

Erasmus+ 2018/19 Report

Johannes Münch, Medicine Student, 5th year
Universitatea de Medicina si Farmacie "Victor Babes" Timisoara



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1. About me

My name is Johannes Münch, I am 24 years old and come from Germany. I study medicine in the 5th year at the "Universitatea de Medicina si Farmacie "Victor Babes" Timisoara, Romania.

2. Why Erasmus?

Since I already went for Erasmus I knew about all the advantages that come along with this experience. If you enjoy traveling and seeing new places while also learning about a new culture and improving your personal skills then Erasmus is definitely the choice for you.

You study abroad, meet new people, learn another language and at the same time you follow your university curriculum and get granted. There are so many new things to learn.

And why Sassari? Because I already learned Italian for my previous Erasmus experience in Palermo, Sicily. In addition Sardinia is a very fascinating place for me.

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3. Preparations

I did exactly the same preparations that I have done for my previous Erasmus mobility. Some weeks before my departure I spoke to students which already did Erasmus in Sassari and asked for advice. In addition I searched the internet for information and read some facts about Sardinia and Sassari. This helped me to get a general clue.

I also started to refresh my Italian language skills by recaping my Italian notes and using smartphone applications like "Memrize" and "Babbel" which I can both recommend to you.

4. Sassari

Sassari is a clean city and people are very welcoming. I never encountered any problems. You can find Pizzerias and coffee bars at every corner which is perfect for hungry students.

Sardinians are very hospitable and you will find yourself often getting invited for dinner or a coffee.

To my surprise it is not very common to use a bicycle; most probably because the streets are very steep.

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I got myself a bike anyway which turned out to be a good idea. For anyone interested in buying one I can recommend you to check out "subito.it" where I bought my second hand bike for a good price and actually sold it again before my departure.

a) University (Uniss)

Your very first contact will be Antonella Selis who makes sure that your registration/enrolment gets done. You can find her in the university building near "Piazza Università". She is very helpful and will provide you with further information regarding available language courses, the Mensa card, etc.

Chiara Bishop and Giannina Branca were my Erasmus coordinators for the faculty of medicine. You can address them for any issue regarding your learning agreement. They were always very welcoming and tried their best to help me.

I took the subjects "Infectious diseases", "Dermatology" and "Psychiatry". Both the lectures and the practise (called "il tirocinio") take place in the university hospital.

I found the quality of the teaching was high and the professors

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were always happy to answer my questions.

All of my exams were oral. I personally liked it. Most of the times the professors know that you are not a native speaker and show empathy, so don't worry if your Italian is not perfect.

One aspect that I really like is that Uniss offers student hubs. These ones are places where you can meet in small learning groups to study together or to discuss topics. In addition you have free Wifi access. If you prefer to study in silence then you can visit the university library.



Pic. 1: University Hospital, Flowers

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b) Accomodation, food and free time activities

I was lucky enough to have a friend from Sassari that found me an apartment near the hospital. Otherwise you can search on subito, facebook and other internet sites for accomodation possibilites.

Also Uniss offers you help to find a stay.

If you study medicine I recommend you to search an apartment near the hospital (Viale San Pietro) because you will have both your lectures and the practise taking place there.

Concerning free time activites: ESN Sassari is a strong organization that offers a lot of events ranging from free time activities and get-togethers to volunteering work. Their members will be happy to show you Sassari's hotspots and during the summer period they organize interesting events like hiking trips or boat trips.

Sassari is not directly located at the seaside but with the bus you can reach the sea in less than 30 minutes (Platamona, Alghero, Porto Torres).

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There are plenty of restaurants and bars that offer the typical Sardinian cuisine. I strongly recommend you to try as much as you can.

Fitness enthusiasts will be happy because Sassari hosts a lot of gyms. My personal recommendation is "Hangar Sports Club" and "MyGymnica". Even if you don't like gyms you will be motivated to sign up after eating hundreds of "Saedas" and Pizzas.



Pic. 2: Castelsardo, colorful houses

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5. Tips and tricks to get the most out of it!

I will give the exact same advices that I also gave in my last Erasmus report.

1. Start early enough to refresh your Italian. Take advantage of the free Erasmus language course which the university is offering you. It is a great way to improve your Italian and to meet new friends.

2. Studying for the exams: Ask your Italian colleagues how they studied for that certain subject which you have to take. They usually know what the professor expects from his students.

3. Get a travel guide: Before my arrival I read some information about the city on the Internet. It helps you to get an idea but take my advice and get a proper travel guide. Start to read it early enough so that you have enough time to explore all the recommended places.

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4. Join ESN events. They are both fun and a good possibility to meet other Erasmus students and to discover new places.

5. Travel! Take the bus, a train or rent a car. You can't start early enough with this. Most of the students start traveling at the end of their erasmus period and find themselves a bit stressed. Look up the places which attract you and make sure to visit them.



Pic. 3: La Maddalena, Boat on the water

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6. Conclusion

Erasmus is a life changing experience. I am thankful that I had this possibility and I want to encourage every student to participate at this programme.

Sassari was a good choice for me both academically and personally.



Pic. 4: Villasimius, Beach

Rastatt, September 2019

Johannes Münch