

Exchange Report

Details:

- The Hague University of Applied Sciences, The Netherlands
- International Studies: September 2016 – January 2017

Preparation for Exchange:

Planning

Looking back on preparing for my exchange I have to admit it felt rather stressful. To avoid this: keep your emails in order, maybe categorize them in folders so you don't find yourself searching through your inbox! I received an email that requested me to visit the IND office immediately upon my arrival, however this was not the case. I should have taken a day, had a sleep and gone when I'd freshened up and rested (within the first week of arrival).

Packing

While attempting to pack I was fortunate that I was departing in the summer months and was able to fit quite a bit into a couple suitcases. Yes, I paid for one extra bag because this is half a year (or more). Additionally, I had my parents send over an extra box of winter clothing and shoes, do this early if you don't want to pay extra fees to expedite your package and allow for a good month for it to arrive. Leave shampoo, conditioner, etc. at home to avoid extra weight, just buy it when you arrive or bring a very small amount in travel containers to get you through.

Transportation

The flight is long and uncomfortable; you just have to deal with it. Bring books, a good selection of music. Depending on your airline you can expect plenty of movies provided for you. Download games and puzzles on your electronic devices to keep you occupied and TRY to catch a small snooze along the way to help with the time adjustment.

Financial

Holland works on a debit card system more or less. Credit cards may not be accepted in grocery stores so be sure to have cash on hand when you arrive! I would strongly advise opening up a Dutch bank account to avoid any fees or interest charged by your bank back home, not to mention you will feel like a local and it is easy to tap and go!

During Exchange:

Arrival & Orientation

One word: jet lag. Expect it, embrace it, cry a little. You've just spent hours on a plane and maybe trains as well. You are tired and homesick, let it out. But don't cry forever, get up, take a

shower and keep moving. Explore your surroundings. I spent the first week in The Hague by myself before orientation started and realized I actually really enjoy the freedom of exploring and travelling alone! Orientation is a little long and gruelling as it takes up the entire week before classes begin but a load of information is thrown your way. Take notes, pay attention! They are doing it to give you the information you so desperately need to make your stay enjoyable and effortless.

Accommodation & Living

I rented privately proving to cost about the same as using DUWO (550 plus monthly utilities around 70 per month). If you don't mind 3 other roommates and are looking for the full student experience I would recommend DU. 27 -1.32 Td ()Tjl2 Td ()Tjl2 Td ()Tjl.-6(l)-ET 72 595.2 13[(l)-20(y)2 ands- ki r mbTJ -(-ec T)(3(550 pl)-ec Te2(en-2(n)-10(a)-2(-2(h (a)210-2(a)(a)4((y)20l)-2r)-7()2(1)-10(a

Amsterdam, Rotterdam, Utrecht, Gouda, Delft, or Leiden! Find some time to visit the beach, with a large boardwalk with shops, restaurants and bars. I would also recommend visiting [gach01a15\(n\(U](#)

Photos



