

Università
della
Svizzera
italiana

International
Relations
and Study
Abroad
Service

Expand your horizons, follow the paths of our exchange opportunities

Special
edition



Editorial



By
Arianna Imberti Dosi

For almost 20 years, I have been involved in student mobility. It was on 1 October 2005, when the International Relations Service at USI officially began operating under my responsibility. In the following academic year (2006/2007), 49 USI students took advantage of the opportunity to spend a semester studying at another university, while 32 students from partner universities stayed in Lugano or Mendrisio.

Currently, the numbers stand at 126 and 113, respectively (if we consider only the traditional mobility, i.e., for study purposes). However, what stands out most are not the figures themselves but rather the rapid and at the same time unpredictable transformation that the entire sector has undergone. Among the most significant events that have alternately accelerated or slowed down mobility rates, it is worth mentioning the introduction of the Bologna Process (2001/2002), which has promoted both horizontal and vertical mobility, making it almost the norm; Switzerland's interrupted participation in the Erasmus programme (entered in 1992, exited in 1996, re-admitted in 2011, and excluded again in 2014, up to the present day); the Covid pandemic; digitalization and new hybrid forms of mobility; the ecological issue; university alliances; and geopolitical tensions.

Despite all of this, the intrinsic values of student mobility, such as cultural and professional growth, the acquisition of multicultural skills, the experience of different ways of living, and the creation of personal networks, have remained practically unchanged since the 11th century, when students from elites moved between the various cities of medieval Europe for study purposes. The hope is that, just as these aspects are motivating, the activities and support offered by the International Relations and Study Abroad Service will be a source of inspiration for you, future exchange students.



University of St. Gallen, CH



Politecnico di Milano, IT



Universidad Carlos III de Madrid, ES

From our foreign correspondants

The voice of those
who went on exchange

Greta,
Copenhagen Business
School
Denmark

“It is about entering a new culture, a new country, new mindset; indeed, it is about broadening your horizons.”

Katarina,
Erasmus University
Rotterdam
The Netherlands

“I would recommend this experience because I think it's highly enriching to not only visit but also fully experience a new culture and a different way of living, meet new people and perhaps even discover new things about yourself.”

Alessandro,
Hanken School of
Economics
Finland

“In one sentence: Erasmus changes your life!”

Jacopo,
Johannes Kepler
University Linz
Austria

“Culture shock allows you to grow as a person and what better way to experience one than going abroad with other like-minded people from all over the world. With these kinds of experiences, in my opinion, you gain more as a person than as a student, have an open mind and you will have the best time of your life.”



Nanyang Technological University, SG



Cà Foscari University, Venice, IT



Copenhagen Business School, DK

Opportunities for mobility: halving of university tuition fees and scholarships available for those who go abroad!

Students who choose to participate in exchange programmes can benefit from significant financial advantages. To promote student mobility, therefore allowing a larger number of young people to experience academic and cultural life in a different context, Università della Svizzera italiana offers a 50% reduction in tuition fees for the entire exchange period.

Additionally, the National Agency Movetia reaffirms the SEMP scholarships for those who choose a European or non-European destination. This financial support aims to cover part of the travel and living expenses.

These financial contributions are designed to make the opportunity to study abroad more accessible, fostering the acquisition of international skills and the building of a competitive professional profile, thus highlighting the importance of a globalized and inclusive education.

movetia

Austausch und Mobilität
Echanges et mobilité
Scambi e mobilità
Exchange and mobility

The Swiss agency for exchanges and mobility promotes and supports activities and projects related to exchanges and mobility for education at both national and international levels. Movetia is also the organization that provides scholarships for European and non-European mobility. Want to learn more about the National Agency? Visit www.movetia.ch

*ESN

Erasmus Student Network

Join the Lugano Section of the Erasmus Student Network and get to know fellow exchange students in a vibrant and dynamic international community with a broad offer of cool events!
<https://accounts.esn.org/section/ch-luga-esn>

Agenda

Information session Bachelor + Master INF
12 November, 12.40
Room C1.05
East Campus Lugano
In English

Information session Master COM + ECO
13 November, 12.40
Auditorium
West Campus Lugano
In English

Information session Academy of Architecture
13 November, 12.30
TAM-1
Mendrisio Campus
In Italian/English

Information session Bachelor COM + ECO
14 November, 12.40
Auditorium
West Campus Lugano
In Italian

Call opens
16 December 2024

Call closes
13 January 2025

Interview



Interview with Ilaria Juon and Stefano Bastianelli, in charge of USI's outgoing students for the Lugano and Mendrisio campuses.

What is the main motivation that drives students to participate in an exchange programme?

IJ: "Several factors play an important role in the decision to spend an exchange period at another university. I think, for example, of the desire to engage with a different academic environment or to improve both language skills and those soft skills that are highly valued by employers. An exchange experience not only enriches the individual but also their resume!"

What advice would you give to a student who wishes to explore this opportunity?

SB: "Gather as much information as possible about partner universities, and make your choice based on your academic goals as well as your personal interests and passions."

Currently, USI is officially launching the promotion of exchange programmes. Concretely, where can information be found?

IJ: "There are several sources of information that I would recommend to anyone planning to undertake this project: Our Window to the World: the portal for partner universities. There, you can find all the important information about the universities (factsheets, accommodation information, academic calendar, etc.). Thanks to the study programme filter it is possible to view active agreements."

On the portal, you can also find reports written by USI students who have previously participated in mobility programmes. These reports are a valuable source of information, as they provide insights from those who have already experienced it firsthand.

I also believe it is essential to emphasize the importance of proper planning. To prepare for your stay effectively, it is crucial to follow the procedures correctly and meet the deadlines. To facilitate this process, we have a dedicated page for the organizational aspects of mobility.

Finally, I would like to point out that starting from mid-November, there will be the possibility to schedule an appointment with the International Relations and Study Abroad Service for personalized and individual meetings, an option that is always highly appreciated by both the team and the students themselves."

SB: "I also recommend participating in the information sessions, where we from the International Relations and Study Abroad Service will provide a wealth of firsthand information on the topic of study exchanges. The dates for the sessions can be found in the Agenda."

Useful links



Responsive Portal



Organizational aspects



Personal meetings

Hot topic: Sustainable Travel

Your exchange semester will leave a mark, but you should not leave your (carbon) footprint!

For several years now, sustainability has been a highly relevant topic. Governments, authorities, public bodies, businesses, and private citizens: no one is excluded from the discussion, and we are all called to do our part and propose solutions for the protection of the planet. Higher education institutions are no exception: it is a fact that CO2 emissions from the travel and flights of professors, staff, and students significantly contribute to environmental impact. We are therefore faced with the great challenge of reducing CO2 emissions while also implementing internationalization strategies.

The International Relations and Study Abroad Service, in line with the recommendations of the National Agency Movetia and the principles of the Erasmus Charter for Higher Education, therefore proposes a series of recommendations and provides a selection of tools to help reduce CO2 emissions. From travel to life on site, many small actions can be taken to minimize our impact.

Calculate your Carbon Footprint



**Check our
travel advice**



Survey: why are exchanges important

A study co-funded by the Erasmus+ programme and published by the Erasmus Student Network highlights the value of studying abroad. Below are the results at a glance.

European companies that participated in the study

55

Students who participated in the study

3346

Employers who confirm how an international experience can make a difference.

80%

Skills enhanced through a study abroad experience.

Adaptability
Teamwork skills
Managerial skills, leadership
Personal development
Career orientation

Skills valued by employers

Open-mindedness, tolerance
Ability to adapt to new situations and environments
Skills and creativity in problem-solving
Willingness and ability to learn from experience
Time management
Analytical skills

Source:
Erasmus Job
Competence
Booklet



Recipes from the world

Ukraine Chicken Kyiv

Ingredients

2 cloves garlic, minced
2 tablespoons chopped fresh flat-leaf parsley
6 tablespoons unsalted butter
4 skinless, boneless chicken breast halves
1 cup flour
2 eggs, beaten
2 cups panko bread crumbs
2 cups vegetable oil for frying, or as needed

Preparation

Grind garlic and salt, then mix with parsley and combine with softened butter. Season chicken with salt and pepper. Place garlic butter mixture in the center of each chicken breast. Fold over to form a pocket. Coat chicken in flour, dip in eggs, and press into breadcrumbs. Fry the chicken for 1 minute in oil per side at 175 degrees and then bake at 200 degrees for 15-17 minutes in the oven until the butter inside the chicken boils and the internal temperature is 74°C. Let Chicken Kyiv rest briefly before serving.

Payasam India

Ingredients

2 tablespoons of chickpeas
250 ml of water
130 ml of coconut cream
250 ml of milk
35 g of whole cane sugar
½ tablespoon of ghee (or clarified butter)
1 tablespoon of sultana raisins
1 tablespoon of chopped cashews
2 green cardamom pods

Preparation

Wash the chickpeas and simmer them in water for about 20 minutes. Then, add the milk and continue cooking for another 20-25 minutes. Once the chickpeas are well-cooked, incorporate them into the coconut cream, also adding the cane sugar. Continue cooking, stirring frequently, for about 1 hour until the mixture becomes thick and creamy. In a skillet, heat the ghee and sauté the sultana raisins, chopped cashews, and crushed green cardamom pods until they become golden and fragrant. Then, add these ingredients to the chickpea cream. Serve it hot, or if you prefer, let it cool before serving.

Horoscope

Follow the stars, just like the explorers of the past!



Aries Energy and adventure are your mantra. Poland, with its fascinating history and vibrant student life, will captivate you. Explore its cities, discover local traditions, and immerse yourself in Polish culture by participating in university events.



Taurus You love beauty and comfort, Taurus. Italy, with its rich artistic heritage and extraordinary cuisine, will offer you a unique experience. Enjoy the wonders of this country in the time between classes.



Gemini Always curious and in search of new experiences, distant Asia is your ideal place. Immerse yourself in the multiculturalism of Singapore or Hong Kong, or discover the millennia-old Chinese culture of Beijing and Shanghai, taking advantage of their excellent universities to broaden your academic horizons.



Cancer Your sensitive and romantic nature will find inspiration in the atmospheres of beautiful French cities. Explore historic castles, enjoy cultural festivals, and study in a welcoming and stimulating environment.



Leo You love warm weather and good company. Spain, with its golden beaches and vibrant social life, is perfect for you. Participate in university events and discover Gaudí's art while making new friends.



Virgo Your analytical mind will appreciate Swiss precision and order. Study at one of the many excellent universities, enjoy excursions in the Alps, and relax in its unspoiled nature.



Libra Your passion for balance finds a home in Scandinavia. Immerse yourself in Nordic culture, discover why it is a model admired worldwide, and don't miss the chance to witness the Northern Lights.



Scorpio Your mysterious and intense nature will be captivated by the gothic and historical atmosphere of the Czech Republic. Explore the ancient streets and study in an environment rich in history and tradition.



Sagittarius Always seeking adventure, Australia offers you breathtaking beaches and a relaxed atmosphere. Spending a semester there means discovering its natural wonders and living in an extremely dynamic university environment.



Capricorn Your determination and practical sense will be well-received in Germany. Known for its academic excellence and quality of life, this country will allow you to achieve your goals in an efficient and well-organized environment.



Aquarius Innovative and independent, the Netherlands is your ideal place. Study in a progressive environment, enjoy the picturesque canals of its cities, and participate in the cultural events that enliven this nation.



Pisces Your dreamy nature will find inspiration in the colorful streets and breathtaking views that characterize Portugal. Take advantage of the study opportunities that this country offers and enjoy the beautiful setting that will host you.

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