



EXPAND  
YOUR HORIZONS  
6<sup>th</sup> October 2009  
express



INTERNATIONAL EXCHANGE  
ERASMUS STUDENT NETWORK

# A winding **straight** path

## EXPRESS MENU

In this issue, we are encouraging you to expand your horizons. Being an Erasmus student is a unique way of tasting new ideas, languages and intercultural understanding among us - students! Today, we are serving you a colorful variety of tastes from our international cuisine. We are looking for an equilibrium between the sacred and the profane! In the first edition with the new International Board, we are bringing a number of articles written by you, dear ESNers, as well as our partners. They have been divided into four major parts: ESN International projects, L'Aquila earthquake, Erasmus students experiences and a brand new satirical part. The first portion offers us the opportunity to understand better in which direction ESN is going. The international events we have already experienced, the following ones and the projects ESN is currently busy with, are showing how Erasmus Student Network is evolving.

The second plate has a bitter taste of L'Aquila earthquake which occurred in the region of Abruzzo, in central Italy. The main tragedy occurred at 3:32 am of 6 April 2009, and was rated 6.3 on the moment magnitude scale. 307 people are known to have died following the shock of 6 April, making this the deadliest earthquake to hit Italy since the 1980 Irpinia earthquake. The president of ESN L'Aquila, and one of the Erasmus students decided to share their experiences through those dramatic moments. The sweet dessert takes us to the city of love, Verona. Two of my Erasmus friends have left their hearts in the town of "Romeo and Juliet". Amelie, and Ajna talk about the unforgettable moments of their trips, parties, and "hard" moment of studying. The article is in their mother tongues as well as in English. (We are fond of using the great variety of languages our beautiful continent offers).

After every Erasmus dinner, there is time to have fun. Hence, you are able to enjoy our playful and satirical articles at the end! This brand new part will be included in every issue from now on.

I hope each of you will find his favorite plate in our menu. Different projects, ideas and experiences are gathered in the same place. And the result can just confirm one of the principles that the International Board has set up: "The Board as a group is more than the addition of individual members". That could be understood as: "ESN as a network is more than an addition of single experiences".

And remember: ESN is not a concept, it is a method!

Written by **Simone Dalle Nogare**  
Secretary, ESN International



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The Kingdom of Bhutan is a small landlocked country in south Asia which began to open up to the outside world in the 1960s. The Kingdom is slowly and cautiously moving away from a generally self-sufficient economy to a market based cash economy. An estimated 85% of the population lives in the rural area of which only 78% of total land is suitable for agriculture. Many of the rural households can only be reached by mule tracks or foot trails. Most of the people are subsistence farmers. Farming activities are diverse in most households often combining crop production with livestock rearing. 30% of the population are considered living below the poverty (\$1 a day) line. The lack of motor-able roads severely limits the opportunities for cash generating activities and access to education.

Education system can be seen in three different forms: modern school education, monastic education and non-formal (and continuing) education. The structure of school education consists of one year pre-primary, six years of primary education, four years of secondary education (two years in junior high school level and two years in high school level), two years of the junior college programme and three years in the under-graduate programme. Courses in training institutes are available for students who have passed various levels of education, however most courses are for those who have passed Class 10. In a monastic education the children are taught only in the local language (Dzongkha). Bhutan's terrain and scattered settlement and low population density (16 persons per square km) has made universal coverage of services a challenge. However, many community schools have been built to reduce the children from travelling more than four hours from their home to the school. In 2007, there are 261 community schools however there is still a major challenge to cover all the villages and communities. Effort has been put in making access to school within 2 hours of walking distance but because of each village being scattered this has been difficult.

Parents who are not sending their children to pre-primary schools at the right age (in Bhutan, 6 years) are more likely to engage those children - especially daughters - as babysitters at home or elsewhere, for pay (UNICEF:2007). Most of such families are poor. Other major barriers to increase enrolment, especially for girls, in secondary schools are related to associated costs (annual development fees, uniforms, notebooks), family duties at home, school being far from home, and some traditional attitudes that place less value on girls' education. About half the country's population, most of them women and girls cannot read and write (UNICEF: 2007). UNICEF has played a major role in improving the quality of education through training teachers, providing school furniture, solar lantern, special learning needs and science equipment for the community and primary schools.

UNICEF has also support the government in creating awareness on early child care practices that ensure children are physically, emotionally, socially and intellectually ready to learn once they start primary school, particularly in rural areas.

The value of the education has been given the highest priority which was proven by the King of Bhutan during the Coronation on 7th November 2008:

"The future of our nation depends on the worth, capabilities and motivation of today's youth. Therefore, I will not rest until I have given you the inspiration, knowledge and skills so that you will not only fulfill your aspirations but be of immense worth to the nation".

Written by **Dawa Dem**

LORD BUDDHA

**Education in Bhutan**  
"KNOWLEDGE HAS NO OWNER, EVERYONE IS ENTITLED TO IT".

## European Disability Forum (EDF)

The European Disability Forum (EDF) is the European umbrella organisation representing the interests of 65 million citizens with disabilities in Europe. EDF membership includes national umbrella organisations of disabled persons from all countries of the European Union and European Economic Area, as well as European NGOs representing the different types of disabilities, organisations and individuals committed to disability issues. We are the only European platform of people with disabilities, which is run by people with disabilities or the families of disabled people unable to represent themselves. The mission of EDF is to ensure persons with disabilities full access to fundamental and human rights through their active involvement in policy development and implementation in Europe. EDF believes that a society in which people with disabilities are fully included is a better society for all. In our daily work, we are taking into account the needs of all persons with disabilities, regardless of their type of disability or age.

Since 2001, youth is one of EDF's priorities. The EDF Youth Committee is our main tool to ensure that the needs of young persons with disabilities are duly taken into consideration and mainstreamed into EU youth policy. At EDF, we believe a disability perspective should be considered in all policies to fight discrimination faced by young persons with disabilities in their everyday life. At European level, young disabled persons should also be given the same opportunities to participate in EU youth programmes and activities. Their voice should be heard in all matters concerning them.

The development from a child into an adult is an exciting, but also a challenging period in one's life. Adolescents with disabilities often perceive this time of growing up in a different way than their non-disabled peers. Young disabled people have to live with constraints due to their physical, sensory or cognitive disability; they feel restricted in terms of way of living, dependent on their parents and sometimes unsure

about themselves and are self-conscious. Studying, travelling and living in another country as an Erasmus student is one of the greatest successes of the EU, but it remains a huge challenge for students with disabilities and their family: only 0,1% of Erasmus students have a disability. There is a clear need to encourage disabled students to study abroad via exchange programmes and to raise awareness of welcoming teams on the needs of students with disabilities. This would also be beneficial to students without disabilities. EDF is pleased to work in collaboration with ESN on ExchangeAbility, and we are convinced that such an initiative, for which we seek the active cooperation of the relevant stakeholders, will be of great interest for students, young with disabilities and Europe!

Written by **Nadège Riche**, Policy Officer at EDF and **Doriane Fuchs**, assistant at EDF

If you want to know more about ExchangeAbility, contact the Project Coordinator: **Magdalena Wawrzonkowska** [exchangeability@esn.org](mailto:exchangeability@esn.org).



PERSPECTIVES FOR A TRULY GLOBAL EXCHANGE:

# what ERASMUS can teach to the rest of the world?

When participated in Erasmus in Copenhagen professors used to say that nowadays international companies no longer ask if one has studied abroad in exchange, but where (s)he has studied. Erasmus celebrated its 20th anniversary with almost 1% of European total student population studying abroad on annual basis and very promising plans for the future with 3 million mobile students by 2012. Unforgettable experience, a lot of new friends from all of Europe, new knowledge, improved language skills and cross-cultural awareness are just some of all the benefits associated with international student exchanges. After 50 years of cooperation as a single union, EU countries have understood that mobility must not be a luxury for the privileged students; as one of the EU freedoms and a strong tool in building an European identity it has slowly became the norm rather than an exception in European higher education.

While on an another study exchange to USA and learning more about student exchange opportunities besides the EU made me to realize how fortunate we are - apart from the EU centric Erasmus Mundus and USA student exchange programs, student exchanges are still mainly based on bilateral agreements between universities and the ability of students to cover most of the associated expenses. A global world and global challenges need globally educated leaders and culturally collaborative societies. Can a European model of Erasmus be applied also in other regions and how likely is that such a program could work on a more global scale? Atsushi Oda, a Japanese student from Hitotsubashi University, was looking for answers to the same questions when I met him in Education Without Borders conference where he was speaking about the possible implementation of Erasmus in the Pan-Pacific region.

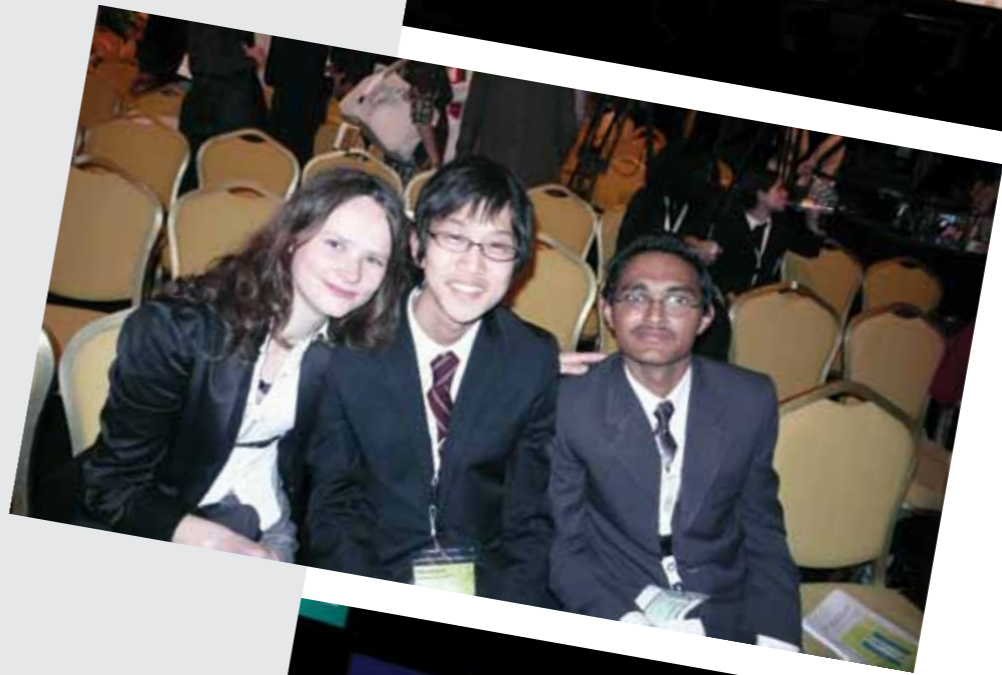
Not too surprisingly Erasmus from an Asian perspective looked quite similar to our perception of it - a successful programme of inter-cultural understanding, beneficial for countries and societies

also in socio-economic terms, strengthened through the improvements of the Bologna process, in the same time still facing language issues, education standardization vs. diversity dilemma on the institutional level and problems bridging the large academic gaps and motivation differences between various universities and students.

Coming to the stage of an implementation in Pan-Pacific, Atsushi sees Bologna like reforms much more complicated, since Japan and Korea are using the US model in structuring the higher education, while the former British colonies India and Australia - the British model. Becoming even global, the exchange program structurally would have to incorporate even more diverse models, in addition to general cultural differences of education systems, starting already during the primary and secondary education. Language would be easier, but another issue to face from Japan's point of view is that, as English would be used as the primary language, language teaching would then need to be given a higher priority in schools and universities to prepare prospective exchange students. Along with the global student exchange, a global professor exchange would be then an another important movement to develop for better knowledge transfer between universities and inter-cultural education between societies.

Atsushi's conclusion was that with some modifications Erasmus would be applicable for the Pan-Pacific in the end. None of us reached one for the global exchange. Who would finance and coordinate such a scheme? Who would provide any solutions for gaps in education quality, or should it stay mostly between countries of the developed world until the less developed ones are ready to join? All of them remain open for world leaders, education policy makers and for the global society to answer - we are all stakeholders for the possible program, that once running can be an asset for today's cooperation and integration of generations in the future.

Written by **Madara Apsalone**  
ESN National Representative of Latvia,  
Much thanks to **Atsushi Oda**, student from Hitotsubashi University and participant of Education Without Borders 2009 conference





ESN Tallinn Diary is a book that collects all the contacts, memories and emotions of Erasmus students who study in Tallinn. Students also give answers to different questions - for example „What is Erasmus for you?“, „Favourite activities during this semester“, „Your favourite Estonian sentence“ and many others.

„Besides that there are contacts and emotions of ESN section members, our event calendar, selected photos of most interesting events, and of course logos of our universities in Tallinn and our supporters,“ explained Mariane Koplmaa and Olga Malikova, both active members in ESN Tallinn.

„What is the philosophy behind this contest? Knowledge transfer is an area which is naturally related to the status/nature of alumni - connecting the past and the present, connecting the voluntary student organization with professional experience from various fields. Therefore the prize given by alumni to active ESNers focuses on knowledge transfer,“ said Vojtěch Opleštil, one of the leading lights of ESN Alumni.

Vojtěch has been an active ESNER for a long time - besides the local level he has contributed to the work of the international level. Now he works in Prague, with Deloitte in management consulting. Vojtěch advises mainly ministries and municipalities on management related issues (reorganizations, improving efficiency, real estate strategy and the like). Due to his work he has seen lots of knowledge management issues and sees similarities everywhere.

**AS YOU REMEMBER, IN JANUARY ESN ALUMNI ANNOUNCED A KNOWLEDGE TRANSFER CONTEST. WHY DID THEY DO IT? BECAUSE THEY WANTED TO REWARD THE PROJECTS THAT HAVE ADDED THE BIGGEST VALUE TO KNOWLEDGE TRANSFER WITHIN ESN - KNOWLEDGE IS SOMETHING THAT MAKES A SECTION SUCCESSFUL! OF ALL THE CANDIDATES ESN TALLINN WAS CHOSEN TO BE THE LUCKY WINNER WITH THE PROJECT ESN TALLINN DIARY.**

„ESN is a student voluntary organization. Like most student organizations, one of its natural features is quick rotation of people - people who after all are the organization. They use their skills, knowledge, and experience in order to make ESN activities successful.

If the knowledge they use is not shared among generations or different locations the quality of services ESN can provide will not increase. Therefore, knowledge transfer is something that definitely should be prized,“ added Vojtěch.

„There were many good applications representing various approaches: wikis, trainings, standardizations/templates. The reason why ESN Tallinn Diary won is that it included both sections members and exchange students and also university coordinators and supporters. It looked like a really big project including lots of people. In my opinion knowledge projects do not only have to be about knowledge creation and transfer but they can also be about fun. Anyway, ESN Alumni tries to work on more things we can contribute to ESN with. The prize for Knowledge Transfer was our first step. Wait for more!“ said Vojtěch.

ESN Tallinn has made this kind of Diary for many semesters. Year by year the book has become bigger and bigger. There were around 150 students in Diary Autumn 2008, but in the new Spring 2009 Diary already around 200 people.

„We have done this book for a long time and we see the results of our work,“ said Kristi Daniel, who was ESN Tallinn president for one and a half years, until January 2009. „Quality has always been very important for us and we are happy to win the contest! This book is not only for the exchange students, but an important tool for our section - so that that the future generations would not lose the connection with the past.“

Written by **Eero Loonurm**  
ESN National Representative of Estonia 2007/2008  
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ESN ALUMNI KNOWLEDGE TRANSFER PRIZE WENT TO  
**ESN Tallinn**

**BEST**  
BULGARIA EDUCATION SUMMER TRAINING

Success lies in matching a great idea with the right team: the rest can be added later on. Less than a year ago Mariya Dineva, later the Bulgarian NR and one of BEST organizers, came to the CNR meeting in the Italian coast city of Rimini to present her Erasmus Club for becoming an ESN candidate section and only a few then could dream of having the very first ESN summer school next July in Sofia. But vision, some planning, a bit of luck and the hard work of organizers during last 6 month made it an unforgettable reality for 50 ESNers from 27 countries all over Europe.

„It was the best time ever in my life - equal to time spent on Erasmus in Madrid and all the trips I have organized for Erasmus students in Bulgaria. Extraordinary is not a word enough to describe how energetic the people were, how interesting they found the topics and how much I enjoyed organizing an event for 50 ESN people“ after BEST says Georgi Filipov, member of the OC whom we all know as Horhe, „it was February, when Mariya told that ESN received a grant from the Council of Europe to organize the summer school in Sofia. We started to think about the topics, trainers, promotion, logistics, fund-raising ...ESN ex-president Matthias Fenner and Macedonian NR Elena Nikolova came for a study visit in June, then we finished the program and selection of participants.. in the end I slept 20 hours during entire 6 day event. No matter of that I am sure BEST was beneficial for me, participants and all of the ESN network.“

One of the greatest values of BEST was the meeting of ESN members from all its levels, beginning with those who started as mentors just some month ago and ending with former members of the International Board - it made BEST somehow unique. Secondly it was the broader perspective on international education and organizational development, which BEST participants could enjoy thanks to the help of two very experienced and much beloved trainers - Maria Nomikou from Greece and Dejan Acanski from Serbia.

BEST was a great success - 6 days full of information, activities, experiencing Bulgaria and high concentration of Pallomeri spirit in the air went fast and, standing in the closing/evaluation circle I could just join many others "looking forward to the next ESN Summer School in 2010" .. a motivated team and a bit of courage to send e-mail to the Board with interest to organize BEST-2 is all needed for now; "we work all year for Erasmus students, so we need the summer that brings ESN people together, for us" thus BEST OC sends lots of greetings from Bulgaria and is ready to help with experience, hands and ideas to keep this ESN tradition also for the future.

Written by **Madara Apsalone**  
ESN National Representative of Latvia & BEST trainer

**What?**  
The first ESN summer school!

**Where?**  
Sofia, Bulgaria

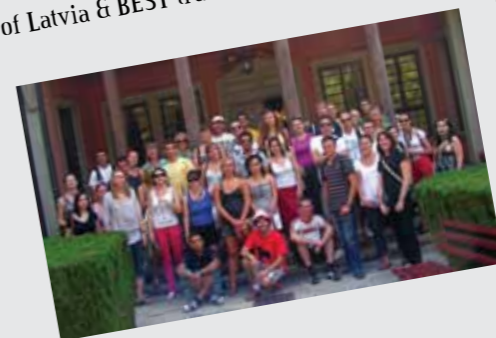
**When?**  
30.07 - 05.08.2009

**Who?**  
50 participants coming from 21 different countries

**By Whom?**  
BEST OC: Zahari, Kristina, Mariya , Horhe, Iva, Polina, Mihail, Lili, Inna, and Iavor

**Thanks to Who?**  
Council of Europe, Sofia University, YMCA-Plovdiv, Trust for Civil Society in Central and Eastern Europe, BEST trainers and all other helpers and supporters

**Interested?**  
See [www.best.esnbg.org](http://www.best.esnbg.org) for much more



# CEP Brno 2009

## CENTRAL EUROPEAN PLATFORM

This year the ESN sections in Brno got the great opportunity to host one of the main events of ESN and the biggest projects of ESN Czech Republic this year. The ESN Central European Platform Brno 2009. CEP is a four-day conference for 80 active members of ESN sections from the region of Central Europe, that includes Austria, Czech Republic, Hungary, Poland, Slovakia and Slovenia. However participants from other countries are welcome as well and some already showed the interest in coming to Brno. The rich programme of the CEP consists of plenary sessions, workshops and additional programme. As a welcome, the first evening in Brno will all CEP partakers get together to prepare the European dinner to have a possibility to get to know each other and each other's culture and gastronomy. The flashpoint of the weekend happening will be the Gala dinner on Saturday. Taking place in the building of the Technical museum and styled in the 1930s it will include the benefit event Give 20 as a part of the whole-Europe celebrations of the 20th anniversary of Erasmus Student Network.

The main objective of CEP is to enable its participants to get to know ESN members of different countries, share their knowledge, experience and ideas. CEP 2009 will take place in the city of Brno from 15th - 18th October 2009 in the cooperation of Masaryk University, Mendel University and Technical University, all based in the city. The event takes place with support of statutory city of Brno, under the patronage of Roman Onderka, the mayor of statutory city of Brno.

The registration started on 17th August and will run in two rounds until the 13th September. The participation fee is 80 EUR in the first round and 90 EUR for the second round. All detail information as well as the registration form are available on the official CEP website <http://www.esn-cz.cz/cep>. The OC is looking forward to see you in Brno!

Written by **Lenka Stodulkova**  
National Representative of Czech Republic



# WEP Zürich 2009

## WESTERN EUROPEAN PLATFORM

This year the Western European Platform will take place in Zürich, downtown Switzerland. This event starts in the evening of Thursday the 19th of November 2009 and goes on until the 22th of November in this beautiful Little Big City.

This picturesque place, located at the border of Lake Zürich, surrounded by wonderful hills, with a marvellous view of the alpine panorama like stolen from a postcard, offers the best possible scenery for this incredibly amazing event. Besides this, Zürich offers a wide variety of cultural and social opportunities. Additionally, Zürich also offers the perfect technical environment for such an event. Zürich Main Station is located directly in the heart of the city. Zürich Airport is, compared with other big cities, located very near to the city, reachable in 10 minutes by train.

Next to the city you find Zürich's two famous higher education institutions: Zürich University and the Federal Institute of Technology Zürich, which, together with ESN Zürich, are your hosts for this weekend. We start the with a relaxing apero to meet, introduce, get to know each other, putting your luggage in the typical Swiss accommodation. (Ask your experienced long time section members for details ) before we launch the event with the biggest, kick ass student party in Zürich. This party, the Bündnerfest (named after the funny talking natives from the mountains), is an unique mixture if Irish party mentality and south European temper, in short a party you will never

forget - at least the parts you can remember. The next day, as well as Saturday and Sunday morning, is filled with various interesting, educational and innovative sessions of presentations, workshops and discussions about current topics in ESN.

Friday night we take you on a journey through the world of Swiss traditions. For this night only, we got the permission of to introduce you to the secret Fondue eating ways of the Swiss Cheese Federation (SCF). This will involve a lot of Cheese and confusing rules. Afterwards we will calm our stomachs with a selection the finest Swiss spirits as tradition demands. To extend the selection we will combine this tradition with a Belgium style Pub Crawl.

Saturday evening is the event everybody knows: German vodka brause, English fish&chips, Dutch chocolate: The Eurodinner, a never ending evening full of delicious food and tasty drinks from all over Europe. We end the night in the basement where, with the help of our exchange students, you will experience a typical (and famous?) ESN Zürich party. Hopefully you will still be able to open your eyes the following day. We will show you the beauty of Zürich we described at the beginning. The city tour brings us to the end of this memorable event. Do not miss it and register now at [www.wep-esn.ch](http://www.wep-esn.ch)

Written by **Michael Bumann**



# Section & action meeting

## INNSBRUCK, 30.4. - 3.5.2009

Self-confidently and not lying Innsbruck is called „the heart of the alps.“ Why not using this advantage for gathering some ESN-teams here?

### Why?

You might know the feeling: ESN in your city works great and everyone enjoys the activities - but you need N.E.W.S. From North, East, West, South. Brain-storming with fresh wind from different directions was our main aim for the three days.

### Who?

In the end & for the start we had the honour to welcome 15 very (day and night) - active participants from Kranj, Ljubljana, Maribor, Munich, Padua, Trento and Zürich.

### How?

After meeting at a common point „we all live in the 21st century, don't we?“ (thanks to Mr. Kos) we discussed about our teams, activities, cities, websites, financing, special topics such as ESN-cards, T-shirts or insurance during events in (team) workshops.

### So what?

- The most official result was the creation of the EAC - Erasmus Alpine Cooperation.
- We came up with the idea to look for volunteers (exchange or local students) who guide visiting their „own“ city. Zürich's guides have been tested: Experiences were more than convincing and the next step is to put the links of the member -teams on each others websites. Probably with a guide to pleasant bars in Innsbruck. Our visitors won't find the way there, as they didn't find the way home during the meeting...
- We would like our exchange students to find ways to the countryside, so we decided to focus on trips to places, which are difficult to reach alone. A great first example was rafting in Val di Sole-organized by team Trento.

### What else?

Thank you to Adam, Alessio, Angela, Alexandra, Cyrila, Eta, Franco, Justyna, Klemen, Kos, Lev, Marco, Martina, Matic, Paul, Remo, for sharing your ESN-secrets! Danke for „tapping“ your energy - reserves during planning & operation time to Christina, Edith, Hannes, Linda, Stefan and Karin. If other sections read this & like this: maybe you'd like to organize the next section meeting?

PS: Concerning the picture - to be honest: We took a lift to the mountain top, but: only to safe energy for hiking around the edges of our plates. Just to make our visiting student's stay even more Pallomeric.

Written by **Karin Schmid**  
ESN Innsbruck



# Erasmus in L'Aquila

progetto tandem. Così l'amicizia è sbocciata tra di noi. I più bei momenti che ho vissuto in questa città sono stati ai corsi universitari, alle cene con gli amici a casa mia, alle feste Erasmus in via Sassa e le passeggiate per il corso verso sera.

Vivevo in centro con tre ragazze italiane e una ragazza turca. Mi piace l'idea dell'Erasmus e' fondato sulla diversità e la scoperta di altre culture. Italiani, Spagnoli, Turchi, Francesi, Tedeschi, Ungheresi, Giapponesi... tutti erano amici. Le diverse lingue non erano più un ostacolo, riuscivamo sempre a capirci, a comunicare o in inglese o in italiano.

L'Aquila piaceva a tutti: personalmente mi sono integrata bene e la considero come la mia città. I ricordi sono ancora vivi tra Piazza Duomo, i Portici, il castello spagnolo e Piazza Palazzo (che per me è il posto più bello, soprattutto di sera con le luci accese).

Sono arrivata l'8 settembre 2008 all'Aquila dalla Francia per 9 mesi d'Erasmus all'università di lettere e filosofia. Potevo scegliere tra varie città come Roma, Milano o Bologna, però ho scelto l'Aquila...e non ho niente da rimproverare alla mia scelta.

L'Aquila è una bellissima città: l'ho scelta perché volevo conoscere l'Abruzzo le sue montagne, la natura, poi è una città piccola e tranquilla un ottimo luogo in cui vivere.

Appena arrivata ho conosciuto l'associazione Aquilasmus: un gruppo d'italiani che si occupa di aiutare gli Erasmus ad integrarsi sia a livello universitario che sociale. Quest'associazione ha permesso agli Erasmus di incontrarsi e di conoscersi tramite i viaggi (Napoli, Perugia, Carnevale di Venezia), le feste in centro ed il

Il giorno 6 aprile 2009, alle ore 3.32 del mattino, in quel preciso momento quel sogno chiamato Erasmus si è fermato. Una scossa terribile, tutto tremava, i tramezzi della mia casa cadevano, ci sentivamo tutti persi... il silenzio per qualche secondo...e poi le grida, la corsa per uscire da casa, la polvere, la paura di morire. Un incubo che ci ha fatto capire che tutto era finito e che dovevamo accettare il fatto che la città era distrutta.

Andare avanti è stato molto difficile, però noi, che siamo sopravvissuti, dobbiamo farlo per tutti quelli che non ce l'hanno fatta. Andare avanti significa che grazie a quella grande forza che abbiamo dentro di noi possiamo con l'aiuto di tutti fronteggiare qualsiasi tipo di avversità.

Non dobbiamo dimenticare! Dobbiamo continuare a lottare per ricostruire l'Aquila com'era e non lasciare i terremotati sotto le tende. So che ogni volta che andrò in Italia, l'Aquila sarà sulla mia strada.

I ricordi che abbiamo dell'Aquila la faranno vivere per sempre nei nostri cuori.

Coming from France, I arrived in L'Aquila on September 8th 2008 for 9 months as an Erasmus student at Università di Lettere e Filosofia. I could choose between Rome, Milan or Bologna but I chose L'Aquila and will never regret this choice.

L'Aquila is a wonderful town: I chose it because I wanted to get to know the Abruzzi-region with its mountains and nature. In the end, it is a small and silent town, so a perfect place to live.

Just arrived, I got to know the association Aquilasmus: a group of Italians who helps integrating ERASMUS students in the student and social life. This association made it possible for the ERASMUS students to meet and become acquainted with each other through trips (Naples, Perugia, Carneval of Venice etc.), the parties in the city centre and the Tandem project. In this way the friendship between us flourished. The best times I passed here were during my university courses, dinners with friends at home, the ERASMUS Parties in via Sassa and walks in the evenings.

I lived in the town centre with three Italian girls and a girl from Turkey. I like the Erasmus idea which is based on diversity and exploring other cultures. Italians, Spaniards, Turks, French, Germans, Hungarians, Japanese...all were friends. The different languages were not an obstacle anymore, we managed to understand each other speaking either English or Italian.

Everybody liked L'Aquila: personally I was very well integrated and today I consider it as my home town. The memories between the dome square, the porticos, the Spanish castle and the Piazza Palazzo (for me the most beautiful place, especially enlightened at night) are still alive.

The 6th April 2009 at precisely 3.32 am, this dream called ERASMUS stopped. A terrible seismic shock, everything was trembling, the interior walls of my room were tumbling down, we felt all lost...some seconds of silence...then the screams, the running out

of the house, the powder, the fear to die. A nightmare that was making us understand that everything was over and that we had to accept the fact that the city was destroyed.

Going forward was very difficult, but we who survived have to do so for all the people who did not. Going forward means that, thanks to the great power between and help from each other, we can confront every adversity.

We must not forget! We have to follow our struggle in reconstructing L'Aquila as it was before and not leave the earthquake victims in the tents. I know that everytime I go to Italy, L'Aquila will be on my path.

The memories of L'Aquila we have will let it live in our hearts forever.

Written by Camille Tisserand  
Erasmus in Aquila 2008/09

# Terremoto a L'Aquila

Ora, dopo oltre quattro mesi dalla terribile scossa, la situazione è ancora incerta: la nostra sede purtroppo resta inagibile e l'Università, che fino ad oggi ha continuato la sua attività principalmente sotto le tende, verrà trasferita in altre strutture nella periferia della città o in zone vicine L'Aquila.

La strada è tutta in salita ma per quel che ci riguarda la voglia di fare e di ricostruire è davvero tanta.

Noi di Aquilasmus - ESN L'Aquila non abbiamo intenzione di arrenderci, vogliamo continuare ad essere il punto di riferimento, ora più che mai, per tutti gli studenti Erasmus che nei prossimi anni continueranno a riempire e a rendere viva come un tempo la nostra città. Vogliamo tornare ad organizzare le nostre serate al cinema, il nostro progetto Tandem, le nostre feste, vogliamo poter tornare a passeggiare per il Corso o in Piazza Duomo ed incontrare sulla via i ragazzi spagnoli, turchi, portoghesi, francesi, polacchi o tedeschi per decidere all'ultimo momento di cenare tutti insieme in casa di qualcuno o di incontrarci da qualche parte per passare la serata insieme.

Sappiamo che ci vorrà del tempo per tornare alla normalità e sappiamo anche che l'anno prossimo sarà di sicuro il più difficile di sempre, ma ce la metteremo tutta, con l'energia di sempre e con tanta voglia di ricominciare, in pieno spirito Pallomeri.

Certi avvenimenti cambiano la vita da un momento all'altro. E' stato un terremoto a sconvolgere la mia. Ero a L'Aquila la notte tra il 5 ed il 6 Aprile 2009 quando il terribile sisma ho sconvolto e distrutto la mia città portando via la vita a tante persone inermi. In un attimo è cambiato tutto: l'Università, la mia casa, la sezione ESN di cui sono Presidente...

Eppure, nonostante ciò, sento che si può andare avanti, che si deve andare avanti. I sacrifici da fare sono numerosi, ma se si è forti abbastanza si possono superare tutti gli ostacoli.

Molte sono le cose che me lo fanno credere: ad esempio, per quanto riguarda ESN, l'incredibile supporto dimostrato da tutte le altre sezioni italiane e dal Board nazionale mi hanno dato la forza necessaria per continuare a coordinare la sezione aquilana insieme ai miei amici, riuscendo a farla sopravvivere nonostante quello che è capitato. Inoltre, l'affetto di molte sezioni di altri paesi che, anche se da lontano, ci hanno fatto sentire la loro vicinanza ha fatto sì che questa voglia di ricominciare fosse sempre più forte. Non finirò mai di ringraziare tutte le persone che hanno dimostrato in ogni modo il loro appoggio nei confronti di Aquilasmus - ESN L'Aquila.

E' una fortuna enorme far parte di questo grande Network e di questa famiglia che è ESN: probabilmente sarebbe stato quasi impossibile per la nostra sezione superare i primi momenti di sconforto e di dolore senza sostegno alcuno.

# Earthquake in L'Aquila

Now four month after this terrible shock the situation is still uncertain: unfortunately our seat is still not accessible and the university that till today has continued its main activities in the tents will be transferred to other lodgings in the periphery or nearby L'Aquila. For now it is uphill but there is really a lot of willingness to work and reconstruct.

We from Aquilasmus - ESN L'Aquila don't have the intention to give up, more than ever we want to continue being the reference for all the ERASMUS students who in the next years will again fill and revitalise our city like a temple. We want to turn back organizing our evenings at the cinema, our tandem project, our parties, we want to walk again over the Corso or the dome square and meet Spanish, Portugese French, Polish or German guys on the street and decide in the last moment to eat together in the house of someone or to meet somewhere to spend the night together.

We know that it will take time to turn back to normality and we know also that the next year will be for sure the most difficult one ever, but we will put all our efforts in it, with the enrgy from all times and the willingness to restart with the full Pallomeri spirit.

Written by **Savini Sebastiano**  
President Aquilasmus - ESN L'Aquila 2008/2009

Certain events change the life from one moment to another. It has been an earthquake that changed mine. I was at L'Aquila the night between the 5th and 6th of April 2009 when the terrible earthquake changed and destroyed my town taking away the lives of many defenceless people.

In one moment everything changed: The University, my house, the ESN section I am the president of,...

And even so, I feel that you can go forward, that you have to go forward. The Sacrifices are innumerable but if you are strong enough you can overcome every obstacle.

Many things make me think this way: for example what regards ESN, the incredible support shown by all other italian sections and the national board have given me the necessary power to contiunue in coordinating the section of L'Aquila together with my friends, managing to make it go on in spite of what happened.

Moreover the affection of sections of many other countries that, even if from far away, made us feel their closeness made the willingness to restart becoming truely higher every day. I will never stop thanking all the people who have shown their support in any way to Aquilasmus - ESN L'Aquila.

It is an enormous fortune to be part of this big network and of this family that is ESN: It would have been probably impossible for our section to get over the first moments of pain and sorrow without any support.

IN VERONA

# My Erasmus Experience

Február 15, Verona: egy napja vagyok itt és azon tűnődöm, vajon minek hoztam magammal a téli kabátot? Napsütötte utcákon barangolok, ismerkedem a várossal, a folyóval, a környező havas hegyek látványával. Meseszép - gondolom magamban. Majd másnap beindul a gépezet: az orientációs hét első napja. Sietek az egyetemre: új arcok, új feladatok és új élmények várnak. Nem is sejtem, hány estét fogok tölteni a Campusban, az Attimoban, hányszor iszom fáradtan a délutáni capucciomat a Vogliában, Erasmus-napról, Toszkán kirándulásról és a környező városok szépségéről még fogalmam sincs. Pár nap múlva már teljes természetességgel sétálok el az Arena és Julia háza előtt. Az ismeretlenek számát mohón csökkentem - sajnálók minden elvesztegetett percet!

Az Erasmus-lét olyan, mint az első ugrás ejtőernyővel: a helikopterből kinézve megtántorít a mélység, majd összeszeded minden bátorságod, becsukod a szemed és ugrasz. Élvezed a szabadságot, a repülés szabadságát. Zuhanás, örület, szabadság - földet érve sajnálsz, hogy vége. Befizetnél még egy alkalommal!

15th February, Verona: I've been being here for one day and I'm wondering why I have brought my winter coat with me.. I'm roaming on the sunlit streets, getting to know the town, the river, the sight of the surrounding snowy mountains. Wonderful - I say to myself. And the following day the machine sets off: the first day of the Orientation Week. I'm going to the uni excitedly; I'm looking forward to meeting new people, new tasks and experiences. I don't know yet how many nights will I spend in the Campus (the head-quarter of the Erasmus students), in the l'Attimo, how frequently will I drink my afternoon cappuccino in the Voglia, I have no idea what an Erasmus Day or a Gita in Toscana is. Within a few days I'm passing by the Arena and Juliet's house without paying particular attention to them: I live here! I'm decreasing the number of unknown rapidly since every minute matters!

Being an Erasmus student is like the first parachuting: looking down the abyss makes you stagger but you gather confidence, close your eyes and... jump. After a while the fear is gone and you enjoy the freedom of flying. Falling, craze, joy - after having landed you feel sorry that it has ended. You would surely do it again!

Written by Ajna Akantisz  
Erasmus in Verona 2008/09



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Je suis arrivée à Vérone le 14 septembre. Au revoir la famille, je pars à la recherche des bars étudiants, je me présente aux voisins et parle à tout le monde : "Ciao, sono francese... quest'anno vivrò qua! Si sono molto felice... me la cavo, tranquili! ... però dov'è il supermercato?"

Orientation Week: 2 jours d'informations pour savoir quoi faire et comment, et 5 jours de buffets, sorties, et généreuses dégustations de vin (Vérone étant un important producteur de vin). On a commencé à apprendre des chants très poétiques ainsi que des mots très utiles comme "prendere in giro, ubriaco, tutto di un fiatto, grappa...", mais par dessus tout, à rencontrer des gens et se faire des potes.

Les cours ont commencé la semaine suivante et les sorties furent moins nombreuses -en théorie! mais toujours plus folles!

En effet, nous sommes allés un jour à Padoue, 3 jours à Rome, à Pinzolo pour skier pendant 3 jours, et 2 jours en Toscane.

L'Erasmus Day fut une fête si géniale qu'on en parlera pendant encore un moment...

Quand je suis rentrée en France pour les vacances, j'ai voulu expliquer à mes amis et ma famille quel genre de vie je mène cette année, mais à chaque fois, j'ai eu l'impression d'être mal comprise, pour ne pas dire pas du tout comprise! En plus, je leur parlais bizarrement: "regarde ma belle felpa!", ce qui ne m'aidait pas à me faire comprendre!

En fait, on peut parler d'une année Erasmus, on peut aussi en faire un film, qui peut pousser les gens à partir compte de ce que c'est vraiment, c'est d'être, avoir été, ou devenir Erasmus.

I moved to Verona on 14th of September. Bye bye family, I go out to find students' bars, I introduce myself to the neighbours and talk with everyone : "Ciao, sono francese... quest'anno vivrò qua! Si sono molto felice... me la cavo, tranquili! ... però dov'è il supermercato?"

Orientation Week : 2 days of informations to know what to do and how, and 5 days of buffets, night trips, generous wine tastings (as Verona is a famous wine producer). We began to learn very poetic songs and useful words as "prendere in giro, ubriaco, tutto di un fiatto, grappa..." but on top of everything, meet people and make friends.

Lessons started the next week and outings got scarce -in theory! but crazier as ever!

In fact, we went to Padova for one day, to Roma for 3 days, Pinzolo to ski 3 days and in Toscana for 2 days.

The Erasmus Day was a so fantastic party that everybody would talk about it for a long time...

When I went back in France for holidays, I tried to explain to my friends and family what kind of life I'm living through this year, but every time I felt misunderstood, not to say NOT understood! Moreover, I spoke to them in a strange language : "regarde ma belle felpa!", which wasn't meant to help me being understood!

Actually, we can talk about an Erasmus year, we can also conduct a film about it, it could drive some people to do so, but finally the only way to know how it is really, is to be, have been or became Erasmus.

Written by Amélie Fontaine  
Erasmus in Verona 2008/09

# How i beat the Viking!

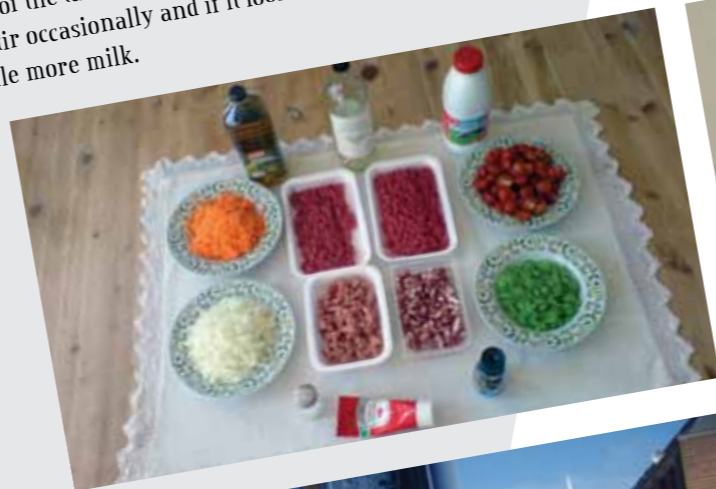
RECIPE OF LASAGNA COMPETITION

## RAGU ALLA BOLOGNESE

Recipe for 4 people

- 300 grams minced beef - The recommended cut is thin flank aka skirt (finta cartella in Italian) but any good quality mince will do.
- 100 grams unsmoked pancetta — minced very finely
- 100 grams fresh pork sausages
- 50 grams carrot — finely chopped or minced
- 50 grams celery — finely chopped or minced
- 50 grams onion — finely chopped or minced
- 400 grams tomato sauce (in pieces)
- 200 grams cherry tomatoes
- 30 grams triple concentrated tomato puree (if using double concentrated, increase the quantity by about a 1/3)
- 1/2 glass red or white wine
- 100 milliliters fresh milk
- olive oil
- salt and pepper
- 1 stock cube

Put all together at the same time and mix well (this is Simone's Grandma secret: if you fry separately the ingredients you lose part of the taste!). Cover and cook very slowly: 3-4 hours. Stir occasionally and if it looks like drying out, add a little more milk.



## BECHAMEL RECIPE

Basic white sauce is also known as béchamel.

Ingredients:

- 100 grams butter
- 100 grams flour
- 1lt milk
- nutmeg
- dash salt
- dash white pepper

Preparation:

In heavy saucepan over low heat, melt butter. Stir in flour with a wire whisk. Cook over low heat for three minutes, stirring constantly (This mixture is called a roux). Do not allow the mixture to brown. Gradually stir in milk, whisking constantly and add nutmeg. Cook over low heat for 3-5 more minutes until sauce begins to thicken. Season to taste.

## LASAGNA RECIPE

- 170 grams or 8 sheets white or green packaged Italian lasagnas
- Ragù Sauce
- Béchamel Sauce
- gr.200 parmesan cheese grated
- unsalted butter
- salt

1. Start preheating your oven at 180°C and bring your ready sauces. Butter the bottom and sides of a 18x23cm stainless steel baking pan or dish. Once you're ready spread over 3 tablespoons of Béchamel Sauce, 3 tablespoons of Ragù Sauce.

2. Now you can start assembling laying one by one the sheets of lasagna and cover the bottom of your pan or dish. Spread again 3 tablespoons of béchamel and ragù as before, and 2 tablespoons of parmesan.

3. Repeat the process until you have made other 3 layers. At the end on the top of your assembled sheets, you'll spread just the remaining ragù and parmesan.

4. Cover your pan or dish with tin foil and place into the middle rack of your oven. Bake for 25 minutes, then remove the tin foil and bake a further 5 minutes till you see a crust has formed on.

BUON APPETITO!

## ITALIANS DO IT BETTER

Written by Simone Dalle Nogare  
Secretary ESN AISBL



- 1) ...because we learn foreign languages.
- 2) ...because we travel a lot.
- 3) ...because we eat strange things.
- 4) ...because we may sleep every night in a different house.
- 5) ...because we get to meet new people every day.
- 6) ...because we fall in love easily!
- 7) ...because afterwards we will have friends (and houses!) all over Europe!
- 8) ...because we feel free and we are.
- 9) ...because we dance more than ever.
- 10) ...because we have to be creative e.g.: find ways to cook without an oven.
- 11) ...because we have to say goodnight in up to 5 different languages.
- 12) ...because we waste up to 5 hours a day deciding where we'll party.
- 13) ...because we learn how to cook.
- 14) ...because once Erasmus always Erasmus!!
- 15) ...because we have a looot of sex!
- 16) ...because the bottles from the countless beers we drink can be sold and buy us a dinner in times of difficulty.
- 17) ...because no one asks us "What time will you be back?"
- 18) ...because our house is our friends' house and vice versa.
- 19) ...because we can always leave for tomorrow what we can do today!
- 20) ...because the dishes in our sink are taller than us.
- 21) ...because we learn to live with other lovable beings (spiders, ants, our flat mates...)
- 22) ...because we get to know the city better than its inhabitants.
- 23) ...because we appreciate the food of our home-country.
- 24) ...because we learn how to divide a fridge in 5.
- 25) ...because we don't miss our family (at all).
- 26) ...because we don't feel bad watching the 3rd DVD in a row when we should have spent some time writing an essay.
- 27) ...because the words "study" and "work" sound far

## 50+1 reasons WHY WE LOVE BEING ON ERASMUS...

- 28) ...because we are SO out of the ordinary.
- 29) ...because we learn how we can manage with little money but still taste the important things in life.
- 30) ...because we are taught time management; always keeping a calendar and a schedule of all the parties around.
- 31) ...because we know important and historical songs such as "alcoohool alcoohool alcohol alcoooohol!" and "poo po po po poooooo".
- 32) ...because we learn that all good things come to an end (and we learn it the hard way)...
- 33) ...because we get to understand the importance of Public Means of Transportation.
- 34) ...because wearing fancy clothes doesn't really matter.
- 35) ...because everyone is just an sms away.
- 36) ...because every day we are facing different circumstances.
- 37) ...because we take the most important lessons of our life without studying.
- 38) ...because we love theme parties!
- 39) ...because we get to know that real friends have no borders!
- 40) ...because we understand that cultural differences can be fun!
- 41) ...because we are able to play more than 5 drinking games.
- 42) ...because we discover many things about ourselves and...
- 43) ...because of that we become better persons!
- 44) ...because we are addicted to it!
- 45) ...because Erasmus means sooo much to us!
- 46) ...because we want our lives to be full of experiences!
- 47) ...because we love reading why we love being Erasmus
- 48) ...because we all want a second country that feels like home!
- 49) ...because we love Europe!
- 50) ...because WE ARE having the time of our life.
- 51) ...because there is ESN! PALLOMERIIII!

# ERASMUS CONSTITUTION

THIS IS A FREE TRANSLATION OF AN ITALIAN "ERASMUS CONSTITUTION" VERSION THAT IS HUNG AT ASE ESN VERONA OFFICE.

- I The Erasmus must have fun.
- II The Erasmus doesn't go to the lessons (also if he would like to) but if he goes there he doesn't pay attention to it.
- III The Erasmus doesn't go to sleep before 3am and he doesn't wake up before 10 am.
- IV The Erasmus has always nothing to do but at the end he is always busy.
- V The Erasmus doesn't eat to save money for the alcohol.
- VI The Erasmus doesn't drink water after 20:30.
- VII The Erasmus when he/she betrays his/her boyfriend/girlfriend, he/she doesn't consider it betraying.
- VIII The Erasmus goes to every party also if he didn't receive any invitation.
- IX The Erasmus get weight (a lot of weight).
- X The Erasmus knows every pub, club and disco better than the citizen of the town where he is "studying".
- XI The Italian Erasmus doesn't learn Spanish or the language of the country where he "studies" but he teaches Italian.
- XII The Erasmus that goes back to his home country after having been Erasmus he is a SOCIAL MISFIT.
- XIII The Erasmus listen at least once per day the Erasmus songs.
- XIV The Erasmus back home he doesn't work or study: he just pretend to!!! Actually he spend all his time chatting with other Erasmus.
- XV THE ERASMUS WILL NEVER FORGET...



**e-crew 6th edition**

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