

Athina Margariti

Erasmus+

Art Is Green





Athina Margariti - My Experience in Aveiro

Erasmus+ KA220 "Art is Green"

Aveiro | Portugal

I was motivated to take part in this student exchange because I wanted to experience a new culture, meet people from different countries, and improve my communication and teamwork skills. Since I had never participated in an Erasmus+ project before, I felt very curious and excited about this opportunity. Before the exchange, I expected to learn new things, step out of my comfort zone, and create meaningful connections with other participants.

To prepare for the exchange, I learned basic information about Portugal and its culture, and I tried to keep an open mind and be ready to collaborate with others. I also helped with some group preparations before travelling. During the programme, I actively participated in discussions, workshops, and group activities. I contributed by sharing my ideas, working effectively with my team, and supporting others whenever needed.

During the exchange, I gained many valuable experiences, such as working in international teams, taking part in creative activities, and exploring a new country. I learned a lot about Portugal, including its traditions, food, and the friendliness of its people. Through the theme of the project, I understood how art can promote wellbeing and inclusion, and how collaboration can create strong connections between people from different backgrounds.

Personally, the exchange helped me become more confident, independent, and open-minded. It encouraged me to adapt to new situations and communicate with people I had never met before. As a student, it helped me improve my communication skills, teamwork abilities, and critical thinking through active participation in group tasks and discussions.

The part of the programme I enjoyed the most was the group activities and workshops because they were interactive, creative, and helped us connect with one another. I especially enjoyed collaborating with people from different cultures and learning from their different perspectives and ideas.

What worked especially well during the exchange was the organisation of the activities, the spirit of teamwork, and the friendly atmosphere among all participants. These are elements that should definitely remain the same in the future. If I could improve something, I would suggest adding more free time or more cultural visits, so participants can explore the country further and relax between activities.

Three moments I will always remember are the first time I met all the participants and we started bonding as a group, the cultural activities where we shared traditions from our countries, and the final moments of the programme when we reflected on everything we had experienced and said goodbye.

I would definitely recommend this kind of student exchange to my classmates and friends. It is a unique opportunity to learn, travel, meet new people, and develop important life skills. It is an unforgettable experience that helps you grow both personally and academically.