



## Università degli studi di Parma

2023-2024

<b>PREPARATION</b>	
exchange application process	<p>For me, the application for the courses was a bit unclear: which courses are taught in which semester, in what language are they, how many credits can I obtain... I suggest that you e-mail the university when you have doubts about this, that really helped me. They are used to students doing this.</p> <p>The university in Parma emailed me a document for my fiscal code. I misunderstood this, I thought that you only needed to fill out the document and apply for this fiscal code if you wanted to rent a place to live yourself. However, your fiscal code is a personal code that you need to have for many official things. I used mine for example when I registered at a dancing school, for my rental contract and for my student card. I was able to ask for a fiscal code when I arrived in Parma, but I would advise to fill out the form at home already so that you already have to code when you come to Italy.</p>
counselling & support at Utrecht University	<p>The support from the UU has been really nice. I visited a gathering for law students who want to study abroad, and in the Study Abroad Week I also came to an event about money and exchange. Everything that was told there is also present on the UU websites, but still it was nice to go there.</p> <p>I emailed with the International Office in Utrecht to have them sign documents and when I had questions, for example about my Erasmus grant. They have always been quick with their responses and they were thinking along when I had issues.</p>
academic preparation	<p>The university in Parma did not ask me to prepare anything for my courses. When my courses started in September, I struggled with the terminology of my philosophy course. I started reading some basic philosophy in order to fix this.</p>
language preparation	<p>I needed to have at least A2 in Italian (even though my courses would be taught in English). I followed three language courses at the UU and after I finished these courses, I studied at home. When I arrived, my Italian was at an A2/B1 level, but I still struggled with conversations. During my exchange I improved this a lot.</p>
finances	<p>I received the Travel Green Grant because I travelled to Parma by train. I also received the Erasmus Grant and the public transportation compensation. Next to these grants, I saved money from working in a restaurant before I came to Italy. Now that I look back, I feel that I did not have to work as much as I did. However, I wanted to make sure I would not run out of money and therefore saved a lot.</p>

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	<p>In the first semester, the law faculty in Parma only offers a few courses in English. A few of them I could not take, because I had already done similar courses at the UU (European Union Substantive Law for example). Because of that, I followed one philosophy course from the humanities faculty (Philosophy of Mind: Empathy). That was a difficult course, but it was also very well organized and interesting. The professor spoke English very well and I think that the other philosophy professors did so too, so I would recommend choosing one of their courses if you are interested. We were graded for this course by individual papers with a wordcount between 5000 and 7000 words.</p> <p>Then I followed a course that was supposed to be from the Law faculty but eventually the university in Parma switched it to a different faculty. This course is the Economic History of Europe and European Food. It was</p>



interesting, but the level was quite low compared to courses in Utrecht. The professor had a heavy Italian accent and did not always take into account that there were internationals in the classroom. We had a midterm exam about the lectures and the book, and we had to write a paper and present it.

The only two "law" courses that I followed, are courses that I do not recommend: Economics & Law and Public Policy Economic Evaluation. The courses are always taught by the same professor, who speaks unclear English and is also not organized in his teaching. For Economics & Law we looked at David Friedman's ideas of a good law system and for Public Policy we looked at a lot of graphs that showed the economic effects of public policy. In both courses, you did not have to do an oral or written exam if you did two presentations, handed in the mandatory homework and came to class regularly. What was expected from us was very unclear and the lectures were really boring. The professor would talk a lot and often be late and go on for half an hour more. The material was quite difficult for me as a law student (especially in Public Policy), but we were graded in a very flexible way.

I also went to the Italian classes that the university offers (Italiano per Stranieri). It was nice to practice speaking and listening, but these classes always went very slow so I did not learn a lot there.

academic quality of education activities

The quality of the university was definitely not as high as the UU's. I followed four masters courses, of which two courses were outside my study area and I could handle this well. The material we had to study was not per se easier than what we study at the UU, but in Parma they required us to understand and apply the material in a less profound way.

All education activities that the university in Parma hosted outside of the courses, were in Italian. There were for example career events and seminars about femicide and about the war between Palestina and Israël.

counselling & support at receiving university abroad

The International Office in Parma responded to emails within a few days usually, sometimes it took longer. If you wanted to make an appointment with them you would have to wait around a week, but it was also okay to just walk in to ask if they had some time for me. The people there were very friendly and helpful, but their office could be a bit chaotic.

transfer of credits

I have not received all of my grades yet, so I cannot ask for the transcript of records yet.

**STUDENT LIFE**

welcome & orientation programme

The university of Parma organized a welcome day which was fun and informing, but this day took place at the end of September, when most students had been around for weeks. So I did not learn new information there. I did meet other students there. The ESN association (European Student Network) did organize more welcome activities in the first weeks of the semester where I met other people. They for example organized a party, a city tour and a visit of the opera.

accommodation

Finding accommodation in Parma is very hard, also for the Italian students. There are a few student residences that are owned by the university. They are all expensive (rent from 700 euros up) and they consist of studios in which you live alone. You can email the International Office for a spot on the waiting list.

Students that I know who lived with other (international) students, found their places online, mostly on Facebook groups. There were also students who lived in an Airbnb because they couldn't find something else. I found my place on Housinganywhere.com and I did not pay too much for my accommodation. It was far from the centre, what I wouldn't recommend. There are not many buses after 9 pm and most students meet in the centre since there are most bars and places to go.

leisure & culture



Parma is famous for its food culture (Parmigiano Reggiano cheese and the Prosciutto di Parma ham) and for the opera. There are a lot of good bars, café's and restaurants to enjoy a drink, meal or snack for low prices. You can also visit the small towns around the city where they produce the cheese, the ham and the wines. The opera is expensive of course, but one night I could go with ESN for only five euros.

I applied to a dancing school where I had one class every week. I also know an international student who joined a volleybal association. The other students I know went to the gym or did not do sports. Doing sports was more expensive than in the Netherlands and the registration process could be a bit bureaucratic.

There are a few clubs where you can go out for parties from Thursday until Saturday. There is a club with international hiphop music and italian music, there are clubs with international popular music and I know a techno club. Only two of them are in the centre, for the others we would usually go by special busses that were part of the clubs. You would always have to buy a ticket to go inside and since the clubs are not near each other, I always made a plan when I was going out and did not just see where I liked it such as I would do in Utrecht.

#### suggestions/tips

Inside Pilotta there is the old wooden opera theatre, that my friends and I thought was very cool to see. For typical Parmesan food, I would go to one of the trattoria's (Trattoria Corrieri or Trattoria del Tribunale for example). I also did a pasta workshop and a wine vineyard tour with a tasting. I would recommend them both.

## CONCLUSIONS

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

I would recommend Parma if you like a small city that is not very busy (compared to Utrecht). It is easy to get to know the city since it is not that big and there is not that much to do outside other then enjoying the food and the drinks. For Italy, it is a very expensive city to live, but compared to the Netherlands it is not. What I like about Parma is that it is very authentically Italian, so if you are planning on improving your Italian language skills it is perfect. Many people do not speak English and the city is not as international as for example Bologna. What I also like about Parma, is that it is a good destination to travel from. By train or car you can easily explore other cities in Italy. What is also nice, is that there are a lot of bicycle paths and the city is pretty flat for biking. I would not recommend this university if you want to be very challenged academically.

do you have any additional advice or comments?

Please don't worry if you are trying to talk to someone from the university in Parma or someone from a housing agency and it takes a long time until you hear something back. The Italians can take their time and take things slow. You also see this in the university, for example since being late to class is never a problem and if you want to reschedule your exam that is usually possible.



## 2022-2023

<b>PREPARATION</b>	
exchange application process	
	The process was a bit difficult at times because of the communication with the host university. You'll have to mail a lot and remember the deadlines well. Try to follow the online application webinar organised by the Parma uni, it makes things a bit clearer and you can ask questions.
counselling & support at Utrecht University	
	The International Exchange office always answered my mails and helped me with my questions.
academic preparation	
	No academic preparation was needed. However, be careful that you meet the requirements for some courses though. These requirements are to be found in the course catalogue. In my case this was the possession a Cambridge C1 diploma, which not every student in The Netherlands has.
language preparation	
	I already knew some Italian for personal reasons, and it came in very handy. I advise you to do a few small courses online, nothing too serious and you should be fine. Just to have an overall feeling of the language and maybe to make the application process a bit easier, since not everything on the Uni of Parma site is translated to English. Also a lot of other Erasmus people didn't know a word of Italian when they came. You will get a few language courses provided by the Uni too.
finances	
	Do not underestimate the cost of living!!! I have worked half a year prior to my exchange, and this was highly needed. You will want to go out for coffee/gelato everyday, eat in the lovely restaurants and go on trips. The Napoli and Rimini trip organised by ESN are 200 euros each for example, so please have enough money to be able to enjoy all of it, because it is truly worth it. I also don't think that it's handy to look for a job in Parma, since your uni schedule will be quite random and it's better to travel in your free time instead of sweating as a waitress for 8 euros an hour for example.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	
	On the site of the university there is a list of courses that are taught in English. From this list I chose a few courses that seemed interesting to me, but they were not necessarily law courses, so choosing from different departments is ok. I chose Public Economics (extremely difficult, I do not recommend), Intercultural Communication, European and International Labour law and European Legal Roots. At first I had some different courses included in my Learning Agreement, but during the first weeks I found out that one didn't exist for example. Luckily you can adjust your Learning Agreement so that's what I did.
academic quality of education activities	
	The courses were way easier than courses at the UU, and also some were more interesting than the others. Also the professors have a very tolerant attitude for Erasmus students. Questions are always very welcome and also during the exams the professors are willing to discuss and help you whenever you're having troubles answering, instead of just failing you. The exams that I had were mostly written, or it was a presentation.
counselling & support at receiving university abroad	
	I didn't need any counselling, but make sure to have a proactive attitude if you do: the university is sometimes very slow with answering mails.
transfer of credits	
	The credits are on a scale of 30. 18 out of 30 is sufficient. All my credits were 26 or above and the UU has



transferred them into sufficient.

## STUDENT LIFE

### welcome & orientation programme

I haven't been to any welcome activities hosted by the university, but I did go to all the activities organised by the ESN Parma. Mostly in the beginning of the exchange this is an excellent way to get to know the others.

### accommodation

Finding accommodation in Parma not as easy as you'd think. The Italians have a housing crisis just as in Utrecht, so please start on time with finding accommodation. I entered in different facebook groups, for example 'Stanza a Parma' or Affitto studenti Parma, etc. and that is where i eventually found my room about 1,5 months prior to departure. For this room i paid 250 euro monthly (other people paid around 300 and maximum 500). However I was very lucky and i had to actually videocall with the other housemates as a kind of 'hospi'. Other people i know found a room via [www.dovevivo.com](http://www.dovevivo.com) (their response rate is very low so try to call them and spam them with mails), and an option that is always possible if you're not too late, is the housing of the university itself. There are a few locations in the city/ on the campus that you can just book if you have your university credits. Search for Vietrina Alloggi by Er.GO Parma. Other possible options are [idealista.it](http://idealista.it) or [housinganywhere.com](http://housinganywhere.com). My tip is to try to live with Italians since you will probably only really hang out with other internationals. Also try to not live on the campus. Parma is small and bikeable but the uni (law faculty) is in the center and you'll also mostly meet with friends in the center, so try to live max 10 mins by bike from the center.

### leisure & culture

Parma is absolutely beautiful. Start with exploring the city, the museums and parks, and of course the restaurants, bars, café's. By train you can reach amazing cities very easily and for way less money than in the Netherlands. Go to Reggio Emilia, Bologna, Modena, Milan etc, these are all trips that you can do in a day by train. Also try to join the ESN trips since they're a lot of fun. Then also plan some bigger trips to bigger cities. If you book in advance through Trenitalia or Italo, you can reach Florence, Rome, Venice etc. in no time. What you really miss in Parma is a beach, so maybe plan a small trip with your friends to the beaches in the south, where everything is cheaper and the water is clearer than ever.

### suggestions/tips

## CONCLUSIONS

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

Absolutely! I had the time of my life in Parma, it is quite small and cute, so if you want the big city Erasmus experience then i wouldn't suggest it, but after a few weeks Parma feels like home. You will have your favorite meet up spots, you'll accidentally see your fellow Erasmus people/ uni classmates on the streets or in the club. The real nightlife is only from Thursday to Saturday but you have a huge amount of options and clubbing is a lot of fun there. The other nights are always perfect for going to a bar. As I said it's also an excellent city to travel, as a lot of other places are relatively close to Parma. The education should not be a priority, since the academic level is below what we're used to at the UU (at least in the courses i chose). It's all about the experience of travelling, getting to know the italian lifestyle, and meeting a lot of amazing people.

### do you have any additional advice or comments?



## PREPARATION

### exchange application process

Overall, my application went quite well. The application on the side of the UU was very manageable. If you keep in mind all the deadlines and if you upload your documents in time it will be pretty easy to apply at UU. The application at the side of the University of Parma required a bit more patience, but in the end it all worked out well. I would advice you to start in time and then it will all be fine, but you will have to send them multiple emails and call them a few times to get all the information and documents you need.

### counselling & support at Utrecht University

I didn't need any counselling or support from Utrecht University. I think that if I would have needed it, there would be enough support available at Utrecht University.

### academic preparation

I didn't need any academic preparation for my courses in Parma.

### language preparation

I didn't speak any Italian before. I followed a few Italian lessons at home to be able to understand a little bit of Italian and in Parma I followed a language course at the University. I only followed courses in English so I didn't need to speak Italian for University. If you wanna follow courses in Italian, I think there are language requirements. Keep in mind that not everybody speaks English in Italy, so sometimes it could be useful to speak a little bit Italian.

### finances

I think that the prices in the stores and in restaurants are a bit similar to the Netherlands. Also the rent is similar to the rent in the Netherlands. Do keep in mind that you will probably be making a lot of trips through Italy and this will cost some money. Remember to apply in time for the Erasmus grant.

## STUDY ABROAD PERIOD

### study programme (content and organisational issues)

I did my exchange during my bachelors. I followed three courses from the law department and one Italian language course. I followed the courses: public economics, european legal roots and contract law, globalization and digital markets. Because all the courses were from the law department there were no problems with my schedule and all the courses were in the same building. If you decide to follow courses from a different department this could however be different. It was quite a challenge to figure out which courses I could follow in the beginning. It was a bit unclear if the courses were taught in the second semester and how many credits you could get for them. So I would advise you to start in time with figuring out which courses you want to follow.

### academic quality of education activities

The courses I followed were very doable overall. The only course that was a bit more difficult was the public economics course. This course was described as a course for law students, but it was quite an economical course. If you are a law student I would not immediately advise this course, because you will have to put a lot of effort in catching up on the economics.

### counselling & support at receiving university abroad

The incoming office at the University of Parma is always friendly and ready to help you. However, they take a long time to respond to your emails, so you need to have a little patience with them.

### transfer of credits

My credits have been transferred within two weeks, so that went quite fast.



## STUDENT LIFE

### welcome & orientation programme

The University organizes some welcome meetings which are nice for the more practical information. ESN ASSI Parma organizes a welcome week with a lot of social activities where you can meet a lot of people. I would advise you to join all the activities in the beginning. They are fun and that is how I met most of my friends.

### accommodation

Finding accommodation in Parma can be quite hard, but in the end everybody finds a room. I would advise you to start in time with looking for a room. There are a few sites recommended by ESN and the University where you can find a room or you can try to find a room through Facebook. There are also some people that join the Whatsapp group from ESN and find a room through there. I would try all the different options and then you will be able to find something in the end.

### leisure & culture

I really liked Parma for my Erasmus. It is relatively small so you will really know the city by the end of your exchange. You can do everything by foot or by bike (a lot of people ride a bike in Parma!). Parma is a really nice Italian city that offers everything you need. Parma is famous for its food, so I would definitely recommend to go out for dinner as often as possible. Parma is also located in the middle of Italy and has a good train connection. You can easily make trips all over Italy.

ESN ASSI Parma is the organization for Erasmus students in Parma. They organize a lot of activities and trips. There is an activity at least every week. These activities are the easiest way to make friends in Parma.

### suggestions/tips

Make a lot of trips around Italy and visit the smaller towns as well!

## CONCLUSIONS

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

I would absolutely recommend everybody to go to Parma! I had a really good time. I really felt like I have experienced the Italian lifestyle. The people, the city and the food are all amazing.

### do you have any additional advice or comments?

Enjoy your time! It will be over before you know it.



## 2021-2022

PREPARATION	
exchange application process	<p>The application process from the side of the UU was relatively easy. I would advise you to have a look at all the different possibilities (both exchanges that are open to all UU students and exchanges that are specifically for the LEG department). Keep an eye on the deadlines and opening hours of the student point/international exchange office, so you have time to get all your documents signed on time.</p> <p>The Italian organisation proved to be stereotypical: everything took a while and it was difficult to get all the documents signed on time. The application process was not as streamlined from the side of Unipr (Università di Parma) as it was from the side of the UU. But this is a great exercise in patience, and everything was sorted in the end. I would say: do not stress about it, sometimes an extra e-mail might be needed but in the end it will all work out. The people at Unipr are very relaxed and will try to help you in online webinars that explain the whole process.</p>
counselling & support at Utrecht University	I didn't need specific counselling or support from the UU.
academic preparation	It wasn't needed to do any academic preparation.
language preparation	I didn't have prior knowledge of Italian, so before coming to Italy I studied for one month to have some basic knowledge of the language. I chose courses in English, to ensure I would be able to understand everything. If you choose courses in Italian, I believe there is a language requirement.
finances	Remember to apply for the Erasmus Grant and also the Travel Green Grant, if you plan on going using sustainable ways of travelling (I took the train from Utrecht to Parma, which ticket got reimbursed by this Grant).

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I did this exchange during my master's, so only master courses (laurea magistrale in Italian) would be added to my diploma. I chose courses that were in English, one from the faculty of law, one from economics and one from philosophy. I also followed two language courses by the Unipr, but these unfortunately cannot be added to my diploma as they are not explicitly courses on a master level. My timetables frequently overlapped, as the courses I chose were from different faculties. This however didn't pose too much problems, as all teachers were okay with me only attending some of the lectures.
academic quality of education activities	Only the philosophy course I chose was on the same level (or even more difficult) as the courses I was used to from the UU. The law course and the economics course were both easier. Some exams were oral instead of written, which I was not used to, but this didn't cause any difficulties as the teachers are very friendly and make you feel at ease.
counselling & support at receiving university abroad	The incoming staff from Unipr didn't respond quickly to e-mails, but they organised a lot of webinars to get everyone started. They are friendly and always try to help you.
transfer of credits	



As of now, the credits have not been transferred yet.

## STUDENT LIFE

welcome & orientation programme

Unfortunately I had covid during the welcome week, so I couldn't join these activities. There were some events, partially organised by the Unipr and partially organised by ESN ASSI Parma, the Erasmus association of Parma.

accommodation

For a lot of international students, finding a house in Parma was difficult. I joined a group chat on Whatsapp with a lot of students who were in Parma the semester before me, and via this chat I was able to find a room 1,5 month before coming to Parma. Almost all Erasmus students live in the centre of Parma. You can also try contacting ESN Assi Parma, they will know some websites and options you can try to find accommodation.

leisure & culture

Parma is a perfect city to live in as an Erasmus student, as it is relatively small. You will meet everyone very easily on the streets, and it is always just 5-15 minutes by foot to meet your friends, go the University, get a gelato/drink/pizza etc. ESN ASSI Parma organises a lot of events, especially in the beginning these are nice to join to get to know new people. Parma is a great city also as a starting point to travel - many day trips are possible, as well as longer trips with friends from Erasmus or from home. I joined a gym here, I participated in a student orchestra, I met with an Italian lady to practice my Italian, had a night out with almost all my Italian classmates... it is very easy to be social here.

suggestions/tips

Join ESN and meet new people! For me, the skiing trip was one of the best experiences (and I had never skied before!).

## CONCLUSIONS

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

I would definitely recommend this university and Parma as a city, if you want to experience la dolce vita and enjoy everything that Italy has to offer. If you are looking for very academic courses, I am sure you can find some here, but mostly I would recommend Parma because of the great experience it was on the whole and not necessarily because of the academic knowledge you will gain. The beautiful landscape, Italian food and culture, many many hours of sun every day, amazing people from all around the world will make this exchange unforgettable.

do you have any additional advice or comments?

Take a lot of pictures/videos, time flies!

## PREPARATION

exchange application process

Before deciding to go study abroad I looked on the website of the University of Utrecht to look into all the destinations where it was possible to study. Unfortunately I was a bit slow/ late so my first choices were already taken; I applied for the second deadline. I ended up in Parma, Italy. It was not my first choice but because I was late this was my own fault.

counselling & support at Utrecht University

I had a lot of help from the University. I remember I e-mailed them a lot with questions about destinations, for example destinations which did not offer any law based courses (while I am studying law), or questions about



deadlines, questions about the forms. They were very helpful and replied quickly; also it is nice to be able to get in contact with the international office by callin.

academic preparation

I looked into the subjects that the University offered. I have been studying in Italy before so I kind of knew how and what and how the levels will be. In italy i followed now twice masters subjects while I am still in my bachelor, but I knew from previous experience that this is not a problem considering the levels.

language preparation

Since I did study in Italy before, I knew a bit of italian already. I did some extra reading to prepare a bit for the language; because in Italy it is really nice to know some italian. A lot of italians (also students) do not know english at all and it can be very helpful to find your way, to meet new people or to ask for help in any situation.

finances

Before going to Parma I did work extra in the summer, to prepare some money for there. I travelled a lot when I was in Parma so I did really need that money and I was happy I saved some! If you're in Parma it is super easy to take the train all over italy, to book airbnbs with your friends, to go to the most beautiful cities, beaches, or whatever, and it's a super waste not to be able to do this because of money. So i do really advice you to save so money to make the most out of it!

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

I studied several subjects; International politics, English for International relations, Philsopohy of mind, Rights protection in the EU union, and an italian language course. I looked on the website of the university to find my subjects that i wanted to follow; i also e-mailed a lot with the university because the website is not super clear. It was quite a task to figure out which subjects where available in english, which subjects were given first semester, how much ECTS each subjects was.. and so on. So i suggest you start on time with figuring out your subjects because it will take some time.

academic quality of education activities

In my subjects we had some guests lectures, we had to do short essays, we had final exams, we had moot courts.. It was very diverse. I did have all my subjects on Master level but I did not notice this; it was not like it was harder for me then my bachelor subjects in Utrecht. Do keep in mind that everything is in english; but also don't be afraid of that. You'll quickly get used to that, especially since you're also probaly with a lot of international people speaking english all day.

counselling & support at receiving university abroad

I had a lot of contact with the International office in Parma, concering among other things my subjects, the schedule, overlap of subjects and so on. They responded quite quickly. I also found it very nice that they organised several meetings online before the start of the semester. In the meetings they explained a lot about the university, the subjects, the erasmus forms. You were also allowed to ask questions in the meetings to the international office.

transfer of credits

For doing the exams in Parma you had to register online, and after doing the exam you had to 'accept' the grade online. This was not complicated because they explain you very well. After finishing all my subjects/exams I e-mailed the international office for my transcript of records and they sended me in 2 weeks after me asking. The grades are in italian so not transferred to dutch grades yet. The transcript of records also states the credits I received for each subject.

**STUDENT LIFE**



welcome & orientation programme
As said before, the international office of Parma organised a lot of online meetings before the start of the semester. These were very helpful. Also after arriving in Parma, every erasmus student needed to go to the international office to submit themselves. To be honest, this took a while; in Italy everything goes a bit slower than in NL + it is way more bureaucratic. I guess you just have to get used to this; at least I did. And eventually everything will be ok. It is also nice to know that the international office is close to the university and there are some open hours where you can come by to ask anything; I advice you to this instead of e-mailing, since waiting for a response by e-mail of the international office might take some time.
accommodation
For accomodation, I looked online and found something by the website Idealista. I was looking to have found something quite quick; I subrented a room for 1 semester from a girl. i know that a lot of students in Parma had a lot of difficulties finding a room; most landlords want someone for a year and not half a year. Also, finding something in general in Parma is hard. I know a lot of students who rented an airbnb for weeks before finding something. So my advice is to look into accomodation as soon as possible. Joining facebookgroups with other people looking for rooms might be convient too.
leisure & culture
In italy everything goes a bit slower; something I personally really like but not everybody does. You just have to get used to this kind of lifestyle. What I like most is the amazing and cheap coffees (tip: drinking a cappuchino is only allowed before 11AM!!), the very good food (parma is the 'capital' of food of italy so Parma is perfect if you like food), the aperitivo's (5 euro for an aperol spritz including a lot of snacks), but also the beautiful architecture everywhere. The most beautiful churches and so on.
suggestions/tips
<ol style="list-style-type: none"> <li>1. Start on time figuring out which subjects you want to follow</li> <li>2. Save some money to travel a lot (since Parma is super central and you can reach the most beautiful places from here)</li> <li>3. Start on time looking fo raccomdation, which will save you not only stress but also a lot of money (otherwise you might end up in an airbnb)</li> <li>4. Do a lot of things with the ESN organisation in Parma! ESN organises trips, or just drinks, city tours, and so on. By going to these events you'll meet a lot of international friends. If you go a lot to these events in the first 2 weeks you'll make your friend group there for the rest of the semester. I really made very good friends whom i all met on ESN events and we are still in contact now.</li> </ol>

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
Parma is quite small; I lived in Rome before and I had to adjust abit. What I liked a lot in Parma is that everything is close; all the students (including me) have a bicycle and it is very easy to meet up. In Rome this was more difficult since the city is huge. The university is good and well organised. What is also perfect, is that Parma is super central so from Parma it is easy to travel to beautiful places. If you like cosy, Parma is perfect for you.
do you have any additional advice or comments?

<b>PREPARATION</b>
exchange application process



The application process was not so difficult. I wrote a motivation letter and had a appointment with the study advisor to discuss the options of doing extra courses after finishing my masters.
counselling & support at Utrecht University
The international office helped me a lot with all my questions
academic preparation
I did not do any academic preparation.
language preparation
I did a language course for Italian at Babel. It was usefull to understand a little more of the italian language, since my level was 0. In italy not many people speak english, especially in smaller cities. When you choose italian classes I would recommend to make sure your level is quite good before you will come, since the italian courses that they offer at the university are during your classes and not before. But I chose only english courses, so it was enough to do only a little bit before (but more for yourself and to get around in stores and with your neighbors)
finances
I applied for the erasmusgrant and used my studentloan

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	
I did italian courses, english for international relations, philosophy and european law.	
academic quality of education activities	
Since my courses were at a masters level they were not so easy, but the exams were not too difficult. The teachers were nice to international students and they were not too harsh I think. The english course was very easy, even though it was on a masters level, since italians are not so good in english usually.	
counselling & support at receiving university abroad	
They are very slow, but if you contact them they will help you with the most important things. Don't worry too much if you did not receive your taxcode or studentcard etc. Because it can take a long time, but I never had problems with not having it. Some houseowners will ask for it though, so my suggestion would be contact the incoming office a lot and don't wait too long, because I received my studentcard the week before I left parma...	
transfer of credits	
I am waiting for that now, so I can't say anything about that.	

<b>STUDENT LIFE</b>	
welcome & orientation programme	
ESN is a nice association to get to know a lot of erasmus students. They organize a lot of trips (depending of the covid situation)	
accommodation	
I had an apartment, which was not super nice, but okay. I paid 400 euro per month, but I know a lot of people who paid less. So I think the normal prices are between 300-400 euro. In parma it's quite difficult to find something for short term, so start on time with looking on websites. De univeristy can help you sending good and thrustworthy websites, but they don't offer accomodation theirselve	
leisure & culture	



The culture in parma is very rich. I loved it. When you speak a little Italian your experience will get a lot better I think

suggestions/tips

## CONCLUSIONS

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

I do recommend parma, if you like a smaller city where you can get to know most of the people and become part of the city. It's small enough to get to know all the places but not so small that it gets boring. It's really central and close to other big cities so you can travel a lot. I did another exchange in Florida and that was really good for partying, but in Parma I really got to chance to get to know Italy and the culture. I liked that it was small (I think you can compare it to Utrecht a little). But it's not as bruising as Bologna for example is.

do you have any additional advice or comments?