



## UU Report form - Erasmus 2022-2023

email address	mailmartvisser@gmail.com
faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology

destination city & country	Padua, Italy
how did you travel to your destination?	By car
name university abroad	UNIVERSITÀ DEGLI STUDI DI PADOVA
start date	20 / 02 / 2023 (dd/mm/yyyy)
end date	22 / 07 / 2023 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

It takes some effort, but when you try to fill in the forms within a few days when you get them send to you it's very doable.

#### counselling & support at Utrecht University

Just send them an email right away when you need something signed or when you have a question and you get your answer fairly quickly.

#### academic preparation

Nothing, the education level for social sciences at least is a lot lower compared to The Netherlands.

#### language preparation

An A1 language course could be useful for the beginning months, but it can also be obtained at the CLA in Padova.

#### finances

Save up some money, because if you want to travel around (which I really recommend) you're probably not going to make it just with your student loan.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

For psychology there are a lot of interesting courses to choose from. I would recommend putting a lot of different courses in your Learning Agreement to see if you are able to follow them. Since the first week of the semester in Padova is kind of a try-out week, you are able to go to any of the classes you are interested in and then decide if the course is indeed nice and if it fits your schedule. Afterwards you just remove the courses you don't like or need in your Revised Learning Agreement.

#### academic quality of education activities

The academic quality is a lot lower than we are used to in The Netherlands, but still one of the best in southern Europe. The difference is most noticeable in how the exams are made and the amount of time you need to study to get a perfect grade.



counselling & support at receiving university abroad

In Italy you have to get used to a really slow bureaucracy which is also applicable for the University. In the end you will get an answer to your question, it will just take some time.

transfer of credits

Most courses are worth 6 credits, so you need to take at least 4 courses which is very doable.

## STUDENT LIFE

welcome & orientation programme

I would definitely recommend to attend all the activities in the welcome week! They are very fun and a good place to meet your new friends. Since everyone is open it is really easy to meet new people.

accommodation

Housing is hard to get in Padova, so I would recommend searching for it as early as possible. Housing Anywhere is a save site to find a good apartment.

leisure & culture

There is so much in Italy, but Padova is most known for the nightlife with the wine bars, the clubs and the good bars with 2 euro Spritz.

suggestions/tips

Flybar!

## CONCLUSIONS

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

I would definitely recommend going on Erasmus to Padova! Apart from all the information I mentioned above, the ESN organisation in Padova is the second most active in Europe. At first I didn't really see this as a big plus, but they organise so many good events/parties/trips around Italy where you meet so many nice people that it really improves the international student life in Padova. Furthermore, it's just so beautiful there with the landscape, the culture, the food and wine, the beach in only an hour away and ofcourse the weather which really makes it the perfect place to stay for half a year.

do you have any additional advice or comments?

Go on as many trips with friends as possible! It's so cheap and so much fun to rent an enormous villa and some cars with a big group in toscany, ancona or even more in the south. Also definitely make a visit to Sardinia and Sicilly if you have the time!!



## UU Report form - Erasmus 2022-2023

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

destination city & country	Padua, Italy
how did you travel to your destination?	By train
name university abroad	Università degli studi di Padova
start date	26 / 09 / 2022 (dd/mm/yyyy)
end date	25 / 02 / 2023 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

The application process took quite a long time. First because I had to choose a destination, which I found very hard, because there were so many interesting and fun destinations with all a lot of options for interesting courses. Once I chose Padova I started the application process at UU. It wasn't really hard, you just had to write your motivation, and fill out your study plan and some other forms. Once I was accepted by UU to go to Padova, I had to apply to the university of Padova. Here you had to fill in some forms, but there is a good explanation on their website.

#### counselling & support at Utrecht University

The support at UU was really good. The international office of the faculty of social sciences was always available for questions or advice.

#### academic preparation

There was no academic preparation needed.

#### language preparation

I followed 3 Italian courses at UU the year before I went on exchange. UU wants you to have a level B2 of Italian. But in my application in Padova I never had to show them my Italian level, because I wasn't going to follow Italian courses. If you do follow courses in Italian, the B2 level is required. But there are a lot of English courses to also choose from so I didn't need it. The university of Padova also offers a Italian Language course you can follow during the semester.

#### finances

The moment I heard I was admitted to Padova, I started saving money and I got a job. You also get the Erasmus grant. And I got some help from my parents. In Padova, the prices aren't that different from in the Netherlands, but restaurants and bars are way cheaper (very cheap pizza, pasta and spritz!). Train tickets to other cities are also comparable to the Netherlands, maybe a bit cheaper. You might spend some more money than in the Netherlands, because there are a lot of fun things to do in and around Padova

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

The courses I followed were all from the psychology faculty, which is pretty big, and they have a lot of English courses. I followed 4 courses worth 30 EC in total: General Psychology (bachelor course), Intergroup relations



(Masters course), Psychology of Economic Decisions (Masters course) and Advanced Topics of Emotion Regulation and Education (Masters course). One of these courses was mostly online, but the others were on the psychology faculty (in the Portello district, where most of the faculties are). For each course I had two two-hour lectures a week. There were no seminars, so that's different from Utrecht. It was mostly listening and not really interactive. In the months January and February we had the exams and no lectures anymore. You had two dates to choose from. So I had only 4 exams in those two months.

academic quality of education activities

The academic quality was alright. I learned quite a lot during the courses. However, I think the courses were not that hard. I went to almost all the lectures and studied a bit, but not as hard as at home and I passed all my exams with a pretty good grade.

counselling & support at receiving university abroad

You could always reach the university erasmus office via e-mail with questions. Sometimes it took a while before they answered or sent you back some forms like the learning agreement, because they're always really busy, but I always got an answer.

transfer of credits

On the student website of UniPd there is a "booklet" where there is a clear overview of your grades. On the website you can also ask them to transfer your credits to your home university. This happened within a week, now I'm only waiting for UU to upload them to Osiris.

**STUDENT LIFE**

welcome & orientation programme

There was a really good welcome programme. In the month before arrival there were already some online seminars about practical information from the university. In the weekend I arrived ESN organised city tours to get to know the city. In the week before the semester started there was a welcome week organised by ESN. During this week there was an activity every night, like parties, dinners and karaoke. Going to all these events was really fun, because you meet a lot of people there and everyone is really open to make new friends. I made a lot of my friends in this first week actually! But also during the semester you still meet a lot of people, as there are a lot of Erasmus students in Padova.

accommodation

Getting a room in Padova is really hard. I started looking for one when I heard from the UU I was selected to go to Padova. When I started there was still a lot to find online. I got my room via HousingAnywhere, which was really nice. But there were a lot of people who did not find a room before coming to Padova and looked while they were there. Most people eventually found a room in or around Padova, but it was really stressful. So my tip is to really start searching as soon as possible and not have too high standards!

leisure & culture

Padova is not really big (a bit smaller than Utrecht), but it is a really nice city. It is a real student city with a lot of students, bars, restaurants, but also some nice museums and architecture. I always enjoyed just going on walks around the city and explore. Italians are always outside so there are always people on the streets and drinking spritz outside bars. Italy also has some beautiful cities and nature to explore, which are all easy to reach by trains. Padova has the perfect location to visit cities as Venice, Verona, Bologna, Milano, Treviso, Florence, but also the Dolomites are closeby. I definitely recommend going on trips! With ESN you also get a flibus discount, so you could also go a bit further away (like Rome!) really cheap!

suggestions/tips

Wednesday nights are usually the nights where the students go out (to bars, or Portello (the student district) and the clubs). In my semester there was a WhatsApp group for playing flunkybal somewhere in Portello, this was the perfect place to meet a lot of people, because a lot of Erasmus students came here. On Wednesdays in



summer Portello is in general full of students, really fun!!

## CONCLUSIONS

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

Yes!!! Padova is the perfect Italian university city. It's not too big, it's beautiful, has a lot of fun bars and you are really emerged in the Italian culture. It has a really big student population and also a lot of Erasmus students and events. I made so many international friends, which made my time there even more fun. It has the perfect location to explore Northern Italy. I'm really glad I choose this destination.

do you have any additional advice or comments?

If you choose to go to Padova try to make a lot of trips, make friends and enjoy your time there as much as possible, because unfortunately it's over before you know it



## UU Report form - Erasmus 2017-2018

faculty/college	social and behavioral sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	interdisciplinary social sciences

destination city & country	Padua, Italy
name university abroad	Università di Padova
start date	1 / 10 / 2017 (dd/mm/yyyy)
end date	1 / 02 / 2018 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

The application process is not difficult, but you have to fill in a couple of formats with information of yourself and write a motivation letter. Do not be put off by all the paperwork! It is just a step for step process which you have to do.

#### counselling & support at Utrecht University

Utrecht University is always there if you have questions or things are not going well with the application process.

#### academic preparation

There was no special academic preparation needed.

#### language preparation

Because I went to Italy, I did two Italian language courses at Babel talen Utrecht. Although all my courses were in English and knowledge of Italian was not obligatory by the university of Padova, I recommend to do it because it is so much nicer if you can understand a little bit of what the people around you are saying and it was also useful because some e-mails of the University of Padova were in Italian.

#### finances

You can actually relate Padova to the amount of expenses in The Netherlands, but it is nice to be sure you have enough money so that you can do everything you want to do there.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

I followed four courses in Padova: Psychology of Language, Psychology of economic decisions, psychology of emotion and work&organisational psychology. I also followed an Italian language course at the University. The courses were all in English, and the most of the students who followed this courses were Erasmus students. In Italy the system for choosing courses works a bit different from how it is in the Netherlands; in Padova I didn't have to sign in for courses, you just go the first two weeks to all courses you like and you can switch courses if you like one more than the other. So you don't have to sign in for courses before going to the university. You only sign for exams which you do (if you do the first semester) in December/January.

#### academic quality of education activities

The academic quality was higher at some courses than others. I had two courses who were really informative and interesting and of high quality, but I also had courses where the teacher couldn't speak very well English



which reduced the quality of the course. But fortunately with learning the studybooks I passed this courses as well. So overall, the quality of the courses and the books you had to read were alright.
counselling & support at receiving university abroad
I had a contact person for questions and she responded always very soon.
transfer of credits
I have not transferred my credits yet, but at the site of the University of Padova there is a clear overview of my received grades.

<b>STUDENT LIFE</b>
welcome & orientation programme
The welcome programme is really good in Padova. There is a Welcome Week, which is in cooperation with ESN Padova. So there are the whole week activities where you can meet so many people which. In the evening there were the whole week parties and dinners, and during the days there were some informational meetings. The Welcome Week is really nice because here I met friends were I stayed with my whole time in Padova.
accommodation
You have to search an accomodation by yourself. The University doesn't help with this. In Padova it is difficult to find a room, because of the language and because you stay only for 5 months. But there is a Facebook group were you can search rooms, and I found my room with the website Uniplaces. I recommend to start early with looking.
leisure & culture
Padova is just the nicest city to live in as an Erasmus student. It is super cosy, there are lots of bars where you can drink their famous Spritz and while you walking down the streets in the center you will always walk into some of your friends. The University is also really close or in the city (depends which department you study) which is super nice. In the hot days you can sit on the grass at Prato Della Valle, and the terraces are always full, even in winter! Padova is also nice because it is 20 minutes with the train to Venice, and actually all cities around are less than two hours with train or car. It is a perfect city to do city trips from, which I did also almost every weekend! You can go to Verona, Vicenza, Venice, Bologna, Milano, Florence, to the mountains, Lake Garda and I even went to Rome!
suggestions/tips
Do as much trips as you can, it is not expensive and there is so much to see around Padova, try to learn the Italian Language because it is such a beautiful language, and start looking for a room early

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
I totally recommend Padova. To me, it was just the perfect city to live in and from the first day it totally felt like home. In Padova you can bike everything, which is supernice because most of the time it is nice weather, and the size of the city is really perfect. If you want to eat in the cosiest restaurants, drink Spritz every day on one of the piazza's and if you want to discover the beautiful Norht of Italia, I highly recommend this beautiful city!
do you have any additional advice or comments?
Don't be put off by the paperwork, it is not that much and in the end it is totally worth it. You get an experience you will never forget.



## UU Report form - Erasmus 2015-2016

faculty/college	Social sciences
level	<b>bachelor's</b> master's      PhD
name study programme	Pedagogische Wetenschappen

destination city & country	Padua, Italy
name university abroad	Universita degli studi di Padova
start date	1/10/2015 (dd/mm/yyyy)
end date	29/2/2016 (dd/mm/yyyy)

### PREPARATION

exchange application process

This could have been better, but in the end it turned out well

counselling & support at Utrecht University

The support at Utrecht University was super good, they helped me with every question I had

academic preparation

It wasn't really necessary to do some academic preparations

language preparation

Wasn't necessary either. My courses were in English (but I had to take some master courses to have them in English)

finances

### STUDY ABROAD PERIOD

study programme (content and organisational issues)

It was good

academic quality of education activities

To be honest the academic quality is less than at Utrecht University, but it wasn't too bad. And it also depends a lot on the professor, some are super boring and others super interesting

counselling & support at receiving university abroad

I could have had some more support, but in the end I managed everything so it was okay.





transfer of credits

## STUDENT LIFE

welcome & orientation programme

They organized a huge welcome program, which was nice to meet some other students

accommodation

I have been living with 4 Italian girls, in Portello (the best area to live in Padua as a student), which definitely was the best choice ever. If you ever have the chance to live with Italian people instead of living in a residence, take this opportunity!! It took some time and it was a little stressful to find a house, but it is possible and absolutely worth it

leisure & culture

The Italian culture is wonderful; the food, the people, the mentality. I enjoyed it so much. Also Padua is a super nice student city (which I concerned before going there, because it seemed a bit small and old to me)

suggestions/tips

Enjoy!!

## CONCLUSIONS

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

Yes, definitely!

do you have any additional advice or comments?

No