

ERASMUS SURVIVAL GUIDE

ESN Palermo x UniPa – your journey begins here!



WELCOME TO YOUR ERASMUS JOURNEY!



Congratulations! You are on the verge of embarking on one of the most extraordinary experiences of your life: Erasmus.

In this guide, you will discover all the essential information needed to prepare for, navigate, and conclude your stay abroad with ease.

We will assist you throughout the entire process: from the Erasmus application to your return to Palermo. Remember to embrace each moment with curiosity, enthusiasm, and a global perspective!

Erasmus does not merely change your life; it amplifies it.



BEFORE YOU DEPART: ESSENTIAL INFORMATION TO CONSIDER

Read the Erasmus call for applications from UniPa.

Gather information regarding deadlines, requirements, destinations, and scholarships. Make sure to read it carefully to avoid mistakes..

2. Select your destination judiciously.

Examine the courses offered at the destination. Ensure they align with your study plan (minimum 12 CFU).

Verify the language requirements, as certain universities may request certifications.

3. Consult your Departmental Coordinator for your course.

They will help you validate your course choices. Sign your Learning Agreement after approval

4. Schedules and documentation

After you have been awarded the grant, check the official call and the slides published on the UniPa website for all deadlines. Follow all the instructions carefully, or you risk losing your scholarship!

TIP: Upon the publication of the announcement, promptly review the list of destinations and begin researching the available courses!



DOCUMENTS REQUIRED FOR PREPARATION

01 Learning Agreement (OLA)

The Learning Agreement is the study plan you will follow during your Erasmus period.

It must be approved by your Departmental Coordinator, the Program Coordinator, and the host university.

- You must fill it in and validate it on the UniPa Students Portal. Some partner universities also require the Online Learning Agreement (OLA), to be completed at learning-agreement.eu. In this case, the Learning Agreement must be uploaded both on the OLA platform and the UniPa Students Portal.

02 Financial agreement

A document that formalizes your involvement in the Erasmus project. You need this contract to receive your scholarship.

It must be signed with UniPa before your departure. You will receive instructions by email after you are assigned the grant..

03 Supplementary documents to prepare

- Identification card / Passport.
- European Health Insurance Card.
- Any language certifications (B1).
- ESNcard (to be requested in your host city).

TIP: Maintain all documents in digital format (PDF) on Google Drive or a USB drive. This will prove beneficial in the event of unforeseen circumstances!

DURING THE ERASMUS EXPERIENCE



Arrival Certificate:

It is the document that verifies your arrival at the host university.

Ensure it is signed within three days of your arrival.

Send the PDF to the UniPa Outgoing Students Office as soon as possible.

Changes to the Learning Agreement:

If you change exams, you have one month to update your Learning Agreement. Make sure the host university also signs the "Changes" section. Send the updated version to your Departmental Coordinator and to UniPa.

Request for Extension (Optional):

You may request an extension of your stay only if you departed during the first semester.

Please adhere to the instructions provided in the email you will receive from UniPa as your stay concludes.

Engage in the Erasmus experience:

Stay informed about the events and activities organized by the ESN section in your city.

Participate in social groups for Erasmus students.

Utilize the ESNcard to access discounts on travel, events, and transportation.

Experiencing your Erasmus journey to the fullest encompasses more than mere academics; it involves exploration, learning from missteps, personal growth, and the opportunity to begin anew!

UPON RETURNING FROM THE ERASMUS EXPERIENCE

Certificate of Residence

Make sure the official document is signed with the exact arrival and departure dates, which must match your financial contract. Submit the document to the UniPa Outgoing Students Office. Certificate of Stay: Issued by the host university, with your arrival and departure dates.

Transcript of Records

Document issued by the host university detailing the examinations completed and the grades received.

- It may be delivered to you via email or sent directly to UniPa.
- It will be utilized for the identification of CFUs.

CFU Acknowledgment

The credits (CFU) indicated in your Learning Agreement and confirmed in the Transcript of Records will be recognized by UniPa after validation by your Departmental Coordinator.

EU Survey

Compulsory questionnaire to be filled out online. You will receive the link via email from Erasmus+.

- It is crucial to secure the remaining 20% of the scholarship.

TIP: Retain digital copies of all documents and emails, at least until the conclusion of the academic year!

STRATEGIES, BENEFITS, AND TECHNIQUES FOR REMARKABLE MOBILITY

Discovering a home with ease:

Contact your local ESN chapter, as they frequently have rental groups or students seeking roommates.

Look on:

- 👉 Erasmusu.com
- 👉 HousingAnywhere.com
- 👉 Facebook: search for "Erasmus *city name* housing"

Avoid scams: Refrain from sending money upfront without a contract or legitimate evidence.

Additional advice: consult the ESN volunteers in your host city regarding neighborhoods to avoid or favor!

Advantages by country:

Slovakia: complimentary train services with a local student identification card.

Spain: reduced metro passes;

Portugal: reductions on museums, transportation, cultural events;

Germany: Certain states provide student transportation passes;


France/Belgium: Discounts for students at cinemas and theaters.

TIP: Each country offers different benefits! Check the website of your host university or ask your local ESN section for details.

Discounts for Erasmus students:

Request your ESNcard promptly upon your arrival.

Discounts on transportation, travel, venues, museums, and even flights are available. Valid across Europe! 👉 esncard.org

-  **Savor each moment**
- "Erasmus encompasses more than mere study; it is a transformative life experience: travel, embrace mistakes, acquire knowledge, and share."
- Engage in ESN events, excursions, welcome days, city tours, and international evenings.
- Utilize local ESN social media platforms to remain informed.
- Weekend travel: Flixbus, BlaBlaCar, budget airlines!



TESTIMONIALS

Elena, 23 years of age Erasmus in Barcelona

I had the opportunity to undertake my Erasmus mobility period from February to June 2023 in Barcelona, Spain. Prior to my departure, I was filled with excitement at the prospect of experiencing life in a new environment, yet I also felt apprehensive about my ability to forge new friendships. The initial week proved to be quite challenging; I fell victim to a scam concerning my accommodation and subsequently had to seek alternative housing. I enlisted the help of an agency, which resulted in a considerably high monthly rent.

Despite the initial moments of discouragement, my semester abroad emerged as one of the most enriching periods of my life. Ultimately, I did not experience the loneliness I had dreaded, as my friends became like family during those six months. Together, we shared countless experiences that will forever hold a special place in my heart. Thanks to them, I was able to savor new cuisines, acquire new vocabulary, and embrace diverse traditions. We enjoyed ourselves and provided mutual support during challenging times. In conclusion, my Erasmus experience represented a significant phase of personal growth; I learned to confront difficult situations independently, expanded my horizons, and felt a sense of freedom like never before.



CONTATTI

Viale delle Scienze,
Aula Pellicano SNC

Instagram

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Palermo.esn.it