



# WUR Goes Abroad

## 1. Student information

<b>Study programme WU</b>	BIN, free bachelor programme
<b>Exchange semester (dd/mm/yyyy)</b>	18/09/2023 until 18/06/2023
<b>Exchange destination: University</b>	Università degli Studi di Padova
<b>Faculty</b>	Psychology
<b>Country</b>	Italy
<b>City</b>	Padova

## 2. Motivation for exchange

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

I always wanted to experience and live in a different culture. An exchange period also came highly recommended by my parents and my older sister. I liked the sense of adventure that it offered.

### b. What is the reason you chose for this country?

I was intrigued by the culture; the link to religion, food, its location. How all these different factors intersected with each other and psychology.  
On top of that I was already learning Italian and it seemed like a good time to put it to use/learn more.

### c. What is the reason you chose for this university?

This was one of the few universities that the WUR partnered with where I had the option to take psychology courses and with those, enrich my free bachelor's programme.

## 3. Accessibility to reach destination

### a. Do you have any advice about reaching your exchange destination?

Not really. I drove, which worked fine for me as it offered me the opportunity to bring more of my stuff. I've heard from other people that most transports work fine as well.

## 4. University and studying

### a. 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
<b>1</b>	Work and Organisational Psychology	6	The current developments related to the introduction and deployment of new technologies in organizations will be treated.	3	
<b>2</b>	Risk Prevention and Wellness Promotion Among Youth	6	How biological and social factors influence the development of social adjustment problems, and how the development of these problems can be modified through prevention programs.	5	I loved the course, but the main part was studying studies, rather than theories
<b>3</b>	Developmental Psychology Across Cultures	9	The main psychological theories on human development as well as the changes that occur in behaviours and psychological functions from birth to young adulthood.	4	Interesting course, but the cultural aspect only came at the end
<b>4</b>	Psychology of Health and Stress	12	The ability to identify the bio-psycho-social factors that influence a variety of lifestyle-related health issues;	4	
<b>5</b>	Psychology of Learning: from individuals to cultures	6	Knowledge and understanding of the main theories on learning and memory from a cultural differences perspective	3	
<b>6</b>	Cultural Developmental Psychology	6	The course will emphasize the usefulness of a (cross-)cultural approach to understand parenting and psychological functioning, to assess culturally diverse children and families, and to implement culturally sensitive interventions	5	With this course, the link to different cultures was made in every lecture

7	Statistical Methods for Psychology	9	Developing a basic understanding of the science of psychology including topics like ethics, research design, descriptive statistics, and inferential statistics.	2	
8	Psychology, Power and Mental Health	6	Identify basic theories, concepts and models investigating the role of power and power relations in psychology and mental health	4	It was interesting and had great potential, but the entire course consisted of student presentations rather than lectures
9	Developmental Trauma: Assessment and Treatment	6	In-depth and specialized knowledge about current theoretical models of defining complex trauma and developmental trauma, as well as the main assessment and intervention tools.	4	It was interesting, but stuck on the same topic for a long time
10	Brain and Behaviour	9	The aim of this course is to give notions about the biological bases of principal cognitive processes, emotions and human behaviour	3	

**b. I had sufficient possibilities to select suitable courses that were taught in English (Yes, No - Explain):**

I did, there are several fully English taught programmes at the psychology department.

**c. I had sufficient possibilities to select suitable courses in my field of interest (Yes, No - Explain):**

I did, the only let down was the psychology master that overlapped the most with the topics of the WUR, was not open to bachelor students doing an Erasmus.

**d. I am satisfied with the level of the courses that I followed (Yes, No - Explain):**

I was. I intentionally picked some bachelor level courses, to make sure I had a basis understanding after psychology, which helped me with the master courses I took that were more tailored to my interest.

**e. I am satisfied, in the end, with the selection of courses I followed (Yes, No - Explain):**

I am, in hindsight and knowing which degree I will do after this, I would've made some different choices. But in the moment those were the right ones.

**f. What is it like to study there?**

*E.g. Study forms, academic level, examination, workload, lesson material?*

I found it good. It is less textbook and article based than the WUR and there is also less interaction expected, which is something that I missed.

But there were several guest lectures and the professors invited us to partake in seminars and such outside of the course.

**g. What is the culture of the university?**

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

The distance between the professor and the students is much larger, much more formal. There is also less room for a class debate.

As for students, I got into an international bubble, and therefore I didn't interact much with local students.

**h. What does the university offer students additionally?**

*E.g. Catering, sports facilities, laundry facilities?*

There are canteens, but I never really used any of the facilities offered by the university.

## 5. Housing-traveling-living

**a. What are the possibilities for housing?**

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

There is housing from the university, but it reserved for non-EU students. If there is a space left, then it is possible to apply for those. As that knowledge is given out relatively late, I would look for a room before that. There are quite a few shared rooms as well, if you want to save on cost.

**b. What is the culture like?**

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

Dinner is at later time. For local cuisine it is best to imagine most Italian foods.

For me this is hard to answer, as I got caught in an international bubble pretty much and there you try to accommodate to everyone's native culture.

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

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

I bought a bike when I first got here, so I didn't use public transport very much. The fact that the busses are usually late, also didn't make me want to use public transport. The trains work good and are relatively cheap. I used those whenever I went on a trip.

## 6. Expenses

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

Category	Expenses
Travelling there	120
Visa - if applicable	No
Vaccinations - if applicable	No
Insurances (extra) - if applicable	No

Daytrips/sight-seeing	145 a month
Housing costs per month & type of housing/accommodation	590 for a single room in a shared apartment
Grocery costs per month	220
Public transport costs per month	0
Restaurant/going out for dinner costs per month	60

**b. The price levels were in general [higher; lower; equal] in comparison to in the Netherlands:**

I found them higher, especially rent. Food a little bit, but I think that what adds to that, is that you want to try all sorts of things. Whereas when you are at home, you already most of the stuff. So I would account for that extra expense.

**c. Additional remarks regarding expenses?**

Due to culture differences, your habits might change and with the expenses. For example, I got a drink after class with some friends way more than I did back home. It cost more, but I loved those afternoons.

## 7. Free time

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

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

Venice is nearby and a must-see, I loved Vicenza. It has enough to make it interesting, but it is still a small city. I don't think that you can go really wrong.

If you are going to a city, take a train. They will take you right to the centre and they are relatively cheap. Planning I think really depends on when you have classes and how much you are willing to miss. I mostly went in the weekends or when I had a day off.

**b. What does not appear in a travel guide, but is definitely worth seeing/doing?**

I found that one of my favourite things was to just go to a city and wander around, see what looked like fun in the moment. I mostly avoided travel guides and just tried to in the moment.

## 8. Challenges & best moment abroad

**a. Any challenges? How did you deal with them?**

The biggest challenge was the administrative work on both sides and the time that University of Padova took to reply to everything. My advice: do everything as soon as possible and keep checking on it.

**b. Best memory?**

There is no single best memory, but I enjoyed the classes and then afterwards discussing them with friends over a spritz.

## 9. Contact details

<b>Is the reader allowed to contact the writer?</b>	yes <input type="checkbox"/>	no <input checked="" type="checkbox"/>
<b>Name &amp; email address (if yes)</b>		