



My Exchange Evaluation

Basic Information

Host University	Amsterdam
Semester & Year of Exchange	Semester 2, 2022
Otago degree(s)	LLB/BSC in Pyschology
Major(s)	LLB and Psychology2

Academics/ course load

Which papers did you take whilst on exchange?

Course title	Language of instruction	Otago equivalent
EU Migration Law	English	15 points
Global Health Law	English	15 points
Russian Geopolitics	English	30 points

Total Otago credits gained: 54 points 72 points 108 points 60 points

Any comments about these papers?

EU Migration Law was quite difficult but very interesting. Global Health was easy.

How did the academic experience/ workload/ style of teaching differ from Otago?

Workload was very similar and so was marking.

Accommodation

What accommodation did you stay in? What were the pros and cons of your accommodation?

I stayed in student accommodation allocated to me through the Uni.

Money matters

Please detail your basic costs, e.g. accommodation, flights, visa, food, insurance

Visa was around 200NZD, Flights was around 4.5K NZD, food was around 2k NZD (went out to eat a decent amount as well) and health insurance was around 200 NZD.

What means did you use to access your finances? What would you recommend? (Credit card, Cash passport, foreign bank account, etc.)

Use WISE – online banking account, easiest with best interest rates.

Visas & Insurance

Did you have to apply for a visa? What was the process?

Yes and the process was fine, the University does most of it for you.

Did your host university have a mandatory insurance?

Yes – health insurance.

Extra-curricular/Social Activities

What organised activities were available to students? What extra-curricular activities would you recommend to future exchange students?

Lots of sporting activities, was a great way to meet people.

What was the university/ city like?

The city was extremely liveable and easy to get around, I loved Amsterdam and I will definitely move back soon! The accommodation that I was at (Zuiderzeeweg) was quite far out of the city centre which was difficult but I used by bike and public transport a lot.

The University was beautiful! I loved it. Free coffee on opening week as well ! 😊

Any recommendations for things to do, places to visit, places to eat etc.?

I have a two page list but the top things to do: Van Gogh, Stijl museum, get a coffee and walk through the 9 streets of Jordaan, go vintage shopping (episode, zipper, vintage island, Amsterdam vintage clothing)

Any tips for future students?

Take every opportunity, be open to people from all walks of life – the time really does fly. Take photos, spend the money and enjoy it.

Overall Experience

Please write one paragraph (or more) about your exchange experience. Please include some photos!



Biking through East Amsterdam – everyone bikes everywhere.



Swing at the top of the Amsterdam lookout tower! Great thing to do and you see a view of the whole city.

A picture of the beautiful canals – every street looks like this in Amsterdam – its incredible.



I went to Amsterdam on my own and the only people from exchange were me and one other person from Otago University. Initially it was quite difficult as I was in a studio apartment a 20 minute ride from the city which made everything hard – especially meeting people however I met a lot of awesome people in my accommodation through ESN week and social events hosted at my accommodation (Zuiderzeeweg). Living in Amsterdam was difficult to begin with because everything is in Dutch and I found it hard doing simple tasks like taking the tram or going to the supermarket however I quickly got used to it (download the app google translate and you can scan anything to translate stuff). After I established a few good friends things were amazing and I would never look back. There were definitely some difficult times and I felt homesick from time to time but my best advice would be to get out and see the city, don't sit in your room and dwell. The time differences with NZ is difficult however it forces you to be even more independent and there is a lot of room for personal growth there. I would highly recommend Amsterdam, I had the time of my life!