

Experience report of my academic exchange year in Cagliari, Sardegna

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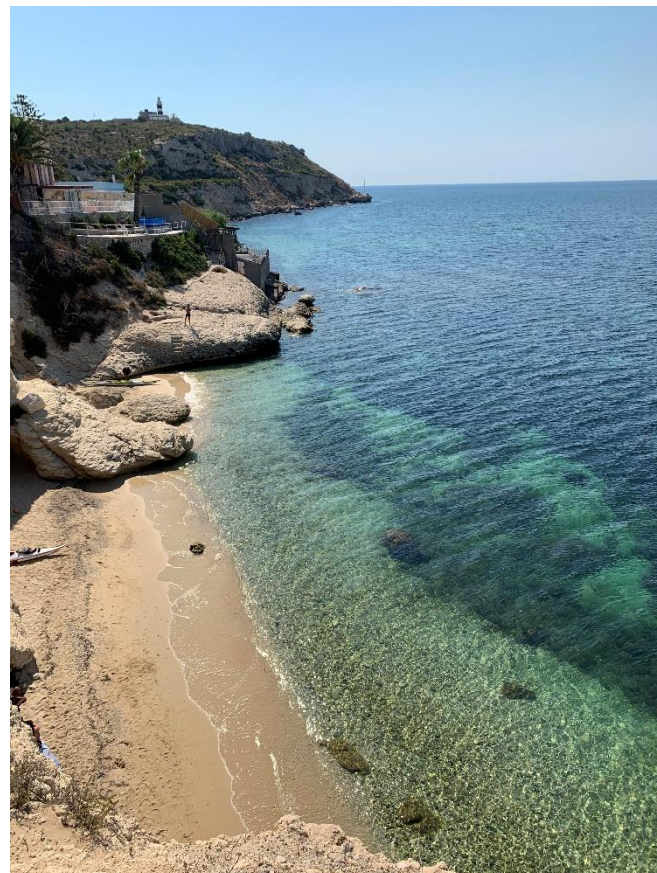
During my studies programme in International Studies in Management at the University of Applied Sciences in Bielefeld I was lucky enough to get the opportunity to participate in the double degree programme with the University of Cagliari. In addition, I was granted a DAAD scholarship during my 10 month stay in Cagliari. This report shall conclude some of my experiences during my academic exchange year.

Preparation for/in Cagliari for Accomodation:

Together with my fellow students from the FH Bielefeld we have arrived in Cagliari at the 31st of August in 2021 on the beautiful island of Sardegna. We have shared a rented apartment for the first two weeks of our stay to get used to the new environment, explore the city, going to the beach for the first time but most importantly, to search for potential apartments for the next 10 months in the city of Cagliari. We were very confident to find promising apartments easily but it turned out that many apartments have already been rented out even though we have arrived quite early. (Semester is starting at the end of October) Nevertheless, I was lucky to find a great apartment of my choice with three super friendly native Italian flat mates. After living in the shared apartment with my fellow students for two weeks, I went on to live with my new Italian flat mates.

Living in Cagliari with Italian flat mates:

It was a great experience from day 1. My flat mates took their time to help me learning Italian very well. As they didn't speak English and of course they neither spoke german, it was on me to learn Italian quickly so that we could enjoy the time much better. During the 10 month stay in Cagliari I was able to learn a profound knowledge of the Italian language and today I am able to communicate well with Italian people. Of course there were also some cultural differences among us, but it was very interesting to get the opportunity to learn more about the culture and the daily routines of Italian people. During my programme, I was able to get to know the families of my flat mates in smaller and more central parts of Sardgena. For me, it was amazing to see how much they value their lunch and dinner times. My flat mates had strict timetables at what time they have to eat lunch, when they have "merenda" (a snack) and when they go for dinner. I immediately felt myself very comfortable in the Italian environment as they are very open-minded, and they love to eat in company. My experiences go back to amazing days at the Poetto beach (Cagliari city beach) but also travelling with my flat mates to their hometowns, going to the mountains and seeing very special places of the island that many foreigners or tourists don't know (I suppose).



University life & Erasmus experience:

Besides my life in the Italian environment, I also had a great time going to the University of Cagliari and meeting new people from many different places from all over Europe until Tokyo in Japan. It was a great experience in which I was able to connect to so many different and nice people from many different countries. The University of Cagliari is the most reputable University in Sardegna so that also many people all over the island come to Cagliari to study there. During my studies at the University of Cagliari (Unica) I was able to deepen my knowledge especially in Management, Accounting and Economic skills. But also, I was able to improve my organizational, communicational, and team-work skills as the lectures in Italy have been interacting and we had to do some group projects.

Having lectures with international students due to the ERASMUS community was also very enlightening as everyone was able to share some of their knowledge with different perspectives and different backgrounds. The exchange did not end in the University: in Cagliari people live their lives outside, either in the city, in a parc, or at the beach. So we as exchange students adapted quickly and have met at various places during the week to connect better with each other, meet new people and make friends from different countries. Withtin 10 months we were able to do various trips, either within Sardinia, but also to Italy so that we could learn more about the country of Italy but also to learn more about each other and learn to adapt in new environments.

Conclusion:

The experience within 1 year in Cagliari and the beautiful island of Sardinia is priceless and has taught me a lot of things. I am very grateful and appreciate the opportunity that was provided to me by the FH Bielefeld and the DAAD scholarship. The scholarship has helped me greatly in doing the activities necessary to have a great academic exchange year as we were able to catch more and great experiences during trips around the country. I am very thankful to the program and the DAAD for granting me this opportunity.

