

HEA

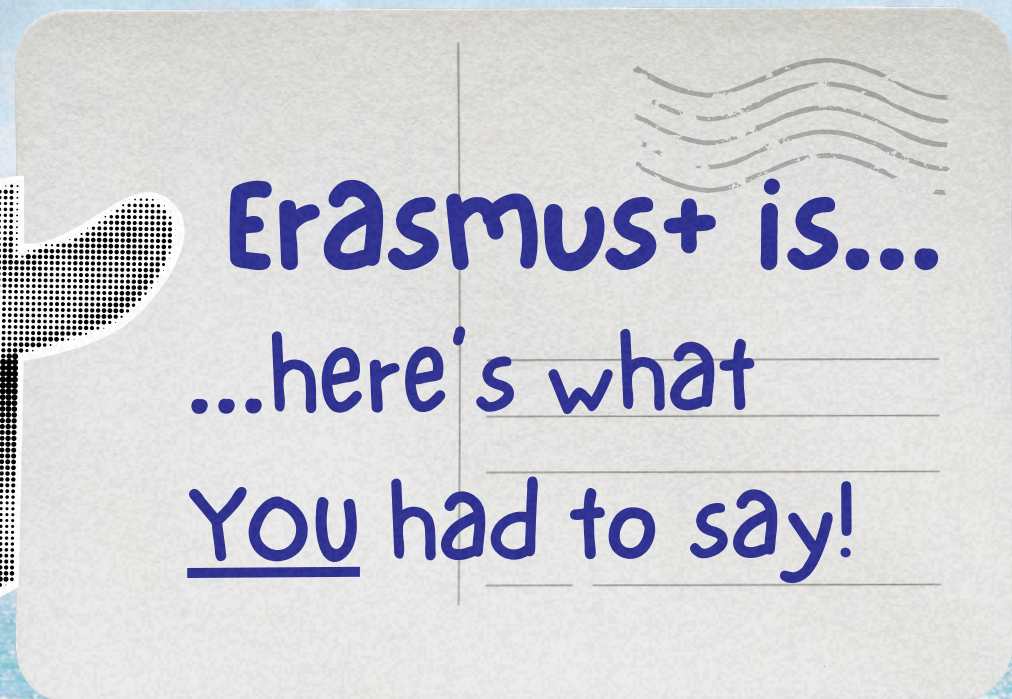
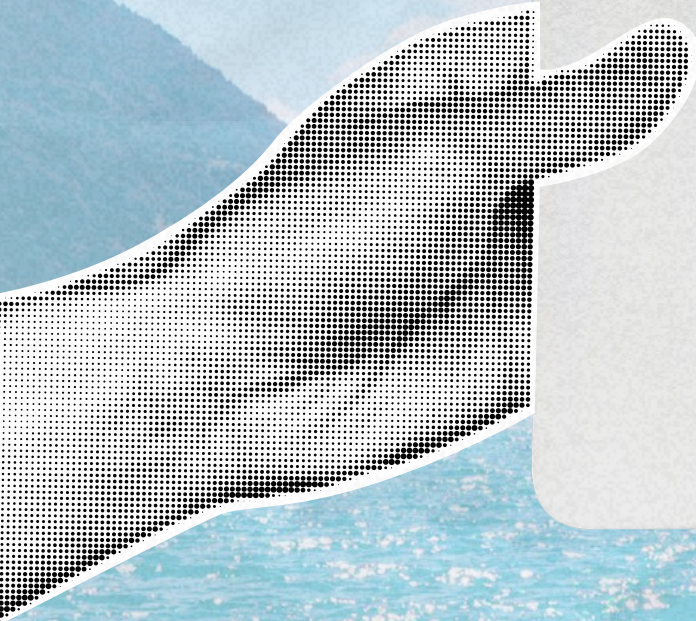
An tÚdarás um Ard-Oideachas
The Higher Education Authority

Erasmus+
Enriching lives, opening minds.

 ESN
Erasmus Student Network
Ireland



Postcards from Erasmus+



Erasmus+ is...
...here's what
You had to say!



Living in Lyon truly expanded my horizons, leading me to stunning places like Annecy!

To capture my Erasmus+ adventure, I embraced film photography. Each photograph transports me back to unforgettable moments and the wonderful people I shared them with.

A meaningful reminder of my journey.

– Edith



ANNECY

FRANCE



My Erasmus in Kraków was a homecoming I didn't expect. Being Polish-Irish, I thought I knew what to expect, but living there changed everything. My language skills finally leveled up, and I experienced my heritage in a totally new light (beyond just family visits).

I embraced every obwarzanek and cobblestone street, but I never forgot my Irishness. Between the Polish conversations, I was still the first one to put the kettle on or crack a joke only an Irish person would get. It was the perfect blend of both my worlds!

- Marysia



Uniwersytet Jana Pawła II

Kraków

POLAND

An Erasmus student in...

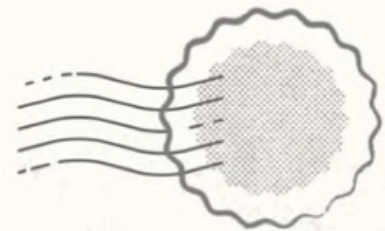


... says hello!



POSTCARD

*I moved to Geneva by myself
without knowing anyone, and
through my university and ESN I
soon met so many wonderful
people. The spring semester was
perfect for enjoying the
sunshine and picnics in the lead
up to summer, and discovering
the surrounding landscape.*



to: Erasmus
Student Network
from: Geneva,
Switzerland



APRIL 2026
BARCELONETA BEACH
BARCELONA

HELLO *from*
BARCELONA

SUNRISE PADDLE BOARDING WITH MY NEW BESTFRIENDS - ONE OF THE BEST EXPERIENCES I HAVE DONE AND I WOULDN'T HAVE BEEN ABLE TO HAVE THIS AMAZING MEMORY AND STORY WITHOUT ERASMUS+. I HAVE MADE MEMORIES AND FRIENDS FOR LIFE AND I WOULD RELIVE IT ALL OVER AGAIN IF I COULD! THERE ARE NO WORDS STRONG ENOUGH TO EXPRESS HOW UNBELIEVEABLE THIS EXPERIENCE WAS.

Postcard from Barcelona



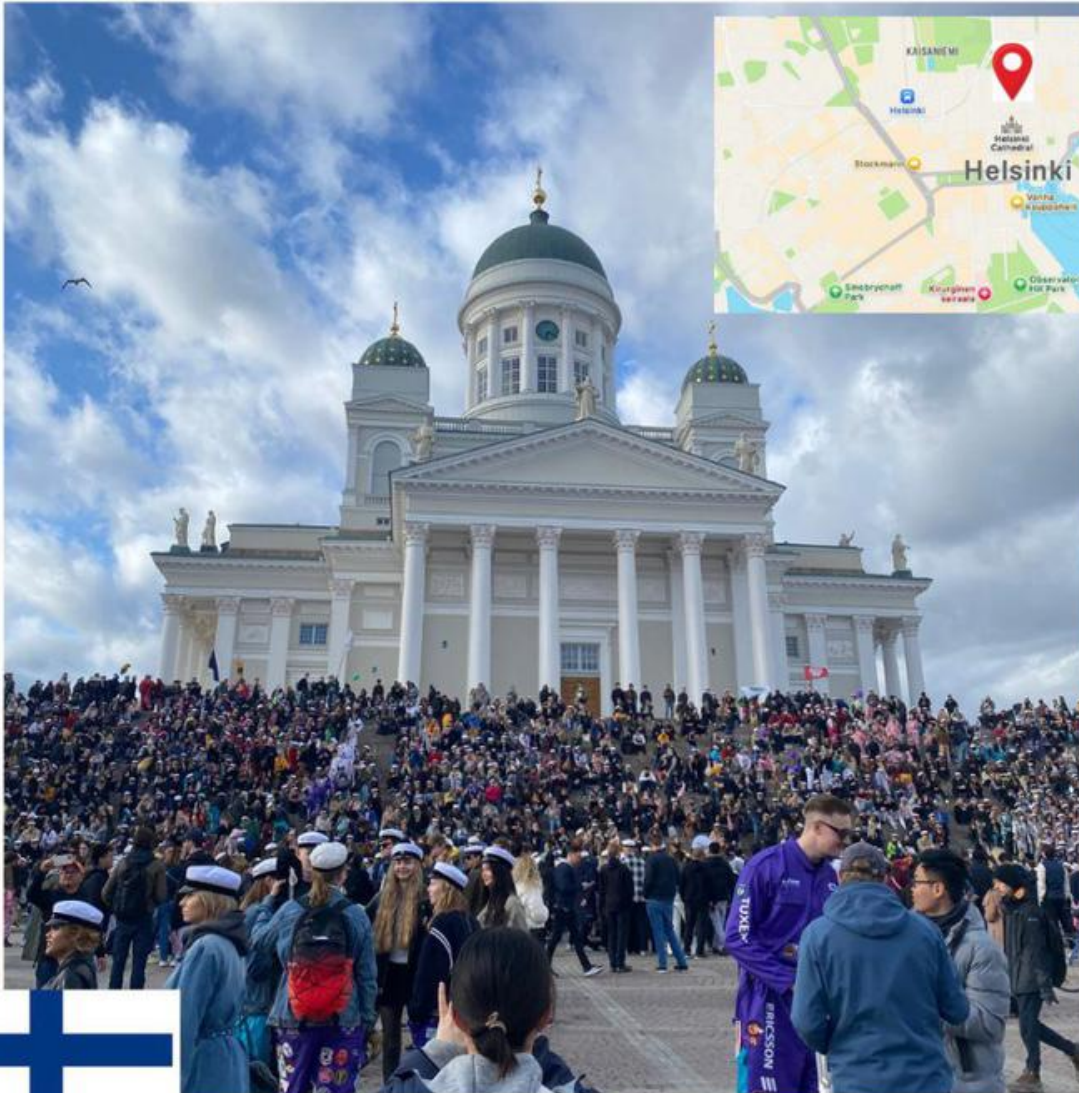


Erasmus+ in Italy

To me Erasmus+ is a time to learn about myself, to travel, explore, share traditions and meals with people from other places. I've learnt so much about myself and about the country I am studying in.

Sending a big thanks to ESN Rimini who made my Erasmus+ amazing <3

HELSENKI



Celebrating Vappu
in Helsinki- a Finnish
national holiday to
mark the beginning
of Spring!!



My week in the Netherlands was full of new experiences, places, and friends. It was also a week full of challenges and international collaboration. I'm glad I had the chance to be part of this community and experience the Erasmus+ program in this beautiful country.

- Lucie



Amsterdam

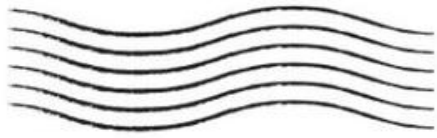
Netherlands

Erasmus+

Amsterdam

Netherlands

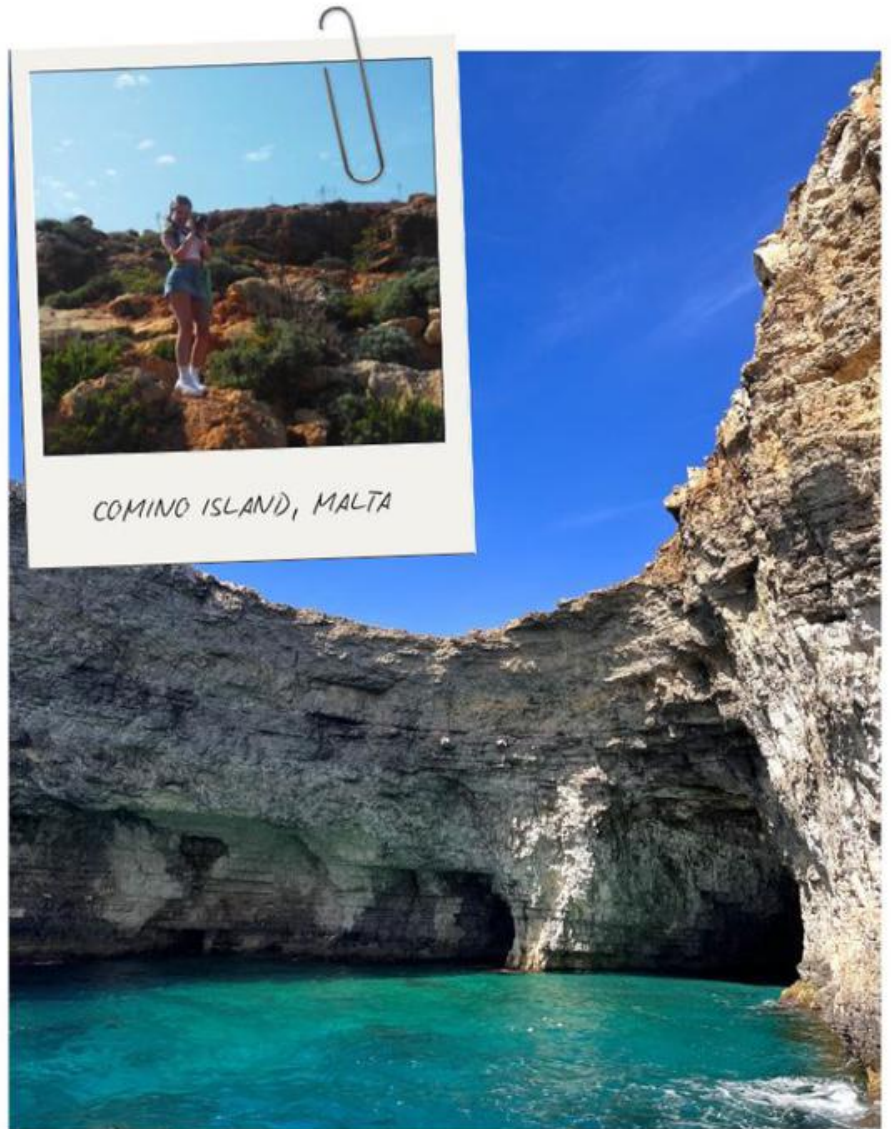




POSTCARD *from Malta*

Living in Malta as an Erasmus student has been an unforgettable experience filled with sunshine, new friendships, and memories. From exploring the streets of Valletta to swimming in the Mediterranean after class, every day feels like an adventure. Erasmus+ gave me the chance to grow, travel, and experience a new culture.

-Leah



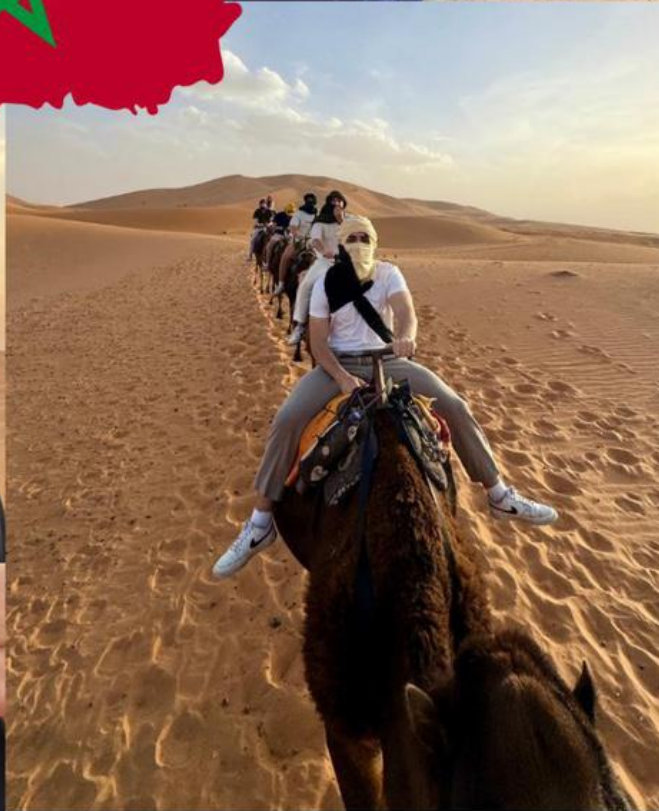


I chose the apartment with strangers.

Four of us - from different worlds.

One was from Morocco. During midterm break, he took us to his village in the Sahara, where we rode his family's camels.

We met in Reims, France - and the world got so much bigger.



Olomouc, Czech Republic



If someone asked me to sum up my Erasmus year in Olomouc in three words, These are the words I would give them:

Growth, Adventure, Family
I have seen, felt, and learned
so many things my head feels
close to bursting. In the end,
I wouldn't change a thing.

-Ronan



8/03/2026

Our view from the Hollywood
sign of Brasov, Romania!



07/03/2026

Mr. Chonkus

**A friend we made on
our erasmus group trip
to Brasov, Romania**



Stravropoleos Monastery

Art history trip in college
visiting churches around the
Oldtown of Bucharest,
Romania.



08/03/2026

*Going on a bear hunt in
the mountains of Brasov,
Romania!*



8/03/2026

*Oldtown street in Brasov,
Romania*

I've gotten to experience Gießen and beyond while I'm in Germany, taking in all this opportunity has to offer. I'm loving living in another country and getting to know its language, its people, its cities and its natural beauty... and the German trains, for better or for worse!

Ciara



35392 Gießen

Deutschland



Greetings from
Segovia, Spain

We met abroad,
even though we come
from the same place.

Erasmus brought us
to Madrid -
and together, here.



Lea Nováková

Calle de San Bernardo, 45

28015 Madrid

Spain



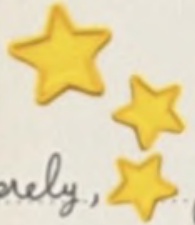
Dessa Årsmånads landkåbuden



bavergäll, ett starkt doltande sekret, som lört ansågs bota bl.a. nervösa åkommor.



TRICKY



Dear ESN Ireland & HEA,
this is what Erasmus feels like to me...

I found a home. Through late night dinners where we shared our fears over bowls of pasta, weekly pub quizzes & just unabashedly basking in each other's company, i found a community. In a world that often rewards coldness and indifference, erasmus was a lovely reassurance that the world is so much more wonderful when we take care of each other:]



GLOSS CARD FRÅN SVENSKT PÅN



Sincerely,
Marcia from Lund,
Sweden ♡



greetings from lund 🇸🇪★





Malta 2025-2026

In Malta, I learned that home isn't a place,
but the people you meet along the way. The
memories I've gathered will stay with me for
life, and the friendships I've made have
changed how I see the world—something I'll
carry long after this journey ends.

Conor Murphy

Malta





JÖNKÖPING, SWEDEN
2025

HELLO



from
SWEDEN

ERASMUS+ GAVE ME THE CHANCE TO CREATE NEW EXPERIENCES AND MAKE BEST FRIENDS FOR LIFE. SWEDEN TAUGHT ME MANY NEW THINGS ABOUT MYSELF AND I WILL FOREVER BE GRATEFUL TO THE ERASMUS+ PROGRAMME. THIS PICTURE WAS TAKEN AT AKA'S FINAL STUDENT EVENT OF THE SEMESTER.



Hearing from Irish MEPs in the European Parliament in Strasbourg made it all feel real. Erasmus+ showed me how easily people connect across countries. New places, different perspectives, and shared experiences made it feel both exciting and familiar – reminding me that even far from home, you're never really that far away.



Moving to Oulu for six months has been an amazing experience. I have made so many new friends from all over Europe, and made so many great memories. I enjoyed my time here so much, and hope to visit all my new friends again some day.

- MJ

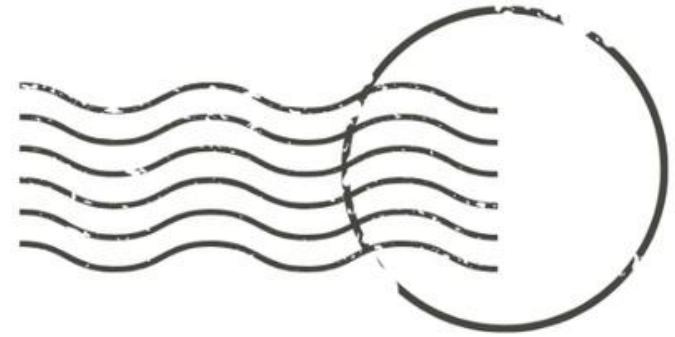




Durham

DH1 3LE

England



Mum, Dad,

I've met someone.

And I think he might
be the love of my life...

See you soon xx

DURHAM



Greetings from

DURHAM

England



Gezellig!

A Dutch word that captures a feeling of belonging, comfort, and contentment associated with shared moments. This feeling has been part of my everyday life in Utrecht, from relaxed days in the park to bike rides and long chats with roommates. For me, Erasmus has truly been gezellig.



📍 **Utrecht, the Netherlands**

Moving to Canada was an incredible experience. I will always treasure the beautiful nature, friendly people, and the delicious cuisine. Another exciting adventure, full of laughter, friendship, and surprises. Erasmus+ allowed for the opportunity to create a home away from home.

– Eoin



SEASON AT CANADA



LIMERICK

IRELAND

GREETINGS FROM *Hamilton, Canada*

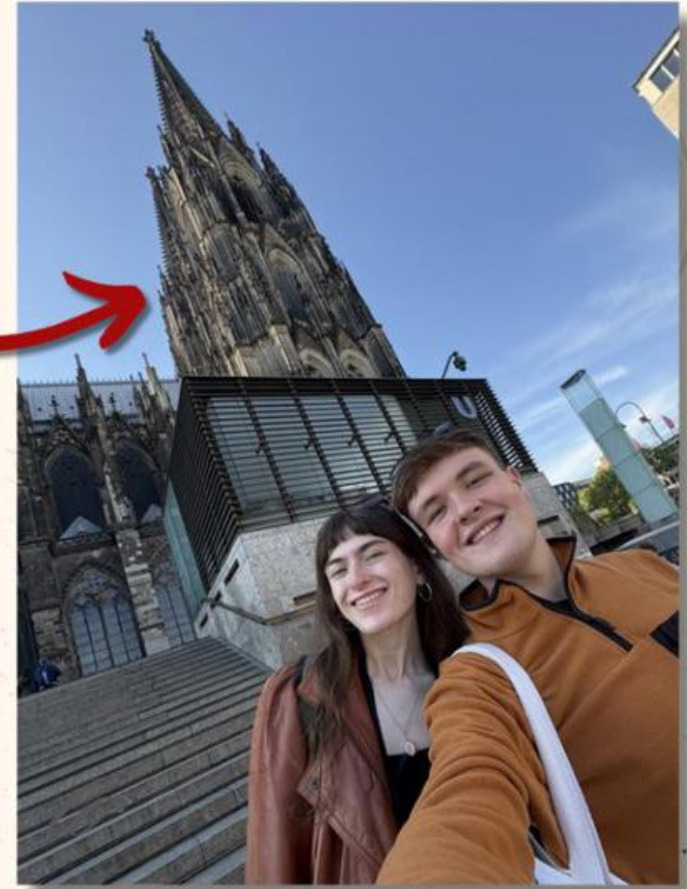
HOME TO THE MOOSE, BEAVER, MAPLE
SYRUP, AND POUTINE

Snooty Fox



POSTCARD

**The
Cologne
Dom!**



**I came for a place, but found a
version of myself I didn't expect in
Bonn. Erasmus+ has tested my limits
I must admit but the prize I got in
return is life long memories, friends
across the globe, and a second home.**

from:
Bonn, Germany

VIVA ANDORRA

Before coming to Andorra I had honestly never even thought about the country a single time, so it's incredible to me now to look back and see the impact it's had on my life.



The most down to earth people you'll ever meet are always off the beaten path.

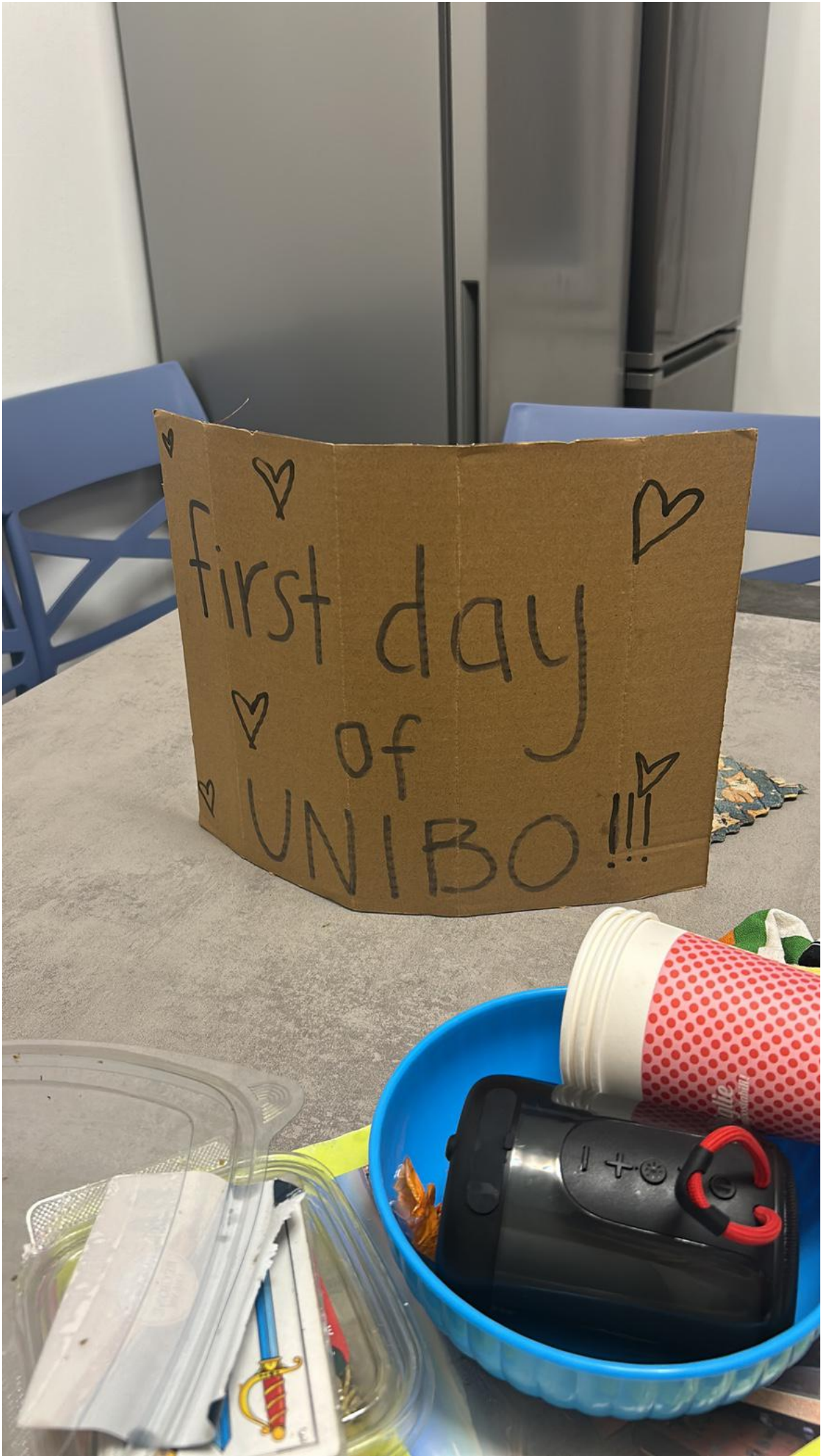


1 May 2026 at 12:29

Visiting the Erasmus Bridge in Rotterdam, just 1.5 hours from Enschede, was truly special. Erasmus+ has been the best choice of my life, and I've loved every moment. Seeing something built in its honour made me feel grateful, inspired, and proud of this unforgettable experience.



This picture represents the beginning of my Erasmus journey. Our first day of school photos with my new housemates was the start of an amazing journey. Little did I know that would be the best semester of college yet! New food friends and places. Fallo!





LIVING IN ITALY
HAS TAUGHT ME ABOUT FRIENDSHIP,
NEW CULTURES
AND MOST IMPORTANTLY,
'LA DOLCE VITA'.
THE ART OF SLOWING DOWN AND
ENJOYING LIFE.

CIAO, ABBEY-RAE!

FIRENZE,

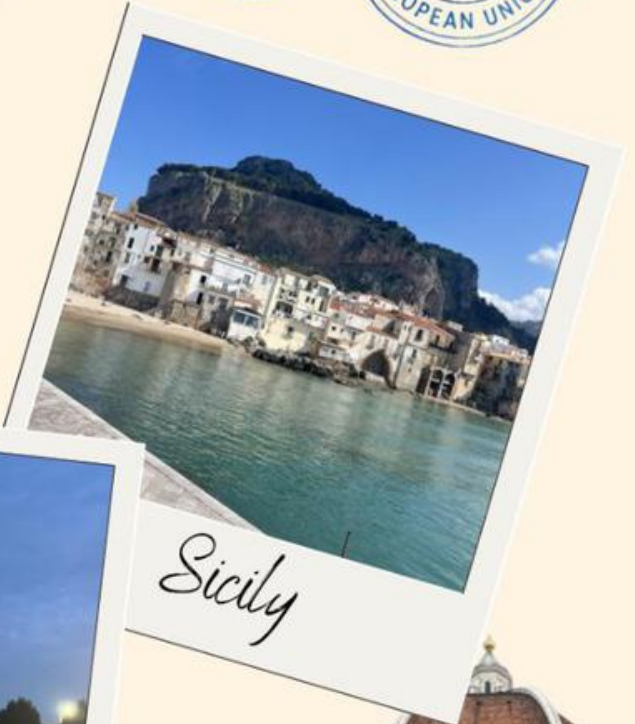
ITALY

ERASMUS+ in

Italia



Venice



Sicily



Pisa



Investment
IN TRAVEL
is an
INVESTMENT
IN YOURSELF



Moving to Lüneburg was scary, but now I have new friends, and a new home. Most of all I found *her*.

On our New Year's trip to Berlin, surrounded by thousands, I said '*I love you*'.

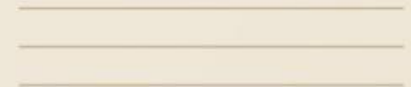
Erasmus doesn't just change where you live. It changes your life.

— **Matt**

BRANDENBURG GATE, BERLIN, GERMANY



BERLIN · 01 · 01 · 2025



LÜNEBURG, GERMANY



📍 BRANDENBURG GATE, BERLIN

NEW YEAR'S EVE

Under the *Brandenburg Gate*

 2025

Postcard



Address : Delft, Netherlands



to : Erasmus+
From : Sreya

Message : Hello from Delft! I am proud to say I have had my Dutch experience of my bike being taken away during a night out while I was tipsy with my co-workers. I have so many more cities to visit and collect the most appropriate fridge magnets, and, most importantly, the best Miffy merch! A picture that sums up my time abroad: Dutch fries and exploring. I love it here so much!!

Wish you were here!



Dear home,

I arrived alone.

I'm leaving with a circle I'll never forget



Cluj Napoca, Romania



Moments from



"SEVILLA TIENE UN
COLOR ESPECIAL"

Sevilla..

A SUNSET AT PLAZA DE ESPAÑA OR A WANDER
ALONG THE RIVER BY THE TORRE. DAYS
STRETCH, TIME SLOWS, AND EVERY PART OF
YOUR DAY IS ENJOYED. CHEAP WINE AND TAPAS
WITH FRIENDS, LATE NIGHTS, NOWHERE TO BE
BUT RIGHT HERE.





HELLO

from

GIRONA

MY TIME IN GIRONA HAS BEEN AMAZING.
LIVING HERE HAS OPENED MY MIND TO
NEW POSSIBILITIES AND GOT ME
OUTSIDE MY COMFORT ZONE. I SEE
GIRONA AS A HIDDEN GEM WITH GREAT
COMMUNITY AND BEAUTIFUL
ARCHITECTURE



SUMMER 2026
CAMÍ DE RONDA S'AGARÒ
GIRONA



SUNSET IN GRAZ

This is the clock tower in Graz, Austria where my friends and I go to enjoy the view and watch the sun set in the evenings. It's the place where I have made some of my favourite Erasmus memories.



Bochum caught me off guard in
the best way. New routines, new
people and a new way of living
that somehow just works. I came
for Erasmus, stayed for the chaos,
charm and learning a surprising
amount about mining.
Glückauf!



to: Bochum
Germany

from: Sophie



ALCALÁ DE HENARES, MADRID, ESPAÑA

Here is a photo of a beautiful sunset that I saw on the way to a letter writing Erasmus event here in Alcalá de Henares, I'm very grateful to have spent a wonderful year here and to have met so many great people,

From Zoe



What I miss most about Vilnius is the people who
turned it into a second home. From unforgettable
trips and new cultures to amazing food and shared
moments, every memory became part of an
experience I'll never forget

.....




I think I
like this
Pille life!



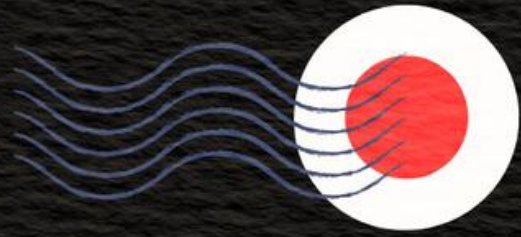
Great friends, great food and great views ... what more could a girl want!

Thanks to Erasmus plus I got to meet amazing people (the Chiti are really live up to their reputation) and try amazing food... the frites were especially good!

I can't wait to visit again!



Hello from Japan!



*Japan was a country I didn't even know you
could go to on Erasmus+ but now I can't
imagine going anywhere else!*

*I took this photo during a trip to Kyoto
(after riding on a bullet train for the first
time!) and it's a sight I'd always dreamed of
seeing!*

- Dáithí

Kyoto, Japan



"The storm will pass and the rainbow
will appear."

Erasmus was the hardest and most
beautiful chapter of my life. Some days
I longed for a plane ticket home; now,
the thought of leaving Regensburg feels
impossible.

The Regensburg Dom after a rainy day,
a slight rainbow in the sky.

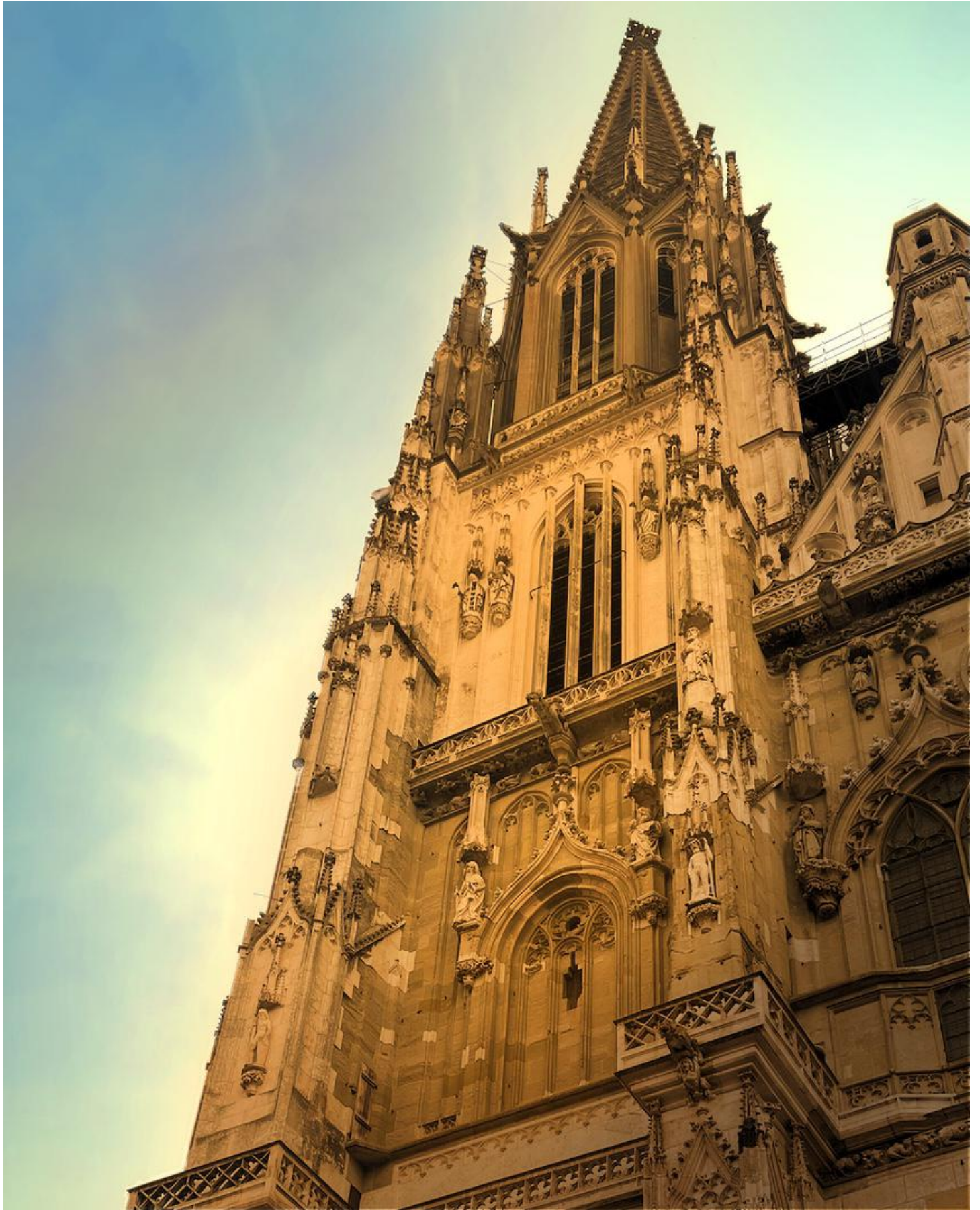


Address:



Regensburg,

Germany



My Erasmus experience was filled with walks and cycles at dusk and dawn along the canals and lakes that decorate the city of Rotterdam. Here, I met wonderful people, discovered new places, made infinite new memories and found an inner confidence and independence I never knew was there.



Rotterdam,

Netherlands



27th April 2025

Erasmus+ in Barcelona built my confidence and a lasting urge to travel by pushing my comfort zone. Making new friends while exploring cultural history, I witnessed landmarks like the Sagrada Familia. This postcard illustrates the vibrant Catalan sunset over the cityscape. This sunset encapsulates the resilience, personal growth, and deep appreciation for adventure I fostered on Erasmus.



"El mundo es un libro y aquellos que no viajan solo leen una página."

- SAN AGUSTÍN

Barcelona



POSTCARD

Erasmus+ brought me so many new opportunities while abroad. I got to embrace my independence and make new friends in a place I had never been to before. This was one of the best experiences I've had while in college.

- Rachel



Bruges, Belgium
2025



Bruges, Belgium





Erasmus+ took me beyond classrooms, taking me from a stage in Naples. It was where research met culture, and where I learned that knowledge grows strongest when shared across borders.

- Naples, Italy

Learning
beyond
borders



📍 DARMSTADT, GERMANY

In Germany, students from
Ireland, **Romania**, and **Spain** turned
ideas into rockets and strangers
into friends. Erasmus+ showed me
that the best learning happens
beyond borders.



PIRAN

— Slovenia —
⚓

While studying in Ljubljana during Erasmus, a trip to Piran became one of my favourite memories. The sea, the historic streets, and the peaceful atmosphere made it feel like stepping into a postcard.



6330 Piran

Slovenia

PIRAN

Slovenia



Since I was 16 I planned to do my placement abroad. Before I came to Eindhoven I didn't even know it existed. I made so many memories here, explored more places in 8 months than I have in my entire life and realised my dream of living and working abroad thanks to Erasmus +.




JAN - AUG 2025



EINDHOVEN
CENTRUM
Eindhoven

STRAVA

 Morning Ride

Distance	Time
5.56 km	20m 57s

EINDHOVEN





Not every lesson from Erasmus + happened in a classroom. Living in Bergen gave me the chance to experience places and moments I never would have otherwise, and made Norway feel a little less far from home
-Tara

 *Bergen, Norway*



Hello From **Chemnitz**



DURING MY ERASMUS
EXPERIENCE I HAVE GARNERED
LIFELONG FRIENDS FROM ALL
OVER THE WORLD
OVERLOADING MY DAYS WITH
CREASING LAUGHTER AND A
GENUINE SENSE OF GRATITUDE

ANGERS, FRANCE



Moving over to Angers, France has changed
my life. It has introduced me to new
people and a new culture that I love.
Without Erasmus+ bringing me here I'm
not sure I would've ever seen this part of the
world. Very grateful. See you soon!!



I went on a hike in Narsdorf! See mom...I'm doing wholesome activities on Erasmus I swear



Some places dont ask to be
remembered,

They haunt you beautifully

LAGO DI BRAIES, ITALY

Erasmus 2025



EINDHOVEN



PSV!

Arriving in Eindhoven, I was immersed in the Netherlands' passionate football culture. At Philips Stadion, I watched many PSV Eindhoven matches, including a monumental UEFA Champions League game against Bayern Munich! The photo on the left captures Eindhoven city centre brought together celebrating PSV's triumph, winning the Dutch Championship!

Moving to Utrecht for six months has been the best experience of my life so far. I have made so many new friends from all across the world such as Australia, Canada, and New Zealand and have been invited to travel with them this Summer! If it wasn't for Erasmus I wouldn't have had the chance to travel and explore the world with new friends as much as I have and plan to in the future!

It feels like the entire world has opened up in front of me!



Utrecht

The Netherlands

Jan - June 2026



1. A Fable for Tomorrow

THERE WAS ONCE a town in the heart of America where all life seemed to live in harmony with its surroundings. The town lay in the midst of a checkerboard of prosperous farms, with fields of grain and hillsides of orchards where, in spring, white clouds of bloom drifted above the green fields. In autumn, oak and maple and birch set up a blaze of color that flamed and flickered across a backdrop of pines. Then foxes barked in the hills and deer silently crossed the fields, half hidden in the mists of the fall mornings.

Along the roads, laurel, viburnum and alder, great ferns and wildflowers delighted the traveler's eye through much of the year. Even in winter the roadsides were places of beauty, where countless birds came to feed on the berries and on the seed heads of the dried weeds rising above the snow. The countryside was, in fact, famous for the abundance and variety of its bird life, and when the flood of migrants was pouring through in spring and fall people traveled from great distances to observe them. Others came to fish the streams, which flowed clear and cold out of the hills and contained shady pools where trout lay. So it had been from the very first years ago when the first settlers raised their houses, sank their wells, and built their barns.

Then a strange blight crept over the area and everything began to change. Slowly and silently it came to the community, mysterious and menacing. At first the sheep sickened and died. Everywhere was a shadow of death. Then the illness among their families. In the town the doctors had become more and more puzzled by new kinds of sickness appearing among their patients. There had been several sudden and unexplained deaths, not only among adults but even among children. They would be playing suddenly while at play and die within a few hours.

There was a strange stillness. The birds, for example—where had they gone? Many people spoke of them, puzzled and disturbed. The feeding stations in the city parks were deserted. A few birds seen anywhere were moribund; they trembled violently and could not fly. It was spring without voices. On the mornings that had once throbbed with the chorus of robins, catbirds, doves, jays, wrens, and scores of other bird voices there lay a silence, a silence lay over the fields and woods and marsh.

On the farms the hens brooded, but no chicks hatched. The farmers complained that they were unable to raise any pigs—the litters were small and the young perished early. The apple trees were coming into bloom but no bees droned among the blossoms, and without pollination and there would be no fruit. The roadsides, once so attractive, were now brown and withered vegetation as though swept by fire. These, too, were silent, deserted by all living things. Even the streams were now lifeless. Anglers no longer visited them, for their fish had died.

In the gutters under the eaves and between the shingles of the roofs, a white gray dust had still showed a few patches; some weeks before it had fallen like snow upon the roofs and the lawns, the fields and streams. No witchcraft, no enemy action had silenced the world, new life in this stricken world. The people had done it themselves.

This town does not actually exist, but it might easily have a thousand counterparts in America or elsewhere in the world. I know of a community that has experienced all the

Dear reader,

For this postcard, I decided to go a more academic route, similar to the postcards that can be found in Uppsala Universitet's library. To the left is a block out poem I created during a workshop I had the chance to lead during the ESEH conference.

Last summer was a difficult one, but in the Solastalgia Pangolin, composing with like minded people, fear was left at the door.



POSTCARD
From Dubrovnik.



The view that never got old!

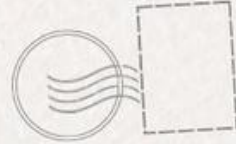
Dubrovnik old city walls on our doorstep. What a privilege it was so explore this city without any tourists (Besides us) This was the first place the college brought us and we will never forget it.

2km of history overlooking the old town and Lokrum Island!





POSTCARD



FIRST DAY
V
LAST DAY

Dubrovnik, Croatia

26/1/25 - 17/5/25.

5 Months. 15 Weeks. 111 Days.

7 cities visited.

1000+ photos.

Endless memories.





— ROMA TRE, ROME, ITALY —



During my Erasmus in Rome i've learned how to live in and love a new city. I've made friends and learnt about different cultures. I've adapted to a new university and I've learnt to live independently. It's been a fulfilling, fun and unforgettable experience that I would recommend to anyone.



Dear Ghent,

This is my love letter to you. You were the best Erasmus city I could have ever asked for. I made lifelong friendships with the natives and my fellow students. A city with so much historical architecture was just absolutely stunning. Leaving my room everyday and talking to other from different countries is something I hold close to my heart. I hope I get the opportunity to see you again soon and make even more memories!

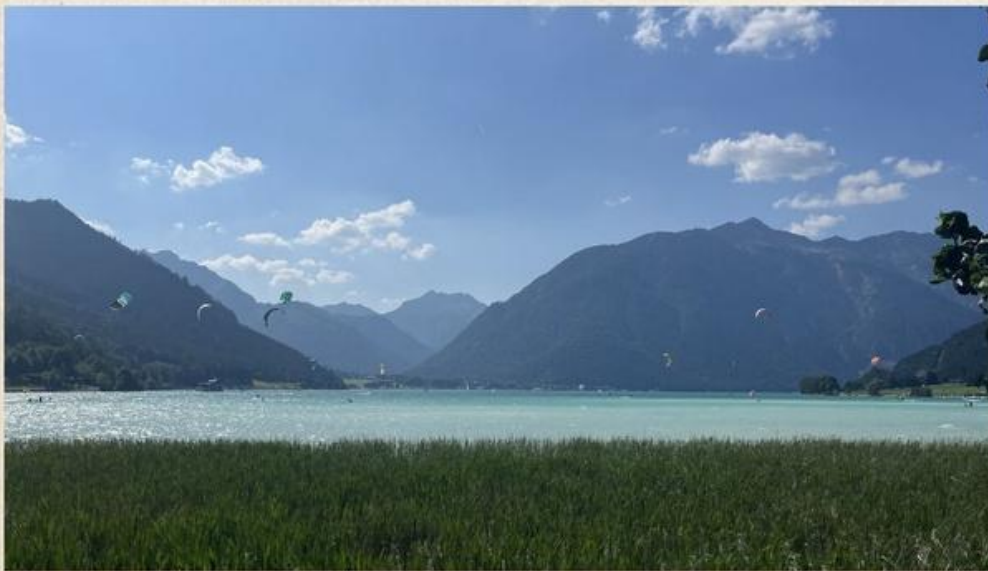


📍 Barcelona, Spain

Some places change your view,
Barcelona changed mine.

Erasmus gave me more than
memories, it gave me confidence,
perspective and a world far
bigger than the one I knew
before.

It taught me that the most
important journey is not only
discovering a new country,
but discovering who you
can become.



My postcard from Innsbruck, Austria!

My Erasmus in Innsbruck, meant mountain views on the way to class, quick swims in the lake after lectures, and being surrounded by nature. Life felt calmer and more spontaneous, whether hiking, skiing, or just sitting with friends taking in the scenery. It's a place that really stayed with me.



Madrid, Spain

I didn't know what to expect when doing an Erasmus+ year in Madrid. However, this city will always be a reminder of what an unforgettable experience it was. I will forever cherish this opportunity that helped me value the joys of travelling, meeting new people, and making new memories!



*Wandering through the
fairytale views at
Neuschwanstein Castle
reminded me how
Erasmus+ is about more
than studying abroad, it's
about discovering new
places, cultures, and
parts of yourself along
the way.*

Bavaria

Germany

MALTA

A small island full of endless memories!

My Erasmus+ in Malta has meant studying followed by a swim in crystal clear Mediterranean waters or drinks & pastizzi on the steps of the ancient streets of Valletta.

There has never been a dull moment & I will forever hold onto the many days filled of laughter with friends.



Souvenirs de

NANCY

Nancy is a city very close to my heart, thanks to Erasmus+. I had a truly transformative experience here as part of a traineeship, working on exciting research and becoming fully immersed in beautiful culture.

Sharing delicious food and making new friends is something I will never forget.

- Ciarán



I learned this saying from the French lads.

“Le monde et petit.”

It means “The World is small.”

But I don't think you realise just how small it is, until you do something like Erasmus and find pieces of yourself 1213km away.





Den Haag, Netherlands



Hoi Den Haag!

This Erasmus chapter has given me friends from all over the world and memories I won't forget! Beach runs, sunset cycles and laughs...I don't ever want it to be over!

Tot ziens 😊

One of the most unforgettable days of my Erasmus+ experience began on a boat along the Danube, surrounded by students from across Europe.

In Visegrád, we stepped into medieval Hungary. As part of “Team Green”, we didn’t win—but we gained connection, laughter, and memories that will last a lifetime.

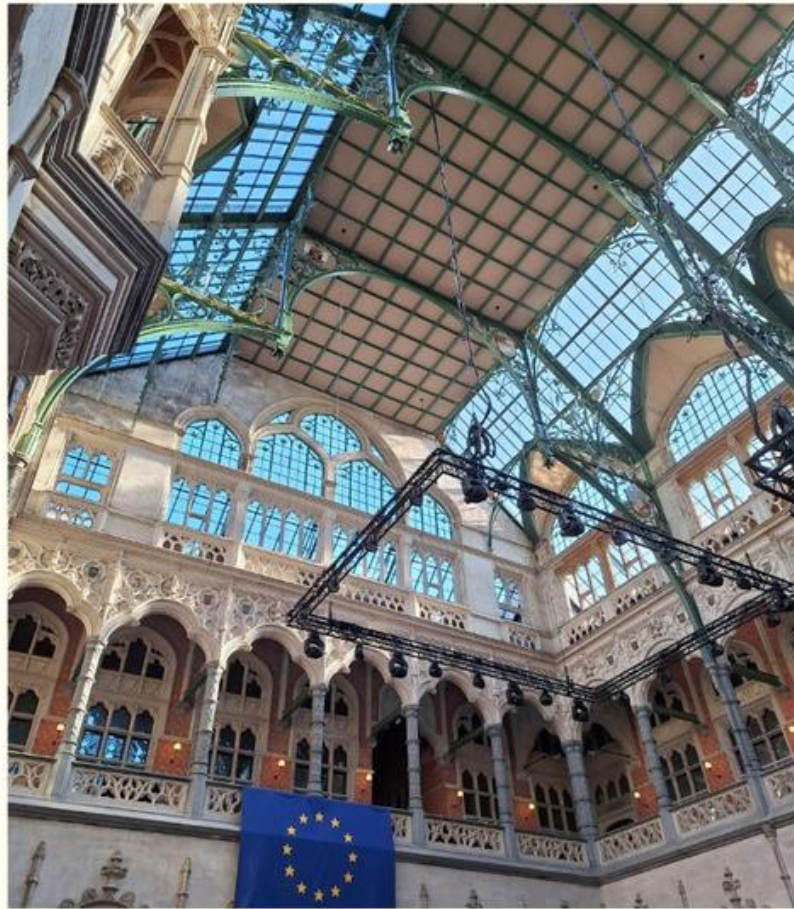
Budapest, Hungary 
BIP Erasmus+ Programme
SETU Waterford
Edutus Egyetem
19-24 April 2026



**“Somewhere between the Danube and a medieval
Town, Europe felt smaller -and friendship felt bigger.”**



POSTCARD



To: Erasmus+
Dublin
Ireland

From: Handelsbeurs
Antwerp
Belgium



In 2025, during my exchange at Zealand Institute in Denmark, Erasmus+ brought me to Thomas More in Geel for a memorable April week.

One highlight was visiting Antwerp's restored Handelsbeurs, which hosted the European Industry Summit 2025 – a rare glimpse into Europe's living heritage and shared future.



In January 2025, Utrecht became more than a city to me. During the Human-Centred AI Blended Intensive Programme, its canals reflected an inspiring blend of cultures, ideas, and collaboration. Engaging with global peers and SMEs in this vibrant academic environment gave me the confidence to pitch and shape my thesis vision internationally.


*Sunset in Vienna,
and we all
became a little
golden with her.*



 *Wien, AT*

Postcards From Erasmus+



 Skövde, Sweden



Campus life,
good food,
great memories




Erasmus+

Enriching lives,
opening minds.

Skövde gave me more than credits—it gave me confidence, fika breaks, new routines, and memories from campus life in Sweden. From shared lunches to discovering local traditions, my Erasmus+ experience helped me grow, connect, and feel at home far from Ireland.





Rennes

A celtic gem with a touch of French

What better picture to describe this city than this one

of Palais du Commerce taken from Place de la

Mairie during Carnival?

Rennes was an amazing experience! Could even

consider it to be a new home!



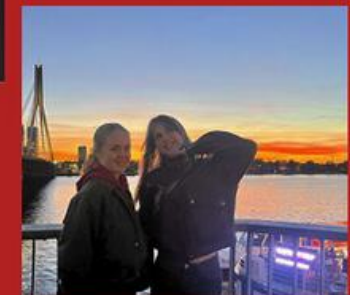
LATIVA

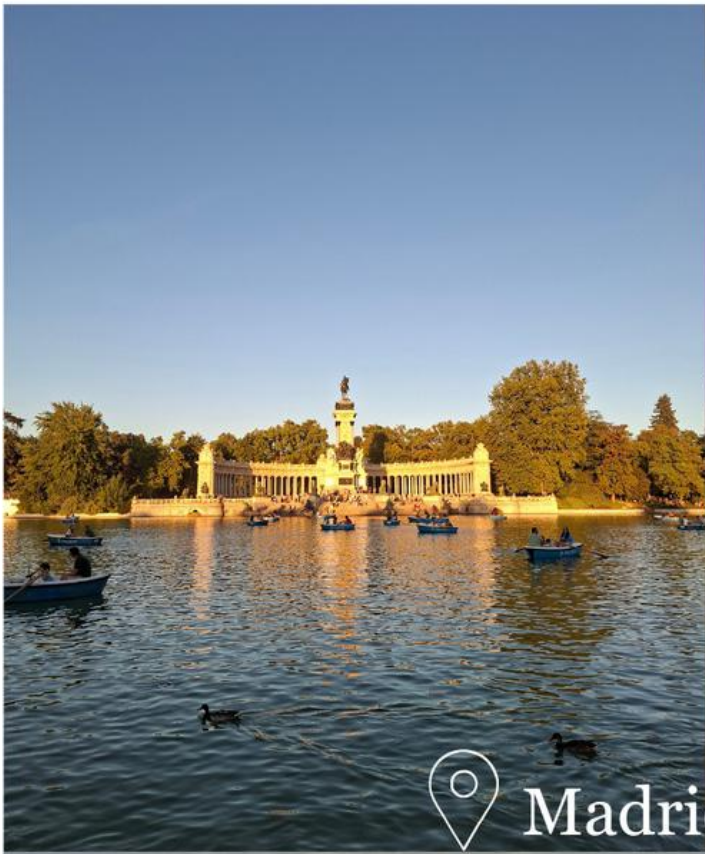


RIGA

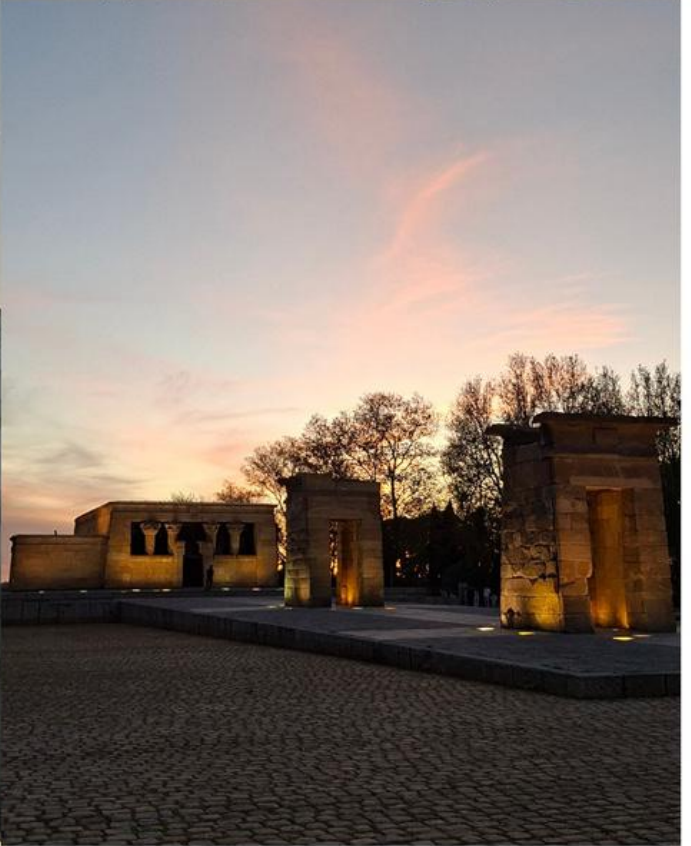


“Studying in Riga, Latvia was an unforgettable experience. I learned valuable new skills, explored stunning architecture, and discovered a vibrant culture. Every day brought exciting opportunities and personal growth. Most importantly, I made lifelong friends from different backgrounds, creating memories and connections that I will cherish forever”.





Madrid, Spain



I have had the best year in Madrid, full of fun experiences, lovely people and lots of time spent enjoying the sun - many picnics in the park and watching the sunset at Templo de Debod! I am so grateful for all the new friends and memories I have made!

Greeting from Aberdeen



postcard



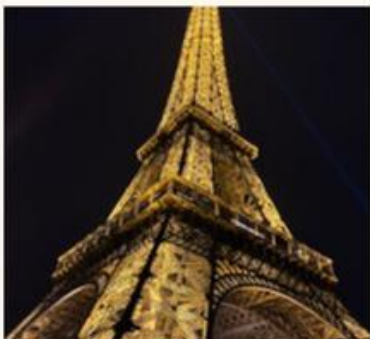
Erasmus+ showed me places I never imagined I could reach. In Aberdeen and across Aberdeenshire, between castles and breathtaking nature, I learned that mobility is much more than research: it is culture, belonging, discovery, and seeing myself as part of a bigger world.



ABERDEEN AB24 3FX, SCOTLAND



WAGENINGEN, NETHERLANDS



Erasmus+ gives students, like me, incredible life skills from independence, adaptability, communication, cultural awareness and confidence.

But most importantly, for life in the Netherlands.....

How to fix a bike chain:)

GREETINGS FROM:
LUND, SWEDEN



*The place where strangers became ,
friends, and Erasmus became
unforgettable.*

Tack så mycket, Lund :)

2025 / 2026





Altea, Spain



London,
UK

OKTOBERFEST,
PLAZA DE LUCEROS

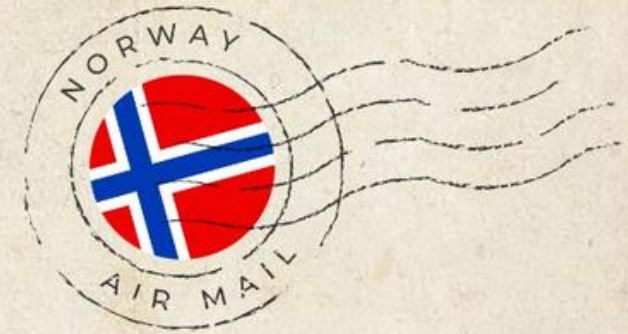


Altea, Spain



I'm so rich, maybe the richest person in the world.
How lucky I am to be this wealthy...
Living excessively, taking more flights, more chances more moments than I can count.
But,
Wealth was never about money for me - it's about the privilege of having lived, loved, seen and felt his much at all.

- Julian



Narvik, Norway

After taking a sleeper train from our host
university in Uppsala, we woke up in the
beautiful fjords of Norway. We began our
climb into the mountains and saw wild reindeer
and dramatic landscapes. ERASMUS+ has
made experiences like these so accessible!



I've never explored so much, each step led me somewhere interesting with new people & places.



doing hikes & making homes



Greetings from

📍 Vienna



I cycled around the city centre at golden hour this evening. Hofburg Palace on one side, the sun falling on the other, thinking; nobody at home will believe this is just a Tuesday. Thank you Vienna, for making the ordinary feel extraordinary!

GREETINGS FROM OESCHINEN LAKE, SWITZERLAND



6 April 2025

From: *Konstantina Theochari*

Address: *102 Chemin de Renens, Lausanne*

Sunday hikes are back, and this time we found ourselves doing the loop around Oeschinen Lake. The journey was exactly what you'd expect - debriefing each other between naps and UNO rounds - but the scenery was unlike anything you could ever imagine!





CIUDAD RODRIGO
CASTILLA Y LEÓN
SPAIN

PAID 4.50

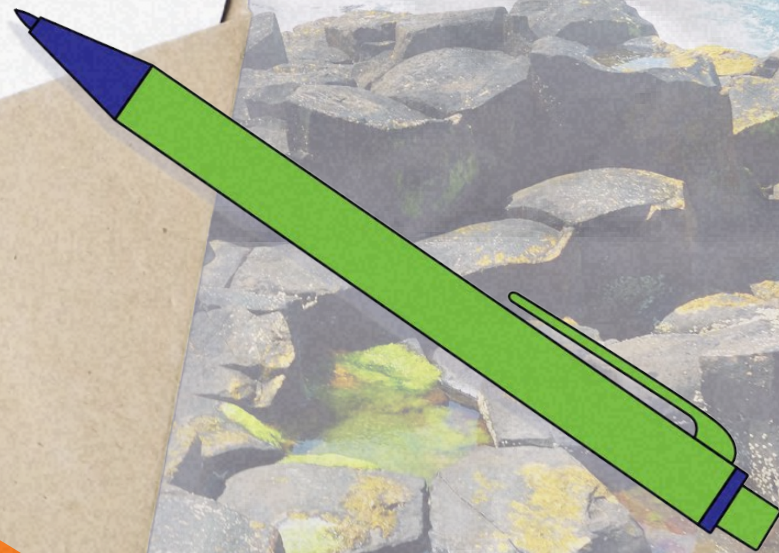
No. 8876

Salamanca is a beautiful city, but there I also learned to experience beauty and history in unexpected places. This church in Ciudad Rodrigo was breathtaking, and I was only meant to stop in the town for lunch!

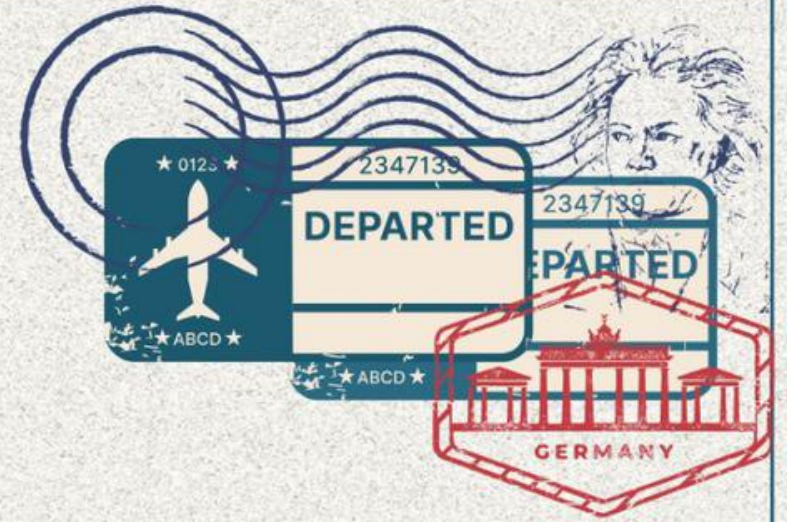
Similarly, my Erasmus+ was a deeper learning experience than I ever could have anticipated.

Cheers,
Helena

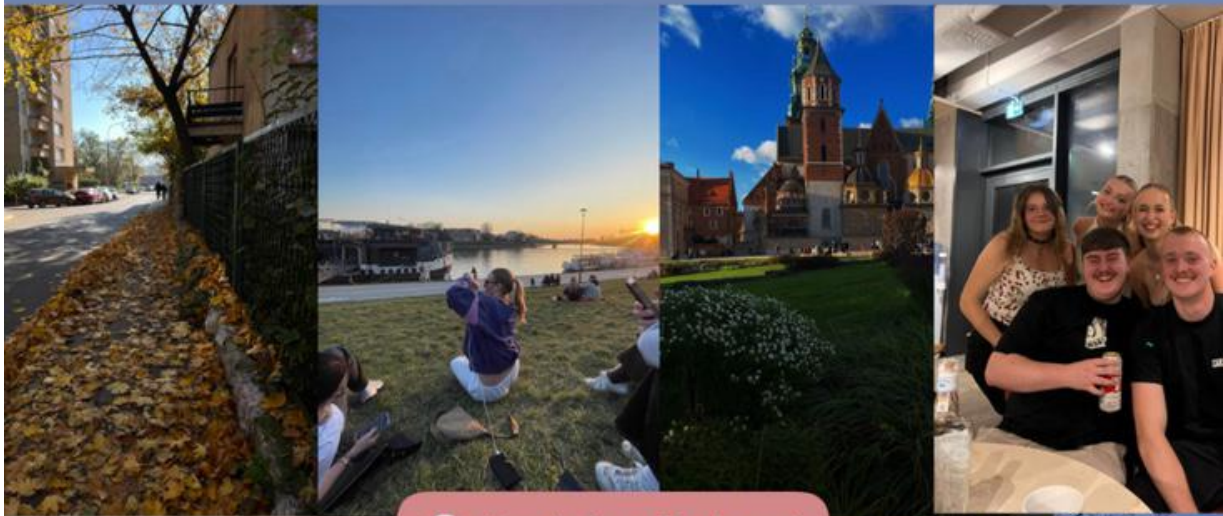
**AMBASSADOR
SPOTLIGHT!**



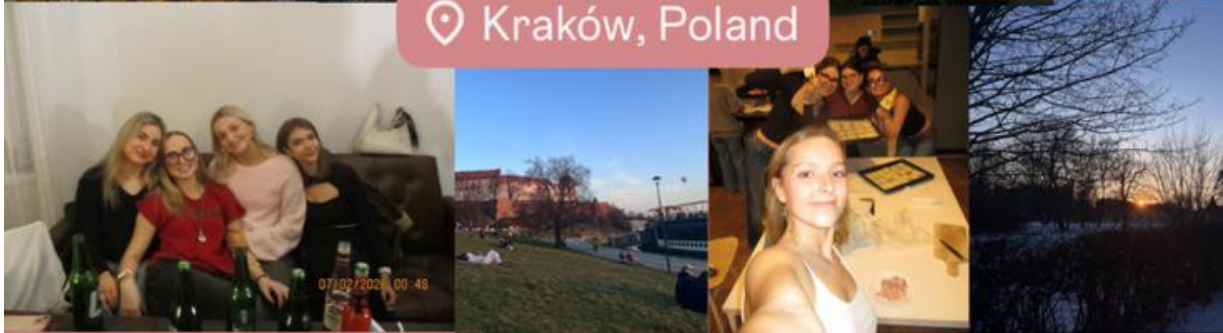
POST CARD FROM BONN :)



Hi, I'm Olivia and I spent my Erasmus in Bonn, Germany. The birthplace of composer Beethoven. The springtime in Bonn looks lovely with cherry blossoms. Bonn is friendly to international students. Everybody speaks English which is helpful. There's many museums, thrift shops and art to see. You won't know until you go!



📍 Kraków, Poland



Living in Kraków during my Erasmus+ experience was so much more than just studying abroad. The city's vibe is perfect for Erasmus, it's filled with history and beauty.

However, over time, it was the people I met who really shaped the experience, turning it into something much more meaningful. I feel really lucky to have had this opportunity, it pushed me out of my comfort zone, helped me grow, and gave me a new perspective on things.



PIC•COLLAGE

GREETINGS FROM :

TRIER, GERMANY



FROM : BEN



WHEN I FIRST ARRIVED, I NOTICED
A GROUP OF SENIORS THROWING
METAL BALLS ABOUT. I ASKED "WIE
SPIELT MAN DIESES SPIEL?"

I WAS RELIEVED WHEN THEY SPOKE
ENGLISH, I COULDN'T UNDERSTAND
THEIR GERMAN.

THE GAME WAS PÉTANQUE. WE MET
UP EVERY WEEK TO PLAY.

MAKE UNEXPECTED FRIENDS!

March 14th 2025



Moving to Oulu pushed me out of my comfort zone and into something unforgettable. A new country, new friendships, and constant discovery. Erasmus+ showed me how much there is to see, and how quickly a new place can start to feel like home.

-Cúán



90100 OULU
FINLAND

16th April 2026
Nuremburg, Germany

Guten Tag!

Thanks to Erasmus+ I now
have friends from around
the world and am learning
more about different
cultures and countries
every single day:)



Galway, Ireland

NUREMBURG

GERMANY





MANNHEIM,
GERMANY



Erasmus+ has allowed me to explore so many areas of Europe that I would have never considered before.



FROM

Paris



WITH LOVE

*PIC FROM WALKING ALONG THE
SEINE WITH THE GIRLS!
'LES BOUQUINISTES' SELL
POSTERS AND BOOKS ALONG THE
THE RIVER BANK, AND
THIS ONE WAS RIGHT BESIDE
NOTRE DAME!*



ERASMUS
2025-2026
MONT SAINT MITCHEL

HELLO

RENNES,

from

FRANCE



THIS MOMENT IS FROM MY VISIT TO MONT-SAINT-MICHEL DURING MY ERASMUS AND IT WAS UNREAL. JUST AN HOUR BUS RIDE FROM MY CITY, BUT IT FELT LIKE A COMPLETELY DIFFERENT WORLD. THE PLACE HAS A SERIOUS PRESENCE, ESPECIALLY WITH THE ABBEY TOWERING OVER EVERYTHING. IT'S SAID TO HAVE INSPIRED TANGLED. DEFINITELY ONE OF THE STANDOUT EXPERIENCES FROM MY YEAR ABROAD.

Postcard

From **Valencia**

Erasmus might seem daunting at first but I'd 100% do it again.

I'll never forget that sunrise swim at Malvarrosa, the study sessions in Turia and those fresh orange juices from Mercat Central! Not only did my Spanish improve but I also got to know a new culture.

All the best, Dorottya ♡





With Love from
Milano



Milan became more than a place - it became a time of growth, discovery, and self-belief. Through Erasmus+ and the research I was fortunate to be part of, I gained new perspectives, independence, and the courage to step beyond what I knew. This journey became one of the happiest chapters of my life.

-Shubhi



 VIENNA, AUSTRIA

“Vienna waits for you.” And somehow, Erasmus+ did too. Living and studying anthropology here pushed me beyond my comfort zone and changed how I see culture, the world, and myself.

📍 Italy, florence



EMILIA
POSTCARD



Ciao from enchanting Florence!
The sunlight, coffee, and ancient streets are intoxicating. My exchange feels surreal—meeting amazing people every day. Sharing this romance and beauty with you and more—

THANK YOU

to everyone who
shared what

Erasmus+

means to them!

