



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	psychology

destination city & country	Milan, Italy
how did you travel to your destination?	By train
name university abroad	Università Cattolica del Sacro Cuore
start date	09 / 02 / 2022 (dd/mm/yyyy)
end date	02 / 02 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process was doable, especially before I was selected everything was clear. Once I was selected and had to fill out everything on the Italian university's website, it was a bit more complicated. However, both universities were quick to respond to emails. The most difficult aspect was finding housing that was relatively affordable and good location-wise.

counselling & support at Utrecht University

The support at UU was excellent. Even before I had decided on a destination, there were information meetings, possibilities for individual counseling, etc. The people at the international office were always kind, helpful, and fast to respond. The same was true for during and after my exchange.

academic preparation

I didn't do any specific academic preparation, except for learning the language.

language preparation

I had been learning Italian on Duolingo on and off for several years before my exchange, and half a year before my departure I also started an online language course.

finances

Housing in Milan was much more expensive than in Utrecht. My room was 740 per month, but I also had friends who paid about 1000 euros. The Erasmus grant and the compensation for my OV Chipcard did help a lot, but I would recommend to save as much as you can, since you will probably travel often. I had about 2000 euros saved.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I chose courses that interested me, mainly within the field of psychology. It was a bit of a puzzle to figure out which courses were not going to overlap in their schedules. They offer fun and interesting courses, such as a cooking course, and an Italian language course.

academic quality of education activities

The courses I followed were not as academically challenging as in the Netherlands. Besides that, I found the way of teaching a bit boring, since the teachers were often long-winded in their explaining of simple concepts.



counselling & support at receiving university abroad

The receiving university was helpful when I had questions. It was easy to send them an email or stop by their office. At the beginning of the semester there was also an information meeting, where they explained most of what we needed to know.

transfer of credits

My grades were transferred to UU as pass(/fail).

STUDENT LIFE

welcome & orientation programme

At the beginning of the year, my university organized an information meeting where most of what we needed to know was explained. This was useful, and an easy way to get to know other exchange students and sign up for ESN Milan. ESN organized several activities, which were okay, but mostly fun because of the people we met there.

accommodation

My accomodation was relatively good. I booked it through Habyt, and paid 740 per month for it. The location was ideal, since it was a 20 minute walk from the university, and a 35 minute walk to the city center. There were also some students who stayed in the university's apartment complexes (Bicoca I believe it was called?), which was significantly cheaper, but far away and you had to be more careful at night.

leisure & culture

Milan is a vibrant city with endless new things to do, see, and discover. It has all types of bars, clubs, restaurants, stores, monuments, and the best spa I have ever been to (QC Thermemilano). And fashion week, of course! Italians are really kind, although they often do not speak English. An advantage of living in Milan is that it is a convenient location to travel to and from, with a train station and three airports nearby.

suggestions/tips

Be careful at night, especially in some neighborhoods. When I was alone, I usually took an electric scooter (Bird or Lime) to go home. I never had a bad experience with a night bus, but everybody warned me not to take them alone.

CONCLUSIONS

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

Yes I would! Living in Milan allowed me to try out new things every day. Since it was so big, I discovered new places and history about this city even in my last week. Even though a city like Florence is, in my opinion, more beautiful, Milan has so much to offer, and you will never be bored if you live in Milan.

do you have any additional advice or comments?

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UU Report form - Erasmus 2022-2023

faculty/college	Utrecht University - Interdisciplinary Social 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	Milan, Italy
how did you travel to your destination?	By plane
name university abroad	Università Cattolica del Sacro Cuore Milano
start date	01 / 09 / 2022 (dd/mm/yyyy)
end date	16 / 12 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

Both universities sent clear emails on the steps needed to be taken. First of all, I had to complete payment and choose whether or not to follow an Italian language course with the University in Milan. Afterwards, the courses were made available and an application deadline was given. Most importantly, I started looking for housing after I completed the payment and received the official application approval. After I registered for the courses, I started finalizing my Erasmus and Utrecht University documents to get them approved for the grant and ECTS back at home as well. This was kind of a difficulty as you have to keep in mind the course deadline at the exchange university if some of your courses are not approved in order to re-register, so I advice to start finalizing your approval documents as soon as possible.

counselling & support at Utrecht University

Utrecht University provided good and sufficient support. They gave clear steps and deadlines and even helped me when I had some trouble with the exchange university in the beginning.

academic preparation

I didn't prepare academically.

language preparation

Prior to my exchange, I downloaded Duolingo and got some self-study books from the library which I studied during summer.

finances

I knew for a long time I wanted to go abroad, so I set some money aside for a few years. Knowing my destination, I saved up some extra money by working extra shifts.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

International course curriculum. I had a lot of trouble with understanding the differences between the type of courses provided by Cattolica - the international, academic and full year ones. The difference in dates and length throughout the semester wasn't clear, as the international courses end before Christmas and the academic ones are until end of January/beginning of February. This caused me to register for all sort of courses, even one for a full year, even after having intensive contact with the university about whether I was choosing the 'right' ones, which they confirmed to me. Upon arrival, I got a harsh reply about not having registered right



and questions regarding to who told me this. In any case, I managed to change all the courses to international ones so I turned out to be alright, but I do advise to seek personal contact with the university regarding the course details, dates and deadlines as sometimes emailing them caused miscommunication.
academic quality of education activities
Academic quality was fairly low. All the classes where not interactive at all and there was no room for class discussion. Also no breaks during class, which makes it hard to keep paying attention for an hour and a half. Although the course topics were really interesting, they weren't academically challenging at all. We even hardly had to study research or scientific papers, it was only the lectures. This for me was a huge difference with the quality back home.
counselling & support at receiving university abroad
Sometimes really good and clear, sometimes really vague. Got contradicting information sometimes, but in the end manage to solve the problems that occurred due to this.
transfer of credits
Went okay.

STUDENT LIFE

welcome & orientation programme
Was nice! Consisted of a tour, some extra information about the courses and how to apply, change or drop them. Also gave us some information about the city, the culture, the do's and don'ts and closed of with an aperitivo.
accommodation
Found it through DoveVivo. Some negative contact experiences and kind of expensive due to extra service costs, but reliable and good accomodation.
leisure & culture
Travelled a lot and experienced the 'life of the city'. Going to the gym is really expensive - around 100,- per month - so I bought some sports equipment at Decathlon and went running with a friend through the park sometimes.
suggestions/tips
Milan is an expensive city. Prepare for the high rent and relatively high costs of basic expenses. However, due to the central location you can easily take day/weekend trips by train or bus and visit cheap and impressionable places.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
Yes and no. I really think it depends on what you are looking for in an exchange. Milan is a really special city: it is luxurious, crowded and there always is a lot to do, which sometimes might be overwhelming. If this is what you want and are prepared to pay a bit more for your exchange, it is definitely recommendable. If you are looking for a smaller destination with a closer community, a more relaxed ambiance or cheaper lifestyle, I recommend looking at other destinations.
do you have any additional advice or comments?



UU Report form - Erasmus 2021-2022

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

destination city & country	Milan, Italy
how did you travel to your destination?	By plane
name university abroad	Universita Cattolica del Sacro Cuore
start date	16 / 02 / 2022
end date	23 / 06 / 2022

PREPARATION

exchange application process	I did the third round of the application process, so I had to choose from the destinations that were left.
counselling & support at Utrecht University	Clear information and support from the International Office. They provided us a guide etc.
academic preparation	Completed my bachelor's already, not necessary.
language preparation	Since by Bachelor's at UU was taught in English, I didn't do a English course. However, I followed the Italian 1 courses at UU, which obtains 7,5 ECTS.
finances	Milan is an expensive city, as well as the rent is expensive.

STUDY ABROAD PERIOD

study programme (content and organisational issues)	You have to keep in mind that abroad things are organized differently compared to the Netherlands. Here, everything is quite clear and well organized. Despite the fact that I was in Italy, everything was quite well organized and clear. The International Office there was very kind and helpful.
academic quality of education activities	The difficulty of the courses are less than in the Netherlands. However, I still had to study regularly because the amount of stuff is quite the same. When you study, the exams can be less difficult compared to the Netherlands. And ofcourse, it depends on the courses you take.
counselling & support at receiving university abroad	The International Office there was very kind and helpful. They respond quickly to your e-mail, you can call them or walk into their Office.
transfer of credits	Still waiting for this. It goes directly from my host university to UU. I do not expect problems.



STUDENT LIFE
welcome & orientation programme
Nothing special unfortunately. The orientation programme was online (maybe due to COVID), but I hoped for some orientation days in real life. ESN (Eramus Student Network) is partners with Cattolica so they organized events and parties.
accommodation
I rented at DoveVivo, which is strongly NOT recommend. I booked the room via UniPlaces. I did not know the room was from DoveVivo originally, so try to know this before you book. The room itself and apartment was really nice, but they communication and regulations are worse. They make money of everything and are unprofessional. Try to find a room not at the lastest, because it can be hard to find a room! From my experience, try to live nearby a metro station.
leisure & culture
Milan is an amazing city with a lot to see and do. Also the train is functioning well, so you can go to the lakes (Como and Garda), which I really recommend.
suggestions/tips
See above.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, the University is well organized, the people there are kind and the campus is beautiful.
do you have any additional advice or comments?
Go to the ESN events, especially in the beginning. Try to be in the city a week/some days before University starts, to meet people and to get to know the city and your neighborhood.



UU Report form - Erasmus 2017-2018

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

destination city & country	Milan, Italy
name university abroad	Universita Cattolica del Sacro Cuore
start date	4 / 09 / 2017 (dd/mm/yyyy)
end date	22 / 01 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process	They were really helpful and responded really fast.
counselling & support at Utrecht University	All the information was really clear and they were always willing to help us.
academic preparation	This was a little bit difficult for me because it was not really clear which courses I could take.
language preparation	I did an italian course in Holland with a private teacher to know the basics.
finances	I saved some money before i went to Milan.

STUDY ABROAD PERIOD

study programme (content and organisational issues)	The courses were very diverse and the courses from the international curriculum were not that challenging.
academic quality of education activities	Not that challenging
counselling & support at receiving university abroad	They were really helpfull
transfer of credits	I don't know yet, because I didn't receive them.

STUDENT LIFE

welcome & orientation programme	The orientation programme was fun because you could get to know a lot of people. We also had the opportunity to go to parties every day because they were organized by ESN. This was really fun
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accommodation
My accommodation was fine, I lived in a calm neighborhood and felt really safe here.
leisure & culture
The culture is really nice, it is a beautiful city with a lot to do and see.
suggestions/tips
I suggest you to go to the activities organised by esn because they are really fun and you can meet a lot of people

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes i would recommend this destination, because Milan is a great city. I felt in love with the city and the food ofcourse.. I have met so many great people and the vibe in the city is really nice. The courses are not that challenging on learning but for me i have developed other skills, like presenting and improving my english.
do you have any additional advice or comments?
I advice you to start early with searching for a room. Besides that i recommend to save money because Milan is not cheap. And I think you have to search for an accomodation which is not to far from the city centre or university because you are here most of the time. If you have other questions you may always email me!



UU Report form - Erasmus 2016-2017

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Pedagogical Sciences
destination city & country	Milan, Italy
name university abroad	Universita Cattolica del Sacro Cuore
start date	1 / 9 / 2016 (dd/mm/yyyy)
end date	31 / 1 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process
I found the application process to be a bit extensive at first, but in the end everything was perfectly doable and not too much work at all. My only advice is to start in time.
counselling & support at Utrecht University
The questions I had were answered quite quickly by email. Everyone at the International Office was very helpful.
academic preparation
I did not do anything to prepare myself and, looking back, it did not seem necessary either.
language preparation
I took Italian classes because my courses would be partly in Italian and I did not have any knowledge of the language beforehand. I took about 20 1-hour lessons before departure plus an intensive course of two weeks once I got there (offered by the university itself). In hindsight, I wish I would have taken a bit more classes, because my language level was A2 and that, in my opinion, was a little too low to be able to understand every lecture fully. In the end this did not cause any trouble though.
finances
I did save about a 1000€ euros beforehand, which I did not spend at all because I had my student loan from DUO and that appeared to be enough. Moreover, you have to take into account that housing is quite expensive here, so prepare for approximately 500 euros a month. Furthermore, living expenses are about the same as in the Netherlands, however of course you do a lot more fun stuff, so save some money for that.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
I had quite fun courses, e.g. theatre, literature but also genetics. At first these were quite hard to assemble properly, but the university explains everything perfectly during the Orientation Days, so after that it was no problem anymore.
academic quality of education activities
I thought the academic quality was less than in the Netherlands. Courses are easier and require less preparation in my opinion.
counselling & support at receiving university abroad
Although the Italians are known for taking a bit more time with everything, they helped me quite quickly



whenever I asked something.

transfer of credits

This has not yet happened, but I do not foresee any problems (hopefully).

STUDENT LIFE

welcome & orientation programme

Arranged very well, although the main campus is a bit confusing and we got lost several times. Apart from that, we got a lot of information about study plans, etc.

accommodation

Finding a room is quite hard, so I opted for a double room to keep it affordable, which turned out to be perfectly fine. Try to avoid getting a room near Centrale, for this is not a nice neighbourhood to be in (at night).

leisure & culture

Regarding cultural differences: the Milanese are known to be a bit rude, but I did not find this to be completely true. As long as you try to speak a bit of Italian, they are always willing to help. Furthermore, the parties and clubs in Milan are awesome + go for aperitivo in Navigli!

suggestions/tips

Time goes by faster than you think, so make the most out of it and enjoy!

CONCLUSIONS

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

Yes! I have had a really good time, although the university's organizational stuff could have been better/faster. Apart from that, Milan is a beautiful city and there are so many nice things to see and do that I would definitely recommend going here!

do you have any additional advice or comments?

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