

A close-up photograph of a camera lens with a black and silver finish, resting on an open, vintage-style map. The map shows various geographical features and place names. The text 'LTM goes Abroad!' is written in a white, handwritten-style font across the center of the image.

# LTM goes Abroad!

A BROCHURE FILLED WITH INSIGHTS INTO  
THE SEMESTERS ABROAD OF OUR LEISURE  
AND TOURISM MANAGEMENT STUDENTS





# Australia





Inga

## UNI LIFE

I studied at the University of the Sunshine Coast at the Sippy Downs Campus. The campus is beautiful and looks like a National Park. You can find kangaroos and various exotic birds everywhere. Apart from that, I really enjoyed the university events and the small courses.



Whitsunday Islands National Park

## FAVORITE MEMORY

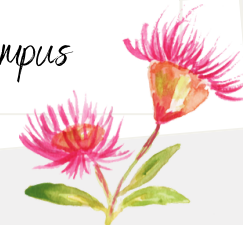
Jumping out of a plane and seeing the Sunshine Coast from above & the graduation ceremony at the end of the semester :)

## MY EXCHANGE IN THREE WORDS

Dreamlike, Action, Summer Fairytale



Kangaroos on Campus



## RECOMMENDATIONS

### Happy Place:

Sunsets in Caloundra

### Best Restaurant:

Guzman y Gomez, Rice Boi

### Best Place to Party:

Events at the student housings

### Most Interesting Attraction:

Noosa, Tasmania & Uluru



## TIP

If you're there for one semester, enroll yourself in the "Diploma of Business" Program. You'll get a Diploma Certificate & a graduation ceremony!

# SUNSHINE COAST Australia



The Sunshine Coast is a beautiful coastal region near Brisbane. I spent a lot of my free time at the beach, which is great for surfing, paddling and swimming. Besides that, the region is also very well connected to the long-distance bus network and is a great base for exploring Australia's east coast.



A scenic mountain landscape in Austria. The image features a large, white, brushstroke-like background that spans across the middle of the frame. The word "Austria" is written in a white, cursive script font over this brushstroke. The background shows a majestic mountain range with rocky peaks, some snow patches, and dense green forests. The sky is a clear, vibrant blue with a few wispy white clouds. In the foreground, there are more green trees and a hint of a grassy slope. The overall composition is bright and inviting, showcasing the natural beauty of the Austrian Alps.

Austria





Ida

## UNI LIFE

During my time in Vienna, I was a student at the FH Wien der WKW. Studying in Austria is a bit different from studying in Germany.

For example, in Vienna we had mandatory attendance as well as exams during the semester. What I liked most about studying at the FH Wien was the internationality. I used to study with students as well as professors from all over the world.



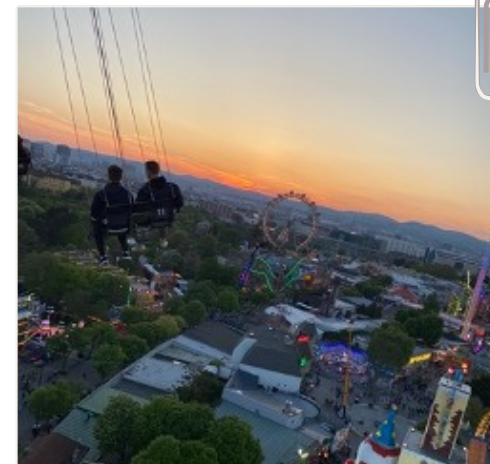
Summer in Vienna

## FAVORITE MEMORY

Swimming in the Danube during summer

## MY EXCHANGE IN THREE WORDS

Exciting, Fun, Inspiring



Wiener Prater



## VIENNA *Austria*

Vienna is one the most liveable cities in the world and also a very popular city for tourists. Besides different museums and the popular historical buildings, which are all worth a visit, the city also offers numerous other free time activities. I've always enjoyed spending time in the green parts, like the Danube island and the so called Nussberg, but I've also loved strolling through the city.

## RECOMMENDATIONS

### **Cooldest Bar:**

Kleinod

### **Happy Place:**

Danube Island

### **Best Place to Study:**

Coffee Pirates Café

### **Favorite Activity:**

Hiking through the vineyards



## TIP

Use the "Ringbahn" in the city and enjoy a sightseeing tour along many famous sights for free.



Bali







## UNI LIFE

I studied at the “Universitas Warmadewa” and was enrolled in a program at the faculty of humanities with around 70 other people. What stood out remarkably was the incredibly familiar atmosphere cultivated by the Balinese professors. Their dedication was evident, going beyond academics to ensure a nurturing and supportive environment.



*Purification Ceremony*



## DENPASAR *Bali*

Living in Bali is an adventure, with its lush jungles, stunning coasts boasting breathtaking sunrises and sunsets, fantastic diving spots and captivating mountain treks. There's an abundance of discoveries waiting! The living expenses, especially food costs, are remarkably low. As accommodation I lived in small villas or traditional Balinese houses.



*Gelap Temple*

## FAVORITE MEMORY

Mount Agung &  
Mount Batur Sunrise Trek

## MY EXCHANGE IN THREE WORDS

Adventures, Sunsets, Nature

## RECOMMENDATIONS

### **Best Sunsetspot:**

Uluwatu Beach

### **Favorite Divespot:**

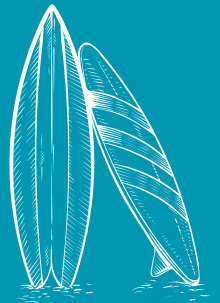
Gili Islands

### **Great Excursions:**

Ubud, Tulamben

### **Best Surfspot:**

Padang-Padang & Bingin Beach



## TIP

Visit Gili Islands, Nusa Islands  
and Komodo National Park.





Chile





Lea

## UNI LIFE

Studying at the Pontificia Universidad Católica de Valparaíso (PUCV) has been an amazing experience. All courses were taught in Spanish, which really helped me improve my language skills. Instead of exams, I had assignments throughout the semester, which was stressful at first, but in the end took away a lot of pressure. I took classes focused on the Latin America context, which gave me practical insights and helped me think beyond the eurocentric point of view.

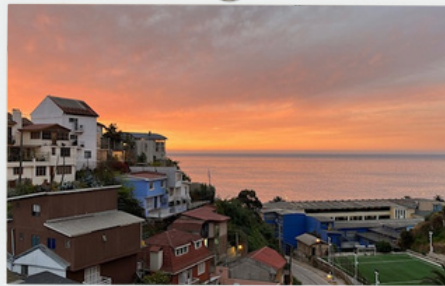


Mirador Pedras Rojas

## VALPARAÍSO

Chile

Valparaíso is a historic port city on Chile's Pacific coast, just 2 hours away from Santiago. Valparaíso and Viña del Mar, its neighboring beach town, blend seamlessly into one dynamic metropolitan area. Together, they offer a unique mix of culture, nature and student life. I love how Valparaíso's colorful Cerros and street art combine with Viña's beaches to create the perfect balance of vibrant and calm.



Valparaíso at sunset

## FAVORITE MEMORY

South America Round Trip during the semester break

## MY EXCHANGE IN THREE WORDS

Terremoto, Travel, Enrichment

## RECOMMENDATIONS

### Happy Place:

Dunas de Concón

### Best Café:

Café Baron Garden

### Food you should try:

Empanadas de pino & Alfajores

### Best Bar:

Psiquis & 3 Ts



## TIP

Bring a junk phone or a phone chain. Sadly stealing phones is still a problem around South America. But don't be afraid of the country. The people are really nice!





Colombia





Mohammed

## UNI LIFE

I studied at the Universidad Pontificia Bolivariana (UPB) in Medellín.

The campus is lush and vibrant, with plenty of cafes and food options. The professors are approachable and the interactive classes promote collaboration and critical thinking.

One of the highlights is the welcoming atmosphere – from students to faculty, everyone is kind and helpful, which makes studying there truly special.



The Caribbean

## MEDELLÍN

Colombia

Medellín, known as the City of Eternal Spring, boasts perfect weather all year round – mild, sunny days with cool evenings. Surrounded by mountains, the city blends urban innovation with natural beauty.

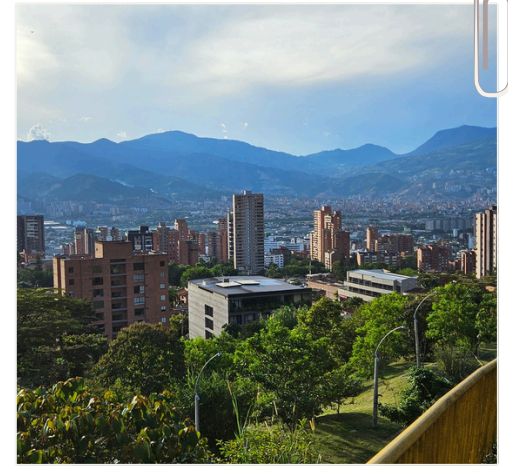
Whether it's exploring vibrant neighborhoods, visiting botanical gardens or enjoying the stunning views from the cable cars, Medellín has something for everyone.

## FAVORITE MEMORY

Hike to Cerro Nutibara with a breathtaking view of Medellín at sunset

## MY EXCHANGE IN THREE WORDS

Growth, Culture, Adventure



Medellín



## RECOMMENDATIONS

### Food you should try:

Bandeja Paisa – a traditional dish that's hearty and delicious

### Best Weekend Activity:

A cable car ride to Parque Arví

### Most Interesting Attraction:

Comuna 13 – filled with vibrant street art and rich cultural history

## TIP

Don't be afraid to speak Spanish. Colombians are incredibly kind and understanding – they'll appreciate your efforts and help you improve without judgment.



# Cyprus







Isabell

## UNI LIFE

I spent my semester abroad at the University of Central Lancashire. UCLan is very small but therefore a very familiar university. All my courses were tourism related, which gave me so many new interesting insights. I really enjoyed how interactive the classes were and that we had different projects instead of exams – it made the learning effect so much better.



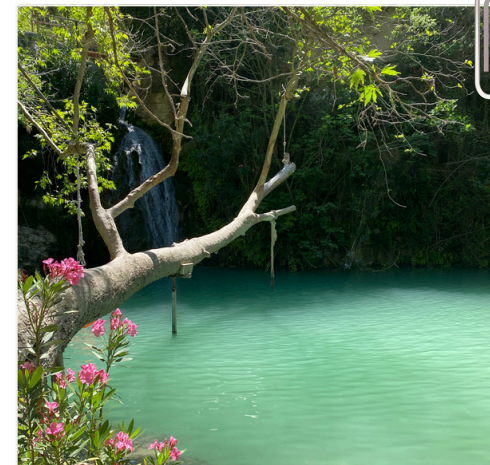
Enjoying the sun in Protaras

## FAVORITE MEMORY

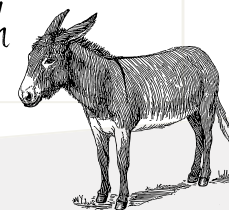
Roadtrip to Adonis Bath,  
Bath of Aphrodite & Avakas Gorge

## MY EXCHANGE IN THREE WORDS

Sun, Adventure, Unforgettable



Adonis Bath



## RECOMMENDATIONS

### Food you should try:

Talatouri – the Cyprus art of Tzatziki  
& everything from Zorbas Bakery

### Best place to party:

The party streets of Ayia Napa  
– clubs with different mottos for free

### Activity you should do:

Rent a Quad and explore the island,  
it's so much fun

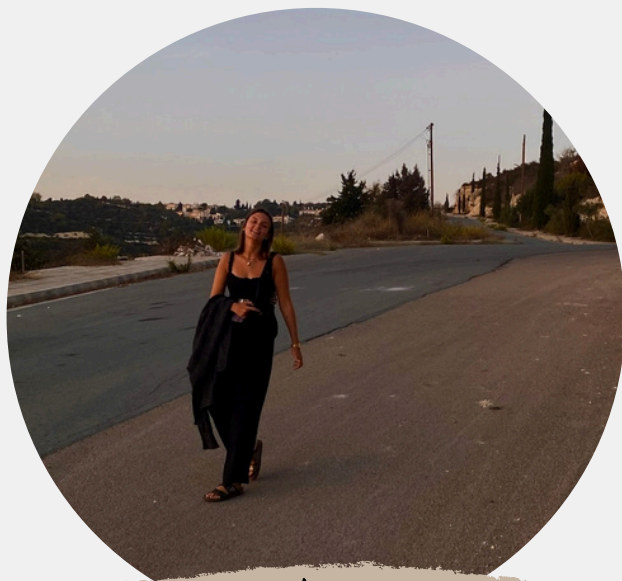
## TIP

Try to see and explore as much  
as you can & say yes to every  
adventure, because that will  
bring the best memories!

## PYLA Cyprus

I lived in the small, calming village of Pyla, just a few minutes away from Larnaca. Life there was very peaceful, but since Cyprus is a small island, I had the chance to explore many places – from beautiful beaches and charming traditional villages to amazing nature and unique spots like Aphrodite's Rock, Adonis Bath and the Troodos Mountains. Cyprus holds a special place in my heart.





Lea

## UNI LIFE

I studied at the University of Nicosia. The campus there is huge, and the university offers so many opportunities! I've joined the Wine Club, where we regularly enjoyed wine tastings.

There are also various sports activities offered, like yoga, for those who love to stay active.



Konnos Beach

## FAVORITE MEMORY

ESN Mountain Trip & swimming with turtles

## MY EXCHANGE IN THREE WORDS

Adventure, Friendships, Sun



Lacarna Salt Lake



## NICOSIA *Cyprus*

Nicosia itself is a cultural gem with its rich history, charming traditional taverns, and amazing local food.

Just outside the city, you'll find breathtaking beaches, great hiking trails, and crystal-clear waters perfect for snorkeling. The Erasmus organization here is truly unique.

They organize incredible events, which is such a great way to meet people and explore the island!

## RECOMMENDATIONS

### **Favorite Place:**

Glyki Nero Beach & Pieta Café

### **Food you should try:**

Falafel rolls at Avo Armenier & Cypriot platters at Piatsa Gournaki

### **Favorite Trip:**

Paphos  
(great snorkeling & archeology)

## TIP

Get the monthly student bus pass for 25 € - it gives you 50% off for intercity busses!



A scenic view of a harbor in Denmark, likely Nyhavn in Copenhagen. The background features a row of colorful, multi-story buildings with red-tiled roofs. From left to right, the buildings are yellow, orange, and red. The water in the foreground is calm, reflecting the colors of the buildings and the sky. Several white boats are docked along the wooden pier. The word "Denmark" is written in a large, white, cursive font across the center of the image, overlaid on a semi-transparent grey banner.

Denmark





*Silja*

## UNI LIFE

I studied at Zealand University, which has a small campus and classes. Therefore, the contact with the professors was personal and easy. I was lucky to live with a great group of Erasmus students from all over Europe who engaged in different studies. In every class, group work and oral presentations took up a big part, which I enjoyed a lot.



*BBQ at the lake*

## FAVORITE MEMORY

Goodbye Party and BBQ at the lake with all of my friends

## MY EXCHANGE IN THREE WORDS

Friendship, Adventure, Hygge



*Roskilde Cathedral*



## ROSKILDE *Denmark*

Roskilde is a medium sized city directly on the Fjord and only a 30 minute train ride away from Copenhagen. From physical activities to museums and cultural offers, second hand stores and cute cafés, Roskilde offers something for everyone. The city is great for bike rides to close by lakes and forest as well as to the university.

## RECOMMENDATIONS

### Happy Place:

Coastal walk from the harbor to the woods (also great place for a run)

### Best Café:

The Gimle (great for study meetings, sometimes live music in the evening)

### Favorite Club:

Chateau Motel in Copenhagen

### Activity Tip:

Go and find as many *Forgotten Giants Trolls* as you can







France





Mandy

## UNI LIFE

I studied at Montpellier Business School for one semester. The courses were really interactive and often consisted of group works and larger projects. There was a special “French Culture” Class for all the exchange students. I really enjoyed that class, as we learned a lot about the culture including food, sports and the work environment.



Palais des Papes. Avignon

## FAVORITE MEMORY

Exploring Montpellier and the surrounding regions

## MY EXCHANGE IN THREE WORDS

Sunshine, Experience, Exploring



Cathédrale Saint-Pierre  
de Montpellier



## RECOMMENDATIONS

### **Favorite Place:**

Jardin des plants in Montpellier

### **Food you should try:**

French Cheese Raclette and Fondue at “Le Chalet Chamoniard”

### **Favorite Trip:**

3-day trip to Barcelona with my friends



## TIP

Travel around the region as much as possible  
- it is cheap and easy to get around.

## MONTPELLIER France

Montpellier is a smaller city in the south of France. It is very close to the Mediterranean Sea and surrounded by other interesting cities and towns. The city offers a great variety of cultural activities, including restaurants, museums and clubs. There is definitely a lot to explore and experience.





Rebecca

## UNI LIFE

YSchools is a private business school and the location in Troyes has a special focus on tourism. I was able to attend many interesting tourism and business courses, got to meet industry professionals and experienced studying with people from all over the world. The classes took place only a couple of times per semester and for the whole day. So life did not get boring with this ever changing schedule.



*Bienvenue à YSchools!*



## TROYES *France*

Troyes is located in the beautiful region of the Champagne and is only a 1h 30min train ride away from Paris! The city is surrounded by beautiful nature. During my time there, I got to experience life in a typical medieval French town. I specifically enjoyed trying out the delicious bakeries and going swimming in the nearby river.



*Visiting Paris*

## FAVORITE MEMORY

Trips to Paris with my friends :)

## MY EXCHANGE IN THREE WORDS

Memorable, Exciting, Eye-Opening

## RECOMMENDATIONS

### **Favorite Activity:**

Meeting friends at the Canal du Trévois

### **Worth a Visit:**

Musée Cité du Vitrail

### **Food you should try:**

Croissants at "Ton Ton Farine"

### **Great Excursion:**

A trip to the "Lac d'Orient"



## TIP

Sign up for the Sport Association at YSchools to get free access to the swimming pool!



A scenic landscape photograph of a coastal area at sunset. The sun is low on the horizon, casting a warm golden glow across the sky and reflecting on the water. The sky is filled with large, dramatic clouds in shades of blue, purple, and orange. The foreground shows a sandy dune with sparse green vegetation and some dry grass. A body of water, likely the Baltic Sea, stretches across the middle ground, with gentle waves visible. The word "Latvia" is written in a large, white, cursive script font, centered over the image. The overall mood is peaceful and picturesque.

Latvia





Sarah

## UNI LIFE

I studied at the University of Latvia. Most of my courses took place at the Business Faculty, which is located right next to the Old Town. There were tests or presentations during the semester, which were included in the overall assessment at the end. This meant that I had to do more work during the semester, but the examination phase was very relaxed.

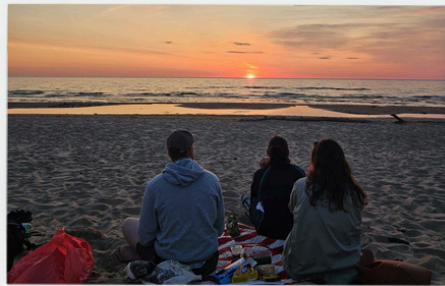


Riga City Center



## RIGA Latvia

Riga has a lot of students, so the nightlife is very active and diverse. The city is also very rich in cultural offerings, such as ballet, opera and museums. Latvia has incredibly beautiful and unique nature, especially the forests and long sandy beaches. I went on a lot of day trips within the country, but also longer trips to Finland, Sweden and Estonia.



Summer Sunsets

## FAVORITE MEMORY

Road Trips through  
Latvia with my friends

## MY EXCHANGE IN THREE WORDS

Exciting, Fun, Unexpected

## RECOMMENDATIONS

### **Favorite Bar:**

Tallinas Kvartals in the summer

### **Great Excursion:**

Kayak Tour on the Gauja River

### **Best Restaurant:**

Rione, 2eat falafel & hummus  
and Ala Pagrabs (traditional food)

## TIP

- 1) ESN Riga organizes a lot for exchange students. Take advantage of the opportunities.
- 2) Bolt is a very cheap alternative to the bus. Just download the app.



A scenic landscape photograph of a calm lake reflecting the sky and distant mountains. The foreground shows a grassy hillside. The text 'New Zealand' is written in a white, cursive script across the middle of the image, set against a light beige brushstroke background.

*New Zealand*





Greta

## DUNEDIN *New Zealand*

Dunedin has approximately 120,000 inhabitants with many students, since the oldest university of New Zealand is also located there. There is lots of nature nearby, either mountains, beaches or forests. I was able to do a lot of traveling which included going to Auckland and Queenstown and other scenic places in New Zealand, as well as a week in Sydney, Australia.

## UNI LIFE

I spent my semester at Otago Polytechnic. At the beginning of the semester, the university ensured that the international students meet new people through an International Students Welcome Week. One of the biggest differences to the HOST was that there were assignments all throughout the semester instead of one exam at the end.



Traveling with friends

## FAVORITE MEMORY

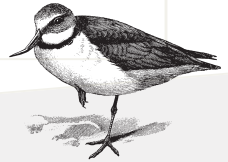
A weekend trip to Lake Tekapo

## MY EXCHANGE IN THREE WORDS

Eventful, Challenging, Beautiful



Port Chalmers



## RECOMMENDATIONS

### **Favorite Place:**

Botanic Gardens Dunedin

### **Favorite Food:**

Sushi from one of the many Asian stores in New Zealand

### **Best Weekend Activity:**

Taking a trip to the beach or the mountains

## TIP

Definitely visit the Abel Tasman National Park and kayak there!





Norway





Tina

## KRISTIANSAND *Norway*

Kristiansand is located directly by the sea and surrounded by breathtaking nature. The city center "Kvadraturen" offers everything a student could wish for: shops, restaurants, cafés, bars, a city beach, and is a good starting point for trips to the surrounding area.

## UNI LIFE

I studied at the University of Agder (UiA). This is a very large and modern university. Besides Norwegians, you can meet students from all over the world, the professors are addressed by their first names, and you get lots of projects in your lectures to put theory into practice.



The UiA

## FAVORITE MEMORY

Sunday hikes from ESN  
(Erasmus Student Network)

## MY EXCHANGE IN THREE WORDS

Growth, Internationality, Nature



Hike with a view!



## RECOMMENDATIONS

### Great Hiking Destination:

Holmenkollen

### Food you should try:

Waffles with jam & brown cheese

### Best Weekend Activity:

Climbing at Høyt & Lavt Kristiansand

### Useful Apps:

AKT Billett, AKT Reise, MazeMap

## TIP

Reactivate your old Facebook Messenger if you want to stay in touch with Norwegians ;-)



A high-angle photograph of the Machu Picchu archaeological site in Peru. The ruins, including stone buildings, terraces, and green fields, are nestled on a mountain ridge. In the background, the jagged, forested peak of Huayna Picchu rises dramatically against a cloudy sky. A large, stylized white script word is overlaid on a horizontal beige brushstroke across the middle of the image.

Peru





Lena

## UNI LIFE

I studied at the USIL. My uni life there was very different to what I was used to. I only had virtual classes, a different grading system and almost every day a test and/or a presentation during the semester.

At the beginning it was quite stressful, but in the end it turned out to be easier than expected.

I also had mostly group works, which made making connections with Peruvians effortless.



Welcome Week



## LIMA Peru

Lima is a coastal Peruvian metropolis, that combines history, modernity, exquisite cuisine, and cultural richness. I lived in a district called Miraflores, which has a vivid city centre and is directly located at the coastline, near to a beautiful park. The university is located in another district, called La Molina, which is about half an hour away by car.



Taking Surf Classes

## FAVORITE MEMORY

Swimming in the Amazon River

## MY EXCHANGE IN THREE WORDS

Surfing, Pisco, Reflective

## RECOMMENDATIONS

### Happy Place:

Parque Kennedy in Miraflores  
- there are cats running around everywhere

### Best Restaurant:

L'autentica Pizza  
- best Pizza in Peru

### Best Club:

NOIR – Antre  
- for Techno lovers

### Favorite Activity:

The Machu Picchu Mountain and the historical City of Cusco





An aerial photograph of a city in Poland, featuring a dense cluster of buildings with red-tiled roofs. A prominent green church spire stands out against the sky. The word "Poland" is written in a white, cursive font across a light beige brushstroke that spans the middle of the image.

Poland





*Fabian*

## UNI LIFE

During my time at Poznań University of Economics and Business, I experienced the atmosphere of a large university with over 10,000 students. The PUEB offers a wide range of specialized courses for exchange students and additional programs that fit well with the LTM curriculum. But most of all, this exchange semester has taught me the value of diversity and understanding different cultures.



*Fellow Erasmus+ Students*

## POZNAŃ *Poland*

Poznań offers plenty to do in your spare time and has a vibrant student life. You can go for a walk in one of the many parks and shopping centres, have a drink in one of the cosy cafés or try out the Polish cuisine. I especially recommend the St. Martin's Croissant! Poznań's central location also makes it easy to explore other Polish cities by train.

## FAVORITE MEMORY

Bowling Competitions with friends during the cold winter days

## MY EXCHANGE IN THREE WORDS

Cultural Enrichment Experience



*City View*



## RECOMMENDATIONS

### **Best Café:**

Kaferdam

### **Best Restaurant:**

Ichiban Ramen Shop

### **Worth a Visit:**

Park Cytadela

### **Best Place to Study:**

Biblioteka Uniwersytecka



## TIP

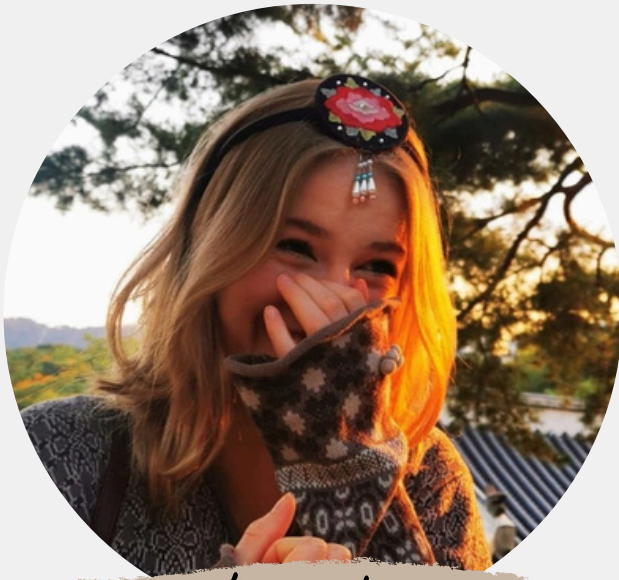
For lunch, I can really recommend "Prywatka Poznań" where you get a meal for only 12 Złoty.



# South Korea



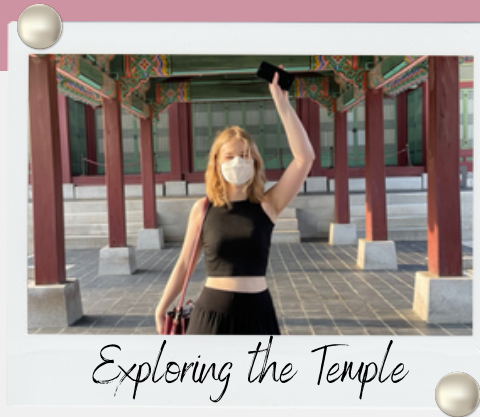




*Florentine*

## UNI LIFE

I studied at the Hankuk University of Foreign Studies. HUFs is really international and takes in their foreign students well. The lectures were interesting and included many group projects where the professors made sure to have groups of mixed nationalities. What was new for me was the different credit and teaching system with mid-terms, finals, and more weekly assignments.



*Exploring the Temple*

## FAVORITE MEMORY

Trip to Wonju with my flat mates and trip to Busan with my friend

## MY EXCHANGE IN THREE WORDS

Unforgettable, Challenging, Wonderful



*Golden Hour*



## SEOUL *South Korea*

Life in the vibrant capital Seoul is always exciting! There are so many things to do and places to visit. Like renting a traditional dress at one of the many shops and go for a walk in the old palace's gardens which are surrounded by modern skyscrapers. As South Korea is relatively small, you can also quite easily travel to other cities like Busan.

## RECOMMENDATIONS

### Happy Place:

Cheonggyecheon River

### Best Café:

Café Alive 214

### Favorite Activity:

Going to Dance Classes



## TIP

- 1) Try Korean BBQ. It really is as good as they say!
- 2) Take dancing classes :)
- 3) If you are there over New Year, hike up to Namsan tower to watch the first sunset of the year like the Koreans do.



A vibrant street scene in Spain. On the left, a historic building with a curved facade and white balconies is partially obscured by large, leafy trees. A wide, paved pedestrian walkway leads towards a yellow building in the background, flanked by several tall palm trees. People are walking along the path, and a few outdoor cafe tables with white umbrellas are visible near the yellow building. The sky is a clear, bright blue. A large, stylized white script word is centered over a tan brushstroke background.

Spain





Lukas

## UNI LIFE

I studied at the Universitat Politècnica de València. Most of my courses were in Spanish, which really helped me to improve my Spanish language skills. There was a lot of group work in the courses, through which I not only made friends with Internationals, but also with locals. We also did a lot of excursions to many different places within the Valencia region.

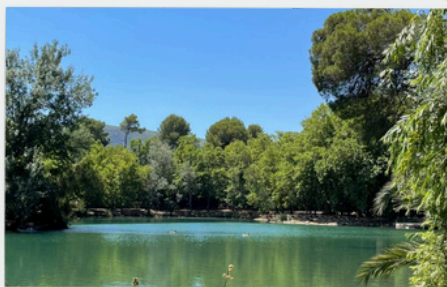


Las Fallas



## GANDIA *Spain*

Gandia is small city just an hour away from Valencia. The Valencia region has a rich and unique culture and fantastic food, as the Paella is originally from there. In Gandia, you live right by the beach, but at the same time you are very close to the mountains for hiking. In addition, the location is great for traveling and discovering other places in Spain.



Parque La Marjal

## FAVORITE MEMORY

Experiencing Las Fallas  
(traditional celebration in Valencia)

## MY EXCHANGE IN THREE WORDS

Beaches, Freedom, Intercultural Growth

## RECOMMENDATIONS

### Most Interesting Attraction:

El Castillo de Bairén

### Happy Place:

The Beach and La Marjal de Gandia

### Best Club:

El Varadero

(Student Parties on Wednesdays)

## TIP

- 1) You can get a free bus pass from the uni to go from Gandia Playa to the main station.
- 2) On Wednesdays, everyone meets at Maimonides before going to the party - it's the best place to meet new people!





Lina

## UNI LIFE

Uni life in Vigo was quite similar to Stralsund, however business/tourism courses were conducted in Spanish. Instead of one final exam, I had multiple exams, group works and papers to prepare during the semester. The university is huge, divided between three different cities and multiple campuses. Lectures were held all over the day between 9.00-21.30, so each day looked completely different.

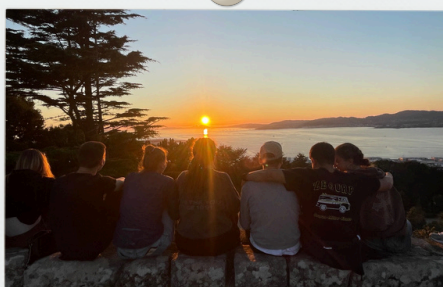


Vigo City Centre



## VIGO Spain

Vigo is a bigger city in the north of Spain, just a short trip away of the boarder of Portugal. Located at the coast with around 300,000 inhabitants, the city offers many possibilities to enjoy your free time. Clubs and bars with different music offer fun for the weekend and for sunny days the beach, which is a 20 min bus ride away, invites for chill evenings after lectures with friends.



Trip to las Islas Cies

## FAVORITE MEMORY

Enjoying the beautiful nature during my trip to las Islas Cies

## MY EXCHANGE IN THREE WORDS

Party, Beach, Friends

## RECOMMENDATIONS

### Favorite Trip:

My trip to las Islas Cies

### Best Café:

La Cultural Brunch

### Favourite Activity:

Playing bowling on the weekend in "La Bolera" and shopping in "Vialia"



## TIP

Although Vigo itself is not the prettiest city, its surroundings offer many beautiful places to visit such as Porto, Santiago de Compostela or trips into the nature.





Till

## UNI LIFE

I studied at the EAE Business School/UPC and all my courses were taught in English. For the most part, I liked the professors and they seemed very competent. Unlike in Germany, ongoing work is also evaluated here. In addition, there was more group work than ever before in my life in such a short space of time. However, this gave me the opportunity to get to know many other internationals



Pottery Class

## FAVORITE MEMORY

Festa Major Gràcia  
(Street Fest in Gràcia)

## MY EXCHANGE IN THREE WORDS

Tapas, Churros y Sangría



Medieval town close to BCN



## BARCELONA *Spain*

Barcelona is a beautiful city in many ways, from its famous architecture to the pleasant climate and the local vibe of its inhabitants. It is one of the most visited places in Europe and I completely get why that's the case.

However, it can feel a bit overwhelming in some of the tourist hotspots, so be sure to look for places that are a bit off the track.

## RECOMMENDATIONS

### Happy Place:

Parc del Turó del Putxet  
(less touristic than Parc Güell)

### Favorite Activity:

Vintage Shopping in Barrio Gòtic

### Best Restaurant:

Vicio (Incredible Smash Burgers),  
Honest Greens (Healthy Food)

## TIP

- 1) If you are into architecture, definitely check out the less touristic buildings made by Gaudí.
- 2) Get yourself a Bicing account for cheap e-bike renting across the city!





Michelle

## UNI LIFE

The Iriarte University works like a department of the main university, which is located in La Laguna, and only offers a Bachelor's and Master's Tourism degree. Therefore, the study experience is really different. The classes take place in small groups and there are close relations between teachers and students, including calling them by their first name.



Erasmus Friendships

## FAVORITE MEMORY

Celebrating the famous Carnival in Santa Cruz!

## MY EXCHANGE IN THREE WORDS

Viva la vida :)



Vitamin Sea



## RECOMMENDATIONS

### Best Café:

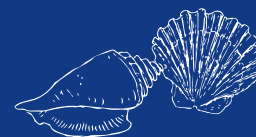
Boutique Relieve

### Favorite Club:

The Molly Malone & Blanco Bar

### Great Excursions:

Hike in Anaga, swim in natural pools and visit a winery (Bodega Monje)



## TIP

It's an amazing experience to visit the top of the volcano "Teide". Make sure to book in advance and get the needed permit.

## PUERTO DE LA CRUZ *Tenerife*

Puerto de la Cruz is located in the north of Tenerife. The city offers various beaches, one of them perfectly suitable for surfing, restaurants and bars, shopping centers and several events during the year. It is the perfect starting point for excursions to discover the island with its incredibly diverse and stunning landscapes.





Santina

## UNI LIFE

I studied at the Universidad de La Laguna in Tenerife and loved the time I had there. I work very closely together with other students and had a lot of group work, where I got to know my closest friends. Especially during the exam period, it helped me to have such a strong practical focus. I could do a lot with my friends after university and learn very well together.



Trip to Gran Canaria

## FAVORITE MEMORY

Watching the European Championship in La Laguna

## MY EXCHANGE IN THREE WORDS

International, Too Short, Beaches



Playa de Benijo



## RECOMMENDATIONS

### Happy Place:

Playa de Benijo

### Best Restaurant:

"Ruby's" in La Laguna

### Best Place to Study:

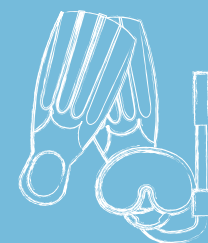
The library on the Campus Guarjara

### Favourite Activity:

Scuba Diving

### Food you should try:

Papas arugadas con mojo verde



## TIP

Travel to the other islands with your new friends.

## LA LAGUNA Tenerife

The town of La Laguna is very small, well-connected, and a student town, so you live close together with your friends. Due to the location, it is fast to get to the beach or the Teide. Because of that, we often went to the beach after uni. At other times, we studied together at a coffee shop or went hiking in the Anaga Mountains.

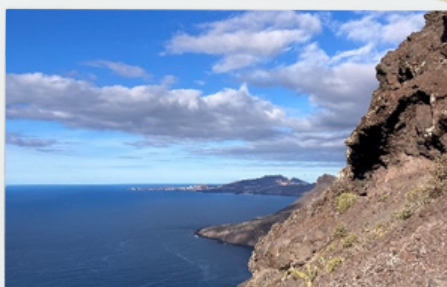




Ronja

## UNI LIFE

I studied at the University of Las Palmas de Gran Canaria (ULPGC). The Campus for tourism is uphill in Tafira, where you have amazing views and a peaceful atmosphere. There's a lot of group work, which makes it easy to connect with other students. Although the campus is a bit farther from the beach, the setting and community make it an awesome place to study and experience life in Gran Canaria.



Mirador de Balcón

## FAVORITE MEMORY

Watching the sunset at Pico de las Nieves with my friends

## MY EXCHANGE IN THREE WORDS

Sun, Sea, Vibrant

## LAS PALMAS Gran Canaria

Living in Las Palmas de Gran Canaria is like stepping into a sunny, vibrant paradise where life moves at a relaxed but exciting pace. There's always something happening—international events like sports nights, beach parties, and hiking trips make it easy to meet people and have fun. And when you need to unwind, the beach is just perfect.



Puerto de Mogán



LAS PALMAS  
DE GRAN CANARIA

## RECOMMENDATIONS

### Favorite Activity:

Surfing

### Food you should try:

Papas arrugadas

### Coollest Bar:

Talleres Palermo

### Best Weekend Activity:

Hiking, Camping at a beach  
(Playa GüiGüi)



## TIP

Watch the sunrise or sunset  
at Mirador Cruz del Confital  
or Roque Nublo.



A top-down view of a table setting featuring Swedish coffee and pastries. In the top left, a white cup of coffee with a heart-shaped latte art. In the bottom left, a glass cup of coffee with a heart-shaped latte art. In the bottom right, a plate with a large, braided cinnamon bun (kanelbullar) topped with sugar and seeds. A silver spoon rests on the plate. The background is dark, and the plates and cups are white with floral patterns.

Sweden





Victoria

## UNI LIFE

I studied at Höskolan Kristianstad in the faculties of Business and Humanity. The university is located in a beautiful building just outside the city. Everything is very modern and the lectures are interactive and great for meeting new people. In addition to the lectures, there are many great opportunities for international students. As an international student you feel very welcome.



Swedish Fika



## KRISTIANSTAD *Sweden*

Kristianstad is a small town in the Swedish province of Skåne. The nature around Kristianstad is beautiful and by train you can quickly reach cities like Malmö, Lund or even Copenhagen! Cute Swedish cafes in the city are perfect for a traditional Swedish Fika with coffee and kanelbulle! Kristianstad is cozy and nice :)



*The Northern Lights*

## FAVORITE MEMORY

The excursion to Swedish Lapland and seeing Northern Lights!

## MY EXCHANGE IN THREE WORDS

Fika, Lagom, Friendship

## RECOMMENDATIONS

### Happy Place:

Jail (student dormitory)

### Best Café:

Cenino

### Favorite Club:

Bången



## TIP

Choose the jail as your dormitory! It's an old prison in the middle of Kristianstad. Everyone lives in an old cell (sounds worse than it is :)) There is always something going on & and you can get to know people quickly!





Erik

## UNI LIFE

I studied at Dalarna University, where modern equipment and a practice-oriented approach made studying particularly pleasant. The trimester structure allowed me to focus on fewer courses at a time and the small course groups made learning easier. In general, the uni is well suited for international students.



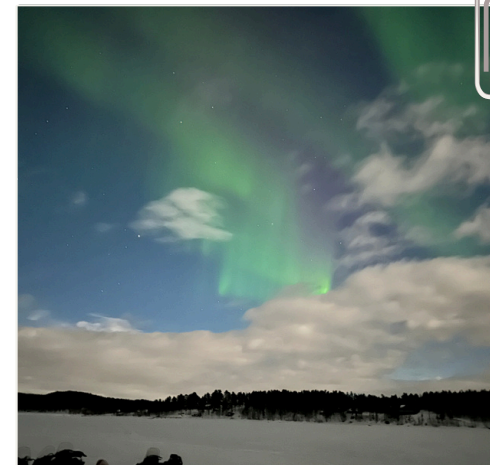
Archipelago of Gothenburg

## FAVORITE MEMORY

Trip to Kiruna with meter-high snow, Northern Lights and the breathtaking nature of Lapland

## MY EXCHANGE IN THREE WORDS

Adventure, Community, Nature



Northern Lights in Kiruna



## RECOMMENDATIONS

### **Favorite Activity:**

Pub Quiz and Taco Night at Bar Pitchers every Wednesday

### **Happy Place:**

The archipelago of Gothenburg and the Liseberg theme park

### **Food you should try:**

Kanelbullar & Köttbullar

### **Best Place to Party:**

Heymakers in Falun



## TIP

Travel as much as possible!  
The nature and cities in Sweden have a lot to offer!

## BORLÄNGE *Sweden*

Borlänge is a quiet town in central Sweden that offers everything you need, such as a shopping center, restaurants, cafes and bars. Despite its rather small size, the city has good connections to other regions and is an ideal starting point for outdoor activities such as hiking or skiing. The surrounding nature and the nearby lakes are particularly inviting to explore.



# Thailand







Alisa

## BANGKOK *Thailand*

Thailand, with a population of over 69 million people, is a captivating tapestry of culture and warmth. The essence of the country lies not only in its stunning landscapes but also in the gracious hospitality of its people. Thai culture is synonymous with a genuine and welcoming spirit, making every visitor feel like a cherished guest in this vibrant and enchanting destination.

## UNI LIFE

I studied at the Kasetsart University Bangkok, at the faculty of humanities in the Bachelor program Integrated Tourism Management. The campus is very green with small parks and lakes. During the semester, the university organized many excursions as part of the classes, which was good to gain practical experience, get an insight into different professions and get more in touch with the local people.



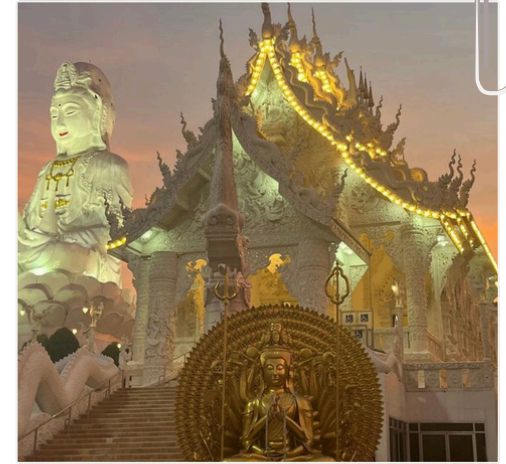
Making new friends

## FAVORITE MEMORY

Snorkling in Ko Tao,  
seeing a sea turtle and sharks

## MY EXCHANGE IN THREE WORDS

Dynamic, Cultural, Unforgettable



Wat Huay Pla Kang



## RECOMMENDATIONS

### Favorite Place:

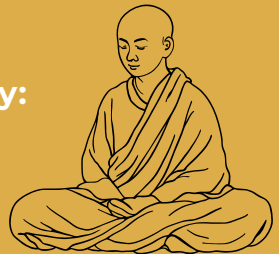
Wat Arun at sunset

### Food you should try:

Pad Krapao

### Favourite Trip:

8-day Trip to Laos



During my 8-day trip to Laos, I had the opportunity to immerse myself in a completely different culture. My highlight was the morning monk ceremony, which was truly impressive, as well as the stunning nature and beautiful waterfall.





# The Netherlands





Lilly Paulina

## ARNHEM *Netherlands*

Arnhem is a very sweet Dutch city that is perfect for students. It is closely located to Amsterdam so I always had the opportunity to go there on day trips. I enjoyed learning more about the local artists by going to museums and I loved visiting the flower fields during spring time. There are lots of things to discover!

## UNI LIFE

I studied at the HAN University. What I really liked about my experience there is that I got to work with a lot of different people. I had to do several group projects and the lecturers always made sure that we were in teams with people of different nationalities.



Kings Day 2023

## FAVORITE MEMORY

Celebrating Kings Day  
with all of my new friends :)

## MY EXCHANGE IN THREE WORDS

Friendship, Sunsets, Growth



Amsterdam



## RECOMMENDATIONS

### Best Restaurant:

Foodhallen Arnhem

### Favorite Club:

Aspen Valley

### Worth a visit:

Open Air Museum Arnhem

### Perfect Place for a Bike Tour:

De Hoge Veluwe National Park



## TIP

Get the "Museumkaart"  
and visit as many  
museums as possible!



A wide-angle photograph of the Grand Canyon. The canyon walls are composed of layered red and orange rock formations, showing distinct horizontal strata. A river, likely the Colorado River, flows through the bottom of the canyon, its surface reflecting the light. The sky above is filled with soft, white clouds. Overlaid on the center of the image is a large, white, hand-painted brushstroke that spans across the canyon. Inside this brushstroke, the words "The USA" are written in a white, elegant, cursive script.

The USA





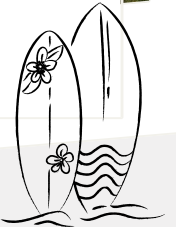
Jessica

## UNI LIFE

All my courses at the SDSU were very inspiring and exciting. The professors were passionate about their subjects and there were many different guest lectures by well-known people in the tourism sector. On campus, there are various ways to spend your time outside the lecture hall, for example at the swimming pool, gym, bowling, attending basketball or football games or a concert right on campus.



SDSU Campus



## SAN DIEGO USA

San Diego has a lot to offer. On our days off, my boyfriend and I went surfing or SUPing in the bay, visited the seals in the La Jolla district and spent the evenings around a campfire on Mission Beach. We also used our free time to take road trips through California and the surrounding states to enjoy America's breathtaking nature.



What a view!

## FAVORITE MEMORY

Visiting the Grand Canyon  
and Monument Valley

## MY EXCHANGE IN THREE WORDS

Inspiring, Challenging, Fun

## RECOMMENDATIONS

### **Favorite Place:**

La Jolla Cove - you can watch sea lions and seals there

### **Best Trip:**

Trips to LA, San Francisco  
and Las Vegas

### **Good Hiking Spot:**

Torrey Pines State Park Reserve

## TIP

Look for guest families to stay during your semester. It's cheaper and you get a glance into the American life.



# Practical Information

**Explore our worldwide network!**

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## **What you can do:**

Internship, study one or two semesters abroad,  
short-term mobilities, stays inside and outside of Europe

## **Funding:**

Erasmus+, Erasmus+ worldwide, PROMOS

Get support via [outgoing@hochschule-stralsund.de](mailto:outgoing@hochschule-stralsund.de)

## **More information:**

[Website "HOST International - Heading Out"](#)





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**Idea & Concept:**

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