



ULBS

Universitatea "Lucian Blaga" din Sibiu

INCOMING

Student's

Handbook
& Planner



a thousand identities, **one university**

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FOREWORD

By Prof. Sc.D. **Ioan BONDREA**,
Rector of Lucian Blaga University of Sibiu

Dear international students,

An incontestable truth for nowadays is that society needs universities in order to develop sustainable knowledge and build powerful civilizations, in order to ensure that we do not only survive but thrive. We encourage and sustain the wish for knowledge improvement of the new generations and we, as university, are honoured to guide them through this qualitative process.

I am very pleased to welcome you to Lucian Blaga University of Sibiu, where you can choose to enrich your knowledge by choosing from a wide range of subjects, going from foreign languages to engineering sciences, and from economic sciences to medical sciences.

In the context of an increasingly dynamic international academic environment, Lucian Blaga University of Sibiu has successfully managed to secure its place at the forefront of events by adopting the European values of education and research. The hundreds bilateral agreements concluded with European and Non-EU universities, effective implementation of the Bologna system as well as the European Credit Transfer System, and the development of Erasmus+ – the student mobility program, play a key role in this respect.

LBUS is a vital component of the social life in Sibiu, since the higher education institution is the most appropriate context for shaping the ideals and goals of future experts. It also represents a substantiation of the professional and cultural horizon of the future generations.

I wish you a wonderful educational, cultural and personal experience at Lucian Blaga University of Sibiu!

Cordially,

Professor **Ioan BONDREA**, Sc.D., Dr.h.c.
Rector of Lucian Blaga University of Sibiu





FOREWORD

By Assoc. Prof. **Daniela PREDA**, Ph.D,
Head of the International Relations Office
and Erasmus+ Institutional Coordinator

Dear students,

Welcome to Sibiu, welcome to the international family of Lucian Blaga University of Sibiu! On behalf of the International Relations Office I would like to congratulate you for choosing the wonderful city of Sibiu and Lucian Blaga University of Sibiu to be your second home for the following period.

I am glad to say that every year LBUS accommodates about 130 international students, coming to Sibiu from all the corners of the world, discovering new theories, new teaching methods, new culture and friends, discovering themselves. At the International Office of Lucian Blaga University of Sibiu we offer support to every student who desires to experience an international learning frame, not only through the international curricula of the universities, but also by engaging students in active learning, developing intercultural competences through various activities, focusing on problem-solving skills and social gain on the path to creating Global citizens.

In a highly interconnected world, under the constant effect of globalization, it is vital to approach personal and professional development in an international framework, as learning does not take place in classrooms only, but in society as well. At the International Office of LBUS we are putting all the effort in creating the perfect environment for formal and informal learning, contributing to the creation of international professionals.

With positive thoughts, infinite trust in your youth power and constant presence whenever you will need support during your stay in Sibiu, I wish you a wonderful experience in Lucian Blaga University of Sibiu!

Assoc. Prof. **Daniela PREDA**, Ph.D,
Head of the International Relations Office
Erasmus+ Institutional Coordinator

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3. A FEW WORDS ABOUT ROMANIA

Romania is a country located in Central Europe, on the Lower Danube and shares borders with Hungary to the northwest, Serbia to the southwest, Bulgaria to the south, the Black Sea to the southeast, Ukraine to the east and to the north and the Republic of Moldova to the east.

With its mountains, hilly territories, lake complexes, Danube Delta and sea shore, Romania is beautiful, geographically diversified place, worth visiting.

Romanian currency: LEU / RON 1 Euro ~ 4.5 LEI

Climate

Romania has a climate that is transitional between temperate and continental, with four distinct seasons. Spring is pleasant, with cool mornings and nights and warm days. Summers are generally warm to hot. Autumn is a short season of transition with long dry periods alternating with rainy weeks. Winter is a chilly season, with temperatures going down to -20 °C or even bellow.

Traditional food and drinks

The Romanian gastronomy is a diverse one, with many specific holiday dishes. Christmas is marked by pork dishes, cabbage rolls with minced meat (sarmale) and polenta (mămăligă), while lamb dishes and red eggs are representative for Easter. Romania is also well known for its locally produced vegetables but also for the traditional spirit drink țuica, which is made of plums.

Tourism & sightseeing

- Sibiu and its surroundings: European Capital of Culture in 2017, Sibiu is one of the most beautiful touristic centers of Romania. Beside the city itself, the area around Sibiu (Rășinari, Orlat, Gura Râului, Poiana Sibiului, Jina etc), called Mărginimea Sibiului, has a unique ethnological, cultural, architectural and historical heritage;
- The fortified citadels and churches from Transylvania: the Citadel of Brașov, Sighișoara, Biertan, Râșnov Citadel or Corvin Castle are some of the historical sights worth visiting in Transylvania;
- Bucovina and Maramureș counties: the UNESCO heritage monasteries in Bucovina, the wooden churches of Maramureș, The Pain Memorial in Sighet, and the Happy Cemetery in Săpânța are just a number of attractive places in the north-eastern part of the county.
- Transfăgărașan and Transalpina: roads across mountains that worth being visited during the week, in the early summer when snow is still present but not abundant.
- The Danube Delta: part of UNESCO World Heritage, it is one of Romania's values. With over 300 species of birds, 45 species of fish and incredible vegetation, the Danube Delta is indelible.
- The Black Sea: stretches out for 244km/153 miles with soft sand and safe, gently sloping beaches.

4. SIBIU - A VIEW IN 8 STEPS

1. SIBIU WAS THE EUROPEAN CAPITAL OF CULTURE IN 2007: Sibiu was the European Capital of Culture in 2007, together with Luxemburg, being the first city in South-Eastern Europe to receive this title. During this wonderful year Sibiu hosted over 2.000 events: performing arts, film, photo, architecture, visual arts, literature, music, heritage, conferences.

2. SIBIU IS IN 2019 THE EUROPEAN REGION OF GASTRONOMY: The Region includes the city of Sibiu and its surroundings, standing out through its exceptional heritage and traditions carried on by a multi-ethnic and multi-cultural community. Sibiu has focused on its vivid cultural life, also developing its touristic profile. Alongside its other valuable assets, traditions had an important role in shaping Sibiu as a viable touristic destination, food culture being one of the main attractions of the Region.

3. THE CITY HAS A HISTORY OF OVER 900 YEARS: The city was colonized after the middle of the 12th century by Saxon colonists coming from the Rhine –Moselle territory, the first documentary mention occurring in 1191 under the name of Cibinium. Starting with 1366 the city changed its name to Hermannstadt and after 1919 the city's name became Sibiu.

4. IT WAS THE CAPITAL OF TRANSYLVANIA: Choosing Sibiu as the capital of the region was both the acknowledgement of the city's importance at that time, as well as an impulse which the city knew how to use in order to evolve.

5. SIBIU - THE CITY OF PIONEERING: It was in Sibiu where many types of institutions were founder for the first time in Romania. The first hospital, the first library, the first school, the first pharmacy, the first paper mill, the first book store, the first theatre building, the first museum, the first cast iron bridge, the first whole Romanian capital bank, the first beer factory, the first hydropower plant, the first Zoo garden, the first open-air cinema – all of them were opened in Sibiu.

6. THE FIRST MOUNTAIN RESORT IN ROMANIA: Situated 32 km away from Sibiu, the Păltiniș mountain resort is the first resort of its type (founded in 1894) and the highest altitude one in Romania (1,442m).

7. THE LARGEST MEDIEVAL URBAN ENSEMBLE IN ROMANIA: The historical center of Sibiu represents the greatest medieval urban ensemble in our country, with numerous well-preserved remnants from that period, from public buildings and dwellings to defense walls and towers. Numerous elements from the four defense precincts of Sibiu have been preserved until the present.

8. A CITY WITH NATIONAL AND INTERNATIONAL VISIBILITY: Sibiu rejoiced in the last years of significant acknowledgement of its beauty and touristic potential at an international level. Consequently, the prestigious Forbes magazine ranks Sibiu on the 8th place of the list of "most idyllic places to visit". In 2014 The Huffington Post included Sibiu in the list containing "The most charming cities in Europe you'll want to visit". The city is mentioned in numerous articles in many important newspapers in Europe and the US. Michelin awarded Sibiu a quotation of three stars (Green Guide Stars), the highest award ever given to a city in Romania.

IMPORTANT FESTIVALS AND EVENTS IN SIBIU

During the whole year: My Transylvania brunch: these frequent one-day-events offer the opportunity to blend culture, nature and local gastronomy. Organized in different locations, the guests can learn more about the area and taste local dishes prepared solely from local products by respecting traditional, family inherited recipes.

May: Sibiu JAZZ Festival: Numerous concerts, jam sessions and workshops will take place during the seven days of the festival, its theme being jazz music and the interferences of this musical genre with other musical genres, such as: folklore, symphonic music, rock, salsa, hip-hop etc.

June: International Theater Festival Of Sibiu: probably the most complex annual festival in Romania and is considered to be the third largest theatre festival in Europe after the International Festival in Edinburgh (Great Britain) and the Festival in Avignon (France).

July: Fashion days: Well-known designers coming from all over the world meet with local fashion designers and present unique creations in conventional and unconventional spaces. During this period fashion blends with music, photography exhibitions and other unconventional events.

August: Medieval Festival: For three days Sibiu becomes a genuine medieval market, animated by dance and theatrical performances, knights tournaments, music concerts, circus shows, all having a central theme: medieval art.

September: The potter's fair: Master potters from all over the country and representatives of the most renowned pottery centers in Romania are present within this fair. For the whole duration of the fair, the Large Square in the center of Sibiu regains its original function - that of a holiday fair.

September: CibirFest: The concept derives from the famous Oktoberfest, an amusement park, lots of beer, local products, Bavarian music and thousands of people who celebrate together the beginning of autumn

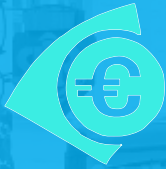
October: ASTRA Film Festival: one of the most relevant documentary filmmaking events in Europe, offers every year in Sibiu (Romania) a vital and exciting meeting place of world cinema.

December: Christmas fair: The Christmas Market is a celebration of winter traditions. The beautiful fairy tale-like houses will attract tourists and inhabitants with goodies, presents and handmade Christmas decorations.

**Other festivals: Sibiu Cycling Tour; Red Bull Romaniacs (Enduro Rally);
Artmania festival (Rock-Music);
Traditional Romanian Folk Music and Dance Events;
The Transylvania International Film Festival (TIFF).**

COST OF LIVING IN SIBIU

The average cost of living in Sibiu for one person is 400 EUR/month, excluding rent. The cost of living in Sibiu compared to Bucharest, the capital, is about 12% lower. Here are a few examples of basic products/services costs:



- One way local transport ticket: 2 RON/ 0.43 EUR
- Taxi fee/km: 2,5 RON/0.54 EUR
- Eating one meal in the city center: 30 – 50 RON/ 6.5 -11 EUR
- Monthly fitness club subscription: 120 RON/ 26 EUR
- Fruits and vegetables: 2-5 RON/kg/ 0.4-1 EUR/kg



Transportation – arriving in Sibiu:

Sibiu is easily accessible from Bucharest (București) by plane (45 minutes), train (approximately 5 hours) car or bus via routes over the Carpathians (approximately 4 ½ hours).

Local transportation

Sibiu is a compact city and the best way to get around is to walk but there is also a very good public transportation system which can be used at any time. Tickets can be purchased at tickets booths. A single journey ticket costs 2.0 RON, while a monthly pass for students is 25 RON (5.9€)

@: www.tursib.ro

5. LUCIAN BLAGA UNIVERSITY OF SIBIU

5.1 "A THOUSAND IDENTITIES. ONE UNIVERSITY!"

Lucian Blaga University of Sibiu is a dynamic university, testified by its history. Founded on the tradition of the 230 years of higher education in Sibiu, Lucian Blaga University of Sibiu is one of the most competitive universities in Romania.

The quality of education and research at LBUS benefits from national and international recognition, LBUS being acknowledged as an "Academic centre of Excellence" by several evaluation institutions and one of the few universities countries whose scientific research has received this distinction.

LBUS encompasses nine faculties organized in departments, with 1000 academic and non-academic staff working with a total number of 14.000 students for bachelor and master degree programs

Promoting values such as the entrepreneurial and innovative spirit, quality research and openness, LBUS encourages its students to develop their creativity and potential, preparing and supporting them in developing a successful career.

In a highly interconnected and interactive world, LBUS could keep in the mainstream of academic events only by promoting international cooperation, thus, in cooperation with its partners abroad, LBUS has established a number of organizations for students. In recognition of its steady development towards academic excellence and social renewal, LBUS was granted full membership in various prestigious international academic organizations:

- C.A.S. – The Career Advisory Service, founded in 1996, in cooperation with the British Council and supported by the Know How Fund, aims at establishing links between students, graduates and the job market. Its activity consists in offering students, graduates or employees daily consulting and in facilitating interviews in order to help them define their needs in employment and career. The centre organizes workshops, seminars and long-term courses. The Summer Job Fair, organized by C.A.S. each year, offers a great opportunity for students to meet employers and to get internships or full-time employment.

- U.B.A. – The University Business Association, is a club which facilitates constant interchange among faculties, business people and students. The main purposes of the club are to assist students in developing business skills and contacts, English language skills, and to provide support in getting jobs and summer internships. The club is a result of collaborative program funded by the United States Information Agency (USIA). The Missouri University (MU) – Columbia, USA has assisted LBUS in developing a business school meant to be nationally recognized as a centre of academic and research excellence in business management and applied research.

- I.C. – The International Centre, Tübingen, is a consortium of 18 universities, in 8 countries, which have joined their efforts for the purpose of establishing and intensifying academic cooperation between Eastern and Western academics.

- C.R.E. is the association of executive heads of universities in Europe. In the autumn of 1984, its membership was drawn from some 360 universities and equivalent institutes of higher education in 23 European countries. Since 1964, its headquarters have been situated at the University of Geneva. CRE's main objective is to promote cooperation among European universities.

- A.U.D.E.M. – The Alliance of Universities for Democracy, is a consortium of institutions of higher education formed to enhance the role of education in promoting democratic institutions, economic development, decentralized decision-making, human health, and common moral and social values. At its inception, the Alliance included institutions in Central and Eastern Europe and in 1993 the organization voted to expand membership to Western Europe institutions.

- I.A.U.P. – The International Association of University Presidents, was founded in 1964 in Oxford, England. It is an association of university chief executive officers from higher education institutions around the world. Its primary purpose is to strengthen the international mission and quality of education of the member institutions in an increasingly interdependent world, and to promote global awareness and competence as well as peace and international understanding through education.

- The European University Association (EUA), in its capacity as an organization of European Universities and National Associations of University Presidents, it functions as a speaker for the higher education community in Europe.

- EUA`s mission is to promote the development of a coherent system of European higher education and research. Since higher education institutions play an essential part in the development of European areas of higher education and research, the fundamental aim of EUA is to provide active support and guidance to its members as autonomous institutions in enhancing the quality of their teaching, learning and research as well as their contributions to society.

- The University Agency of Francophonie (AUF), headquartered at the campus of the University of Montreal (Canada-Quebec), was set up in 1961. AUF supports cooperation and solidarity among Francophone higher education institutions and it fosters the development of academic education and research.

- The University Network of the European Capitals of Culture (UNeECC), an international non-profit association, was founded in Pécs, Hungary, in December 2006, by 40 founding members.

- The creation of UneECC originates from the idea that it would be useful for Universities and establishments of Higher Education in European Capitals of Culture to use this well-known and prestigious European institution, to stimulate new forms of academic and educational institutional collaboration.

- LBUS hosts the first Confucius Institute in Romania, which was awarded Confucius Institute of the Year – 2014.

- LBUS collaborates with local Erasmus Students Network (ESN Sibiu) section for the development of internationalization at home and inclusion of foreign students

LBUS has:

- About 300 foreign students each year and 60 foreign academics
- 91 bachelor programs, 120 masters programs, 15 Ph.D. programmes
- 121 Memorandums of understanding with foreign universities, 360 Erasmus+ bilateral agreements, 43 Erasmus+ Partner Countries active agreements

5.2 Internationalization strategy at LBUS

One of the strategic directions of LBUS is the development of cooperation with foreign universities as a prerequisite for the process of achieving prestige and recognition for Sibiu's higher education. **Institutional internationalization** comes as main priority in the strategic development program of LBUS.

Through the **ERASMUS+ programme at Lucian Blaga University of Sibiu**, a set of activities are implemented, that enrich personal and professional internationalization but also institutional collaboration development: student mobility (study and placement), teaching mobility, training for non-teaching staff, curricula development and university – business cooperation. Also, the **European Economic Area (EEA) Financial Mechanism** facilitates cooperation with Norway, Iceland and Liechtenstein universities and companies.

In terms of internationalization, **LBUS focusses** on fostering the education process, nurturing cultural understanding, creating a strong international community through events, activities and workshops organized for both incoming and outgoing students, teachers and staff.

5.3 The Romanian Education System in Romania

In Romania, higher education is provided by universities, institutes, study academies, collectively referred to as higher education institutions (HEIs) or universities. HEIs can be state-owned or private; they are non-profit, apolitical in nature and focused on the public interest.

Romania follows the Bologna scheme and most of its tertiary level programmes comprise three study cycles: a three-year bachelor degree, followed by a two-year master degree, and a three-year doctoral degree. However, some programmes take longer to complete, for example those in engineering fields (four-year programmes); also, some of the bachelor and master degree are combined into a unique six-year programme (medicine and architecture).

The entire system is based on the European Credit Transfer and Accumulation System (ECTS). Since multiple-major programs are not available at Romanian universities, a student wishing to specialize in several areas of study is allowed to simultaneously attend several universities as a full-time student.

5.4 Structure of the academic year of Lucian Blaga University of Sibiu

The academic year at LBUS is structured in two semesters, as it follows:

Autumn semester: October – February (exact date to be advised by email)

Spring semester: February – July (exact date to be advised by email)

After each semester a 3-week exam session is established for all the study fields.

Institutional holidays:

- 2 holiday weeks for Christmas
- 1 holiday week for Easter
- 1 holiday week between semesters

National holidays:

There are a few days along the year which are considered national holidays in Romania and which are free days:

- 1st and 2nd of January – New Year's Eve holiday
- 24th of January – The Unification Day of Romanian Principalities
- Second day of Easter
- Second Pentecost Day – 7 weeks after Easter
- 1st of June – Children's day
- 15th of August – St. Mary
- 30th November – St. Andrew
- 1st of December: National day
- 25th, 26th of December – Christmas

5.5 The International Relations Office of Lucian Blaga University of Sibiu

The mission of the International Relations Office is to develop, promote and implement the internationalization strategy of Lucian Blaga University of Sibiu as well as to promote the image of LBUS as a forum for education, science and culture, both in Romania and in the world.

The International Relations Office (IRO) initiates, promotes and develops activities such as European and international cooperation, international projects, events and activities.

In order to fulfill its mission, the IRO follows two main directions:

Programs: Erasmus+ and Erasmus+ Partner Countries programmes, EEA program, development of global bilateral agreements with universities worldwide.

Public Relations: dissemination of information regarding international opportunities, international events organization, technical assistance for international projects, assistance for international full-time studies candidates (EU and non-EU citizens).

What does the IRO offer you?

- promotes the University's educational programmes abroad;
- offers informative materials about LBUS to teachers and students visiting foreign universities;
- presents international programmes to which LBUS is a partner: Erasmus+, Erasmus+ Partner Countries, EEA etc.
- offers guidance for outgoing students, teachers, researchers and staff (including information about visa issues);
- helps prospective international students, lecturers, professors, with information about LBUS study programmes and admission procedures;
- offers comprehensive advice to international students and staff before departure, upon arrival in Sibiu and during their stay here;
- facilitates high-standard accommodation in an international student house;
- gives cultural adjustment counselling to the newcomers;
- contributes to the organization of seminars and conferences and organize schedule for visiting scholars;
- draws up official correspondence entailed by establishing international partnerships with universities abroad;

Events organized by IRO:

- **Sibiu European University Capital** - an event that offers different cultural and academic activities, debates, presentations and conferences on various domains from poetry, to economics, theology and health.
- **International Week of Lucian Blaga University of Sibiu** - gathers every year in Sibiu tens of academics and administrative personnel from partner universities of LBUS all over the world to teach and engage in development discussions with students, teachers and staff from LBUS.
- **Workshops for Internationalization of Higher Education** - these workshops seek to develop the internationalization aspects of higher education institutions in Romania by collaborative work and discussions between IRO members from all Romanian universities.
- **Roundtables and debates on various fields of study** - which aim to bring together experts and students, to facilitate the exchange of ideas and to enrich the knowledge of students outside the regular classes.
- **Romanian Module of Culture and Civilization** - a learning package which comprises 5 different courses (Romanian language, history, culture, civilization and geography) addressed to international students, which aim to develop students' knowledge regarding their receiving country - Romania.
- **Summer schools** - the IRO organizes summer schools for students, with national and international participants, aiming to develop students' know-how in different fields.

Schedule: Monday to Friday, opened for public 9:00 – 12:00

Contact details:

Address: LBUS Rectorate Building, Victoriei Boulevard No. 10, Sibiu, Romania

Tel: +40-(269) 21.60.62 int 129

E-mail: dep.externe@ulbsibiu.ro



Erasmus Student Network (ESN) Sibiu

ESN Sibiu is the local section of the International Erasmus Student Network, one of the biggest student associations in Europe. The volunteer members are students who benefited of Erasmus+ mobilities or who enjoy getting involved in international activities.

Starting 2012, when ESN Sibiu was founded, the volunteers have been working closely with the International Office of LBUS in accommodating students and making their Erasmus experience as special as possible.

ESN Sibiu organizes the buddy system: each international student receives a buddy to help him accommodate in Sibiu and LBUS in the first period by showing him around. ESN Sibiu organizes in collaboration with the International Office different activities for international students during the year, such as International Dinner, visits of museums, cultural music nights, trips around Sibiu and Romania, city tours, parties, games night, Christmas and Easter traditional activities etc.

5.6 FACILITIES OF LUCIAN BLAGA UNIVERSITY OF SIBIU



Accommodation:

International students are usually accommodated in Dormitory number 3, situated on Victoriei Blvd. no.31. Before arriving in Sibiu the student will receive a registration form to be filled in regarding room options.

More information about the dormitory: <http://dga.ulbsibiu.ro/cazare/caminul-nr-3/> Dormitory no. 3 has single and double rooms. Accommodation prices per month vary from about 80 to 140 EUR, depending on the room type. The rooms have private bathrooms and are equipped with bed sheets and blankets. There is a kitchen on each floor of the dormitory and students need to prepare their own kitchen utensils.

Information: *In case the number of students overpasses the capacity of the dorm, students will be informed to find accommodation in other locations!*

Students staying less than 3 months are not offered accommodation!



Laundry:

The laundry is located at the basement of the dormitory and it is open daily between 8 a.m. and 9 p.m. Detergent is provided for a minimum fee (0.5-1 EUR).

The bed sheets are collected every Wednesday by the staff of the Dorm in order to be washed.



Internet:

Students registered at LBUS will receive from the Department of Communication and Marketing an e-mail with an ID and a password which will grant them access to the wireless internet infrastructure in LBUS campus (dormitory, library, faculties).



Canteen:

The canteen is situated at a 2 minutes walking distance from dormitory no. 3 and it is opened from **Monday to Friday, 12 a.m. to 8 p.m.**

For a fee between 10 and 20 RON (2-4 EUR) students can choose between various delicious lunch menus (soup + main dish + desert).

More information about the canteen: <http://dga.ulbsibiu.ro/cantine/cantina/>



Bus station:

The closest bus station is located at 5 minutes-walking distance from the Dorm.

Other facilities:

Supermarket, copy centres, pharmacy, gym, swimming centre, park are situated at a 3 minutes walking-distance from the Dorm.



Library:

The library of Lucian Blaga University of Sibiu is situated close to the city centre and students have access to it based on the student card issued by the library.



Medical assistance:

The medical cabinet is available for students **Monday to Friday, 8 a.m. to 7 p.m.** in dormitory no.2, close to dormitory no.3. Dentistry is situated in dormitory no. 1.

6. TO ERASMUS+ OR NOT TO ERASMUS+?

- Have you ever wanted to **live abroad** and **experience a foreign culture, meet new people and learn a foreign language**?
- Have you ever thought **about enriching the period of your studies and having better chances while looking for a job** in the future?
- Have you ever been excited to **share your ideas** and to **create good things with other students** from all around the world?
- Have you ever dreamed to **do an internship abroad, to learn co-operative work**?
- Have you ever heard **that life won't be the same after Erasmus**?

If you did, the ERASMUS+ programme is the right choice!

What is Erasmus+?

Erasmus+ is the EU Programme in the fields of education, training, youth and sport active for the period 2014-2021, aiming to support the implementation of the European policy agenda for growth, jobs, equity and social inclusion.

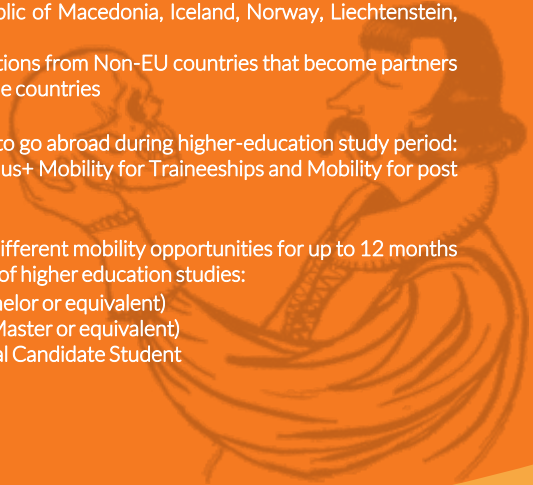
The Erasmus+ Programme is a European funding programme established in 1987 offering university students a possibility of studying or doing an internship abroad in another country for a period of at least 2 months and maximum 12 months per cycle of studies. Erasmus+, with its new programme, Erasmus+ Partner Countries, now offers the possibility to go and study or work in an internship system way beyond the European borders as well, in any country of the world.

- **PROGRAMME COUNTRIES:** Institutions from Member States of the European Union + former Yugoslav Republic of Macedonia, Iceland, Norway, Liechtenstein, Turkey
- **PARTNER COUNTRIES:** Institutions from Non-EU countries that become partners with institutions from programme countries

Erasmus+ offers more opportunities to go abroad during higher-education study period: Erasmus+ Mobility for Studies, Erasmus+ Mobility for Traineeships and Mobility for post graduates.

Each student can take advantage of different mobility opportunities for up to 12 months for each of the following study cycles of higher education studies:

- During the first study cycle (Bachelor or equivalent)
- During the second study cycle (Master or equivalent)
- During the third cycle as Doctoral Candidate Student



Erasmus+ benefits?

Erasmus+ mobilities aim to:

- improve learning performance;
- enhance employability and improve career prospects;
- increase sense of initiative and entrepreneurship;
- increase self-empowerment and self-esteem;
- improve foreign language competences;
- enhance intercultural awareness;
- contribute to a more active participation in society;
- create better awareness of the European project and the EU values;
- increase motivation for taking part in future (formal / non-formal) education or training after the mobility period abroad.

Who can benefit of Erasmus+?

Higher education students can benefit of the Erasmus+ studies and Erasmus+ placement mobilities after completing their 1st study year. **There is no age limitation.**

Student mobility can be organized in any subject area/academic discipline. To ensure high-quality mobility activities with maximum impact on the students, the mobility activity has to be compatible with the student's degree-related learning and personal development needs.

Money?

Each student receives a grant which covers part of the costs of the stay abroad. The Erasmus+ grant is a co-financing from the European Commission and not a full scholarship, therefore each student should be able to co-finance his/her mobility up to a level that suits personal needs. Grants are established at a national level and differ from country.

Courses?

One of the basic rights each exchange student has is the full recognition of courses passed successfully abroad by the home university. Before leaving the home university, the participating student signs the Learning Agreement - a document that describes the programme of studies followed in the host university. At the end of the stay the host university should prepare for the student a document called Transcript of Records which confirms the completed studies' programme and the results. These documents are legally binding for all parties involved (home and host university).

Language?

Universities very often offer language course for international students. From 2015, all Erasmus+ students will be able to register on the Erasmus+ Online Linguistic Support website and to take online language courses.

SUPPORT TOOLS FOR QUALITY MOBILITY

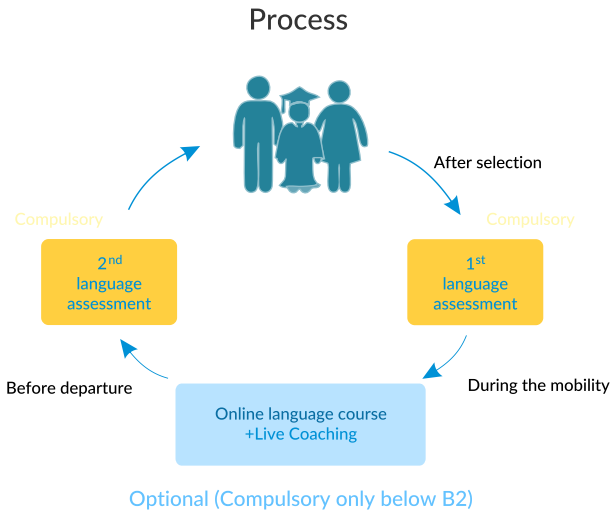
- Academic recognition

Ensuring full recognition of the credits earned while studying abroad has been a longstanding challenge for everyone involved in the Erasmus+ programme. The home institution should ensure the academic recognition of the studies conducted by the beneficiary at the host institution.

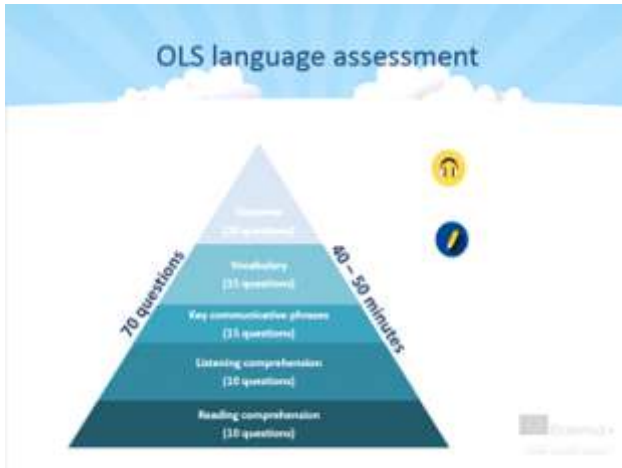
- Language learning

Supporting the learning of the local language is of paramount importance to ensure exchange students are able to connect with their host society. Erasmus+ introduced one important tool which comes in the help of students. It established a platform dedicated to "Online Linguistic Support" (OLS), which is more scalable than traditional language courses.

OLS offers participants in Erasmus+ mobilities the opportunity to assess their skills in the foreign language(s) they will use to study, work or volunteer abroad. In addition, selected participants may follow an online language course to improve their competence.

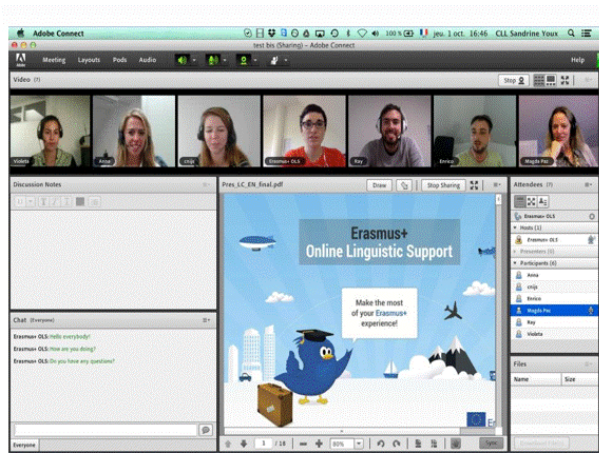


Before and during your stay abroad, you have the opportunity to improve your language skills with the OLS in the following languages: BG, CS, DA, DE, ET, EL, EN, ES, FR, HR, GA, IT, LV, LT, HU, MT, NL, PL, PT, RO, SK, SL, FI & SV. Take advantage of it!



The language course is available 24/7 and you can practice anywhere for all the levels (from A1 to C2).

OLS also offers Live Coaching, in a group of one to six participants, where you can enjoy direct interaction with a native tutor! Tutors cater to your specific needs. Some tutoring sessions are thematic; others allow you to choose your own topic.



6.1 ERASMUS+ STUDY MOBILITY

BEFORE THE MOBILITY - Application steps for an Erasmus + study mobility:

1. Once you are selected, your home coordinator will announce the International Relations Office (IRO) of Lucian Blaga University of Sibiu about the fact that you will study here for a period of a semester or two. The nomination will be done at **dep.externe@ulbsibiu.ro**;
2. You will receive the application documents from the IRO of LBUS, together with useful information for preparing your mobility and a contact of the Erasmus+ coordinator that will guide your mobility in Sibiu;
3. Fill in the student application form and Learning Agreement;
4. Stay in touch with the Erasmus coordinator from LBUS in order to fill in the Learning Agreement with the most appropriate courses for you; you can choose courses from the university curricula, which are going to be afterwards approved by the coordinator: <http://international.ulbsibiu.ro/index.php/university-curricula/>
5. You need to submit the application form and Learning Agreement to **dep.externe@ulbsibiu.ro** no later than **30th of June** for the winter semester and **30th of November** for the summer semester;



The Learning Agreement must be signed by both coordinators (from home and host university), before submission;

6. After the receipt of the nomination and application documents from you, the acceptance letter will be issued along with further information about accommodation, arrival and departure dates, welcome week etc.



Important: In order to receive the letter of acceptance students will also have to provide an English Language Certificate (**Cambridge, Toefl etc.**) or a confirmation from an English teacher who can state the language level of the student. A minimum level of B1 in English is required.

DURING YOUR MOBILITY



Timetable/classes:

Before you arrival in Sibiu, you will receive an email from dep.externe@ulbsibiu.ro regarding a meeting with your coordinator which will take place in the first week of your arrival. During the meeting you will find out about your timetable and you can discuss further details about your study programme.

Documents to be signed:

Each student will bring the certificate of arrival to be signed at the general Erasmus+ meeting in the first week of arrival.

In case you did not receive a standard certificate of arrival from your home university, we will issue a certificate of attendance at the end of your mobility.



Sign your accommodation contract:

In case you are staying in one of the university dormitories, please make sure you will complete and sign your accommodation contract in the first days after your arrival.



Apply for the permit of residence:

Students accepted at LBUS for Erasmus+ mobility longer than 3 months need to apply for the permit of residence.

The Erasmus office will help you with all the necessary information. Before your arrival in Sibiu, please make sure that you have the necessary set of documents.

The students coming from **Non - EU** countries will have to prepare the following documents:

1. Application form – <https://portaligi.mai.gov.ro/portaligi/>
2. Passport and visa Xerox copy
3. LBUS invitation letter in Romanian
4. Accommodation contract
5. Certificate of Erasmus+ grant translated in Romanian
6. Medical certificate
7. Certificate from the Rector
8. Medical insurance for those older than 26



Sounds difficult?! Don't worry, *the International Relations Office and your buddy will assist you during the whole process!*

The students coming from **EU countries** will have to prepare the following **documents**:

1. Application form – <https://portaligi.mai.gov.ro/portaligi/>
2. Copy of ID
3. Copy EU medical insurance card or private insurance
4. LBUS invitation letter in Romanian
5. Certificate from the Rector

For any further details about the Immigration Office:

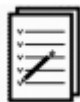
10, Preot Baca street, Sibiu,
open from 8.30 to 14.30.



Prolongation of studies:

In case you have greatly enjoyed your stay at LBUS and you decide to prolong your mobility for the second semester, here is what you need to do:

1. Fill in a new Learning Agreement and have it approved by the coordinator from your home university;
2. Ask the IRO for a prolongation request form by e-mail. This document will have to be signed by all three parties: you, your home institutional coordinator and the institutional coordinator from LBUS.



BEFORE YOUR DEPARTURE FROM LBUS:

Please bring the following documents to the International Relations Office:

- Copy of your final learning agreement signed by you and both coordinators;
- Copy of the permit of residence;
- Copy of your payment card or receipts of payment from the Dormitory;
- Copy of your transcript of records;
- The departure certificate in case you have one from your home university; In case you do not have a standard departure certificate from home, we will issue a certificate of attendance. Don't forget to ask for it!

6.2 ERASMUS + STUDENT MOBILITY FOR PLACEMENT PROGRAMME

What is the Erasmus+ Student Mobility for Placement Program?

Erasmus+ supports traineeships (internships, work placements etc.) abroad for students currently enrolled in higher education institutions in Programme countries at Bachelor, Master and PhD level. These opportunities are also open to recent graduates.

Host organisations for student placements may be enterprises, training centres, research centres and other organisations. You may carry out a traineeship at any organisation in an Erasmus+ Programme Country (with the exception of EU institutions, bodies and agencies, as well as of those administering EU programs, and of the diplomatic missions). Your traineeship must be relevant for your degree-related learning and personal development needs and, wherever possible, be integrated in your study program.

Student mobility for placements enables students at higher education institutions to spend a placement (traineeship/internship) period, between 2 months and 12 months, in an enterprise or organisation in another participating country. During a cycle of academic studies (Bachelor /Master/Doctoral), the maximum mobility period a student can benefit from is 12 months, either study or placement, or combined study with placement.

BEFORE THE MOBILITY - Application steps for an Erasmus + placement

If you are interested in a placement mobility at LBUS you need to send a motivation letter to our office (dep.externe@ulbsibiu.ro).

After receiving this information, we will contact the faculty that suits the field of your desired placement mobility.

Your Erasmus+ placement mobility will be accepted if:

Check the deadline



1. The department/faculty where you apply for the internship is available for a placement mobility at that moment;
2. The coordinator is available to supervise your internship;
3. The dates you have chosen for your mobility are compatible with the coordinator's timetable;

Choose Traineeship



Once your placement mobility is agreed:

1. We will send you the Student Application Form and Learning Agreement for Traineeships;
2. Once we received these two documents completed and signed we will issue the **LETTER OF ACCEPTANCE!**

Prepare documents



DURING YOUR MOBILITY



Timetable/traineeship activities:

1. Visit the International Relations Office.
2. Sign the registration list.
3. Establish a meeting with your supervisor



Sign your accommodation contract:

In case you are staying in one of the university dormitories, please make sure you will complete and sign your accommodation contract in the first days after your arrival.



Apply for the permit of residence: (please see procedure explained in the section ERASMUS+ STUDY MOBILITY)

BEFORE DEPARTURE FROM LBUS:

In order to end your placement mobility at LBUS you need to bring the following documents to the IRO:

- Copy of your final Learning Agreement for Traineeship signed by you and both coordinators;
- Copy of your transcript of work;
- Copy of the permit of residence;
- Copy of your payment card or receipts of payment from the Dormitory (in case you have been accommodated in one of the university's dormitories);
- Departure certificate that you received from your home University; In case you do not have a standard one from home, we will issue a certificate of attendance at the end of the mobility. Do not forget to ask for it!

7. MODULE OF ROMANIAN CULTURE AND CIVILIZATION FOR FOREIGN STUDENTS

• The aims and objects of Module of Romanian Culture and Civilization for ERASMUS+ students

The course aims at providing knowledge of basic Romanian language, culture and civilization. It enables students to benefit in a fruitful way from their studies in Romania. It introduces students to elements of Romanian language, history, geography, culture, civilization, helping them connect their own culture with the Romanian one.

The subjects taught in this module are complemented by small projects, visits to museums, cultural trips etc. This module can satisfy with a lower level of Romanian culture and civilization. It is designed to support the self-learning and conversation class. The module will be taught in a practical and interactive way, so that students will proactively use their time learning in a natural and effortless way.

- **Language:** English
- **Course level:** Beginner
- **Duration of module:** 1 semester
- **Duration of each course:** 2 hours
- **Number of classes:** 14 hours per subject
- **ECTS credits value:** 5 credits per course, which we certificate after successfully finishing a course. ECTS credits can be added as part of the Learning Agreement and taken into consideration by the home university.
- **How to apply:** Students must register at their arrival at the International Department Office of Lucian Blaga University of Sibiu.

Romanian Language Course

The purpose of this course is to give students basic knowledge about Romanian language and to allow them to get a minimum level of spoken Romanian. The course is structured on language for specific purpose and therefore the course will allow the students to use Romanian in different situations, from the day-to-day ones to the ones close to their field of expertise.

History Notions of Romanian People

The course aims at teaching the basic knowledge about the history of Romanian people. The most important events will be presented chronologically, so that students will clearly understand the historic evolution of Romania. From this course, students will find out about the history of the Romanians from the antiquity to modern times with emphasis on the unity and diversity of social, political and cultural structures.

Natural Heritage and Tourism in Romania

The course will focus on the geographical presentation of Romania, its countries and cities. Moreover, it will present the landforms of Romania, so that students will develop their general knowledge about the country.

General Culture (Customs in Romanian Society)

The course aims at presenting the varied heritage of customs, traditions, behavior of Romanians, which surrounds them during their mobility in Sibiu. Students will learn about Romanian Traditional Society in its folkloristic, ethnological and cultural-anthropological subject tradition, and they will get an overview of its specificity which distinguishes it from other cultural scientific disciplines. It enable students to examine cultural elaborate,

phenomena and popular identity models, to understand Romanian way of life, to elaborate, evaluate and implement scientific issues in the fields of cultural studies.

Culture and Civilization

The purpose of this course is to give students an introduction to UNESCO heritage of Romania. Subsequent to the indoor activities, trips and outdoor cultural activities will be organized, which will help students to get accustomed to what they have already studied during classes.

ADMISSION OF EU - THIRD COUNTRIES CITIZENS IN HIGHER EDUCATION (BACHELOR, MASTER, DOCTORATE) AND GRADUATE IN MEDICINE (RESIDENCY) PROGRAMMES

Candidates from EU third countries may be enrolled in Romanian higher education institutions after graduating from the preparatory year in which they acquire the requisite knowledge of language and specific vocabulary in conjunction with the profile of their future training.

For the study programs taught in foreign languages, the admission is conditioned on the promotion of language skills test. Candidates from EU third countries where the official language is the language in which the courses are carried out are exempted from this test.

Lucian Blaga University of Sibiu organizes the Romanian preparatory year.

The registration file will include the following documents:

- 1. The application for issuing the Letter of Acceptance to Studies;**
- 2. The studies document - copy and legally certified translation** – which allows the access of the candidate to the respective education program (the baccalaureate diploma or its equivalent);
- 3. Academic records - copy and legally certified translation** – for the completed studies and the analytical curriculum in case of candidates that request equivalence for certain periods of studies;
- 4. Preparatory year diploma or certificate of proficiency**, as applicable;
- 5. Birth certificate – copy and legally certified translation;**
- 6. Copy of the passport** – valid at least 6 months after the date when the letter of acceptance to studies is issued;
- 7. Medical certificate** (in an international language) to prove that the person to be registered for studies does not suffer from infectious diseases or other illnesses that are incompatible with the future profession;

The candidates will send the files directly to the chosen accredited high education institutions. LBUS will analyse the documents and send to the Ministry of National Education – General Department for International Relations, a list of persons that are nominated to receive the Letter of Acceptance to Studies. After the file evaluation, the Ministry of Education issues the Letters of Acceptance for studies.

The enrolment will be carried out according to the timeline set by the accredited high education institution where the candidate applied.

For more information, visit: <https://edu.ro/studiaz-a-in-romania>

Equivalence of undergraduate and postgraduate studies completed abroad by Romanian citizens

The bachelor and master degrees obtained by Romanian citizens in the EU State Members, the European Economic Area and the Swiss Confederation shall be equated by the appropriate competent authorities.

The application file registration file will include the following documents:

1. Application form

2. Study document to be recognized

- copy, if the study document is issued in Romanian, English, French, Spanish, Italian language
- copy and certified translation (in original) in Romanian language for the documents issued in other languages

3. Academic transcripts - in the case of regulated professions and in the situation of the recognition of specialization or when the field of study is not clearly mentioned in the diploma

- copy, if the study document is issued in Romanian, English, French, Spanish, Italian language
- copy and certified translation (in original) in Romanian language for the documents issued in other languages

4. Other documents, if it is necessary

Ex: Certificate of Authenticity from the Ministry of Education of Moldova for the diplomas obtained in the Republic of Moldova before 2008

In order to practice regulated professions in Romania (medicine, dentistry, pharmacy, general medical assistant, midwife, veterinary medicine, architecture)

syllabus of courses / full description of courses, postgraduate diplomas- copy, if the document is issued in English/French/Spanish/Italian or copy and authorized translation into Romanian language if it is issued in other languages

5. Personal identification document - copy

passport / identity card

proof of legal name change, if applicable, copy for documents in Romanian language /English/French/Spanish/Italian, and authorized translation in Romanian for other languages

6. Evaluation fee of 50 lei

The fee can be paid in lei at the CNRED Cashier's Office

For more information, visit: <https://www.edu.ro/Studenti%20cetateni%20romani>

Recognition of the studies graduated by EU, EEA and Swiss Confederation citizens, required for admission in a Romanian higher education institution at the bachelor / master / doctorate level

The application file registration will include the following documents:

1. Application form;

2. Personal identification document - copy and proof of legal change of name (if it is applicable)

3. Study document to be recognized

- copy, if the study document is issued in Romanian, English, French, Spanish, Italian language
- copy and certified translation (in original) in Romanian language for the documents issued in other languages

4. Academic transcripts - in the case of regulated professions and in the situation of the recognition of specialization or when the field of study is not clearly mentioned in the diploma

- copy, if the study document is issued in Romanian, English, French, Spanish, Italian language
- copy and certified translation (in original) in Romanian language for the documents issued in other languages

5. Other documents, if it is necessary

*** Example:**

- Certificate of Authenticity from the Ministry of Education of Moldova for the diplomas obtained in the Republic of Moldova before 2008
- In order to practice regulated professions in Romania (medicine, dentistry, pharmacy, general medical assistant, midwife, veterinary medicine, architecture): syllabus of courses/full description of courses, postgraduate diplomas- copy, if the document is issued in English/French/Spanish/Italian or copy and authorized translation into Romanian language if it is issued in other languages

6. Evaluation fee of 50 lei

The fee can be paid in lei at the CNRED Cashier's Office.

For more information, visit: <https://www.edu.ro/Studenti%20cetateni%20strani>

8. USEFUL CONTACTS

Hospital



Address: Corneliu Coposu blvd. 2-4, Sibiu 550245

Phone Number: 0269 215 050

Emergency number: 112

Website: <http://www.scjs.ro/>

Police



Address: Revoluției str. 4-6, Sibiu 550170

Phone: 0269 208 204

Emergency number: 112

Website: <https://sb.politiaromana.ro/en>

SHOPPING PLACES, MARKETS, RESTAURANTS, PUBS, CLUBS IN SIBIU

Markets:

- **Cibin Market:**

Products: fresh vegetables and fruits, cheese, honey etc.

Address: Piața Cibin, 5

Opened: Monday - Sunday



- **Transylvania Traditional Market**

Products: traditional bread, vegetables, fruits etc.

Address: Octavian Goga str. 1, Sibiu 550370

Opened: Saturday from 08 a.m. – 2 p.m.

- **Habermann Market**

Products: food, clothes, diverse products etc.

Address: Berăriei str. 4, Sibiu 557260

Opened: Monday-Sunday, 7 a.m. – 10 p.m.

Website: <http://habermannmarkt.ro/>

- **Sibiu Shopping Centre**

Products: clothes, food, diverse products etc.

Address: Sibiului str. 5, Șelimbăr 557260

Opened: Monday – Sunday, 10 a.m. -10 p.m.

Website: <https://shoppingcitysibiu.ro/>



Local Cuisine:

- **Crama Sibiul Vechi:** Papiu Ilarian No. 3
- **Crama Ileana:** Piata Teatrului No.2
- **Crama Sibiana:** Piata Mica No.32



Fast-food:

- **Super Mama:** Ion Ratiu, No 2A; Calea Dumbravii St. No. 39;
- **City Burger:** Avram Iancu, No. 6
- **La Marietto sandwiches:** Calea Dumbravii, No.20
- **Burger Bar 2.0:** Nicolae Balcescu Blvd. 13
- **Dabo Doner:** Victoriei Bd. No 31; Samuel von Brukenthal, No 3

International food:

- **Syndicat Gourmet (Indian):** Targului St. No. 10
- **Benjamin Steak House (American):** Xenopol St. No.1
- **Old Lisbon Sibiu (Portuguese seafood):** Targu Pestelui St. No.4
- **La Cuptor:** 9 Mai St. No.7
- **Tango Restaurant and Pub:** Piata Mica No.23
- **Music Pub:** Piata Mica No.23

Clubs:

- **The Box:** Calea Dumbravii St. No 24
- **The Corner Pub and More:** Vasile Carlova St. No. 6
- **Lili's caffe:** Piata Mica No.30
- **Nod Pub:** Piata Mica No.27
- **Mai Lounge Caffe:** Victoriei Bd. No 42
- **Supporter Sports Pub & Grill:** Victoriei Bd. No. 26
- **St. Andrew's Scottish Pub:** Avram Iancu St. No. 11
- **Cheers Pub:** Rennes St, No. 14
- **Cotton Pub:** Doctor Ion Rațiu St. No. 9
- **Mango the Club:** Zaharia Boiu St. No 2
- **Liquid the Club:** Somesului St. No. 19
- **Oldies Pub:** Nicolae Balcescu St. No. 13



TESTIMONIALS OF INCOMING STUDENTS AT LUCIAN BLAGA UNIVERSITY OF SIBIU

Erasmus+ Programme definitely changed my life. I have always wanted to go abroad and experience what it feels like to be in another country, and the program gives me a change. My journey started when I arrived in Sibiu, Romania, in the end of February. It was the end of winter and the beginning of spring, so it did feel so cold – at least for a person who lives her whole life in a tropical country which has only two season.

On the second month living here, I managed to join several volunteering programs in Sibiu. First, I volunteered in the International Week of LBUS – an event of conferences and lectures in all the fields of study, workshops and seminars. It was so fun, I got to meet a lot of people from all around the world and I also befriended with other Romanian volunteers. We became so close and they always helped me go through the hardship of living in Romania and not knowing the language. Furthermore, I became a volunteer in the International Theatre Festival in Sibiu. I joined the international volunteers' teams at one of the biggest performing arts festival in the world and the biggest and most important in Romania. The festival was attended by companies and guests from 72 countries and more than 20,000 tickets sold. Lastly, on my last month living here, I also got the chance to work as a teacher in a summer camp in Brasov, where I had to teach English to kids. It was a good experience for me because I never volunteered not work in such an inclusive environment.

To conclude my report, I want to note that I am beyond grateful to have got this opportunity, not only because I got the experience of adapting in such a new and different environment, but I am happy that I could meet a lot of friends, it has made me more open-minded, and I will definitely take more opportunities to go abroad in the future.

Mutiara Kasih Ramadhani - Universitas Airlangga, Indonesia

TESTIMONIALS OF INCOMING STUDENTS AT LUCIAN BLAGA UNIVERSITY OF SIBIU

I have always been a bit of an impulsive person. I had been back Missoula for less than 12 hours when the opportunity of a lifetime was placed in front of me at Fall Orientation. So, I jumped.

Let's rewind for a second. My name is Ryan Weightman. I grew up in Whitehall, MT. I came to the University of Montana in 2004 on a Presidential Leadership Scholarship and graduated with a degree in Marketing in 2008. In my twenties, I was able live in cities such as Seattle, Bangkok, New York City, and San Francisco. After turning 30 this past year, I decided it was time to refocus. I came back to my alma mater and joined the MBA program. My first semester was an incredible experience. I made amazing friends, engaged in classes that created a dialogue of mutual respect and understanding, and pushed myself to be a more thoughtful and passionate person than I knew possible.

I was sad to leave Missoula. It was partially because I had made the decision to do so before I had given myself a chance to settle in. I also have lived long enough to trust my gut. I studied abroad in Thailand nine years ago and it changed me on a visceral level. I have never regretted going. When I heard that I could receive an Erasmus grant to study in Romania at Lucian Blaga University of Sibiu in the spring, the decision wasn't hard. You are only young once...and I'm not that young anymore. I was very aware that this might be my last chance for this kind of experience.

I made a decision before I came that this would be my semester of "Yes". I wanted to maximize this experience and so anytime something out of my comfort zone was placed in front of me, I went for it.

The Erasmus program also offered some Romanian-centred courses for visiting students. I was able to take a Geography course, which really showcased many of the similarities that Romania and Montana have and helped me decide which regions I absolutely needed to explore. The Romanian culture course was very informative about traditional customs, clothing, music, and food. Coming from the USA, where our cultural identity is very blurred due to our short-history and diversity, it was very cool to learn about how this culture has survived tumultuous its history. This experience has been overwhelming in the most positive sort of way. I have seen more in half a year than most people do in their entire lives. I am incredibly grateful for this Erasmus opportunity. I leave as a man changed for the better.

Ryan Weightman - University of Montana, USA

TESTIMONIALS OF INCOMING STUDENTS AT LUCIAN BLAGA UNIVERSITY OF SIBIU

Ok, my Erasmus-time is over, now for almost 2 Years. But what remains from this six month, called Erasmus? I can tell you: a lot!

I don't want to write about the usual stuff you do when you are young, handsome, far away from home, surrounded from other young, good looking, energetic and enthusiastic people. I think you can imagine. But better don't imagine! Also I don't want to write about the things we did, or the places we visited. Check out the internet and you will find some postcard-images that will blow your mind. Also I will not mention the fact that you are there for going to university and take some classes. Sure you should do that as well. But what I like to mention is, that after two years the experience I made with the people I met there is still alive. Maybe more than never. In times of mass migration, intercultural prejudices, clash of the cultures and debates about religion you will know which way to go only if you know the cultures, people and traditions from the people all over the world.

I would summarize it with: friends, cultural experience and openness. Would I do it again? Anytime! Would I regret something if I had not done it? Definitely! Would I recommend it to people to do it? You will regret it if you don't!

If the E.U. would do more for intercultural understanding, like they do with the Erasmus-program, people would understand that we are all the same.

Ulli Keßler, Philipps - Universität Marburg, Germany

Student's

Personal Planner

THE ROAD TO SUCCESS

University is a time for growth and discovery, a time for finding yourself and where you'd like life to take you. Even if you're unsure where you want to go - what your career plans are - university can help you discover that, or might take you in a completely different direction. Whatever the outcome, enjoy the journey-it's a challenging and exciting adventure.

TIPS FOR SUCCESS

- **Learn speed reading**

It teaches you to go through text without rereading words, sentences and section. You will read faster and still retain information;

- **Never go out without a book**

Any spare time during the day can be study time;

- **Value your time**

There are only so many productive hours in a day, using them wisely is half the battle. Don't waste a minute giving in to procrastination or laziness;

- **Get up early**

An early start to each day helps you get a lot more done. Try a bit of exercise and make it a routine to give yourself more time for learning;

- **Find time to rest and relax, and don't forget to exercise**

If you're exhausted, you can't learn, and you might get sick, which will set you back even further, rest and get proper sleep, at least six hours a night. And get some exercise, it help you think better. If you take a break, go for a walk or a run. It will clear your head.

NOTE TAKING

Be concise. Clear, short notes are more effective than writing out everything your professor says. Use a three-ring binder divided into class sections instead of a spiral bound book. These pages can be easily removed for reviewing and handouts can be inserted for cross-reference. Write down the big ideas. Listen for the gist of what's being said, rather than the whole statement. It takes practice to write this way, but it's a great form of mental editing that will pay off in the long run. You must divide your attention between listening and writing, translating from one language to another.

Use abbreviations wherever possible. Create your own form of shorthand if you feel more comfortable doing that. Once you develop a system that works, stick to it. Leave space around your notes for ideas or for additions that you ought add later. Don't cram everything together into one messy jumble of words. It may make sense now, but later, away from class, you might not be able to decipher your own handwriting.

Whenever possible use pictures, diagrams and mind graphs, anything that forms a clear mental image rather than a lot of words. It's easier to remember ideas from pictures than copious notes.

Review your notes for accuracy after class. Do this before your homework to get yourself acclimated with the material. If you miss a class, get the notes for it from someone you can trust, a friend can be your note partners; each of you covering for the other if something unavoidable takes you away from class.

TIME MANAGEMENT

Don't procrastinate! This can't be emphasized enough. It's a good rule to observe throughout your life, not just during your university years. Whatever your work load, when free time is available, take advantage of it. If an assignment takes longer than you had expected, you'll find yourself wishing you had done it sooner rather than letting it go until the last minute. It's a good idea to use a time management tool like a planner, calendar, chronological log book or chart, to keep track of due dates. Or make a "to do" list with appointments, classes and meetings.

Be aware of how you use your time and how you waste it. Take a serious look at your daily schedule, what you do away from class and how you're budgeting time. Maybe you're the kind of person who can't study for long periods. Make time whenever possible – after class, when you get up, after lunch, etc. to review and write. And it's always a good idea to review material immediately after class. Forgetting information is greatest within 24 hours review.

HOW TO STUDY EFFECTIVELY

GET ORGANIZED

Carry a homework planner at all times. Entering homework, projects, tests and assignments as soon as they are assigned will make sure they aren't forgotten about.

PAY ATTENTION IN CLASS

It's important to concentrate and avoid distractions when the teacher is speaking. Practice active listening by concentrating on what's being said and taking notes in your own words. This will help make sure you hear (and understand) what is being taught in class.

STEER CLEAR OF DISTRACTIONS

Distractions are everywhere—from cell phones to social media to friends. Be aware of what distracts you in class and know how to steer clear of these distractions. Avoid sitting next to friends if you know they will distract you. Turning off your cell phone will also help make sure you are paying attention to your teacher.

MAKE SURE NOTES ARE COMPLETE

Writing clear and complete notes in class will help you process the information you are learning. These notes will also become study notes that can be reviewed before a test. Talk to friends or the teacher if you have missed a class to ensure your notes are complete.

ASK QUESTIONS IF YOU DON'T UNDERSTAND

Raise your hand and ask questions if you don't understand something. If you don't feel comfortable asking in front of everyone, write yourself a reminder to talk to the teacher after class.

MAKE A STUDY SCHEDULE/PLAN

When making a study schedule, look at your planner and think about what needs to be accomplished. Think about the types of questions that will be on the test and the topics that will be covered so you know what you should focus on. Set specific goals for each study session, like how many topics you will cover by the end of the session.

REVIEW NOTES FROM CLASS EVERY EVENING

After school, review and expand on the notes from class. Reviewing notes helps move material learned from short-term memory into long-term memory, which will help next time you have a big test.

TALK TO TEACHERS

Teachers are there to help you do your best. Talk to your teacher and ask for clarification or extra help if you need it before your test. Taking the initiative to ask for help goes a long way with teachers!

DESIGNATE A STUDY AREA

The best study spot is one that is quiet, well-lit, and in a low-traffic area. Make sure there is a clear workspace to study and write on. Everyone's needs are different, so it is important you find a spot that works for you.

STUDY IN SHORT BURSTS

For every 30 minutes you study, take a short 10-15 minute break to recharge. Short study sessions are more effective and help you make the most of your study time. Find out more about taking a study break that works.

SIMPLIFY STUDY NOTES

Make studying less overwhelming by condensing notes from class. Underline or highlight key words. Create visual aids like charts, story webs, mind maps, or outlines to organize and simplify information and help you remember better.

STUDY WITH A GROUP

Working with classmates encourages an interactive environment to keep you engaged. This gives you a chance to test your knowledge with others, quiz each other on the content, and help boost each other's confidence.

Smart food for healthy brain!

Good brain food:

1. Avocado
2. Bananas
3. Broccoli
4. Brown rice
5. Brussels sprouts
6. Cheese
7. Chicken
8. Eggs
9. Flaxseed
10. Legumes
11. Milk
12. Oatmeal
13. Oranges
14. Peanut butter
15. Peas
16. Potatoes
17. Salmon
18. Soybeans
19. Spinach
20. Tuna
21. Turkey
22. Yogurt

Bad brain food:

1. Alcohol
2. Bagels
3. Biscuits
4. Cake
5. Chips
6. Cookies
7. Energy bars
8. Foods High in Trans Fats
9. Fries
10. Highly Processed Foods
11. Jellies
12. Milk chocolate/white chocolate
13. Milkshakes
14. Muffins
15. Pastas
16. Pastries
17. Pies
18. Pizza
19. Refined Carbs
20. Sugary drinks
21. Waffles
22. White bread

Student's Weekly Planner

MON



TUE



WED



THU



FRI



SAT/SUN



WEEK OF

TOP GOALS

1

2

3

4

5

SHOULD DO

MON



TUE



WED



THU



FRI



SAT/SUN



WEEK OF

TOP GOALS

1

2

3

4

5

SHOULD DO

MON



TUE



WED



THU



FRI



SAT/SUN



WEEK OF

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SHOULD DO





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