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# Study abroad What are your options?

## The first step on the road to an unforgettable experience

Due to the coronavirus, it is uncertain if and when you can go abroad. Still, we would like to give you an overview of our programmes. The *Study Abroad* website shows you the most up-to-date options available if you want to spend a period of time abroad as part of your degree programme at the UvA. There are options available for both Bachelor's and Master's students: from academic studies, internships and conferences to conducting research abroad. Whether you want to go a couple of weeks, a semester or an entire year, there is something for you. Also if you are considering doing a full Master's programme abroad, you will find all the information you need here.

Visit [studyabroad.uva.nl](https://studyabroad.uva.nl) to see the current possibilities.

## Student exchange

In an exchange, students are 'exchanged' between two universities. Agreements have been made regarding entry requirements, the length of the study period and the number of students that can be exchanged per year. As a UvA student, you pay tuition fees to the UvA and you will not have to pay tuition fees to the host university.

There are two types of exchanges:

## Faculty and Erasmus exchange programmes

Faculty exchange programmes are agreements between a UvA faculty and a faculty at a university abroad. There are exchange possibilities both within and outside Europe, although most faculty exchanges take place within Europe as part of the Erasmus programme. In many cases grants are available for this.

## Global Exchange Programme

There are also cross-faculty agreements between universities. This means that students from all disciplines are eligible for these exchange programmes. The Global Exchange Programme is coordinated by the Office of International Student Affairs (BIS).

Further information on exchange programmes can be found at [studyabroad.uva.nl](https://studyabroad.uva.nl) > exchanges



Mayra Werger, on exchange at Nova School of Business and Economics, Lisbon Portugal.

### Other international opportunities

If you do not want to study abroad for an entire semester or year, check out the wide range of other international opportunities that offer something for everyone. You can participate in a global challenge as part of an international team, attend a student conference, or take part in one of the many summer schools that are on offer. These are just a few examples. You can find an overview of the options available to you at [studyabroad.uva.nl](https://studyabroad.uva.nl) > **other international opportunities**

"One of the unique experiences that the exchange has offered me. The beautiful nature and wildlife in Jasper National Park, Canada."

*Midas van der Zande*

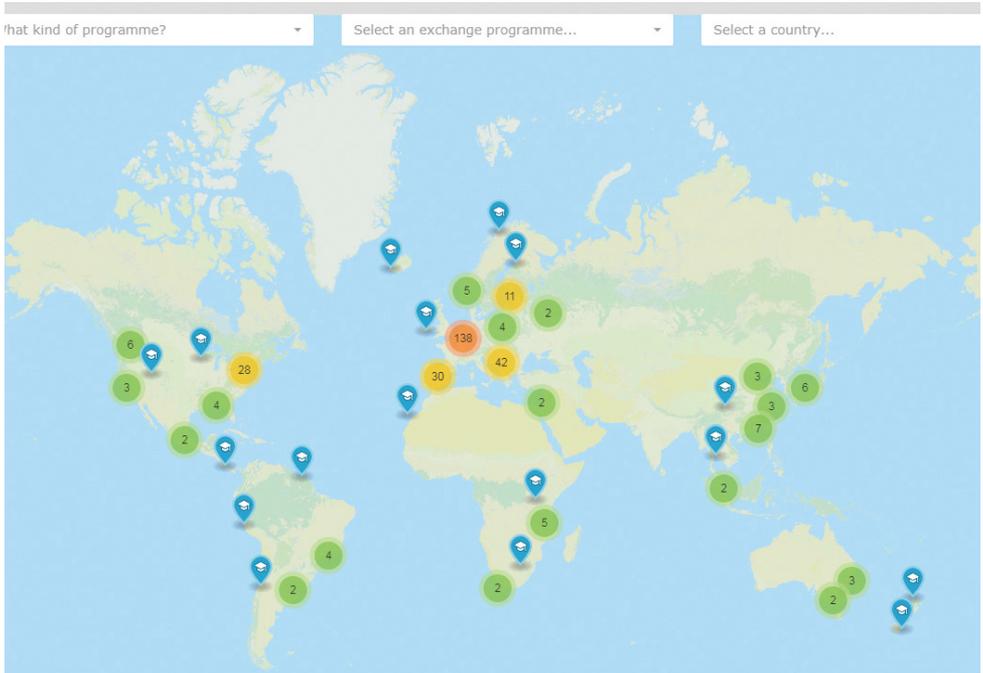
### Internships and research

An internship abroad gives you actual workplace experience and enables you to put your theoretical knowledge into practice. International experience will benefit your CV, while expanding your network will improve your chances of success on the international job market. In case you are interested in conducting research at a university or institute abroad, consult your study adviser or the lecturers and professors involved in your degree programme. More information on this is available online. [studyabroad.uva.nl](https://studyabroad.uva.nl) > **internships and research**



Midas van der Zande, on exchange at Simon Fraser University, Vancouver Canada.

## Why go abroad?



Spending some time abroad during your degree programme has many benefits. We have listed five good reasons:

- getting to know a country from the inside
- learning a new language
- meeting people from different cultures
- enhancing your personal development
- a different perspective on your field of study
- improving your chances of admission to a selective or international Master's programme

### Social media

Like to learn more about other students' experiences? Check out their stories and photos on Facebook, Instagram or the Digital World Map.

[facebook.com/uvaexchange](https://facebook.com/uvaexchange)

[instagram.com/uvaglobal](https://instagram.com/uvaglobal)

[wereldkaart-uva.nl](https://wereldkaart-uva.nl)

## Orientation

It is important that you have a clear picture of where you want to go, what you want to do, and what your goals are. Exploring your options takes time. Begin your orientation process well in advance, and carefully check the application deadlines. For most programmes, you will need to apply anywhere from six months to more than a year in advance before leaving the Netherlands.

## World Map

The Digital World Map provides an overview of all the exchange programmes. Clicking on the different destinations will tell you the type of agreement in place, and how to apply. [wereldkaart-uva.nl](http://wereldkaart-uva.nl)

## Information sessions

Attending an information session is a good first step in your orientation process. Over the course of the year, a number of information meetings will be held to inform you about the various options for studying abroad. You can find details of these at [studyabroad.uva.nl](http://studyabroad.uva.nl) > **events**

## Advice

Although you yourself are responsible for exploring your options and arranging your application, there are a number of departments that can help you with this. You can find a list of these at [studyabroad.uva.nl](http://studyabroad.uva.nl) > **contact**

## Study adviser and faculty International Offices

Once you more or less know how you want to spend your time abroad, it is a good idea to get in touch with your study adviser or with the International Office at your faculty. They can give you specific advice on your international plans and how they fit with the curriculum. You can also ask them questions about the faculty exchange programmes.

## Office of International Student Affairs

Are you interested in a university that is part of the Global Exchange Programme or the Global Short Term Programme, would you like further information on a specific destination, or do you have questions? Please feel free to contact the Office of International Student Affairs (BIS), the UvA's central office for international student mobility.

## Preparation

### Student Careers Centre

Careers advisers can help you explore the options available, and support you in making choices that are right for you. They can assist you in achieving your academic and career goals. During a workshop or individual meeting, you will gain greater insight into your reasons for going abroad to study or do an internship (or for a job).

### Student counsellors

If you spend part of your studies abroad, you may be eligible for a (partial) grant. Student counsellors can help you with your financial planning and with the application for scholarships and funds.

### Apply with a plan B

To be eligible for an Erasmus exchange, Global Exchange Programme or Global Short Term Programme, you will need to compile a personal portfolio. Students will be selected on the basis of this portfolio, and there is no guarantee that you will be placed in your preferred destination. So make sure to have a plan B, and remember to check the various application deadlines.

### Practical matters

Studying abroad often costs more than studying in the Netherlands, and you will have to make a lot of arrangements yourself. You can find information and tips on a wide range of practical matters relating to studying abroad (finance, language, visas, accommodation and insurance) at: [studyabroad.uva.nl](http://studyabroad.uva.nl) > **practical matters**



Koko Herder, on exchange at University College London, United Kingdom

## International networks

### Exchange Ambassadors Programme

Want to make the most of your exchange upon your return? Sign up for the Exchange Ambassadors Programme. As an ambassador of a partner university, you will organise events and help students prepare for another culture. In return, you will receive a certificate and training to develop your professional skills. For more information, visit: [uva.nl/ambassadors](https://uva.nl/ambassadors)

### Erasmus Student Network (ESN)

If you would like to be part of the international student community in Amsterdam, consider joining ESN. It is a great way to get to know international students, and you can gain valuable experience as a coach or buddy or as a committee or board member. For more information, visit: [esn-amsterdam.nl](https://esn-amsterdam.nl)

### International networks

The University of Amsterdam is actively involved in a number of international networks. Universities collaborate in these networks in many different areas, including in exchange programmes, summer programmes and student conferences.



Cultural Exchange Ambassador Shuyang Liang, home university University of Nottingham, Ningbo China.



Universitas 21 (U21)  
[universitas21.com](https://universitas21.com)



Network for Intercultural  
Competence to facilitate  
Entrepreneurship (NICE)  
[nice-eu.org](https://nice-eu.org)



League of European Research  
Universities (LERU)  
[leru.org](https://leru.org)



Universities from the Capitals  
of Europe (UNICA)  
[www.unica-network.eu](https://www.unica-network.eu)

## Central Student Service Desk

The Central Student Service Desk is the first point of contact for general questions about studying abroad. If your query is more specific, they can refer you to the department that is best able to provide you with the advice that you require:

- Office of International Student Affairs
- Faculty International Offices
- Student Careers Centre
- Student counsellors
- Study adviser

[studyabroad.uva.nl](http://studyabroad.uva.nl) > contact

"I can handle this! Exchange can be challenging in many ways, but I try to enjoy all the challenges. Always keeping a smile on my face and appreciating the exchange opportunity which I got. Because that is how you can get the most of the experience!"

*Lucia Posluchova*

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Lucia Posluchova, visiting exchange student from Charles University, Czech Republic.