Start Packing Presentation

Psychology

17 April 2018

Julia Pick
International Officer Psychology

Patrick Beckers
Outgoing Mobility Coordinator Social Sciences
Programme

A. Procedure Studying abroad

1. Who helps with what?
2. Nomination, application, grants
3. Preparations
4. Study planning
5. Being abroad: changes?
6. Coming back

B. Things to consider, Additional notes, Contact persons
1. Who helps with what?

**International Office (IO)**
- [www.ru.nl/io/student](http://www.ru.nl/io/student)
- Location: Comeniuslaan 4
- **RU broad**: all RU faculties, grant allowance (for example Erasmus+, ISEP), etc.

**International Office Social Sciences (IOSS)**
- [www.ru.nl/ioss](http://www.ru.nl/ioss)
- Location: Spinoza Building, Montessorilaan 3
- Exchange agreements with partner universities, selection procedures, etc.
  - (Patrick Beckers: p.beckers@socsci.ru.nl)

**International Officer Psychology**
- [WE@PSY (intranet): GO ABROAD](http://www.ru.nl/ioss)
- Location: Spinoza Building, Montessorilaan 3, room A2.46
- Information, advise, study planning, approval of courses, paperwork support, grade conversion, etc.
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**Other faculties** (e.g. Faculty of Science (FNWI))

**Central**

**FACULTY LEVEL (SOCIAL SCIENCES)**

**PROGRAMME LEVEL (PSYCHOLOGY)**

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**Other degree programmes (e.g. Artificial Intelligence)**

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**Radboud University**

- **Programme Level (Psychology)**
  - **Website**: [WE@PSY (intranet): GO ABROAD](http://WE@PSY (intranet): GO ABROAD)
  - **Location**: Spinoza Building, Montessorilaan 3, room A2.46
    - Information, advise, study planning, approval of courses, paperwork support, grade conversion, etc.
    - **(Julia Pick: internationalofficer@psych.ru.nl)**
2. Nomination and application

Nomination: we inform the university abroad that you were selected for an exchange with them.

Application: you fill out forms and submit documents to enroll at the university abroad.

Exchange in first semester:
Everyone has been nominated and the application has begun.

Exchange in second semester:
Exchange outside Europe: most students have been nominated and the application has begun (or starting date is clear). If not your time schedule will be the same as an Erasmus exchange.

Erasmus exchange (EU + Norway and Turkey):
From September – December you will be nominated at the foreign university. Most universities will then send you an e-mail containing important information regarding application, housing, courses (visas) and application deadlines.
- Not all universities send this information. If not: find out what the application procedure is by googling ‘name university’+ ‘incoming exchange student’

Please note: every university has its own application deadline. Stick to these deadlines, because some universities are very strict and will refuse to accept you, even if you are only one day late.
Grants

Starting this month you will receive a link via email to apply for a grant

Three types of grants are available

1. Erasmus+: for exchange in EU or Norway or Turkey.
2. Holland Scholarship (HS): for selected universities outside of Europe.
3. Individual Travel Grant (IRS) by Student Life (formerly called SNUF): for all others.
Grants

Erasmus+ and Holland Scholarship

1. After you’ve applied you will receive a Grant Agreement (GA) and a Learning Agreement (LA).
2. The signed GA and LA have to be sent to Erasmus/HS. The GA has to be signed by you, the LA has to be signed by you, Julia Pick and the host university.
3. After sending in your GA and LA you will receive a signed form for DUO to stop your OV-studentenkaart.
4. One month before returning to NL you will receive an e-mail with instructions how to wrap up your Erasmus+/HS application.

Erasmus+: After sending in your GA and LA you will receive a log-on code for a mandatory Erasmus language test. This test takes about 45 minutes and has to be made within 10 days. If not, you will not receive an Erasmus Grant. We cannot influence this, because this language test is not handled by RU.

Holland Scholarship: overview universities http://www.ru.nl/io/student/studie-stage/beurzen/holland-scholarship-0/

Deadline: Erasmus/HS needs to have your GA and LA at least 2 weeks before departure. If you are not able to meet this deadline, inform Erasmus/HS!
Grants

Erasmus+ grant amount:

270 euro a month
Denmark, Finland, Iceland, Ireland, Luxembourg, Sweden, United Kingdom, Liechtenstein, Norway

210 euro a month
Austria, Belgium, Germany, France, Italy, Greece, Spain, Cyprus, Netherlands, Malta, Portugal

150 euro a month
Bulgaria, Croatia, Czech Republic, Estonia, Latvia, Lithuania, Hungary, Poland, Romania, Slovakia, Slovenia, former Yugoslav Republic of Macedonia, Turkey

Every extra day: 9, 7 or 5 euro a day.

Holland Scholarship grant amount: €1250 (once)
Grants

If you are not eligible for Erasmus+ or Holland Scholarship, you can apply for an **Individual Travel Grant (ITG) by Student Life of €1200** (€300 a month for a maximum of four months)

1. You will receive an e-mail with a link for the online registration and a Learning Agreement.
2. The signed Learning Agreement has to be sent back to Student Life. The LA only has to be signed by you and Julia Pick.
3. After sending in your LA you will receive a signed form for DUO to stop your OV-studentenkaart.

**Deadline ITG:** *six weeks before departure*. This is a hard deadline! Make sure you meet this deadline.
Your stay abroad:
Programme: Erasmus
Study or traineeship: studie
Code: 
Name: 
City: 
Country: 
Language of instruction: 

Period of stay abroad (by coordinator):

Start and end date of stay abroad (in line with abovementioned period):
Start date: 01
End date: 
Period: 150 days
This study abroad period may not exceed 360 days.

Provide accurate data for grant months.

If you will write a weblog that you would like to share with other students, please provide the website address below.
Weblog

Do you want to subrent your room via International Office? * ○ yes ○ no

Subrent your room via International Office and receive 350 euro! This offer is valid for the 1st semester of the academic year 2017-18. Check www.ru.nl/io/student/accommodation for the requirements.

Please select 'no' incase you already registered your room with the International Office.
Insurances

For your exchange you need the following insurances:

• Travel Insurance including medical care*.
  1. Make sure there is no maximum for medical expenses.
  2. Check if you are allowed to stay abroad for 6-7 months.

• Liability insurance (aansprakelijkheidsverzekering, Haftpflichtversicherung)
  Again: make sure there is no maximum.

→ Information session Going Abroad and Insurance
  Thursday 19 April, 2018, 12.30 - 13.30 hrs, EOS 01.110

*Your basis-zorgverzekering most likely is NOT sufficient for medical expenses
3. Preparations

- Language requirements: B1 or B2 (CEFR)
  - VWO English and German = B2
  - VWO French and Spanish = B2 for understanding, B1 for speaking & writing
  - University abroad needs a statement based on your diploma?
    → Ask Patrick Beckers (p.beckers@socsci.ru.nl)
  - Sometimes you need a certificate, e.g. B2 Spanish or TOEFL → Radboud in'to Languages or other language institute
  - Language course abroad
    → Information Session: Optimal language preparation
      Wednesday 18 April, 12.30 - 13.30 hrs, EOS 01.360

- Transcript of Records = ask for ‘dossieroverzicht’ in English (OSP SP.A.01.07)

- Start semester

- Room, reimbursement Dutch student travel card, insurances, bank, vaccines
Noteworthy

• The foreign university will ask for a transcript of grades (transcript of records). This is an overview of your results. You can get this at the OSP (SP. A.01.07). Ask for an English dossieroverzicht.

• If you need a proof of English and you passed your vwo-exam English, you can send an e-mail to p.beckers@socsci.ru.nl.
  1. Please note: the proof of English you will receive is not an official certificate, so the foreign university may not accept it. In that case you need to do a test to get an official certificate.
  2. No vwo? Contact Julia/Patrick and we discuss the options.

• If you need a proof of German or Spanish and passed the vwo exam in that language, you can contact Julia or Patrick for a statement regarding those languages.
  1. Please note: also this is not an official certificate, so the foreign university may not accept it.
  2. No vwo? Contact the Goethe Institut or Instituto Cervantes for a certificate.

• You can change courses when you are abroad. If you receive an Erasmus+ grant you will have to send in a During Mobility Form, for HS you need to send in a Change Form. If you receive a ITG you don’t have to send a form.

• When you are abroad, inform the International Office of your host university to which address they can send the Transcript of Records of the grades you receive abroad. You can have it send to yourself or -preferably- to Julia Pick.
4. Study planning

- **Academic year ‘17-’18:** 67 students
- **Academic year ‘18-19:** 153 students applied

**CONDITION:**
finish B2 before 1 September 2018
### Programme Bachelor 3: Semester abroad

<table>
<thead>
<tr>
<th>Period 1</th>
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**Domain 3: D&MH / B&E / B&C**
- (2 out of 3)
- 6 EC each

**Applied Research Methods**
- 4 EC

**Professional Ethics**
- 4 EC

**Domain Electives**
- Total 12 EC

**Free Electives**
- Total 16 EC

**Research Project 3**
- 6 EC

**Bachelor’s thesis**
- 6 EC

**Total**
- 18 EC
- 14 EC
- 28 EC
Important

- **Alterations in the clinical courses** of the third bachelor year at RU.

Check your [portal](#) to find out if a semester abroad next year still fits your planning (e.g. if you want to apply for the GZP Master in Nijmegen)

→ *if not: let us know as soon as possible*

- Psychology **Honoursprogramme**: 22 ECTS free electives instead of 16 ECTS (Substituting course for Research Project 3)
# Planning form

Name student: 
Student number: 
Subdomain (remove what is not applicable): Development & Mental Health / Brain & Cognition / Behaviour & Environment  
University, city and country: 

## Domain Electives: min. 16 ECTS

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<tr>
<th>Course code</th>
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## Free Electives: min. 16 ECTS

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## Extracurricular

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4. Study planning

Requirements:

- **Domain Electives**: total 16 EC (including Domain Orientation B2 year)
  - In your domain
  - No overlap with previous courses

  → Also check the RU domain electives and the excel file of approved courses on we@psy for more examples

- **Free Electives**: total 16 EC
  - Possibly from other study programme / faculty
  - No overlap with previous courses
  - No language course

- **Extracurricular courses**
  - Extra courses
  - Overlap with previous courses is allowed, language course as well
  - Your RU courses are NOT extracurricular as much as possible

  ➢ Check course schedule 18-19! (and/or e-mail your university abroad about it)
4. Study planning

- About 30 EC
- Minimum: 18 EC (even in the case of extracurricular courses only)
- Curricular courses are required to include some kind of examination (e.g. presentation, essay, exam)

- Planning form:
  - Send your first version at least 2 weeks before application deadline university abroad, because LA can be part of the application procedure;
  - First semester: Official version before 15 July to Julia
  - Second semester: Official version before 15 October to Julia
  - Add course descriptions in English (in original language plus English/Dutch translation) to the Planning form

- Julia approves; Examining Board signs
Example: Domain Electives
Development & Mental Health

- Forensic Psychology
- Medical Health Psychology
- Personality Psychology
- Psychology of Addictions
- Infant Development
- Child and Youth Psychiatry
- Crisis Intervention
- Relationship and family studies
Example: Domain Electives
Behaviour & Environment

- Psychology, Culture and Society
- Environmental Psychology
- Mediation, Moderation, Coaching
- Personnel Psychology
- Applied Behaviour Analysis
- Introduction to Employment Relations
- Group Dynamics
Example: Domain Electives
Brain & Cognition

- Forensic Neuropsychology
- Fysiopathologie
- Cognitive Neuroscience
- Cognitive Psychology 2
- Emotion Psychology & Affective Neuroscience
- fMRI in Biopsychology
- Leerpsychologie
- Therapeutic drugs for brain and body

Also check the RU domain electives and the excel file of approved courses on we@psy for more examples
Example: Free Electives

- Everything that adds to your knowledge!
- Other domains, study programmes, faculties
- Afectividad y Sexualidad
- Music in world cultures
- Psychologie du Handicap
- Einführung in die Rechtspsychologie
- Poverty and Social Exclusion
- Discovering the Living Environment: How Green Are You?
- HIV and Aids: a South African Perspective
- Criminology
- School Psychology
- Practical and non scientific courses will not be approved
- Overlap will not be approved
Nijmegen exams during your semester abroad?

• Check the start of your semester abroad
• Earlier than the end of January (e.g. UK, US)?

1) We only organise exams (and retakes) abroad for *B3 compulsory courses* and courses required for BAPD / Sport Psychology Certificate
   e.g. Applied Research Methods, Professional Ethics, retake Domain 3, etc.

   → ‘Organising exams abroad’ means sending your exam to the university abroad, or (if this is not possible) offering an alternative solution: e.g. Skype interview, take home exam, exam after semester abroad

   → Send Julia your ‘request for exams abroad’ before **1 October**
      (form will be sent to you by the end of August)

2) We can NOT organise exams abroad for Domain / Free Electives 😞

   → Don’t take any Domain / Free Electives in the 2nd period of the first semester in Nijmegen

   → Avoid retakes (even more than normally!)
5. Being abroad: any changes?

- Other courses, length of your semester
- First: send a new Planning form (PF) to Julia as soon as possible
  - Add the new course descriptions
  - Julia will approve
- Erasmus+/Holland Scholarship: During Mobility Form (also Change Form; CF)
  - Signed by: Julia and university abroad
  - Send to central IO (erasmus@io.ru.nl /Holland Scholarship)
  - Within one month after start semester abroad

- First send Planning form to make sure you will obtain your Bachelor’s degree!
6. Coming back to Nijmegen


- Examining Board has the right to deviate from this procedure

- Transcript of Records: original needs to be sent to Julia

- Acknowledgement form Results (to OSP/ESD, takes about 2 weeks)

- Statement Form to Central International Office ([erasmus@io.ru.nl](mailto:erasmus@io.ru.nl))

- Report about your semester abroad

- Apply for your Bachelor’s diploma and (possibly) a Master’s programme (see WE@PSY!)
B. Things to consider

- Do participate in the orientation days
  - You will meet a lot of people who, just like you, want to explore the city & country.
  - If you go after the orientations days, groups will have been formed and it will be more difficult to make friends

- Don't leave for abroad too early, unless you go with friends or family
  Ten days on your own in a foreign city can make you feel quite lonely and depressed, unless you are a die-hard *Einzelgänger* (loner)

- Time will fly. So plan your trips, visits from friends and other nice things carefully, or you will end up with 5 things you still desperately want to do and only have 2 weekends left
  → In some countries a semester is only 3.5 months, so after only 7 weeks you already will be counting down to your departure.

- There will be days you
  - are homesick
  - are lonely or
  - are sick and tired of these stupid British / Norwegian / Chinese / Australian / Hungarian et cetera people ‘who cannot do things normally’
  → Don’t worry: those feelings are part of the deal and you will learn to appreciate the local way of life.
  → These feelings can be more intense if you have had panic attacks, a depression or another disorders in the past. Talk to your therapist about this before you go.

98% of you will have a wonderful time.
And it will also be a valuable experience if you belong to the 2% who don’t.
Additional

• Your own responsibility: check what should be arranged when, own initiative, ask concrete questions

• Requirements: obtain 120 EC = finish B2 before 1 September 2018

• E-mails containing information regarding procedures/next steps: please read them carefully!

• Facebook page “Exchange Students Psychology Radboud University”

• Intranet (WE@PSY): GOING ABROAD
  - Download the Plan of Action
  - Overview of Approved courses 2017-2018
  - Additional info (& forms)

• Wilweg.nl, Europass.nl

• Register for International Meet and Greet ➔ Today 17 April 19:30
Contact persons

Julia Pick

*International Officer Psychology*

- Information, selection, advise
- Study planning
- Approval of courses
- Changes while being abroad
- Convert & acknowledge results abroad
- Sign LA and During Mobility form

SPA.02.46
Mondays, Wednesdays, Thursdays
Open office hour:
Wednesdays 12:30 – 13:30
Appointments [online](mailto:internationalofficer@psych.ru.nl)

Patrick Beckers

*Outgoing Mobility Coordinator Social Sciences*

- Nomination at foreign university
- Information about grants
- General questions about going abroad
- Statement language proficiency

SPA.02.52
No Wednesdays
Open office hour:
Tuesdays 14:00 – 15:00
Appointments via OSP/ESP
[mailto:p.beckers@socsci.ru.nl](mailto:p.beckers@socsci.ru.nl)