

2022-2023

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 en Cultuur

destination city & country	Rome, Italië
how did you travel to your destination?	vliegtuig
name university abroad	La Sapienza
start date	15 / 09 / 2022 (dd/mm/yyyy)
end date	01 / 02 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process

Het proces is goed georganiseerd en we kregen uitgebreide voorlichting. Als je alle stappen netjes doorloopt gaat het soepel en vloeit.

counselling & support at Utrecht University

Ik ben hier heel tevreden over. Ze stonden altijd klaar om me te helpen bij vragen. Ook kreeg ik alle informatie vooraf en tijdens het proces om met goed te voelen.

academic preparation

De eerste twee jaar van de studie Italiaanse Taal en Cultuur waren een uitstekende voorbereiding. Mijn tijd in Rome gaf me de kans om alles nu in het echt mee te maken qua cultuur en qua taal waar we in de verschillende cursussen over gesproken hebben. Het sloot perfect aan. Goed moment om dit in de eerste helft van het derde jaar te doen.

language preparation

De lessen in de Italiaanse taal hadden me op het geschikte niveau gebracht. Natuurlijk was het de eerste weken wel even wennen om alle colleges in het Italiaans te volgen maar dat ging snel een stuk makkelijker. Ik heb alle vakken gehaald en veel geleerd.

finances

Rome is door de inflatie en de hoge huizen prijzen de afgelopen tijd een stuk duurder geworden.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Ik heb mooie vakken kunnen volgen bij La Sapienza. Het is een van de grootste universiteiten van Europa dus er is een ruim aanbod aan vakken in het Italiaans. Het is wel even zoeken in het begin omdat alles net wat anders is georganiseerd dan in Nederland. Maar La Sapienza heeft een Erasmus office waar men altijd bereid is om je te helpen.

academic quality of education activities

Ik vond de kwaliteit van de cursussen erg hoog. De docenten waren zonder uitzondering een expert op het vakgebied en hebben me enthousiast gemaakt voor hun vak.
counselling & support at receiving university abroad
Er is op La Sapienza een introductie week voor de Erasmus studenten en er is ook een speciale voorlichting over hoe alles functioneert.
transfer of credits
Ik ben aan het einde van mijn stay bij de Erasmus office langsgegaan en die hebben een transcript of records gemaakt en naar de UU gemaield.

STUDENT LIFE
welcome & orientation programme
Er is de eerste week een introductie voor de Erasmus studenten. Ook is er een Erasmus studentenvereniging in Rome
accommodation
De kamerhuur prijzen zijn flink omhoog gegaan na de COVID periode dus start op tijd met het vinden van een kamer
leisure & culture
Rome is een fantastische stad om te zijn. Het was bijna altijd zonnig tijdens mijn verblijf, dus veel van de stad en de mensen gezien en lekker gegeten en genoten. Ook was het fantastisch om alles wat in de vakken kunstgeschiedenis en filmgeschiedenis werd behandeld in de stad "in het echt" te kunnen zien.
suggestions/tips
Ik was al enkele weken voor de start van de lessen naar Italië en Rome gegaan. Daardoor was ik al aan de taal gewend toen de lessen begonnen. Dat is echt aan te raden.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Ja zeer zeker. Het is een grote universiteit die helemaal is voorbereid op het ontvangen van Erasmus studenten. En Rome is een fantastische stad. Ik heb nu al heimee.
do you have any additional advice or comments?
Geniet van je tijd in Rome; het is echt kort een half jaar en heel snel voorbij

2019-2020

Report 1

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

Italy – Sapienza Università di Roma

destination city & country	Rome, Italy
how did you travel to and from your destination?	By plane
name university abroad	Sapienza Università di Roma
start date	01 / 02 / 2020 (dd/mm/yyyy)
end date	31 / 7 / 2020 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process went fairly well, mostly with my own university. Finding courses on the Italian university proved to be more difficult as the site was very difficult to navigate and for the most part in Italian. Google translate helped a lot, though.

counselling & support at Utrecht University

Counselling and support at Utrecht University was very helpful. If I had any questions they always responded very quickly and thoroughly. I emailed them a lot because some questions were not that clear to me but I always received great assistance.

academic preparation

Preparing for the courses proved not to be too difficult since most subjects were not entirely new for me. The Italian academic system is different from my own, however, so I did not prepare for anything. In Italy there is a lot more freedom and it was actually strange at first.

language preparation

Utrecht university did not really offer any courses on Italian (except perhaps the bachelor Italian). I mostly studied from books that I bought or practised on the internet. I did not prepare me well enough for academic Italian as my ability to speak was not that great. I did not really practise that in the Netherlands.

finances

The Erasmus grant helped a bit although Rome is expensive to live in. I worked a lot before and my parents helped me and I also had my student loan. But if you would have to rely on the Erasmus grant it is definitely not enough for living in Italy.

(interrupted) STUDY ABROAD PERIOD

welcome & orientation programme

The welcome week was alright although it taught us nothing of the administrative system of the University. It had some activities and they gave us our tax code but to find your courses you had to figure that out by yourself which wasn't always easy.

study programme (content and organisational issues)

The courses were okay but the organisation was a complete mess. Schedules were sometimes posted on a personal page or in the courses catalogue. It was not always clear what you had to do or where you needed to go. Sometimes the professor did not show up or was half an hour late.

academic quality of education activities

The professors were very intelligent and knew the material well. However there was no interaction with students whatsoever. In this way the Italian education system is very different. You could email them for questions but it took often a bit long for an answer. I had no projects whatsoever I had only lectures.
transfer of credits
As of today I still do not have my Transcript of Records. I have emailed multiple people and they tell me the administrative body of La Sapienza still needs to registrate them. When this is done I will get the transcript.

CORONAVIRUS CONSEQUENCES
support guidance of host university
There was no guidance of my host university whatsoever. There was no special email for erasmus students. I think they automatically assumed we had all left. It took some days for professors to email students about how they were going to give courses. But for Erasmus students specifically there was nothing. Also getting signatures of every kind is nearly impossible as one normally has to physically go to the university to get them. No alternative was given which made me miss many deadlines (including my Certificate of Attendance).
support guidance of home university
There was some support but that was in the form of multiple emails asking students to come home. There was no information on the grant or missed courses whatsoever. Perhaps it was because of the panic or the relative short time in which decisions had to be made.
online offer and quality of digital courses
The quality of courses did not improve when they started to be given online. Multiple platforms were used and some professors just uploaded word documents instead of giving lessons. Some lessons were live but they did not always go well and the professors were not always good with technology.
suggestions/tips on digital exchange
I don't really know what to suggest. Maybe the only thing I would recommend is sending less emails to students strongly advising everyone to come back because it only increases the panic. In fact it made travelling even more dangerous as the airports were packed with an exodus of different students going back to their countries. In the end it did not matter at all where you were.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would recommend Rome but not La Sapienza if you are used to the quality of education given on Utrecht University. The city itself is beautiful and a wonderful experience but La Sapienza is just a mess. There are almost as many students in La Sapienza as there are people living in Utrecht. I would recommend going to LUIS or something.
do you have any additional advice or comments?
No

2018-2019

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

destination city & country	Rome, Italië
name university abroad	la Sapienza
start date	1 / 09 / 2018 (dd/mm/yyyy)
end date	28 / 02 / 2019 (dd/mm/yyyy)

PREPARATION	
exchange application process	
	the process of application from out the Netherlands was well arranged and worked well.
counselling & support at Utrecht University	
	the support of Utrecht University was good and clear in the form of different workshops.
academic preparation	
	I did not prepare myself in a special way for my study abroad.
language preparation	
	I did not do a special language preparation for my study abroad.
finances	
	I saved some money, found a job in Rome, so that together with my Erasmus scholarship I could manage.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	
	it took a while to find my way in the enormous Sapienza University. Also some course I choose before my mobility were not teached anymore, so I had to change my study program. But I also liked this adventure and after a couple of weeks I felt at home in the faculty Lettere e Filosofia at Sapienza. At the end I followed a big Roman History course in Italian, a Filofosy course on ethics, a Renaissance Culture course, and a Art History course on Impressionism.
academic quality of education activities	
	the quality of knowledge present in the courses was huge. The way of teaching very different from UU. The professor talks, the students listens. That's it. But I liked this way of academic education.
counselling & support at receiving university abroad	
	not very present because the university is so big and a bit messy. But again, this made my experience a charming adventure, and at the end everything will end up fine.
transfer of credits	
	la Sapienza also uses ECTS so this is easy (hopefully).

STUDENT LIFE	
welcome & orientation programme	

Nice and warm welcoming program, with ESN organisation organizing a lot of stuff.
accommodation
They offered help but I arranged accomodation by myself.
leisure & culture
Again the ESN organization organises a lot of stuff.
suggestions/tips
There are plenty of websites to find nice housing in Rome by yourself (check out: easystanza, uniplaces, subito), so you are not to depending on the accomdation search organized by the university.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes I would for sure, because even though Italië is Europe and not so far away from the Netherlands, it is a place with a whole different (academic) culture and way of life. It takes some time to get used to it but as soon as you do it will feel less structured but more relax compared to the life in the Netherlands. And I learned a lot from this experience.
do you have any additional advice or comments?
Trattoria Peppo al Cosimato in Trastevere, they have very good pizza!

2016-2017

Report 1

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

destination city & country	Rome, Italy
name university abroad	Università Degli Studi Di Roma La Sapienza
start date	06 / 02 / 2017 (dd/mm/yyyy)
end date	31 / 07 / 2017 (dd/mm/yyyy)

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

PREPARATION
exchange application process
The application process went pretty smoothly. I didn't have any troubles with getting papers signed. However, the amount of different forms you have to fill out is something to be warned for. The most time for me took finding out what forms there are and where to find them.
counselling & support at Utrecht University

Italy – Sapienza Università di Roma

The counselling and support at Utrecht University was always willing to help and to answer my questions. The website of the university is very helpful. All the information you need is there, so you can do the application process perfectly independently.
academic preparation
I did Erasmus in my second year, that means that I had only had one year of studying. Therefore I chose courses that suited as a continuation of my study.
language preparation
Since I had already had courses taught in Italian at my home university, I was good prepared for living in Italy. I started already with a higher level of Italian than was requested by Erasmus.
finances
I calculated the costs that I would make, including housing, food and social activities. What I hadn't thought of, was the fact that I would make a lot of trips through the country. Erasmus is an amazing opportunity to not only get to know one city really well, but also to see a lot of the country. This ended up costing some money that I hadn't calculated. The grant covers a lot of costs but not everything. Making trips is not necessary of course, but I think the trips that I made will be one of the most valuable memories that I have of my stay.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
Finding courses was pretty difficult, since the website of my receiving university is easy to get lost in. The offer of courses is very big, and since as Erasmus student you can choose whatever course you want, it's a big selection. Luckily Erasmus allows you to make changes to your Learning Agreement, in case courses turn out to be not how you expected them.
academic quality of education activities
The way courses are taught at my receiving university is very different from what I'm used to. But it's important to try to adapt to their system. The classmates were often nice and willing to help you.
counselling & support at receiving university abroad
Since my Erasmus was at the biggest university in Europe, there was very little personal attention. The opening hours of the Erasmus office were limited and email communication took a long time.
transfer of credits
I didn't get all my results before 1 st of July, and the credits of the language course took even longer.

STUDENT LIFE

welcome & orientation programme
There was a welcome day, where they explained everything. That was also a good first moment to meet other Erasmus students.
accommodation
It was not so difficult to find housing, because the university was very helpful and friendly finding a nice room. They gave me a lot of options. Everything was arranged before my Erasmus started so I could come to Rome without having any stress about having to find a room.
leisure & culture

Italy – Sapienza Università di Roma

There are a lot of activities organized for Erasmus students, together with the other universities in Rome. There I met a lot of people with whom I ended up spending most of my free time. In the university area there is a lot of student life. The Italian culture is very social and warm, so feeling at home here took me almost no time. With friends you can visit cultural things and go eating all the time, two of the things you find the most in Italy.

suggestions/tips

Go to the organized activities in the beginning! Everyone is open to meet new people so that makes you feel at home really fast. The organized activities will also show you a lot of nice places and guide the cultural trips. As soon as you found your group of people you can organize your own activities.

CONCLUSIONS

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

Sapienza University is very big when it comes to the amount of students attending, especially if you study at the largest faculty Literature and Philosophy. Therefore you don't really get to know your teachers or the students. On organizational field I felt the university couldn't keep up with the amount of students. There is a lot of waiting for exams or for getting papers signed. On the other hand, the campus is very beautiful and there is enough space to relax with your friends. There are grass fields, benches, trees for shadow, coffeeplaces and stores to buy study books or concert tickets. If you're looking for your class room, they're always willing to help you because they're used to a lot of Erasmus students.

Rome is a great city to do your Erasmus. The Erasmus social organization is big enough to have an amazing social life. Apart from that there are tons of museums and parks you can visit. Furthermore just a casual walk through the city center is also nice as you get to know the city very well if you do this often. All in all there is never a dull moment in this beautiful city.

do you have any additional advice or comments?

Try to learn the language as well as possible before going to your destination. It will make things easier as well as more fun since you can make yourself more one with the culture. Another advice would be trying to make some local friends. They will show you places you could never come up with yourself or tell you inside information about the city. Plus you have a reason to go back to the city to visit your friends.