

**2022-2023**

faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Italian language and culture

destination city & country	Rome, Italy
how did you travel to your destination?	By train
name university abroad	Università degli studi Roma Tre
start date	01 / 10 / 2022 (dd/mm/yyyy)
end date	09 / 02 / 2023 (dd/mm/yyyy)

<b>PREPARATION</b>	
exchange application process	It was clear and going well. You just have to follow the steps of the International Office of Utrecht University. I got a mail of Roma Tre as well with my Erasmus coordinator, who responded always very quickly to my emails.
counselling & support at Utrecht University	Good. They responded my emails quickly.
academic preparation	After three years studying at Utrecht, my level was good enough.
language preparation	As I study Italian Language and Culture in Utrecht, my Italian was good enough to follow the lessons in Italian. In the beginning I sometimes had to get used to the fact that the professors can speak with an accent, but after a while it was no problem anymore.
finances	I applied for the Erasmus grant and the Travel Green Grant, which were useful. Accomodation is more expensive in Rome than in Utrecht, but the general costs for groceries or public transport are cheaper I would say.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	<p>I could choose courses about whatever I wanted from the humanities department. Very shortle before the start of the lessons Roma Tre published soms pdf lists with the courses and times. In the first week I went to a lot of different courses just to 'check them out'. As you do not necessarialy need to enroll immediately for the course to follow it, you can just go everywhere you like. In the end I followed other courses then were initially writtten on my Learning Agreement.</p> <p>You're supposed to get the credentials from Roma Tre for the online platforms (and thus to be able to enroll in the courses), but for me and a lot of other Erasmus students it took really long. At a certain moment me and another girl went to the secretary of the International Office of Roma Tre. After 1 hour of waiting she said that</p>

she couldn't do anything for us, but in the afternoon we received our credentials, so it probably worked anyways.
academic quality of education activities
Allmost all the lessons are like lectures: the students listen to the professor. Besides studying the lessons and powerpoints, I had to read some books. At the end of the courses I had all oral exams. In general, I would say you have to memorize more things than in the Netherlands, and that it's a bit less about understanding the things.
counselling & support at receiving university abroad
I was lucky that my Erasmus coordinator from Roma Tre always responded very quickly to my emails. I didn't have much problems or questions, so I almost didn't need to use the international office of Roma Tre. In general it is ofcourse more disorganized and chaotic than in the Netherlands, but I was prepared for that beforehand.
transfer of credits
The transfer hasn't happened yet, but it's in process on Osiris.

<b>STUDENT LIFE</b>	
welcome & orientation programme	
There was was an online meeting organized by Roma Tre with some pratical information and there were the welcome weeks of ESN.	
accommodation	
I found my room by a friend of mine who did an Erasmus in Rome a year before me. In general I think it's quite hard to find a room, so you better start searching in time.	
leisure & culture	
There is enough to do in Rome: museums, churches, archeological findings. Also the little villages around Rome are nice to bring a visit. Besides this I joined a balletgroup, but there are all other sportsgroup available. The university itself doesn't offer much I think, but the city itself does.	
suggestions/tips	
My suggestion would just be: wander around the city. I liked to walk trough or visit the places less known of Rome.	

<b>CONCLUSIONS</b>	
would you recommend this university/destination abroad to others? please explain	
Yes. In Rome is a lot to see and do, so you will not be bored. But I don't think it makes a big difference if you go to Roma Tre or Sapienza for example.	
do you have any additional advice or comments?	
No.	

**2021-2022**

faculty/college	Humanities
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level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Philosophy

destination city & country	Rome, Italy
how did you travel to your destination?	I went there by train, for which I could also get a travel green grant. This grant is only available for the way there though, and partly therefore I traveled back by car (I got picked up by my family).
name university abroad	L'Università degli Studi Roma Tre
start date	01 / 03 / 2022    (dd/mm/yyyy)
end date	04 /07 / 2022    (dd/mm/yyyy)

<b>PREPARATION</b>	
exchange application process	
	The deadlines are early! More than a year in advance, there are already obligations to be met. Among other things, you have to make a study plan in which you show how you envisage the rest of your studies, including the exchange, and also a motivation letter.
counselling & support at Utrecht University	
	The university will help you by organising information sessions, which may take place online. These will tell you about the things you need to arrange, but also put you in touch with other students going to the same country. In addition, you will have a contact person you can send an e-mail to with questions.
academic preparation	
	The exchange falls within the free space, which means that in principle you have a lot of freedom of choice regarding the courses you want to take abroad. This freedom of choice makes it easier on the one hand, but also more difficult on the other hand. Information about the courses can be found on the websites of the host universities, but beware, because this information is not always as clearly displayed as at Dutch universities.
language preparation	
	I tried to learn a little Italian beforehand, partly because the older Italians in particular often do not speak English very well. I did this through the app Duolingo and by reading children's books on my e-reader, which has the advantage that you can immediately get a translation of words you do not understand. Finally, I tried to watch Italian TV series with Italian subtitles.
finances	
	Since I did not want to work during my exchange, as I do in the Netherlands, my income decreased. Part of this can be compensated by the Erasmus scholarship, which is about €1000. Besides that, I saved some money in advance, but still it was an expensive period for me, because you want to undertake many activities that cost money and because Rome is not a cheap city.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	
	I have chosen mainly history-related courses, although I am studying philosophy in Utrecht. One reason was that the offer of English courses was quite limited in Rome, but another was that history is my interest (I

<p>studied it for philosophy as well). I also took a course in Italian at the university, which also has the advantage that you come into contact with other international students who have your level of Italian. The organisation of the courses was a bit chaotic, especially in the beginning. It is often not clear when and where a course will start and if you can participate. Fortunately, the teachers are not that strict about this and it all works out in the end.</p>
<p>academic quality of education activities</p>
<p>The level of most subjects was quite high, although it depended a lot on the teacher. In general, there is less room for discussion and more for information sharing from the teacher than we are used to in the Netherlands, but that happens to suit me. Furthermore, it is important to note that the examination is almost always an oral at the end of the course. Although this may seem scary, in practice it is not that bad.</p>
<p>counselling &amp; support at receiving university abroad</p>
<p>The counselling at the university abroad was not so well organised. There was a system with a so-called 'helpdesk' where you could ask your questions, but the response time was often very long (up to a month), and there were hardly any opportunities to speak to someone in real life. Fortunately, the teachers themselves were helpful.</p>
<p>transfer of credits</p>
<p>I have not yet been able to do this, because I officially have to send a request to the aforementioned helpdesk, but this has not yet resulted in a response. Therefore, I have decided to send an e-mail directly to my contact person at the university.</p>

<b>STUDENT LIFE</b>	
<p>welcome &amp; orientation programme</p>	<p>The university itself organised an online meeting where some things were said about the academic side of the exchange, but the welcome programme was actually organised entirely by Roma Tre's ESN, or Erasmus Student Network. They had organised a nice two weeks with all kinds of activities so you could get to know other people.</p>
<p>accommodation</p>	<p>A friend of mine had done an exchange in Rome in the first semester and knew an organisation that put a monthly list online of available accommodation. My location was top, namely in the street of the university, and my flat was also very nice, although it came with the rather high price tag of 525 euros per month. I heard from other people that they used facebook a lot.</p>
<p>leisure &amp; culture</p>	<p>The ESN organised about two activities during the week, which could be playing football or going out, and a trip during the weekend to, for example, Naples or a town closer to home. You quickly got to know other international students through these activities and through the university, with whom you could spend the rest of your time, for example, going to the many museums, sitting in a park, or doing sports.</p>
<p>suggestions/tips</p>	<p>Take part in the activities organised by the ESN to get to know people and be open and social. Also, try to learn the language, something I didn't really manage to do, otherwise it will still feel more like a foreign city!</p>

<b>CONCLUSIONS</b>	
<p>would you recommend this university/destination abroad to others? please explain</p>	

I would definitely recommend Rome as a destination, as there is a lot to do in many different areas. The university was a bit chaotic but all in all not bad. By the way, I have heard that the other universities are similar in terms of organisation.

do you have any additional advice or comments?

Try to really get to know the city you are going to by continuing to discover new things! For this, it also helps to try and get in touch with people who have been living there longer, such as the ESN organisation.