



WUR Goes Abroad

1. Student Information

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| Study programme WUR | Master Nutrition and Health |
| Exchange semester (dd/mm/yyyy) | 25-09-2023 until 24-02-2024 |
| Exchange destination: University | Università degli studi di Padova |
| Faculty | Psychology |
| Country | Italy |
| City | Padova |

2. Motivation for exchange

Why did you choose to go on study exchange?

Because I went on exchange in my bachelor and I had a really really good time, so I wanted to experience something like that again. Besides that, I learned that I feel best in an international environment with lots of new things to experience and to discover.

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

I have always loved Italy, and the idea of spending a semester in a place that is so beautiful, where the weather is better than back home, the food is so good, and the culture is something I wanted to experience more closely. Besides that, Padova is the perfect size for me as a city, and it is located close to the Dolomites, where we have enjoyed a couple of hikes and those have been some of my absolute highlights of the semester.

3. Accessibility to reach destination

Do you have any tips to reach your exchange destination?

I travelled to Padova by train using an interrail ticket that I also used in the summer, so it was a good deal for me. Needless to say, the train ride to Padova was very long, so be prepared for that. But I'd say a train is definitely doable.

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 | STATISTICS FOR BRAIN AND COGNITIVE SCIENCES | 6 | Statistics in R, including multiple regression and contrasts. | 5 | The teacher was very good and I enjoyed this course a lot. It was challenging but I learned a lot. |
| 2 | CROSS-CULTURAL ISSUES IN PERSONNEL PSYCHOLOGY | 6 | | 3 | |
| 3 | DEVELOPMENTAL COGNITIVE AND SOCIAL NEUROSCIENCE | 6 | | 4 | |
| 4 | ADVANCED TOPICS IN EMOTION REGULATION AND EDUCATION | 6 | | 4 | |
| 5 | LABORATORIO DI LINGUA ITALIANA - L2 | 3 | | 5 | I think the WUR is not going to grant credits for a language course but I'm not sure. It was anyways very fun to learn a bit of Italian and it definitely brings some advantages when ordering food or drinks etc. |

What is it like to study there?

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

I experienced the academic level as a bit lower than at WUR. Most courses have lectures, but they are not given in a very efficient way usually, but it depends on the teacher. A lot of teachers talk for a long time about just a few slides and it leaves you wondering whether you need to know all of this seemingly not-very-important information. In the end it turned out that you don't need to know it for the exam. There was also some group work and presentations, usually voluntarily for extra points. Exam-wise it differed a lot between teachers and courses how the exam was given (oral, written). Some courses have oral exams that are open to the public, so anyone can come into the classroom where your oral exam is given. I personally don't have experience with an exam like that, but they do exist there. Luckily all of mine were written.

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 usually very approachable and really want to help you. They also have walk-in hours in their office in case you want to ask something. In my experience the teachers in Padova were very considerate of their students, even more than at WUR sometimes. For instance, you can sometimes choose between different dates of exams, depending on what you want or when suits you best.

What does the university offer students additionally?

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

There is a canteen that has a meal during lunch time, including pasta, of course. I never went there because you have to download a separate app and I was happy with the focaccia shop close to the psychology campus. There are some sport facilities but in my opinion it is quite limited and the sports are very expensive. A gym membership is about 40-50 euros month for example, so I didn't do any sports in padova.

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?

The housing situation in Padova is actually really difficult. The uni offers only accommodation to students from outside the European union. Most people look on facebook for rooms but there are a lot of scams there, so be very careful. I found my room through someone I knew, who knew a landlord there. Also, most rooms of people I got to know in Padova are shared rooms.

What is the culture of the country like?

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

Aperitivo! That is a very important difference, especially as a student. Italians usually go out for a drink around 4-5 pm, drink an Aperol sprits, and then they go and have dinner after that, around 8-9-10 pm. In general, it feels like Italians know how to enjoy life. In NL, everything and everyone is so rushed all the time, everything is focused on efficiency and productivity. In Italy you can enjoy life more in the moment, I felt like. Besides that the food is soo good in Italy, of course.

Could you give some information about public transport infrastructure?

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

In padova most students use bikes. I bought a second hand bike at the beginning of the semester and sold it again at the end, which for me worked really well. Beware, a lot of bikes get stolen in Padova, so you need multiple locks and if possible, take your bike seat with you. There is also a bike-sharing system in the city, that you can use by downloading an app called RideMovi. It also worked well for some of my friends.

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: not comparable cause it was interrail I also used before

Visa if applicable: -

Vaccinations if applicable:

Insurances (extra, if applicable):

Housing costs per month & type of housing/accommodation: shared flat, but my own room. Rent was 700 euros per month. Most people had a cheaper room, but I couldn't find another room unfortunately.

Groceries: depends on supermarket, I had a Lidl close to my house so it was generally the same as in NL

Public transport:

Restaurant/going out for dinner: cheaper than NL. Especially drinks in bars are very cheap in Padova.

Daytrips/sight-seeing: trains are also slightly cheaper than in NL. And renting a car is reasonable when you're with 5 people to share the costs with.

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?

Padova itself: the famous piazzas, St Antonio cathedral, Portello street and bridge, Prato della Valle

Around: hikes in the Dolomites, Venice, Bologna, Verona, Trento, Bassano del Grappa

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

Do you have general tips and tricks about leisure time?

E.g. recommendations for restaurants, going out?

My friends and I always went out to this queer club called Anima and we enjoyed it a lot!! There is also a techno club near Anima, called Loco. It depends on what you are looking for; a lot of Erasmus people often went to a club called Fishmarket, or to Factory, but personally those were not really for me.

8. Challenges & best moment abroad

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

Arriving and not knowing anyone. I went to every possible event there was in the beginning and met a lot of nice people there.

What is your best memory of your time abroad?

The beautiful views on the hikes in the Dolomites with some amazing people that I met in Padova.

9. Contact details (optional)

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