

One country
One ESN Slovakia
10 sections
18 stories

Because #MobilityIsALifestyle





"We are all part of the same story,
each of us different chapters."

DAVID ARNOLD

WHO ARE WE AND OUR VISION

Erasmus Student Network (ESN) is the biggest non-profit student organization in Europe. Our mission is to take care of international students of Erasmus+ programme or any other type of mobilities under the principle of Students Helping Students. Since most of our members have their own experience with exchanges, we know what the short-term stay or studying abroad can bring, including all the advantages.

But what is Erasmus?

Basically, it's a chance for universities and students across 33 countries to mingle, learn new skills and expand their horizons. Over two million students have done Erasmus since it first started in 1987. That's a lot of mingling. Of course it isn't all about socialising; Erasmus gives students the chance to study, do a work placement or work as a language assistant in another European country during their time at university. The vision of ESN is being fulfilled in one of its programmes called Mov'in Europe. The aim of this programme is promoting and supporting all kinds of mobilities for young people, students, and young graduates through the intercultural competence.



STUDY

and experience education
from a new perspective.

WORK

and grow professionally
in a new environment.

TRAVEL

and explore **while helping**
a good cause.

KTO SME A AKÁ JE NAŠA VÍZIA



**Mov'in
Europe**

Erasmus Student Network (ESN) je najväčšou neziskovou študentskou organizáciou v Európe. Naším cieľom je starať sa o medzinárodných študentov programu Erasmus+ alebo iného typu mobility na základe princípu: Students Helping Students (študenti pomáhajúci študentom). Nakoľko väčšina našich členov má vlastné skúsenosti s mobilitami, vieme čo prináša krátkodobý pobyt alebo štúdium v zahraničí, a tiež výhody z toho plynúce.

Ale čo je Erasmus?

V podstate ide o možnosť výmeny pre univerzity a študentov v 33 krajinách, získanie nových zručností a rozšírenie ich odborov. Viac ako dva milióny študentov absolvovali Erasmus od jeho začiatku v roku 1987.

To je veľa výmen! Samozrejme, nie je to len o socializovaní sa. Erasmus ponúka študentom šancu študovať, pracovať a vzdelávať sa v inej Európskej krajine počas trvania ich štúdia na univerzite.

Táto vízia ESN je naplnená v jednom z jeho programov, ktorý sa nazýva Mov'in Europe. Cieľom tohto programu je propagovať a podporovať všetky typy mobility pre mládež, študentov a mladých absolventov cez zvyšovanie interkultúrnych kompetencií.

ŠTUDOVAŤ

a vyskúšať si výučbu
z inej perspektívy.

PRACOVAŤ

a profesionálne rásť
v novom prostredí

CESTOVAŤ

a objavovať a pritom
napomáhať dobrej veci



"We are one ESN Slovakia, we are 10 sections,"





ESN UMB BB
Banská Bystrica



ESN Prešov
Prešov



ESN Comenius University
Bratislava



ESN STUBA
Bratislava



ESN EU Bratislava
Bratislava



ESN Trnava
Trnava



ESN Košice
Košice



ESN UKF
Nitra



ESN SUA
Nitra



ESN UNIZA
Žilina

ERASMUS STORY



Erasmus+ in Slovakia is year by year reaching a higher number of students; international students choose the Slovak Republic as their destination more and more often.

One of the biggest advantages of Slovakia comes with the very good position in the Central Europe. Really good flight, bus or train connections, allow students from all over Europe to get here easily and travel to the nearby countries within a few days. For many Erasmus students, the big advantage comes in terms of lower prices and living costs.

Furthermore, Slovakia is a beautiful country with an astonishing nature. Students are often seeking for hiking through our majestic mountains. Since we have a lot of students from the South, experiencing a real snow during winter is often described as one of the most exciting things. Moreover, Slovakia is interesting not only during wintertime. Our climate and rotating four seasons allow us to do many types of sports and activities throughout the whole year.

There are many reasons why to choose Slovakia, but no matter the reason why they came here, all these students have one thing in common; they are all part of the Erasmus story.

This brochure describes unique stories and experiences of international students studying at various universities of Slovak Republic. It aims to share their first feelings, impressions, interesting places to visit, and much more. Here we bring back to life honest stories of people who experienced Erasmus in Slovakia,

...and what is your story?

“...international students choose the Slovak Republic as their destination more often.”

“...they are all part of the Erasmus story.”

“...honest stories of people who experienced Erasmus in Slovakia.”

“And what is your story?”

ERASMUS PRÍBEH



Počet študentov programu Erasmus + na Slovensku každoročne narastá; medzinárodní študenti si čoraz častejšie vyberajú Slovenskú republiku ako svoju destináciu.

Jednou z najväčších výhod Slovenska je veľmi dobrá poloha v strednej Európe. Veľmi dobré letecké, autobusové alebo vlakové spojenia sprístupňujú Slovensko pre študentov z celej Európy, a umožňujú im vycestovať do blízkych krajín v priebehu pár dní. Pre mnohých študentov programu Erasmus sú veľkou výhodou nižšie ceny a životné náklady.

Navyše, Slovensko je krásna krajina s úžasnou prírodou. Študenti často vyhľadávajú túry po našich majestátnych horách. Nakoľko množstvo študentov prichádza z južných krajín, skúsenosť so skutočným snehom počas zimy je často opisovaná ako jeden z najzaujímavejších zážitkov. Navyše, Slovensko nie je zaujímavé iba v zime. Naše klimatické podmienky a striedajúce sa štyri ročné obdobia nám umožňujú robiť celý rad športov a aktivít počas celého roka.

Existuje veľa dôvodov prečo si vybrať Slovensko ako Erasmus destináciu, no bez ohľadu na to, prečo sem prišli, všetci títo študenti majú jednu spoločnú vec; všetci sú súčasťou Erasmus príbehu.

Táto brožúra opisuje jedinečné príbehy a skúsenosti medzinárodných študentov študujúcich na rôznych univerzitách v Slovenskej republike. Jej hlavným cieľom je zdieľanie ich pocitov, dojmov, miest, ktoré stoja za návštevu a oveľa viac. Na týchto stranách Vám približujeme úprimné príbehy ľudí, ktorí zažili Erasmus na Slovensku na vlastnej koži.

...a aký je tvoj príbeh?

“... medzinárodní študenti si čoraz častejšie vyberajú Slovenskú republiku ako svoju destináciu.”

“...všetci sú súčasťou Erasmus príbehu.”

“...úprimné príbehy ľudí, ktorí zažili Erasmus na Slovensku...”

“A aký je tvoj príbeh?”

"Old stories are like old friends, you have to visit them from time to time"

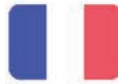
GEORGE R.R. MARTIN



Belgium
Belgicko



Bosnia and Herzegovina
Bosna a Hercegovina



France
Francúzsko



Germany
Nemecko



Kenya
Keňa



Lithuania
Litva



Mallorca
Malorka



Mexico
Mexiko



Montenegro
Čierna Hora



Portugal
Portugalsko



Russia
Rusko



Sardinia
Sardínia



Spain
Španielsko



Taiwan
Taiwan

Steffi Petzold



Matej Bel University in Banská Bystrica



ESN UMB BB

I am not at all a party fan and I am quite shy, so I only met a few new friends, among them my buddy. Everyone of them taught me a lot, and I was so lucky with my buddy calling so many taxis for me to the station and in general, she is amazingly helpful. One of the best things there was that I had a lot of time to think of my life. I found out more about what I want and what I don't want, how I want to live, and by talking to people I got many impetuses to think of. Only in my third month of my stay I found that Polish not-Erasmus guy to do some hiking with me from the dormitory to the close hills and in the Low Tatras. I didn't know many people of the Erasmus students who would have liked to go there, even though it is so close and calm and nature is beautiful. I love hiking and I can recommend to every student living in that dormitories SD1 or SD3 to discover the hills and mountains around.

My best experience during the 3 months was the spontaneous trip to Budapest I did with a Turkish Erasmus guy and when I was hitchhiking alone back to BB the next day. Be brave, try hitchhiking, it works and is an unforgettable experience! I benefited from the close plavaren (swimming pool) – I became a member of KSPV (sports club of the university), paid 20€ and could go swimming (and do other sports) 3x a week and that was my physical compensation.

At the ski trip I failed completely, but even though it was a nice experience. At the National Trip to High Tatras I reached my physical limits by hiking the whole day. The group, weather, nature, views, and mood were great. I really enjoyed this excursion! Finally my Erasmus will be an unforgettable time that influenced a lot of my personal development and made me more mature. I love Slovakia and I can't wait to go back there again and farther to the East and to welcome my friends in Eberswalde, my town of studies near Berlin!



Tayfun Dogan



Matej Bel University in Banská Bystrica



ESN UMB BB

During the first week after my arrival, I decided to go out with other international friends and we chose a famous pub among the locals. Once we arrived there, we started talking in English between each other. This got the attention of one group of Slovak students. They approached us, and we started talking. At this point we realized how beautiful Slovak girls are. They asked us to join them for drinks because they wanted to challenge us. Little did we know about Slovak culture and we started laughing because how would these girls outdrink us, right? Guess we got destroyed and left with no dignity and our heads spinning so we decided to head home. Since this day I will never underestimate somebody from Slovakia.



Why do I Slovakia?

"Cause of nature in winter here and sure because of mountains because I love to snowboard.. <3 "

"Because of the amazing NATURE ... no words needed!"

#mobilityisalifestyle #slovakYEAH #slovaknature
#SunsetInHighTatras



Pablo Brandolini Ivorra



Matej Bel University in Banská Bystrica



ESN UMB BB

Erasmus means for me the best year I have lived, the best moments of full joy I have experienced and, for sure, the best memories I will keep forever with me. The best thing about my mobility in Slovakia was the people and my coexistence with them.

My unforgettable experience was undoubtedly, the fact of being surrounded by such different cultures, traditions and values, has contributed to make this Erasmus year unforgettable. As I lived in a dormitory with all the rest of the students, we became a huge family and lived any sort of adventure. We discovered Europe together, while we were visiting each other. The best memories of this wonderful year were born in every trip we made together. No matter if it was planned the same day, or wherever the destination was. Our most loyal trip partners were always craziness, happiness and will of experience every single moment

together. We felt connected with the stunning natural landscapes of Slovakia, staring at sunsets while we were holding each other in a big hug. Memories that will never fade and that have marked a generation of students in the middle of the heart of Slovakia, in Banská Bystrica.



Why do I ♥ Slovakia?

"I love Slovakia for its such diversity! It's not only about Slovak national parks, but also about cities, small towns, castles, or not so famous places in all over Slovakia. There's so much places I want to discover and travel to... It seems to be lifelong pledge to do that."



Nikola Mirkovic



Matej Bel University in Banská Bystrica



ESN UMB BB

The best thing was making new friends from all around Europe, mixing a lot of different cultures, languages and experiences. Making some friend for a life.

The coolest things were that we could make something interesting from every day and night, especially parties. The Goodbye dinner was also a memorable event for the end as the top of the all semester experiences.



Mirna Ševo



Matej Bel University in Banská Bystrica



ESN UMB BB

I have spent my Erasmus in Banska Bystrica. It is hard to write such an amazing experience in a small space. Spending 5 months with people all around Europe, united in one place, teaches you so many things about life and creates friends for life. Erasmus demands getting outside of your comfort zone, speaking non-native language in a completely new surrounding but is also changes you forever. My experience in Slovakia was something that I will never forget. It has been an honour to be a part of it.



Ismar Sućeska



Matej Bel University in Banská Bystrica



ESN UMB BB

Coming to Slovakia was a big test for me. It was my first time abroad and away from home for longer time. Besides that I play ice hockey and I wanted to find a team where I could play. With all the equipment, bags and vision I came to small town in Slovakia called Banská Bystrica. At first it was like every other city with communist past but once I got to know the culture, people and the city itself, I fell in love very quickly and so, the proof of that is that I came back again in the same city and I made myself at home.

The best part for me was nature and sport. There is lot of places to do sport outside and to enjoy amazing nature that Slovakia has to offer plus free trains for students allows you to be every once in a while in another city and to explore more. Since we are all in dormitory together it's easy to connect with everybody and find friendships for life, plus ESN Banská Bystrica was always there. I believe that all Erasmus students have special bond with ESN-ers.

For me Banská Bystrica is not just some city where I lived for 2 semesters, it is a place where I can go and make myself at home. Where people accept you quickly and you become a part of it before you even know it.



"I love Slovakia because I've experienced many things there, it was like my second home. I've met many people and they've become my family. They've changed the way I look at life. Soooooo, love you Slovakia! A piece of my heart is always with you."

"I love Slovakia because of the castles. It seems like we are everyday in a fairytale."

Maria Cristina Piza Oliver 🇪🇸



Matej Bel University in Banská Bystrica



ESN UMB BB

Well, for me the best thing about Erasmus has certainly been to meet people. I've had a chance to meet because after all, they are your family during the time you are not at home.

I am from Mallorca, from a very small island and it was the first time I left for such a long period. So I thank this experience for letting me discover the world and for opening my mind. I couldn't choose from all the trips, meals, parties, barbecues, excursions or cafés. All I can say is that I encourage everyone to let themselves be impressed, loved, to do crazy things and travel because in the end, that's what makes us happy.



Why do We ♥ Slovakia?

"Cannot capture everything in one pic but I love Slovakia because of its nature, people, small towns and villages, food, castles, history, music, language..."

"Nature, people, experiences... so many things to put in one sentence!"



Valentina Erbi



Matej Bel University in Banská Bystrica



ESN UMB BB

Erasmus traineeship in Slovakia was one of the best experiences in my life! I chose this destination because I wanted to visit a place that, unfortunately, is really underrated in comparison with other countries. I wanted to visit a part of Europe that not a lot of people have the opportunity to come in contact with. Either because it's far or for the fact that it's not very well known. But my choice couldn't be better for my first Erasmus experience. I stayed in Banská Bystrica for two months and my duty was cooperating with ESN organisation. It was a completely new adventure for me because I had never been part of a student organisation, so I decided to leave in February for a place I didn't know anything about.

When I arrived to Bratislava it was very cold and a lot different from Italy, my country. I remember that while I was on the bus to Banská I couldn't even sleep because I was too fascinated by the beauty of the landscape; the forests and hills were a lot and so stunning, in particular with the snow on them. When I finally got to my destination, I was welcomed by a girl who was already decided to be my buddy during my stay there (we became friends in a very small time). The buddy program was completely new to me because it's absent in my city and I think it's an amazing way to introduce a new Erasmus student to the city he/she has to live in. I felt much more confident with her

presence and she helped me a lot. I think that making new friends is not easy for everyone and this program could definitely help.

During my Erasmus I stayed at Banská Bystrica's dormitory; it was amazing to live with people from all around the Europe (sometimes it was a bit stressful too, but definitely worth it) and I made friends in a very easy way; the third day I already knew everyone there, even if we were more the 60!

I enjoyed my stay in Slovakia a lot, in particular because of the huge number of activities organised by ESN UMB BB. Every week there were at least two and they could be about sports, culture, trips or just parties. I was really amazed by the passion and care that ESN members put in every activity and I still really admire them for their great job in making us having the best time. I'll also be always grateful to ESN UMB BB president, Annamaria, who helped me a lot with my traineeship and was not only a colleague but a real friend to me, who taught me a lot about the organisation and about the city. The other members were also very friendly and I become friends with a lot of them; I can't forget the amazing time that I had during the trips in their company!

I think ESN UMB could be an example for many others ESNs in Europe, including the one in my city. Talking about the trips they planned for us, we had the opportunity to visit many places, such as Zilina and Orava castle, Prague, Kubinska Hoľa, High Tatras, Bratislava and many others. And what about the pic-nics on mount Urpin, Banská

Bystrica's hill, by night? It was amazing the way we felt at home in that moment, singing Slovak songs and eating marshmallows in front of the fire, with a wonderful landscape surrounding us. I think I'll never forget it.

I think that Slovakia and in particular Banská Bystrica should definitely be chosen for Erasmus if you want to have the best time ever in your life and feel at home at the same time; I will come back, I promise!



Why do I ♥ Slovakia?

"It's all about the people! I love most that I had the chance to meet so many nice people during Erasmus, cherishing those memories with people from all over Europe."

#THISIsESN #slovakYEAH #slovaksquad #happyplace

Albert Kerosi



University of Economics in Bratislava



ESN EU Bratislava

My mobility in Slovakia was the best experience ever happened to me in my life, I will have lasting memories. Meeting and interacting with students from all over the world, academically, socially (like partying together), changed my life.



Ting-Wei Chen



University of Žilina



ESN UNIZA

This was my first time going abroad alone. When I was on the way to University of Žilina, it was the first time I saw a lake covered with ice, the first time to see the snow cover the ground, first time to stand in Europe. All things made me so excited.

In this semester, it is my first time to face so many western people. Their daily life, diet and culture felt quite different. Also I did many first-time things. The first time to go to bar, first time to have party in kitchen, first time that I couldn't speak Chinese all day long and the first time drinking beer every day.

I have chosen Slovakia for my Erasmus because Slovakia has such a nice location that I can go to any place easily. In Taiwan I don't like to travel, but it changed when I was in Europe. I travelled to many cities, like Prague, Budapest, Warsaw, Krakow and so on.

Being an exchange student in Žilina will be the best memory in my life. It is a symbol of that I had challenged myself, and made so many good friends from whole the world.

I will never regret that I have chosen Žilina for my mobility, even though most of my friends from Taiwan were not familiar with Slovakia. Thanks for everything!



Ana Martin



Pavol Jozef Šafárik University



ESN Košice

One of the great things about Slovakia is that you can discover a country (riding the free trains!) with amazing landscapes and castles. For me, the coolest part was that there are enough Erasmus to make a lot of friends, but not too many – people don't spend time in huge groups of their own nationality, but with people from all around the world, speaking English!



Stephanie Jiménez



University of Economics in Bratislava



ESN EU Bratislava

I loved that so many people from a lot of different countries came here. I learned a lot from everyone and made really good friends. I think what I will remember the most is Bar On and the unforgettable party nights there. I knew that if I went there, for sure I would meet an Erasmus friend. (Also the 1 euro beer...AWESOME!!!)



Arantza Gómez Martínez



University of Economics in Bratislava



ESN EU Bratislava

I loved going to new places and experiencing a totally different culture and language. Being away from home made me appreciate a lot of things. I have met amazing people, and made friends who became family. For sure, one of the best experiences of my life!



Why do I Slovakia?

"This is what makes me love Slovakia; the nature, the castles, beautiful cities. But behind all these things there is one that makes me love it the most and that's the friends I made during Erasmus, that's the trips I made with them and the places I have visited, the memories I will never forget!"

Telmo Febra



University of Economics in Bratislava



ESN EU Bratislava

I've spent the last 5 months in Bratislava completing my bachelor degree in Management, at the University Of Economics Bratislava, I've lived the time of my life, went through experiences I would never have lived if not for the Erasmus Program in another country. The school was always supportive about my issues, I managed to get a good Learning Agreement Plan required by ISG, and until now I've passed in all the courses I attended, the professors were most of the times giving us the opportunity to work on group projects with other students, I felt like we could train different aspects in ourselves such as communication and soft skills.

Slovakia amazed me in ways people cannot understand, at the beginning I was not sure what to expect of this country, most people said to me that Bratislava was a small city without a lot of action going on, well from my experience I have a different opinion. I will explain to you how my opinion was formed.

At first, I thought the people were cold, strict and not very friendly, I had trouble to speak with natives and also couldn't really find my way in this city. The second day at the university I got a penalty while I was using the bus to move myself in the city, this only happened because I wasn't able to understand the information in the buses, and most of the people wouldn't speak to foreigners.



The first week wasn't that easy, anyway, it didn't take long for me to make some new friends here, and believe me I've met people from all over the world, from America passing through Europe, Africa, and even Asia. The amount of time I've spent without talking Portuguese was huge, and I was able to improve my language skills not only in English but also in French, Spanish and off course I could learn few essential words and sentences in Slovak.

The best part of the time I've spent in Bratislava was when a spring came, we kept the winter behind and the city gained a new life, like a flower blooming I noticed that the entire city turned green, there were people everywhere the birds now sang during the day, it was amazing to notice this difference. Portugal is different in so many ways that I forgot about how I used to live in Lisbon. I feel like I will come back to relive some of the best days of my life.

I've had the chance to practice basic skills such as making new friends, with whom I've traveled a lot along Europe. The traveling is one of the most positive aspects about Bratislava, it's possible to visit a lot of countries and you can travel cheap.

Vienna is less than one hour away, going to Budapest can take up to 3 hours and getting to Prague might just take 4 hours, and these are only a few examples. Ryanair and Wizzair offer lots of connections to the main cities in Europe and even to the Eastern countries.

You will notice there's always people who you can party with, whether they are also in Erasmus or they are locals. Bars, clubs, restaurants,... You will find the one place that can match your taste, or maybe you will end up finding more than one. In my case I've had so much good time.

There are a lot of activities prepared by the ESN during the whole semester, you can have parties on a boat along the Danube, you can jump freely from a bridge like bungee jumping, you can visit and travel through Slovakia. Sports, party and culture are decently integrated in the experience of Erasmus if you choose Bratislava.

We ♥ Slovakia because...

"...the opportunities to travel within its territory as well as to surrounding countries!"

"...because it gives me full table of high quality food surrounded by my beloved people."

"...great thing is the garlic soup served in bread."



Beldine Rading



University of Economics in Bratislava



ESN EU Bratislava

I loved and enjoyed my time in Bratislava. The ESN community was so helpful. I loved interacting with both foreign and Slovak students, studying new things and learning new methods. Experiencing snow was memorable and I enjoyed the traveling too, since Slovakia is in the centre of Europe.

Nikita



University of Economics in Bratislava



ESN EU Bratislava

Erasmus gave me great experience of communication with people from other countries which I couldn't get anywhere else. Erasmus showed me other part of life, the way how to live, the way how to behave, the way how to be myself. It gave me great memories which will stay in my heart through my whole life. Words can't tell how awesome it was. It was the best time in my life. The only one thing, that upsets me is realising that my life before Erasmus was sooo boring... but on the other hand I made some conclusions about it. I was like in wonderland. Things circled around and I was the happiest person.

Ismain Moumen



Matej Bel University in Banská Bystrica



ESN UMB BB

The thing that I appreciated the most was the life in the dormitory. You live, study, eat and travel with the same people. It is super. Furthermore, I have improved my English. I had a lot of memorable moments. It is difficult to choose one in particular. Every moment of my Erasmus was memorable.

ESN gave me positive emotions, friendly atmosphere. I met a lot of interesting people thanks to ESN. I have solved a lot of my problems thanks to ESN. I was on trips which I would never organize by myself. Guys, you have done such a great work, damn! The World still has a hope, while we have such people as ESN members. My buddy became second mom for me. From the first steps she was there for me. I needed her support and she gave it to me. She is a brilliant between other golden Slovak people. Never laugh at my faults, never made me uncomfortable, never said "No" to me. If I ever want a sister, she should be like my buddy.

Viktorija Kiudulaitė



Pavol Jozef Šafárik University

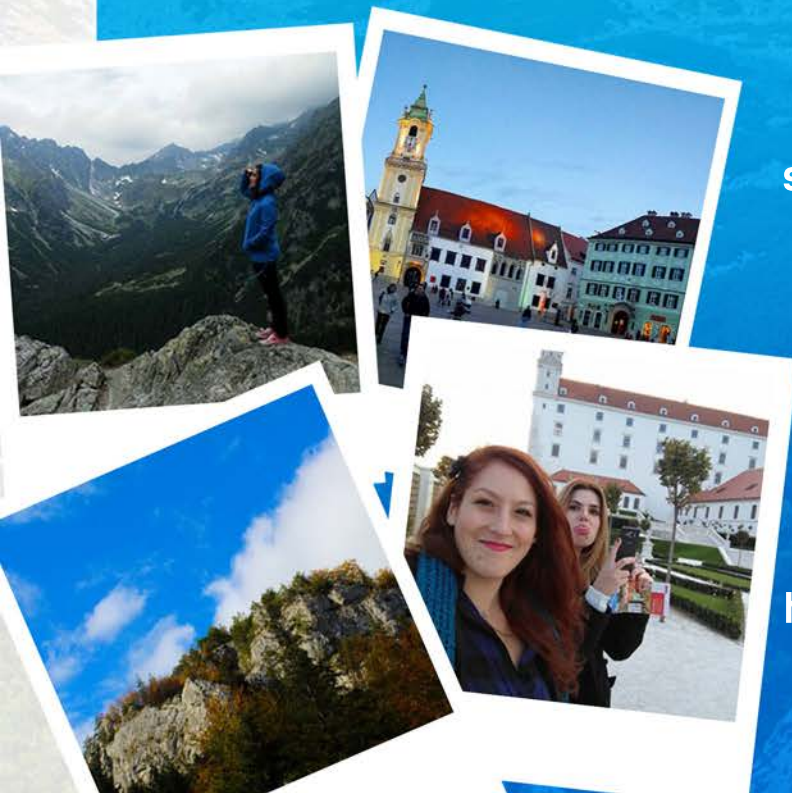


ESN Košice

Unforgettable memories were made because of all the possibilities and experiences, beautiful nature and tasty food, stunning hiking trips and lovely architecture of Košice city and most of all because of friendships that were created. This country will always remain a place called home. Since I made a choice to come to Slovakia I have not regreted it even once.



Why do I ♥ Slovakia?



"I like Bratislava, it is a nice city to live in. You have to pay attention to find the beautiful things. I like the sunset on the Danube, the restaurants (special mention to the Halušky), the nightlife. You can easily travel to Vienna, Brno, Prague, Budapest, Graz and it is not expensive. To finish, Slovak girls are in the top most beautiful girls in Europe!"

"I love Slovakia, because every corner of it is amazing and worth cherishing and visiting because there is nothing I would change nor would I miss when I am here (And yeah ... do not forget about Šurany, there is no Šurany in other countries)."



THANK YOU FOR SHARING YOUR ERASMUS STORY