



# WUR Goes Abroad

## 1. Student Information

<b>Field of study in Wageningen</b>	MME, Consumer Studies
<b>Study period exchange (dd/mm/yyyy)</b>	20-2-2023 until 27-6-2023
<b>Country (exchange)</b>	Italy
<b>City (exchange)</b>	Milan
<b>University (exchange)</b>	Università Cattolica del Sacro Cuore
<b>Faculty (exchange)</b>	Psychology and Economics

## 2. Motivation for exchange

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

Because I heard a lot of positive stories about going on exchange and I wanted to gain more knowledge on different people and culture.

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

I really like Italy and I heard a lot of great stories about Milan and the university.

## 3. Accessibility to reach destination

### Do you have any tips to reach your exchange destination? (E.g. bus, train, etc.)

The university was very easy accessible by metro. You can just get a metro card where you pay 22 euros a month.

## 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	Pedagogy	8	The course provides a wide and deep reflection on education in the contemporary world	3	It was quite a vague course and I didn't understand the overall goal of it
2	Sociology	8	The course is about the knowledge of the main sociological categories, useful for observing and interpreting today's society and for carrying out psychological professions with greater awareness.	3	It was quite an interesting course, but also with this course the subjects were a little bit all over the place
3	Change Management	8	It's about managing the human side of the change, both on personal basis (skills needed to live and manage the change) and on managerial basis (how to overcome resistances	5	
4					
5					
6					

**How is the study formalized? (E.g. study forms, academic level, examination, workload, lesson material)**

So, Pedagogy and Sociology are both bachelor courses. The way of examination was oral. You had to read a book for both courses. With Pedagogy we had to keep a journal where we had assignments every week about subjects regarding the UNESCO book. With Sociology, we had class discussions about the subjects in the lecture. Next to that we had to do a presentation about fashion in our country. With change management, which was a master course, the examination consisted of a written exam and a presentation on a business case. During the lectures we also had to discuss business cases and apply a SWOT analysis for example.

**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?)**

The culture of the university is very friendly, the lecturers were very approachable and you could ask them any question. They also took into account that the students were internationals and that some of them also followed other courses that overlapped their course. The teachers of the Catholic university were different in the way they gave lectures. I felt like a high school student again, because the classes are quite small and the teacher has a PowerPoint with a lot of text which he/she just reads aloud.

**What does the university offer the student additionally? (E.g. Catering, sports facilities, laundry facilities?)**

The university offers the student a lot, they have a library where you can study and print, they have a lot of places where you can eat and drink. Next to that, they have deals with housing agencies.

## 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 university has partnerships with different housing agencies. Here, you are able to find a room on campus for example, but this often means that you are sharing your room with someone else. They also have a partnership with Spot a Home, a site where I found my home, which is a bit like booking.com. The thing is though that a lot of rooms were available for at least 12 months.

**What is the culture of the country like? (E.g. Differences with home, local cuisine, habits, manners?)**

Overall, Italians put more effort in the way they look. Dutch people like convenience and comfort. Next to that, the Italians like to take time when eating and preparing their meals, whereas the Dutch like easy food that is fast to make. In terms of habits Italians talk warmly and use their hands a lot, while the Dutch are more quiet and very direct.

**Could you give a general price indication of the place of residence compared to living in Wageningen?**

If you are lucky you could find something where you pay 600 euros, but you could also pay around 800 euros

**Could you give some information about public transport infrastructure? (E.g. Cost public transport card, taxi prices, how to travel to the university?)**

Public transport in Milan is very good, especially the metros. I always took the metro to my university, here you can buy a public transport card for 22 euros a month which you can use for metro/bus/tram. I have not used a taxi, but I did get the uber, especially after going out, because you are not able to use the metro after 00:00. The uber prices ranged between 20 to 40 euros.

## 6. Free time

**What are must-sees in the area? (E.g. nearby destinations, how do you prefer to travel, when to plan?)**

I really recommend to go to Lake Como, it costs only 7 euros to go by train and you can get there in an hour. Next to that, climbing the Duomo and other churches in Milan. They have a lot of museums, so you should also definitely go there. They also have a lot of beautiful parks where you can go when it gets too hot.

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

The many botanical gardens Milan has. It is very peaceful there and they have a lot of different beautiful flowers.

**Do you have general tips and tricks about leisure time (E.g. recommendations for restaurants, going out?)**

I recommend going to Navigli, this is a canal with a lot of different cheap restaurants where they all have deals for aperitivos. In terms of going out, there are a few clubs that are open for exchange students each week, like Magazzinni.

## 7. Challenges & best moment abroad

**What was a challenge you have experienced?**

Starting all over and getting out of your comfort zone to meet new people and make friends.

**What was your best memory abroad?**

The amazing people I met from all over the world and getting to go on adventures together

## 8. Contact details (optional)

<b>Is the reader allowed to contact the writer?</b>	yes <input type="checkbox"/>	no <input type="checkbox"/>
<b>Name/e-mail</b>		