

2017-2018

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| faculty/college | Humanities |
| level | <input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD |
| name study programme | Italiaanse Taal en Cultuur |

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|----------------------------|-----------------------------------|
| destination city & country | Trieste, Italia |
| name university abroad | Università degli Studi di Trieste |
| start date | 01 / 10 / 2017 (dd/mm/yyyy) |
| end date | 28 / 02 / 2018 (dd/mm/yyyy) |

You are requested to write on the following topics. Text boxes will expand automatically while typing!

| PREPARATION | |
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| exchange application process | |
| | You need to do quite a lot of paperwork but if you just follow the 'to do list' that you get, the process is not difficult at all. Make sure you are in time for all the deadlines. |
| counselling & support at Utrecht University | |
| | The international office in Utrecht gave us a document in which you can find a lot of information, I highly recommend to print this and use it! If you have questions, even during your stay, they are always available to help you, it is easy to get in contact with them. |
| academic preparation | |
| | I wanted to sort out my subjects before going to Trieste, but even with the help of my academic coordinator in Trieste, it was quite hard to choose the right subjects so in the end I didn't really prepare myself in Utrecht. |
| language preparation | |
| | Since I study Italian Language and Culture, I already spoke the language. |
| finances | |
| | Before going on Erasmus, I made a financial plan. Living itself isn't that expensive, so with my 4 months erasmus grant and ov-vergoeding I could live like I did in Utrecht. Besides this there is a lot of extra to do during the week but also things like weekend trips so make sure you save some extra money! |

| STUDY ABROAD PERIOD | |
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| study programme (content and organisational issues) | |
| | I made a Learning Agreement at home, but once I arrived I found out that it needed some adaptations. Be aware that the academical year in Italy is divided in semesters and at my department (Languages, translation & interpreting) almost all the courses were yearcourses. This means that you get 12 credits for it, but some professors are willing to make an extra exam for you at the end of the first semester and then you will receive 6 credits. The first week I followed a lot of different subjects and after two weeks I chose 4 different courses of 6 credits. It was quite hard to make a good schedule and because of the online catalogue that didn't function that well, unfortunately I found out too late that other departments offer interesting courses as well. |

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| academic quality of education activities |
| It is different, but fine. I have to say that the academic qualities varies a lot depending on the different courses. Some courses just contains of passive lectures. Most of the time you only have to make an (oral) exam on the end. Other courses are more defiant for the brain and I would say more interesting. But of course you can't expect it when a course start. Besides that, all the professors where very friendly towards the Erasmus students. |
| counselling & support at receiving university abroad |
| My academic coordinator was a Dutch woman who was always able to help me and advice me, but you do have to to a lot yourself. There also is the International Office but sometimes it was a bit hard to get in contact with them. They don't always answer their mail and there office is quite far out of the center with rare openinghours. |
| transfer of credits |
| Since I don't have my transcript of credits yet, I don't know how it will be transferred |

| STUDENT LIFE |
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| welcome & orientation programme |
| The International Office of Trieste organised a welcome day in the first week of the semester, which was very useful to attempt. There also is a small but active Erasmus Student Network group. This student association organised a whole week with different activities where I got to know a lot of international students from all over the world. ESN showed us the city, organised an international dinner, a tour to the city castle, 'tandem' nights in which you can practise different languages and some parties! |
| accommodation |
| Before I arrived in Trieste it was very difficult to find a room, because they want you to sign a year contract. Once I arrived in Italy I wrote a message on the Facebook page of my department and in two days I found a room. There are a lot of cheap rooms (150-300E) and you have to find the right people who are willing to help you! |
| leisure & culture |
| Trieste is a small but beautiful city next to the sea and in between the mountains. There are a lot of students and not many tourists did find their way to this region. The city organises every now and then some activities like a film festival or food and coffeefestivals. The Italian life is a bit 'easier' I would say: People are having coffee before going to work and after a long day the bars are full with people who are drinking an aperitivo. It is also possible to go on day/weekend trips in Italy (Venice/Grado/Aquilleia/Udine are beautiful) and to cities in Slovenia and Croatia by bus or by car. |
| suggestions/tips |
| Become a member of the Erasmus Student Network but also make some Italian friends. You went to Italy for some reason, so I would say try to get the most out of the language and culture! |

| CONCLUSIONS |
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| would you recommend this university/destination abroad to others? please explain |
| Yes I would recommend it. Trieste is a great place for people who love city and nature. It's not that big, so you can walk to everything, it has beautiful squares and lots of good coffee places and restaurants. 10 Minutes by bus and you are in the mountains and have wonderful views through the sea. About the University I can only |

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speaking about my department (La Sezione di Studi in Lingue Moderne per Interpreti e Traduttori) but depending on the languages and subjects you chose I would say it is a really good place to improve your knowledge about languages. Because this department is directed on languages, all the Italian students are very interested to get in contact with you and to help you. Besides that it is easy to get to know a lot of other students from over the world because the group of Erasmus people is quite close and small and they organise a few activities during the year.

do you have any additional advice or comments?

Enjoy it!! Before you know, it's already over. It's such a great experience not only to study your subjects but to learn so much more so make the best out of it!