



WROCLAW UNIVERSITY
OF ENVIRONMENTAL
AND LIFE SCIENCES

ERASMUS+ Blended Intensive Program in Food Sustainability and Climate Change

BIP STUDENT HANDBOOK



UNIVERSITÀ DI PARMA



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Dear student,

Congratulations for having been selected as exchange student for the participation in the ERASMUS+ Blended Intensive Program (BIP) in Food Sustainability and Climate Change. As you already know, BIPs are modern and challenging programs carried out in close collaboration between three or more Higher Education Institutions (HEIs), mixing virtual and physical courses. The BIP in Food Sustainability and Climate Change is run in close collaboration with the University of Extremadura (Spain), the University of Angers (France) and the Wrocław University of Environmental and Life Sciences (Poland).

The physical period of the blended program is planned for the period 3rd – 9th July 2022 at the [University of Parma](#), while the virtual courses will take place from 5th to 8th September 2022. Focusing now on the physical part of the program, we are looking forward to having you in Parma as Exchange Student!

The aim of this guide is to provide you with guidance for the duration of the entire exchange period, starting with the Application procedures up to the Recognition of activities that you will carry out during your mobility at the University of Parma, including some tips to manage your stay in Parma.

Here are some initial pointers:

- The staff operating at the University International Relations Division is in charge for help you to plan your stay in Parma. The relevant staff may be contacted at one of the following e-mail addresses bip@unipr.it
- Involved academics are responsible for planning and organizing your study plan. Each participating University identified a coordinator whose identity and e-mail address:
 - University of Parma (Project Coordinator) [Prof. Giorgio Pelosi](#)
 - University of Angers [Prof. Gaelle Pantin-Sohier](#)
 - University of Extremadura [Prof. Ana Isabel Andrés Nieto](#)
 - Wrocław University of Environmental and Life Sciences [Prof. Cezary Kabala](#)

The BIP calendar:

- The **Physical part** of the program starts on July 4th and ends on July 8th 2022.
- The **Virtual part** of the program starts on September 5th and ends on September 8th 2022.

To facilitate interaction among participating students, we have created a **WhatsApp group**: [here's the link to join us](#).

Enjoy your exchange period at the University of Parma!

The Incoming Mobility Staff



PLAN YOUR ARRIVAL AND YOUR STAY IN PARMA

How to get to Parma

Here you can find some [tips to arrive to Parma](#).

Hostel accommodation

The University of Parma has reserved shared “double and triple” rooms for the entire duration of the physical part of the program at the Student's Hostel (Ostello di Parma). Rooms are available for check-in starting Sunday, July 3rd by 9.00 PM, with check-out on July 9th by 10.30 AM.

Accommodation is reserved for BIP participants, but payment is the student's own responsibility. For booking purposes, the University of Parma shares students' IDs with the Student's Hostel.

We sent to the Hostel Direction a division proposal for rooms that students that have reserved a room at the Hostel receive by e-mail; Feel free to make any changes you may need.

The rates below are intended per person, per night:

Double room	27.00 €
Triple room	22.50 €
Residence tax	1 € per day for a maximum of 5 days

The price includes: breakfast service, bed linen, access to Wi-Fi, luggage storage, bike parking and parking space in the hostel's private car park (subject to availability). Each room has a private bathroom.

There is also a **restaurant service** (find more information at page 8). Meals are not included in the accommodation fee.

Reception is active from 7 a.m. to 9 p.m. Outside working hours, access to the facility is possible thanks to an electronic card, which is handed out at Check-In and the video surveillance system.

How to get to the Hostel L. Ferraris

For those who wants to come by **train**: you can take the [Bus nr. 7](#) from the Train station, Bus Stop: Centro Torri (direction: “Park nord/Colorno”).

For those who wants to come by **car** by the **motorway**: follow the [Directions](#) from the Parma Highway exit, proceed in south-easterly direction, at the roundabout take the 3rd exit and take Via S. Leonardo, go straight on at the second roundabout, after 400 metres turn right into Via del Popolo No. 1. Here, immediately on the left, is the hostel's secondary entrance, where you can buzz your vehicle into the private car park.

For those who wants to come by **car** by the **ring road**: the hostel is located 350 metres from exit number 5 “San Leonardo” [Directions](#)

Welcome reception

In order to best organize your welcome, we kindly ask you to fill in this [short survey](#) regarding your planned arrival and departure dates and times. The **deadline** to fill in the survey is **Thursday, 30th June at 12:00 AM**.



Meals

Meals are not included in the accommodation rates.

During the days of the course, students can have a **lunch** at the Canteen of [Vicolo Grossardi nr.4](#) (Self-Service Restaurant “Grossardi”); here you can find the [pricelist](#). The canteen is about 6 minutes walking distance from the Economics Department.

For **dinners** you could reserve a seat at the Restaurant of the hostel. Every morning the Hostel proposes a menu (consisting of a first and second course) and you could select it – at breakfast you could reserve a seat for the dinner.

[Here’s a map of some useful venues/places](#): under the “Foods” category you can find some restaurants, fast food, pizzerias, pubs and ice cream shops.

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REGISTRATION TO UNIPR

Be informed that professors will use some facilities and services offered by our university such as **Elly**, an e-learning platform, where documents will be uploaded and **Ms Teams**, where online courses will be delivered.

In order to access to online tools, you must be enrolled to the University of Parma; mobility students will be enrolled as exchange students while Unipr students can keep on using their credentials.

The access is compulsory both for the physical than the virtual part of the Programme.

Mobility and Non-Mobility students

The ERASMUS+ Blended Intensive Program in Food Sustainability and Climate Change is hosted by the University of Parma; there are 2 categories of students:

- Non-mobility students: regularly enrolled in the Institution that hosts the physical part of the BIP .
- Mobility: students regularly enrolled in partner Universities; they are enrolled in the hosting University as exchange students; they receive a mobility grant paid by Home Universities;

Physical courses

The Physical programme starts on July 4th and ends on July 8th 2022. Courses take place at the Department of Economics, in the city centre, Via Kennedy nr. 6.

To reach the Department students staying at the Hostel can take [bus nr. 7](#), bus stop: “Ospedale Vecchio” (direction “Campus”).

Online courses

The Virtual programme starts on 5th September and ends on 8th September 2022. While UNIPR students can still use their personal UNIPR account, students coming from partner Universities will receive credentials by the University of Parma.

The Incoming staff registers you to the University of Parma and will send you an e-mail with:

- a username (name.surname@studenti.unipr.it)
- a password

Learning Agreement

Before the beginning of the course, as per any student mobility carried out in the framework of the Erasmus+ Programme, you must have your Learning Agreement (Section “Before the Mobility”) approved. Once signed by you and your local coordinator, you must send the document to bip@unipr.it for countersignature by the hosting University (Parma).

You can use the [Word version](#) we pre-filled the document with the main information (contact and responsible persons, dates of both physical and virtual mobility, details of the UNIPR Coordinator). You have to add your personal details and the name of the Home coordinator.

The document must be approved by the three parties (student, Home university coordinator, UNIPR coordinator). You can sign it digitally or manually and send it back to us. Non-mobility students have the same Home/Host Coordinator.



Main venues

You may click on the place you want to reach to open the map on your device and easily reach the chosen destination.

Train station

Student's Hostel
"L.Ferraris"

Classrooms

Department of
Economics &
Management

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Grossardi Self-
Service
Restaurant

Bus stop
Student's Hostel
"L.Ferraris"

Bus stop Via
D'Azeglio

Erasmus and
International
Home



Emergency locations and numbers:

**Emergency
Room**

24/7 Pharmacy

Taxi
+39 0521 252562
Call



**Single european
emergency number**
(112)
Call



Course calendar

Here's the calendar to the **physical activities** in Parma

Date		Presentation	Speaker
3 rd July		Welcome reception at the Student's Hostel L. Ferraris.	
4 th July	9:00 – 11:00	Too much of a good thing	Prof Antonella Bachiorri/Prof Marco Bartoli
	11:00 – 13:00	Nitrogen use efficiency	Prof Daniele Nizzoli
	15:00 – 17:00	Insects as a sustainable alternative source of animal protein	Prof Gaelle Pantin-Sohier
5 th July	9:00 – 11:00	Nature-based solutions	Prof Marco Bartoli
	11:00 – 13:00	Phosphorus: necessary, but dangerous	Prof Cezary Kabala
	15:00 – 16:00	Edible insects	Prof Augusta Caligiani
	16:00 – 17:00	Recovery and valorization of the food agro industrial by-products	Prof Barbara Prandi
6 th July	9:00 – 17:00	Field Trip - The irrigation loop and the nitrate anomaly in the Oglio River.	Prof Antonella Bachiorri/Marco Bartoli
7 th July	9:00 – 11:00	A way to produce sustainable and traditional food products linked to the environment: Iberian dry-cured ham, paprika ("Pimentón de La Vera"), cheese ("Torta"), Virgin Olive Oil.	Prof Ana Isabel Andrés Nieto/María Jesús Petrón Testón/María Luisa Timón Andrada
	11:00 – 13:00	Green extraction methods for the recovery of bioactive compounds from agrifood by-products	Prof Ana Isabel Andrés Nieto/María Jesús Petrón Testón/María Luisa Timón Andrada
	15:00 – 17:00	Alternative food networks for a sustainable transition	Prof Maria Cecilia Mancini/Prof Marianna Guareschi
8 th July	9:00 – 11:00	Fermentation as a strategy for food waste valorisation	Prof Annalisa Ricci
	11:00 – 13:00	EU Law and Sustainability: From Climate to Food	Prof Marco Inglese
	15:00 – 17:00	Working Group: Towards a Legal Definition of Food Sustainability	Prof Laura Pineschi
9 th July	By 10:30	Check out at the student's hostel by 10:30 AM	

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Here's the calendar to the **virtual activities** (on Elly/MS Teams)

		Presentation		Speaker
5 th September	9:00 - 11:00	Work group	Soil system budget: source of data. Realization of the input and output database.	Prof Marco Bartoli
6 th September	9:00 - 11:00		Calculation of Nitrogen budget at the municipality scale	Prof Marco Bartoli
7 th September	9:00 - 11:00		Evaluation of nitrogen use efficiency in arable land and of the risk of water pollution	Prof Marco Bartoli
8 th September	9:00 - 11:00		On-line final test	

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SOCIAL EVENTS AND LEASURE

Some social activities have been planned to allow students enjoy the city of Parma.

Date	Event
Sunday, July 3 rd	Welcome aperitif* at the Student's Hostel L. Ferraris.
Monday, July 4 th	Parmesan dinner and city tour
Wednesday, July 6 th	Beach volley tournament at Moletolo Beach Arena
Friday, July 8 th	Linguistic Tandem and casual evening at the Pilotta

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*We remind you to [fill in the form](#) that will help us manage the welcome event.

The events' schedule will be announced at a later date.

[Here's a map of some useful venues/places](#)

All these activities are fee-based and they are managed by the association ESN ASSI Parma.

The Erasmus Student Network – ESN ASSI Parma

[ESN ASSI Parma](#) is a student association made up by volunteers who are mostly former Erasmus students. ESN offers welcoming activities, information, and support to exchange students in Parma, by fostering their integration, helping them with their university networking and encouraging a constant social and cultural exchange with Italian students. Through its collaborations at national and international level, ESN-ASSI Parma helps in terms of coordination with activities of other Universities associations in Italy and abroad.

For more information about ESN ASSI Parma, contact: parma@esn.it;



AT THE END OF YOUR MOBILITY

Transcript of Records

After the end of the Blended Intensive Programme you will receive the Transcript of Records, a document that states the activity that you have performed. This document allows you to receive credits from your Home Institution.

We invite you to contact the Coordinator of the BIP at the home University in order to know the procedures for the recognition of learning outcomes.

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Survey

Students are requested to fill in a survey on organisation and education issues: we would like to know your opinion.

The [final evaluation survey](#) will be available starting from September 9th 2022 to September 16th at 12:15 AM.

Thank you for your cooperation.



Contacts us

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