

2018-2019**Report 1**

Please use Tab to go to the next (text) box.

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

| | |
|----------------------------|-----------------------------|
| destination city & country | Rome, Italië |
| name university abroad | LUMSA Università |
| start date | 01 / 10 / 2018 (dd/mm/yyyy) |
| end date | 01 / 02 / 2019 (dd/mm/yyyy) |

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

| PREPARATION | |
|---|---|
| exchange application process | |
| | Ik vond de exchange application process erg uitgebreid en ingewikkeld, maar ik begrijp dat dit nodig is, en we werden wel heel erg goed begeleid waardoor het uiteindelijk allemaal goed te doen was. |
| counselling & support at Utrecht University | |
| | Ik ben naar een bijeenkomst geweest voor het schrijven van een CV en motivatiebrief. Dit was specifiek bedoeld voor studenten die op Erasmus uitwisseling wilden gaan. Dit was een erg nuttige bijeenkomst die me goed heeft voorbereid op het aanmeldingsproces, maar ik geloof dat ik hier ook dingen heb geleerd die ik in de verdere toekomst kan gebruiken. |
| academic preparation | |
| | Ik studeer Italiaans, dus ik geloof dat ik goed voorbereid was voor mijn studie in het buitenland, zowel op het gebied van taal als op cultuur. Ik heb niet het idee gehad dat mijn niveau niet hoog genoeg was om mee te komen met de lessen in Italië. |
| language preparation | |
| | Ik studeer Italiaans, dus ik was qua taal zeer goed voorbereid op mijn studie in Italië. Ik weet ook dat er taalcursussen worden aangeboden voor studenten die de taal niet beheersen, maar deze heb ik dus niet nodig gehad. |
| finances | |
| | Tijdens een informatiebijeenkomst is er een voorbeeld gegeven van een rekensom van wat je zoal per maand kwijt bent. Ook het formulier over je persoonlijke financiële voorbereiding die je verplicht moest inleveren, gaf een goede indicatie voor wat je per maand ongeveer kon verwachten uit te geven. Hierdoor kon je berekenen wat je ongeveer nodig had aan spaargeld of andere inkomsten. |

| STUDY ABROAD PERIOD | |
|---|---|
| study programme (content and organisational issues) | |
| | Ik vond de universiteit in Rome niet erg goed geregeld. Ik heb bijvoorbeeld heel lang moeten wachten op mijn rooster, terwijl ik er later achter kwam dat mijn klasgenootjes hun rooster al lang hadden gekregen. Afgezien van dat, was het heel moeilijk om informatie te vinden over de vakken op de website. Je kon je rooster |

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| bijvoorbeeld niet zo makkelijk inzien op je persoonlijke pagina in je account, maar moest hier via allerlei omweggetjes via de website naar zoeken. |
| academic quality of education activities |
| Tijdens de cursussen waren er geen tussentijdse toetsen, papers of andere vormen van opdrachten. Ik heb voor mijn meeste vakken maar een cijfer gekregen en ik had niet het idee dat ik tijdens het semester goed werd voorbereid op mijn tentamen (uitzonderingen daar gelaten). Het waren voornamelijk hoorcolleges, en geen werkcolleges of iets wat daarop leek. Er was geen/nauwelijks input van de leerlingen, waardoor ik niet het idee kreeg dat we op een actieve manier met de stof leerden om te gaan, door te oefenen met het toepassen. |
| counselling & support at receiving university abroad |
| Ik heb niet veel gebruik gemaakt van counselling of iets dergelijke, maar als ik af en toe ergens vragen over had, kon ik altijd terecht bij het international office. Ik werd hier altijd goed geholpen en was hier tevreden over. Ook de emailcommunicatie verliep goed. |
| transfer of credits |
| Ik ben het niet compleet eens met de overdracht van cijfers en credits. De vakken daar waren 6 ECTS, in tegenstelling tot de 7,5 ECTS van mijn vakken hier in Utrecht. Door het gebrek aan tussentijdse opdrachten en huiswerk en andere vormen van zelfstudie, heb ik niet het idee dat de tijd die ik in Rome in mijn vakken heb moeten stoppen, in verhouding staat tot de moeite die ik er hier in Utrecht altijd in moet stoppen. |

| STUDENT LIFE |
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| welcome & orientation programme |
| Vanuit de universiteit LUMSA werd er niet echt veel georganiseerd voor de studenten zelf, er was een dag georganiseerd waar informatie zou worden gegeven, alleen deze dag was nadat de lessen al waren begonnen. Dit was dus een beetje raar georganiseerd. Verder was er wel een studentenvereniging speciaal voor internationale erasmus studenten, maar dit was buiten de universiteit om. |
| accommodation |
| Accommodatie heb ik zelf geregeld via Housing Anywhere. Er is wel een mailtje rond gestuurd vanuit LUMSA om te helpen in het zoeken van een kamer, maar hier heb ik geen gebruik van gemaakt, omdat tegen de tijd dat dit mailtje werd gestuurd, ik mijn kamer al had geregeld. |
| leisure & culture |
| Vrije tijdsbestedingen werden er door de universiteit niet geregeld. Je moest dit van je eigen initiatief hebben of van de particuliere studentenverenigingen. Deze studentenverenigingen regelden meerdere keren per week bijeenkomsten en feestjes, dus er was genoeg te doen. |
| suggestions/tips |
| Nee. Alles wat ik wilde vertellen, heb ik al ingevuld bij de antwoorden op de overige vragen. |

| CONCLUSIONS |
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| would you recommend this university/destination abroad to others? please explain |
| Ik raad de bestemming zeker aan. Rome is een ontzettend mooie en grote stad, waar heel veel te beleven is. De universiteit was voor een half jaar prima, maar ik zou achteraf misschien wel voor een andere universiteit hebben gekozen. |
| do you have any additional advice or comments? |
| Nee. Alles wat ik wilde vertellen, heb ik al ingevuld bij de antwoorden op de overige vragen. |

Report 2

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| permission to publish contact details** <i>See end note for * and **</i> | optional ; only if you allow students preparing for study abroad to contact you (directly) | |
| | my e-mail address | <input checked="" type="checkbox"/> yes: e.m.oomen@students.uu.nl |
| faculty/college | Humanities | |
| level | <input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD | |
| name study programme | Media, Marketing and Business | |

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|----------------------------|-----------------------------|
| destination city & country | Rome, Italy |
| name university abroad | LUMSA |
| start date | 04 / 10 / 2018 (dd/mm/yyyy) |
| end date | 18 / 02 / 2019 (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 | |
| | The application process took a while. In my opinion it was sometimes a bit complicated with all the different deadlines and a lot of paperwork I had to fill in and that has to be signed by the different parties. It took a while, but after all it all went well and all the documents where filled in in time. |
| counselling & support at Utrecht University | |
| | The few times I needed help from the office at Utrecht University they helped me out very well. Most of the times they helped my by a phonecall, but they responded very quick by email too. |
| academic preparation | |
| | Before I went to Rome, I already got my Bachelor. But I wanted to broaden my knowledge, not only in the field of my interests when I talk about studying, but about other cultures, people and lifestyle too. The academic preparation at Utrecht University was good enough to study in Rome at LUMSA. |
| language preparation | |
| | Before I went to Rome, I prepared myself by talking to my Italian family, to watch movies in Italian and to learn the most important sentences and words. During my stay I took Italian language courses, level A1 and A2 at the university. It was nice to learn the Italian language a bit more, so I could talk and order food in restaurants and i could talk a bit with friends. |
| finances | |
| | A tip before you leave is to make sure you saved enough money for the coming months. For example, it is more expensive to rent a room in Rome. Besides the costs of the room, you will find out that you will have a lot of dinners in restaurants and drinks in bars with all the new people you will meet. And you will go away for trips to other cities, days out and to the beach. So that will cost a lot. Some friends of mine had a job in a bar or as a tour guide on the bike. So it is possible to get a job too. |

| STUDY ABROAD PERIOD |
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| study programme (content and organisational issues) |

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| At the beginning of my stay in Rome, I had to change some courses. Because some courses were at the same time, weren't available or they were in Italian and not in English. But everyone got two weeks to change all the courses and to figure out which courses you wanted to take. So that was good and long enough to complete your timetable. |
| academic quality of education activities |
| The academic quality was quite high. We had lectures from people from the workfield and we had lectures from academic teachers. In my opinion it was very nice to get lectures from people from the workfield, because they could tell us more information about the experiences in the different companies. We helped a teacher with making a concept for an advertisement too. I thought that was really interesting, because she could use our input at her company too. On the other hand, we had a lot of practical exercises, we had to make our own advertisements and business plan/ start up for example. |
| counselling & support at receiving university abroad |
| The international office at LUMSA was open everyday from 11:00 to 13:00 and on Thursdays from 15:00 to 17:00. During these hours Claudia and Barbara (The two women who organised everything for the international students) were always willing to help with questions or problems. In my opinion it was a very nice way to ask questions. |
| transfer of credits |
| At LUMSA they work with ECTS too, just like at UU. So this will be the same. |

| STUDENT LIFE |
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| welcome & orientation programme |
| The introduction at LUMSA was one day, the so called Welcome day. During this day we got a presentation with an introduction about the university, about how everything was arranged. After the presentation we got a guided tour around the different faculties and at the end we had a lunch at the university. During the welcome day I already met a lot of people and we had some drinks after. It was a good day to meet new people and to make friends. |
| accommodation |
| I lived in a student house with five other students. During my stay I have lived with people from Spain, Hungary, Germany, Belgium, Portugal and India. I got the room from the website Erasmusu.com. I had made an account on this website and I began to talk with a girl from Spain. One day she told me she had found a nice house and she asked me to take a room in that house too. During that time I was in Rome, so I called the landlady and she told me I could see the house. The house was very beautiful and modern. There were 6 bedrooms, 3 bathrooms, a large livingroom and kitchen and we even got a garden where you could sit outside. The landlady was very caring and when we needed something, she did not hesitate and helped us directly. The accommodation was very good. |
| leisure & culture |
| During my stay I felt in love with the Italian culture. The warm welcomes and the kindness of the people are one of my favorite things about the Italian culture. And of course the amazing food. Besides the nice people, you will never get sick of walking around the city and to explore new buildings or streets. You can walk through Rome for hours and hours and every minute you will be more amazed. It's very nice to just walk around and to visit churches, go to nice restaurants and to take an aperitivo somewhere. |
| suggestions/tips |
| Tonnarello! Best. restaurant. ever. (best carbonara you will ever taste) It's in Trastevere, an amazing neighborhood in Rome, with a lot of restaurants. At most bars/ restaurants you have got the so called aperitivo, you will get food next to your drinks. And you only have to pay for the drinks. It's mostly after 7 or 9, it depends on the restaurant. |

There are a lot of places where you have to pay for a nice view, but go to Gianicolo, or The orange garden, beautiful sunsets for free.

Every Sunday there is a market at Porta Portese.

Sometimes there are free concerts in churches. Check it at the church.

Free entry on first Sunday of every month: Colosseum , Forum Romanum, Galleria Borghese, Palazzo Barberini, GNAM, Villa Giulia, Terme di Diocleziano, Palazzo Massimo, Crypta Balbi, Castel Sant Angelo, etc..

CONCLUSIONS

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

Defenitely! Rome is an amazing city with a lovely culture. The people are very kind, the food is amazing and you will have the time of your life. Every walk is a new adventure.

do you have any additional advice or comments?

The six months in Rome were amazing months, live the "Italian way": don't worry and enjoy to the fullest!

2016-2017

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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 | Liberal Arts and Sciences |

| | |
|----------------------------|-----------------------------|
| destination city & country | Rome, Italy |
| name university abroad | LUMSA University |
| start date | 01 / 02 / 2017 (dd/mm/yyyy) |
| end date | 26 / 06 / 2017 (dd/mm/yyyy) |

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

PREPARATION

exchange application process

The application process was quite stressful. It was not very clear what exact document they needed and once I uploaded it, I didn't know whether they received it well. But I heard many more people complaining about this, also students from other universities so I guess it's just Italy. In the end it worked out well.

counselling & support at Utrecht University

The support from the UU was really nice. If I had some questions they quickly answered and helped me.

academic preparation

I didn't prepare for my courses. I took all courses in English and the level was relatively low.

language preparation

I didn't study the Italian language before going to Rome but did a language course at LUMSA. Although the language course was ok and the people were nice, I would recommend to start studying the language before as well. It's good to have some basics and than learning in Rome is way more efficient and you can make more progress.

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| finances |
| I saved some money before coming by having a student job and I would definitely recommend this. Rome is a very expensive city and I spend a lot of money during Erasmus. Especially in the first months because I tried to join as much activities as I could in order to get to know new people. |

| STUDY ABROAD PERIOD |
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| study programme (content and organisational issues) |
| I chose some courses that I wanted to follow before going to Rome. However, after arriving I found out that some of these courses didn't exist anymore. But they also offered new courses that seemed more interesting to me. Therefore I changed the courses. I had to fill in a new Learning Agreement, let it sign by both universities and then it was ok. |
| academic quality of education activities |
| I followed 4 different courses and the quality differed a lot for each course. But in general I would say that the quality of education is quite good. Because I did my courses in English and LUMSA is a small university, we were with a low amount of students. For one course just with 4 and for another one with 6. For me this was a really nice because you get to know the other students and the professors quite well. |
| counselling & support at receiving university abroad |
| Organising things in Italy is really different from here, everything goes slower and takes more time. However, if you take this into account I think Lumsa is good in arranging things. They have an international office where one of the ladies speaks English and they reply to emails quite quickly. |
| transfer of credits |
| They work with ECTS as well so the credits can be transferred to your home university, although it takes a while. |

| STUDENT LIFE |
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| welcome & orientation programme |
| The university doesn't have any orientation or welcome programme. In the beginning I felt a little bit lost because I didn't know where to go or what to do. However, you can always ask the international office for help and if you meet some other students you can also ask them. To meet new people I went a lot to ESN activities in the beginning. This is really nice and a lot of people go there so it's easy to make new friends. |
| accommodation |
| I arranged my apartment already in Holland. There are some facebook sites, like rent room in Rome that offer rooms. I found my apartment via someone that already went to Rome before and it was really nice to stay there. |
| leisure & culture |
| Rome is fantastic city to live in and the Italian culture is easy to get used to. If you're interested in the Roman history and art, Rome is the perfect place to do your Erasmus. |
| suggestions/tips |
| If you search for a room I would recommend somewhere close to San Lorenzo or Piazza Bologna, these are nice student quarters. |

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

Yes I would. Although you feel a little bit lost in the beginning because of less information I really enjoyed my time at LUMSA. It's well arranged and small so you can easily get to know people. Besides, I liked the courses and my professors, they were very friendly.

do you have any additional advice or comments?

Try not to worry too much. In the beginning some things are stressful but in the end everything will be fine and you will have a great time!

2015 – 2016

Report 1

| | |
|----------------------|---|
| faculty/college | Humanities |
| level | <input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD |
| name study programme | Media and Culture |

PREPARATION

exchange application process

Although the application process was well explained on the website of staying abroad it was a lot of work and sometimes a little confusing whether or not I had yet filled in the right forms. In the end it all went well, but at the time of my application I was a little stressed. Therefore I would recommend to start early and to make well organized maps on your laptop to don't forget some forms.

counselling & support at Utrecht University

Before my mobility I had some questions about procedures and I wrote some e-mails to the international office. They were very kind and willing to help me.

academic preparation

The only academic preparation I made was my regular study. The courses I took in Utrecht were sufficient to succeed my courses in Rome. Although the Italian language was a little difficult for me, because I just started it, the level of the courses itself was not that high.

language preparation

To obtain a good level of the Italian language, which was required for my erasmus period, I followed two language courses in The Netherlands. One course at Babel language school and one private course from an Italian woman. Furthermore I followed a three weeks course in Italy at my University before the courses got started.

finances

For my finances I made a financial plan. By making this plan I knew whether I had enough money or not. Because my study grant had stopped this year I had only my erasmus grant which was not enough for all my expenses. Therefore my parents gave me some money for my stay. I also had some spared money which I could use. All together I could pay my stay.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

My study programme was a little hard to arrange because the courses I chose before my mobility were not all available when I arrived in Rome. I therefore had to choose new courses. The international office helped me and it was easier to arrange there than I thought, but I learned from this experience that it is never sure whether

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| you will be able to follow the courses you want or not. In the end I was really happy I chose the courses I was enrolled in because they made me want to learn more about these subjects back in Holland. |
| academic quality of education activities |
| The quality of education activities was good. The first weeks I was arrived I did not have any courses yet, but I started a Italian language course at the Univesity which offered me a good level of Italian. The courses started in octobre and they were of a high Italian level. Teachers talked very fast, so you really need to keep your attention. The level of the content of the courses itself was not that high, with the knowledge I already had about the topics, so I could understand a lot because of that. |
| counselling & support at receiving university abroad |
| The support at the receiving university was of a really good quality. There was an international office that was willing to help you at working days. I could sent an email and they responded very quickly, or I could come to their office. They were very friendly, although they always spoke in Italian, so you need to have a good knowledge of Italian. |
| transfer of credits |
| The transfer of the credits took a while. But in the end they gave me my transcript of records via e-mail. So it went well, but you need to have a little patience. |

| STUDENT LIFE |
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| welcome & orientation programme |
| At this university there was no real welcome programme. There was organised one morning where they gave some information about the university, but they didn't contacted erasmus students that well about this day, so I found out later that this day had passed already. |
| accommodation |
| I arranged my accomodation by myself. I uses Facebook groups to come in contact with landlords. I arranged my room already in august, to be sure I had a place to sleep. Although it was quit easy for me to find an accomodation, I heard some stories of people who found it very hard to find a room. So you need to arrange it early, or need to accept the fact that if you wait for you to be in Rome it will take some weeks to find a room. The cost of the room is also very high. I payed 650 euros without expenses for my room, but I lived next to the st. Pieters and next to my university so it was worth it. |
| leisure & culture |
| For erasmus students there are a lot of leisure activities. There is an organisation of the university itself that arranges some activities and of course ESN, which is an international erasmus organisation that organises parties and cultural trips. It is nice to do some of these activities to see the city or meet some people at parties. Furthermore Rome is a city with a lot of culture and activities, so I would recommend to go and see the city. |
| suggestions/tips |
| You need to be aware of the fact that Italy is a chaotic country where everything you want to do or arrange is three times more difficult than what you are used to. This means for example that you will have not enough information about your study programme, you don't know exactly what you need to do and when. Although this is sometimes really irritating, it also works the other way around. When you don't know the time of your course for example it is not that much of a problem when you miss the first class because they know it is a little chaotic. And the international office is always willing to help you, but still you need to figure out a lot by yourself and that sometimes take som time. |

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

Italy - Rome - Libera Università Maria Ss Assunta (LUMSA)

If you want a really nice experience in a nice area of the city I would certainly recommend this University. The University offers a really good International office that is willing to help you. They also offer a really cheap Italian language course for all erasmus students and organise some activities. The only negative thing about this University is the fact that it is a relative small University and therefore there are not that much international students. You also need to be aware of the fact that there are not that many Dutch students, but mainly Spanish student, because of the language. If you want an University with more (Dutch) students you should go to the bigger Universities such as Sapienza.

do you have any additional advice or comments?

You certainly have to be aware of the fact that you go to Italy and to Rome in special. The city is really chaotic and although LUMSA university is quite organized, you need to go after everything yourself. That is something to keep in mind by choosing a destination.