



LUISS Guido Carli University (Rome)

2019-2020

PREPARATION
exchange application process
A bit of work, but when you read the instructions well it is easy.
counselling & support at Utrecht University
Very good support from the International office
academic preparation
I didn't have an academic preparation.
language preparation
I didn't need an academic preparation
finances
A bit of work, but when you read the instructions well it is easy.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
Very interesting, I really enjoyed it
academic quality of education activities
Good quality
counselling & support at receiving university abroad
Very supportive and helpful.
transfer of credits
Still waiting for the transfer of credits

STUDENT LIFE
welcome & orientation programme
Very nice, I felt very welcome and made it easy to make new friends
accommodation
Uniplaces.com
leisure & culture
Rome is beautiful and there is a lot to do and to see.
suggestions/tips



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CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, I definitely would. They have a great welcome programme and are very welcoming to abroad students. They also offer a lot of different subjects.
do you have any additional advice or comments?
No.

PREPARATION
exchange application process
For the application process, it was really clear which documents you have to hand in. You have to write an letter that explains your motivation. Also, you have to make a scheme of your study programme for the next 2 years, and this as to be signed. Please be aware that the person who signs this document, is not at University every day. So, it may be not possible to sign your documents on the last Friday before the deadline. Keep this in mind :)
counselling & support at Utrecht University
If you have any questions about your application, you can always reach the International Office. They can answer all your questions and they do that really quick. Also, there were presentations organized by Utrecht University, especially of the students that went to the South of Europe. For other regions, they have specialized presentations as well.
academic preparation
I did not do any academic preparation. In June, there will be a list available of all the courses that you can take, including the timetable. I recommend to take a look at the Cattedre Online for the courses, because you can find here very much information about a course: the form of the exam (writing exam or oral exam), writing papers, level of the course and so on. If you want to take courses from different faculties, please be aware that courses can be scheduled at the same time. For this reason, I recommend to use the timetable and check if it is possible to follow these courses. Also, in the first week after your arrival, it is possible to change subjects. It can be useful to make a list of courses that you're interested in, even if you are not planning to follow these classes. If one of the courses you actually chosen is not the thing you expected, you can switch easily to another course.
language preparation
I did a little bit of language preparation, via the app Duolingo. There were also Italian classes provided by the university. I did not had any problems with a less preparation of my language.
finances
I would recommend to have some extra money, for unexpected expenses. These expenses are always higher than you expected. Also, for renting a room you have to pay a deposit. This is mostly equal to two months of rent. Also, it is possible to travel trough Italy during your exchange, I recommend to keep this in mind as well.

STUDY ABROAD PERIOD
study programme (content and organisational issues)



<p>I took the following classes: Applied Statistics and Econometrics (8 ECTS) Contemporary History (8 ECTS) History of Political Institutions (8 ECTS) Sociology of Terrorism (6 ECTS) Italian Language Course (3 ECTS, but can not be transferred)</p>
<p>academic quality of education activities</p>
<p>The education is different, compared to the education in The Netherlands. You only take lectures, with at least 50 other people. These are comparable to lectures in The Netherlands. Small classes where you make exercises or discuss about the topic did not exist at my courses. The speed of the education was not that high, compared to The Netherlands.</p>
<p>counselling & support at receiving university abroad</p>
<p>Support at LUISS is really well. The international office is really quick at responding to your emails and they are always willing to help.</p>
<p>transfer of credits</p>
<p>To transfer the credits, you have to fill in a form and send it to the exam committee. All the information you need, can be found on the website of LUISS.</p>

STUDENT LIFE	
<p>welcome & orientation programme</p>	<p>In the first week, there was a 'Welcome Week' organised by the Erasmus Student Network. This was a great way to meet new people! You also do a lot of fun activities together, we went to Tivoli (a town near Rome, with two beautiful ancient villa's) for example and went out in different nightclubs in Rome. We also had a tour through the different locations of LUISS and we went to the LUISS library. It was a great way to get to know the university and each other. To get into this "Welcome Week", a lot of information will be posted on Facebook and Instagram, and you will receive an email about this as well. I definitely recommend to take part of this welcome week.</p>
<p>accommodation</p>	<p>I got my accomodation trough the website Uniplaces.com. This is a website that looks like AirBnb, but for rooms for a longer time. I would recommend to look at a room that has "bills included", these are the bills for electricity, water and gas. I would recommend for a room that included these bills in the monthly rent, to avoid a high bill afterwards. It can also be useful to take a look at the near tram / metro stations around your house. This is useful, because the buses don't drive on time as in The Netherlands - you don't want to be depernent on them. The tram and the metro are the best ways to get into the city centre. The tram is the best way to get to LUISS. Also, there are different locations of LUISS University. The faculty of Law and the faculty for Master's subjects are at another location than the location for the other faculties (Economics, Political Science, etc.). You can keep this in mind if you are looking for a room in Rome. If you have to get from one location to the other, LUISS also provides a shuttle bus service, that drives every 15 minutes.</p>
<p>leisure & culture</p>	<p>Italians are very sweet and helpful people. The culture is a little bit different than in The Netherlands, and sometimes Italians can be quite intense. The position of females in Italy is also different than in The Netherlands: unfortunately, Italy is less emancipated. This was one of the biggest surprises during my exchange.</p>
<p>suggestions/tips</p>	<p>Search for a location near to a metro station, so you can get aroud the city by metro. Also, don't look for a neighbourhood near Termini. It can be dangerous there at night.</p>



CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would definitely recommend this university and destination to other people. LUISS is a very good university and they care a lot about their Erasmus students. Rome is also an amazing city to live in for a couple of months.
do you have any additional advice or comments?
Just do it! Choose a destination that you're interested in, and everything will be alright. It will be a really interesting experience and you will learn a lot of living abroad. If you have any questions, don't hesitate to contact me!

PREPARATION
exchange application process
I had to fill out some forms that were sent to me by the exchange department of my University. It went pretty fast, I had to fill out a form and got that signed.
counselling & support at Utrecht University
The UU was supportive because I could always call with questions and they were pretty helpful. They would respond to my emails at all times and i could also call them.
academic preparation
I did not do particular academic preparation
language preparation
I did not take any Italian classes, I knew that LUISS would offer some first level Italian classes
finances
I had some money saved but my parents also supported me financially

STUDY ABROAD PERIOD
study programme (content and organisational issues)
LUISS is a very good university which has a good study programme. The courses are planned out very well and if you follow a particular set of courses you will not have overlap
academic quality of education activities
The quality of education is also good. The way you have to take your exam will be easy but the content itself is not that easy, the teachers are very knowledgeable
counselling & support at receiving university abroad
LUISS has a lot of perks because it is a private school in Rome. It has a doctors office and multiple council and support channels, which is very rare
transfer of credits
This happened without any trouble

STUDENT LIFE
welcome & orientation programme



LUISS organizes a 'Welcome Week' with a lot of activities and parties that introduces you to the school/city, I would highly recommend going there because you will meet so many people this week
accommodation
I found my accommodation through uniplaces.com, it was fairly easy. The university also offers some housing but I do not have any experience with that.
leisure & culture
Rome is an amazing city with a lot of culture and things to do, you will not get bored in the city.
suggestions/tips
you can join a sports-club at LUISS

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, LUISS is the best university in Rome in my opinion. You can enjoy a lot of the perks that the school has to offer because it is a private university. The level is pretty good and the city of Rome is amazing.
do you have any additional advice or comments?
You should definitely join the Welcome Week that the Luiss Erasmus team has to offer. You will meet so many people and learn a lot about the city in just 1 week.

2018-2019

PREPARATION
exchange application process
The process is easy. Search for the description on the UU site for what and when to do something. Keep the deadline in mind! The first deadline can be very early.
counselling & support at Utrecht University
You can email them or call them. Most of the time they will respond very quickly (like 1-2) days. I would recommend to call them if you are close to the deadline to get an answer right away.
academic preparation
None. I followed courses at the Faculty of Law. I didn't prepare something for that because I got enough law courses in the Netherlands. For the courses at the other faculty I didn't prepare something because they were first grade courses.
language preparation
The courses that I chose at Luiss were in English. However, I did practice Italian by the app Duolingo for the daily life in Italy. I also took an Italian Course at Luiss which they offer to exchange students.
finances
I worked to save some money before I went to Italy. The grant is gone in two months by only the rent, so you definitely need to save some money!

STUDY ABROAD PERIOD



study programme (content and organisational issues)
After arrival, I had to change the courses that I chose before because of time clashes. Luiss has an app for on your phone with your schedule etc. The online system was a little bit confusing for me in the beginning because they have different only systems. Luckily, there were a lot of exchange Master students who already were at Luiss for a semester so they helped me.
academic quality of education activities
The classes were easier than I had in Utrecht. There were no small classes but only classes with a lot of people. The difference between Luiss and Utrecht University is that every students at Luiss focus more on learning everything by heart. I wasn't used to that.
counselling & support at receiving university abroad
I didn't had a lot of problems at Luiss. If I had a problem I emailed the Erasmus coordinator and always got a email back the same day. I also got help from other students.
transfer of credits
At Luiss the point goes from 1-30 instead of 1-10. The Luiss university send my grades to Utrecht University with a scheme how to calculate the grades. It was a easy transfer.

STUDENT LIFE
welcome & orientation programme
I met a lot of people during the welcome week. The ESN organisation organised a lot of different activities. We also had a presentation from Luiss how to work with the online platform.
accommodation
I found an accommodation on uniplaces. I stayed in the neighbourhood near piazza Bologna. It was a nice neighbourhood, but the house was a little bit dirty. I lived with a lot of international people so that was nice.
leisure & culture
I really love Italy and especially Rome. The city is beautiful, also to just walk around on a free afternoon. I also did a lot of trips in Italy with my friends. You can buy a cheap bus ticket or a train tickets to other big cities or a roadtrip in Tuscany. If you love wine and food you are in the right place if you go to Rome.
suggestions/tips
Make a lot of trips! We went on a trip in the third week. It is a great way to see Italy but also to know each other more and become better friends. If you go out, search for facebook events/party promoters to get a free entrance.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes! The University is good, beautiful and well organised. The ESN people organise a lot of activities and parties to get to know other Erasmus students and Italians. The city is beautiful and the food is delicious!
do you have any additional advice or comments?
Just go, do not say no if anyone ask you do to something and enjoy your time abroad. In Italy they really appreciate if you can speak Italian so a little language course before the semester would be great, but not necessary.



PREPARATION
exchange application process
I applied via Osiris at the Utrecht University by giving my top 3 choices for the Exchange programme. Luckily I got selected for my first choice : LUISS!
counselling & support at Utrecht University
I went to the information market to orientate about the many choices the UU had to offer. When I had questions about any uncertainties of any kind, the International Office was always ready to help.
academic preparation
When I knew I was selected for the Exchange programme at LUISS, I looked on their site to be more informed about the different courses They had to offer. That made my definite choice more easier.
language preparation
I did not really prepare any language skills, because the courses were given in English. I did a lot of Duolingo to practice my Italian though.
finances
I saved money from work and duo, got the Erasmus grant and my parents were also a sponsor.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
For my courses I selected mostly law courses but also the Italian language course and an economic course the broaden my academic view.
academic quality of education activities
Most of the professors were speaking academic English, however some with a big Italian accent. You get used to it however. All the lessons are lectures (hoorcolleges) and not really seminars (werkcolleges).
counselling & support at receiving university abroad
I did not really need counselling and support at LUISS, but if I had little questions about anything They were happy to help. Thereby is there International Office really fast with their reply and do They have their own doctor.
transfer of credits
The transfer of credits is ECTS and is transferred at the end of your stay to the International Office of the UU.

STUDENT LIFE
welcome & orientation programme
The student association is called ESN and organises a welcome week with a lot of parties, but also during the rest of the stay. I can really recommend the welcome week so you can meet a lot of other international students! Its not really a fraternity like the ones in Utrecht but still very Nice.
accommodation
I managed to get an apartment in the neighbourhood of Trieste, which was close to the university departments, the gym and footballfields. I arranged it with Uniplaces.
leisure & culture



The Italian culture is a very open and warm one. They are very friendly and the food is really good. Some bad stereotypes e.g. of strikes and delay of public transport are unfortunately also true.
suggestions/tips
If you like techno, go to the Sanctuary club. One of the most amazing clubs in Europe I have been to. Also if you can get tickets, go to the derby between Lazio Roma and AS Roma. It is amazing!

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would really recommend LUISS and especially Rome! It is an amazing city with a lot of culture, history, nice weather, delicious food, amazing clubs, and Italian football derbies!
do you have any additional advice or comments?
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PREPARATION
exchange application process
The application process for going on exchange is quite extensive, however the steps are clearly stated and timelines are provided. If you read through all the information carefully, and make sure you have all documents required ready in advance of the given deadlines you should be able to manage. If in any doubt about the documents or steps to take I would advise contacting the international office, to be absolutely sure.
counselling & support at Utrecht University
The support and counselling I received was really good. The international office staff were very helpful answering any questions I had about the application process or the exchange in general. I would recommend contacting them upon any doubts.
academic preparation
When going to LUISS I had to find courses on offer which suited my study programme and my ambitions. LUISS had a lot of courses in English, both from the law department as well as the Economics and Political sciences department. In my situation there was no real need have a preparation upon my exchange, except for some basic math revision as I planned to take some economics courses during my exchange.
language preparation
Since lots of subjects at LUISS are taught in English I did not need to prepare my language skills for this. However in hindsight I wish I had learnt a little more Italian before coming here, since it is always nice to communicate with locals in their language and have a great opportunity to learn a new language (as it is easier to learn while emerged in that country/culture).
finances
I took up a part time job before going on Erasmus to have a little more spending money. And I am glad I did! Having some extra pocket money is great so that you won't have to miss too much fun activities and/or trips (of which there is an abundance of while on Erasmus!).



STUDY ABROAD PERIOD	
study programme (content and organisational issues)	The subjects I followed here were very interesting and I learned a lot of new things (also from other disciplines) which I think will be very useful later on. I chose the courses European Business Law, Law & Economics, Political Economy, Energy Economics and Italian language for beginners. The courses suited my expectations and were very interesting.
academic quality of education activities	The academic quality of the education is not bad, the subject matter is generally has a high level. However the way of teaching took some getting used to as courses last an entire semester and are almost solely lecture-based. I feel this way you learn less since you are not stimulated to actively use the things you have learnt, however the subject matter taught is of a good level.
counselling & support at receiving university abroad	The support of the host university was great. The staff were very helpful and quick to respond and provide any solutions or documents I needed.
transfer of credits	I have not yet received my transcript of records. However my application for recognition of credits was accepted, and with all courses the number of ECTS are clearly listed.

STUDENT LIFE	
welcome & orientation programme	The welcome I had was great. The university had a really nice welcome programme acquainting me to both the university and the city. Also the Erasmus Student network (ESN) had a very nice welcome week introducing exchange students to the city, the culture, the local students and each other!
accommodation	I found my accommodation on uniplaces.com, a great site where you can find furnished rooms to rent, and I am really happy with my room. While looking for accommodation also pay attention to the neighborhood you will be in and how far you are from the uni. If studying at LUISS I would recommend the Trieste neighbourhood, which is near all university campuses, and well connected to the city centre.
leisure & culture	When studying in Rome finding leisure activities is no hard task! Be sure to immerse yourself into the local culture. You can also ask Italian students at Uni for tips on going out and nice activities (also ESN organises these). Be sure to watch a football game at the magnificent Stadio Olimpico, a sight to behold.
suggestions/tips	Most important: When in Rome, do as the Romans do!!

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	I would recommend this destination for sure! The university is good, has interesting subjects (also in English), and amenities are good. However it also leaves you enough time for leisure activities which Rome and Italy have an abundance of!
do you have any additional advice or comments?	



N/A

PREPARATION	
exchange application process	
	I have been to the exchange meetings which were really interesting and informative. After that, I had enough time to think about what university I wanted to go to and to make my top 3. Furthermore, I looked up a lot of information on the UU website, read reports and experiences of other students and talked to friends who already went abroad.
counselling & support at Utrecht University	
	I am very content with the counselling & support from Utrecht University. When I had questions, I was always welcome at the International Office, but there are not a lot of opening hours. Also when you need a signature, you can just email them and they will reply (do this in time, not the day for the deadline, sometimes it takes them a few days to reply).
academic preparation	
	I did not do specific academic preparation, but I wanted to take economic courses at the Luiss university in Rome, so first I did a minor Business Economics at the Utrecht University.
language preparation	
	My courses were in English, so I did not do a language preparation in advance. If you want to take Italian courses, I would recommend you to do an Italian language course before you start your semester.
finances	
	I had saved some money for my exchange. Rome is actually quite expensive. I decided that I wanted to do a lot in Rome, see a lot and enjoy everything, and yes, that comes with a price. I have no regrets at all, but if you also want to enjoy the full journey, you have to realize that this costs some money! For example, I also did a few trips with friends to Bologna and Florence.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	
	The International Office in Rome is really helpful, if you need their help, they are ready for you and also by email, they respond very quick. This part of the university is very well organized. Also, there are a lot of courses from which you can choose: I only did English courses and then you still have a lot of choice. On the other hand, just like the public transport in Rome, the teachers can be late, or will not show up at all. Or your exam starts 15 minutes later than planned. This part is sometimes not very good organized.
academic quality of education activities	
	At Luiss, you can have oral exams or written exams, that depends on your courses. All my courses were written exams, but my friends, who did a lot of political courses, had some oral exams. I would not say that oral is more easy than written, but it is different. Luiss is one of the best universities in Italy, but compared to the Netherlands, I would say that the courses in Rome were easier than in Utrecht. However, I found my courses very interesting, the teachers speak good English and they also invited some guest speakers to the lectures.
counselling & support at receiving university abroad	
	Like I already said above, the International Office in Rome is really helpful. When you email them for a question or a signature, they reply within the same day. I did not need to visit the opening hours, since my questions were always answered by email.



transfer of credits
In the Netherlands, you get notes between 1 to 10. In Italy, it is between 1 to 30. If you have a 18, you passed the course. They do work with ECTS per course, so it is really easy to see if you have the ECTS that you need.

STUDENT LIFE

welcome & orientation programme

ESN (Erasmus Student Network) is very big in Rome. They organise a lot of different events during the semester: almost every week there are events that you can participate in! ESN also organized the "Welcome Week". This is a week full of social events (like dinners, parties, a visit to a city close to Rome) to get to know a lot of other international students. I would recommend to participate in this Welcome Week so that you can start with some new friends. During the semester, they also organized a few trips. One of them was to Firenze, Sienna and Pisa. I went on this trip with some friends and it was a really nice experience!

accommodation

I would recommend to start looking for a room as soon as possible. I used Uniplaces to find a room and in April I found a really nice room and booked it. Rome is expensive to live (500-700 euros for a room per month). I paid almost 700 euros, but I lived in a really nice neighborhood (Trieste), had a big room and I wanted to live close to the university (it was a 15 minutes walk to the university from my house) and close to the metro and bus station. Some people want to live in the city centre, then I would recommend to live near by the Collosseo (Monti), that is also a nice place to live (but takes longer to get to the university). Besides that, a lot of students live nearby the Bologna metro station. This is also a nice neighborhood, but honestly I liked mine a little bit better because it felt more safe.

leisure & culture

In the beginning, I had to get used to the way of living. The Italians are never in a hurry, everything comes and goes. Sometimes this Italian way of living was a bit frustrating if you had to be in time for a lecture. But you get used to it really fast. Besides that, other typical Italian things are: have dinner very late (9/10 p.m.), starting the day with cappuccino (but don't drink cappuccino in the afternoon!) and have aperitivo around 6 p.m. Furthermore, Rome has a lot of culture to discover: in every street you can see another ancient building.

suggestions/tips

I would recommend to spend all the time you have to go to the city centre, to have nice dinners and aperitivo, to discover all the beautiful ancient history and musea. Also, this is your time to discover other cities around Rome. For example: Tivoli is a very nice city, just outside Rome. Another tip is to go on weekend trips with your new friends: go to Bologna, Sienna, Florence, Pisa, Luca, Como, Milano in the north of Italy. In the south, you can go to the Amalfi coast for example, it is really beautiful!

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

Yes, I would definitely recommend Luiss/Rome to everyone who wants to go abroad! It is an amazing opportunity to have a fresh start in a unknown place, to make new friends, do nice things, and to have a great time. Rome really felt as home after a few weeks. I loved discovering Rome and all her beauty. Also, the Italian food, drinks, ancient history and culture is amazing!

do you have any additional advice or comments?

One last advice is that you should also go discover Rome by yourself. Go on your own to a musea or just to the city centre, Trastevere etc. You can walk, take a bike or Vespa, everything is possible.



PREPARATION

exchange application process

The process was very clear. On the UU website a clear overview and deadlines are given. Also there is a meeting in which they give a lot of information and tips about going on an exchange.

counselling & support at Utrecht University

The International Office is very helpful and an answer is always given very fast. I felt that the walk-in hours at their desk at Janskerkhof were most useful, but also via e-mail they're easy to reach. And when I was on my exchange they replied fast too.

academic preparation

I didn't prepare anything before going to LUISS. I decided I didn't want to follow any legal courses to broaden my horizon, so I emailed some of the professors before to make sure it was possible to follow the course as a law student.

language preparation

It can be nice to do an Italian course in the Netherlands already, but I just practiced a bit on Duolingo. Overall I felt the English of the Italians I met was quite good, especially at LUISS. The courses you can follow at LUISS are in English, so for that you won't need to speak Italian.

finances

The average rent is between 500-650 euros and the supermarkets can sometimes be more expensive than in the Netherlands, whereas going out for dinner is cheap compared to the Netherlands. I spent more money than I would do at home, but that's also because you just want to enjoy your exchange to the fullest and therefore do more activities or go out for dinner more.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

On the website of LUISS you can find a list of courses which are taught in English. In the first week of classes you will be able to follow as much courses as you want, on which you can base your choice whether to follow the course or not. The only thing you really have to keep in mind, is to make sure you have as less overlap of courses as possible, which can be quite a puzzle to figure out. I had no overlap, but for that I had to drop some courses I intended to follow and choose new ones. But LUISS has more than enough courses to choose from, so that won't be a problem. Also, you are able to follow any course you want, from every department. You can follow an Italian Language course for 3 ECTS, useful if you want to learn some Italian!

academic quality of education activities

I experienced that the level of courses is lower than we are used to in the Netherlands, which makes it also possible to follow master courses, even if you are in your bachelor.

counselling & support at receiving university abroad

The international office is very easy to reach. They answer really quick on emails and their English is good. They also have walk-in hours where you can go every day to ask them something right away.

transfer of credits

Most courses they teach are 6 or 8 ECTS. The exam commission of the UU approved all my courses so the credits are transferred just as in the Netherlands.



STUDENT LIFE	
welcome & orientation programme	
	The introduction week is organised by ESN, which also organises parties and events throughout the whole year. I really advise to participate in the welcome week, as all exchange students do so and this is a really good way to get to know other students. It was a week full of parties and trips, but also useful tours at LUISS so you're able to find your way really quick.
accommodation	
	As Rome is really big and probably you will have to go to uni quite a lot, I recommend to find a place around the university. So in Parioli, Trieste, or around Piazza Bologna. Most students live there so you will live close to your fellow students. It can be more expensive than you're used to, around 500-650 euros.
leisure & culture	
	Rome is just one of the most beautiful cities in the world and the food is amazing. Going out for dinner is cheap and the weather is always good.
suggestions/tips	
	Make sure you eat as much fresh pasta and pizza and go on trips to discover more of Italy!

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
	Yes definitely! LUISS is a good university which teaches a lot of classes in English and also communicates with its students in a really good and clear way, also in good English. The level of the courses is a bit lower than in The Netherlands, which makes it possible to do a lot of activities and discover the city and the rest of Italy. Plus, what's better than to live in Rome for a couple of months?
do you have any additional advice or comments?	
	Start on time with collecting all the documents you need and putting together your CV and motivational letter. Don't focus too much on choosing the courses, you will be able to have a look at all of them in the first week of classes and probably you will have to make some changes because of timetable clashes anyway. But there's nothing better than living in Italy for a couple of months and enjoy the beautiful language, culture and food!

PREPARATION	
exchange application process	
	If you want to go on exchange, Utrecht University requires you to submit a financial plan, a study plan, a motivation letter, your curriculum vitae and a list of grades. Utrecht University organises a meeting in which is explained how to write a powerful motivation letter and cv, which I thought was helpful. If you have submitted the required documents and are accepted by the LUISS Guido Carli University, you again need to submit several documents, such as a provisional learning agreement and an updated transcript of records in English. This is all quite easy, as the e-mails of LUISS explain step by step what you have to do. It's important that you keep in mind the deadlines.
counselling & support at Utrecht University	
	The counselling and support at Utrecht University is great and very approachable. I myself had some doubts concerning to which University I wanted to go and you can easily make an appointment to get more information. Also further in the process, they were really willing to help with all the problems I faced when



applying and arranging my exchange.
academic preparation
I did not specially prepare myself for studying at the LUISS Guido Carli University.
language preparation
As all the courses I wanted to follow were in English, it was not required for me to be able to speak the Italian language. However, I did follow a language course, called 'Italiaans op vakantie' at Babel Talen, so I knew the basic Italian words and sentences when arriving in Rome. It's also possible to follow an Italian language course at LUISS on different levels (beginner - intermediate - advanced)
finances
To be able to finance my exchange, I worked a lot in the summer before my exchange. I also financed my exchange with the money I received from the Erasmus Grant, the public transport compensation, my loan from DUO and money I received from my parents.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	LUISS offers a broad range of English courses. During the first week, you are allowed to follow all the courses that are given. The reason for this is that you can get a better view of the courses, can ask the teacher some questions and can see for yourself which courses you think are interesting. At LUISS I really wanted to follow some political courses (instead of the judicial courses I follow in Utrecht), so I followed 'International Relations', 'Sociology', 'Italian Political System' and 'EU Labour law and social policies'.
academic quality of education activities	The courses I followed were given through lectures. There were no working groups and the courses are less interactive than in Utrecht. The hours of lessons were more than I was used to in the Netherlands. The academic quality is less high than in Utrecht.
counselling & support at receiving university abroad	The counselling and support at LUISS is good. If you send an e-mail to the office, they often reply very fast.
transfer of credits	My credits aren't transferred yet and I'm not sure how long this will take.

STUDENT LIFE	
welcome & orientation programme	LUISS organises an introduction day in which you get information concerning the university, courses and exams. The ESN organises also an introduction week, in which many activities (such as dinners, a trip to Tivoli, parties) are organised. I would recommend you to buy a ticket for this introduction week, as you can easily get to know many people who also study at LUISS, which is really nice.
accommodation	I lived near Policlinico and arranged my accomodation via somebody I already knew and who studied in Rome as well. There are also many apartments and rooms on Uniplaces. The University also offers accomodation (if you want this, you should keep in mind the deadlines of applying).
leisure & culture	In my opinion Rome is the most beautiful city in Europe, it is a city with a lot of history which you can still see



<p>nowadays through wonderful preserved architectural monuments throughout the city, like the Colosseum. There are so many monuments and musea to visit and so many nice restaurants and cafés to eat or have a drink. I really loved the Italian way of life, the food and the environment.</p>
<p>suggestions/tips</p>
<p>For drinks or dinner I would recommend to go to Trastevere. Here, there are many nice dinner spots and it's very lively. For drinks, Piazza Bologna is also a nice place to go. You can always find many students here. Concerning touristic activities, I would recommend you to go to Parco Savello. This is a really nice parc close to Circo Massimo where you have a beautiful view over Rome. There is often also a musician which plays Italian music and the sphere is just very relaxed. Villa Borghese is also a really nice park to go to.</p>

CONCLUSIONS	
<p>would you recommend this university/destination abroad to others? please explain</p>	<p>Definitely! LUISS is a very nice university to study, as it is well organized and offers a broad range of English courses. Concerning the destination, I believe Rome is the perfect city to go on an exchange. There is so much to see and do in Rome. I also really loved that the weather was so nice. The location of Rome in Italy is also great: you can make trips to beautiful cities in the north (to Florence or Bologna for example) and in the south (to Naples, Pompei, Capri).</p>
<p>do you have any additional advice or comments?</p>	<p>Go to Rome!</p>

PREPARATION	
<p>exchange application process</p>	<p>First it is important to read all the instructions that are given. At the beginning you might be overwhelmed by all the documents that need to be fulfilled. However, if you read and complete step by step, it will be fine.</p>
<p>counselling & support at Utrecht University</p>	<p>If you have any questions about your exchange, you can always contact the UU REBO exchange office. As mentioned above, at the beginning it is not complete clear what is expected from you. For me, it was very helpful to contact the UU REBO exchange office. Besides that, during my exchange period I have contacted the office for help.</p>
<p>academic preparation</p>	<p>No academic preparation needed.</p>
<p>language preparation</p>	<p>I followed a language course in Utrecht (Babel). However, when I arrived at Italy, I noticed that my Italian skills were very low. You can manage your daily life with English, but I would recommend to learn at least the basics of the Italian language.</p>
<p>finances</p>	<p>Before my departure I calculated how much money was needed for my stay. However, Rome was more expensive than I expected and besides that, you will have more diners, trips and visits. The rent of my room was also the double of what I normally pay.</p>

STUDY ABROAD PERIOD



study programme (content and organisational issues)
The content was at the beginning clear because you can view on the LUISS website what will be expected during the course.
academic quality of education activities
The academic quality is not the same as in the Netherlands. However, it is not that bad. The teachers are well informed and after the courses, I really learned new things. The classes consists mostly of listening.
counselling & support at receiving university abroad
The support was fine. Whenever you needed help, you could email the exchange office of LUISS. The answered always really fast.
transfer of credits
At the moment, I am still waiting for the transfer of credits.

STUDENT LIFE	
welcome & orientation programme	
	At the beginning there is a welcome week. There is a presentation of LUISS and ESN. ESN organizes a welcome week with a lot of activities. I really recommend to go there! Perfect to meet other exchange students. In the first week you can join every class you like. Before choosing your courses, you need to check your timetable if you have not at the same time two classes. However, a little bit overlap is not a problem. In the second week the classes will start.
accommodation	
	My accommodation was perfect. The location was close to a metro station which was very nice. Besides that, my landlord was very kind. Whenever something was broken, the next day it was fixed. However, I heard also very bad experiences, so be careful! Some of my friends here, need to pay for bedsheets and heating... And some other exchange students needed to move because there was so much noise that they could not sleep.
leisure & culture	
	The culture of Italy and Rome is amazing, you will not be bored! The nightlife in Rome was disappointing. Not only Rome, but Italy itself is also beautiful. You can easily make trips! Erasmus offers also trips you can join. What I also really liked it the possibility to sport. During my exchange period, I played football!
suggestions/tips	
	Parco Savello! Beautiful.

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
	Yes I would really recommend LUISS. Compared to other universities, LUISS is really well organized and prepared for exchange students. Apart from that, LUISS offers sufficient services. For example; you can rent a car! There is LUISS radio etc.
do you have any additional advice or comments?	
	Enjoy your time, before you know, it is over!



PREPARATION	
exchange application process	
I went to almost all the meetings organised by the International Office of Utrecht. I've also read all the student's experiences on the website. I made a selection of possible destinations/universities. I worked with international Erasmus student's in Utrecht (because I worked as a residence assistance for SSH) and when I knew I wanted to go to Italy, I contacted some of these student's to ask them some questions about their university.	
counselling & support at Utrecht University	
If I had a question, I contacted the International Office of Utrecht. They usually responded really fast and their help was really helpful for me. I also talked with my tutor about how to organise everything.	
academic preparation	
I obtained my Cambridge Exam during high school, so I knew that my English was already good enough to follow courses in English. I had no other preparation, since you choose your definitive subjects during the first week of University in Rome.	
language preparation	
I learned some basic Italian words.	
finances	
I made a calculation of all the estimated costs and how much money I would need to cover all my estimated expenses. I saved a lot of money during working, and my parents also supported me a little bit. However, looking back, the exchange was more expensive than I had calculated.	

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	
I followed the following courses: Fashion Management, Sociology, Political Sociology and International Relations. These subjects are completely different from law, but I choose them because I wanted to do and learn something different to broaden my horizon.	
academic quality of education activities	
It was okay. I would say the overall quality was a bit lower than in Utrecht. But the Italian student's are really ambitious and motivated. For my course of International Relations and Fashion Management, I had some really good, high-quality guestlectures.	
counselling & support at receiving university abroad	
Everything is clear and if not, you can ask for help. The university is really helpful (at least the library and IT department, which I had to ask for help at one point).	
transfer of credits	
I don't know yet.	

STUDENT LIFE	
welcome & orientation programme	
I did the welcome week organised by ESN. This is 8 or 9 days of welcome activities. I would say this was the most fun week of the semester! They organise many cool events and you get to know a lot of people! There were also 1 or 2 welcome activities organised by the University itself. I would really recommend going to the ESN welcome week, since they organise many cool events!	



accommodation
I filled in the form of the University for accomodation. They send me some options for appartments/rooms and I choose one of the options. My room was really good, in a cool, central area! I paid 500 EU for my room and 75 EU additional costs a month. Make sure that your room/appartment is close to the university (look for example on google maps!). I would recommend staying in the neighbourhood of Salario.
leisure & culture
I signed up for ESN, an organisation which organises activities for international students. They organise at least 2 activities a week, which I usually participated in, because it was much fun! After a couple of weeks, a had made a group of friends, consisting of Belgians, Dutch and Swedes with which I did a lot of things. I would also recommend to buy a MIC-card: it only costs 5 EU and gives you free entrance to many important museums in Rome!
suggestions/tips
Sign up for ESN and buy a MIC-Card. Be pro-active and make sure to make the most out of this experience! If you're in Rome during the spring/summer/autumn: go to the beach close to Rome (there are several beaches which you can reach by train!). Also, make a lot of day/weekendtrips. I would totally recommend to visit Napoli (around 1 hour if you take the fast train from Termini). I would also recommend going to Pompei/Vesuvius.

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	Yes! Rome is an amazing city and I love the culture! Also, I think Luiss Guido Carli is one of the better universities in Southern-Europe.
do you have any additional advice or comments?	It is not necessary to speak Italian fluently, but it is handy to know some basic words. One advice that might sound a bit weird: don't invite a lot of friends/family from the Netherlands over, since I had several friends coming over and staying in my room during the whole month of January and that left little time for me to live my 'own life' here and to meet with my international friends.

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PREPARATION	
exchange application process	After I've been to all the information meetings it was pretty clear what I had to do next. I haven't experienced any complications throughout this process. The most important thing is to start early so you'll be well prepared and can stick to all the deadlines.
counselling & support at Utrecht University	The counseling and support service at Utrecht University is really good. They are always really helpful and clear about what you have to do and about the deadlines. Be aware of their openingshours though, because you'll need a lot of signatures so you may have to start early.
academic preparation	I didn't do any acadamic preparation.
language preparation	



I did an Italian language course before I went to Rome, which was not really necessary (since a lot of courses are in English), but I liked to learn a little bit about the language before I went. Also, make sure you're English is sufficient enough.
finances
I saved some money before I came to Rome. Of course you can always eat at home, lunch at the university (because that's really cheap), but I'd liked to go to all kinds of restaurants, nice places and parties, and therefore it was really necessary to have saved some money. In order to really live the Italian life and don't miss out on all the cool things and places Rome has to offer, I recommend you to save money.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	Luiss is an amazing university, they have 3 beautiful campuses and they offer free shuttle buses which are riding between those 3. They offer a lot of English courses. But don't expect everything as organized as in Utrecht, because it still is an Italian city. Teachers may show up 30 minutes later, or don't show up at all, but that is all part of the experience. The international office of Luiss is really nice and helpful whenever you need them.
academic quality of education activities	The education activities are quite different than what we are used to. It is pretty normal to have an oral exam instead of a written one and the teachers can pretty much fill in a course however they want it to. I experienced no difficulties with any of my courses and I think the academic quality is way lower than what we are used to in Utrecht. It wasn't difficult for me to get good grades without trying studying a lot. However, Luiss is said to be one of the best universities in whole Italy, so the quality supposed to be high. I took the courses: Roman Law (14 points which seems like a lot of work, but the exam was really easy), International Relations (pretty hard), Italian Political System (it's a lot, but it is interesting) and the Italian Language Course (really fun to take). It is, by the way, kind of impossible to do only law courses. There are a lot of courses with overlapping timeslots, so you probably won't be able to take only law courses. But, there is a big list of other courses, which are interesting, and because the level is not that high and the courses are not too difficult, you're also able to follow the master courses.
counselling & support at receiving university abroad	The support at Luiss is really good. They are the most kind and helpful people I've ever met (just like most of the Italians!) and you are always welcome to step by and ask for anything. Also, they respond really fast on e-mails which is really convenient.
transfer of credits	The grading system of Italy is different than in the Netherlands. Where we are used to a grading system counting from 1-10, the Italians gradings systems differs from 1-30. They do work with ECTS, so it's easy to transfer your points and I received my transfer of credits really fast after I left.

STUDENT LIFE	
welcome & orientation programme	The welcome and orientation programme at Luiss is really really nice. This week is organised by ESN Roma, and really make sure you'll buy the welcome week packet. If you do so, you'll be able to join a lot of nice parties, go to dinners and make many friends during your first week. Also, they'll show you around at the campus and explain everything you need to know about prescribing for the courses and other important deadlines. Not only during the welcome week, also during the rest of the exchange period, ESN organises the most amazing parties and trips.



accommodation
<p>It's quite hard to find a good accomodation in Rome. I stayed with 4 other erasmus students and 2 Italians. Living with other erasmus students is really something I recommend, because you can do stuff together and you are living the 'same life' in Rome. Most of the students live around the Bologna area, but I lived more in the city centre. I think both places have there advantages and I was really happy to live in the centre of the city and therefore be able to walk within 10 minutes to the beautiful Colloseum. Prices for rooms in Rome differ from 500-800 euro. Make sure that you'll make a deal about the costs of the water/gas/electricity, because I heard from a lot of people that they had difficulties at the end with these costs and ended up paying way more than they intended to. Also, I suggest to ask for good neighbourhoods in Rome. As I said above, the bologna area is really nice, the city centre as well, but Trastevere for example (although it is a really nice neighbourhood) is not really good accessible by public transport. Make sure you're not too far away from the city centre and furthermore, San Giovanni and San Lorenzo are really nice places to go when you want to party, but are not that nice to live in (quite dangerous and, on the 'other side' of the city and also far away.) Also, make sure you're not close to the Termini station or Tiburtina station, because it is dangerous during the night (especially for girls).</p>
leisure & culture
<p>The Italian way of living is amazing. They never hurry or stress about a thing. When you're in a metro/bus trying to not be late for your lecture, it can be sometimes kind of annoying, but you just have to get used to that. For the rest, you just have to live the way the Italians do, having diner around 9 pm, starting the day with a 'cornetto' and a coffee and drinking aperitivo's during the end of the day. You'll get used to this way of living really easy (also with the help of all the good food and wine) and all the Italian citizens will make sure of that, because they are the most welcoming and helpful.</p>
suggestions/tips
<p>The best tip I can give you is to just walk around the city with friends or by yourself. Go discover the city by foot, by bicycle (which is really nice to do) or by a vespa! To get used to the city, I walked a lot during my stay. I think that's the best way to get familiar with all the places and to don't miss out on all the beautiful things you can see and do in Rome. But, if you're tired of walking, I bought a public transport card which costs 35 euro's each month. For me that was really convenient, because in that way I was able to travel every day (by metro/tram/bus/some trains), as much as I wanted.</p>

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
<p>I would absolutely recommend this university/destination abroad to others. My experience in Rome has been one of the most amazing periods of my whole life. First, I had some difficulties with missing my family and friends, but after some days I wished my experience would never end. I've done many things by myself, so you'll learn a lot about yourself and you will just have the perfect chance to live like it's an neverending holiday. The city is amazing, the people are amazing and Luiss is a really nice university. I wished I could go back and do it all over again everyday.</p>
do you have any additional advice or comments?
<p>Try to enjoy every single moment being in Rome, because it'll end before you know it!!</p>