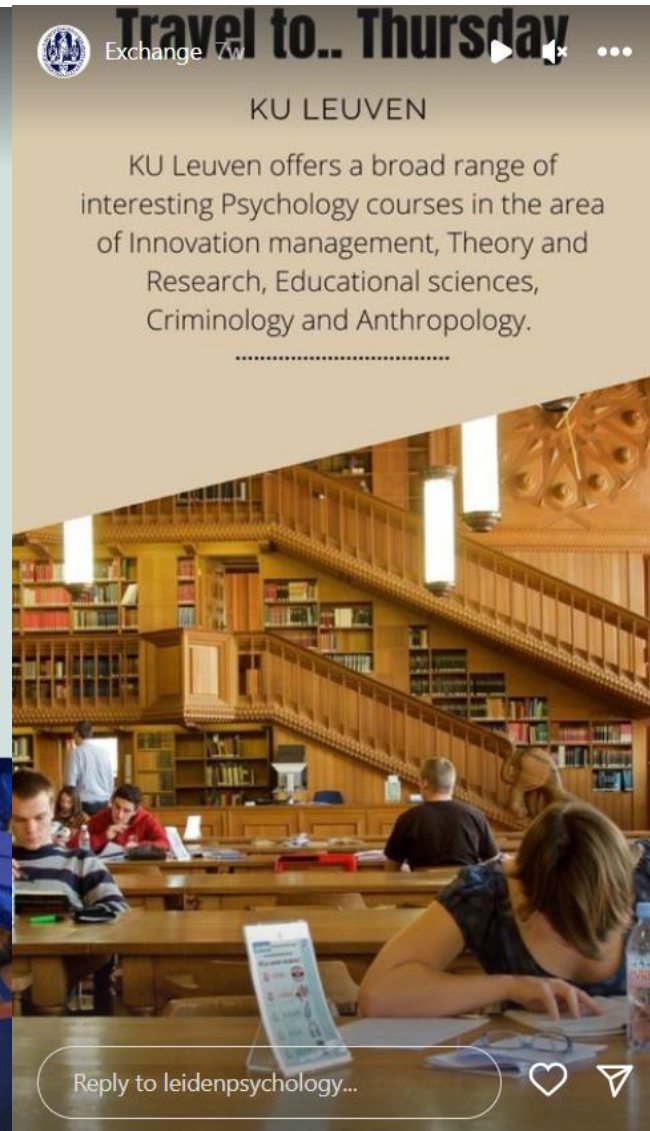
University of Helsinki Finland
2019 | Exchange | Social and Behavioural Sciences | Psychology | 1

Freie Universität Berlin Germany
2019 | Exchange | Social and Behavioural Sciences | Psychology | 1

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

Follow our Instagram stories

[Stories](#) • [Instagram](#)



When?

Best time to go on exchange:

Bachelor Year 3 (prepare and apply in Year 2): electives



Deadline permission Bachelor Project semester 1:

May 15, 2024 (contact your Study Adviser in time!)

When?

Bachelor Year 4:

- Electives or extra curricular
- All 180 ECTS obtained? Ask permission to [postpone graduation](#)

Master:

- Courses always extra curricular
- Not all partner universities offer courses on master level
- Bachelor students have priority in placement process



What? – Elective courses (bachelor)

Year I

Mandatory courses (60 EC)

Year II

Mandatory courses (45 EC)

Year II & III

Specialisation courses (30 EC)

Year II & III

Elective area (30 EC)

Year III

Mandatory Bachelor Project (15 EC)



Elective
requirement:

30 EC electives,
with minimum of
5 EC on level 300.

What? – Course criteria

Always ask permission **before departure!**

- No overlap with courses in your programme (bachelor)
- No English language proficiency courses
- Academic course (no practical course)
- Min. 20 EC (or equivalent study load)
- Elective space requirement Bachelor: 5 ec on level 300


Important: partner universities can also have course restrictions!



A group of people are gathered on a rocky mountain peak during sunset. The sky is filled with soft, colorful clouds in shades of blue, orange, and pink. A vibrant rainbow is visible in the upper right portion of the sky. The people are dressed in casual outdoor attire, and some are taking photos. The foreground shows green vegetation and more rocks.

Exchange application

Application Faculty exchange programme

1. Do you meet the requirements? 
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)

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

Deadlines internal selection

<u>Exchange in</u>	<u>Outside of Europe</u>	<u>Inside of Europe</u>
<u>Sem 1 2024/2025</u> Fall semester	1 st December 2023	15 th Feb 2024
<u>Sem 2 2024/2025</u> Spring semester	1 st December 2023	15 th Feb 2024 and 1 May 2024



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

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)

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



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!



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***.
 - Down the Ministry of Foreign Affairs' [24/7 BZ Reis-app](#) (in Dutch).
 - Follow @247BZ on Twitter

! Always have a plan B in case the exchange is cancelled !

Other options Abroad

- Minors abroad: [Culture and society in Morocco](#),
[Arabic and Islamic studies in Cairo](#)
[Sustainable Development](#)
[African dynamics](#)
[Frugal Innovations](#)
- [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:

- A n 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



Money Matters

* Scholarships



Erasmus

€240 - €360 per month
2023



NL Scholarship

€2500 one-time payment
2024

LUSTRA+

LUSTRA

€200 - €450 per # days
2023

Trustee Funds

Trustee

Max. €600
2023

* Budgeting

* Cost of Living

* Wilweg.nl



Contact information

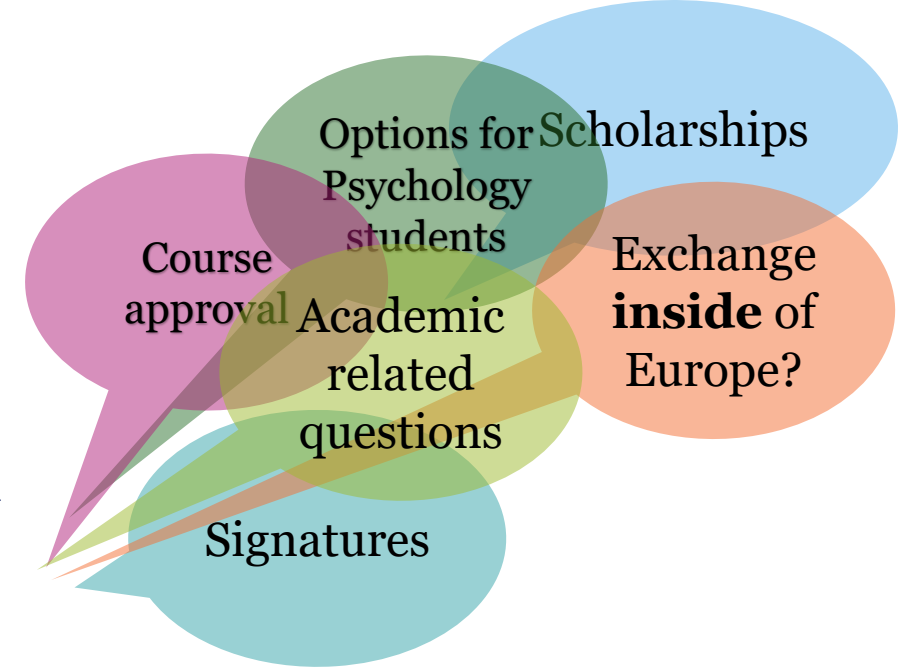
Faculty exchange and other options

Institute of Psychology

International Coordinator:

Email:

Rianne de Bree & Romy van Keppel
exchangepsy@fsw.leidenuniv.nl



University wide exchange

International Relations Team (IR)

International Coordinators:

Email:

Jeroen van der Heide & Sanne Feenstra
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!

Application deadline:

1 december 2023 for outside of Europe

15 february 2024 for within Europe



Going on Exchange to KU Leuven



Discover the world at Leiden University

Going on Exchange to the University of Aberdeen in Scotland



Questions

