



My Five Months in the Heart of the Alps

An Erasmus+ Journey from Hanoi University to the University of Trento, Italy.

September 2024 – February 2025



Learning Became a Conversation, Not Just a Lecture

- Studied at the University of Trento's Humanities Department.
- The environment was highly interactive and discussion-based.
- Students were encouraged to speak up, question ideas, and approach topics from new perspectives.

Friendships Forged Over Spritz and Gelato

- Built international friendships through 'language aperitivo' events.
- Learned that an Italian 'bar' is a social hub, much like a Vietnamese café.
- Shared Vietnamese culture by giving friends postcards and “li xi” (lucky money).



A photograph of a dining table set for a Christmas meal. The table is covered with a light-colored, patterned tablecloth. In the center, there is a blue and white ceramic platter with bread, olives, and cured meats. To the right, a white bowl with a blue border contains a salad. In the foreground, a white plate holds a vegetable salad. A glass of orange juice is visible in the upper left. Decorative elements include a small pinecone and red berries. A white napkin is elegantly folded and placed in a glass. The overall atmosphere is warm and festive.

A Seat at an Italian Christmas Table

- Invited to celebrate Christmas with a local family.
- Experienced traditional dishes: *coniglio arrosto* (roasted rabbit), *polenta*, and *Panettone*.

My Itinerary of

Traveling through Rome,
Pisa, Florence, and the
Dolomites taught me
more than any textbook. It
was a practical education
in
planning, problem-
solving, and
courage.





Finding My Voice in a Global Classroom

Through class discussions, I grew confident expressing my opinions with international students.

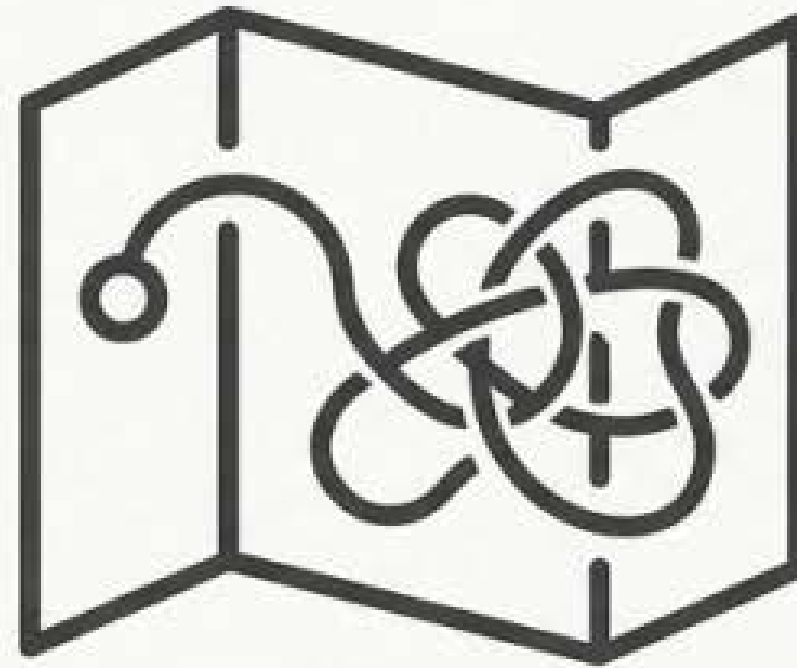
I realized my perspective mattered and was respected.

This experience built lasting confidence that I brought back to Vietnam.

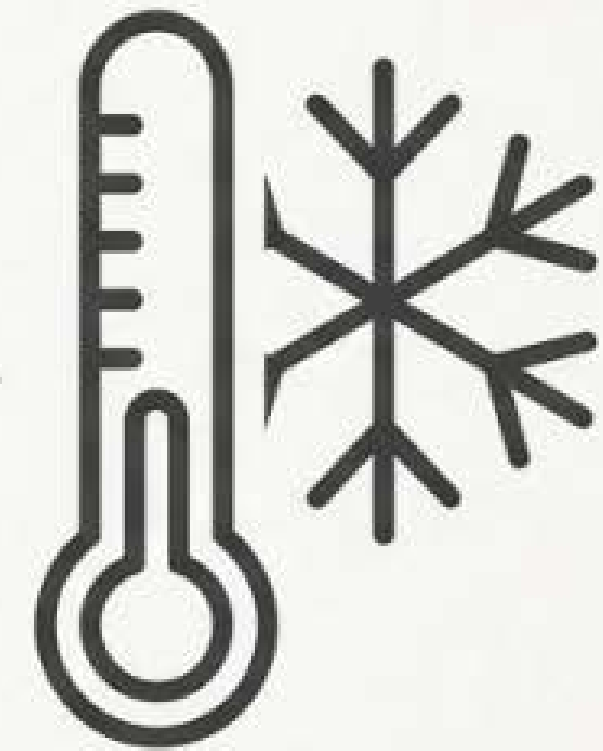
Every Journey Has Its Bumps in the Road



Oral Exams



The Venice Mishap



Northern Italian Winters

Paving the Way for Future Erasmus+ Participants



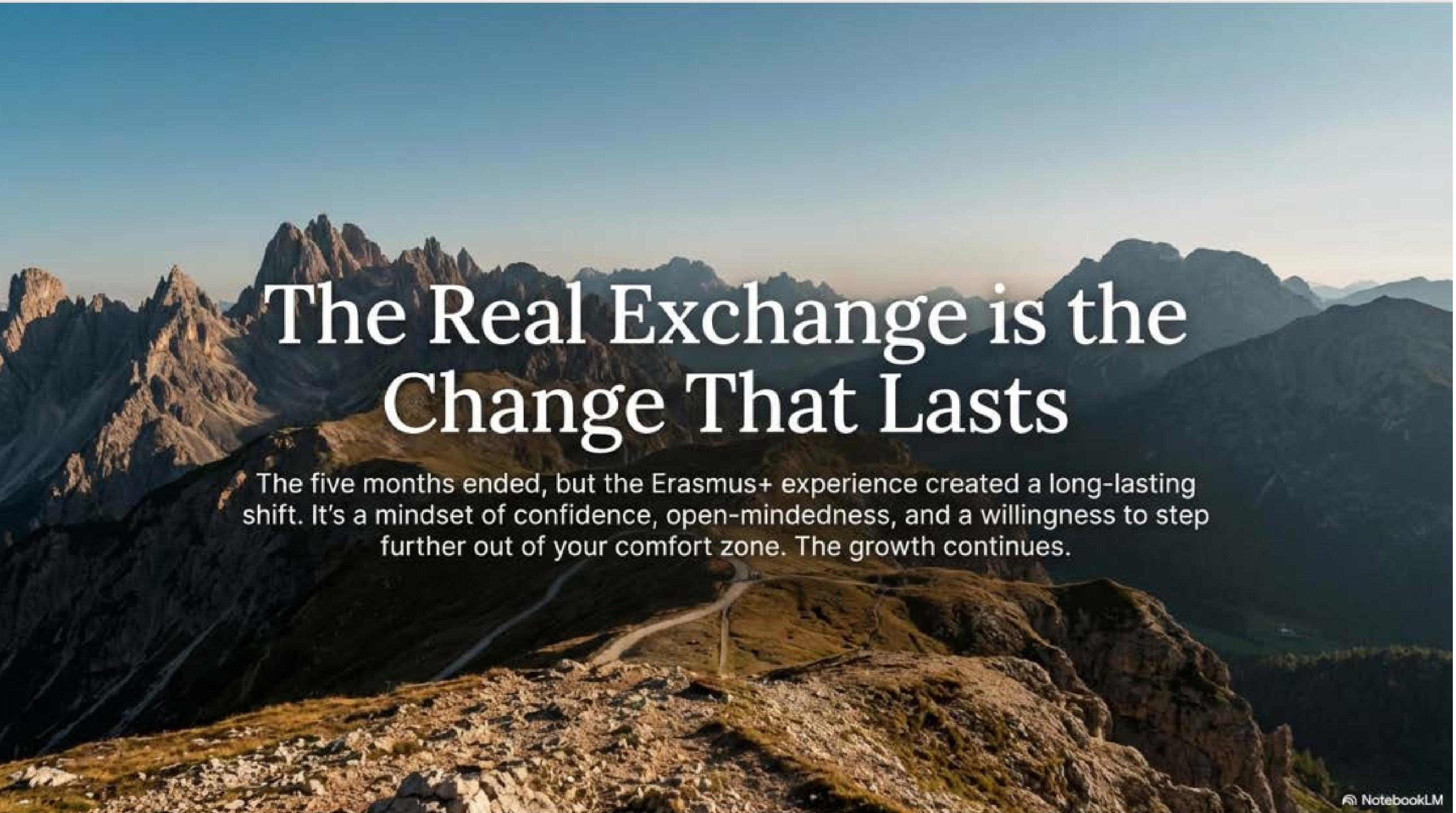
The Journey Began With a Series of Meaningful Firsts

1 My first time on a new continent.

2 My first Christmas with an Italian family.

3 My first time seeing snow.

4 My first time meeting people from so many different countries.

A scenic view of a mountain range with a winding road in the foreground. The mountains are rugged and rocky, with some peaks covered in snow. The sky is a clear, pale blue. The overall mood is serene and majestic.

The Real Exchange is the Change That Lasts

The five months ended, but the Erasmus+ experience created a long-lasting shift. It's a mindset of confidence, open-mindedness, and a willingness to step further out of your comfort zone. The growth continues.

GRAZIE & CẢM ƠN

