

**2022-2023****Report 1**

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

destination city & country	Rome, Italy
how did you travel to your destination?	By train
name university abroad	LUMSA
start date	09 / February / 2023 (dd/mm/yyyy)
end date	22 / June / 2023 (dd/mm/yyyy)

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

### PREPARATION

exchange application process
it is a lot of work to deliver all the right documents and keep track of what needs to be signed and all the deadlines, but it is only a matter of good administration and it is absolutely worth it.
counselling & support at Utrecht University
The International office answers all your questions quickly and support you when needed or asked. I had no problems with reaching them and they were always ready to help.
academic preparation
Only preparation i did was language preparation in Italian.
language preparation
Because i was not certain whether i would follow all my courses in English, i decided to follow italian courses at the UU. This was very nice and helped me understand the language and the city way better.
finances
I saved a lot of money to do this trip, took a student loan and also had help from Erasmus.

### STUDY ABROAD PERIOD

study programme (content and organisational issues)
It was a bit hard navigating the website of the university, but i found courses i liked and just followed them. After arriving i learned my schedule and had to find other courses because the ones i had in mind sadly overlapped.
academic quality of education activities
The academic quality is quite less than i'm used to in the Netherlands, yet i still found it challenging to study in an environment i am not used to.
counselling & support at receiving university abroad

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

The person in touch with the international students helped me with finding the right tools and documents to deliver for my home university and she was always ready to help.

transfer of credits

No comment - it was quick and easy.

**STUDENT LIFE**

welcome & orientation programme

Erasmus associations made it easy and fun to get to know people, make friends and do fun things like trips, parties or daily activities. It is the best way to make friends for life, and everyone can find their own people there.

accommodation

With the help of the Erasmus asociacion i got tips to find a room and even got a discount on my booking fee. It is definitely recommended to get in Whatsapp groups where they share this vulnerable information - you can find links to enter those through the asociacion's Instagram.

leisure & culture

The culture was mediterrian, just like you'd expect. I enjoyed it a lot and it was perfect for me.

suggestions/tips

**CONCLUSIONS**

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

Absolutely.

do you have any additional advice or comments?

**Report 2**

faculty/college	humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Media & Culture
destination city & country	Rome, Italy
how did you travel to your destination?	Train: train via Mannheim to Munich, nightjet to Rome
name university abroad	LUMSA
start date	13 / 02 / 2023 (dd/mm/yyyy)
end date	22 / 07 / 2023 (dd/mm/yyyy)

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

**PREPARATION**

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

exchange application process
Everything was written out on the site of the university, but there was a looooot of paperwork you have to fill in more than a year before you're actually leaving.
counselling & support at Utrecht University
The university (both my faculty and Erasmus) were easy to reach with questions.
academic preparation
The courses I followed in Utrecht were the same or even higher level than the (master) courses in Rome, so I think I was well prepared.
language preparation
There was no language preparation, but I followed all the courses in English.
finances
I saved a lot of money before coming here, so I didn't contact the information about it because I didn't need support, so I don't know.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)
I really liked the fact that I could choose literally every course I want, if I would explain why it was a good choice to my home university. For my faculty there were only master courses, but I think it's the same level as a 2 <sup>nd</sup> or 3 <sup>th</sup> year bachelor in the Netherlands. For every course there's a schedule available, what in the beginning really hard to find was, but you get used to it.
academic quality of education activities
Some courses were way easier than what I was used to, but some were harder, so I think the average was really good.
counselling & support at receiving university abroad
Claudia was always available for questions. If a response on my email took to long, I could just go by (her building was less than 1 minute away from were I had classes)
transfer of credits
Except for one, the credits of my courses are already in my online LUMSA environment. I don't know yet how the transfer will go.

**STUDENT LIFE**

welcome & orientation programme
There was no welcome day or moment :( . The first 2 weeks you could try out every course you want to make a follow the courses that fitted in your schedule and what you wanted to learn, so that was really nice.
accommodation
I searched a looot for a room in Rome. There are quiete some options (via for example Housinganywhere, spotahome, Erasmusu and Idealista, but I wanted at least a light and little spacious room. In the end I found something next to Villa Ada in the neighbourhood Trieste and I really like this neighbourhood. Not touristic at all, but still close to the city.
leisure & culture

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

I mean it's Rome, if you want some culture this is the place to be.
suggestions/tips
Giardino degli Aranci is one of my favourite places. Check out Porta Portese market on Sunday mornings, Chiesa S'Ignezio (really beautiful and free church), Galleria Borghese (museum in Villa Borghese) and Bibliobar (favourite coffee/lunch place to study and chill nearby Vatican :))

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
I really enjoyed my time in Rome, so I would definitely recommend this city. It is of course also about expectations. For example: public transport is a big mess and nothing comes on time, but if you just except it, your time here will be a lot easier. A lot of people won't come on time, but it's mostly sunny so you can just wait in the sun with a café. From February till June the city became more and more and more touristic and busy, so I would recommend to visit things like Vatican museum and the Trevi fountain earlier in the year (of in the middle of the night ;) ). Overall, I would definitely come back to this city. I think the university was okay (especially because everyone spoke English and that was not what I expected), but I think LUMSA could have done way more for international students (such as a welcome day or goodbye dinner) or something like a check-in, how's it going, etc.
do you have any additional advice or comments?
A lot of places in Rome are cheaper or even free when you're under 25 years old, so make sure that you don't pay too much ;)

**Report 3**

<b>permission to publish contact details**</b>	<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)

<b>PREPARATION</b>
exchange application process

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

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 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.

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

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.

<b>STUDENT LIFE</b>	
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.
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.

<b>CONCLUSIONS</b>	
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..).

**Report 1**

<b>permission to publish contact details**</b>	<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 Universita
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 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<sup>st</sup> 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.

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

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.

<b>STUDY ABROAD PERIOD</b>
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
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.

<b>STUDENT LIFE</b>
welcome & orientation programme
There was no welcome or orientation programme - maybe because of the pandemic.
accommodation
I found an accomodation 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

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

amazing and I would recommend visiting every church you encounter on your way no matter where are you 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 1<sup>st</sup> semester when its 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**

<b>permission to publish contact details**</b>	<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

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

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 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

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

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 &amp; 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?

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**

<b>permission to publish contact details**</b>	<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					

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

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 9<sup>th</sup> of december (I started in February) with the message that my application was accepted. Just have patience with the Italian universities.

## counselling &amp; 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

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 &amp; orientation programme

## study programme (content and organisational issues)

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

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 3<sup>rd</sup> 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 5<sup>th</sup> 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 11<sup>th</sup> of March. Lumsa Università started using Google Meet for the online courses from the 9<sup>th</sup> 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.

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

## 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**

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 &amp; 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.

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

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
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.

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

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.

<b>CONCLUSIONS</b>	
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**

<b>permission to publish contact details**</b>	<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)

<b>PREPARATION</b>	
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.	

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

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)
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**

welcome & orientation programme
---------------------------------

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

<p>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.</p>
<p>accommodation</p>
<p>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.</p>
<p>leisure &amp; culture</p>
<p>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.</p>
<p>suggestions/tips</p>
<p>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.</p> <p>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.</p> <p>Every Sunday there is a market at Porta Porthese.</p> <p>Sometimes there are free concerts in churches. Check it at the church.</p> <p>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..</p>

**CONCLUSIONS**

<p>would you recommend this university/destination abroad to others? please explain</p>
<p>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.</p>
<p>do you have any additional advice or comments?</p>
<p>The six months in Rome were amazing months, live the "Italian way": don't worry and enjoy to the fullest!</p>