



WUR Goes Abroad

1. Student Information

Study programme WUR	BVG
Exchange semester (dd/mm/yyyy)	25/09/2023 until 25/02/2024
Exchange destination: University	Università degli Studi di Padova
Faculty	Human Studies
Country	Italy
City	Padova

2. Motivation for exchange

Why did you choose to go on study exchange?

I wanted to experience living in another country, making new friends, enjoying a new culture and just a completely different life for half a year.

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

I wanted to go to South Europe, and for Nutrition there are not a lot of options. So I almost chose Padova blindly but I am very glad that I did. I loved a relatively small city and the (northern) Italian culture.

3. Accessibility to reach destination

Do you have any tips to reach your exchange destination?

Flying to Treviso or Marco Polo airport and taking the shuttle bus from there, or taking the train (you will have delays in Germany!)

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	General Psychology	12	Course covering psychology in all aspects, online course.	5	Interesting! Online.
2	Making art in Medieval Italy	9	Discusses general artmaking in medieval Italy, and specific artworks and artists	5	Excursions!!
3	Italian Language A1	3	Teaches level A1 italian, very useful in daily life in a small city like padova	4	You won't get ECTS for it for the WUR but still liked it
4					
5					
6					

What is it like to study there?

E.g. study forms, academic level, examination, workload, lesson material.

Similar to WUR, lectures a couple of times a week + self study. Work load really depends per course some are really easy and some are hard. In my art course we also had excursions which were fun. A lot of courses have mandatory attendance of 75-80%. Last 1-1.5 months I only had self-study for the exams, way longer than here.

What is the culture of the university?

E.g. How approachable are the lecturers, engagement with local students? What are the differences with the WUR?

Lecturers are less approachable, but it does depend on the course. Professors have more of a 'status' in Italy. Not that much engagement with local students, only students that join ESN. Oral exam are very very normal! Lectures are not recorded.

What does the university offer students additionally?

E.g. catering, sports facilities, laundry facilities?

Several canteens where you can get 2 course lunches for 4-5 euro, but I have never been. Not the same buildings as where you have class. There is a gym from the university but I also have never been. No laundry facilities.

5. Housing-travelling-living

What are the possibilities for housing?

E.g. Availability to sign up for a room on campus, private rooms, rent rates?

HousingAnywhere and other sites, university of Padova will e-mail you with suggestions, otherwise private renting. You really have to start early with searching for houses. Go into ESNgroupchat on Whatsapp, there a lot of houses are send, also last-minute!

What is the culture of the country like?

E.g. Differences with home, local cuisine, habits, manners?

Love the Italian cuisine ofcourse, Italians love going for drinks in the city centre, but there is a big outside drinking culture, you see people standing outside of bars to drink in any weather! Students are open and loud, very nice. Older people are often anti-foreigners. Learn the language!

Could you give some information about public transport infrastructure?

E.g. Cost public transport card, taxi prices, how to travel to the university?)

Bustickets cost 2euro and you can get them at the trainstation. You can call taxi's in bad English but I don't remember the price. Padova is a big biking city!! So definitely get a bike.

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: 150

Visa if applicable: -

Vaccinations if applicable: -

Insurances (extra, if applicable): 18, from university

Housing costs per month & type of housing/accommodation: 650 per month, higher than here

Groceries: only a bit lower than here

Public transport: lower, 2 euro for 90min bustickets, 5 euro for 30min trains

Restaurant/going out for dinner: lower, 15eu for meals, 3-5eu for wine and Aperol spritz

Daytrips/sight-seeing: lower, cheap hostels and train/flixbustickets. 15-30eu per night

Additional remarks regarding expenses?

7. Free time

What are must-sees in the area?

E.g. nearby destinations, how do you prefer to travel, when to plan?

Verona, Venezia, Florence, Bologna, Cinque Terre, Milano. Good train connections from Padova, but also good and cheap flixbusses!

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

Parco Regionale dei Colli Euganei, walk up the hill and enjoy the view!

Do you have general tips and tricks about leisure time?

E.g. recommendations for restaurants, going out?

If fishmarket and factory are open, go! (going out) They often suddenly close for months at a time. Also go to Il Chiosco, location of fishmarket during the summer, feels like a festival!

8. Challenges & best moment abroad

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

Sometimes it was hard feeling alone, but talking about it with others (specifically people in Padova! Not home) helps a lot, you're not alone!!

What is your best memory of your time abroad?

Definitely the friends I have made in Padova, and my solo trip to Perugia and Assisi!

9. Contact details (optional)

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