

## **Semester exchange programme at PH Zug**

### **Support**

Before beginning the application process at my home university, I reached out to Judith Kreuz at the International Office. She provided me with the course program and promptly answered all my questions. From the very beginning, I felt that PH Zug truly valued welcoming me as an international student.

Upon arrival, we had the opportunity to meet other staff members at PH Zug. I particularly appreciated the IT support. One of the staff members helped us install the necessary software on our laptops and demonstrated how to use the printers.

All the teachers were incredibly kind. At the start of the semester, they clearly explained what was expected of us and how the courses would conclude. They were always approachable, and we could reach out to them with any questions, either in person or via email.

My teacher at the International School of Zug and Luzern (ISZL), Ms. Leah Mulder, was especially inspiring. I'm very grateful to have been part of her class. I admired her approach to teaching and her relationship with the children. She managed to maintain a warm and friendly connection with the children while ensuring that they followed class rules. I learned so much from observing her teaching style.

Before our arrival, we were provided with the contact details of two student buddies. They were incredibly friendly and helpful, and we even went on a few trips together. For future programs, I think it would be beneficial to meet our buddies within the first few days after arriving. Meeting in person early on would make it easier to ask questions and settle in.

### **Accommodation and Living Situation**

The International Office emailed us about accommodation options, including student WG housing and homestays. Some of my classmates from my home university recommended the Monastery Kloster Maria Opferung. However, the email informed us that no rooms were available there.

Determined to try anyway, I contacted the monastery directly, and they responded that one room might become available. After a few days, they confirmed it, and I was able to secure the room.

Living at the Monastery Kloster Maria Opferung was fantastic. It was just a two-minute walk to PH Zug and a three-minute walk to the nearest bus stop. I had my own room equipped with everything I needed. The kitchen and bathroom were shared with four other girls, which worked out perfectly. The rent was 550 CHF per month. The only downside was that guests weren't allowed to stay overnight in the room.

My total monthly expenses came to around 400 CHF for food, trips, and transportation, plus the 550 CHF rent. A monthly ZugerPass costs 62 CHF, and I recommend Lidl for affordable groceries—bags of fruits and vegetables can be bought for as little as 5 CHF through their

"Save the Food" program. Additionally, PH Zug covered the cost of one month's ZugerPass and provided us with a Halffare card for the year.

### **Overall Program**

PH Zug is a small university with a welcoming, family-like atmosphere where everyone knows each other. This close-knit environment made it easy to connect with local students and feel part of the community.

The university offers many courses taught in English. Most classes are highly interactive and focus on practical learning. Some courses were designed exclusively for exchange students, while others included local students. Most of the coursework involved writing papers, journals, or completing group projects, with only one of my courses requiring a formal exam.

Beyond academics, PH Zug offers a variety of sports activities, allowing students to choose and participate freely. As international students, we were also given the opportunity to take a German course taught by two PH Zug students. This course went beyond language learning, including events and tastings of Swiss specialities.

One of the highlights of my time at PH Zug was my internship at ISZL. It was an invaluable experience to see how an international school operates. Each week, I taught lessons, assisted in the classroom, or worked with small groups of children. My mentor, Ms. Leah Mulder, provided detailed feedback after every lesson, helping me improve with each session.

Although I had teaching experience from my home university, I had never taught in English before. This was a challenge, but it pushed me to grow both professionally and personally. We also had weekly mentoring sessions with Olivia Green, where we reflected on our lessons, shared insights, and received help with lesson planning. These sessions were a great opportunity to exchange ideas and learn from one another.

### **Personal Evaluation of the Stay**

The internship at ISZL was a significant benefit for my future career. Although I was nervous at first, I'm so glad I embraced the challenge. It helped me improve both my teaching skills and my language proficiency.

I would recommend the Erasmus program to everyone, even if the beginning feels overwhelming with all the new information, rules, and people to meet. After just a few days, things start to settle, and the experience becomes something you'll cherish for the rest of your life.

Moving abroad not only enhances your academic and professional skills but also boosts your confidence on a personal level. Make the most of every day, try new things, and embrace opportunities you might not have considered at home. These few months will fly by, so enjoy every moment to the fullest!





