



# WUR Goes Abroad

## 1. Student Information

<b>Study programme WUR</b>	Bachelor Food Technology
<b>Exchange semester (dd/mm/yyyy)</b>	29/09/2023 until 24/02/2024
<b>Exchange destination: University</b>	Free University of Bozen-Bolzano
<b>Faculty</b>	Food Sciences for Innovation and Authenticity
<b>Country</b>	Italy
<b>City</b>	Bolzano

## 2. Motivation for exchange

### Why did you choose to go on study exchange?

I wanted to explore new places and wanted to learn about other cultures.

### What is the reason you chose for this country/university?

I heard very good stories about this university and I fell in love with the city.

## 3. Accessibility to reach destination

### Do you have any tips to reach your exchange destination?

It is not that easy to reach, because there are no direct flights to Bolzano from The Netherlands. You can take the plane to Innsbruck or Milan and from there take a direct train to Bolzano. But I chose to take the night train (which is 14 hours) from Utrecht to Innsbruck and from there take another train. This option was in comparison quite cheap.

## 4. University and studying

### Could you provide some general information about the followed courses?

	Course	ECTS	Short description of the contents	Appreciation of course: 1(low) – 5(high)	Remarks
1	Fermentations as Tools for making Traditional and Innovative Foods and Beverages	8	Very detailed course about fermentations related to bread, yoghurt, cheese and wine.	3	I think this course was really interesting but the exam was quite hard, as we had to memorize every step, enzyme and reactions of all the fermentations. I would maybe not chose this course if I knew it beforehand.

2	Novel Foods	6	The course was about the regulations around Novel Foods and about insects as Novel Foods.	4	Interesting course, for example we made our own cricket pasta and we visited the head office of EFSA in Parma.
3	Innovation and Authenticity for Winery Products	6	Various methods for grape fermentations in Italy are explained and sensory analysis.	5	I loved to learn about all the different methods to make wine (red, rose, white and sparkling wines)
4	Coffee and Cocoa Fermentations	3	The whole process from harvest to product is discussed and laboratory classes to examine different properties of coffee and cocoa.	5	This course was interesting, not too intensive and there was a sensory part in which we could taste the products.
5	Quality of Horticultural products	3	This course was about methods to maintain the shelf life and improve the quality of fruits.	4	It was interesting to learn about typical South-Tyrolia fruits like persimmon, apples and grapes and how they mature and the methods to maintain their quality.
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### **What is it like to study there?**

Because all the courses I did are master courses (bachelor courses are only in Italian or German), the professors did have quite high expectations of the students and they preferred active learning so being present most of the time. During a week, there were quite a lot of lectures and laboratory exercises, but we hardly had work to do at home afterwards so it was worth it. In the last month (in my case February), I had five final exams in two weeks which was quite intensive but still doable. In some cases the exams I had were not written but oral, so that means you will talk to the professor for like 15-20 minutes and then get your grade immediately. I never experienced this before, so it was interesting to try this way of examination.

### **What is the culture of the university?**

Most students in my courses were local Italians, which I really liked! Some courses I took were only with 5-10 students and others were with max 20 students. Because of the small classes, you were kind of obligated to come to the lectures. This is different from the WUR, because there you are more free to choose if you want to come to a lecture. Also the lecture schedule can differ every week, while at the WUR it's the same for every week which I prefer.

### **What does the university offer students additionally?**

What I liked a lot about the university of Bolzano is that they had a canteen where you could get a full meal at lunch and dinner for only 3 euros. Next to that, they have a very nice library, good coffee, and interesting associations that you can join: if you like culture, politics, sports, they have it all. You can also take language courses in German or Italian as an Erasmus student because in Bolzano they are fluent in both languages.

## **5.Housing-travelling-living**

**What are the possibilities for housing?**

If you start early to look for a room, you will find one easily. There are different student flats that you can subscribe for and there is an Instagram and Facebook page on which they offer rooms.

**What is the culture of the country like?**

Italian people are in general proud of their country, for example because of their cuisine. So you will for sure have the best food there! Italians also like to speak their own language, so in the beginning they may have a hard time to talk only in English for example in class but no worries after a while it will get better!

**Could you give some information about public transport infrastructure?**

There are options to travel by bus and train. I bought a travel card (ABO+) which you can use unlimited for all busses and trains in South-Tyrol. This was perfect to do day trips or hikes/go skiing in the mountains. If you have an important appointment and you are taking the bus, always take a bus early because in most cases busses will be late!

## 6. Expenses

**Can you give an indication of your expenses for/during your exchange?**

*E.g. you can also indicate price differences (higher/lower/equal) in comparison to the Netherlands.*

Ticket there: 50-75 euros (train)

Visa if applicable: -

Vaccinations if applicable: -

Insurances (extra, if applicable): -

Housing costs per month & type of housing/accommodation: 500 (shared apartment)

Groceries: 150-200 per month

Public transport: one single ticket for the city bus is 1.50 euro.

Restaurant/going out for dinner: 10-20 euros, cheaper than the Netherlands!

Daytrips/sight-seeing: for free if you purchase the ABO + card once (150 euros)

**Additional remarks regarding expenses?**

They are more used to pay with cash rather than card, so it can be necessary to always bring some cash, just in case.

## 7. Free time

**What are must-sees in the area?**

They have beautiful lakes (~1-2h with the bus) and there are plenty of great hikes in the mountains. Next to that, in winter Bolzano has a very famous Christmas market. And in winter you can enjoy different ski resorts (Dolomiti superski).

**What does not appear in a travel guide, but is definitely worth a visit?**

The Bruschetta bar (Karner), you will have the best local food and wine there for a really cheap price!

**Do you have general tips and tricks about leisure time?**

*Restaurants: Pasta lab, Forneria 38, Il Corso, Walters*

*Coffee: Pasticceria Cafè Lintner, Cafè Peter, Konditorei Monica*

*Bars: Nadamas, Osteria da Picchio, Opium Bar*

*Going out: Miro Club, Disco Okay, Baila Club, Temple bar (karaoke)*

## 8. Challenges & best moment abroad

**What challenges did you encounter and how did you overcome them?**

When you arrive you have to get a tax code (citizen number) that you need for your apartment contract and for the university but it took a really long time to get through the whole process, because its Italy. And in some cases people only speak Italian or German, so you have to improvise a bit and have a lot of patience.

**What is your best memory of your time abroad?**

Meet people who become really good friends in a short time and being able to go skiing every day/week if you want.

## 9. Contact details (optional)

<b>Is the reader allowed to contact the writer?</b>	yes <input checked="" type="checkbox"/>	no <input type="checkbox"/>
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