

UNIVERSITY

Università Cattolica del Sacro Cuore (Unicatt), Italy
Spring 2024 / Bachelor of Psychology

ARRIVAL

Was there a welcome programme for new students?

Yes.

Please describe the welcome programme.

Lots of information, followed by an amazing Italian aperitif.

Did you join any organisations and/or sports teams?

No.

Did you attend a language course before your exchange?

No.

ACADEMICS

Which courses did you attend at the host institution?

Italian Advanced 3 (450), Human Strengths and Well-being, Psychodynamics, Psychology of Interpersonal and Social Relationships, Persuasive Communication, Psychology of Food and Fashion.

Did you have to change your courses after arrival?

Yes.

Please elaborate on any changes:

Almost all courses conflicted with each other, but that is not a problem for UNICATT—they have two options for the exams: for attending students and not attending students. You choose what is best for you.

How were the lectures and the evaluation at the host institution?

The most important fact was that all the professors were very interested in their subjects and in their courses and were open to any questions.

How satisfied are you with the academic outcome?

Very satisfied.

To which degree were the courses relevant to your degree at UiS?

Very relevant.

ACCOMMODATION

How did you find accommodation?

AirBnB.

Approximately how much was the rent per month? (in NOK)

9000.

Any advice for students looking for housing?

Look outside the center. Check transport. If the tram is cancelled that day, you should have the option of a bus or metro. I lived at the end of tram line nb 15, and it took me all the way to Duomo if I wanted

to take a little walk to the University from there. But usually, I combined the tram and the underground. Check the heating in your apartment - on rainy days in February it was very cold in my apartment.

PRACTICAL INFORMATION

If you received support from Lånekassen, was it sufficient during your exchange?

No.

How did you manage your phone subscription, internet, bank account, etc?

Everything was the same way as in Norway.

Which insurances did you sign before your exchange?

ANSA.

Did you travel using environmentally friendly transportation?

No.

Why/why not?

I went other places on my way before coming to Milano.

OVERALL EXPERIENCE

How would you describe your exchange overall?

Even though lots of information was given before the arrival and during welcoming days, there were still questions, and that was not always easy to find the answers to them. Constant changing of the rooms, missing plugs to charge the devices, smoking right outside of entrances, and often dirty toilets were negative parts of the stay there.

But the place is amazing - a beautiful old Monastery in the middle of Milano, lots of things to see and to do around, but first of all, really engaged professors made me dive into psychology and enjoy every single day of my Erasmus. In addition to all that, many interesting people from all over the world as your fellow students.

What was the most positive?

Engaged professors made me dive into psychology and enjoy every single day of my Erasmus.

What was the most challenging?

Toilets :-). Sorry :-)

Would you encourage other students to go on exchange?

Absolutely!!!