




# A study abroad

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A semester in Castellón in 12½  
minutes




# Overview

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- Intro
  - Reason of this presentation
  - My Activities
  - The Location
  - The Courses
  - How to arrange things
  - Experiences & places2go
  - Links




# Introduction

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- Vincent de Lange
  - Media & Knowledge Engineering (5th)
  - Delft University of Technology (Holland)



# Why am I telling this?

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- Information
  - Motivation
  - Experience (mine, maybe yours...)

# What was I doing?

- Studying Spanish
- Filling my space for free electives
- Psychology – <sept to february>
  - Motivation and Emotion
  - Memory



# Where have I been studying?

- Castellón de la Plana, Castellón
  - Sea and mountains
  - Good quality lines to other cities
- UJI (Universitat Jaume I)
  - Young and beautiful
  - 3 faculties
  - Library
  - Muchos sportfacilities + cultural as well



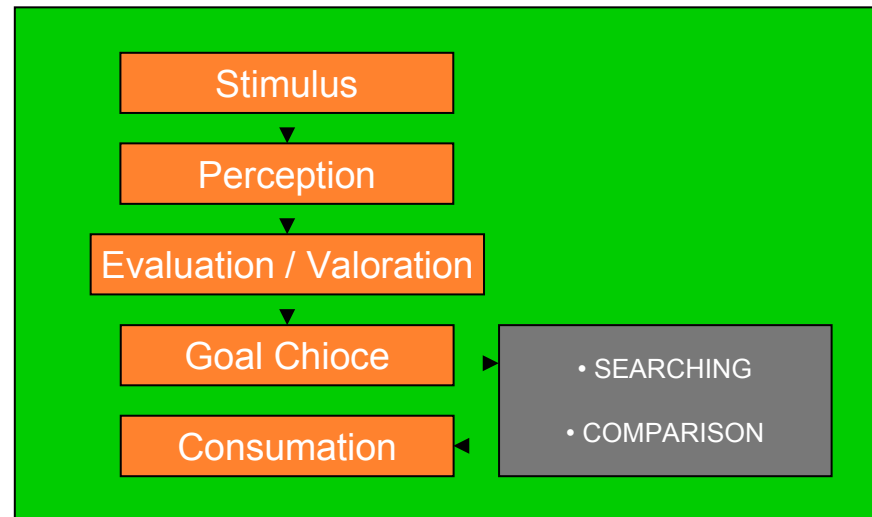
UNIVERSITAT  
JAUME•I

# Some more on my courses [1]

## ■ Psychology of Motivation and Emotion

### ■ Motivation

- *Simple Motivational Process*



### ■ Emotion

- Basic emotions: anger, happiness, jealousy, sadness,..
  - Descriptions, causes, biological factors

### ■ Stress

# Some more on my courses [2]

## ■ Psychology of Memory

### ■ Several Memory Models

- Long Term Memory & Short Term Memory

### ■ Working Memory (Baddeley)

- Phonological Loop
- Visuo-spatial Memory

### ■ Lot of tests

- Great fun!





# How to arrange...

- Intention
- Asked professors for contacts
- Contact with Spain
- Scholarships (CvB, Faculty)
- Housing (hostel)



# ...arranged things in Castellón

- Registration
- Housing
  - 100 – 200E a month
  - Pay attention to heating!



# How was life?

- Uni / social / cultural
- Pros:
  - Learnt new culture, field of study
  - Contacts → friends!
- Cons:
  - Harder than I imagined
  - Valenciano...



# Places2go

## ■ Other cities

### ■ near

- Barcelona (3hrs), Valencia (1hr), Tarragona, Sagunto

## ■ (Castellón)

### ■ markets

### ■ bars

- Vendetta, Desván, Botanico, plz de la Paz, Queca

### ■ restaurants

- Mr. Döner Kebab, Don Pepe, El Chino



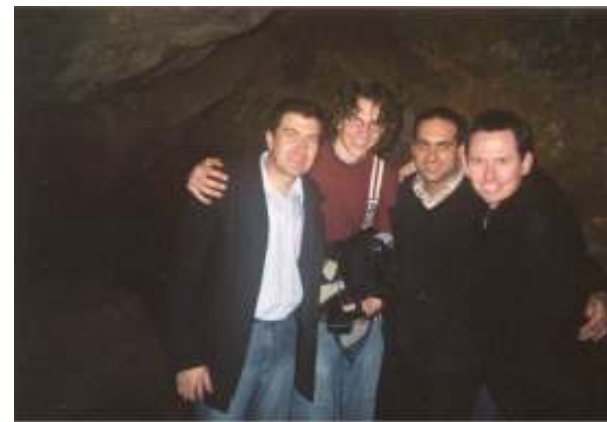


# Results & Experiences

- All goals passed:
  - Average level in Spanish, knowledge of psychology, unique experience
- Multidisciplinary Network
  - A lot of new international friends, contacts at UJI

De puta madre **¿Cómo estás?**  
No me quejo

# La vida...



# ...las fiestas





# Links

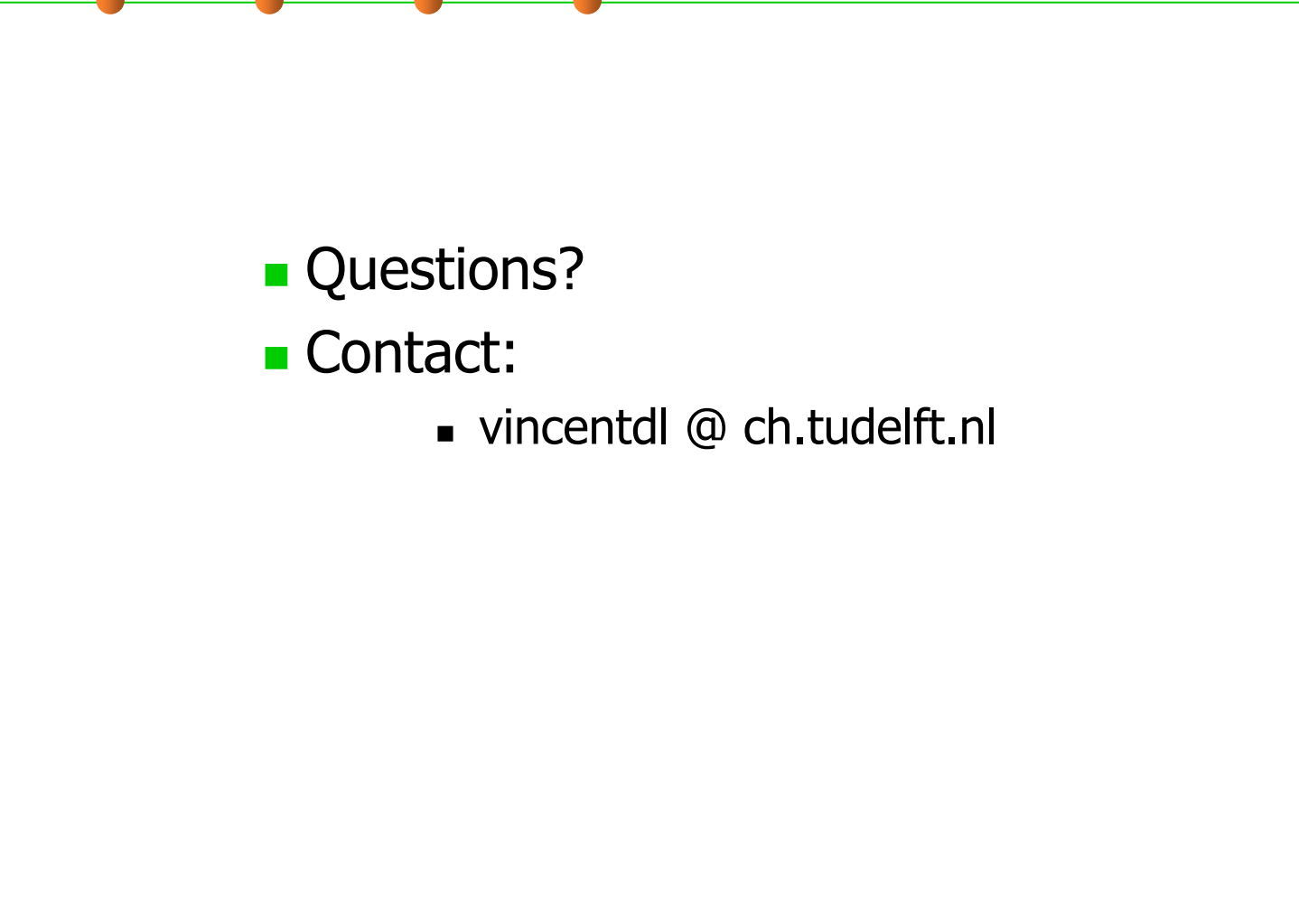


- [www.uji.es](http://www.uji.es) (university's site)
- [lleu.uji.es](http://lleu.uji.es) (dedicated part where all courses are listed)
- [www.uji.es/UK/basic/estudis/titulacions/](http://www.uji.es/UK/basic/estudis/titulacions/) (course descriptions in english)
- [www.uv.es](http://www.uv.es) (university of Valencia)
- [www.spaansverkeersbureau.nl](http://www.spaansverkeersbureau.nl) (dutch agency which can inform you about spain in general)
- [campus.tbm.tudelft.nl](http://campus.tbm.tudelft.nl) (>interfacultair onderwijs; language courses)
- [vssd.nl/forum](http://vssd.nl/forum) (language exchange)
- [www.easypiso.com](http://www.easypiso.com) (flats beforehand)





# iGracias!

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- Questions?
  - Contact:
    - [vincentdl @ ch.tudelft.nl](mailto:vincentdl@ch.tudelft.nl)