

Thanos Kontolatis

Erasmus+

Art Is Green





Thanos Kontolatis - My Experience in Aveiro

Erasmus+ KA220 "Art is Green"

Aveiro | Portugal

Having already taken part in an Erasmus+ project in Slovakia, I was very excited to participate once again in an international exchange. My previous experience had motivated me to seek new opportunities to meet people from different countries, experience new cultures, and challenge myself in a different learning environment. I joined this exchange expecting to improve my communication skills, become more adaptable, and gain new experiences both as a student and as a person.

Before travelling to Portugal, I prepared by learning more about the local culture and making sure I was ready to contribute actively to the programme. During the mobility, I tried to be helpful and supportive whenever needed, assisting my classmates and teachers and participating with enthusiasm in all the activities.

One of the most valuable things I gained from this experience was confidence in my own creativity. Through the workshops, I discovered that meaningful art can be created using simple recyclable materials. This helped me better understand the project's message: that art can promote wellbeing, inclusion, and environmental awareness. I also learned more about Portuguese culture, especially through discovering the tradition of Bacalhau and visiting places connected to its history.

The part of the programme I enjoyed the most was the balance between cultural visits and social interaction. I especially loved visiting the lighthouse and admiring the sea, but I also really appreciated the time spent with students from Poland, Turkey, Estonia, and the other participating countries. The evenings we shared, talking, laughing, and playing together, created friendships that I will always remember.

What worked especially well in the exchange was the opportunity to connect with others in a relaxed and friendly atmosphere. If I could improve something, I would suggest a slower pace during some excursions, so we could spend more time in each place and fully appreciate what we were seeing.

Three moments I will always remember are the boat trip through the canals of Aveiro, the evenings spent making friends with students from different countries, and the emotional farewell party on the final day, where we celebrated everything we had shared together.

I would definitely recommend this kind of exchange to every student. It is a unique experience that helps you grow, opens your mind, and gives you memories and friendships that can last a lifetime.