



WUR Goes Abroad

1. Student Information

Study programme WUR	Health and Society
Exchange semester (dd/mm/yyyy)	13/09/2023 until 12/02/2024
Exchange destination: University	Università degli Studi di Perugia
Faculty	Department of Philosophy, Social Sciences and Education
Country	Italy
City	Perugia

2. Motivation for exchange

Why did you choose to go on study exchange?

I decided to go on study exchange to broaden my horizon and step out of my comfort zone. I have always wondered how it would be and what effect it would have on me to live and/or study in a different country. This study exchange was the perfect opportunity for me to temporarily experience this without having to put my study on hold and thus get a study delay.

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

I chose Italy and Perugia's university because I have visited Italy many times before and it has never failed to amaze me due to its great atmosphere. When looking at the optional Italian universities the one of Perugia stood out to me. Since in Perugia, a relatively great amount of the inhabitants are student and is referred to as a relatively small student city, I imagined I could find my way within the Perugian city life relatively easy. Additionally, I read the city has a lot of history, which I was interested in as well. As for the university I learned it is one of the most ancient universities in Italy, this is in contrast with the WUR, so I thought this difference in learning environment would be interesting as well.

3. Accessibility to reach destination

Do you have any tips to reach your exchange destination?

Contact wise, I would suggest staying in contact with the exchange coordinator of the hosting university.

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	HUMAN RESOURCES MANAGEMENT	6	The course provides students with the basics for understanding and implementing HRM in relation to the needs of the business as a whole; it contains in-depth coverage of all the key areas essential to the HR function, including performance, reward, employee engagement and HR policy.	2	The lessons mainly consisted of the teachers reading content from the powerpoints and I could not quite understand everything due to the fact that they had an Italian accent when speaking English. Overall, the content of the course was quite interesting however.
2	Earth System Science	6	This course provides a look at the Earth system as a whole. Emphasis will be on the interrelationships between biological, geological, climatological, and human systems on continental and global scales. The links between these systems will be illustrated by present-day processes and by the geologic record of selected events in Earth system history.	4	This was a class where we were with only two students in total. Both of us did not have a geological background, which caused the teacher to take this into account and provide a more personal approach when he was teaching. This made the course and the topics very interesting.
3	Elements of General Psychology	12	1. The matter of the psychology study. 2. The nervous representation of the mental processes. 3. The mind as an evolutionary product. 4. The mental functions.	4	The teacher was very enthusiastic and the topics were very interesting. Therefore overall, a very nice course. However, due to the 12 ECTS it was a big course where we had to take weekly quizzes for every chapter. Eventually this did benefit the studying for the final exam.
4	Philosophy and Literature in the U.S.A.	6	Ralph Waldo Emerson's heritage in American Culture	3	The content was interesting but was not the favourite of

					everything I have learning philosophy-wise.
5					
6					

What is it like to study there?

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

Studying in Perugia is lovely but challenging, it takes some time to get used to the way things go here at the university. For me, especially compared to the WUR, things were quite chaotic and vague. Especially at the beginning of the semester I had some struggles with finding my schedule and selecting English courses overall. However, once I found out that studying in Italy also charges a bit of a 'relaxed' approach and thus letting go, it got better. The academic level is more doable than in the Netherlands but I also would not say it is easy so don't underestimate it 😊. Just like the exams were, in all honesty more difficult than I imagined them to be (I do have to admit that my expectations were quite low due to what I heard of other students). However, what I can imagine is that their way of correcting exams is less strict than in the Netherlands which is why eventually passing courses in Italy should not be a bigger challenge than how it is in the Netherlands. The workload differs per course. I for example have had courses where I did not have to do a lot for other than passing the final exam. For others, I had a quiz every week and an extra project. So this really depends on the courses you select.

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?

All the lecturers I have had had a very personal approach. They were always open to help you and you could always send them an email if you had extra questions (although this sometimes went in the Italian lifestyle as well, meaning not all of them responded right away). In that case, the local students were always open to help. The main difference with the WUR, I would say is that the WUR is not as chaotic and hectic as the university in Italy, but this was nice to experience for one semester as well 😊.

What does the university offer students additionally?

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

I know the university does offer quite a lot such as sports facilities and food in the main aula. However, I did not use any of those so therefore I would not be in the position to give more information about this.

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?

At the beginning it became clear for me that the university does have a campus but there was not enough room there. Additionally, I knew myself that I preferred to live somewhere else in the centre as well. Therefore I searched through different websites and joined several Facebook groups. The ones I joined are 'Cerco casa Perugia affitto

appartamenti' 'AFITTI STUDENTI PERUGIA DA TUTTO IL MONDO' 'Camere, Stanze, Case, Appartamenti Affitti, Rent Rooms in Perugia ;))' 'AFFITTI RENT PERUGIA' 'Affitti Studenti Perugia' 'AFFITTI PERUGIA – Studenti/Lavoratori/famiglie/agenzie'. Eventually I found a room in an apartment with a shared kitchen with two other roommates, with each our own bathroom. I am on an one minute walk distance from the main piazza, thus centre-centre. Overall most prices vary (depending on the location and facilities) between €200-€400.

What is the culture of the country like?

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

The Italian culture is different than the Dutch culture. This being they are, overall, way more relaxed and less organized. Their life quote is 'Dolce far niente' which literally translates to the sweetness of doing nothing. This is visible in their way of living aswell. Everyday, no matter if it is a working day or the weekend, in the morning and afternoon you can see Italians having a cappuccino or lunch together and near the end of the afternoon all terraces and restaurants are filled with Italians doing an 'aperitivo'. Furthermore, they are very protective of their food and it's related manners. For example, ordering a cappuccino after 12 (thus afternoon or evening) is a scandal according to them.

Could you give some information about public transport infrastructure?

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

The university/ Perugia offers a year pass for the price of €60. Since I did not use the bus to get to my classes I did not take this pass (also it was introduced at the end of November which was halfway through my semester which is why it would not add anything for me anymore). My classes were all at departments which were about a 5-15 minute walk from my place so I always walked. For the moments I did want to use public transport, I bought ten way tickets, which I could use for both the busses and minimetro. This costs between €9-€12, and meant that you could use the bus and/or minimetro ten times for (I believe) 17.5 minutes.

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: €169

Visa if applicable:

Vaccinations if applicable:

Insurances (extra, if applicable):

Housing costs per month & type of housing/accommodation: €400 per month all inclusive room in the middle of the centre with own bathroom and shared kitchen (with two other roommates)

Groceries: €570? I now took approximately €30 per week. (groceries are not specifically cheaper than the Netherlands since there were only small supermarkets in the center with a limited assortment.

Public transport: €50 for busses and minimetro. I spent more on other forms of transport due to trips I made. Going to Florence is approximately €20 for a one-way ticket. Going

to Rome approximately €25 for a one-way ticket. I also did trips to Sicily and Sardinia, for those trips, a one-way ticket was about €30.

Restaurant/going out for dinner: Depending on the kind of restaurant you choose. Here, restaurants offer pizzas varying from €6-€14. Pastas are also around €10. So the prices of food is not necessarily more expensive or cheaper than in the Netherlands. What did however stand out is the price of cappuccinos (this is €1.50)

Daytrips/sight-seeing:

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?

Perugia is quite small so within the city you'll see everything quite soon/easily. A must visit within Perugia, for me, would be obviously the main Piazza IV Novembre (which will be unavoidable) especially for students on summer evenings. And a place which is less well-known is Casa Monteripido (the garden of this place has an amazing view) or the Chiesa di San Michele Arcangelo.

Furthermore, Italy has many more amazing cities to visit. For this, the location of Perugia is perfect since many cities are easy to reach by train. For example, Florence, Rome and Siena are bigger cities which would be nice to visit.

A smaller must-see area is Assisi.

Train connections are quite oke and easy to plan with the 'Trenitalia' app.

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

I have mentioned some above. Another destination me and my friends visited which is less well known than for example Rome is Gubbio. The village itself is sweet and small but an activity here which is fun to do is go up by the cable car which is a cross between a bucket and a bird cage.

Do you have general tips and tricks about leisure time?

E.g. recommendations for restaurants, going out?

I would recommend joining a lot of activities organized by ESN Perugia. Here you can easily make friends and they will make sure you have seen or heard about the main restaurants and bars.

8. Challenges & best moment abroad

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

The main challenge for me was at the beginning when everything about the university was still hectic and very vague. But eventually I spoke with other students who helped me and learned me to let it go a bit which made me more relaxed with this.

What is your best memory of your time abroad?

It is very difficult for me to mention one specific best memory since I have many. But overall I would say meeting many amazing people coming from different parts of the world and learning about their cultures. Experiencing the Italian lifestyle and food together and making amazing memories and trips with them are all things that I will never forget 😊.

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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