



After finishing my high school in Lithuania I have not been decided where I want to study later. The only thing I knew was that I want to study something within the tourism.

In Lithuania I found only few possibilities but I did not want to study just pure tourism, I wanted something more related to the wellness. After checking some websites of the universities I found a KASTU website where you can find all the information about the universities in 5 different countries.

HZ University attracted me because they are offering very interesting programme which I found out is very interesting to me - **Vitality and Tourism Management**.

This programme reflects my wishes to study more than tourism. We are having lot of different courses from SPA and wellness till the business and finance. It means that after the studies people can chose different ways – or they going to management, tourism or wellness fields to work.

One thing I was very surprised about was when I get know that we will have 4 exams in a year. I thought it is going to be very difficult to have so many exams, but after the first exams session I realized that it is better to have exams often because then you have less to study for them.

For me the most interesting subjects are **SPA & Wellness and E business** because these things are very attractive and interesting to me. Studying about beauty and wellness it is something what you can apply to your life.

We are also having an **excursions to other countries** or cities to a beauty fairs, or wellness centres. **E business** is also very common for all the people, I like to get information about the social media and to learn the ways how you can earn money on internet.

Behind all of this the most difficult thing for me was **the language**. I did not know **English** very well so I had to use vocabulary for some terms very often. After few months my English got better because I was not scared to communicate with people, that helped me a lot to improve my language skills. Other students very helped me with the language, because from the first days while I am in The Netherlands we are the best friends. And I always have to talk English so I am not afraid about it anymore.

People who are coming have to be daring to meet new people, to communicate with them, do not be shy because it is really helping not only for improving the language but also for making new

friends.

At this moment I have a lot of new friends from all over the world.

We have our international friends group and together we are doing everything: having dinner, partying, studying. It is very nice to meet different people with different cultures.

Student life in Vlissingen is nice; students are always coming up with cool ideas what to do.

They are making parties, going out to the bar in Vlissingen or other cities, having a road trips and especially in summer – going to chill in the beach, play volleyball.

Also some of the students **have jobs** during the spare time. Mostly students work in the hotels as an assistant because they are not speaking Dutch. In my case I **work in the bar**, but for this I had to know some Dutch so now I am studying Dutch more strict because I would like to work more.

For students who want to get a job I would suggest to start it early because during the first month of the new season a lot of hotels need new employees.

When talking about the money **it is not more expensive than in Lithuania**.

The expenditures are very focused on the way you live. If you are not the person who likes to spend money nonstop then you can spend around 200 euros a month without renting costs.

At this moment I am **very satisfied** that I have chosen HZ university because it really reflects my wishes.

For the new students who want to study abroad I would suggest to not be shy and do it.

It is a nice opportunity to make new friends all over the world, improve your English and get a high education and a good basis for your professional career.

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