



X-CHANGE MAGAZINE



FOREWORD

TO INSPIRE YOU



Photo: Taipei, check out



DENISSZA BLANÁR
INTERNATIONAL DIRECTOR OF METU

Dear Future Erasmus and Campus Mundi Student!

I am addressing all the readers of this magazine as future Erasmus students with the purpose to make you one of the 9 million students who have already taken advantage of these amazing scholarship programs in the past 30 years and have gone through this life changing experience. For many, this is a once in a lifetime opportunity to live, learn or work abroad during their university years. In today's fast-paced work environments, where leading companies operate globally and across cultures, the importance of gaining first-hand experience through mobility cannot be overestimated. Our students returning from the Erasmus and Campus Mundi programs tell us about the invaluable experience they gained and strong friendships formed during their participation in the program, which would continue to form and shape their personal and professional lives well into the future.

I do hope that by the time you finish reading this magazine, the only question remaining will be to decide which country to go to and if it's going to be a study abroad semester, year or an internship abroad. My colleagues at the International Directorate will always be happy to guide you through the application process and help you choose the most suitable destination and offer.



STEFI SUBA'S ADVENTURES IN SPAIN

Stefi spent 2 semesters in Spain, improving her marketing and language skills



METU TOP PICKS

Our students & staff members tell us why they loved their host university.

'HOW TO' GUIDE FOR COMPULSORY INTERNSHIP

Do you want to spend your internship abroad but don't know where to start? Check out our step-by-step guide !



DATES & DEADLINES

We listed the most important exchange-related events and deadlines so you won't miss out on anything.



AMAZING COUNTRIES

There are so many countries you can visit by doing an exchange.

IN THIS ISSUE FEATURING:

BRAZIL AND THE NETHERLANDS

Extra: Illustrations about experiences in Poland by Regina Vitányi

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FOREWORD



THE DESIGN OF EMESE PANCSA

Read about Emese's amazing months in the Netherlands.

OUR EXCHANGE PACK FOR YOU

Doing exchange is more stylish than ever.



PROFESSORS GO ON EXCHANGE TOO

Árpád Papp-Váry's experiences in Portugal



TIPS AND TRICK FOR INTERNSHIP ABROAD

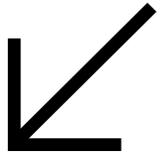
Ulvi has some great tips to keep in mind



There's **MORE** to it.

TENTS

METU TOP PICKS



WE LISTED SOME OF THE TOP ERASMUS+ AND CAMPUS MUNDI DESTINATIONS FROM METU

ESAD Valencia, Spain

Júlia Diófási

"Spain has a really open-minded approach to education, they focus a lot on individual tasks and teamwork. This new approach gave me a lot of new and exciting experiences."

ISCOM Paris, France

Gréta Csányi

"My Erasmus semester was full of adventures, obstacles and miracles. I can't even remember how many times I said I was not going to be able to arrange this but at the end everything turned out amazing and I spent 5 months in the city of my childhood dreams."

Saxion University of Sciences, The Netherlands

Iskander Akmoldayev

"Overall my experience was quite insightful of the country and people. I learned not to trust everyone and to be aware of my surroundings."



University del Pais Vasco, Spain

Karolin Pintér

"Spending a semester abroad is more than just attending the classes of another university and learning foreign languages, it is without any doubt a life-changing experience. For me, it was one of the greatest gifts in my life I was ever given. I got the chance to live in Bilbao, Spain for 5 months and experience a way of life I could not imagine before."

Our top pick: Institut Paul Bocuse, one of the most prestigious culinary institute in the World



Applied lands

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The Eugeniusz Geppert Academy of Art and Design, Poland

Regina Vitányi

"This semester not only helped me to develop as a person, but it was actually very beneficial regarding my studies. The host institution is a quality art school where one can execute any project they want."



A HIGHER ED FAVOUR

WE START OUR SERIES OF AMAZING COUNTRIES WITH A REAL CLASSIC

The Netherlands is always popular



I LEARNED MANY INTERESTING THINGS AND I'M SURE I WOULDN'T HAVE LEARNED THOSE AT HOME ANYTIME SOON IF EVER. OVERALL I REALLY ENJOYED MY ERASMUS SEMESTER AND IT WAS A TRULY EYE-OPENING EXPERIENCE. WHENEVER SOMEBODY ASKS HOW I CAN SUM IT UP, I ALWAYS SAY: IT FEELS LIKE I STEPPED INTO THE 21ST CENTURY FROM THE 20TH. IT'S A WHOLE DIFFERENT WORLD.

MÁTÉ BUNYA, SPENT A SEMESTER IN AVANS UNIVERSITY OF APPLIED SCIENCES IN BREDA

There are many reasons why you should try The Netherlands as your study abroad destination. But before you decide anything, you have to have some basic information about the country. Introduction by Ulvi Garasharuv, Communication and Media Studies MA.

BIKING

Yeah, I get it: biking is an obvious stereotype when you picture the Netherlands. But, let me tell you -- there really are more bikes than people here. There are bikes full of groceries, bikes with giant boxes on the front to transport your IKEA couch or piano home. There are bikes with three children attached in various ways as moms bike everyone to school. There are bikes with someone's girlfriend riding sideways on the rack over the back tire. There are flocks of bikes with university students riding home from the bar in the wee hours of the morning. There are bikes on bikes.

One of the first things you probably should do after arriving is to get a bike (used bikes are usually for the fraction of a new one) for your time in the country. Just be sure to lock it up when you park it outside.

WHICH CITIES SHOULD I VISIT WHILE I STAY IN THE NETHERLANDS?

The most popular cities amongst international



students are Amsterdam, Rotterdam, and Utrecht, but Eindhoven, Leiden and The Hague aren't too far behind.

AMSTERDAM is famous for certain reasons, but there's so much more than that. There are idyllic canals, more bicycles than you can count, incredible museums, and a modern transport network that can get you just about anywhere in the Netherlands and Europe.

ROTTERDAM is an absolute must-see for any student in the Netherlands, as no other city captures the innovative spirit of the modern Dutch. After being bombed in 1940, this city has rebuilt itself from scratch (literally).

UTRECHT is a longtime favorite of students (and also the city where I did my bachelor). If you want your experience abroad in the Netherlands to feel more intimate and student-centered, this city is your jam.

The most popular universities for international students in the Netherlands are Leiden University, Utrecht University, Maastricht University, and the University of Amsterdam,

RITE: The Netherlands

-AMAZING COUNTRIES I-



METU HAS A LOT OF POPULAR PARTNER UNIS IN THE NETHERLANDS, SUCH AS FONTYS UNIVERSITY OF APPLIED SCIENCES OR SAXION UNIVERSITY OF APPLIED SCIENCES.

YOU'LL WANNA EAT THIS!

FOODIES

DUTCH FEAST

EXPERIENCING NEW CULTURES ALSO MEANS EXPERIENCING OTHER GASTRONOMIES!

Throughout the history, Dutch were travelling people and their cuisine shows a great variety and influence due to their travels. One of the most famous Dutch staples is their cheese- there is always an ongoing debate between France and the Netherlands about who gave the best cheeses to the World. If you are in the Netherlands, you definitely must try local Edam and Gouda! The Dutch are also proud of their beers: Heineken, Amstel and Grolsch are all coming from the NL.

Also, a go-to snack in the country is Bitterballen, which is deep fried crispy meatballs traditionally served with mustard or Stroopwafel which is two thin waffles stuck together with a layer of sweet syrup. Some other famous (and really controversial) local foods are raw herring and liquorice- try them and let us know your verdict!



as their degrees are widely recognized. Leiden, with its centuries old architecture, is the oldest university in the country. Utrecht, positioned in the center of the country, boasts a medieval look and a bell tower that overlooks the city. Maastricht has a vibrant cultural scene, complete with cobblestone streets. And finally, Amsterdam, the world's darling when it comes to visiting Holland, needs no introduction.

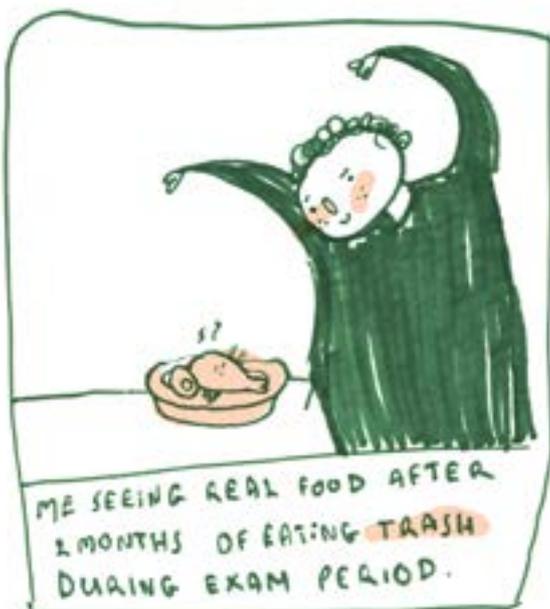
No matter where you choose to study in the Netherlands for your year, semester, or summer abroad, know that it will not be a mistake. The 2018 World University ranking list proves that 13 Dutch universities are ranked top in 200. Their well-known student-oriented system is highly valued at both national and international level; the academic approach is participative and aims to promote analytical creative thinking that enables you to solve practical problems.

DUTCH CULTURAL HABITS YOU HAVE TO KNOW

Here's what you need to know about the academic culture when it comes to your studies. The professors are approachable and there's little hierarchy in the professor-student relationship. Don't expect feedback if you did a good job on your essay. Receiving one is not a good sign. Don't expect compliments either. You are expected to be independent in your work, even during the project work. Besides that, discussions in the class are encouraged, as you learn the best from your peers. You are expected to apply active learning methods: ask questions and answer them through studying, to reason whether you agree or not with the topic you are reading, to think of alternative solutions and the consequences. And the most important thing to know: the Dutch are quite straightforward and sometimes they can come off as rude. It is in their culture to be open and direct about the topics they wish to discuss.

Regina Vitányi has spent one semester at The Eugeniusz Geppert Academy of Art and Design (Wroclaw, Poland) and documented her experiences with awesome illustrations. Check out her artwork to see how an Erasmus experience can make you discover so much about yourself and the World!





HOW FAR FROM HOME?

Regina also wrote a blog about her experiences. You can read her entry about homesickness here. We recommend this reading to everyone who is insecure about leaving the country and cannot imagine living months abroad. Regina has some suggestions for the most pressing situations.

In this entry I will talk about how to deal with homesickness, and why it's not such a big issue that you might think it is ;) Bringing the decision that I want to go on Erasmus was a fairly easy one for me because I was always adventurous, but I can understand that it's not easy for everyone. For a semester you not only leave your country, but your comfort zone too, and that means that you will have to deal with the unexpected. However it depends on you whether you consider this exciting or scary, and meanwhile a little thrill is okay, I'll try to show you how to cope with every situation in which you might miss home.

Fact Nr.1: In fact you will not have the time at all to be homesick. There will be so many things happening around you, a handful of new friends and plenty of places to visit that you will be pretty occupied enjoying this new chapter of your life. I remember the first week I got here I was thinking about some plans on how to fill my time, all these people to call on skype and all, but then the first Erasmus meeting happened and I found myself on an island on the river surrounded by people all over the world who had so much stories to tell! I learned that in Lithuania you're considered short under 170cm, in Georgia they have a letter which stands for a clicking sound you have to make with your tongue, in Ireland Crème Eggs are so important during Easter that an Irish grandma will send it by post to his grandson no matter how far he might be and that in Mongolia not everybody owns a horse anymore.

Fact Nr.2: Erasmus will not isolate you from your friends at home. I might have been very busy during my semester, but this is also the reason why I had a lot of stories to tell them, and they were always curious about what's happening to me to the point that they got me to make video blogs so I could share my life with them all at once. One of them even said it's better than Netflix so I take it as a compliment, although I might not have the looks of a Hollywood star through a webcam.

Fact Nr.3: Even if you feel a little homesick sometimes, I have some tips and tricks on what to do. For me the biggest deal was the taste on Hungarian foods –actually as I said, Polish cuisine is similar but still not the same as my family would make these dishes. It is an awesome idea to organise an 'Erasmus cook-off' where everybody contributes with one national dish, and I have to say everybody loved tócsni (potato pancakes) and túró rudi (come on if you've ever been to Hungary, you probably know this one), and also it's an amazing opportunity to discover what people from other cultures normally eat, and also to have a nostalgic trip with your own national

food. Even though most people wanted me to make Gulyás soup, I said that it's not a dish to be prepared in a dormitory since it needs 5-6 hours to be made well, but I invited everybody to my hometown during the summer so that we could make it on open fire which is a nice outdoor program in itself.

Fact Nr.4: Wanderlust is catchy! If you keep telling your friends about the experiences you have sooner or later they might want to be a part of it: I had quite a few friends visit me and for them it becomes more than a simple vacation because they can have a personalised tour guide all the way. The thing is that by the end of the semester I know 'my coffeeshop' and the 'go-to-bar' and 'that little cozy restaurant' because I didn't just study here, I also lived here and as much as I became the part of this place it became the part of me too, so at this point my friends visit is also going to be a lot more personal than just a simple guided trip. And it works the other way round too, I had the chance to visit some friends abroad during the semester, I discovered the Baltics and it was indeed a dream came true! We had been mailing for a year now, it's also a cool oldschool thing if you want to discover more ways of keeping in contact. But more about that in the next entry. :)



STEFI SUBA'S ADVENTURES IN SPAIN

Stefi is a Commerce and Marketing BA student at METU, but she also wanted to take her studies a step forward. She spent two semesters in Madrid, Spain to further develop her professional skills at ESIC Business and Marketing School.

Before you went, which expectations did you have about studying abroad?

To be honest, I went there without any expectations. I felt like I was ready for a change, whatever it's sounds or be like. So I realized I would never know my chances without trying it, so I applied.

Where did you go during your exchange and why did you choose that university and city/country?

I chose Spain, especially ESIC Business and Marketing School at Madrid Campus. I chose to go to Spain, because I studied languages in Secondary school, especially Spanish and English. I wanted to improve my Spanish language skills and my marketing knowledge.

What was the reason you wanted to go on an exchange?

Because I wanted to experience something different, I wanted to be part of an international group and definitely I wanted to get out of my comfort zone. I wanted to challenge myself even though I was a little bit scared at the beginning.

What was your favourite course, and why?

I had several great subjects, because I had to take the whole programme. My favourite course was Marketing Plan, where we had to create a whole new marketing plan for one of the hotels in Spain. Our plan included analysis, measurements and KPI's, basically everything what is needed for a marketing plan. There was also Strategic Brand Management where we had to design and create a completely new beer brand. I enjoyed the liberty of writing my own thoughts and ideas with my group. These are just two subjects, but I had several courses which clearly improved my skills at marketing and in business.

What similarities and differences can you mention compared to your home university?

At ESIC they are clearly focusing on practice. Because Marketing is a profession which needs experience from life and from practicing. Classes are taken mostly with 30 people, just like in Hungary in Secondary Schools and there are hardly any individual work, everybody is working in groups. We started with classes at 5pm and finished at 10pm. Most of the courses were considered as seminars, so it was obligatory to attend, or you could skip several classes depending on the ECTS the course had.

"I WANTED TO CHALLENGE MYSELF EVEN THOUGH I WAS A LITTLE BIT SCARED AT THE BEGINNING."



AIN





STEFI SUBA'S ADVENTURES IN SPAIN

We had to make presentations on a weekly basis. During our semester by giving presentations we could achieve a better mark for the final exams. The professors are good English speakers and they are coming from different cities or even countries, which makes it even more interesting, because we got to hear different points of views and opinions.

What was the most surprising for you when you arrived to your host city?

Firstly, that basically no one speaks English in the Capital. Second of all, which is mostly the reason why I extended my contract, is because the environment was friendly, lovable, the people are kind and they are smiling, just to live there made me feel happy and free.

What would be your favourite memory of your time abroad?

My favourite memory would be that I had the opportunity to live there. It includes the people who I've met, the things I've seen, the problems I've solved and that as the only Hungarian girl at the university I achieved my accomplishments.

What would be the weirdest memory of your time abroad?

When I got to Madrid, I didn't have anywhere to sleep and the university started already the day after. I remember I called a friend of mine from Metropolitan University, also a student who came to study at ESIC and I asked him to help me out for couple of days until I find a room in Madrid. Finally everything went well. Within a week with my basic Spanish language skills I could find a room where I could stay for 6 months with 3 other girls.

Did you travel within or outside the country? If so, where did you go?

When I had time on the weekends, of course. I've visited Toledo, Salamanca, Segovia, Sevilla, Cordoba, Málaga, Cádiz, Portugal (Lisbon and Porto). And I keep discovering Spain... Today my list is a little bit longer, because I added Valencia and Benidorm.

Looking at the people you hang out with the most, where do they come from?

Well I would say I was always surrounded by international people, so I would say from all over the World.

What do you think you have learned during your exchange, that you probably would not have learned had you not gone (academically or personally)?

I definitely could experience a lot of new things, that I couldn't have experienced otherwise. This program gave me the opportunity and the possibility to explore something new and improve myself as much as possible, which was quite beneficial for me when I came back.

What would you recommend to someone who is interested in studying abroad at METU?

That don't even hesitate, Do it! You will never forget it and you will end up having great people around you, connections from all over the World and you never know how that would affect your professional life in the future.

Do you think your exchange can be useful for you in your future working life? In what way?

Definitely! As I mentioned, connections always affect personal and professional life. It's not only that you are improving all of your skills but it's also about how you work on keeping all your connections alive when you are not together in one class room.

With the experience you now have, is there anything you would have done differently?

No, I loved every moment of being an Erasmus student in a foreign country with international people. I wouldn't change a moment of it.

So far, would you consider the possibility of living abroad for a longer period of time?

Yes, I'm considering to do my Master degree abroad and visit Spain as often as possible.



“I'm considering to do my Master degree abroad and visit Spain as often as possible.”

THE DESIGNS OF EMESE PANCSA

EMESE PANCSA IS ACTIVE IN THE DESIGN FIELD, WITH NUMEROUS AWARD BEHIND HER BACK. THIS TIME SHE DECIDED TO TRY HER KNOWLEDGE IN THE NETHERLANDS TOO. SHE DEFINITELY CAME HOME WITH A LOT OF GREAT EXPERIENCE.

Before you went, which expectations did you have about studying abroad?

My primary goal was to push my boundaries. I felt that the ability to use and not just to “know” a language can be developed in an international environment. This could help me to build up my self-confidence in my profession. It could be a life-changing time. For me definitely!

Where did you go during your exchange and why did you choose that university and city/country?

I had two ways how I thought about the possibilities. My first filter was my own profession. Where I can develop my knowledge the most? On the other hand, I wanted to compare the universities with ours. That was the challenging part. I am glad about my choice because I was looking for something totally different. Finally, this lead me to apply to Hanze University of Applied Sciences, Minerva Art Academy.

What was your favourite course, and why?

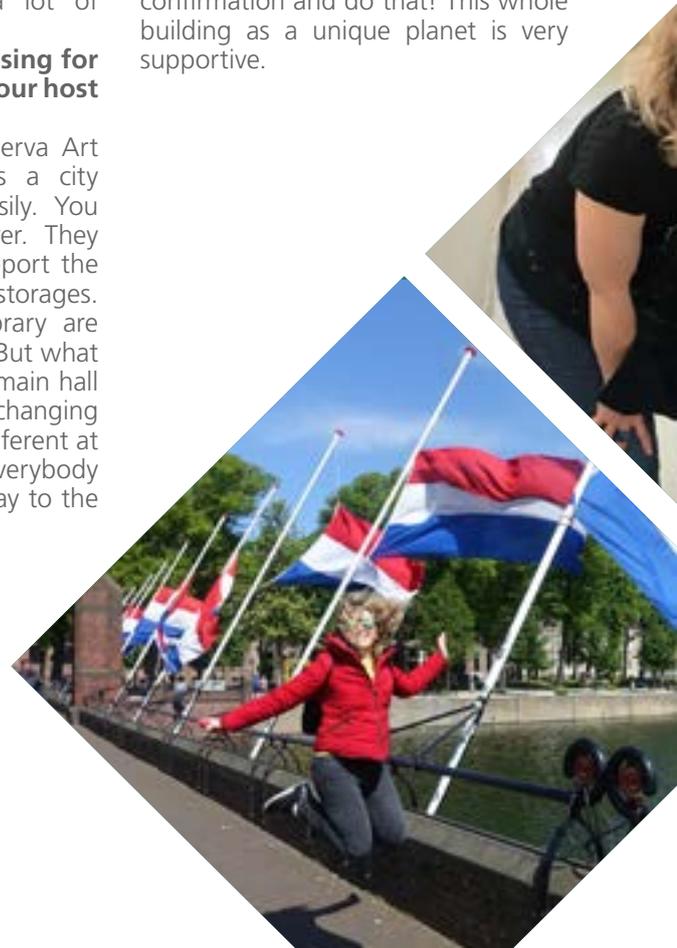
In the beginning, I applied to take part in a research group which is called Hemp Design Factory. They are dealing with sustainable project connected to industrial hemp. I was always interested in environmental issues, and I felt my own professional responsibility as a designer from the concepts until the techniques of prototyping or till the production as well. I could join a lot of projects and get to know people who changed my perspectives or let’s say helped me to find our ways together. Long story short, after the final presentation of this course which was a big event

where we could pitch our concepts for an audience with companies involved, we all felt that this collaboration did not end up with the semester so we found a way how I could become an intern for the next semester. Now I am lucky to say that I am currently a full-time intern in this research group. Some of us established a group or as we call ourselves the “Sustainable Minerva movement.” We are designing an action plan for art universities to be more sustainable. This study, besides my own project, is one of the most inspiring parts of my life. I feel the support to create value and this best practice will hopefully reduce the footprint of a lot of institutions soon.

What was the most surprising for you when you arrived to your host city?

The building itself. The Minerva Art Academy was designed as a city where you can be lost easily. You will not be bored here ever. They have their own shop to support the students with materials and storages. The media lab and the library are good sources of inspiration. But what I appreciate the most is the main hall of the building. It is always changing like a living organism. It is different at least 3 times a week, and everybody should pass by it on their way to the

canteen or for whatever reason. This is the home of every exhibition or exam where students are presenting their ideas. People from all around the city or farther can stop by to look around in the school and find new design approaches and hopefully, the students can find new jobs and clients. This place is perfect for events where we can do workshops, attend lectures from experts outside of Minerva. If you need a table or an installation for presenting your stuff, or you need to hang something, there is a warehouse where you can pick up what you need. If you would like to paint on the wall, just let’s have a confirmation and do that! This whole building as a unique planet is very supportive.



Did you travel within or outside the country? If so, where did you go?

Thanks to the research group we traveled together to visit museums and exhibitions all around the country. My class also organized trips to factory visits and the university itself also offered opportunities. I could visit the Dutch Design Week, and I spent there two days with some good friends of mine. In Eindhoven, I could visit the Philips museum once when I was on my way back to Hungary. I was attending lectures on the Material District exhibition in Rotterdam. During the first semester, I spent most of my time here in Groningen cause I already find more than enough new insights here, but now we are planning to travel more with the Sustainable movement group.

Looking at the people you hang out with the most, where do they come from?

I am lucky with my housemates. Vera is my closest friend who with her family sort of "adopted" me in a theoretical way, and I am more than grateful for this friendship. I really appreciate all the Dutch people and they are close to my heart. I have a lot of Dutch friends as Lieke who is a unique treasure. But I also had a lot of good friends from

Belarus, Italy, Bulgaria... they are all of my friends which makes me proud.

What do you think you have learned during your exchange, that you probably would not have learned had you not gone (academically or personally)?

I learned the most about myself. I could redefine who I am and who I would like to become. I understood how big and how small is this World in different ways. I know it sounds cliché, but to understand different cultures, to accept and appreciate different approaches and to be able to see how similar we are at the end as human beings it is very inspiring. It helped me to understand myself better.

What would you recommend to someone who is interested in studying abroad at your host university?

If you are not sure about your chosen profession, the "box" where you are right now, this is the perfect place to explore the boundaries or the fact that they are not existing.

If you have further questions about the possibilities, I would kindly recommend to you to visit my Instagram site that I managed as a student ambassador here and if you have any questions do not hesitate to contact me!

So far, would you consider the possibility of living abroad for a more extended period of time?

I wondered about it, that is the reason why I visited other institutions to study abroad for a more extended period, but finally, I changed my mind. Thanks to the opportunity that I could stay for one more semester filled me up with a lot of insights. I would like to move back now to Hungary and use my knowledge and experience to help and support the Hungarian educational system. I think I can give value to those students who are searching for what their profession could be that they would like to do with passion. I would like to use the design as a tool to develop a system for self-improvement, help to find self-confidence in different fields. I would like to give back or share what I already have and create new solutions for young adults who are ambitious and would want to take actions.



AN UNFORGETTABLE EXPERIENCE: BRAZIL

AMAZING COUNTRIES II

**"THEY HAVE A JOY FOR
LIFE IN BRAZIL UNLIKE ANY
COUNTRY I'VE EVER SEEN."**

MORENA BACCARIN



In 1500 a Portuguese named Pedro Alvarez Cabral trying to find a new trade route to India docked in a new land. In this new land, they found an abundance of a tree that had a color red like amber. In Portuguese they named this tree Pau-Brasil, this tree, later on, named this new land, Brasil. Once a Portuguese colony later became part of the United Kingdom of Portugal, Brazil, and the Algarves. In 1822 became an independent empire, the Empire of Brazil, then in 1889 became the Federative Republic of Brazil. Now is the largest country in South America and Latin America, the 5th largest country in the world and also the 9th nominal GDP in the globe and for the past 150 years the largest producer of coffee in the world. The capital is Brasilia and the most populous city in the country, which is also the largest metropole in the southern hemisphere, Sao Paulo. The country is not only home 190 million people but also the home

of the Amazon rain forest, which held the most exceptional biodiversity in the world. Brazil is the most visited country in South America and the second most visited in Latin America. That is because of its rivers, wildlife, fabulous beaches, welcoming people, vibrant nightlife, fantastic food, and culture. During the night you can visit the local bars called "butecos" and enjoy an incredible experience supporting one of the local football clubs. After all, that is Brazil, and we are crazy about the sport. If sport is not your cup of tea, there are music styles for everyone: Samba, Bossa Nova, Axe, Sertanejo, etc. If adventure is what you are seeking you can Hoover over Rio de Janeiro in a paraglider, hike in Minas Gerais and Goias or surf in breathtaking beaches. In Brazil, you can find almost everything, but most of the country has terrific tropical weather all year round.

Influences

Brazilian cuisine has a mix of influences. African influences on the Northeast, Italian, and German on the South, Japanese on the Southeast and from native Indians in the North.

Feijoada
For many Brazilians that's the national dish. A stew made with beans and scraps from the pig. Legend says that slaves would make the stew with leftover parts of the pork, like ears, nose, and feet. Typically consumed on Sundays with farofa, kale and a glass of calpirinha

Feijao Tropeiro
Typical food from the Minas Gerais, Sao Paulo, and Goias states, is a mix of meat, beans, and farofa. Usually consumed by the tropeiros who would venture in wild parts of the country

Churrasco
Brazilians eat a lot of meat, but in the south Churrasco is a religion. The Rio Grande do Sul state is considered to have mastered the Brazilian barbecue and are famous for the best churrasco in the country



Thanks to a diverse population stemming from Portuguese colonization, a long history of slavery, and large groups of immigrants from Europe and Asia, Brazil has an interesting and **rich food heritage**. Because the country is large and diverse, regional dishes vary greatly from one area to another. Ingredients first used by native peoples in Brazil include cashews, cassava, guaraná, açai, cumaru and tucupi. From there, the many waves of immigrants brought some of their typical dishes, replacing missing ingredients with local equivalents. For instance, the European immigrants (primarily from Portugal, Italy, Spain, Germany, Poland and Switzerland) were accustomed to a wheat-based diet, and introduced wine, leafy vegetables, and dairy products into Brazilian cuisine. Some of the most typical foods are Feijoada, Bacalhao, Moqueca, Vatapá, Acarjé, Empadão and Quindim.

What most of Brazilians look forward every year is the carnival.

The festivals origins go back to ancient Christian times. It marks the beginning of the lent period, in Latin Carnival means "remove meat." The lent officially starts on Ash Wednesday at noon, but before that, there is a lot of time to celebrate. The celebrations are different in each region of the country. In the Southeast, Sao Paulo and Rio de Janeiro for an example, there are huge parades and street festivals where the rhythm is the Samba. If you go a bit further north to Salvador, the atmosphere changes completely to a crowd following a trio-elétrico and dancing to Axé, an African-Brazilian type of music. A bit further north in Olinda the rhythm changes again to Frevo, but the party is still on the streets. Carnival is undoubtedly the most famous Brazilian holiday, this year (2019) Salvador had around 800 thousand visitors, and 7 million people attended the carnival parade in Rio. If you ask any Brazilian today, the chances are that they are already counting the days for the next carnival.



PROFESSORS GO ON EXCHANGE TOO: ÁRPÁD PAPP-VÁRY IN PORTUGAL





Studying at one of the world's top universities? It is now possible at METU's Erasmus partner.

The QS ranking is a benchmark in higher education: if one of the world's more than 25 thousand universities makes the top 500, you must raise your hat to the institution. Well, I happened to visit Aveiro, Portugal with the Erasmus programme in the same week as the latest list was published, and it showed that the University of Aveiro had finished among the best in several areas.

A university with a main campus right on the seaside is a great experience to attend on its own, not to mention its excellent teaching staff. The significance of the university is also highlighted by the fact that it has almost 15 thousand students, while the population of Aveiro is only 80 thousand. Therefore you can always stumble on university students who spend their mornings chatting with each other, enjoying coffee and nibbling on a piece of ovos moles (the local dessert), and drink a good beer or sip one of the justly famous Portuguese wines in the evenings.

The city is also known as the Portuguese Venice, which is no wonder as a result of the local gondolas that are somewhat bigger and the channels that are somewhat smaller than those in the Italian city. Moreover, the place is also a great choice for tours. Porto to the north and Coimbra to the south are accessible within an hour – by the way, METU also has Erasmus partners in these cities.

You need to spend some time travelling anyway: the campus of students arriving for business training programmes is not located in Aveiro, but Agueda. The city can be reached within half an hour – however,



it is not situated on the coast, but in the mountains. The advantage of the place is that it is much warmer and less windy from late spring to early autumn, but colder from late autumn to early spring. The harsh winter conditions are further compounded by the fact that the Agueda campus actually used to be a military barracks. But there is nothing to worry about: you do not have to line up in the mornings watching the flag raising ceremony, and the teachers are not sergeants, either. Nevertheless, it is useful to learn a

few Portuguese terms besides English, in order to connect with people in the city's shops and restaurants.

The excellent relationship between the two universities is demonstrated by the fact that a few weeks after my Erasmus teaching mobility, associate professor Daniel Magueda (University of Aveiro) arrived at METU. The exchange of teaching staff has been completed – let us start the exchange of students!

TIPS AND TRICKS- HOW TO GO ON AN INTERNSHIP ABROAD

ONE OF OUR COMMUNICATION AND MEDIA MA STUDENTS, ULVI GARASHARUV MET METU FOR THE FIRST TIME WHILE DOING HIS INTERNSHIP AT THE INTERNATIONAL DIRECTORATE OF THE UNIVERSITY. HE SHARED SOME GREAT TIPS ABOUT FINDING AND DOING AN INTERNSHIP ABROAD.

Finding an internship might seem to be the hardest part of the whole procedure, but don't worry, there are some good practices that could get you closer to your dream internship!

First of all: update your CV! There might not be too many things to list yet, but remember-employers usually don't expect interns to have a lot of experience. What they usually look for is enthusiasm and a will to improve your skills. Make sure to list your strengths in your CV- time management, presentation skills and so on. They are all important skills of an intern.

When your CV and maybe even a Cover Letter is done, you should start sending them out. Don't shy away from asking around- use every contact that might be able to help you! Friends, neighbours, anyone can be of help. Also, there are so many specialized websites you can search, just think of LinkedIn. There are many employers out there eager to find a talented intern.

One last very important tip: be patient! Finding the perfect internship is not a fast thing. Keep on searching, applying and soon you will be good to take off!

When you are already at your internship, there might be a few tips to make your stay more comfy.

1. Planning is key! Make sure to have a great checklist- it's gonna be great for packing and keeping your Erasmus paperwork in order. Also, communicate with your managers before arrival. Don't be too pushy, but also make clear that your internship is going to be meaningful and you are suitable for the task. It will also make a good impression, because your bosses will know that you are clear about your knowledge and willing to live up to the tasks.

2. Finding accomodation. There are many ways online to find accommodation. Most cities have Facebook groups and specialized websites for findig a room. You can also ask some of your international friends for advice. They might have something in mind or have good tips for the search. There is also another golden tip: Have a skype call with your flatmates/landlord before signing anything!

3. Homecomforts. From something as small as a grainy photo of your dog or as much as a collage of everyone you know and love, homely touches can bring a huge amount of comfort when you first arrive to a new country.

PERSONAL DEVELOPMENT

Going abroad for work definitely requires you to step out of your comfort zone. Imagine the new-found confidence you will gain by going through this journey!

WHY INTERNSHIP ABROAD?

Gain international experience

Usually in a corporate environment having international experience could be vital- and also, speaking a foreign language. It gives you a higher chance to land great jobs, get promoted or even find a work placement abroad. Give yourself a rocking competitive advantage by starting off your career with an internship abroad!

DEVELOP WORK-RELATED SKILLS

IT'S FUN AND GAMES BUT ALSO A LOT OF THINGS TO LEARN!



There are a lot of important things you can learn during your internship that will be invaluable when you are looking for your next job.

Depending on your chosen field, you can learn things like HTML coding, Facebook or Google advertising skills, specific design softwares, copywriting, public speaking, time management and so many more! Don't miss out on learning and boosting your skill portfolio.

BOOST YOUR CV AND NETWORK!

During your internship you will definitely meet a lot of interesting people. Be sociable, get to know new people, your friends might be a golden link to your future job!



ABOUT ERASMUS+ AND CAMPUS MUNDI

INTERNATIONAL MINDSET IS A CORE VALUE AT METU. WE TRULY THINK THAT EXCHANGE PROGRAMS AND THE OPPORTUNITY TO EXPERIENCE OTHER CULTURES AND EDUCATION SYSTEMS WILL ENRICH YOU SO YOU CAN REACH YOUR CAREER GOALS IN THE FUTURE.

ABOUT CAMPUS MUNDI

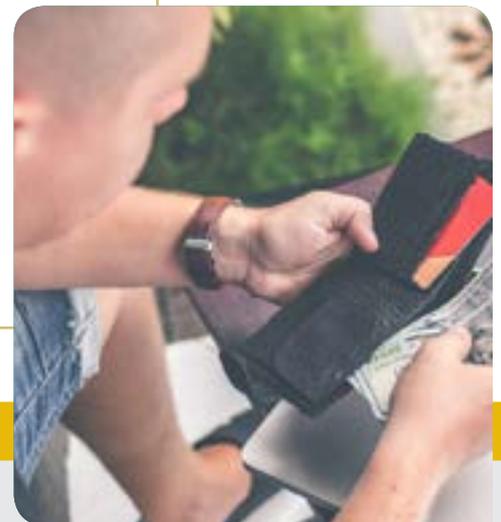
Campus Mundi is a relatively new program administered by Tempus Public Foundation. You can apply for semester studies or internships to all countries on the globe!

You can apply if you are a full time, active student of METU and completed at least one semester. You can either go to one of METU's partner universities or find a host university individually as a freemover student.

For thraineeships you have to find a host company prior submitting your application.

The duration of the scholarship should be minimum 3, maximum 5 months. The scholarship amount varies between 200 000 and 350 000 HU/month depending on the country of destination.

For more information visit: <https://www.metubudapest.hu/campus-mundi-en> write to campusmundi@metropolitan.hu



ABOUT ERASMUS+

Erasmus+ Student Mobility Scholarship

An Erasmus exchange is a great opportunity for you to broaden your horizons by discovering new countries and cultures. Besides enhancing your personal and academic development, an exchange will also improve your employment prospects. METU students can spend 3-12 months (1 or 2 semesters) studying abroad at one of our 100+ partner universities.

How do you get started? First of all, you must meet certain conditions such as:

- An average of at least 3.0 (weighted average).
- Usually you must speak the language at the host university (at an reasonable level).

Once that is done, your Erasmus+ applications should be submitted through an online application system

(<http://outgoing.metropolitan.hu>). You must choose 3 partner institutions in the order of your priorities.

Certain documents are need to be uploaded such as:

- A Language certificate/official statement
- Your CV
- A motivation letter

Regarding funding, you can apply for the following:

- Depending on your final destination, the scholarship varies and range between 420€/month (e.g. Poland) and 520€/month (e.g. Finland).
- Earn 50 euro extra each per month by blogging during your Erasmus exchange (after the mobility in one instalment). Be aware: Limited selection takes place.

After submitting your application, it will be a small interview so we can evaluate your oral English language skills.

If you have any problems with your application and you want more information, please contact our Erasmus administrative coordinator (Krisztina Kilian-Gadacsi/erasmus@metropolitan.hu).

Erasmus Traineeship

Erasmus+ Mobility for traineeships is a programme which gives students a chance to work abroad supported by the Erasmus scholarship. METU students can spend 2-12 months with completing their traineeship at a company or higher education institution abroad.

Keep in mind you do have to meet certain conditions for you to apply for this programme. Some of these conditions are:

- Hungarian citizenship or a valid residence permit in Hungary
- The applicant must have finished at

WHO TO TURN TO

Are you in doubt about the whole procedure? We know-paperwork can be tricky and exhausting. However, don't let this discourage you, our colleagues are always here to help you out if you are in need! Check out who will help you out:

KRISZTINA is our Erasmus Administrative Coordinator, she is the one who knows everything when it comes to Erasmus+ both studies or internship. She is working at the Egressy street campus, but is also personally available every Tuesday in the International Front Office (F110) in the main building at Nagy Lajos campus. You can meet her up, or drop her an email with your questions! (erasmus@metropolitan.hu)

TIBOR can always help you as well, he can be found in the International Front Office (F110) every weekday in opening hours.

He is happy to help you with any Erasmus+ questions you might have, and will help you arrange your paperwork.

TIBOR is also responsible for Erasmus+ staff and professor exchanges. If you work at METU and would love to take part in an exchange- even if it's just a few days- write us an e-mail and he'll help you through it. (erasmus@metropolitan.hu)

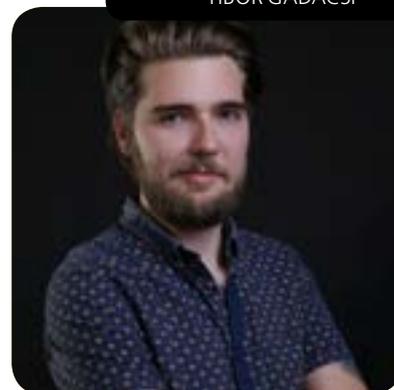
KÁROLY is responsible for various exchange programs at METU including Campus Mundi, CEEPUS, Erasmus+ International Credit Mobility and the Makovecz Program.

He is available for personal consultation on Thursdays between 9 am and 3 pm at the Front Office (F110) of Nagy Lajos Campus. If you want to book an appointment, please write him at: campusmundi@metropolitan.hu.

KRISZTINA KILIAN-GADACSI



TIBOR GADACSI



KAROLY KOPASZ



least 1 semester of studies at METU at the time of applying.

You may wonder how to apply for it. Students should submit their application through an online platform (<https://outgoing.metropolitan.hu/>). When applying to a company/enterprise please look for the OPEN LOCATION TRAINEESHIP option on the application platform.

Please pay attention that you have to upload certain documents such as:

- Completed Learning Agreement for Traineeship, which has been signed by all parties
- Letter of acceptance

In addition to your salary (if the chosen company provides it), you also get an Erasmus Traineeship scholarship. Depending on the host country the

amount of the scholarship varies:

- Countries with low living costs (Bulgaria, Czech Republic, Estonia, Croatia, Poland, Latvia, Lithuania, Macedonia, Romania, Slovakia, Slovenia, and Turkey): 520 EUR/month.

- Countries with medium living costs (Austria, Belgium, Cyprus, France, Greece, Netherlands, Malta, Germany, Italy, Portugal, and Spain): 570 EUR/month.

- Countries with high living costs (Denmark, UK, Finland, Ireland, Iceland, Liechtenstein, Luxembourg, Norway, and Sweden): 620 EUR/month.

If you have any problems with your application and you want more information, please contact our Erasmus administrative coordinator (Krisztina Kilian-Gadacsi/ erasmus@metropolitan.hu).

Compulsory Internship with Erasmus

Conditions: active student status at METU, Hungarian citizenship or a valid residence permit in Hungary. The applicant must have finished at least 1 semester of studies at METU at the time of applying.

Erasmus Office

CareerCentre

STEP 01

Career Consultation

How can you find the best place and job?
How do you write your CV and your cover letter?
More information about the administration method.

STEP 02

webpage of Erasmus

<https://outgoing.metropolitan.hu/Registration/> Create an account. Fill out all the personal informations

STEP 03

Compulsory documents

- You need to upload
- CV
 - Motivation letter
 - Certification of language skill
 - Letter of acceptance
 - Completed Learning Agreement for Traineeship
 - Cooperation Agreement

Get in touch with the company

Clarify the main points of your internship:

- duration (from - to - date)
- working hours (4-6-8 hours)
- wages
- type of contract (contract of employment / internship)

STEP 04

Application

- Upload all of the compulsory documents
- press the SUBMIT button
- Erasmus committee evaluate the application

Cooperation agreement

Find the agreement in Neptun. This is the agreement between the university and the company you will working for.

IMPORTANT: bring 2 copy of the contract to us (F212) at least 10 day before the traveling.

STEP 05

Signing the grant agreement

- Required documents with signatures:
- health-, accident-, and liability insurance
 - receipt of the bank account
 - OSL test
 - original Learning agreement

IMPORTANT: Contract needs to be signed at least 2 weeks before traveling

STEP 06

Compulsory documents

To finish your internship, you need to:

- write an Internship Essay
- fill out the Employers's Certificate

More information:
<https://www.metubudapest.hu/erasmus-traineeship>
office: Nagy Lajos campus, F110
email: erasmus@metropolitan.hu

More Information:
<https://www.metubudapest.hu/compulsory-intership>
iroda: Nagy Lajos kampusz, F212
email: intership@metropolitan.hu

NEW OPPORTUNITY!

Newly graduated students can also participate in the Erasmus+ student mobility for traineeship within 12 months after their graduation (in this case students have to submit their applications before completing their final exam and in case of successful application they have to sign the contract before the final exam.)

Please note: if you are an international student of METU, the timing may vary depending on the validity of your residence permit.

Stay updated about
the most important
exchange events &
deadlines!



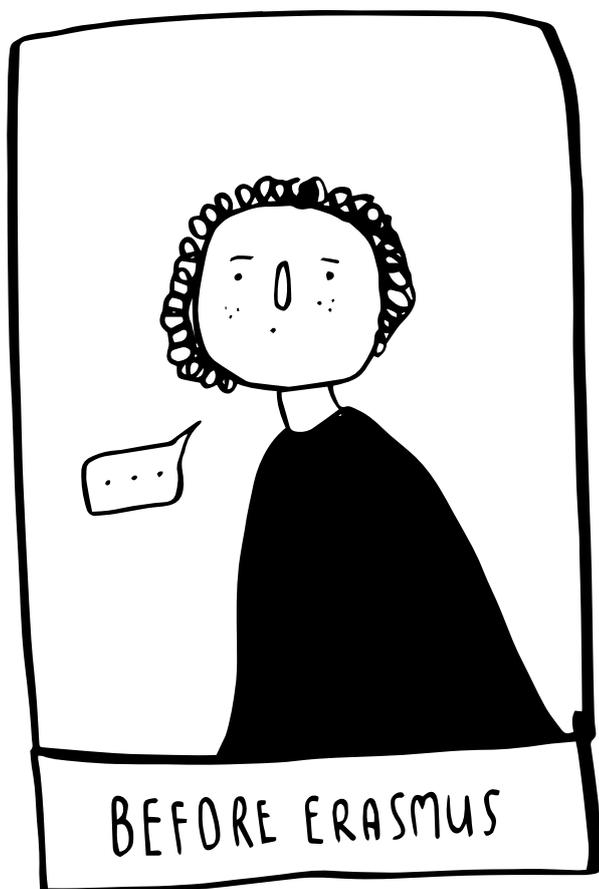
- 26 September- Mobiliy Café for semester studies
- 17 October- Mobiliy Café for traineeship (Rózsa campus)
- 21 November- Mobility Café for traineeship & fresh graduate traineeship

- 06 October - Application deadline for semester studies for Spring Semester 2020

Help us be better!

Fill our questionnaire about your thoughts of studying or working abroad and get an awesome pack with a lot of cool Erasmus+ stuff!





Artwork by
Regina Vítányi

X-CHANGE MAGAZINE

Cover photo: Emese Pancsa, Stefi Suba

Contacts:

erasmus@metropolitan.hu

campusmundi@metropolitan.hu

<https://www.metubudapest.hu/exchange>