



LUISS (Guido Carli) Rome

2023-2024

PREPARATION
exchange application process
The application process started early. We already had to submit our applications at the beginning of December. It is good to make sure that you are well informed about this process. I had to submit my studyplan, this included the courses I wanted to attend at LUISS but also what I wanted to do after the exchange, and a motivation letter. Although the motivation letter is less than two pages it still took me quite some time to write it. I did a lot of research about the courses I wanted to attend in Rome, I found it important they would add something to my studies. Therefore, I would advise you to start well in time with preparing, otherwise you may not make the deadline.
counselling & support at Utrecht University
The counseling at the UU was useful. I went to one information meeting and there I got a lot of useful information about the locations and the process. I also liked it that former exchange students told about their experiences. This gave me a good idea what I could expect. I would really recommend to go there. Next to this the International Exchange Office is always easy to contact and very useful if you need help.
academic preparation
There was not really any academic preparation necessary. The level of the average UU student is sufficient to attend the LUISS courses. At Utrecht University they put quite some effort in the development of academic skills. It was clear that not all LUISS students had these skills, therefore, you probably do not have to worry about this.
language preparation
All my classes were taught in English. I did not take any English classes, however this is possible. During my courses in Rome I did not have any language issues. Probably it is more useful to do an Italian Language course. Many Italians do not speak English, so it is required to speak a bit of Italian. Before I went to Rome I already excersised a bit of Duolingo. At LUISS it is also possible to attend a language course, but this one is not really learnful and very chaotic. So, if you want to learn Italian, I would recommend to already take some lessons back home.
finances
The Erasmus Grant was a lot of work to request. Several documents had to be submitted and signed by the UU and LUISS. The Exchange Office of LUISS is in general not very quick, so it is important to start this process in time. Next to this you also should not forget to request the grant for public transportation when you are abroad that Dutch students can request. My expenditures were higher than in Utrecht. This was mostly because I wanted to live close to LUISS, and this is in general an expensive neighbourhood. Grocery shopping is a bit cheaper than in the Netherlands. However, I did several trips and we went for dinner often, therefore I spent more than I normally do in Utrecht.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
At the UU I am a Public administration & Organizational Science bachelor student. At LUISS, I attended the following courses: Chinese Studies, Sociology Of Terrorism And Political Violence,



History of International Relations, and Comparative Politics. All these courses were of the master level and worth 6 ECTS.

academic quality of education activities

The academic quality of the educational activities was not of the highest level, but you still had to invest time in it to pass your courses. It also took me some time to find out how everything worked at LUISS and which programs you had to use. The courses at LUISS were compiled well and are dealing with current topics. The courses involved exams as well as presentations and essays..

counselling & support at receiving university abroad

Although it sometimes took some time before they replied to emails and signed files, they were helpful. Eventually they always made sure everything was settled. So if you need anything, you can count on them..

transfer of credits

LUISS also uses ECTS, therefore, the grades are just transferred. The grades however, do not count for your average.

STUDENT LIFE

welcome & orientation programme

A lot of introduction activities were organized. They really wanted you to feel home. At the first day of the welcome week they had an introduction meeting. This meeting was very useful, during it they discussed all necessary you had to know about LUISS. They also share all the information online, if you are not able to make it. After this the welcome week started. This was a week organized by ESN LUISS, the international students association from LUISS. They arranged a wide range of activities, several parties, a day trip, a dinner, and sport activities. I can recommend to buy a ticket for this week, because it is really easy to make friends during it.

accommodation

As I said before if you want to live close to LUISS (Trieste/Salario/Parioli), it is a bit more expensive. However I really liked this and most of the international students live here too. It is important to start searching for a room in time, because the offer is not big. When you start searching in July, you are probably too late and all the good accommodations are gone. You can book accommodations through only booking websites like, HousingAnywhere, SpotaHome, and UniPlaces.

leisure & culture

During my stay I really fell in love with Rome. It is such a beautiful country and there is so much culture. For European below 25 years most museums are only €3. So when I did not have any plans I just went to visit some museums, and the nice thing is that there is an incredible amount of them in Rome. I can also recommend to visit some other cities, like Florence, Bologna, Naples, and Milan. Much of my leisure time I spent at ESN activities, because I had many friends there. There are several international students organizations and you can participate in the activities of all of them. I was also a member of a football team in a tournament organized by LUISS, we played a match every week. In Rome it is difficult to exercise because the gyms are really expensive (some of my friends paid more than €100 per month). Therefore, I bought running shoes to run in the park next to my house.

suggestions/tips

I would suggest, especially at the beginning, to go to as many ESN activities as possible. You can also go to activities of the other ESN's, ERA or Erasmus Life Roma. But this is definitely the easiest way you can make friends. Most of the people do not know anyone, just want to meet new people



and are really nice. This also requires a bit of your own effort. You can also go to an activity without knowing anybody, you will meet people there anyway.

CONCLUSIONS

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

I would really recommend LUISS as well as Rome. Because LUISS is a private university everything is organized well and the level is better than other universities in Rome. Next to this Rome is such an amazing place to live. I made some really good friends there, if I could I would do it all again.

do you have any additional advice or comments?



PREPARATION

exchange application process

The application procedure was quite straightforward. You were required to complete forms related to your academic performance at Utrecht University. Additionally, you needed to compose a letter explaining your motivation for choosing your preferred university and city. Furthermore, you had to submit your study plan outlining the courses you intended to take at the university. Upon being accepted by Utrecht University, the application process for Luiss University commenced. This phase proved to be more complicated. It involved creating multiple accounts, setting up email addresses, and configuring your account as an exchange student. Subsequently, you had to select your courses, which was relatively straightforward thanks to clear instructions provided. However, you needed to make sure none of the courses you initially wanted to take had overlap with each other. That was a bit of a challenge.

counselling & support at Utrecht University

Utrecht University offered me valuable guidance and support. I visited my study advisor to discuss the possibilities of an exchange, I could ask my questions about the application process. The guidance was very good, even during my exchange when something changed or I had questions about the Erasmus Grant I could send her an email and she would help me.

academic preparation

In terms of academic preparation, the most important thing was selecting the appropriate courses. I ensured that the prerequisite knowledge aligned with what I had acquired in my previous years of studies.

language preparation

None, since I could prove my English level was well enough by the CAE exam I did in highschool. I tried to study Italian myself but this isn't mandatory.

finances

Keep in mind that the living cost in Rome are quite high and that you are doing things you wouldn't normally do or less frequently in the Netherlands (eating out, getting a taxi, visiting other places and musea). I have used my own savings from my side job in the Netherlands, erasmus grant and student loan for financing my exchange period.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I tried to choose courses I had interest in so most courses were quite interesting and doable. However, during my exchange, one course I took was quite economic oriented and I noticed it was quite stressful since the professor was very strict, the material was hard and you had a lot of assignments. I noticed that the exams are less hard than in the Netherlands.

academic quality of education activities

Not all the teachers were so good at speaking English so this made it sometimes harder to understand what they were saying, but overall I could follow them quite well. Online and in class presence was mixed. Overall I think the teachers and the quality of education was okay. It is just a bit different than you're used to.

counselling & support at receiving university abroad

The university has a lot to offer in terms of support and counselling. You have a wellness hub, a doctor you could visit and via ESN you could get discounts on things like gyms and hairdressers. The counselling office was very approachable.



transfer of credits

LuiSS didn't transfer my credits yet so I can't say anything about this yet.

STUDENT LIFE

welcome & orientation programme

ESN organized a welcome week where you had a campus tour, dinner, parties, etc. This really helped me to get to know the city, find my way around the campus and meet new people. It was very easy to join and helped me to make my friends here.

accommodation

I found a student room via spot a home. I already started looking in March (very early I know) but I would highly recommend to start early, because renting a room in Rome can be quite expensive and difficult. Even during my exchange, you heard that people had difficulties finding a room.

leisure & culture

Rome is obviously known for its beautiful buildings, art, and historic places. You can get very delicious and quite affordable food everywhere. The climate is notably warmer than that of the Netherlands, especially in the beginning of September it could be very warm. At LUISS you notice that people really dress up for class and were (even though it's warm) long pants.

suggestions/tips

I continually feel as though I've only scratched the surface of this city, and I wholeheartedly recommend experiencing Rome for yourself. But also try to explore the areas near Rome (Napoli, Castel Gandolfo, Santa Marinella, etc.) because since you are staying in Rome for a couple of months it gives the perfect opportunity to also explore the less known buildings and areas.

CONCLUSIONS

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

This has truly been an incredible experience for me. I am so grateful for everything I have learned, everyone I have met and everything I've got to experience. Furthermore, my time in Rome has been nothing short of extraordinary; the city is extraordinary with opportunities for exploration. Whether you prefer solitary adventures or embracing the vibrant social scene, Rome has a lot to offer to everyone's preferences. I consider this an experience

do you have any additional advice or comments?

Enjoy your time abroad!



PREPARATION

exchange application process

Make sure you read a lot about past student experiences, those help you the most in making your choice of which university and city to go to! The application is simple and very well explained.

counselling & support at Utrecht University

I was helped very well by the contactpersons through e-mail (ieo.leg@uu.nl). Just make sure to start the process in time so you'll have enough time to ask questions where necessary.

academic preparation

None, I had already finished by bachelor's and was doing this for extracurricular. I wouldn't say the subjects here are a lot easier, it is just a different way of teaching and questioning. I followed one subject of law (European private law: a masters course), and there was a lot of hearing lectures, and not so much workgroups as you are used to in Utrecht. The final exam was a multiple choice exam, so you need to understand and know the material, but you do not have to apply it. I only took one law-course because the choice of English courses in law were very limited, especially on bachelor's (under-graduate) level.

language preparation

Since you can follow all your subjects in English, learning Italian is not necessary (education-wise). I did not prepare.

finances

Make sure you apply for the Erasmus grant, 6 weeks prior, this is €230 per month which is very helpful. Furthermore, look at DUO (uitwonende beurs, OV-vergoeding) and my tip is to put your student-loan to the maximum the last few months before you leave, so you have a buffer while you are on exchange. I tried to save up money beforehand, and I recommend doing this as much as possible. I underestimated how much money you need a little bit. The rent in Rome is not cheap, if you have a room in the student areas like Trieste/Bologna, you will most likely spend from €600 to €900 per month on rent. The groceries are also expensive (just like in the Netherlands). This makes your monthly expenses a lot and with all the fun stuff you'll want to be doing (drinks, going out, going to the beach, making trips), you want some money saved up. The monthly incomes from Erasmus and DUO will most likely not be enough to finance all of this.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

At Luiss they are very organized when it comes to the classes and I did not experience any difficulties. You need to choose your subjects before you arrive, but from your startdate you will have one week to change your classes. So you can follow several classes and see if you like them, and change/drop classes if you don't.

academic quality of education activities

The study programme was fine overall. Like I said, the choice in law-course on bachelor's level is very limited. Choosing master (this is called graduate) classes is an option, it is a little harder but doable if you are used to the Dutch schoollevels. The exams are a bit different, you will mostly have multiple-choice exams or oral exams. They can also give you a percentage on your grade based on your presence and motivation in class.



The quality of the academic courses are a little less than I was used to. The seminars are vague and there is no real structure.

counselling & support at receiving university abroad

Good. People are happy to help you.

transfer of credits

The grades here work differently: you can score 0 to 30 points, 18 points is sufficient. You will not take a grade back to your home university, it will only show if you passed or not. So, no pressure! :)

STUDENT LIFE

welcome & orientation programme

I recommend coming the week before your startdate by Luiss. This week is the welcome week of Erasmus (ESN and ERA: look it up). Make sure you buy a welcome week package and go to the events. This is your chance to meet the people you will spend the rest of your months with.

accommodation

Finding a place in Rome to live is not easy so I recommend starting to look when you are assigned to the Luiss university by Utrecht University. You will not have your confirmation by Luiss University by then, but this can take a long time (2/3 months), so don't wait up.

Most of the people I know found an apartment through the website [spotahome](#). I recommend using this website and looking for apartments in the neighbourhoods Trieste/Piazza Bologna.

Personally I found an apartment near Piazza Bologna metro-station, which makes it much easier to travel around and this is a great, safe and student-neighbourhood.

leisure & culture

Rome is amazing. I would recommend going to less popular places, the more traditional restaurants and the less busy neighborhoods. This is where you will be eating the best food! Ask the locals where to go.

suggestions/tips

Do not underestimate all the Dutch people coming to Rome, especially to Luiss. My year we were with 100+ Dutch students! So don't worry about not finding your people or having to speak English all of the time.

CONCLUSIONS

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

I loved Rome and the experience. Something nobody told me beforehand is that Rome is very big, maybe too big for an Erasmus experience. Since everything is far away from each other, you have to travel a lot with public transport, for going out to dinner and seeing your friends. It takes some time to get used to this, but when you are, there is so much to explore and to see!

do you have any additional advice or comments?

Enjoy!



PREPARATION

exchange application process

The application process i experienced as very well guided. The uu exchange office is very willing to help and kind every time. Also the people at Luiss are very responisve and helpful. The process it self does take up some time but it all fell completely within my expectations

counselling & support at Utrecht University

Counselling and support were very personalized (if asked), and overall i would rate the support really high!

academic preparation

Luiss university offers a rather detailed course catalouge, which makes choosing courses that suit your interests rather easy. However, the system differs somewhat from our system in terms of credits per studyload, and also master/bachelor courses are somewhat more interchangeable is what i noticed form my collegues there.

language preparation

I learned the absolute basics of italian but that's about it.

finances

I saved up for my exchange, and this i would definitely recommend. My initial thoughts were that Italy wa going to be significantly cheaper than NL. This is true in general, however, Rome is an expensive city and for the most things (excl. going out for dinner) completely on par or even above Dutch prices.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I was completely free in choosing my courses, and hence i took courses that fell out of line with my regular economocs programmes. (mostly ppe courses). I must note that the system is very different than at the UU. You follow 4 courses simulatiously, which is at times a bit chaotic, and also there is not a clear distiction between lectures and tutorials, which at times have required attendance to.

academic quality of education activities

On par with uu in most aspects, In my experience i had three courses which were relatively easier then uu courses i have taken, and one that was relatively harder. Keep in mind that the grading system there is different and higher grades are often usual (scale is 0-30).

counselling & support at receiving university abroad

great support and very good personal guiding

transfer of credits

not yet applicable

STUDENT LIFE

welcome & orientation programme



really fun! I go there a week or so before uni starts, and joined the international student association (ESN), they made fun activities and my first weeks were completely packed as result of this!

accommodation

My accomodatio, I arranged myself. First of all finding a room in Rome is hard and expensive, in one way i got rather lucky with the location and had some fun roommates. However, purely accomodation wise it was a huge downgrade from my usual house in Utrecht where i live in a big student house. There was no common room aside from the really small kitched, which made hanging out at home very difficult, but this is the case in almost any student housing in rome and it took some getting used to for me. Besided that, the room was relatively dirty and a lot of stuff was often broken (e.g. the shower head broke every 2 weeks).

leisure & culture

Rome arguably the most culturaly rich city in the world, musea are cheap, there a bars everywhere and going out is amazing. I never had a dull moment, and there is so much to see that i think i'll go back every year!

suggestions/tips

Find a room as quick as possible and avoid facebook for it (make sure you have a contract is a must and the most fun neighborhoods to live are trieste/nomentano, historic centre or parioli). Save up some money and lastly pick some courses that seem interesting or have an relaxed assesment mehtod. Keep in mind that the uni has three faculties that are spread across different locations, hence it matters quite a lot to one you usually have to travell to for courses. I did economics and thought that meant rome buissness school, however, this is a different faculties and i never had courses there. For bacholar students, econimics/ppe courses are in parioli (viale romania) and law courses are in trieste at viale pola. If you want to live close to uni pay attention to this

CONCLUSIONS

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

I would one hundred procent recommond this destination. The univeristy is very cool and a world apart from the UU. The food in the city is cheap and great, the nightlife is very interesting and since it is basically the cultural capital of the western world there is a lot to see and you'll never be bored! Also since it is such a world city it is a great hub for travelling to other places, with a lot of connections to other cities and countries via cheap flights!

do you have any additional advice or comments?

Find a room asap!



PREPARATION
exchange application process
I wrote a letter explaining my motivation and I made sure I didn't miss any deadlines regarding the application. I also attended a seminar at the university.
counselling & support at Utrecht University
Not applicable for me.
academic preparation
None, the courses I followed didn't have any academic requirements.
language preparation
I followed a small language course in the Netherlands, but it was not necessary.
finances
Of course I saved some money. Next to that my parents helped me with rent. An useful tip: make yourself a budget you want to spend each month. Keep in mind you will spend way more than that budget.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
I followed courses in Accounting, financial statement analysis and business economics. Next to that I followed the Italian language course. The content was business related and my exams were on paper. I didn't have oral exams or what so ever.
academic quality of education activities
In the Netherlands, the academic quality of the courses is way better. It is also harder. I didn't study that much and I passed all my courses.
counselling & support at receiving university abroad
Not applicable for me.
transfer of credits
At LUISS, they have the same credits (ECTS) as in the Netherlands. Therefore, it is easy to transfer them.

STUDENT LIFE
welcome & orientation programme
Participate in the ESN events. They organize a welcome week, which is perfect for meeting new people and getting to know the city. I highly recommend attending ESN and ERA parties.
accommodation
My house was a 10-minute walk from my university. That made it easy to get to college and attend classes, even when I was hungover. I recommend looking for a home as soon as possible.
leisure & culture
ESN and ERA organise all sort of trips regarding citytours, musea and other leisure and culture. You can also just go by yourself (I did a few times).



suggestions/tips

If you don't have friends who want to join you, join ESN or ERA. If you do have a group, I recommend organizing something yourself.

CONCLUSIONS

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

Yes! First of all, Rome is amazing. It is a big city, it has lots of students and the weather is beautiful. The university itself is also great. Because it is a private university, it is well organised. The courses were not that difficult, but that is the case by every university in Italy.

do you have any additional advice or comments?

Going on an exchange is already a good decision. But if you love Italy, food and wine, you should definitely go to Rome.



PREPARATION

exchange application process

It was really easy to apply for the exchange program and if you need any help the erasmus office and study advisor are really nice. It was a hassle to get the right signatures, as LUISS didn't react quickly. So I would sent the documents immediately so you wont get any problems.

counselling & support at Utrecht University

The support of the study advisor and erasmus office was really good. They react quickly with answers to any of your questions.

academic preparation

I did not do any academic preperations. Was not needed, the level of education is really bad at LUISS.

language preparation

I did not do a lot of language preperation. My classes were in English, so I did not need to. I did start duolingo just for fun and did a language course at LUISS, but the language course was really bad.

finances

It is really expensive. You can make it quite doable with the erasmus grant and such, but I did a lot of trips which cost a lot of money. I saved up a lot but it still cost a lot more than I expected.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I did macroeconomics, public finance, international relations and political sociology. My bachelor does not contain any maths and barely any economics, so I missed a lot of the basics with the two economics courses. But the courses are so easy that you don't really need it. However, my professors were so bad that I did not learn anything so I had to use youtube for explanations.

academic quality of education activities

The study program at LUISS was really easy. I did not have to do anything except for the last week for the exams. I was able to go travel every weekend.

counselling & support at receiving university abroad

The LUISS university did not give a lot of counseling and support, but I also didn't ask for it. So I don't really know.

transfer of credits

Still have to do this. The transcript of records will be sent to UU directly, so I will just have to ask the board to look at them.

STUDENT LIFE

welcome & orientation programme

The welcome program was not that interesting, there was one big meeting with some lunch but nothing happened so everyone left quite quickly. I would recommend going to all the ESN stuff. There is a lot of students there who don't know anyone and want to connect.

accommodation



Rome is expensive. I recommend looking in advance and don't rely on the accommodation of LUISS as they don't have anything and they are really expensive. The Trieste neighbourhood is very nice with a lot of students. I paid about 850 for my room including utilities.

leisure & culture

I had a lot of free time, so I traveled a lot. The culture is amazing and I want to go back.

suggestions/tips

Use all the time you have to see everything. Rome is just one big museum. Go see the Vaticano, Pantheon, Trevi, Basilica di Laterano, just the random buildings in the centre, all the squares and so much more. But also the other cities in Italy are amazing. Go to Napoli for the food and Firenze for the wine.

CONCLUSIONS

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

Yes. Don't go for the quality of education, but go for the experience. You meet a lot of new people, get to live in the eternal city and get the best time of your live.

do you have any additional advice or comments?

Don't look too much at the finances. It will cost a lot of money, but it is worth it.



PREPARATION
exchange application process
I prepared heavily for my application by realing taking the time. I informed with friends and colleques how to file the application and set dates and to do's in my agenda.
counselling & support at Utrecht University
The counseling and support at Utrecht University is adequete and good. You can send e-mails to them or speak to them directly about any questions one might have.
academic preparation
None.
language preparation
None.
finances
Applying for the Erasmus grant and the OV- grant from Duo. Did not have to work during the exchange.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
I followed the courses: Business cyber law: https://www.luiss.edu/cattedreonline/corso/TDS17/0/1DSL2BASE/2021 2. Artificial intelligence and international law: https://www.luiss.edu/cattedreonline/corso/ET28/0/3GSLMDZ/2023 3. Emerging technologies: https://www.luiss.it/cattedreonline/corso/M486/0/LMLDSBASE/2021 4. Geopolitical scenarios and political risk: https://www.luiss.edu/cattedreonline/corso/M314/0/LM20IRS/2021 5. Legal issues in marketing: https://www.luiss.edu/cattedreonline/corso/M156/B/LM19KMA/2021
academic quality of education activities
Very good. The teacher are proffesionals within their subjects with great field advantage.
counselling & support at receiving university abroad
Very good, same as in Utrecht University
transfer of credits
yes

STUDENT LIFE
welcome & orientation programme
Very good. The ESN organisation, which is located there, provided for everything and is a great way to make friends and do fun things.
accommodation



Doable, I searched really early so I had more choice. Rome is expensive for rent.

leisure & culture

Very good, the Italian food, culture, buildings and musea are really worth it.

suggestions/tips

visit piazza San Calisto!!

CONCLUSIONS

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

Yes, Rome is beautiful world city. The city is really big though so be prepared in the beginning. The universities are really good and although you are far from home friends can still visit you quite easily.

do you have any additional advice or comments?

none



2022-2023

PREPARATION
exchange application process
For the application process, you had to fill in forms about your grades at the Utrecht University, you had to make a letter concerning why you were motivated to go to the university of choice and the city of choice. You then had to upload also a document with courses you would like to take at the university. This was all very clear. After you've had been elected by the Utrecht University, the application process at the Luiss University began. This was more complex. I had to create multiple accounts, create emails and figure out how to set up my account as an exchange student. Then the course election process began, which was easy to follow and you received clear instructions. Then at the end of the summer, some of my courses were cancelled. I had to choose different ones that fitted my shedule, since no courses may overlap. This all worked out in the end, but because everything was communicated slower than in the Netherlands, it made me a bit stressed. I received an email from the student association ESN in my mailbox and also applied there. I can say this whole process was a bit stressful, but you just have to believe everything will work out in the end, which it did.
counselling & support at Utrecht University
The Utrecht University provided me good counseling, I went to my study advisor to talk about how to apply, I could ask my questions and she was willing to help me. It made the process more clear and was really great.
academic preparation
In form of academic preparation I just needed to make sure I chose the right courses. I chose introduction courses, and made sure the required back knowledge added up with what I had learned in my previous study years.
language preparation
I had to take an OLS placement test when I was in Rome to determine my English level. I also had to get an English Proficiency Letter stating I can speak english well. I downloaded Duolingo to be able to learn a bit of Italian as well.
finances
I have to say the housing is not cheap. I paid way more then in the Netherlands, so be aware of that. I also found the supermarkets quite expensive, so it's best to stick with local markets. I spend way more in my Erasmus then I usually do. So try to save a lot of money before going, because taxi's home, going out, eating out all the time doesn't come cheap.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
My study program was very well. Although the setting up of my Webex account was a bit of an issue, it's the online teaching program like Teams for the Utrecht University, the IT team helped me out and it all worked out. I have to say you have a lot of homework, they give you homework the day before your lesson, and you have to read a lot. But then again the materials are easier and the exams are less hard as in the Netherlands.
academic quality of education activities
Something that I found interesting is that you're graded for your participation in class. So one teacher would make notes if you said something in class, and graded you on your contribution to class. Another thing I found good is that the students and teachers remain speaking English, even if



they're both Italian. That was great for me. I do have to say not all the teachers were so good at speaking English, but most of them were. Also I feel like you get graded more highly here, the perception of grades is different from the Netherlands. The Italians strive for a 30/30 or a 10 in the Dutch system, while in the Dutch system a 10 is quite impossible to reach. We had online and in presence classes mixed. Overall I think the teachers were good and the quality was good, I just found it easier as an exchange student.

counselling & support at receiving university abroad

I think there's a lot Luiss offers to it's student in terms of counselling and support. I didn't go to the doctor or wellness centre. But I did get a lot of help from the IT team, you could just walk into their office on campus which made them super approachable and accesible.

transfer of credits

Luiss didn't transfer my credits yet so I can't say anything about this yet.

STUDENT LIFE

welcome & orientation programme

Luiss and ESN organized a big Welcome week for all the international students. The whole week there were parties, activities like picknicking, bowling all that sort of stuff. This was amazing because you meet a lot of new people. I think there was something to do for everyone. It was really easy to make friends since everyone was alone.

accommodation

Like I said before, living in Rome was more expensive then living in my student house in the Netherlands. I found my house via HousingAnywhere.com and paid a lot for it. I do recommend you begin very early with your search. I met a lot of 'homeless' students, who were desperatly looking for a room and staying in hotels and Airbnbs.

leisure & culture

Rome is the most beautiful and alive city I have ever seen in Europe. There are so many great cheap places to eat and there is so much beautiful art and architecture. The people are very extraverted and will make small talk whenever they can. It's way more warm then in the Netherlands, and there are so many things to do. I feel like I still haven't seen the whole city. I highly recommend going to Rome.

suggestions/tips

The public transport is not the best with timing, so go to your bus a couple minutes early. I used TicketAppy to buy monthly cards.

CONCLUSIONS

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

I think this is such an amazing experience. I've learned a lot in terms of personal development, learning to be alone, making new friends, living in a different culture. I also had the time of my life, Rome has so mych to offer in the city. You can easliy do things by yourself, but there's also a huge going out culture. I think Rome can offer everyone something. I think of this as something everyone would like to experience.

do you have any additional advice or comments?



I think you need to remember that not everything is going to be amazing, you will be alone, you will miss your family and friends, you will feel uncomfortable a lot of the time. This all helps you to expand your comfort zone, and helps you grow, but can be hard at times.

PREPARATION

exchange application process

At first I started looking at options of universities where to go. I decided on my top three, Rome was the number one choice. I started writing my motivation letter, which I handed in soon after. This is all I had to do for the selection process. Quite soon after I got the news that I was selected to study in Rome! After this news I could start subscribing to LUISS, all the steps that I had to take were clearly explained.

counselling & support at Utrecht University

The support from the national office was great. If I had questions I could easily find the person to ask and I would receive an answer quite fast.

academic preparation

I had to choose courses in my learning agreement beforehand, eventually I had to change all these courses again due to overlap in the schedule. Besides this I did not have to do any academic preparation.

language preparation

I did not need any language preparation. All my courses in Utrecht were already in English and LUISS offered a lot of courses in English. There is also a course at LUISS to study Italian.

finances

I recommend saving money beforehand, and make sure you apply for the Erasmus grant which you can get if you study abroad in Europe. Studying abroad is quite expensive, you most likely spend more than you think beforehand. When you are there you want to do anything to make the most of your time there. Going out is quite expensive, but going out for dinner is not expensive compared to the Netherlands. Rent and groceries are around the same price as in the Netherlands.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Beforehand I had chosen some courses which turned out to overlap in the schedule. The first week of the school year you had the time to change these courses. In my opinion this was not a great organisation, because I missed the first week of all courses that I ended up following due to the change in schedule/study plan. In general there were some organisational issues, such as teachers that showed up really late or did not show up at all.

academic quality of education activities

The study programme was quite comparable to the Netherlands in my opinion. It does depend on what courses you choose though. Some courses were significantly easier than in the Netherlands, but I also followed some courses that were quite difficult.

counselling & support at receiving university abroad

The exchange office responded quite quickly in general. In the beginning, when I had to adjust my study plan, on the other hand, it was difficult to reach the right person and understand what I had to do.



transfer of credits

The transfer of credits was good. In Italy they used the same credit system which makes it easy to change it into Dutch credits in Utrecht.

STUDENT LIFE

welcome & orientation programme

The welcome week of ESN was great! They organized a lot of parties and other activities to get to know a lot of new people, but also the city in a great and fast way.

accommodation

I lived in the neighborhood Trieste. It was a great neighborhood with a lot of other students living closeby. Everything you need can be found in the neighborhood: supermarket, shops, cafes, and it was very close to the university as well. I lived here with 7 roommates, which was amazing. There was a great sphere due to which I really recommend looking for a house with roommates.

leisure & culture

Rome has a great possibility for student life. The parties are great and there are a lot of different clubs you can go to. Ofcourse there are also a lot of cultural spots you can go to sightsee and a lot of really nice restaurants and cafes. Also it is great to visit some other cities in Italy, public transport is great and you can take the bus or train for a relatively low price to take a little trip.

suggestions/tips

Ofcourse you sometimes need a day off, but I think it is great to say yes as much as possible. Go on that trip, enjoy that party, go out for dinner with some people you just met. Enjoy the time you have abroad, as it will be over before you notice!

CONCLUSIONS

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

Yes I would definitely recommend it! The university is very beautiful and has great teachers. Also the city is amazing. I got to know so many nice, new people. Everyday there was something nice to do and someone that was in for something fun. The parties, the city, and the people all were amazing.

do you have any additional advice or comments?

I would recommend to find a house with some roommates, so you always have someone nice to go back to, it really made a big part of my exchange and it was amazing. Also I recommend to not invite to many people over beforehand, it is great to have some time to show people from home your life on exchange, but I think it's also great to live your own life there and really enjoy the time with your friends there, because it only lasts a few. months.



PREPARATION

exchange application process

For the application process I started with looking at all the possible destinations and determining which city and country I would like the most. After that I researched LUISS a lot and all the courses they have over there. After that I wrote a good motivation letter. Make sure that you start on time with this because the international office and the guidance counselors are all really busy and it takes time for them to answer your e-mails.

counselling & support at Utrecht University

The help you get is good, but there are so many students who want to apply for the exchange that the lines for the offices are really long just before the deadline (I stood in line for 2 hours) so try to beat those lines by getting your learning agreement signed some time before the deadline. I ended up changing 3 of the 4 courses I had written on my learning agreement when I arrived at LUISS because they had overlap on my timetable, didn't exist when I arrived or just didn't seem interesting anymore when I got more information about them but there were a lot of possibilities to change once I got at LUISS.

academic preparation

I passed everything in Utrecht before going to LUISS and didn't really prepare for it apart from that

language preparation

I already spoke English but no Italian at all, and I had no trouble with a language barrier. All the courses that were taught in English were easy to follow

finances

I saved money before going, and during my stay there I had DUO every month. Living is more expensive there and I wanted to make a lot of trips in Italy too so I spent more money there every month than I did living in Utrecht

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I had more hours of class every day than I did in Utrecht. I had 4 courses and they each had 3 classes every week so many days were busier than I was used to.

academic quality of education activities

The level of education at LUISS is really good, there were a lot of interesting guest speakers for all the courses I was following and the professors teaching are often important people in their field of work. The level of the exams was lower and easier to pass than the exams in Utrecht

counselling & support at receiving university abroad

The guidance counselor and international office were really helpful with all my questions and responded quick to all my emails.

transfer of credits

I haven't done it yet but LUISS sends them to the UU

STUDENT LIFE

welcome & orientation programme



I signed up for ESN LUISS and that was a great decision. In the first week they organized a Welcome week and I signed up for that too and that was really fun. they organize a lot of parties where you can meet all the exchange students who go to LUISS. In the welcome week they also organized activities to get to know the city and the culture and you make friends during these activities too. I would recommend signing up for this because I met a lot of friends there

accommodation

I got my room through Uniplaces. I booked it in may and at this time there were a lot of rooms to choose from and I could pick what I liked most. But I heard that people who started looking just before coming had a lot of trouble finding something, so start in time! Housing is pretty expensive I payed around 650p/m but a lot of my friend even more. A tip is to try and find an apartment close to LUISS because the public transport in Rome is really bad, busses are always delayed a lot or just don't show up so it is really unreliable so if you live far from the uni this could give you a lot of trouble.

leisure & culture

My free time I mostly spend walking in the city, going to museums and chilling in villa borghese. Drinking aperol spritz with my friend, clubbing and going on trips in Italy.

suggestions/tips

save some money to travel around in Italy because it is beautiful. And don't only go to big cities but the nature and lakes surrounding rome and the rest of italy are also really beautiful. The cities are nice to visit during times that there are not a lot of tourists

CONCLUSIONS

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

Yes!! LUISS is a great university and it is really cool to experience and Italian private school! All the students and teachers are really nice. And Rome is an amazing city which will never get boring, the student life is really fun and there are so many exchange students in Rome that you will make friend for life from all over the world. I had an amazing time and wish it could last longer!

do you have any additional advice or comments?



PREPARATION

exchange application process

The application process was going well, no issues. you have to submit a study plan in advance, which has to be signed by the studyadvisor.

counselling & support at Utrecht University

The studyadvisor and the exchange board will help you with all the questions. however, I have had not that much communication with this board since everything was clear already.

academic preparation

I have not done any preparation. if you just follow your courses at UU you should be able to meet with the requirements at LUISS

language preparation

also no preparation, since I had no Italian courses. your level of English should be C1

finances

Life is expensive in Rome (especially housing). I saved some money in advance and kept working in Rome (online) to finance it. however, keep in mind that it will cost quite some money

STUDY ABROAD PERIOD

study programme (content and organisational issues)

At LUISS the study programme is not per period, but per semester. So the courses will take the whole semester instead of 8 weeks at UU

academic quality of education activities

The economic and finance courses are relatively doable in Rome. the courses at the law faculty are more intense, so keep that in mind.

counselling & support at receiving university abroad

The support is great at LUISS. it is a private university, so the services are perfect, since that is what you can expect from a private university.

transfer of credits

not completed yet, but it should work automatically

STUDENT LIFE

welcome & orientation programme

in the first two weeks LUISS organises a welcome programme. I recommend it to attend this programme, since you will meet the fellows in these weeks. So it is important to be in Rome before the start of the courses.

accommodation

Finding good accommodation is difficult in Rome. do not expect to live in the LUISS campus, since it is only for LUISS students. so you have to try and find accommodation by yourself. be in time to find better/affordable housing.

leisure & culture



Rome is the perfect place for Leisure and culture. so finding some activities in you free time will be easy.

suggestions/tips

Keep in mind that there are a lot of tourists in Rome. So if you want to visit some touristic earea's, you beter do it during the working days.

CONCLUSIONS

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

Yes, it is a great opportunity to study at a top university and gain some abroad experiences. Also the city is perfect, because of the history and ammount of places to visit.

do you have any additional advice or comments?

most important is to find your accomodation in advance.



PREPARATION

exchange application process

I followed all the steps the UU showed clearly on their websites.

counselling & support at Utrecht University

I attended several meetings where they explain how the whole exchange preparation will go! You can call staff from the UU to help you out!ee

academic preparation

My academic goal was to pass all my courses before the exchange! So I would not end up with a massive delay in the end.

language preparation

I did not prepare for the language, since I was going to follow english courses.

finances

I made up a finance plan, which ended up being a little less!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Luiss Guido Carli, the programme was made very clear, also they offer a lot of help in understanding your courses and where you need to go. Luiss is very good at their communication.

academic quality of education activities

the quality of the courses depended on the teachers, some courses where harder than others!

counselling & support at receiving university abroad

there were enough people to reach out to whenever you did not understood something clearly

transfer of credits

i am not entirely aware of how this process is going, they told me that luiss will transfer my grades to UU

STUDENT LIFE

welcome & orientation programme

I attended the luiss welcome week aswell as the ESN welcome week, both were very useful in order to meet new people!

accommodation

I got a house through the website uniplaces, I recommend to search for a house months in advance to make sure you have a nice house close to the university, since public transport in Rome is not very reliable sometimes. I live 2 minutes away from my campus and that was really nice! I got a room in May 2022, and was going there september 22

leisure & culture

I loved Rome, there is so much to do and to see!!



suggestions/tips

i have many tips to share, which I would love to do say but than you can mail me and I can share my tiplist for restaurants, rome life and other useful tips!

CONCLUSIONS

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

I would highly recommend this place! The university is very modern, (since it's a private university), the city is uncomparable to anything else, there is always something to see and to explore, the food is even more amazing and life is very cheap here in Italy. I made friends for life and Rome will always be very special to me!

do you have any additional advice or comments?

start to look for housing early! show up at all welcome weeks to meet new people!



PREPARATION
exchange application process
The application process was quite straight forward. This was my second try to go to Rome. So, I tried to improve a bit upon my application letter of last year. The rest was quite self explanatory.
counselling & support at Utrecht University
Adequate. Don't be afraid to ask help if you have questions, there is help available.
academic preparation
Nothing special.
language preparation
I already had a CAE certificate from high school. I tried to learn some basic Italian via DUOLINGO.
finances
I applied for an Erasmus grant.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
<p>I attended multiple courses. First of all, an Italian Language course at A1 level. I can not recommend this. The group is so large that personal growth is quite tough. If you want to learn italian, I would recommend finding a language course yourself.</p> <p>Earth Science was a fantastic course with great teachers and a great group. I really liked the field work and project that you embark upon.</p> <p>Climate- Neutral and Smart cities was incredibly interesting, but quite workload heavy. The professor is quite strict but has oceans of knowledge.</p> <p>Introduction to Business Economics was not that amazing. The attendees are mostly year 1 bachor Italians. I did not quite like the atmosphere there.</p>
academic quality of education activities
The quality is very high, but dependent on the courses. I noted myself that the masters courses are more interesting and higher quality. This is a matter of personal preference though
counselling & support at receiving university abroad



The Student Mobility Office is a department that is ready to help you with any questions. I really appreciated this. They respond quickly too.

transfer of credits

Went really smoothly. Somewhere in february, this happens automatically.

STUDENT LIFE

welcome & orientation programme

The Erasmus Student Network LUISS (ESN LUISS) organises a welcome week in which you participate in lots of fun activities and really get the chance to get to know people and Rome. Have a close look at their social media to be on time in purchasing the so called Welcome Pack, that grants you access to the week. If you are too late, you may just be able to buy a smaller welcome pack that gives you access to about half of the activities.

accommodation

If you are in time, it is doable to find accommodation. You can arrange this via the uni, but I chose to get my room via Uniplaces. Again, be on time! Eventually, all the rooms are simply taken and afterwards it is hoping for a miracle. So, I would not wait too long after getting the green light for Rome.

leisure & culture

It is Rome, there is nowhere with more culture. The city is such a joy to live in. There is so much beauty and culture. There is a world of nice restaurants, bars, and other places to stay, For students, it is basically paradise. In my experience, it certainly was.

suggestions/tips

I would recommend getting a room near the Viale Romania campus or near the Viale Parenzo campus. From Parenzo there is an Uni arranged shuttle service that is reliable. Otherwise, you have to depend on notoriously unreliable public transport.

CONCLUSIONS

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

I cannot recommend this destination enough. The weather, the uni, the culture, the food... I enjoyed every minute in Rome.

do you have any additional advice or comments?

PREPARATION



exchange application process

Applying for the exchange at Luiss was quite easy. The steps were clear. I had to write a motivation letter as there were a set number of places. I received a lot of information which made this process undemanding.

counselling & support at Utrecht University

Utrecht University gives a lot of support. In preparation there were days where they gave information on going on an exchange. In my experience the UU was there to help you with questions. Sometimes they were a little busy but this was understandable and in the end you always get an answer. The erasmus office, however, is not fast with their replies.*

*Remark from the IEO: The Erasmus office was understaffed at the time so their response time might have been slower than usual

academic preparation

For me the academic preparation consisted mostly of looking at the courses I could take at Luiss. There were many courses to choose from for Erasmus students. This really gives you the opportunity to try new things.

language preparation

I did not do a a specific language preparation. My level of English was already good. Italian I mostly learned in Italy.

finances

I knew that there was going to be an Erasmus grant to help me out on my exchange. Moreover, I worked a lot before coming to Italy. I had saved money to spend there and my parents helped me out where they could.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The university offered many courses for exchange students to choose from. I really liked a lot of the courses so the biggest issue was to choose. In the end, I really liked the courses that I chose. They were really interesting and broadenend my knowledge.

academic quality of education activities

I found the academic quality quite high. It is a private university so the university has a certain reputation to uphold and I could notice this. Professors had a lot of knowledge and experience which made classes really interesting. Exams were different than in the Netherlands but it was relatively easy to get a good grade.

counselling & support at receiving university abroad



The university has a good exchange office. If you need help, you can always ask the people working there questions and they reply quickly. Professors also offered more explanation to exchange students regarding exams as it can be quite a different system.

transfer of credits

Credits are distributed differently. Courses last the entire semester and are usually 6 or 8 credits. I found this not a lot of credits for a course that lasts the entire semester. They do, however, have the same value in the Netherlands.

STUDENT LIFE

welcome & orientation programme

The university has an Erasmus Student Network (ESN) that offered an entire welcome week of activities. There were many parties and activities to get to know new people. The university itself threw a cocktail party on campus with food. I also met some new people here.

accommodation

The university says they offer rooms for exchange students. However, during my entire exchange I never met anyone who got a room through this housing service. I found my room through UniPlaces. I started looking for a room in May, back when there were still a lot of rooms available. I was able to get a room close to the university.

leisure & culture

I had a lot of free time. With my friends, we spend all our free time exploring the beautiful city and we could never get enough. Rome is really a city that you will never get bored of. There are nice places for going out as well. Italian culture is also really nice, going out for dinner or drinks is relatively cheap compared to the Netherlands.

suggestions/tips

I suggest to start looking for and booking a room really early as there will be more rooms available for better prices.

CONCLUSIONS

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

I would 100% recommend Rome as an exchange destination. In my opinion, it is the most beautiful city in the world that you will never get bored of. The university is beautiful and offers high quality education. It is really easy to meet new people. The food is good. You can easily travel to other places in Italy. In conclusion, you will not regret the decision to study in Rome.

do you have any additional advice or comments?

This is more a general advice but step out of your comfort zone to make new friends. In a new city you really have to take initiative to meet new people.



**Utrecht
University**



PREPARATION

exchange application process

If you begin preparing on time, you will be fine! There are a lot of formalities and documents you have to submit, if you follow the roadmap from the UU, you don't have to worry!

counselling & support at Utrecht University

The exchange office of the UU is very helpful and is quick in responding to e-mails.

academic preparation

I had no academic preparation.

language preparation

I had no language preparation.

finances

Please know that an exchange is very expensive, and that most of the time you will spend more than you would have thought before going on exchange. So I would suggest to save money! Besides savings, I got the Erasmus grant, the OV vergoeding, DUO and my parents also gave me some money.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The study programme mostly consists of seminars and, other than the UU, there are not many lectures. The study programme is easy to follow. The courses here last 12 weeks instead of the 8 weeks at the UU.

academic quality of education activities

Luiss is a good university, however, the level of education is certainly lower than the UU. Also, the quality of the seminars is lower as well since everything is quite vague and there is no real structure in the topics that you discuss in class. But since the level is easier, don't worry! You will pass all your exams.

counselling & support at receiving university abroad

Everyone is happy to help you and if you send an e-mail or you call to the international office, they will help you immediately.

transfer of credits

The grades here are from 0-30 and an 18 is sufficient. There is a table that shows how the grades will be converted to the Dutch 0-10.

STUDENT LIFE

welcome & orientation programme

The Erasmus Study Network (ESN) organises a welcome week every semester. Please go there!!! Everyone arrives alone, so you can imagine that everyone is looking to make friends. The welcome week is the perfect opportunity to make those friends! ESN organises fun parties and activities so you get to know the university, the people and the city!



accommodation
I found a place on rentahome.com and I was really lucky with my room since it was only a ten minute walk to the university and I had amazing roommates. I would recommend to look on rentahome.com or on uniplaces because then you will probably end up in a house with other international studies and it is really fun!
leisure & culture
Rome is an amazing city! Even after 5 months I still see new things every day. Ofcourse you should visit all the touristic attractions, which are a lot, but they are all worth it. Later on, if you visited all the popular places, you should for sure go to the less popular musea, restaurants, neighbourhoods and parks.
suggestions/tips
I get it if you are nervous in the beginning, I was as well. But just know that in any case you will make the best of your exchange and it will be an amazing experience you can treasure your whole life. Don't worry about not being able to make friends, or not feeling at home in a new city and country. Every international student that comes here, is alone, and everyone is nice to each other. I know that everyone this semester has made friends for life. It is normal if you sometimes feel homesick, because after all, your whole life is new and it will cost some time to get used to it. But trust me, the better you get to know your friends, the city and the culture, the more sad you will be to leave. I can recommend an exchange to everyone!

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, I would. Everything is beautiful, the food is amazing, the language is cool to learn, the culture is very rich and of course the wheather is amazing. Also, Rome is like Utrecht, it is in a very convenient place in the country, so the opportunity to travel and see more of Italy is amazing!
do you have any additional advice or comments?
Just be yourself, and don't be scared. It sounds very cliché but this is one of the best experience I have ever had in my life! Just enjoy!!!!



PREPARATION

exchange application process

The application process was very easy. You just have to keep the application deadline in mind. Everything was well-organised in Osiris. I did take my time to write the motivation letter, but the rest of the process was very quick and smooth.

counselling & support at Utrecht University

I went to the information meeting. I found that very useful. Next to that I could always email the exchange office with questions. I experienced no troubles on this topic as well.

academic preparation

I would say the level of education is a bit less in Rome than in Utrecht. I was prepared for that as well, so I didn't prepare myself academically.

language preparation

Every course I followed was taught in English so I didn't do too much language preparations as I already speak English well enough.

finances

Although I wouldn't say Rome is as expensive over all as I thought before going, an Exchange is will always be quite expensive in the end. For rent I paid €600 inclusive per month, which is more than I pay in Utrecht. However going out for dinner is way cheaper than here. You can (if you don't eat at the too touristy places) easily eat for €8-10 for a main dish and a few euros for house wine for example. However, because you want to meet a lot of people you will go out for dinner and partying more often. Next to that, I wanted to make a few trips to explore other cities as well. All in all I would definitely suggest saving up enough money before going. I think with everything (flight, accommodation, trips, going out, food, etc) I spent €1500 - €2000 a month. But with that amount I definitely didn't hold back on anything. And of course you will get an Erasmus grant and OV-vergoeding (for Dutch people), which helps a lot.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

You will receive e-mails about enrollment of courses a month or so in advance. It is relatively clear what you have to do. However, the syllabus didn't correspond with the courses actually given. Therefore I had to enroll in a few other courses in the week lessons started already. This was not that hard

academic quality of education activities

I would say the level of education is good, but a bit more easy than in The Netherlands. The university is a very good university though, since it is kind of a private university there!

counselling & support at receiving university abroad

The student mobility office at Luiss is very hands on. They respond very quick if you have any questions.

transfer of credits

I can't say anything about this for now, since I didn't receive my transcript of records yet.

STUDENT LIFE



welcome & orientation programme

The welcome week is organised by ESN Luiss. Make sure to book the full package, available from a few weeks to the beginning of the week. Therefore you make sure you can enter every activity if you want to. The welcome week includes many parties, a day trip and other fun activities. You will for sure be able to make many friends!

accommodation

I found my accommodation via Spotahome. I found it a good platform to find rooms, mainly booked by other Erasmus students too. I would not recommend finding your place through Facebook. Make sure to book your place a few months in advance as well. I found a place in Trieste near metro station Libia, which is a very nice safe neighbourhood. Also Salario and Nomentano are good neighbourhoods to live, with many students living there and nicely located to Luiss campuses. Don't book a place near Termini Station! Also Trastevere I wouldn't recommend for living, because of the (metro) connection to the campuses and city center. However it's a very nice neighbourhood with restaurants and cafes.

leisure & culture

There is so much to do! Very many clubs for going out. There are so many restaurants and bars as well! Trastevere is a very nice neighbourhood for eating out. Next to that there are so many museums and activities. You will not have enough time haha.

suggestions/tips

I would suggest to never say no to doing something, especially the first few weeks. ESN is a very active association so be sure to do as much with them as you can :)

CONCLUSIONS

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

Yes! Rome is a beautiful city, with many things to do. Nightlife as well as daily life is amazing. There are plenty of things to do and see if you want to explore culture. The university is good and the ESN of Luiss is amazing.

do you have any additional advice or comments?

No, but if you have more questions you can ask my contact details from the International Exchange Office and I would be happy to explain everything more or answer your questions!



PREPARATION

exchange application process

The application process went fairly smoothly. First I had attended the meeting about studying abroad, where a lot was already clear about how the application went and what the experience of other Exchange students is. Then I started making a top 3 for myself, but actually I already knew that I wanted to go to Rome the most. Using the steps listed on the UU website and also with help from friends who had been on Exchange before, I then completed my application by uploading my cover letter.

counselling & support at Utrecht University

I enjoyed the help from the University. Often when I did not know how to fill out a document or something was not clear, I would either walk by the study point or send an email to the International Exchange Office, to which I received a quick response.

academic preparation

I didn't do any academic preparations.

language preparation

My English level was already pretty good, so I didn't do any preparation in that. Although I don't speak Italian I didn't do much other preparation in that either besides the occasional Duo Lingo.

finances

The Erasmus scholarship and ov reimbursement helped me a lot. I got by reasonably well with the money I received monthly, but I would recommend saving something. Especially because on an Exchange you don't want to worry about things like this.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

My subjects I had chosen in advance. During the first week I found out that this was not yet the final study program, but that you could still change your subjects after 1 or 2 weeks of classes. That way you could see if you had any overlap and if you liked the course.

academic quality of education activities

The academic quality was different than in the Netherlands. The level of education was lower than in the Netherlands. Also the way of teaching was different, I only had lectures and no working lectures, so in my opinion it was much less interactive than in the Netherlands.

counselling & support at receiving university abroad

Luiss' international exchange office was very quick to respond, which was very nice when you needed to get something signed or had other questions.

transfer of credits

I passed all my courses with good grades, but the transfer has not been completed yet.



STUDENT LIFE

welcome & orientation programme

ESN (Erasmus Student Network) organized a welcome week. You could choose between a reduced package and a full package. I really recommend to join such an introduction week, almost every Exchange student participated in this and here you had the opportunity to meet other students. After this week there were ESN parties every week where you could always go to.

accommodation

I arranged my stay through SpotaHome. I knew roughly which neighborhoods I would like to live in and on that I looked for a nice room. It was also important to me that there were reviews about the landlord so that I reduced the chance of being scammed. I lived between Bologna metro station and Via Nomentata street. I lived here with 2 boys and 2 girls, 3 of whom were also exchange students. I really liked living here, I could walk to my classes and if I had classes on a slightly further campus, there was transportation which was arranged by LUISS.

leisure & culture

I had a lot of free time left besides studying to do fun things, to do sightseeing, to go out and also to take trips to other Italian cities. There is so much to see in Rome that the city certainly doesn't get bored easily.

suggestions/tips

No

CONCLUSIONS

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

Definitely. I had a very nice time. Luiss is a private university so it is fairly well organized. I especially recommend the city, Rome is one of the most beautiful cities and especially for an exchange I really liked that it is such a big city so there is so much to do.

do you have any additional advice or comments?

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PREPARATION

exchange application process

The preparation and communication beforehand with LUISS went fine. Responses were quick and the email made it very clear what was expected of you and what deadlines applied.

counselling & support at Utrecht University

I appreciated the support from the International Exchange Office. Mails are always answered quickly and there are also consultation hours where you can drop in. Even when my exchange was cancelled in 2020, I was helped well.

academic preparation

I did not do any specific academic preparation beforehand, as I only took subjects from the study I also did in Utrecht.

language preparation

No language preparation was needed as the classes were in English. However, it may be useful to learn some Italian beforehand.

finances

Life in Italy is generally cheaper than in the Netherlands. Furthermore, you can also get an Erasmus grant. Do bear in mind that you will probably still spend more money than in the Netherlands, as you lead a different kind of life with lots of outings.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I took five courses that matched the Master's in Private Law I had already completed in Utrecht. These were separately chosen courses, so no complete minor or anything like that. In total, I received 30 ECTS.

academic quality of education activities

The subjects were interesting in content and the teachers were almost all good at English. From this you can tell that LUISS is a good university and this made it easy to follow. In terms of workload or preparation, I found teaching significantly easier than in the Netherlands. Often, a course consisted only of lectures, so you almost never had to prepare a study group. There was also little reading work. I found these major differences with my law studies in Utrecht.

counselling & support at receiving university abroad

The support from LUISS is good. It is a private school and you notice that because everything is very well organised and teachers are thoughtful.

transfer of credits

I have not yet received my transcript of records, but hope to do so any day now. The grade system is different from in the Netherlands, as it goes up to 30. You have a pass from 18.

STUDENT LIFE

welcome & orientation programme



The LUISS welcome programme is very comprehensive and well organised. Activities were organised throughout the first week where you got to know many people. During the rest of the semester too, there was plenty to do from LUISS!

accommodation

I recommend starting your room search early. I myself started 5 months before I left and there was plenty of choice then. Sites like Spot a home and Uniplaces are handy for searching. In terms of location, I would go in a neighbourhood close to LUISS, as this is most convenient for your daily life and are nice neighbourhoods. The neighbourhoods of Trieste, Parioli and around Piazza Bologna are very nice to live in as a student.

leisure & culture

In terms of culture, Rome is of course the place to be. It is the most beautiful city I have ever been to and there is more than enough to see and experience. Therefore, you won't get bored easily. Besides the well-known highlights, it's also fun to explore the suburbs, because it's great to be here too. If you love culture and Italian food, Rome is the city to go to on an exchange!

suggestions/tips

I have personally used the Dott electric bikes a lot and the metro monthly pass. Moreover, I would recommend to participate in the ESN welcome week. Through this way, I met a lot of amazing people.

CONCLUSIONS

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

I would recommend everyone to go on exchange anyway. You meet a lot of new people, get to know yourself better and get in touch with life in another country. In Rome, I had the best time of my life. The whole atmosphere of the city is great and you never get bored. So I would recommend an exchange to LUISS to anyone!

do you have any additional advice or comments?

No!



PREPARATION

exchange application process

Before applying to Luiss I looked through all of the possible destinations. Luiss seemed like a good destination since it is a good university and Rome is a beautiful city. The process was not difficult but it does take some time to gather all of the requested documents.

counselling & support at Utrecht University

The university was always ready to answer my questions or to sign documents. Most of the time they quickly replied to my emails.

academic preparation

Academic preparations were not necessary.

language preparation

Before going on exchange I took up Duolingo. However, this only lasted for a short period of time since it did not feel very useful. I did take up private lessons in Italian when I arrived.

finances

I had not much money saved up on before hand. This turned out to be a big mistake. Rome is not a cheap city and of course you want to do a lot of fun things while going on exchange. Luckily it was possible to get the Erasmus Grant and some money from the Dutch government since I was not using my Dutch OV card.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

At Luiss, education primarily consists of lectures. I followed three subjects. Every subject had two on-campus lectures and one online lecture per week.

academic quality of education activities

For me solely having lectures does not feel very effective. I had rather had group sessions. Also because we did not get any exercises so for exams I could only rely on my own notes, not knowing whether I have fully understood subjects.

counselling & support at receiving university abroad

The international office of Luiss was always quick to reply, however not always very helpful. It is difficult to find solutions with them and you have to come up with the solution yourself.

transfer of credits

My transferred have not yet been transferred.

STUDENT LIFE

welcome & orientation programme

Organised by the Erasmus Students Network (ESN) of Luiss there was a Welcome Week. I highly recommend getting a ticket for this week as it includes all kind of fun activities like parties at some of the best places in Rome and excursions to explore Rome.

accommodation

I found my room through Spotahome and chose one close to the Romania campus of Luiss. This is in the Parioli neighbourhood. The neighbourhood is very nice, though not very lively for students. I



would recommend getting a room near Piazza Bologna because it is perfect for students. It has a lot of cheap bars and places to grab a meal, unlike Parioli which is rather expensive. The commute to the Romania campus might take a little longer but I think it is worth it.

leisure & culture

Rome has a lot to offer on the cultural aspect so there is always something to do when you have a few hours off. A lot of museums offer €2 entrance to EU citizens below 26 years old, which makes seeing one of the many museums and sights a lot more fun.

suggestions/tips

Do a lot of weekend trips! There is a lot to see within a few hours from Rome. Napoli is easily reachable by train. Also, a trip to Tuscany by car is a lot of fun and houses with swimming pools do not cost a lot in the off-season.

CONCLUSIONS

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

I would most certainly recommend this destination and university! Rome is an amazing city which has a lot to offer. Great weather, amazing culture, lots of things to do and Italy's food and drinks are of course great. Also, being not too far from the Netherlands, it makes it possible for friends and family to visit. I liked that a lot since I got the chance to show them around. The university is also very good, better than what I have heard from others that studied at Sapienza or Roma Tre.

do you have any additional advice or comments?

If you do not want to be dependent on public transport, use Dott bikes and scooters. They often have good deals in their app which makes taking a Dott cheaper than buying a single bus ticket.



PREPARATION

exchange application process

The exchange application process was a little more complex than I expected, and I felt it was not always very clear, but thankfully I could always e-mail the Studiepunt or the International Exchange Office and they would always react kindly and helpfully. In the end it wasn't a lot of work. I would recommend checking your e-mails and the documents sent to you.

counselling & support at Utrecht University

There was this meeting which would prepare you for everything you had to do after the application deadline. This meeting was especially nice I think if there was a student there who went to your exchange destination. Other than that, most information given was also available in the Handbook which was already sent to you by then. For example information about insurance.

academic preparation

I did no academic preparation. In Italy the average level is a little lower than in the Netherlands.

language preparation

I practiced some Italian on duolingo, but in the end you will mostly speak English because you will mostly hang out with other internationals. You can learn the essentials in Italian when you are there too. But it might come in handy to know a few basic sentences as not every Italian speaks English very well.

finances

I guess you can make it as expensive as you want, but I would definitely recommend saving some money beforehand. It is not ideal to work during your exchange as most internationals don't either. Especially if you don't wanna say no to going out to dinner or for drinks too often I would try and save up. Italy is a bit cheaper than the Netherlands especially things like cocktails and restaurant food, but rent can be more expensive in Rome and also maybe trips you take.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The organisation at LUISS Guido Carli is better than most universities in Italy as it is a private university, therefore I would recommend picking this one if you want to go to Rome. However, it is still a lot worse than in the Netherlands. Sometimes things are communicated a bit late or not at all. In my opinion this was a good change sometimes too, because it felt more relaxed. But definitely be prepared for some differences with the UU.

academic quality of education activities

Academic quality really differed per course. Most were more easy than in the Netherlands, as a lot of exams are still done orally and you could mostly talk about anything/direct the conversation to anything and then they would be quite lenient in grading. I mostly took law courses which were more focused on case law/discussions then on actual laws. I did not need a bundle of laws for any course. Also books were not necessary in general, they were more focused on articles and papers/presentations. It was more easy to get high grades.

counselling & support at receiving university abroad

Thankfully in my experience LUISS was always reachable through e-mail and would also react pretty fast. E-mail to their student mobility at relint@luiss.it.

transfer of credits



Because they use a different grading scale in Italy your credits won't be transferred directly to OSIRIS (only pass/fail), but you will see them on your diploma.

STUDENT LIFE

welcome & orientation programme

ESN Roma LUISS mostly took care of an introduction week. This is an organisation which always organised parties and other trips for international students. You will receive an e-mail about this and I would definitely recommend taking part as this is the easiest way to meet your friends. LUISS did organise a welcome cocktail too, this was nice but not enough in my opinion.

accommodation

I found an apartment/room via spotahome.com. I would definitely recommend this website or e.g. uniplaces.com. Check if the apartment is verified and start early. I would also recommend finding something in Trieste or otherwise in Parioli, as the LUISS campuses are located here and are not reachable by metro. Metro is the only really reliable form of public transportation in Rome, buses can take very long or might not show up/show up late. Also almost all LUISS students live in Trieste. It is also a quite safe neighbourhood and reachable by metro. Living close to a metro stop is very convenient.

leisure & culture

Rome might be the most beautiful city in the world. There is a lot to do here. Even after 5 months I still feel like I did not do everything. The night life and bars in Rome are also amazing. Definitely one of the top picks in terms of leisure & culture I think. You can drink aperol spritz for 3 euro on some terraces in for example San Lorenzo and cappuccino's for 1,20 at most places so... Also when you find the correct clubs cocktails are 5 euro and they are generous with alcohol, but most clubs ESN LUISS goes to you will have to pay 10-15 euro for a drink in a club, so it can get quite expensive too.

suggestions/tips

I would definitely recommend looking for an apartment with a few roommates, as roommates are the easiest way to make friends and the people I became closest to.

CONCLUSIONS

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

I definitely would. Italy is amazing, I still went to the beach and swam in the sea in the end of october (amazing weather), I almost did not experience winter. I did amazing trips to Naples, Florence, Bologna and Venice. The workload is not too much and there is an amazing night life in Rome. The food is amazing. I did not get homesick for a second. But I do believe wherever you go you will have an amazing time, I was the best time of my life and I heard the same thing from all of my friends who went on exchange. So if you're still in doubt, do it. You will make a lot of friends because everyone is looking for them.

do you have any additional advice or comments?

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