



## UU Study Abroad Report Form

faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	Media & Culture

destination city & country	Thessaloniki, Greece
name university abroad	Aristotle University of Thessaloniki
start date	01/ 10 / 2021 (dd/mm/yyyy)
end date	31/ 01 / 2022 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

The application process is not difficult. It just takes some time and effort. If you keep track of all deadlines and fill in all forms, it will be okay. Sometimes, documents have to be signed by Utrecht University, the host university and yourself so keep in mind that it can take a while before documents are fully signed. Overall, all steps were clearly explained in the informational e-mails about the application process in Utrecht as well as in Thessaloniki.

#### counselling & support at Utrecht University

The support from the international office of Utrecht was extremely helpful. In case information was unclear or in case I had questions about the process, they offered me quick and clear answers. Besides, the information provided by the international office about pre-departure, during and after the stay were really clear and well provided in one file. The organized pre-departure meetings were useful too.

#### academic preparation

The website of the Aristotle University of Thessaloniki is not always up to date. When choosing courses for the Learning Agreement I could only see the courses that were available in the previous year. In my year, some courses that I had chosen weren't available anymore so I had to make some changes. Luckily, this was not a big issue.

#### language preparation

All my classes were in English so it was not a necessity to learn Greek. Also, within the city I was surprised by the level of English of Greek people, therefore you do not really need to speak Greek. Within the experience you will probably hang out with a lot of other students from all over Europe so you won't need to speak Greek for this either. However, it is fun to get to know the basics so you know how to order something or say hello and thank you.

#### finances

Before I went to Greece I worked a lot in order to have some savings. I also sub-rented my room in the Netherlands and applied for an Erasmus grant. These things definitely made it easier to enjoy my time in Greece. Even though it is not expensive to live there at all, it is nice to have a little extra be able to do some trips and go out for dinner and drinks more often. It is always useful to make a plan on how much you have to spend and how much you expect to spend.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)



I followed 5 courses at the school of Journalism and Mass Communications. 4/5 were small classes of 15 Erasmus people and the other class was mixed with Greek students. Since I've studied there during the pandemic, some classes were online. In general, the level wasn't very challenging. There was barely any homework. In January we had exam month and in that period, I had an exam at home or an essay to write for each course which was very doable. Moreover, the organization of the faculty was sometimes a bit confusing. For instance, the schedule of the classes was e-mailed to us extremely late. However, the teachers were incredibly nice and really wanted to help in case we had any questions about uncertainties.
academic quality of education activities
As stated above, the level of education wasn't very challenging. All classes were quite superficial and did not really improve my academic skills. We were not really doing research or following certain literary concepts or methods but just stating certain findings. However, it was fun to discuss certain topics together with classmates to see the perspective on issues from different countries and cultures.
counselling & support at receiving university abroad
The Aristotle University has an Erasmus office and the faculty I followed courses at has a secretary I could go to. Both offices are really helpful when it comes to questions about the process of studying there. When I arrived, I received an e-mail with all steps that I needed to undertake in order to be a student there. This includes for instance, receiving an academic ID at the university and changing courses if necessary. They also provided me with some information about ESN and the city of Thessaloniki.
transfer of credits
When I left Thessaloniki, I had to go to the international office to 'check out'. I had to sign a certificate of attendance and a document which was necessary in order to transfer the credits. This process however took a while since I didn't receive any grades for two months after my exams.

## STUDENT LIFE

welcome & orientation programme
The University itself organized one welcome hour to get to know the teachers and to ask questions. The real welcome activities were organized by ESN. This was an incredible welcome month in which you get to know a lot of people, will see the city and will explore Greek culture. I've met many people there that remained close friends throughout the semester.
accommodation
I joined a Facebook group by ESN for accommodation within Thessaloniki. People who offer a room as well as people who are looking for something can post a message there. Unfortunately, there are also some scammers within the group so be careful. For the location of the apartment, it is nice to be close to Agia Sofia, Aristotle square or Kamara/Rotunda. These places are the center of the city and you will be close to everything and everyone. It is cheaper to have flatmates than to live alone but it is whatever you prefer. I lived in a brand new studio by myself and paid around 500 a month. With flatmates the rent is about 250-350 a month. Luckily it is not as hard to find a room than it is in most cities of the Netherlands.
leisure & culture
Besides the welcome month, ESN organizes a lot of other activities throughout the semester such as trips within Greece and other small activities within the city. Furthermore, the city has a great position for further traveling. You can easily rent a car and visit Chalkidiki, we did this a few times with friends and it is a great way to escape the city and see some beautiful Greek beaches. Furthermore, the entire atmosphere of the city is nice especially when it comes to drinks and food. Going to typical Greek Taverna's is a great way to have a good cheap meal and to chat with friends.
suggestions/tips



Greek life is very easy. You might have to get used to everything being quite chill and relaxed. Meaning that people will always arrive late and things are not always well organized. It's however part of the experience so try to enjoy this way of Mediterranean living, everything will work out. Enjoy the sunsets! They're beautiful from downtown but also from the upper city.

## CONCLUSIONS

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

I would definitely recommend the destination to others in terms of location, weather, atmosphere and people. However, the city might not be as beautiful as other European destinations, but you will love it in the end. In case you are looking for an academic challenge, Thessaloniki might not be the place for you.

do you have any additional advice or comments?

In case you like to meet people and see a lot of the country, definitely join the trips and activities of ESN. On my Erasmus I went to Greece one month before classes and left one month after classes ended so I could enjoy some free time in Greece as well. If your agenda allows it, I would recommend to do this as well.



## UU Study Abroad Report Form

faculty/college	University College Roosevelt
level	<input type="checkbox"/> bachelor's <input type="checkbox"/>
name study programme	Bachelor of Arts

destination city & country	Thessaloniki, Greece
name university abroad	Aristotle University Thessaloniki
start date	26/02/2022 (dd/mm/yyyy)
end date	22/07/2022 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

Applying for the exchange was in process quite easy, just finding out what documents we need exactly and whom to send it to was a bit unclear for me. For the rest applying was not very difficult.

#### counselling & support at Utrecht University

I would say it takes some time for Utrecht to respond if you're reaching out, but in the end they do take you seriously and help you out in a good way.

#### academic preparation

I was on track with my courses at UCR so I did not really prepare academically for the exchange.

#### language preparation

I followed an A1 modern Greek course online from the university in January before my exchange. I continued with A2 later during the semester as well. It proved to be quite useful in stores, supermarkets etc, but if you don't feel like you want to learn Greek, it is not really necessary to get along there.

#### finances

I had some savings that I used but definitely realize that things like groceries are more expensive than you're probably used to. I also had to keep paying rent for my room in the Netherlands and my room in Greece so that was a bit double. Be sure to know how you're gonna do that in advance.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

I studied at the Law faculty and I could choose between all the English courses they offered, so I chose 5 of the most interesting ones and besides that I also did the modern Greek A2 course at the faculty of Modern Greek. In the beginning however, I had quite some issues with administration as I was in Greece mid February to prepare but the university did not give me any information regarding my courses and useful info for the start of the semester so I got to know all those things a few days before the start of my semester. It was also unclear which day I had to be where and for which course, so that was really annoying. At the end I figured it out but it was definitely not a good start. Just know that in Greece, organizational or administrative things are a pain because of their bureaucraties.

#### academic quality of education activities



The material studied was quite interesting and the lectures were nice in my opinion. We did not get any reading assigned though and for most courses we did not have a study book, which was quite unnatural to me. It would seem nice to not spend so much time on studying or preparing for lectures but for me, I felt like I did not learn as much as I would have liked. The last few weeks of the semester we had exams and these were also quite easy.

#### counselling & support at receiving university abroad

This was a bit challenging because it was just hard to reach anyone there for help in general. And it would take long to get an answer as well. I found the professors to be quite different, some of them would be very helpful and in close contact with us while others have still not responded to my emails. I generally did not feel very supported there in academic terms and I felt like I had to figure out everything on my own.

#### transfer of credits

When choosing my courses, I made sure I obtained at least 30 ECTS, which I needed. In the end I did an extra Italian course at the foreign language center, so I ended up with having obtained 34 ECTS this semester.

## STUDENT LIFE

#### welcome & orientation programme

I unfortunately did not join most of the welcome programme, as many activities required a vaccination certificate and mine had expired. I did not feel tempted to get a new vaccination just for that. I do feel bad about missing it, because it would have been a good opportunity to socialize, but the corona regulations at that time were really holding me back.

#### accommodation

I rented a studio a few minutes walk away from the university, which was a really good choice. The studio was very basic but not cheap and electricity, water, gas etc. Had to be paid separately. I also had to make my own subscription at an internet provider to have wifi in my room because that was not included either. It was not flawless but the big advantage was that it was close to the uni and center and I could survive there for 5 months.

#### leisure & culture

I had a lot of leisure time, which I spent exploring the city and area. It has a boulevard near the sea, but unfortunately no beach nearby. I went shopping loads of times and I joined a dance school, which was a very good choice. For the rest I went to some museums and restaurants but only the last month as there were a lot of corona regulations before that. I did rent a car and went on a trip to Chalkidiki for a weekend when my boyfriend was visiting, which was a really good experience and I'd definitely recommend. Just don't go in the middle of summer because it will be very crowded. I went in April and it was empty. I also went on a trip to the Olympus mountain for a hike and to the museum near it which was also really recommendable.

#### suggestions/tips

Just know that Thessaloniki really is a student city (half the population studies at the uni) and the night life is very vibrant. The academic quality, however, is a lot lower than I'm used to. Therefore it's good to know in advance what you're expecting from your exchange concretely and what your goals are for your time there.

## CONCLUSIONS

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

In short, it depends on what your goals are during the exchange

- Do you want to only spend a few hours a day on uni and focus on socializing, going out to clubs and parties at night? Then: Yes! You'll have a lot of fun there.



- Do you want to focus on studying and expanding your horizon academically? Then: No, this is not the place for you. I wish I had known that.

do you have any additional advice or comments?



## UU Study Abroad Report Form

faculty/college	Faculteit Sociale Wetenschappen/Faculty of Social Sciences
level	<input type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	Pedagogische Wetenschappen

destination city & country	Thessaloniki, Greece
name university abroad	Aristotle University Thessaloniki
start date	4 / 10 / 2021 (dd/mm/yyyy)
end date	8 / 2 / 2022 (dd/mm/yyyy)

PREPARATION	
exchange application process	
The process itself was not that hard. It's a lot of paperwork, but everything is perfectly organised on the exchange website and in Osiris.	
counselling & support at Utrecht University	
I think the counselling and support at UU is fine. They won't reach out to you, but you have to start contact. They answer very fast if you send them an email and they're very willing to help you	
academic preparation	
I felt like the level at AUTH was a bit lower than what I was used to at Utrecht University. Therefore, I think you don't need to worry about your academic preparation. The only difference is that you usually take 6 courses each semester in order to get 30 ECTS, instead of 4 at UU. Also, they don't divide the academic year in 4 quarters, but just in 2 semesters. Focusing on 6 subjects at the same time might feel a bit overwhelming, but still it was not a really big deal for me. It is just a bit more important to keep up with the classes and the homework because you can't do everything all at once at the end of the semester.	
language preparation	
If you study at Utrecht University, I think your English is good enough to go study abroad. I did not take any preparations for the English language. However, the Greek alphabet is quite different from the Latin alphabet, and it might be useful to practice a bit before going abroad. Its for example convenient to be able to read the street signs and the name of the bus stop. I already knew the alphabet because I took classes in ancient Greek, but I think DuoLingo might be really useful for learning the Greek alphabet.	
finances	
Greece is not a very expensive country (compared to The Netherlands) and I think you can easily pay your rent with the grant that you receive. For food and extra groceries, you should pay yourself. I saved up some money before going abroad, because I did not want to have to worry about finances. Going abroad for study is also a great opportunity to travel around and maybe do some day trips. That's why its also nice to have some savings.	

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	
The content of the courses I followed was fine. I felt like it was a bit less hard than the courses in the Netherlands	
academic quality of education activities	



These were fine. Nothing to special. I've noticed that the teachers are happy that you're there and they are not too strict.

counselling & support at receiving university abroad

My experience is very good, but I've heard that that's very dependent on the department you're in. E-mailing is easy, but if you want to get things done, I suggest you call the people or pass by their offices. My experience is that this works best after all.

transfer of credits

This was not that hard. You get an extensive email from AUTH with information on the check out procedure and as long as you follow that procedure, they will make sure that your grades will be sent to you.

## STUDENT LIFE

welcome & orientation programme

I would advise every student to join the ESN in Thessaloniki. They're all volunteers and they work very hard to help students get the most out of their Erasmus experience. I advise you to follow them on Facebook and/or Instagram (ESN Thessaloniki), because that's where they announce their activities. They have a very extensive welcome programme (during up to 1 month) with all sorts of activities such as parties, food tours and game nights. It's an easy way to get to know people and to get to know the city.

Accommodation

I found my room through Facebook. There is a group called 'Erasmus accommodation in Thessaloniki by ESN'. People who have a room available will post an advertisement there, but you can also write a message yourself in the group to ask people if they have a room that fits your wishes. You must be careful for scammers. Try to research the person offering the place to you, and also ask them if you can videocall, so they can show you the room. I advise you to find a house around 'Rotunda' or close to 'Aristotelous Square'. Maybe its nice to live with other internationals, so you are with like-minded people.

leisure & culture

Thessaloniki has some hotspots, such as the white tower, rotunda, statue of alexander the great & the umbrellas. A walk along the seafront with friends is great as well. It's also nice to visit the museums, my favourites are the museum of illusions and the museum of contemporary arts. Definitely go for many (ice) coffees on one of the beautiful terraces.

suggestions/tips

- Join ESN Thessaloniki
- For big trips: e.g. Athens, the Greek islands, Sofia & Istanbul
- Smaller/daytrips: Meteora, Pozar thermal baths, Edessa waterfall

## CONCLUSIONS

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

Yes. Greek people are very nice, Thessaloniki is a great city for students and the ESN section is great. Im sure every student will have a great time there.

do you have any additional advice or comments?

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## UU Study Abroad Report Form

faculty/college	Earth Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	Earth Sciences

destination city & country	Thessaloniki, Greece
name university abroad	Aristotle University of Thessaloniki
start date	26 / 09 / 2019 (dd/mm/yyyy)
end date	29 / 01 / 2020 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

When I decided that I wanted to go on exchange I also decided that I wanted to go to Greece. I looked online on the website of the Aristotle University of Thessaloniki for the courses and afterwards I went to my study coordinator to ask about the whole process and for some information. I had to ready some documents such as my learning agreement and I requested an Erasmus grant. I signed up for an exchange for the Fall semester and I received word from the Aristotle University somewhere in the Spring that they have received the documents which I sent and that I was nominated. From that moment until the end of August I received no word from them. I sent a couple of e-mails during the Summer, but they never replied to them. Apparently the university is closed during that time and nothing happens. At the end of August I received word that I had been accepted.

#### counselling & support at Utrecht University

My study coordinator helped me to start things for my Erasmus and he also bolstered my confidence. The Erasmus coordinator was very relaxed and all the e-mails I received from her were received well by me.

#### academic preparation

I did not need to do anything to prepare for school at the host university.

#### language preparation

I followed a Greek language course before I went to Greece and it helped me a little. During the exchange itself I also followed a language course, but in general most people speak English. Sometimes they do not speak much English but I have seldom had a problem with communicating.

#### finances

Studying in Thessaloniki is not that expensive. You can get free meals at the student restaurant, even if you are from a different university than the Aristotle University, because they do not really check you. Renting a room in an apartment is around 300-400 euros if you want a proper room. I would definitely recommend applying for an Erasmus grant. It has quite a few steps that you have to pay attention to, but in the end it can fund most of your exchange.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

The language of my courses was in Greek. This was indicated on their website as well, so it was nothing new for me. Because of this I couldn't follow lectures and practicals and instead received private material from the teachers. To pass the courses I had to hand in this private material before a deadline and they would grade it. I did go to some excursions that they offered and I even followed excursions of courses I did not follow. The



busses for the excursions all departed from the same place and the teachers were very welcoming. Of course the excursions were also in Greek, however, sometimes the teacher would explain things to me in English, or there was an assistant that could spend his/her time on translating for me.
academic quality of education activities
The level of the courses were similar to those that I have at the Utrecht University, or maybe a small tad easier. One of the things that stood out to me were that in the practicals and lectures that I did follow (which were few and mostly difficult to understand) there was an emphasis on details that would only be mentioned in courses of the Utrecht University. Examples of these details are difficult formula's that they want you to know and practice, and detailed explanations on some topics that can be explained in a few sentences before moving on to the next topic. Perhaps the students that follow the Geology study at the Aristotle University do not get enough practice in mathematics and are thus taught in courses with difficult formula's, but in any case, for me I could have done without an in-depth look at these formulas and instead just look them up on the internet when I actually need to use them.
counselling & support at receiving university abroad
I did not really need much support or counselling. I had some friends in Thessaloniki before I went there for my exchange and they helped me a bit the first week I was there, I was supported by Erasmus friends for the rest of the days.
transfer of credits
I have not yet received my transcript of records, but the amount of EC's I could obtain for each course was indicated on the website.

## STUDENT LIFE

welcome & orientation programme
The first welcome day was very crowded, it appears that the Aristotle University accepts a lot of Erasmus students each year. This made interacting a bit difficult seeing that many people knew others from the same study/university, however, all the important information was presented in a small book that I received.
accommodation
For a proper room in an apartment you pay between 300-400 euros a month. The best location to live in is as close to the city center as possible. If you are near the city center then you can easily get a bus to the university. Furthermore, in the city center you are on walking distance to everything. Usually when you want to go hang out with friends you do it in the city center, so I would recommend to reside in the city center.
leisure & culture
For cultural stuff there are a lot of things to see in the city of Thessaloniki itself. Throughout the city you see many old ruins and monuments which add to the beauty of the city. In principle you could see all these old ruins and monuments in one day, so you will probably not spend too much time on it. Thessaloniki lies next to the water. This creates very good routes to walk or jog and I have certainly earned some enjoyment there. It has enough spots to chill with friends, in the evening/night near the coast at the harbour or the White tower, or in the morning/afternoon/evening if you want to go for a coffee. Greece is a coffee country which can be seen in Thessaloniki; there are many cafes where you can drink coffee, and at some of those cafes you can play games like backgammon or chess while drinking coffee. These cafes offer the games and they are free to play there. There are enough places to go out to dance or club as well, all in the city center.
suggestions/tips
The food is good, try out some restaurants when you go to Thessaloniki. On google maps you can find restaurants that are rated better than others, and usually they also present great food. From Thessaloniki it is



not that far to go to Istanbul or Sofia, so during your stay you can take a trip to see some more than Thessaloniki. You can also visit some things in Greece itself, such as Meteora.

## CONCLUSIONS

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

I would recommend Thessaloniki as destination. The university is fine but Utrecht University is better. Thessaloniki has a great atmosphere, the people are more open to strangers than in the Netherlands. The coffee is good and the food is also good.

do you have any additional advice or comments?

In busses there may be pick-pockets, and before you book an accommodation first check if the accommodation actually exists (it happens).



## ERASMUS+ STUDIES - UU Report

faculty/college	REBO
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Law

destination city & country	Thessaloniki, Greece
name university abroad	Aristotle University of Thessaloniki
start date	01 / 09 / 2018 (dd/mm/yyyy)
end date	01 / 02 / 2019 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

The hardest part about the application process was choosing where to go. I made this choice by first narrowing the options down to Europe, and then I wanted to go to South Europe. I looked at the subjects they offered at the universities, in what language the education would be and what the cities looked like. This brought me to make Thessaloniki my first choice. Administratively the application process was not hard, but there is a lot to sort out and forms to fill out, you just have to make time for it.

#### counselling & support at Utrecht University

I felt like I could always email the Erasmus office if I had any questions. Also, after it was sure I was going to study in Thessaloniki, they organized a meeting for all of us who were going on Erasmus to the South of Europe. There they gave us a lot of information on how to arrange things for your stay and also contact information of people who went to your destination before.

#### academic preparation

It can be difficult to choose subjects because websites of foreign universities tend to be not as clear as the UU website. Also, at the time the application process starts most universities are not sure yet what the subjects they are going to offer in the semester you want to go on Erasmus, will be. In the end you will just have to choose some subjects and hope that they are available for you to follow.

#### language preparation

Since all my subjects were going to be in English, I did not have to do language preparation for this. I did try to learn some Greek through DuoLingo.

#### finances

I worked one day a week in the academic year before I went on Erasmus and I worked in the summer to make sure I had enough savings for my Erasmus period. Next to that, I received the Erasmus grant and my parents paid my rent and an amount of money for subsistence per month. Together with my dad, I made a financial plan to see how much money I thought I would need. The living costs in Greece are similar to the Netherlands, but you'd want some extra money to be able to make some trips and eat at tavernas.

### STUDY ABROAD PERIOD



#### study programme (content and organisational issues)

I followed seven subjects which together made for 34 ECTS. Most of them were law subjects. I followed one journalism subject and one subject concerning Greek politics. Also, there was a special Erasmus course called 'Greece Today', in which we had guest lectures every week about all sorts of things with regard to Thessaloniki and Greece. A week before classes were supposed to start, I still did not know which courses I could or could not follow and also had no clue what my schedule was going to be like. In the end, the schedules for the courses were uploaded online, you did not get a personal schedule but you had to make your own based on the faculty schedules on the website. In the end it all worked out and I knew everything a few days before I started university. Everything is just a lot less organized and planned out as in the Netherlands, this takes some getting used to, but basically you just have to relax and wait and everything will work out fine.

#### academic quality of education activities

The academic quality of the courses at the Aristotle University of Thessaloniki is lower than that of the UU. It differed per subject, but in most subjects we did get a lot of information but it was mostly superficial. We never got really deep into subjects and it was never hard to understand something.

#### counselling & support at receiving university abroad

In the beginning the people from the Erasmus office said we could always come to them if we have any questions. Most of the times I needed something, I had to go to the Erasmus office of Law. However, every time I went there to ask something they seemed a little bit angry and not to eager to help me, but everything always worked out. Things are just organized a little more chaotic and they will take longer to respond to emails etc. then you would expect in the Netherlands.

#### transfer of credits

Right now I do not have all my grades yet, and I do not know when they will send my transfer of credits. However, I heard from friends that people who went to Thessaloniki before only got their transfer of records after a few months, so I am actually expecting it to arrive late.

### STUDENT LIFE

#### welcome & orientation programme

The university itself had one welcome meeting in which they gave information about the university and the study programme. Further, there was a welcome week organized by Erasmus Student Network (ESN). They organized an activity every day where I met a lot of other Erasmus students

#### accommodation

I became a member of the Facebook page 'ESN accomodation Thessaloniki'. Here I posted a message that I was looking for an apartment. In response to this I got some messages on Facebook Messenger from people offering me an apartment. In the end I lived in an apartment of a Greek girl who was doing an internship abroad in the same period we were coming to Thessaloniki. Me and my roommate both paid €300 incl. a month and the location of the flat was really good.

#### leisure & culture

In my free time I hung out in the city with my new Erasmus friends, went to the gym (by paying 30 euros you can work out there an entire year), played volleyball in a team organized by ESN, went to ESN parties and made some weekend and day trips. I made weekend trips to Chalkidiki, Skiathos, Mount Olympus, Skopje (in North Macedonia) and Athens. Also I made some day trips, for example to Meteora and to Edessa and Pozar. The Greek culture is different from the Dutch one. Everything goes at a slower pace, teachers show up late to class (or don't show up at all sometimes), and everything is a lot less organized and planned than we are used to. This can be annoying, especially in the beginning, but it makes studying in Greece also a lot more relaxed. Next to this, Greek people love demonstrations, which would make the streets a little unsafe sometimes. However, this can also be because of the things that were going on in the time I was there. There had just been reached



an agreement between Greece and Macedonia over Macedonia's name, where a lot of Greeks did not agree with. Also, Greeks are angry at the EU with regard to the crisis and bailout agreements.

#### suggestions/tips

Regarding accomodation, find a place somewhere near Kamara (between Kamara and the sea, between Kamara and Ladadika or between Kamara and Agiou Dimitriou is the area which would be best in my opinion). If you are going in the winter semester, classes only start the first week of October but I would really recommend to go earlier so you can experience the end of the Greek summer! Through the ESN Facebook page I met some people who were also already there and we went to the beach together etc. Regarding the university, don't panic when it's a week before your classes are supposed to start and you don't know anything, or similar situations. The Greek culture is a lot more relaxed than ours, and everything will work out fine.

## CONCLUSIONS

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

Yes. If you are looking for an academically challenging experience, don't go here. If you are looking to experience a different culture, have a more relaxed study life for some months, be able to walk in a t shirt in the end of October, make a lot of new friends, see beautiful historical and natural places, you should go to Thessaloniki!

do you have any additional advice or comments?

If you are a (maybe) future exchange student reading this and have any questions about Thessaloniki, contact me!



## ERASMUS+ STUDIES - UU Report

faculty/college	Social sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Educational science

destination city & country	Thessaloniki, Greece
name university abroad	Aristotle University of Thessaloniki
start date	24 / 09 / 2018 (dd/mm/yyyy)
end date	31 / 01 / 2019 (dd/mm/yyyy)

PREPARATION
exchange application process
In Osiris you can see everything you have to do, it's really clear.
counselling & support at Utrecht University
If you have questions you can always go to the Erasmus Office. You can also e-mail them, they respond really quick. They definitely want to help you.
academic preparation
I didn't have to do a lot for this. I followed courses that I didn't have a lot of knowledge of, however that wasn't a problem at all. I understood everything, it wasn't hard. My courses were also all in English, so I didn't have language problems.
language preparation
Since the courses would be given in English, I didn't have to prepare a lot for it. The only thing was that you had to do the language test for Erasmus so they can see in the end whether your English improved or not.
finances
After you filled in all the documents which are signed by all institutions you receive the Erasmus grant. You get 80% before you leave and 20% when you come back. Make sure you start on time with all the documents since the university in Thessaloniki wasn't responding that quick. This resulted in the fact that I had the signs too late so I received my Erasmus grant in the beginning of October, while I already needed it. It's also smart to have



some savings because you really need it when you're planning to do trips!

## STUDY ABROAD PERIOD

### study programme (content and organisational issues)

When I had the welcome day of my school (I studied at the school of Journalism and Mass Communication), I found out that the courses that were on the website weren't up-to-date. Some courses were deleted and others were added to the list. But they're really flexible with this. In the first weeks you can still change your courses easily. Just be prepared that the courses you sign up for can change. Furthermore you have to do some other organisational stuff. It's a bit chaotic to arrange your academic idea and stuff like that. Don't forget to make an appointment with the Erasmus Office for as soon as you arrive, because I was too late with making an appointment. Actually that wasn't that bad because I e-mailed with them and they just put me somewhere in between their other appointments. So in the end it all worked out! If you don't understand everything you can also ask the other students what you have to do. Most of the info I got from them.

### academic quality of education activities

The level of education wasn't that high, so I didn't have to work that hard. But that was good to me, so I had a lot of time to do other fun things. Still I learned new stuff, probably because I studied something else than I study in Utrecht. Most of the professors could talk English very well and knew a lot about their courses. They were also very kind. Lectures are different than in Utrecht. For every course I had one lecture a week, it was a combination of a normal lecture in Utrecht and a working group. They're also very long, most of them are 2,5 hours (some are 3 hours, but I didn't have that).

### counselling & support at receiving university abroad

In the beginning it was all very chaotic but you can always e-mail the Erasmus office with your questions or just go to the secretary of your school. They know what you have to do. I also asked a lot to the other students, that helped me too.

### transfer of credits

I'm back for two weeks now and don't have my transfer of credits yet.

## STUDENT LIFE

### welcome & orientation programme

This was good! ESN Thessaloniki organised a welcome week of 10 days including a weekend trip to Skiathos. I went to a lot of activities. At first I didn't really want to attend some activities because I was nervous and a bit scared. Eventually I forced myself to go and once you're at an activity it's nice. Everyone is looking for friends so it's not hard to make contact with others. Especially the weekend trip to Skiathos helped me, I made a lot of friends for the rest of my staying. I don't know what I expected of that weekend, but I didn't expect it to be that awesome! So I highly recommend to attend the weekend trip!!

### accommodation

At the meeting organised by the Erasmus office in Utrecht I met the other girl who would go to Thessaloniki. After the meeting we met some times to arrange stuff like our Learning Agreement, etc. We connected good so decided to search for an apartment together. There is this FB group (Called "Erasmus Accommodation in Thessaloniki by ESN") for housing in Thessaloniki where people offer apartments and where students post that they're searching for something. We posted on the FB that we were searching for an apartment and in one hour we already got a lot of respons. You don't have to worry about accommodation, because there are enough apartments for everyone. Some people also just went to Thessaloniki without having an accommodation yet, but arranged it there within one week. Tip: It was nice to live with another Dutch girl, but later I thought it would have been so much fun to also live with some internationals. So if you get the chance, do it!





#### leisure & culture

I was never bored. Since I didn't have to study a lot I planned a lot of stuff. ESN organises every weekend something to do and every Wednesday evening is a party. Most of the time they also planned more different activities during the week. I didn't attend a lot of the trips (except for the one in the welcome week), because most of the weekend / day trips we organised with our friend group! The Wednesday parties were very nice so we always went there! Furthermore you just meet a lot of people or go to the gym and stuff like that. There are also a lot of museums / churches to visit.

#### suggestions/tips

Plan a lot of nice trips! There are many places you can visit through going by bus (Skopje, Istanbul, Sofia, Athens, etc.). Car rental is also cheap! Climbing mount Olympus is also a beautiful (and tough) experience! Enjoy it to the fullest, before you know it's already over...

### CONCLUSIONS

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

Yes! If a high level of education is important to you then I won't choose for this destination. But if you want a typical Erasmus experience (trips, meeting friends everyday, chilling, etc.) then this destination is perfect! I was really glad that ESN Thessaloniki is that active in planning stuff because that also made my staying very good (especially in the beginning when you had to make friends). The nice thing about studying abroad is that everyone has its full life there, so people do always have time to meet / go somewhere, etc!

#### do you have any additional advice or comments?

Attend the welcome week incl. the weekend trip! Because there I made the friends for the rest of my Erasmus time. It's really helpful! And again, enjoy your staying from the beginning to the fullest! It's an amazing experience!



## ERASMUS+ STUDIES UU Report

family name	xxx
first name	xxx
student number	xxx
e-mail address	
faculty/college	History
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Liberal Arts and Sciences

destination city & country	Thessaloniki, Greece
name university abroad	Aristotle University of Thessaloniki
start date	12 / 02 / 2018 (dd/mm/yyyy)
end date	30 / 06 / 2018 (dd/mm/yyyy)

PREPARATION
exchange application process
The process is not that difficult. However, I definitely recommend you to start early. This gives you enough time to figure out procedure and ask questions when needed. If you start too late it will only cause stress. I can't remember all the steps of the process but I remember it was quite straight forward. The only special remark I want to make, since it caused doubts for me, is about the faculty you are signing up to. AUTH asks you to choose one faculty, but in the end it was really easy to choose courses from other faculties. So in the end it did not matter at all which faculty you sign up to during the application process.
counselling & support at Utrecht University
I must say that the support from the UU is really great. Before I went to the AUTH I could always contact them with questions and they would reply really fast. Even when I was in Greece already, they responded quickly whenever I needed them.
academic preparation
My experience at the AUTH showed that there was no need for academic preparation. I did not learn Greek before I went to Greece nor when I arrived. There are enough classes given in English and even the classes not given in English are possible to follow; you don't need to go to the lectures but have to do some readings and



assignments on your own.  
The level of the courses were not that high in comparison with the courses I followed at the UU. They only know lectures and no seminars, so there it's a lot of absorbing information instead of debating. Also, the examinations are less difficult in my experience then at the UU. The only thing I found troubling was the fact that you have to follow way more courses at once than at the UU. So I followed 6 courses at once instead of 2.

#### language preparation

Like I mentioned in the previous section; language preparation was absent. If you are interested in learning Greek tho, keep a close eye on your email at least a month before you are leaving. You get the opportunity to sign yourself up for a greek course from the university (so you can earn ECTS!). This email ended up in my spam, so I did not notice it. Eventually arrived in Greece it was too late to sign up because of the limited spots.

#### finances

I did not take special measures concerning finances. In my opinion was the Erasmus grant a great help. Greece is cheaper than the Netherlands; food, coffee, housing, public transport. This caused that I saved enough money to do fun stuff.

## STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

Prepare yourself on a chaotic first month when you arrive. It will take a while before all the bureaucratic stuff is handled. In my case a lot of courses I chose I could not follow anymore, because of overlap with other courses or the fact that they were given in Greek. So, I had to change them. Some faculties have more english courses than others, but as I mentioned before, it is possible to follow Greek courses. You have to make an individual appointment with the professor who gives it and he/she can give you permission. Of the 6 courses I followed, 3 were given in Greek. So in these cases I did not follow the lectures, but read some books on my own and was examined in the forms or oral exams and essays. For me it worked perfectly since I didn't have that many contact hours, which meant a lot of free time to discover the beautiful spots of Greece. Concluding words: it took a while before I finished my revised Learning Agreement, but no worries. Greeks are just a little less hasty then the Dutch people. I was stressed that I would not work out or that I would miss the first classes, but believe me; it will be fine.

#### academic quality of education activities

I followed 6 courses at the same time. The courses are worth less ECTS than in the Netherlands (between 3 and 5 in stead of 7.5). Like I already pointed out, they are not familiar with seminars, which shows in my opinion that the level is a little lower compared to the UU; more absorbing information in stead of debating. The essays I wrote were graded really high; so you do not have to worry about that. Apply the knowledge you learned at the UU and then you will be fine.

#### counselling & support at receiving university abroad

I did not have a lot of contact with the Erasmus office of the receiving university. Only the first week for the registration, after that once more for the revised Learning Agreement and in the end for the signing out of the AUTH. I did not experience problems with them; they were helpful.

#### transfer of credits

I don't have knowledge of this

## STUDENT LIFE

#### welcome & orientation programme



The ESN in Thessaloniki is not that big, but really active. There are a lot of enthusiastic Greek students who are really excited to make you familiar with the Greek life and the city. They organize a lot of activities and there's also a buddy system in working. They bring you in contact with a Greek student and in my experience this was really nice. It's your own choice to be really active with ESN or not, but it is definitely an easy way to get in touch with the other international students and Greek students.

#### accommodation

The accomodation is not arranged via the university, but there are enough other sources to find a nice room, like facebook groups. In my case I arranged an Airbnb in the centre for the first month (Ano Poli; amazing neighborhood), so I could check rooms when I was there. For me this worked fine.

#### leisure & culture

Thessaloniki is a very lively city. I went there to study in the second semester. Keep in mind that the weather can still be very cold and rainy in the beginning. Due, the first impression of the city was not that impressive. However, when the weather got better I more and more fell in love with the city. The numerous bars, restaurants and the White Tower; it eventually gave me the homy feeling. Whenever you have the time, make trips to Chalkidiki. Here you find the most beautiful beaches of Greece; truly amazing. The Greeks are also really nice people and don't forget the amazing food that is waiting for you.

#### suggestions/tips

## CONCLUSIONS

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

Yes!

do you have any additional advice or comments?



## ERASMUS+ STUDIES UU Report

family name	xxx
first name	xxx
student number	xxx
e-mail address	
faculty/college	law
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	law

destination city & country	Thessaloniki, Greece
name university abroad	Aristotle university of Thessaloniki
start date	03 / 10 / 2017 (dd/mm/yyyy)
end date	01 / 02 / 2018 (dd/mm/yyyy)

PREPARATION
exchange application process
The exchange application process went fine. It's a lot of paper work but eventually everything was clear.
counselling & support at Utrecht University
This was very good I think. You can always email your erasmus coordinator for questions and they will help you when you need it.
academic preparation
For Thessaloniki I didn't need that much of academic preparation.
language preparation
I only had to speak a certain level of english.
finances
Because of my erasmus grant the finances weren't much of a problem.



STUDY ABROAD PERIOD
study programme (content and organisational issues)
I studied law in Thessaloniki as well. The study programme was good I think. I could choose between a lot of courses and I could also choose for a original courses that I couldn't do in the Netherlands. But the organisational issues were kind of a problem. Pretty late I heard what my actual courses were and it was also unclear when I had to start with which course.
academic quality of education activities
The academic quality of education is not that high as in the Netherlands. I had no books to study so only my notes were the material that I had to learn. The teachers can't speak english that well as in the Netherlands and also the courses itself are not that good as in the Netherlands. Don't expect the same level as you have here.
counselling & support at receiving university abroad
The counselling and support was fine. In the beginning I didn't understand everything, where to go, who to go etc. But eventually when you know everything people are kind and supporting.
transfer of credits
At the moment I don't have a transfer of credits yet.

STUDENT LIFE
welcome & orientation programme
This was really good. It was all well scheduled and I really had the feeling that the university wanted us to feel save and home from the beginning.
accommodation
There was no university accommodation so I had to arrange an apartment by my self. But it was pretty easy to arrange an apartment and my apartment was in the middle of the city center for a good price.
leisure & culture
Because of the crisis in Greece there was a whole different vibe than in the Netherlands. It's a more poor country and everything is not that arranged as in the Netherlands. People are hanging outside their homes a lot and I think that gives a certain energy that is really nice. You always see a lot of people outside, eating, chilling, drinking. So it's a very vital energy.
suggestions/tips
Expect that you probably will have a culture shock, also when you will study in Europe. When you kind of expecting to have a culture shock it will be more fine.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would recommend the university when you can handle the greek style. That means, people are often too late, they are not that strict as in the Netherlands, eventually things will be arranged but it's a different way than in the Netherlands. The destination is great, the weather is warm, you can always go to the sea/beach, the nightlife is great, the people are kind. So the destination I would really recommend.
do you have any additional advice or comments?
-



## ERASMUS+ STUDIES UU Report

family name	xxx
first name	xxx
student number	xxx
e-mail address	
faculty/college	FSW
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Algemene sociale wetenschappen

destination city & country	Thessaloniki, Greece
name university abroad	Aristotle University
start date	02 / 10 / 2017 (dd/mm/yyyy)
end date	21 / 01 / 2018 (dd/mm/yyyy)

PREPARATION
exchange application process
Osiris shows very well how this works and which documents you have to use etc
counselling & support at Utrecht University
Very good, the responsible person answers your questions almost always the same day
academic preparation
I don't think you need to do anything outside your normal programme
language preparation
not needed if you speak English very well
finances
Your stay there is probably going to be cheaper than in the Netherlands, however you do not really have the opportunity to work in Greece so make sure you saved money for the months you will stay (probably around 250 rent and if you want you can eat for free at the university everyday *breakfast lunch and dinner)



### STUDY ABROAD PERIOD

study programme (content and organisational issues)

school of journalism and mass communication

academic quality of education activities

i think the quality is low

counselling & support at receiving university abroad

good enough

transfer of credits

i do not know yet

### STUDENT LIFE

welcome & orientation programme

The ESN in Thessaloniki organizes a lot! try to participate in many activities and im almost sure you get to meet a lot of nice people

accommodation

Accommodation is easy to find on facebook: its called accomodation erasmus thessaloniki

leisure & culture

There are many clubs and there is a big nightlife, completely different from the Netherlands though. throughout the whole city you will find archaeological findings. They are not so well maintained as in for example Athens, but this makes thessaloniki very special. Definitely go to the upper city in your first week, if the city is a little overwhelming.

suggestions/tips

At first i did not like Thessaloniki so much, i had a completely different image of Greece. But do not worry, in the end you will love it and do not want to leave. I will be back for sure

### CONCLUSIONS

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

The school of journalism and mass communication not, i thought it was way too easy. However, if you want to enjoy your ESN experience to the fullest this might be an advantage for you (attendance was in my semester obligatory though) My roommate studied law and that was better. Thessaloniki i would definitely recommend to others! it is a not very touristic city and it is small enough to explore in one semester. The ESN is very active.

do you have any additional advice or comments?

Sounds cliché but try to enjoy it to the fullest from the start. It is a way different experience then for example travelling/backpacking.





## ERASMUS+ STUDIES UU Report

family name	
first name	
student number	
e-mail address	
faculty/college	USBO
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Bestuurs-en Organisatiewetenschap

destination city & country	Thessaloniki, Greece
name university abroad	Aristotle University of Thessaloniki
start date	20 / 09 / 2016 (dd/mm/yyyy)
end date	27 / 01 / 2017 (dd/mm/yyyy)

PREPARATION
exchange application process
The application process takes some time. Try to start as early as possible because you have to fill and sign a lot of documents. Also figuring out which courses you can choose at Aristotle University takes a lot of time because their homepage is not really clear. However the international office tries to help you as much as they can and in fact the application is not really difficult but just takes a lot of time and can be enjoying sometimes. Do not be discouraged by the amount of paperwork- it is totally worth it!
counselling & support at Utrecht University
The counselling and support at Utrecht University is very good! If you have a question you can always send an email and you get an answer very quickly. Also all documents and deadlines for for example the Erasmus grant are very clear. All information can be found online but you often get reminders from the international office via email.
academic preparation
I did not study Administration and organisational science in Thessaloniki but English Language, Literature and Culture. But this was no problem at all. My English was better than the English of the Greek students. I already had some knowledge about how to analyse literature from my high school in Germany and also introductory



courses of my first year in the Netherlands helped me a lot. In general I had the feeling that I had more knowledge about how to write a paper and how to use Google scholar etc.. So do not worry that the level is too high. I actually followed some 4th year courses as well.

#### language preparation

Because my classes were taught in English I did not need to learn the Greek language necessarily. I only needed to provide the University with a document of proof of my English level. However it is nice to learn some Greek because it makes your everyday life so much easier. I did a semester course but you can also do an online course before you go to Greece so you already have some knowledge.

#### finances

Life in Thessaloniki is cheaper than in Utrecht. You pay less rent for your house and you can eat for free in the canteen. If you go to a supermarket you will see that food there is more expensive than in the Netherlands so try to buy your groceries at a market. Actually try to go out for food a lot because food on the street or in tavernas is really cheap. If you have Stufi, the Erasmus grant and the "reisproduct vergoeding" you should be able to survive. Everyday life costs are around 600€ per month.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

Because I had to switch some courses it took a while until everything was organised. The department of English Language and Literature is organised quite well. There was a timetable with all courses on it so for me it was clear when I had a class and where it was. The only thing that was not clear was when all courses/ the semester started. The courses were well organised. The only thing that was not organized well was the schedule of the exams. Because I had to be in Utrecht for the 2nd semester I could not stay the last weeks of the semester in Greece. I could not write two exams in the end but that was no problem at all. After talking to the professors they arranged a different way to examine me like writing a paper and having an oral exam.

I had to buy some corpus (readers) at a print shop but all books were given to me for free by the University. That was really nice because I had to read a lot. Most teachers work with an online platform, called e-learning in which you can have a look at the presentations and assignments. All classes are held in English and the English of the professors is really good.

#### academic quality of education activities

Classes are long. A class normally takes 2,5 hours in a row. The quality maybe was a little bit less than in Utrecht but still I had the feeling that I learned a lot. This can also be due to the fact that I studied something completely different than at home. Because of this I maybe had to work a little bit harder. I liked really much that teachers have office hours so you can talk to the professors very easily. Furthermore I liked the fact that professors gave a lot of feedback on assignments and presentations.

#### counselling & support at receiving university abroad

On the one hand the support in Greece is not so good as in Utrecht because sometimes you do not know if you have to go to the secretary of your faculty, to the Erasmus office or to your ECTS coordinator. However the Erasmus office most of the time can help you and they are really kind. You have to book an appointment online (keep in mind the opening hours) or send an email. But most of the time they want you to come to the office in person with a printed version of the document.

#### transfer of credits

The courses at Aristotle University had less ECTS than courses in Utrecht. Therefore I had to choose more



courses to reach a total of 30 ECTS. When both institutions signed your learning agreement everything should be fine. I did not receive my transcript of records yet but I hope I will receive it soon.

## STUDENT LIFE

### welcome & orientation programme

As well ESN as the University offer a welcome program through which you can explore the city, the university and meet new people. I definitely recommend going there.

### accommodation

It is easy to find a place in Thessaloniki. A Facebook group of ESN is full with offers to rent a place. Normally you should not pay more than 260€. Try to find a place in the centre of Thessaloniki or near the university because you have to walk everywhere or go by bus..

### leisure & culture

In your free time it is nice to visit some cultural sights in Thessaloniki, go to the beach, go for a walk near the water or visit other places in Greece (e.g. Athens, Mount Olympus, Meteora). You can also plan a trip to Sofia in Bulgaria, Skopje in Macedonia or to the Greek islands. Anyway, Thessaloniki offers a lot of places to go for a coffee or drink or to go out at night.

### suggestions/tips

ESN organizes a lot of nice trips, events and parties. This is a good opportunity to get to know new people and explore the city. Also try to become friends with Greek students so you really experience how it is to be Greek.

## CONCLUSIONS

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

I would definitely recommend the University and Thessaloniki. You can experience a lot of new cultural aspects, a different way of teaching and studying and Thessaloniki has a lot of great offers and places to go for students. Furthermore you can travel a lot in Greece and to surrounding countries. Keep in mind that Greece is in a crisis at the moment and is not as developed as countries in northern Europe. Do not expect too much luxury, but you will get used to it quickly.

### do you have any additional advice or comments?

Do not hesitate to contact me if you have any questions or problems.