

## 3.000.000th Erasmus Student coming to Italy

*“Take advantage of Erasmus and go for it!”*

1) Carissima Sofia, il tuo è un percorso accademico importante integrato da un placement in un centro d'eccellenza come l'Indoor Environment and Energy Management Competence Centre del Politecnico di Torino: quanto peserà questa esperienza nel tuo curriculum?  
**Sofia:** The experience of working in IEEM Competence Center was one of the most important things that I have achieved in my professional career. The value of working in such center helped me to gain a position for pursuing a Master in the University of Utrecht.

2) Nei 6 mesi trascorsi in Italia hai integrato l'esperienza Erasmus con occasioni importanti dal forte respiro internazionale: che aspettative avevi prima della candidatura e quanto ti ha sorpreso la mobilità Erasmus?

**Sofia:** I didn't have such expectations. The seminars and the meeting of International Energy Agency suprised me a lot. I gained a lot of knowledge in my field. Moreover these actions opened my mind. From now on I am searching for seminars and schools that I can participate in.

3) Cosa è mancato invece a Tuo parere o cosa potrebbe essere implementato (escludendo il contributo finanziario)?

**Sofia:** Organized travels inside Europe and information about free schools and conferences should be provided by the Erasmus Office. Futhermore, it would be perfect if the Erasmus students could have free access to limited summer/spring/winter/autumn schools and conferences. Moreover a nice idea is the Erasmus office **providing Erasmus students with a transportation discount card valid for the entire country.**

4) Come si sono relazionati la tua home university e la host enterprise? Hai ricevuto crediti ECTS per il tuo periodo di tirocinio?

**Sofia:** The communication between my home university and te host one was very good. They both supported me very much. About the ECTS I don't really know.

5) Hai mai pensato di fermarti o di tornare a cercare lavoro in Italia?  
**Sofia:** I don't know where I may work in the future, it depends on the job position. Therefore, Italy is included in the countries that I might work in one day

6) Le donne rappresentano oltre il 60% nei flussi di mobilità Erasmus: c'è più curiosità, è la voglia di riscatto..cosa ti ha spinto alla candidatura e come la comunicheresti ai tuoi colleghi studenti?

**Sofia:** I decided to fill in the Erasmus Applicaion after a discussion that I had with an ex-Erasmus

Student. The ex- Erasmus student was a man who did his Erasmus at the Master level studies in a German University. After finishing his Erasmus, the host supervisor decided to offer him a PhD position. His experience motivated me to apply for the Erasmus Programme.

7) In termini umani, cosa porterai sempre con te di questa esperienza? Quali sono le differenze, le peculiarità della cultura italiana che condividevi con la tua famiglia o i tuoi amici quando la sera chiamavi casa?

**Sofia:** There were two elements of the Italian culture that surprised me. The first one was part of the North Italian culture, skiing. For the first time in my life I attempted this sport. I learned to ski very well. The second one was that Italian people used to litter a lot, like in the beach or in parks. I didn't like this aspect of Italians very much due to the fact that Italy has very beautiful landscapes.

8) Quanto è cambiato il tuo sguardo sul futuro nel post Erasmus? Ti senti più forte nelle ambizioni e nelle possibilità? Quali le competenze che senti di aver acquisito e che reputi spendibili nella ricerca occupazionale?

**Sofia:** My perspective for the future changed a lot. I have been oriented towards the career which I would like to follow. **My ambitions are stronger. My potential always existed but Erasmus motivated me to use it.** I have gained the competency to work with efficiency in both cases, independently and in a multi-national team. They will help me very much because my plans are to pursue a worldwide career.

9) Sei una cittadina greca e meglio di altri sai che l'Europa sta affrontando una congiuntura socio-economica particolarmente sfavorevole per le giovani generazioni: cosa ti senti di dire alle istituzioni europee dopo aver vissuto un'esperienza di integrazione come l'Erasmus e quanto consideri importante investire in programmi di scambio per rivitalizzare la crescita economica del continente?

**Sofia:** The message which I would address to European institutions is to open plenty of internship positions. For Bachelor Students the range could be the European Union countries and for Master Students international. I think it is very important to invest in Erasmus Placement Programme. **Participating to the Erasmus Placement, the programme gives the opportunity to students with low income and high willingness to begin a career abroad. Erasmus Placement could give the motivation to plenty of students to move outside from their tiny world and pursue a career.** Erasmus Placement could become the first step of every successful person. In my opinion, I would invest more in Erasmus-Placement than in Erasmus-exchange students.