

1. Why did you decide to study abroad?

I decided to study abroad because it is an unforgettable experience. You start a totally new life in the foreign country, finding new friends from all over the world. That is what excites me most.

2. How did you find 'HZ University of Applied Sciences' and why did you choose for 'Vitality & Tourism Management'?

I found HZ University through Kastu agency in Lithuania. The agency helps people to find studies abroad. I chose this programme because it is pretty unique. I didn't find anything similar in other Holland's universities. Furthermore, the programme is focused on healthy living as well as coastal tourism.

3. Can you tell something about this study programme, its structure, exams, excursions? Are there many differences with the school system in Lithuania?

As I mentioned before the programme is focused on healthy living, well-being of people but not only in physical but also in a mental way. We learn a lot about different massages, treatments which could be offered in Spas. Moreover, we have a coastal tourism course. During this course we mostly learn about the tourism near the coasts. There are 4 exams sessions during the study year. Two of the sessions are the main ones, other 2 only middle ones, not with a lot of exams. Furthermore, we have at least one big excursion a year. First year we went to Berlin for one week and second year we are going both Ireland and Denmark/Sweden. The biggest difference from the universities in Lithuania is that here we have a lot of group work and practice. Everything we learn we try to apply in real practise.

4. What are the most interesting subjects of your study? Do you consider the study as very difficult? Is English a problem?

For me, the most interesting subjects were Leisure and Imagineering as well as Coastal Tourism. I am not considering these studies as very hard ones, it is not easy but it is not a study of science. The only hard subjects we have are Biology in the first year, Statistics and Finance in second year. English is not a problem. Of course you must have a sufficient level of English; otherwise you will be struggling with your studies. Also the teachers are very helpful and they understand that English is not your native language. Moreover, we have pretty hard English courses where you could learn a lot.

5. How many hours do you spend on your study? Are you in an international class and do you have good contacts with other international students?

I can not tell exactly how much I spent on my studies. I have classes 4 days a week. Mostly from 9 till 4 o'clock, sometimes we finish earlier. I am studying in international class but I also have many good friends from other study programmes. It was easy to find new friends because the introduction week helped me a lot. We did so many great activities with all international students that I met almost all of them at the first week.

6. Is the study and are the costs of living expensive in the Netherlands?

Compared with my country it is expensive. Food and drinking are almost the same, only the price of renting the apartment is pretty high. To tell you more, the government helps me a lot because I am a working student. I am getting a student financing from the government as well as my monthly salary.

7. Can you tell something about student life in Vlissingen? Is it possible to get a job in order to get a grant?

Student life in Vlissingen is very colourful. There are a lot of outdoor activities. If the weather is nice we always go to the beach. We play volleyball, football, having picnics and getting some tan from the sun. There are a lot of student's parties organized by students associations.

It is a must to work at least 32 hours a month to get a student financing.

8. What about the practical internships, can you tell something about it? And about your professional life after studies?

In my study programme it is a must to do 120 hours internship every study year. In the last year of study we will have a long-term internship from which we will write our graduation thesis.

9. Does life and study in Holland meet your expectations?

Yes! Definitely!

10. May be you have some tips for interested students?

If you have any further questions please do not hesitate to contact me or other students from HZ University. I can bet they will be pleased to help you. Studying abroad is the best study experience you can ever have.

Monika Vilniskyte