



ERASMUS+ STUDIES

UU Report 2015-2016

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> B.N.degroot@uu.nl
faculty/college	Faculty of Science
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Mathematics

destination city & country	Rome, Italy
name university abroad	Sapienza Università di Roma
start date	01 / 03 / 2016 (dd/mm/yyyy)
end date	05 / 07 / 2016 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process was very clearly described by both Universities: University of Utrecht and La Sapienza of Rome.

counselling & support at Utrecht University

My Erasmus coordinator of my home University Utrecht was friendly and helped me in the process of preparation.

academic preparation

Before going to Rome, I took the Italian course called "Italiaans 1, IT1V13001" at the University of Utrecht and before leaving the Netherlands I achieved B2 level while B1 was required.

language preparation

Before going to Rome, I took the Italian course called "Italiaans 1, IT1V13001" at the University of Utrecht. I watched many Italian movies and listened daily to Italian radio.

finances

I saved some money before departure and my parents could help me financially during my stay in Rome.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Mathematics.

academic quality of education activities

The courses were of high quality. I took courses in Italian, which was very good to improve my Italian. The teachers spoke in a comprehensive way and were very friendly with me, as a Erasmus student.

counselling & support at receiving university abroad



The Erasmus Coordinator in Rome was very friendly as well. Good communication: I could always pass by within a few days to get signed the required documents.
transfer of credits
30ECTS

STUDENT LIFE
welcome & orientation programme
A welcoming day was organized here in Rome. There was a student society called ESN who organized many activities for Erasmus students.
accommodation
First of all, I was looking for accomodation via Facebook and other social media but then I filled in a document the University of Sapienza did send me. By filling in this document they would look for a room for me and I had to pay a small charge in return (aroud 70 euro). I found a room within the 10 first days I arrived in Rome.
leisure & culture
You never get bored of Rome: the heart of western culture. Rome is a fantastic city to live in.
suggestions/tips
/

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes I would definitely recommend this university. Rome is a fantastic city. La Sapienza University is a very good University counting more than 100.000 students. All the professors I got in touch with were very friendly .
do you have any additional advice or comments?
NO



UU Report form - Erasmus 2013-2014

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> a.s.m.linders@students.uu.nl
faculty/college	Pharmacy
level	<input type="checkbox"/> bachelor <input checked="" type="checkbox"/> master <input type="checkbox"/> PhD
name degree programme	Farmacie
destination city & country	Roma, Italia
name host institution and/or company/organization	Sapienza Universita Roma
purpose Erasmus grant	<input type="checkbox"/> courses <input checked="" type="checkbox"/> research <input type="checkbox"/> work placement
departure date (dd/mm/yyyy)	03- / 02 / 2014
return date (dd/mm/yyyy)	01 / 08 / 2014

preparation

exchange/placement application process

For my application, I contacted the international office of my faculty. Together with the international office I filled in the required forms. In my case, something went wrong (they let me fill in the wrong forms) but they did everything to make it work! They really helped me. I was lucky that also the Erasmus coordinator of the host university (Sapienza) was really helpful and kindly answered all my questions regarding my application (even on Sundays).

counselling/support at home university

International office was so helpful and did everything to complete my application in time.

academic preparation

I read some articles which my UU-supervisor gave to me.

language preparation

I did not prepare anything. My labwork was supposed to be in English and I thought that I would learn Italian fastest by hearing and talking it everyday in Rome (which turned out to be true).

finances

Obviously I applied for Erasmus grant but was too late to apply for other grants. Furthermore I talked about the finances with my parents, who supported me also during the Erasmus period.



study/placement abroad period
study programme/work plan (concerning content and organisational issues)
In Rome I did a research project, so in the first weeks I made a workplan together with my supervisor. This all went fine; not very organized but that's the Italian way.
academic quality of education/placement activities
Working in this Italian lab was definitely different than working in a lab in Netherlands (at least how I experienced it). Instruments are outdated and there is not much money (so we re-use almost everything as where in Netherlands we throw things away) but academic quality is still good. Especially in beginning I sometimes found it difficult, because Italian way of working is less organized. But after a while you won't notice it and when you do, you don't bother about it anymore.
counselling/support at host institution/organisation
I attended the Erasmus welcome day at Sapienza, where I met a lot of new people. However, I was a little disappointed by the fact that people working at international office of my faculty at Sapienza couldn't speak or understand one word of English. Moreover, my welcome in the lab in Rome was really warm. My lab was not very international (besides me only 1 foreigner), so they are very happy when they have a foreign 'visitor'. In beginning communication was sometimes difficult language wise, but after a while everyone was comfortable speaking English (my supervisor did from beginning obviously) and I learned more and more Italian to follow conversations or instructions.
transfer of credits
I don't know about this, because I didn't follow courses but did a research project instead.
student life
welcome/orientation programme
Sapienza organized a Welcome Day for all the Erasmus students, in which they told us about the University and the facilities there. Sapienza also has a Erasmus Students Network (ESN Romas ASE), which organized a lot of activities (visits, parties, trips) during my whole Erasmus period. The ESN organized a welcome week, which was such a good initiative because in one week you get to know a lot of people from all over Europe. When they wouldn't have organized it, I wouldn't have found the friends where I spend my Erasmus time with now.
accommodation
I found a room in Trastevere (nice neighbourhood in Roma) because a friend from Utrecht had lived there before. I lived in an apartment together with an Italian lady. I noticed that it's quite easy to find an accommodation in Rome: before coming to Rome you could check Facebook (Erasmus groups/pages) for example and when you want to find one when you're already in Rome, you can look for 'advertisements' at the University. On the notice boards, they normally put a lot of papers when a



'stanza' (room) is available. You can make an appointment to visit the room and then you can decide.

leisure/culture

The food (who doesn't love pizza and pasta), the language (and the gestures), the weather; all so good in Italy!

Rome itself ofcourse is a beautiful city which still amazes me when I walk around.

I tried to visit a lot of cultural places together with my friends, but ofcourse we also enjoyed our relaxing days at the beach or moreover our long long nights in the clubs in Rome.

suggestions/tips

Enjoy every minute of your Erasmus period because time really flies when you're having fun!

conclusions

would you recommend this host organisation/destination to others? please explain

Yes! Rome is such a beautiful city and it's so good to learn a different language and get to know the Italian culture!

do you have any additional advice or comments?

No