

Italy - Rome - Libera Università Maria Ss Assunta (LUMSA)**2022-2023**

permission to publish contact details**	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input checked="" type="checkbox"/> yes: f.i.slangen@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	Communicatie- en Informatiewetenschappen

destination city & country	Rome, Italy
how did you travel to your destination?	By plane
name university abroad	LUMSA University
start date	1 / 10 / 2022 (dd/mm/yyyy)
end date	11 / 02 / 2023 (dd/mm/yyyy)

PREPARATION**exchange application process**

The application process was quite time-consuming. It took a long time for me to figure out what exactly I had to do. At first I felt a bit worried that it would not succeed in time, but once I read all of the information given by University of Utrecht, I figured it out in time and it went very well, since I got accepted to my first choice university.

counselling & support at Utrecht University

The counselling and support at Utrecht University started when I realised that I wanted to go study abroad. I took a look at the website and saw that there was an information day about it. I went there and I realised that I really wanted to go to Italy or Spain. After that, there was plenty of information on the website of uu that I used to get to know more about studying abroad - specifically in Italy or Spain. Furthermore, I got to know the existence of the International Office, which really helped me in the application process. They were very kind and helpful whenever I had questions about the application process or just the exchange in general. They always helped me and provided me with clear answers.

academic preparation

I did not have to do an academic preparation for the courses I followed at LUMSA.

language preparation

I did not have to do a language preparation for the courses I followed at LUMSA, since the courses at LUMSA were given in English. The level of English required at UU was already more than sufficient. When I got to Rome, I did not speak Italian at all, but I found a very nice lady who gave basic Italian lessons. Together with three friends of mine (whom I met in Rome) we took her classes for the whole semester. It was a private lesson at her house, and it really helped me to get to know the Italian language and culture. She was always there if one of us needed help.

finances

Before I got to Rome, I worked a lot in the summer. I got a lot of saving money for Rome. Furthermore there was the Erasmus Grant, which was very helpful to have. Living in Rome has cost me way more money than living in Utrecht, since I wanted to get as much culture, fun and food from the city as I could. That meant that I

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

was travelling a lot, eating at restaurants, going out dancing, a lot more than in Utrecht. With my savings and the Erasmus Grant it was doable, but some of my friends didn't save enough money before going to Rome and they really noticed how important the Erasmus Grant was.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I took four courses from the Marketing and Digital Communications Masters Program: Brand management and media planning, Events management, Digital writing and visual design, and Digital public relations. I really enjoyed following these courses, I was very glad that I chose these. Since I had never followed any marketing courses, these were perfect for me, since they covered all of the basics of marketing. In terms of organization, I did not get any specific information about the courses and its exams. I found out how everything worked while I had my first classes. The organization in Rome in general is non comparable to the organization we have in the Netherlands. That is just how it works in Italy. After a while, I managed to register for my courses and figured out where the classes were, etc.

academic quality of education activities

I thought the courses were very interesting and the teachers knew a lot about the course they gave. Some teachers put more effort into the lessons, assignments and tests than others, but that didn't really bother me. Specifically, I really liked the Events Management class. The teacher himself was an events manager at the Stadio Olimpico and he gave us a tour in the stadium while covering the theory of the classes. I feel like I know a lot more about marketing, advertisement, management, etc. than before I came to Rome.

counselling & support at receiving university abroad

There were two exchange coordinators at LUMSA - Claudia and Barbara. The one who I had contact with was Claudia. She was very helpful and guided me while I was in Rome. When I had a question about my courses or gradings, I could email her and she usually responded quite fast.

transfer of credits

The LUMSA university has an ECT credits system, just like we do at Utrecht University. The courses I followed were 6 ECT's each, so in total I got 24 ECT's.

STUDENT LIFE

welcome & orientation programme

The LUMSA university did not organize a welcome & orientation programme. I thought this was very disappointing, since I did not get to know my fellow students before the classes started. There was a welcome & orientation programme provided by two organizations: ESN and ERA. I really recommend to attend to these activities, since that's where I met most of my friends in Rome.

accommodation

I found an accommodation on the Spotahome website. It took me quite a long time to find it, so I would recommend to start looking for an accommodation way before you leave for Rome. I found a very nice apartment, and I lived there together with three other students - all different nationalities, which was fun.

leisure & culture

I absolutely loved Rome. I had the best time of my life there, I'm not exaggerating... I met the most lovely people, who are still my friends back in the Netherlands. I got to experience the Italian culture, and I loved it. Italians are very laid-back, very chill, but very elegant and kind. The places I visited were infinite, there are so many monuments, beautiful buildings, statues, parks, etc. I spent most of my nights with friends just talking until very late in the cutest restaurants with the best food and wines.

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

suggestions/tips
My suggestion is to go see as much as possible. When in your life can you ever say again that you have classes next to the Vatican?? Explore as much restaurants, churches and parks as you can. Personally, I LOVED Trattoria Guerra. This is a restaurant where for €5 you get to lunch pasta, half a liter of wine and a fresh cup of coffee. It does not get any better than that. Me and my friends went there all the time. Furthermore, I'd recommend to climb the Altare della Patria on the Piazza Venezia. I thought this building had the best view over Rome possible.

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	Yes, I would really recommend LUMSA university and Rome in general. I enjoyed the courses I followed, I learned a lot from it and I learned a lot about Rome itself. Rome is just a beautiful city with a lot of history and elegance, with the best food ever.
do you have any additional advice or comments?	If you're doubting to go, just do it! I loved being there. I did my exchange in the first semester, which was perfect, since I walked in my t-shirt in January, it could still be up to 20 degrees (not something you can say about the Netherlands..).

2021-2022**Report 1**

permission to publish contact details**	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input checked="" type="checkbox"/> yes: pstrokonska.anna@gmail.com
faculty/college	Faculty of Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Media and Culture

destination city & country	Rome, Italy
how did you travel to your destination?	car
name university abroad	LUMSA Università
start date	01 / 10 / 2021 (dd/mm/yyyy)
end date	12 / 02 / 2022 (dd/mm/yyyy)

PREPARATION	
exchange application process	The application process was quite time-consuming because of all the required paperwork. At first I felt a bit lost and also worried after I found out that the university accepts only 2 people per year. However, the exchange

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

coordinators calmed me down explaining that it rarely happens that someone does not get accepted in any of the chosen universities. After all everything went well and I got accepted to my 1 st choice university.
counselling & support at Utrecht University
I could not attend in-person meetings regarding the exchange because I was not in Utrecht during the pandemic. However, plenty of information can be found on the uu website. After starting the process I was also getting a lot of emails from the international office which was very helpful in remembering about all the deadlines. The international office was very helpful in general throughout the whole time of application and the exchange itself - I called them a few times about different things and they provided me with clear answers.
academic preparation
By doing an exchange I wanted to broaden my knowledge about marketing and business-related aspects of working in the media industry. This is the knowledge I did not get at all at UU, but it was not a problem during the exchange. I found it quite easy to follow the courses at LUMSA even though I took 4 of them which at first seemed quite a lot after getting used to the 2 courses at once system at UU. The way of studying at LUMSA is very different than at UU, but in general I found it less overwhelming. I did not have to do extra academic preparation neither before the exchange nor during it.
language preparation
All the courses I took at LUMSA were in English, and the level of English required at UU was more than sufficient. Getting to Rome I did not speak Italian at all (like most of the exchange students), but I would recommend learning some basics because there are a lot of people from the university staff with whom it is very hard to communicate without knowing a word in Italian. During the exchange I took an intensive Italian course.
finances
In general I was spending a lot more in Rome than in Utrecht because I wanted to get as much from the city as I could. I was visiting a lot of museum, traveling, eating in restaurants way more often etc. The erasmus grant was very helpful and I don't think I could do all those things otherwise. However, in terms of general costs like accomodation and food the prices were quite similar. The big difference I noticed was on the prices of the gyms - I payed 60 euro per month and it was the cheapest option I found for a short period.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
I took courses from Marketing and Digital Communication Masters Program. In general I was satisfied with the courses I chose. For me (as a person who never studied marketing before) they were perfect because I could get all the basics, but some of my friends said they already studied all of that. I would not recommend taking Web Marketing and Digital Advertising course because it was a mess. In terms of organization - we did not get any specific information from LUMSA before the classes started. Especially coming from the Netherlands where everything is very well-organized it was hard to get along with how everything works. But I think it is just how it is in Italy. After all, with a lot of help from other students everyone managed to register for the courses etc.
academic quality of education activities
For me the courses were interesting and the teachers were putting a lot of effort in diversifying the activities and assignments. I feel I know a lot more about marketing, branding, advertising, etc. Most of the lecturers were people who actually work in the field (have their own brand, do digital communication for brands, etc.). They shared their experiences and I felt everything I learn is very practical. The only thing I must note is that the lecturers' level of english was on average lower than of UU lecturers
counselling & support at receiving university abroad

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

There are two exchange coordinators at LUMSA - Claudia and Barbara. My assigned coordinator was Claudia and she was very helpful with everything. However, I would recommend sending them emails only, because their office hours are very limited. They were also answering after a few days (especially in the beginning) probably because of how many incoming students they had to manage, so no need to worry if you don't get the answer immediately on the next day.

transfer of credits

LUMSA uses ECTS credits, just like UU, so it is easy to pick courses in a way that you get a sufficient amount of credits.

STUDENT LIFE**welcome & orientation programme**

There was no welcome or orientation programme - maybe because of the pandemic.

accommodation

I found an accommodation on my own via a Facebook page because I did not want to live in a shared room in student housing.

leisure & culture

Rome is absolutely amazing and I totally fell in love with the city while studying there. Erasmus student associations organize a lot of activities and trips, but I preferred to do that on my own with a group of friends I met at uni. The amount of places you can visit in Rome is literally infinite - sometimes I was walking around the city and discovering amazing (but not that well known) galleries or buildings by accident. The architecture is amazing and I would recommend visiting every church you encounter on your way no matter where you are going. The culture of spending evenings with your friends sitting by the outdoor tables of the restaurants, drinking wine and talking is just what you want to do after a day of studying.

suggestions/tips

Piccolo Buco - THE BEST PIZZA EVER, and Tonnarello for pasta (in Trastevere).
I would recommend installing a moovit app for public transport since there are no time schedules on the bus stops and public transport is always late. You just have to get used to it and stop stressing about it - despite how annoying it might be at the beginning, it actually makes you so much more chilled about everything at the end. Also as long as you are in the city centre everything is a walking distance.
Also, if you get snack when ordering drinks you usually don't have to worry that they will charge you, especially in the time of aperitivo (17-19)

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

I absolutely loved my time in Rome and if I could I would stay there for another semester. LUMSA is perfectly located just near the Vatican City so you literally pass St. Peter's Basilica on your way to uni. Erasmus is also such a great opportunity to meet new people, and learn things that UU does not offer for your programme. Doing an erasmus was a great decision, even though it requires a lot of additional effort, paperwork, etc.

do you have any additional advice or comments?

If you are still thinking if Rome is a good city to choose - it is just perfect! Especially for the 1st semester when it's cold, windy and rainy in the Netherlands, and there you can have up to 18 degrees and walk in a t-shirt in December.

Report 2

permission to publish contact details**	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input type="checkbox"/> yes: charlotte.dsn@gmail.com
faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Liberal arts & sciences

destination city & country	Rome, Italy
how did you travel to your destination?	By plane
name university abroad	LUMSA
start date	04 / 10 / 2021 (dd/mm/yyyy)
end date	28 / 01 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process
The application process could be stressful, because a lot of different things need to be taken care of and it can seem overwhelming. The contact with your guest university can also be tricky. It really helps to be organized during this process and ask all the questions you might have.
counselling & support at Utrecht University
The UU was a great support during the application process. Everything was explained clearly and every question I had was answered very quickly.
academic preparation
Since all my courses were in English and I already had the prerequisite knowledge, I did not need to prepare anything in particular before starting the semester.
language preparation
I learned some Italian beforehand, but I did not take a specific course or test yet. You can follow both an A1 and A2 Italian language course at the university. But I would recommend to learn some Italian before going, since the level of English in Italy is not always that great and the communication will be easier if you have knowledge of the Italian language.
finances
I would recommend to save some money before going, because you spend a lot of money during an exchange. The activities can be expensive and especially in the first month it is helpful to go to as many events as possible to meet new people.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
I followed courses from the master Marketing and digital communication. I also changed one course during my stay, which was luckily easy to do. The communication with the university regarding the classes can be very

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

chaotic and the schedules are not always clear. After a while you get more comfortable with it and in the end, I am very happy with the courses I had chosen.
academic quality of education activities
The quality of the courses over all was good, but I would say that the academic level is not as hard as we are used to. But the teachers were really nice and helpful and taught the courses in an interesting way.
counselling & support at receiving university abroad
With organizing your schedule and anything else regarding your classes you have to keep in mind that their way of handling things is different from here. The pace is lower and teachers can take more time replying to your questions. On the other hand, my contact person at the international office was very involved and helped me really well.
transfer of credits
I chose five courses with 6 ECTS, so I have 30 ECTS over all. I am now in the process of transferring the credits.

STUDENT LIFE

welcome & orientation programme
The university was supposed to have a welcome day, but it did not go through. I would have liked to have one to get to know other students and to feel more comfortable at the university.
accommodation
It took me a while to find a place that was a perfect fit. Therefore I would recommend to start looking earlier, so that you don't have stress and many places are still available. You can choose to live alone, or with people you know or new international people. I looked for housing at the websites Erasmusplay, Erasmusu and spotahome. I wanted to live with other international students from my University, so I joined that Facebook group. There I met the people I eventually lived with and luckily we became really close. We found our apartment through spotahome.
leisure & culture
Rome is absolutely an amazing city to live in. The Italian culture is very warm and kind and of course the history behind Rome is very interesting. You have the best food and most amazing sights. You will feel at home very quickly. There are 2 associations that arrange different kinds of events for you to get to know the city, its culture and meet new people. I followed them on Facebook and Instagram, and joined the Whatsapp groups. You have the associations Erasmus Roma association and Erasmus student network Roma.
suggestions/tips
It really helps to attend the different events that are organized to get to know the city and meet new people. You can join events like a tour through the city, a diner, pub nights, going out to clubs, trips to other Italian cities and many more. So, you can definitely find enough events that you'd like. And don't be scared to go to an event alone!!! So many people go alone to meet new people and after all you will be happy that you went.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
Absolutely!!!! My exchange has been an amazing experience and I would recommend it to everyone! Rome is the perfect destination for Erasmus. Studying at LUMSA as an exchange student could be difficult, but in the end I would recommend the University. The teachers and contact persons from the International office were really nice and helpful and I enjoyed my courses.
do you have any additional advice or comments?

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

If you go to Italy and especially Rome, you have to keep in mind that you need to take care of everything yourself and that organizing things can be really chaotic. But although it can be overwhelming in the beginning, enjoy it and try not to worry too much!! it goes by really quickly and it is the best experience. And join as many Facebook/ Whatsapp groups as possible at the beginning! Then you can see the events that are organized and also meet people through it.

2019-2020**Report 1**

permission to publish contact details**	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>	
	my e-mail address	<input checked="" type="checkbox"/> yes: melanie.jennes13@gmail.com
	my weblog	<input type="checkbox"/> yes:
	my Facebook account	<input checked="" type="checkbox"/> yes: www.facebook.com/melanie.jennes
	other (social) media	<input checked="" type="checkbox"/> yes: www.instagram.com/meladolcevit
faculty/college	Humanities	
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD	
name study programme	Media en Cultuur	

destination city & country	Rome, Italy
how did you travel to and from your destination?	By airplane from Eindhoven airport to Ciampino airport in Rome.
name university abroad	Libera Università Maria Ss. Assunta
start date	11 / 02 / 2020 (dd/mm/yyyy)
end date	25 / 07 / 2020 (dd/mm/yyyy)

PREPARATION**exchange application process**

The exchange process was quite easy and obvious. Every step was well described in the exchange handbook I received from the International Office. As long as you keep all the deadlines in mind (tip: make a document with all the deadlines) there is nothing to worry about. It took a while before I heard something from my guest university, I think it was the 9th of december (I started in February) with the message that my application was accepted. Just have patience with the Italian universities.

counselling & support at Utrecht University

The counselling and support from Utrecht University were really helpful. I started my Erasmus journey with the group meeting in 2018, when I decided to go abroad. From then, there were several meetings to help you with making the rights decisions regarding country, city and university and a meeting to set up a budget for the exchange. These meetings were really useful for me, although I already knew that I wanted to go to Rome from the beginning. When you have questions or need help, the International Office is always there to help you and respond most of the time within 2 days.

academic preparation

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

I followed the course Piazza Italia from the Italiaanse Taal en Cultuur study programme at Utrecht University. This course gave me more in-depth understanding of the Italian culture and some history and I'm really glad that I followed this course because it gave me a realistic view on what I was about to experience in Italy.

language preparation

I started an Italian language course (up to C1 level) from LOI Institute. Lumsa Università did not check my language competence when I arrived. All my courses were in English, but it was useful to know some Italian to communicate with Italians in the daily life.

finances

I started saving from the moment I knew that I was going abroad (end 2018). Together with the Erasmus+ grant, my savings (around €4000,-) and the DUO student loan, I had no trouble financing my study abroad. The only big costs were my apartment (€650 p/m for a shared apartment + €600 deposit) and the flight for about €170 in total for both ways. Expect that Italy isn't the cheapest country to live in, especially groceries are quite expensive compared to The Netherlands. In some cases, it is even cheaper to go out for dinner than buy groceries (think €4,- pizza in Trastevere).

(interrupted) STUDY ABROAD PERIOD**welcome & orientation programme****study programme (content and organisational issues)**

I followed the following courses:

- Web design (6 ECTS)
- Business planning and Start up (9 ECTS)
- Social corporate responsibility (9 ECTS)
- Internet studies and social media management (6 ECTS)

The classes were really interesting and had some interfaces with my bachelor at Utrecht University. All courses were more like a formal lecture, rather than an interactive workgroup (as I am used to at the UU). I actually liked this more. Most of my professors had corporate jobs beside being a professor at the university. Despite the formal way of teaching, the professors were really open for conversations and you could always email them or even schedule an individual meeting if something from the lecture was not clear.

academic quality of education activities

The academic quality was better than that I expected. The first three courses were part of the English Communication and Online Marketing master programme. I would say that the level of difficulty was the same as 3rd level courses at the UU. The internet studies course was especially interesting for me because I already followed a similar course regarding new media. It was interesting to see a different approach and new information on the history of the internet and I learned a lot of useful information for my further academic career. All courses required doing group works and papers during the teaching period and a presentation and oral exam in the exam period. Oral exams is something that you have to get used to in the beginning, especially because of the use of Google Meet. You have to literally study everything that was presented in the classes (tip: make clear notes that attribute to what is on the powerpoints). For the oral exam, the professor can literally ask you anything from the study materials and you have to answer on the spot. Most of the time, they ask you about 3 to 6 questions and in the end you get your grade (minimum is 18, 30 is the max). This exam method is quite scary in the beginning, but the professors will help you get through it!

transfer of credits

Lumsa Università sent my results within 3 days from my last exam, so this was really quick. The professors immediately added the results at the same day of the exam, so there was no delay.

CORONAVIRUS CONSEQUENCES

support guidance of host university

As soon as the seriousness of the corona pandemic began to rise, the international office kept us up-to-date. The university closed from the 5th of March and through email we got all information about the online lectures. They also scheduled an online meeting for Erasmus students to explain the process for signing up for the exams.

support guidance of home university

I received information from the UU as soon as parts of Italy were going into lockdown. As soon as the whole country went into lockdown I got the friendly, but compelling, message to go back to The Netherlands. As soon as I was back, it was to be honest not really clear what the next step was and it took a while before I got an answer from the UU. Luckily, they provided me with information that led me to make the decision to continue my Erasmus exchange online from The Netherlands.

online offer and quality of digital courses

I went back to The Netherlands on the 11th of March. Lumsa Università started using Google Meet for the online courses from the 9th of March. The oral exams were also taken through the Google Meet platform. Lumsa Università also uses a digital environment mi@lumsa and elearning.it for communicating with the students and for handing out the materials. The e-learning platform is really easy in use and is completely in English. The mi@lumsa platform is only in Italian, but with some use of google translate you would be capable of using this platform too.

suggestions/tips on digital exchange

Make sure that you stick to a routine that you're used to in your normal life. It is tempting to just lay in bed and watch the digital lectures, but in the end this is not enhancing your learning process. Pay attention to the lectures and make notes. This is especially useful, because sometimes the powerpoints don't give a lot of information, but the professor can still ask a question about it in the oral exam. So you have to know what was said about the topic.

CONCLUSIONS

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

Yes, I would definitely recommend Lumsa Università to others. Despite the long wait on the acceptance message, I absolutely loved my experience at this university. You just have to be patient, and trust that everything will be okay. This university is in my experience the most internationally oriented university that the UU collaborations offer. In the second semester there were a lot of middle and northern Europeans who started the Erasmus exchange. Furthermore, the International office, led by Claudia, is always there for you and respond mostly within 3 days.

do you have any additional advice or comments?

Definitely check out the Erasmus in Campus Rome student organisation for trips, parties and events! And if you want the best pizza in town, go to Amalfi Restaurant (5 minutes from the Vatican) :)

2018-2019**Report 1**

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

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)

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 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

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

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

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

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

permission to publish contact details**	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	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

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)

PREPARATION

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 were 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 me 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

study programme (content and organisational issues)

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

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 quiet 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 ours 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

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 she needed something, she did not hesitate and helped us directly. The accomodation 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 apperitivo 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

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

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 Porthese.

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

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)

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.

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

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

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

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

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

would you recommend this university/destination abroad to others? please explain
Yes I would. Although you fee 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 proffesors, 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 wether 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. Therefor 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 preperation 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 wether 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. Therefor 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)

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

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 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 University which offered me a good level of Italian. The courses started in October 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 send 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

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 contact Erasmus students that well about this day, so I found out later that this day had passed already.
accommodation
I arranged my accommodation by myself. I used 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 quite easy for me to find an accommodation, 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 paid 650 euros without expenses for my room, but I lived next to the street. 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 takes some time.

CONCLUSIONS

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

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 allthough LUMSA university is quite organized, you need to go after everything yourself. That is something to keep in mind by chosing a destination.