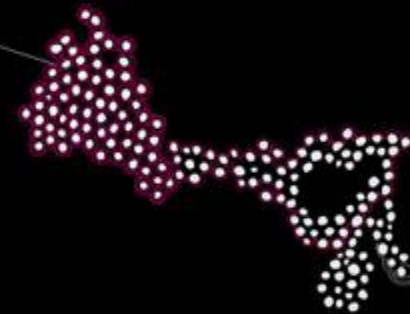
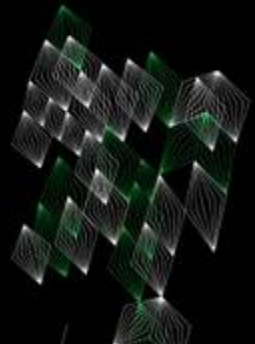


PRE-DEPARTURE MEETING

OUTGOING STUDENTS
12 JUNE 2024



PROGRAMME: OUTGOING STUDENTS

TIME	ACTIVITY	WHO
19:00	Opening of presentation	Sarah Kotter, Exchange Coordinator, Faculty S&T
19:05	UT ambassadors	Joe Laufer, Senior Advisor, Alumni Relations
19:10	Pre-departure practicalities	Sarah Kotter
19:25	Student presentation: culture shock	Ellen Kok, former outgoing student and Secretary, ESN Twente
19:35	Health & safety abroad	Anna Nardini, Emergency Officer International
19:45	Erasmus Student Network	Subhraneil Das, Advocacy & Integration Officer, ESN Twente
19:50	Closing of presentation	Sarah Kotter
20:00	Drinks (Waaier ring downstairs)	
20:00	Country group meetings start	
21:00	Country group meetings conclude	
21:00	Drinks (Sports Centre Canteen)	Hosted by ESN Twente

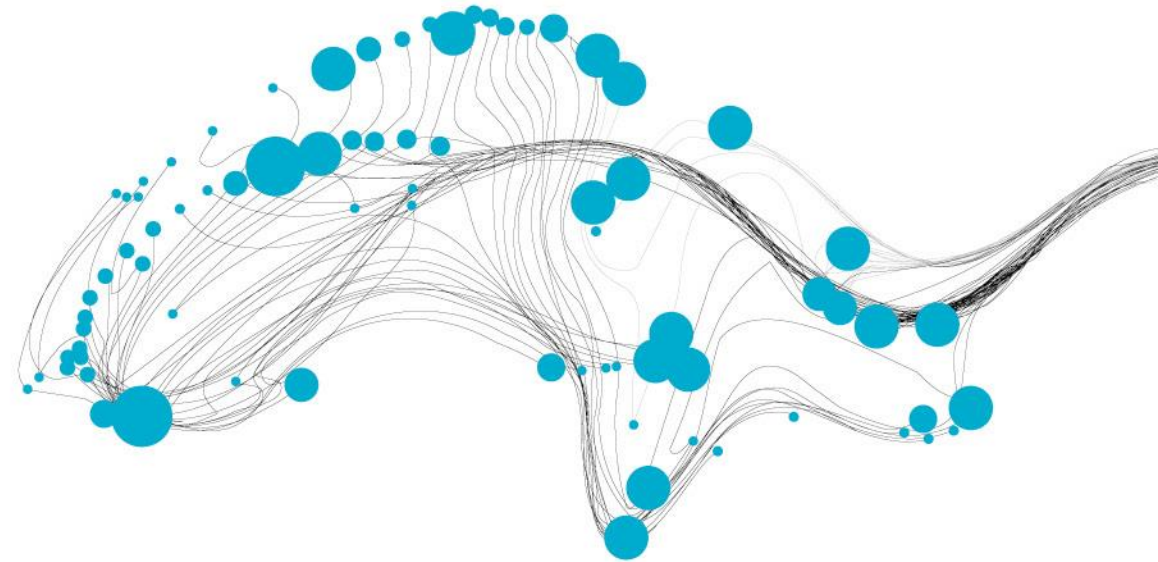
UT AMBASSADORS

JOE LAUFER, SENIOR ADVISOR, ALUMNI
RELATIONS



PRACTICALITIES

SARAH KOTTER, EXCHANGE
COORDINATOR, FACULTY S&T



DEADLINES

Important: Make sure that you **always** complete the application/course selection before the deadline(s). Even if you're unsure about certain documents, always make sure that you complete the applications or hand in the required documents before the deadline.

Complete both:

- UT: Mobility Online application
- Partner University: host application

If you do not complete the required steps before the deadline (different for each partner), it might be possible that you will not be able to go abroad.

Remember:

Mobility Online UT ≠ Application Partner University

DEADLINES

Scholarship Deadline:

Since there is a quite a lot of (digital) paperwork involved, make sure that you completed all the “Before Mobility Online” steps at least **4 weeks** before the start date.



STUDENT AMBASSADOR SCHOLARSHIP

The UT would like to reward students who put effort into actively promoting the UT abroad.

To be awarded the scholarship, you must participate in at least one promotional activity, such as:

- representing UT at a study abroad fair
- a social media takeover
- a presentation about UT

A limited number of Student Ambassador Scholarships are available each year. Therefore only one scholarship per host institution will be granted. The scholarship is granted according to a first come, first served policy. Please apply at least **2 weeks** before **departure**.

Total amount: **€ 100**

<https://www.utwente.nl/en/study-abroad/scholarships/sas/>

OV-CARD

Compensation in 2024: **€ 114,92** per month

Visit the website for more information.

<https://duo.nl/particulier/ov-vergoeding-buitenland.jsp>

Your Faculty Exchange Coordinator can sign the form.



HOUSING

Start searching as soon as possible.

Use the [UT Marketplace](#) Facebook group to advertise your current room to incoming exchange students.

VISA

Your partner university will inform you about the VISA procedure. When in doubt, please contact the partner. Keep in mind that obtaining a VISA is a **vital** step in the application process.

TICKETS

Don't book your tickets until you've been accepted by the host institution and you know the exact start date of the semester/ introduction days.

PASSPORT/ ID

Make sure your passport or ID is valid for at least **6 months** after your date of return to the Netherlands.

BANKING

Make sure you can access money when you arrive. Your Dutch debit card may not work in all countries. You may need a credit card or a travel card.



ERASMUS+ GREEN TRAVEL TOP-UP

If you travel using a **sustainable** mode of transport to and from the host country (e.g. by train) you may be eligible for a green travel top-up.

Amount: one-time payment of € 50 + a maximum of 4 extra grant days.

Only students with an **Erasmus+ Study or Traineeship Scholarship** may apply. If you receive travel support as part of your Erasmus+ grant then you are not eligible.

Apply for the top-up via Mobility Online.

<https://www.utwente.nl/en/study-abroad/scholarships/>

ERASMUS+ FEWER OPPORTUNITIES TOP-UP

Eligible students have fewer opportunities as a result of:

- Experiencing **financial barriers** due to socio-economic reasons (you must receive a student finance supplementary grant from DUO to be eligible) OR
- Experiencing financial barriers due to a physical or mental **disability** that has an impact on your studies or international mobility.

Amount

Long-term study or internship abroad: extra **€ 250** per month

There are strict criteria for these top-ups. Only students with an **Erasmus+ Study or Traineeship Scholarship** may apply. Apply for the top-up via Mobility Online.

<https://www.utwente.nl/en/study-abroad/scholarships/>

TIPS

Respect the **rules/ culture** in your host country

Always participate in the introduction activities at your host institution

Make sure you arrive at least **1 week** before the semester starts

Don't hesitate to contact your **host university** (International/Mobility Office) if you have questions.

RESPECT THE RULES/ CULTURE IN YOUR HOST COUNTRY



**PLEASE RESPECT LOCAL
& TRADITIONAL CULTURE**

**TAFADHALI HESHIMU MILA NA DESTURI
ZA KIJIJINI KWA MWANAMKE/ MME
JISTIRI KWA MAVAZI YA HESHIMA**

Sponsored by: *Mnarani Beach Cottages*

DON'T	DO
<p>Ladies DO NOT expose your shoulders and knees in the temple สุภาพสตรี ไม่ควร ใสเสื้อผ้าที่เผยให้เห็นช่วงหน้าอกและขาอ่อน</p>	<p>Ladies PLEASE wear appropriate clothing in the temple สุภาพสตรี โปรดสวมใส่เสื้อผ้าที่สุภาพมิดชิด</p>
<p>Ladies DO NOT touch the monks ภาพสตรี ไม่ควรอุกเนื้อต้องตัว หรือเข้าไปใกล้ชิดพระภิกษุสงฆ์</p>	<p>Ladies PLEASE keep a short distance away from the monks สุภาพสตรี กรุณาอยู่ห่างจากพระภิกษุสงฆ์พอสมควร</p>
<p>DO NOT approach the monks with disrespect อย่าแสดงกริยามารยาทที่ไม่สุภาพเมื่ออยู่ใกล้ภิกษุสงฆ์</p>	<p>PLEASE approach the monks politely and respectfully กรุณาสำรวมกริยามารยาทเมื่ออยู่ใกล้ภิกษุสงฆ์</p>
<p>DO NOT sit above or beside the monks on the same level อย่านั่งสูงกว่าหรือในระดับเดียวกับพระภิกษุสงฆ์</p>	<p>PLEASE sit below the monks กรุณา นั่งในระดับที่ต่ำกว่าพระภิกษุสงฆ์</p>

QUESTIONS?

CONTACT YOUR FACULTY EXCHANGE
COORDINATOR OR
FACULTY INTERNSHIP COORDINATOR



CULTURE SHOCK

EXPERIENCES FROM A STUDENT'S
PERSPECTIVE

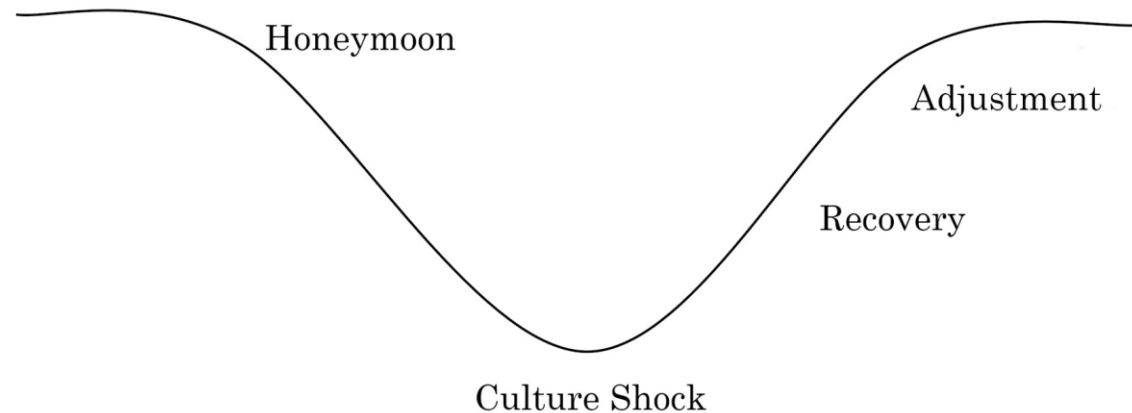
ELLEN KOK, ESN TWENTE



WHAT IS CULTURE SHOCK?

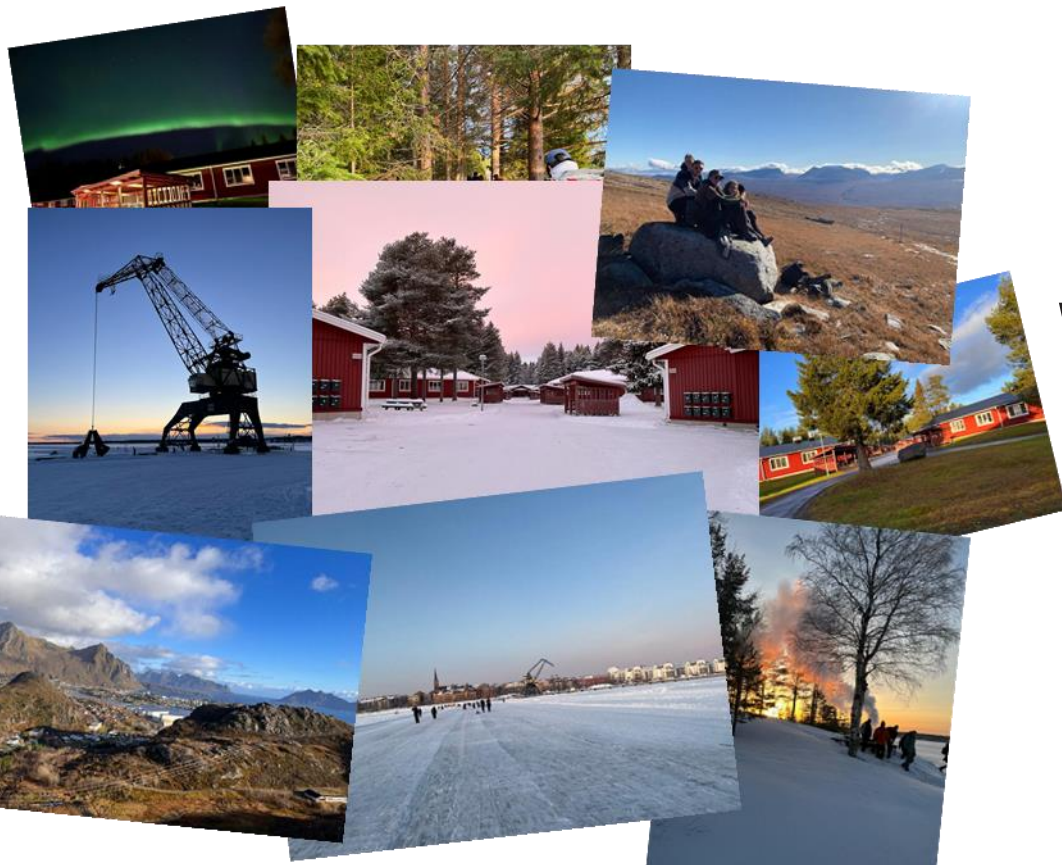
Cambridge dictionary: "a feeling of confusion felt by someone visiting a country or place that they do not know"

Oberg's (1960) Cultural Adjustment Stages



HOW DID I EXPERIENCE CULTURE SHOCK?

Luleå, Sweden

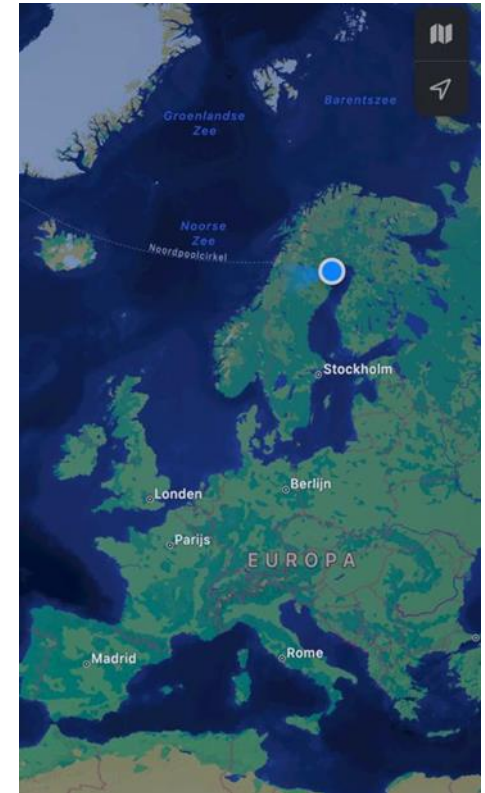


Darkness and utter cold

So much candy!

Why is no one saying hello?

Practical issues



HOW TO OVERCOME CULTURE SHOCK?

Take it slowly

Know what you sign up for... and prepare!

Get your vitamin D!

Buy the proper clothes

Seek support: friends, study advisor etc

And don't forget to have fun!





QUESTIONS?

EXPERIENCING DIFFICULTIES WITH
CULTURE SHOCK ABROAD?

CONTACT YOUR UT STUDY
ADVISOR FOR SUPPORT

HEALTH & SAFETY ABROAD

ANNA NARDINI, EMERGENCY OFFICER
INTERNATIONAL

3 IMPORTANT STEPS

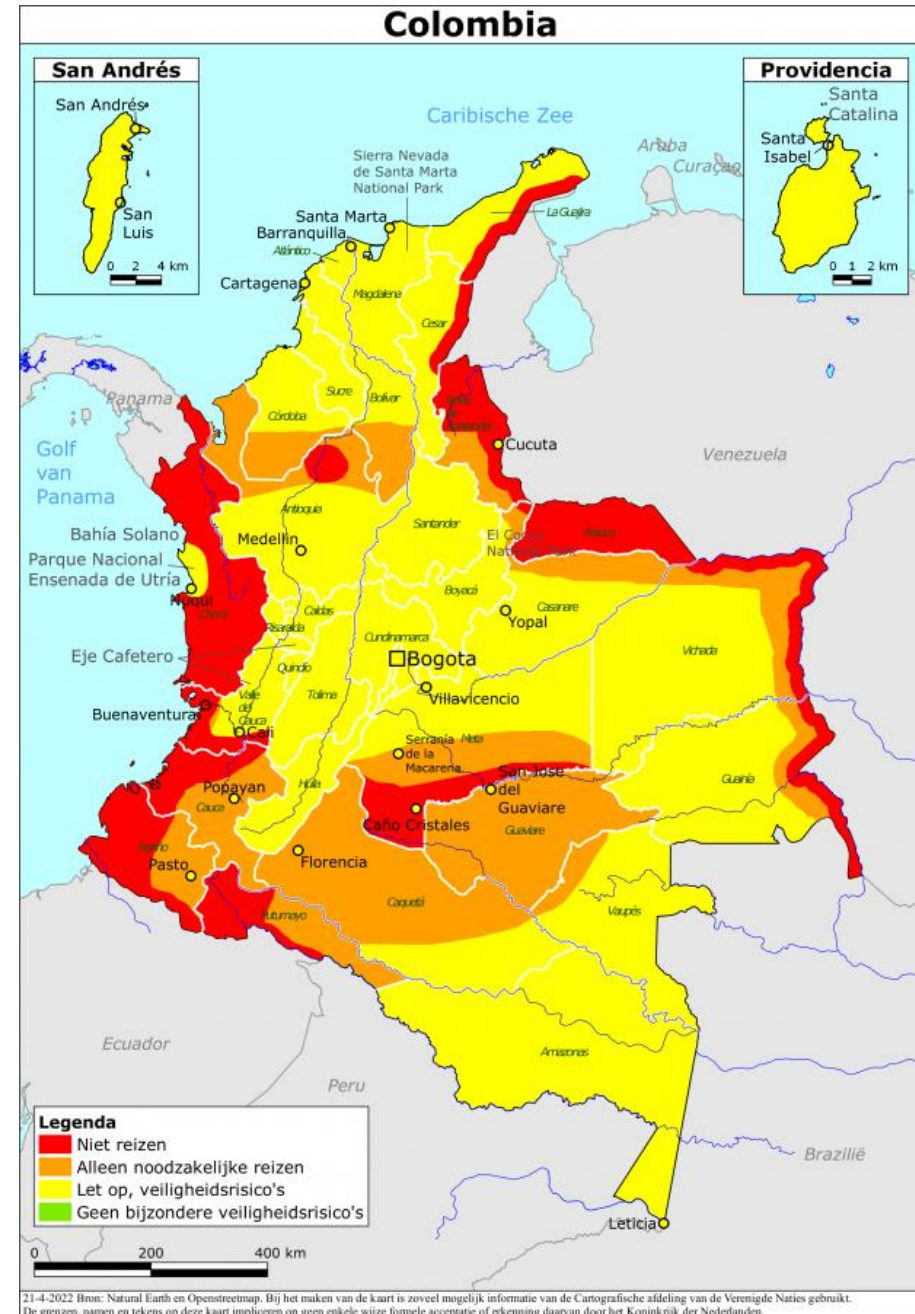
Full presentation on Study Abroad website:

<https://www.utwente.nl/en/study-abroad/practical-matters/>

REGISTRATION IN MOBILITY ONLINE
+
ICE CONTACT IN OSIRIS

REGISTRATION IN BUZA (Dutch
citizens) / EMBASSY (International)

WELLBEING-CHECK



3 IMPORTANT STEPS

REGISTRATION IN MOBILITY ONLINE
+
ICE CONTACT IN OSIRIS

REGISTRATION IN BUZA (Dutch
citizens) / EMBASSY (International)

WELLBEING-CHECK

UT MOBILITY ONLINE REGISTRATION

Make sure your travel dates (e.g. departure/return date, foreign address, foreign phone number, etc...) on mobility online are correct, and keep your details **up-to-date** throughout your stay!

ICE CONTACT IN OSIRIS

Emergency Contact: It is important that the UT knows where you are staying at your destination and how to reach you (or your ICE contact) in case of an emergency.

3 IMPORTANT STEPS

REGISTRATION IN MOBILITY ONLINE
+
ICE CONTACT IN OSIRIS

REGISTRATION IN BUZA (Dutch
citizens) / EMBASSY (International)

WELLBEING-CHECK

Nieuw reisadvies voor IJsland



no-reply@informatieservice.nederlandwereldwijd.nl

To no-reply@informatieservice.nederlandwereldwijd.nl



za 11-11

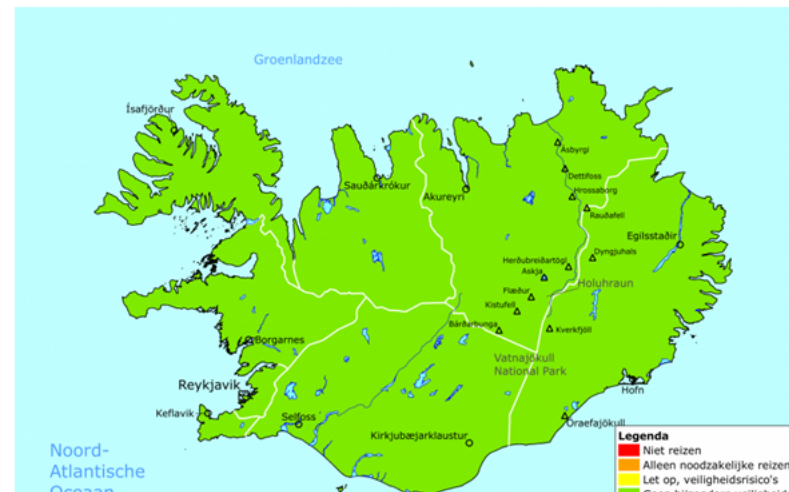


Informatieservice Buitenlandse Zaken

Zojuist is een nieuw reisadvies gepubliceerd voor IJsland.

→ [Reisadvies IJsland](#)

Voor het schiereiland Reykjanes, waarop onder andere het internationale vliegveld Keflavik ligt, geldt vanaf 11 november 2023 de noodtoestand vanwege verhoogde vulkanische activiteit van de berg Thorbjör en in verband met aardbevingen. Uit voorzorg hebben de lokale autoriteiten iedereen uit de stad Grindavik geëvacueerd. Wegen in het gebied zijn afgesloten. Het vliegveld is open. Bent u in het gebied? Volg de ontwikkelingen via de (lokale) media. Volg het advies op van de lokale autoriteiten. De kleurcode van het reisadvies voor IJsland is groen. Lees het hele reisadvies om te zien wat dit voor u betekent.



3 IMPORTANT STEPS

REGISTRATION IN MOBILITY ONLINE
+
ICE CONTACT IN OSIRIS

REGISTRATION IN BUZA (Dutch
citizens) / EMBASSY (International)

WELLBEING-CHECK

If you receive a wellbeing-check email from the Emergency Abroad Service, and if you are able to, then reply as soon as possible.

CHECK YOUR INBOX REGULARLY!



**UNIVERSITY
OF TWENTE.**



EMERGENCY ABROAD



+ 31 247 247 247 (24/7 BuZa Contact Center - in case of urgent support)



+ 31 682 387 796 (24/7 BuZa Contact Center - only Whatsapp)



+ 31 205 469 469 (UT Insurance)



emergency-abroad@utwente.nl



Erasmus Student Network
Twente

The Erasmus Student Network

Making the most of your time studying abroad



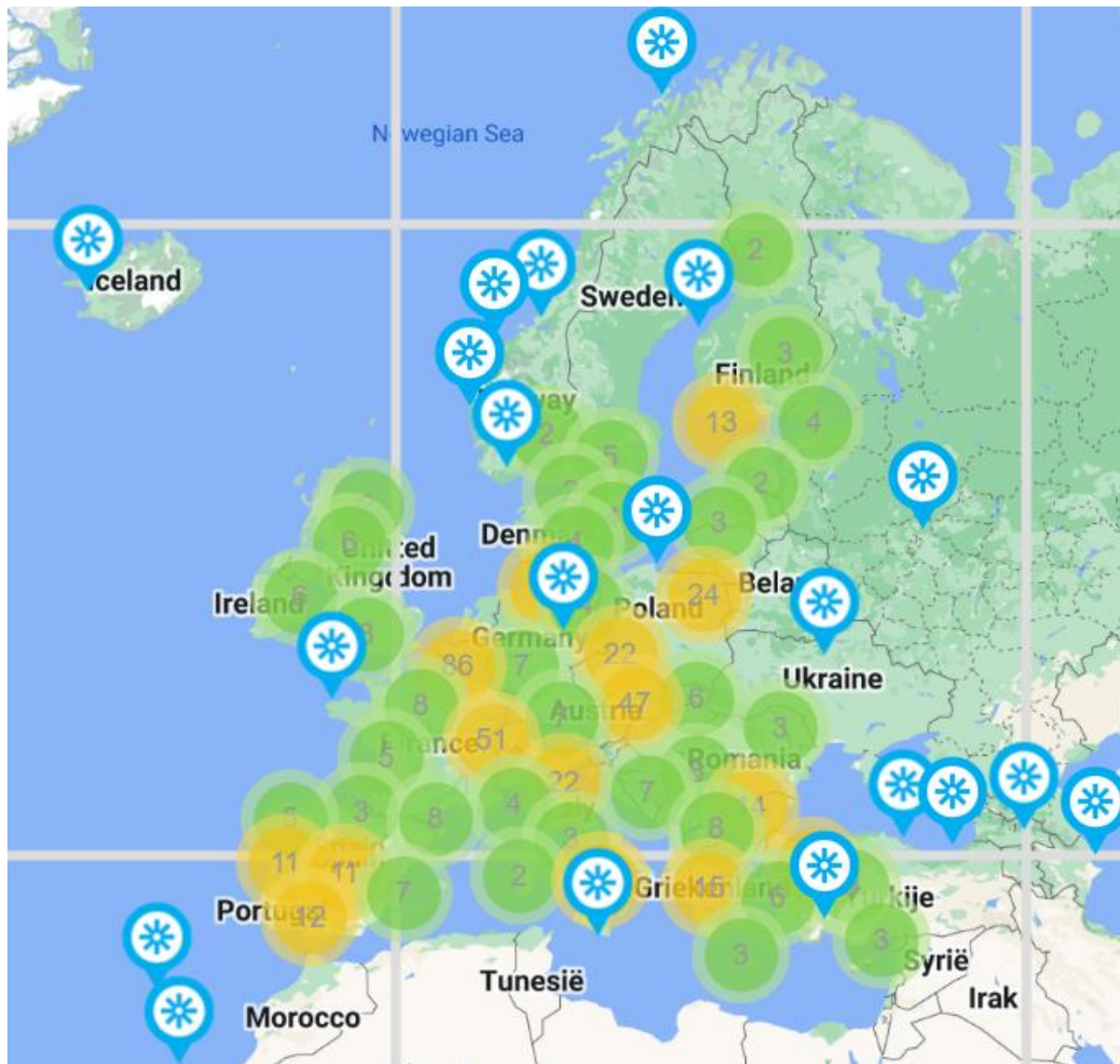
What is ESN?





...a network...
of students, for
students...

- **41** Countries
- **511** Local sections
- **18** in the Netherlands



- Austria
- Czech Republic
- Cyprus
- Estonia
- Finland
- Germany
- Greece
- Italy
- Norway
- Poland
- Portugal
- Spain
- Turkey
- UK
- and more!!!

Making friends everywhere!



How can you get the most
out of the ESN
experience?



Social Activities



Cultural Activities

 ESN
Erasmus Student Network
Twente



Language support



Parties



Erasmus Student Network
Twente





How can you get the most
out of the ESN
experience?



Find Friends

Kick start your social life once you are back

- Join in with ESN events (usually free!)
- Attend ESN parties

Re-integration

Immerse yourself in the culture

- Join the social activities
- Stay in touch
- Continue meeting international students!



Get Involved

Make the most of the ESN community

- Join WhatsApp groups and follow on Instagram
- Community of hundreds of international students
- Get help, advice, and find new friends

Become an Active Member

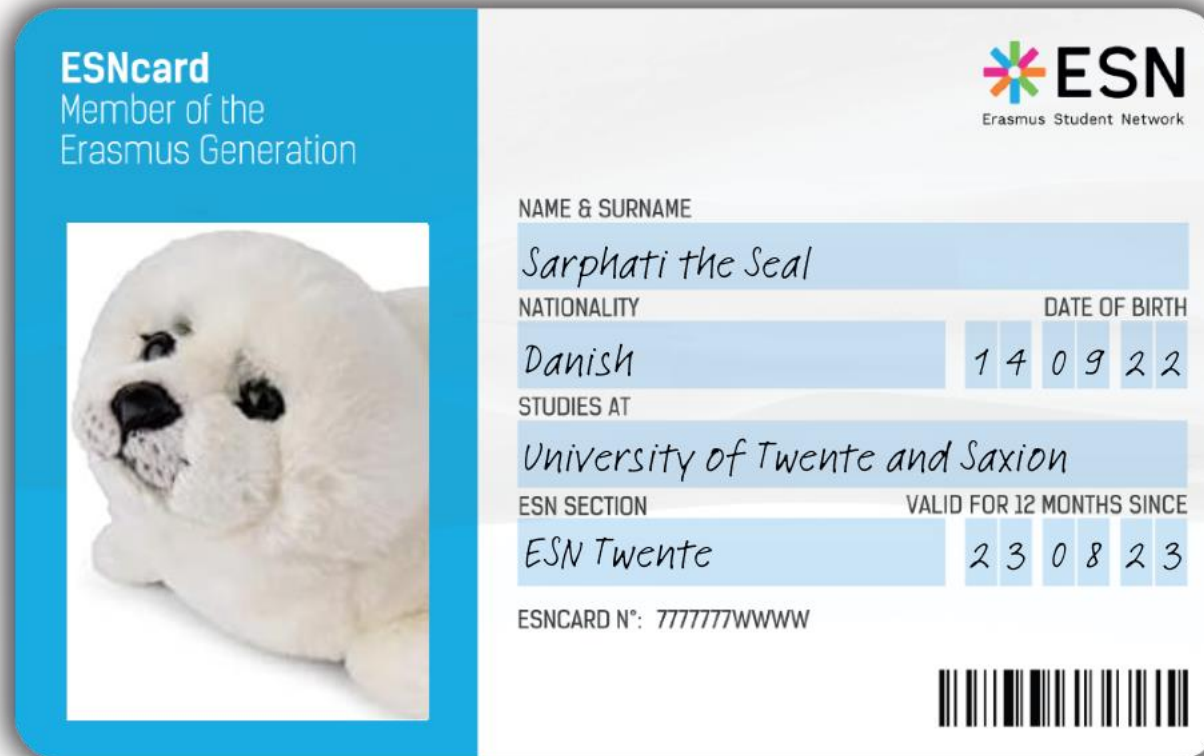
Enhance your experience by helping others

- Help plan and run ESN events to help others
- Come up with your own ideas
- Join a diverse community
- Add to your CV!



ESNCard

Should You Get It ??



*Not necessarily needed to join events

*Discounts and deals!!!

Stay in touch!

And see you at the ESN drinks tonight!

Time: 21:00

Location: Sports Centre Canteen



UREKA

ELECTION WEEK



COUNTRY GROUPS

Opportunity for outgoing and incoming students to meet and chat.

Your chance to ask questions about your destination country or university!

You can use the **flash cards** at your group for conversation topics:

- Housing
- Food
- Language
- Culture
- Cost of living
- Safety
- Transport
- Sightseeing
- Going out.



Only for the countries with outgoing students.



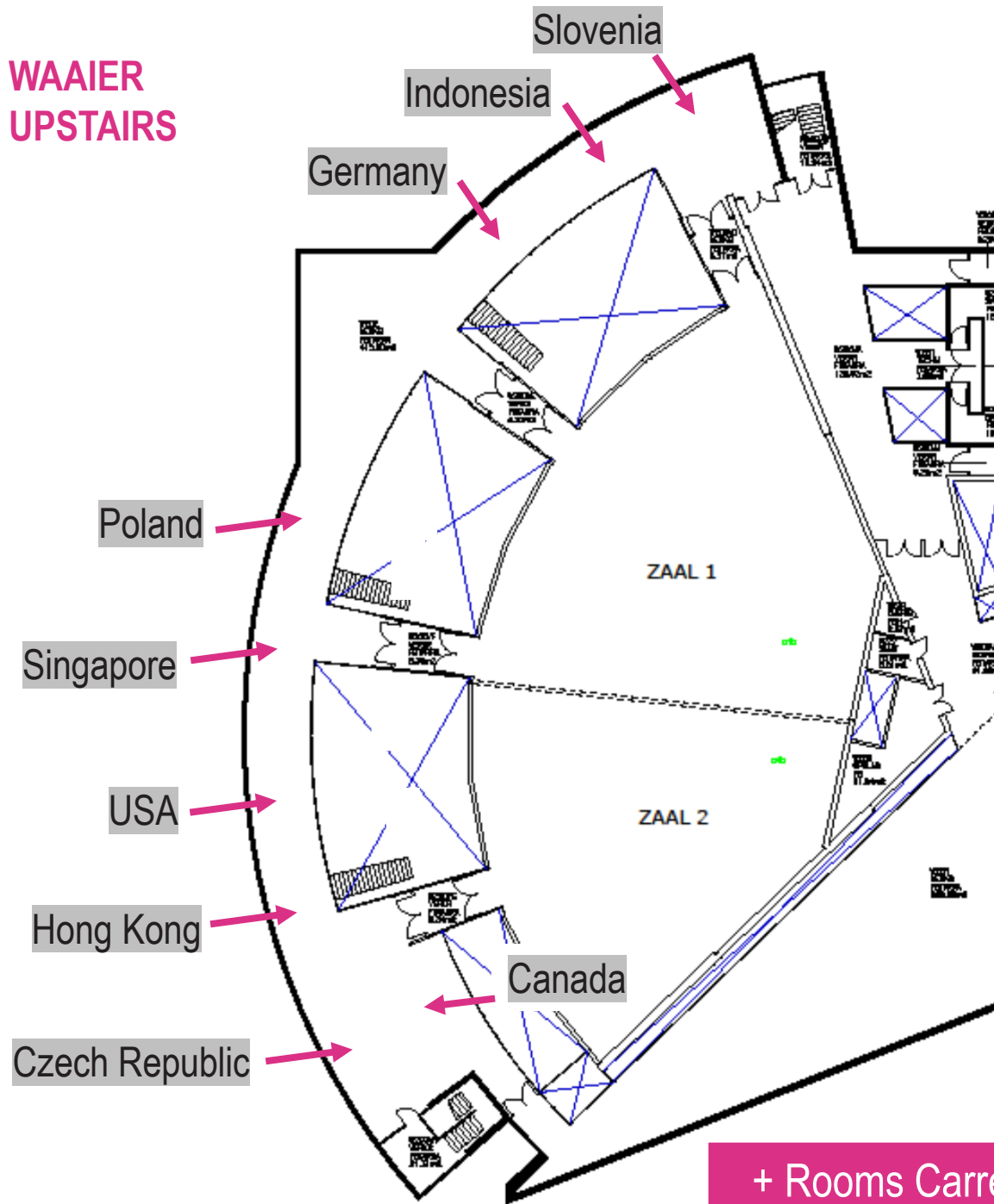
COUNTRY GROUPS

COUNTRY	LOCATION	FACILITATOR
Australia	Waaier Downstairs	Liz Louden
Canada	Waaier Upstairs	Margriet Dekkers
China - Hong Kong	Waaier Upstairs	Yitong Xue
Czech Republic	Waaier Upstairs	-
Finland	Waaier Downstairs	Saana Jukola/ Julia Knot (ESN)
France	Waaier Downstairs	Lisa Broussois
Germany	Waaier Upstairs	-
Indonesia	Waaier Upstairs	David Marpaung
Italy	Carré 2G	Anna Nardini
Japan	Waaier Downstairs	Kai Kojima
Mexico	Carré 2H	Camila Medina Polanco
Norway	Waaier Downstairs	Hanna Lücking
Poland	Waaier Upstairs	-

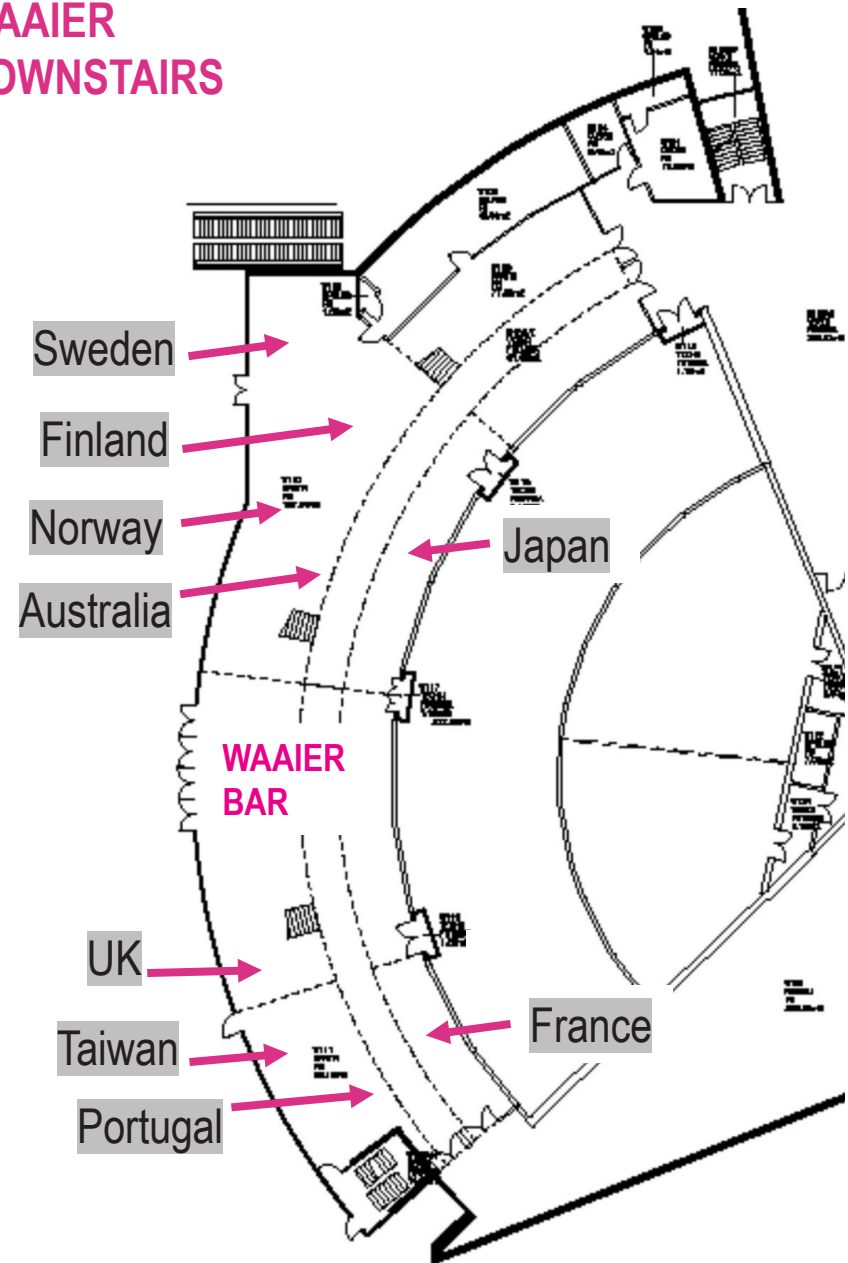
COUNTRY	LOCATION	FACILITATOR
Portugal	Waaier Downstairs	Sarah Kotter
Singapore	Waaier Upstairs	-
Slovenia	Waaier Upstairs	-
South Korea	Carré 2L	Lotte Sander
Spain	Carré 2N	Tahnee Smits
Sweden	Waaier Downstairs	Ellen Kok (ESN)
Taiwan	Waaier Downstairs	-
United Kingdom	Waaier Downstairs	Brigitte Leurink
United States	Waaier Upstairs	-
No group? Join us to share your experience, ask questions, chat, play games etc	Waaier Bar Downstairs	Gyöngyi Karácsony

ROAMING FACILITATOR: Jitske Rijken

WAAIER
UPSTAIRS



WAAIER
DOWNSTAIRS



+ Rooms Carré 2G Italy; 2H Mexico; 2L South Korea; 2N Spain

GOODBYE & GOOD LUCK!

SEE YOU DOWNSTAIRS
FOR COUNTRY GROUPS

