



ERASMUS+ STUDIES - UU Report

Every student receiving an Erasmus+ STUDIES grant has to submit a UU report as well. Writing the UU report is one of the university's conditions to receive and keep the grant. Only after submitting this report your Erasmus+ grant will be awarded definitively.

Your report will be **published** (anonymously!) on the [UU study abroad destinations webpage](#) to inform UU students preparing an exchange or research period abroad. Not all of them are Dutch-speaking, therefore we prefer to receive reports **written in English**.

Please use Tab to go to the next (text) box.

family name*	
first name*	
student number*	
permission to publish contact details** <i>See end note for * and **</i>	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input type="checkbox"/> yes: @ my weblog <input type="checkbox"/> yes: my Facebook account <input type="checkbox"/> yes: other (social) media <input type="checkbox"/> yes: or <input checked="" type="checkbox"/> my contact details cannot be published on the UU webpage, but I do give the International Office permission to forward my e-mail address to individual students interested in my host university abroad: @
faculty/college	Geosciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Human Geography and Spatial Planning

destination city & country	Athens, Greece
how did you travel to your destination?	By airplane
name university abroad	Harokopio University
start date	30 / 09 / 2022 (dd/mm/yyyy)
end date	31 / 02 / 2023 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

PREPARATION	
exchange application process	The exchange application process was in general very easy. However, it took me quite some time to figure which course I could choose at the university. This was mainly due to the fact that some of the pages on the website of the university were only available in Greek. Google translate was a great help in the process of the course selection.
counselling & support at Utrecht University	



The counselling and support at the Utrecht University was super helpful. Before my departure I attended the pre-departure meeting. In this meeting the staff of the international office explained us everything we needed to know about our semester abroad. Furthermore, the staff of the international office helped me by answering all my questions via e-mail. They are also in contact with the receiving university, so that is very helpful as well.

academic preparation

I was in my third year during the exchange and already completed all of the compulsory courses. So I felt like I had quite a good academic basis before going on exchange. In addition, I read online that the level of teaching in Greece is a bit lower in comparison to the level of teaching in the Netherlands.

language preparation

During the bachelor I successfully completed multiple courses that were taught in English. So, I found myself competent enough to take the classes in English. Furthermore, the International office provided me with a language certificate that stated that my English was good. In addition, before my departure I completed an English test that measured my English skills. The results of this English test confirmed that my English skills were on a good quality level.

finances

The cost of living in Greece is lower in comparison to the Netherlands. For example, the rent for my apartment was around € 650 per month. You can easily find a room in a shared flat for € 300 per month. In addition, going out for dinner is also quite cheap. Also, coffee bars and night bars can be quite cheap. The price depends on the location. However, the supermarket prices are quite similar to the Dutch prices. Unfortunately, if you would like to go on a trip to any island, you can book a ferry ticket with a 50% discount if you show your GREEK student card. This saved me a lot of money on my trips. Last but not least, public transport in Athens is extremely cheap because you can get a student discount. I spent 13,50 per month on public transport.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

During the introduction day I was told that not all the courses that I chose were taught in English. So the staff of the Erasmus office advised me to visit all the courses that were taught in English during my first week. So I did. It was a bit of a struggle, but after 2 weeks I decided on 5 different courses. 2 on bachelor level and 3 on master level. The courses were all in the study area of human geography.

academic quality of education activities

Some courses were of high academic quality and some of them were of a lower quality. However, all the courses were super informative. Studying human geography in Athens is very interesting, since the city has a lot of social issues that you can study. For example, the refugee crisis, gentrification and touristification.

counselling & support at receiving university abroad

The staff of the Erasmus office at Harokopio are very friendly. They have an office on the campus, so you can just walk by if you have a question or send them an email. They helped me with the changes on the learning agreement. Furthermore, they helped me with all the paperwork during and after my mobility.

transfer of credits

They did not transfer my credits yet, so I don't know.

STUDENT LIFE

welcome & orientation programme

In the morning of the welcome day we got a tour of the campus. After, we went for lunch in the canteen of the university. In the afternoon we went to the Acropolis Museum. The university did not organise a lot of



activities. However the local erasmus life Athens organization organised a lot of fun activities and parties during the welcome week. During the events I got to meet a lot of fun people. So this first week really helps with making new friends.

accommodation

I fixed my own accomodation. I rented an apartment with my boyfriend in Neos Kosmos. This neighbourhood is close to the city centre, but a bit boring. However, the accomodation around this area is very cheap. The location of the neighbourhood is also very strategic, since there is a bus, tram and metro stop nearby. The apartment was within walking distance of the university, so I walked there every day.

leisure & culture

Greece is an amazing country to do your Erasmus! After a week of studying you can go and explore in the weekend. I really like to visit some islands during the weekends. The weather is also amazing so this makes every trip even better. Also the Greek food is so delicious and cheap! Furtermore, the countryside is really relaxing and beautiful. The places you absolutely must visit are: Delphi, Meteora and Monemvasia!

suggestions/tips

Before my departure my plan was to buy a bike in Athens. DON'T DO IT! Athens is definitely NOT a bike city. The traffic in the city centre is crazy dangerous. It is better to walk or take the public transport. Furthermore, Athens is a relativly safe city, however, there are some neighbourhoods must avoid, like Omonia. Don't rent a room here because this area is a bit sketchy.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

I defintily advice others to go study at the Harokopio University in Athens. The teachers at Harokopio are very knowledgable and friendly. You will meet a lot of lovely people and lifelong friendships will be made. For me personally, the people made the experience. Furthermore, Athens is a nice place to be. The culture is interesting, the weather is great, the food is delicious, the are people friendly and the wine is cheap! When you get tired of the city, the Greek islands are just a ferry ride away. Greece has everything to make your erasmus experience an memorable period in your life.

do you have any additional advice or comments?

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Save this UU report for your own records and upload the report in your Erasmus+ file/application in Osiris within 30 days after finishing your study abroad period and in ANY case before the final deadline!

NOTE: Please **upload in Word (.docx)** so we can delete your ***personal details** between processing for grant purposes and publication on the website for future UU exchange students. ****Contact details will only be included if and where permission has been given.**