



WROCLAW UNIVERSITY
OF ENVIRONMENTAL
AND LIFE SCIENCES



ERASMUS+ Blended Intensive Program in Food Sustainability BIP STUDENT HANDBOOK



UNIVERSITÀ DI PARMA



www.unipr.it

Università degli Studi di Parma | via Università, 12 - 43121 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), the Wrocław University of Environmental and Life Sciences (Poland), the University of Gävle (Sweden) and the University of Oradea (Romania).

The physical period of the blended program is planned for the period 3rd – 7th July 2023 at the [University of Parma](#), while the virtual courses will take place from the 15th June 2023 (pre-recorded lessons), 14th July (online-final lesson). 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 or incoming@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 (Coordinator)

Prof. Tullia Tedeschi tullia.tedeschi@unipr.it

University of Angers

Prof. Gaelle Pantin-Sohier gaelle.pantin-sohier@univ-angers.fr

University of Extremadura

Prof. Ana Isabel Andrés Nieto aiandres@unex.es

Wrocław University of Environmental and Life Sciences

Prof. Cezary Kabala cezary.kabala@upwr.edu.pl

University of Gävle

Prof. Mikaela Willmer mikaela.willmer@hig.se

University of Oradea

Prof. Adrian Timar atimar@uoradea.ro

The BIP calendar:

- The **Physical part** of the program starts on July 3th and ends on July 7th 2023.
- The **Virtual part** of the program starts on June 15th (pre-recorded lessons) and July 14th (online final lesson) 2023.

To facilitate interaction among participating students, we have created a **Telegram 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

Hostel accommodation

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The University of Parma has reserved shared double and triple rooms, as well as a number of dorm beds, 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 2nd 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.

Actual room reservation is:

- 4 triple rooms
- 2 double rooms
- 24 beds in common dorms.

Spots are available from July 2, 2023 to July 8, 2023 (6 nights).

The rates below are intended per person, per night:

Common dorm bed	22.5€ per bed
Double room	54 € per room
Triple room	67,5 € per room
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.

For extra, 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 meters 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 meters 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. We kindly ask you to fill in the survey by **Sunday, June 25, 2023**.



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 can reserve a seat at the Restaurant of the hostel. Every morning the Hostel proposes a menu (a first and a second course) and you can select it at breakfast.

[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.



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 Program.

Mobility and Non-Mobility students

The ERASMUS+ Blended Intensive Program in Food Sustainability 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 program starts on July 3th and ends on July 7th 2023. 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 program is organized in two sessions: pre-recorded lessons are available from the 15th of June on the Elly on-line platform and final online lesson is on 14th July 2023. 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+ Program, you must have your Learning Agreement (Section "Before the Mobility") approved. Once signed by you and your local coordinator, you must send the document for countersignature by the hosting University (Parma).

You can use OLA (Online Learning Agreement), your University's online platform, or a Microsoft Word/paper version, according to your home University's directions.

While completing your Learning Agreement you are asked to indicate Contact person and Responsible person.

The Contact person is the administrative person from the International office of the University of Parma while the Responsible persons are the professor in charge of evaluating and approving your Learning Agreement:

CONTACT PERSON	Head of the International Division (Administration)	Dr. Alessandro Bernazzoli Head of International Division Phone: +39.0521.904203 E-mail: incoming@unipr.it
RESPONSIBLE PERSON	The professors that will approve your Learning Agreement (Academic Part)	BIP Coordinators for your University and for the University of Parma

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 (smartphone) 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

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



Course calendar

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

Date		Presentation	Speaker
2 nd July		Welcome reception at the Student's Hostel L. Ferraris.	
3 th July	9:00 – 13:00	Insects as a sustainable alternative source of animal protein	Prof Gaele Pantin-Sohier
	15:00 – 17:00	Food Sustainability, Innovation and Law: Novel Foods and Edible Insects in the EU.	Prof Lucia Scaffardi
4 th July	9:00 – 11:00	Too much of a good thing	Prof Antonella Bachiorri/Prof Marco Bartoli
	11:00 – 13:00	Nature-based solutions	Prof Marco Bartoli
	15:00 – 17:00	Phosphorus: necessary, but dangerous	Prof Marco Bartoli
5 th July	9:00 – 17:00	Field Trip - Springs, irrigation loop and the dispersion of contaminants	Prof Antonella Bachiorri/Marco Bartoli
6 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 – 16:00	Industrial symbiosis	Prof. Małgorzata Korzeniowska
	16:00-17:00	Microplastic fibers presence in foodstuff	Prof. Adrian Timar
7 th July	9:00 – 10:00	Possibilities and challenges for sustainable eating and public health	Prof. Mikaela Willmer
	10:00-11:00	Working Group on LCA	Prof. Giuseppe Vignali
	11:00 – 13:00	Food in Ancient Rome: A Possible Sustainability?	Prof Salvatore Puliatti
	15:00 – 17:00	Food Sustainability in the European Union	Prof Marco Inglese
8 th July	By 10:30	Check out at the student's hostel by 10:30 AM	



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

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		Pre-recorded Lecture	Speaker	
From June 15 th		The multiple dimensions of Sustainable Development	Prof Antonella Banchiorri	
		Life cycle assessment: introductory aspects	Prof. Giuseppe Vignali	
		Introduction to sustainable eating – a public health perspective	Prof Mikaela Willmer	
		The agri-food system of Emilia-Romagna Region between conventional and alternative models	Prof. Mario Veneziani	
		Presentation	Speaker	
14 th July	9:00 – 13:00	Work group	Soil system budget: source of data. Realization of the input and output database.	Prof Marco Bartoli
			Calculation of Nitrogen budget at the municipality scale	Prof Marco Bartoli
			Evaluation of nitrogen use efficiency in arable land and of the risk of water pollution	Prof Marco Bartoli
			On-line final test	



SOCIAL EVENTS AND LEASURE

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

Date	Event
Sunday, July 2 nd	Welcome aperitif at the Student's Hostel L. Ferraris.
Date TBD	Typical Parma dinner and city tour
Date TBD	Beach volley tournament at Moletolo Beach Arena
Date TBD	Linguistic Tandem and casual evening at the Pilotta

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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 Program 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 your 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 organization and education issues: we would like to know your opinion.

The final evaluation survey will be available after the conclusion of the project.

Thank you for your participation!

Contact us

International Relations Division
Erasmus and International Home
P.le San Francesco, 2 – 43121 Parma



bip@unipr.it
incoming@unipr.it



+39.0521.034203

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