

Denia Panopoulou

Erasmus+

Art Is Green





Denia Panopoulou - 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 broaden my horizons both academically and personally. Since I had never participated in an Erasmus+ project before, this was a very exciting opportunity for me. Meeting people from different countries and stepping outside of my comfort zone were some of the main reasons why I applied. I believed that an exchange like this could help me become more independent, adaptable, and confident, while also improving my intercultural communication skills. I also hoped to improve my language skills, gain new perspectives, and build meaningful friendships with people from other countries.

To prepare for the exchange, I focused on being mentally ready to adapt to a new environment and learn from every experience. I also looked into the programme in advance so that I could participate more effectively. During the activities, I contributed by

sharing ideas in group discussions, working closely with others, and helping my team whenever needed.

During the exchange, I gained many new experiences by collaborating with students from different countries and backgrounds. It helped me improve my communication, teamwork, and adaptability, especially while working on creative projects. I learned how to listen carefully to others, share my own ideas, and find common ground even when we had different perspectives. Stepping out of my comfort zone made me more confident and open-minded.

In Portugal, I discovered a culture that values connection, community, and creativity. I really appreciated the warm and welcoming atmosphere of the people and the importance given to art and expression. Through the theme of the exchange, "Creating Synergies and Art for Wellbeing and Inclusion," I understood how art can bring people together, create positive emotions, and help everyone feel included.

Personally, this exchange helped me become more independent and self-confident, especially in unfamiliar situations. I also learned to communicate better with people from different backgrounds and to be more understanding and open-minded. As a student, I developed important skills such as teamwork, creativity, and critical thinking. Working on group projects taught me how to cooperate effectively, respect other opinions, and create something meaningful together.

The part of the programme I enjoyed the most was the stop-motion workshop because we had so much fun creating stories together. I also really liked the workshop where we made creative objects using recycled materials. These activities were enjoyable, imaginative, and connected perfectly with the environmental message of the project.

One thing that worked very well was the balance between exploring the city and taking part in workshops. The boat trip was especially memorable, and it was wonderful to experience the culture of Aveiro in such a real and enjoyable way. If I could improve something, I would suggest spending more time on the first day doing ice-breaking activities in mixed groups. This would help students feel more comfortable from the beginning and make communication and teamwork even easier during the rest of the exchange.

Some of the most memorable moments for me were meeting new people and creating new friendships, exploring the city together, and sharing everyday moments filled with laughter, conversations, and joy. These simple moments helped us build real connections and made the whole experience even more special.

I would definitely recommend this kind of student exchange to my classmates and friends. It is a unique opportunity to meet new people, learn about different cultures, and grow as a person. At the same time, you develop valuable skills such as communication, teamwork, and independence that will stay with you in the future.