(found) in Translation

**/faʊnd/, adj.: A feeling of having discovered the Mundus family.*

The 2022-24 Mundus Journalism Blue Book



Erasmus Mundus Master's in Journalism, Media and Globalisation

Acknowledgments
Thank you to the Eramus Mundus Cohort and Consortium

2022

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The 2022-24 Mundus Journalism Blue Book

**/faʊnd/, adj.: A feeling of having discovered the Mundus family.*

Editor's Note

Welcome to the Bluebook of the Erasmus Mundus Journalism cohort of 2022-2024.

With 90 students from 42 countries, our cohort is the second most diverse in the programme's history! When first meeting one another in the early days, navigating so many nationalities, cultures and languages was slightly overwhelming. Ultimately, however, we found strength and solace in our diversity!

Found in Translation aims to capture this once-in-a-lifetime experience by subverting the notion that differences cause confusion and division — we've actually found the opposite to be true.

We explore the topics of culture, food and mental health. And also provide tips and tricks regarding transport, money, volunteering and more! We hope this Bluebook helps you in your journey of being a Mundusian, and feel free to reach out to those of us whose backgrounds and experiences might be of particular interest to you.

To the Mundusians of our 2022-2024 cohort, I hope you look back fondly on this Bluebook and our time together in Aarhus and our specialisation countries. It's a gift to have met you all through this and be part of the Mundus family :)

Kajal Premnath



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Meet the Mundusians. In video!
By Alisa Chen

Experiencing ECREA
By Nariman Ali



Lost Found in Translation

By Vera Dvorakova

The Mundusian experience is a one-in-a-lifetime opportunity filled with happiness, sadness and sacrifice. The question is: was it worth it?

Do you remember receiving the email confirming your place in the Mundus Journalism programme? My guess is that time stopped for you. It certainly did for me and many others in our cohort.

Following that ecstasy, likely comes the dreaded moment of considering the tradeoffs between accepting this amazing offer and leaving your comfort zone.

To become a Mundusian, you will need to sacrifice. For many it is a difficult decision, but in the end, you chose this programme. But why? And what's in it for you? Some Mundusians from our cohort tell us more about their choice.

What could have been

"I'm going to finish my undergrad, I'm going to get work experience in journalism, and then I'm going to apply for this programme," Hemani describes her thoughts when she learned about the Mundus Journalism Programme. And she actually did it. After working in marketing, she landed a position at The Hindu BusinessLine, a mainstream English-language newspaper in India. While working there, she also prepared her Mundus application. But then, two months before leaving the country for the programme, Hemani received an offer for a promotion that would come with an attractive pay raise and travel opportunities. Not only that, but by leaving for Mundus, Hemani would be missing the chance to see the first few years of her soon-to-be-born niece.

Yet she still left it all behind. How is it worth it, then?

"This is the once-in-a-lifetime opportunity that I want," she says. For her, the programme has helped bring back her pre-pandemic extroverted personality. "I know it sounds very cliché, but I just feel like I'm finding myself back again," she says, with a smile. "That version of me that I used to like a lot, I'm going back to it."



In 2021, Martina came to Denmark for a completely different master's programme in culture, communication and globalisation in Aalborg. However, her thoughts were still preoccupied with the Mundus programme. She had actually collected all documents for her Mundus application but did not submit them. "I think it was probably because I didn't think I could get in, and the chances were pretty low," she ponders. "And in the end, I regretted it."

The regret didn't last long. During her first semester in Aalborg, Martina applied to Mundus. This time was for real, and she got in!

But leaving that master's programme for Mundus wasn't all sunshine and rainbows for her.

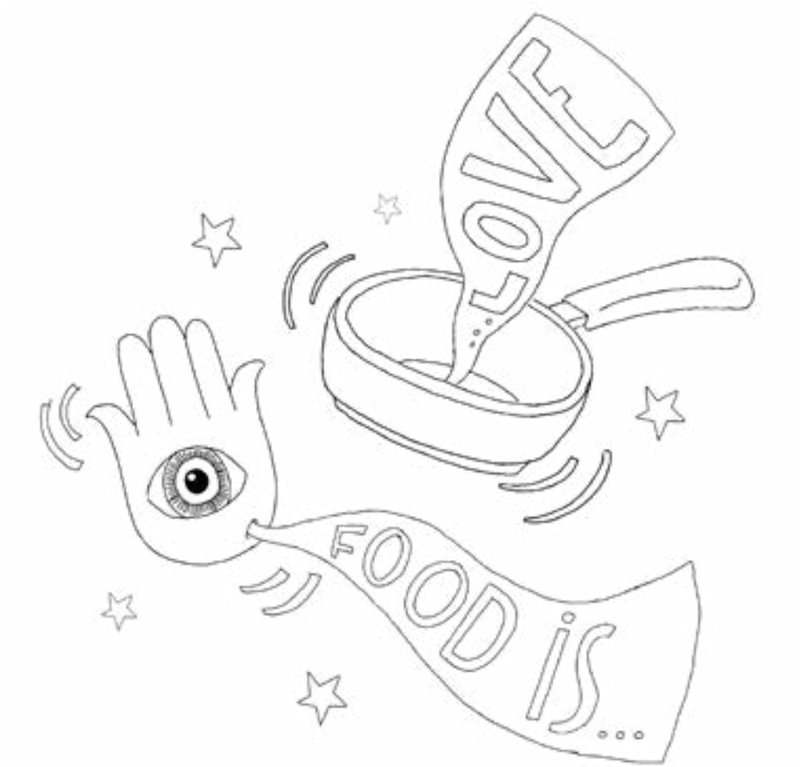
"By changing programmes, I left [behind] a year of my academic life, which somehow led to nowhere," she recounts. She also lost a "great group of friends", which was the biggest loss for her. "It feels like starting over again. Meeting new people, bonding, making my own group of friends… It feels harder than last year because now I kind of don't want to do it because I just want to have the same people that I had last year."



She also needed to make some financial considerations. Her master's programme in Aalborg was free; in Mundus, she had to pay for tuition fees in her second-year specialisation in Munich. "In some way, I felt like that was a sacrifice. But then, it's a choice that will pay off in the longer run," she notes, adding that Mundus opens doors to opportunities which would've been closed otherwise
Pursuing our dreams and working towards a better future is not always straightforward. We need to put in the blood, sweat and tears to make great things happen, as our 2022-2024 cohort poignantly exhibited. We all made the tough decision to leave behind many people, experiences and potential futures. However, all of us, in our own way, are finding something new, whether it be friendships, job opportunities or adventures, in Mundus. After all, anything worth having is worth fighting for.

The melting pot of togetherness

What would you cook for a stranger?



By Veronika Ebner and Adina Florea
Photos by Dafne Perez

This simple question can open a whole world of feelings, knowledge and emotions in a room filled by Mundusians. We discovered that food is what brings us together, sharing food memories from Latin America to Europe, Asia, and beyond.

"You can die of hunger when you're alone. But never with friends around", Diego Valencia says, while he dips his fingers into a bowl of water, salt, and sugar. This is the beginning of la masa, the cornmeal dough from which a Venezuelan can make arepas, empanadas, and countless other dishes. The trick is to pour the flour into the water, not the other way around. "That's to avoid lumps", Diego insists. Around the dinner table, the 'water first' doctrine is backed by an Eastern European whose corn expertise stops at polenta. "Not right! Flour is always first in tortillas", voices a Guatemalan friend.



The 'water or flour' debate is never truly over, not at this dinner table. And neither is friendship. Whenever Diego thinks about arepas and empanadas, it's a gathering of drunk friends at dawn that comes to his mind.These dishes, which he learned by imitating his mother's recipe, have become his way to cure his friends' hangover and share with them the culture of Venezuela.

"The thing about Indian food", Hemani Sheth says while stirring her potato curry, "is it produces a lot of smoke". True enough, two minutes later, the fire alarm goes off. But the annoying beeping does not keep Hemani from cooking her comfort food: potato sabzi with thepla. It was the first dish she learned, shortly before moving out for her undergrad. So whenever Hemani misses her family, she prepares this dish because "it reminds me of home".

As a passionate cook, Hemani came prepared to Aarhus. On her kitchen counter, various bags of yellow masala powders pile up. "Bring your spices! It will save you money," she reminds fellow Indians. Next to these bags lies a rolling pin, that she uses to make thepla, a traditional Gujarati flatbread that goes with the curry and can also be eaten as a travel snack. "If you're a naughty child, your Indian mum would threaten to beat you with this stick", Hemani jokes around. After 25 minutes the dinner is ready and can be enjoyed with a comforting cup of chai tea. "Tea is an emotion in India" – however, you might feel, tea is the answer.

Except for the tea, everything Hemani cooked was vegan.

Being vegan in Denmark is something that Lisa from Germany has two months of experience now: "It's a struggle to come to a new country and find your way around in supermarkets, vegan ingredients are a little hidden".

Danish stores might not have a big selection of vegan products to choose from, but "mostly you'll find everything you need", Lisa insists. She definitely got all the ingredients for her famous vegan carrot cake. A year ago, she was working at a campsite in the French Pyrenees and preparing this cake for the guests. "It was always a hassle to grate 2 kilos of carrots", she reminisces, "but it was worth it because everyone loved it."

Many of her non-perishable ingredients are brought from Germany . "If you get the chance, do it. It's just so much cheaper". But she was also surprised by how many vegan products one can buy for cheap at Lidl.



In addition, the cantinas at DMJX and the Royal Danish Library have great vegan options. Other things still took a little more time to be discovered. “I’ve been looking for nutritional yeast”, she says about an ingredient that gives umami flavour, “someone told me now that you can buy it at Matas”.



Chongyang Zhang believes that “Cooking for people is about being considerate towards others’ palates”. He put together a simple vegan dish of broccoli and stir-fried tofu for a group dinner with fellow Mundusians. “Everyone knows broccoli and tofu, so there’s no surprising taste or texture that can scare you”, he says.

However, the personal connection runs deeper than imagined. It’s the meaty version of this dish, with savory stir-fried beef in oyster sauce, that reminds Chongyang of many meals he had while growing up in China. The secret ingredient is the splash of sesame oil found in an Asian supermarket in downtown Aarhus. Chongyang went there on his very first day in the city because a Chinese guy couldn’t live without the trusted Lao Gan Ma chili oil. Beware: Lao Gan Ma costs about three to four times its price in China!

“Shakshuka reminds me of the home that I will always have in Israel”, says Allegra while vigorously mixing a copious amount of paprika in a stew with onion, bell pepper, and tomato. A few years ago, this simple dish with poached eggs was a strange appearance in a cookbook. She grew up around latkes and apple cakes, things that her Ashkenazi ancestors brought from Europe to America. But once in Israel, she found herself stewing cans of tomatoes for the Shabbat dinner in a Tel Aviv dorm.

“It’s an easy thing to cook shakshuka for a large number of people. The only difficult part is poaching the eggs in the stew”, Allegra argues. This dish doesn’t only fill bellies but also opens challenging conversations about being a Jew and the state of Israel.

“There is an association between Jews and Israel. It’s normal, Israel is the only Jewish state. But it’s also weird to have questions about the politics of Israel being thrown in our faces when people find out you’re Jewish. I don’t know how to answer! Being Jewish is more than being from Israel”, Allegra adds.

At the end of the day, sharing a meal is a great way to get to know each other and bond over the one thing that makes us all happy: good food.







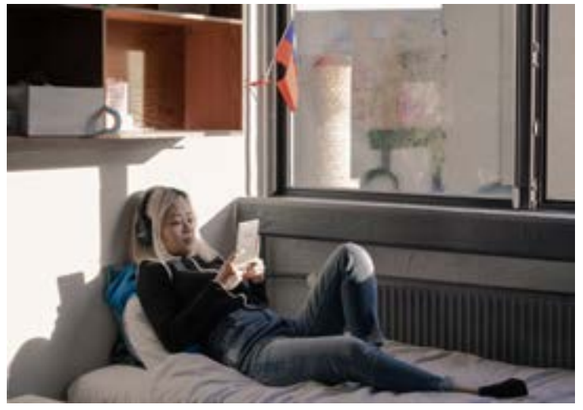
Making the City of Smiles our new home

By Anna Oczoś and Abhushan Gautam

A snapshot into our lives in Aarhus.

Navigating dorm culture by Anna Oczoś

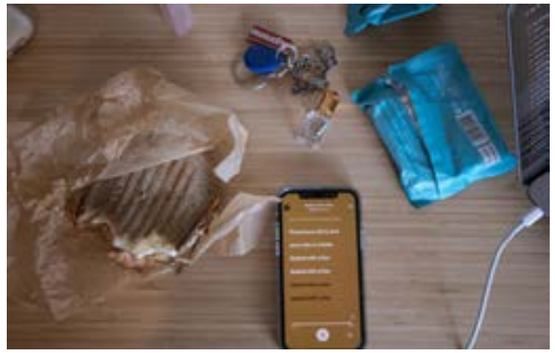
Alisa Chen hails from Taipei, Taiwan. This Mundusian knew the exact dorm she wanted to live in due to its private bathroom and affordability — Børglum Kollegiet.



According to Taiwan’s Ministry of Foreign Affairs, only fourteen countries recognise Taiwan as independent. Alisa prioritises proudly displaying her country’s flag in every home she inhabits. Dorm life can be foreign and alienating, so making it feel like home is of utmost importance.

Alisa’s dorm neatly separates the living area from the hallway. In other words, don’t cross the threshold before taking your shoes off. Since ancient times, taking off your shoes and entering the house has been symbolised in Asia as entering a private space. Like Alisa, try to maintain the traditions you’ve had in your home country in this new space.





But the ancient rule of neatness is sometimes bent, especially on her multi-purpose desk. A place for keys, started sandwiches, brownies and a mini DJ set — why not? Being a student forces you to find many uses for a single object.

Crocheting the stress away by Anna Oczoś

21-year-old Lucie Barbier is one of our youngest Mundusians from Toulouse in southern France. Having hobbies as a student is particularly important for stress management. For Lucie, this comes in the form of crocheting.

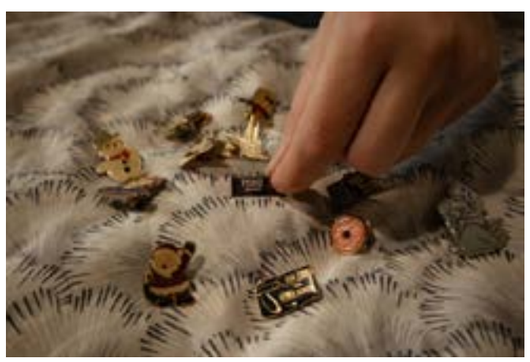
Lucie started crocheting with her dad when she was in primary school but more recently started up again last year. She does it as it calms her mind and helps her focus. You'll often see her crocheting away in class, as it requires little attention.





Her dorm room shelves are lined with crocheting needles and colourful wool bundles neighbouring academic papers and reports. Having interests and hobbies separated from this Mundusian experience can be healthy and invigorating.

Lucie is a creative soul and does not limit her interests to one thing. Photography, reading and browsing flea markets for vintage pins to add to her collection are all hobbies the City of Smiles gladly facilitates.



Ready, set, sail! by Abhushan Gautam

When arriving in Aarhus, one will quickly notice the prominence and importance of its harbour. Aarhus is a coastal city, and not only is the surrounding water important for commercial purposes, but it's also an excellent activity for anyone who loves water activities! Abhushan Gautam, a Mundusian originally from Nepal, quickly discovered the joy these waters bring through a sailing trip with his housemates organised by his landlord, Marni Nicalsen.



Nepal is a landlocked mountainous country. It's safe to say that the art of sailing is utterly new to Abhushan. Though this is the beauty of being a Mundusian in a new country — exploring new exciting worlds and their cultures!

The voyager of this trip was a cute veteran boat from the 1970s named Hurley. She's smaller than she appears but stronger than you would expect. "Welcome onboard! She may look small, but she can sail on all the world's oceans," Marni said with a wink. Let's all strive to be like Hurley, shall we?





The trip was to Bellevue beach and Skødshoved (Mols) near Aarhus. As you can see, the beauty of these waters is breathtaking. And definitely a must for anyone visiting or living in this city.



Surviving Aarhus on a budget

By Pooja Yadav and Chongyang Zhang
Photos by Qixuan He

Being a student isn't cheap.

The city is full of second-hand stores. From used kitchenware to apparel and discounted groceries, living on a budget is easy if you know your way around. Here are some tips, tricks and stores you need to know to make that Krone stretch a little further.

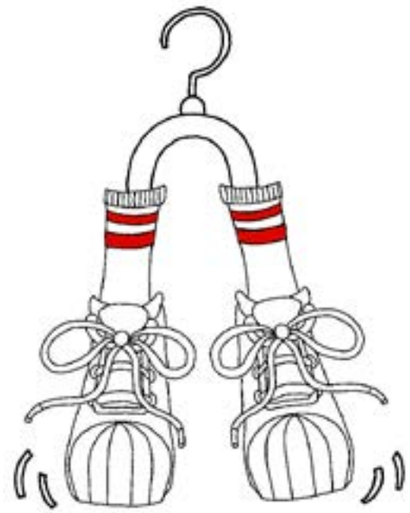


Kræftens Bekæmpelse Genbrug

Åbogade 36 / Run by the Cancer Society, at this thrift store you can find almost everything in quality, such as furniture, electronics and shoes. The store has clothes starting from 20 DKK, and kitchen items can be purchased at 5-8 DKK. This is a place worth exploring!

Red Cross Op Shop

Silkeborgvej 236 / This Red Cross shop is one of Red Cross Aarhus' eight recycling shops. The store has a variety of clothes, books, bags, purses and notebooks. The store also has a section for luxury items, with branded clothes at a reasonable price. further.



Genbrugsforretning

Trindsøvej 8 / This store is run by an association that works for the benefit of the homeless and vulnerable in Aarhus. You can find good options for apparel, decor, antique items and helmets. It is close to DMJX, so checking out the store right after your class is super

Røde Kors Outlet

Østergade 42 / Jeans, winter jackets, wool socks, mittens — anything that you can possibly think of will most likely be available in this store! The store also has a collection of business pants and blazers, which look as good as new. More than just being affordable, the apparel also comes in all sizes. Small to extra large, no matter your size, you'll fit right in.per piece.



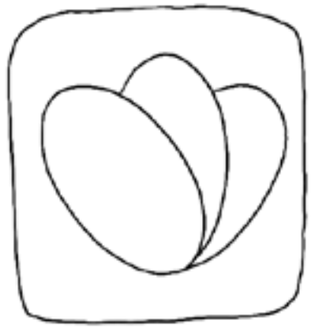
REUSE

Jægergårdsgade 170 / This recycling centre offers shoppers used items for free. Items consist of furniture, kitchenware and other home decor. New batches of items come in throughout the day, but it is best to go as soon as they open in order to have a successful shopping trip!

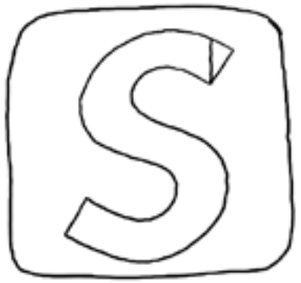
Other tips and tricks

The city is full of second-hand stores. From used kitchenware to apparel and discounted groceries, living on a budget is easy if you know your way around. Here are some tips, tricks and stores you need to know to make that Krone stretch a little further.

Too Good To Go



iOS and Android / This app connects customers to restaurants and stores with surplus unsold food at the end of the day. One can easily buy a bag of groceries using the app at a great price. Grocery stores like Rema 1000 and Aldi provide the service. However, you cannot choose the items inside the bag, but it's a good deal!



Studiz

iOS and Android / This app will help you find student discounts in grocery and apparel stores and even cheap deals for your travels from Flixbus. You need to confirm your student status on the app, and you are all set!

Grocery stores put items up at a discounted price weekly. You can download the grocery store's app to see which items are on sale to get the best deal. Various items go on sale every week. And you get an extensive list of discounted items if you tie your credit or debit card to the grocery store's app.

Dumpster diving

Dumpster diving is when people search in dumpsters for products near or slightly past their expiration dates thrown away by large food/ grocery stores. If you want to go a step further into saving, try it! It is a thing here. We even have a Facebook group — Skraldere i Aarhus — for it. Group members meet up and go dumpster diving together.



Out on the town: Navigating Aarhus



By Hemani Vipul and Clara Alberte Uttenthal
Photos by Shirsha Chakraborty

Aarhus has an excellent public transport system, but it can get pricey. Here are our hacks to get around the town without breaking your wallet!

Let's be clear: the cheapest way to get around town is on your own two feet.

As Phaseeh Ul Haque, a Mundusian from our cohort, says, "My primary mode of transportation has been using what my momma gave me: these legs. The bus costs an arm and a leg, and I still need the leg for walking. Walking is not too bad either for shorter routes. You get to explore the city more intimately, and quite often, you come across a bunch of free stuff for the taking", Phaseeh highlights, appreciating the Danish circular economy.

However, most Mundusians prefer the bike because it's reliable and the biking conditions in the city are well-maintained. Some have bought their bikes used, either on DBA or Facebook Marketplace, but the majority of us are renting one via Swapfiets. This Dutch giant provides full-service subscriptions for cyclists in over 60 cities in 9 countries.

You get a student discount when renting a bike with Swapfiets, and you can choose between two memberships. The

loyal membership costs 179 DKK a month and can be cancelled after six months, whereas the flexible one also costs 179 DKK, but there's a signup fee of 149 DKK. However, it can be called off anytime.

"The bike simply is the best mode of transportation to get around in Aarhus," said Loïc Michels, who bikes to and from school every day on a bike he bought for 100 DKK on Facebook Marketplace. "What they don't tell you is that there are a lot of hills, which might sound like an inconvenience, but at the same time, you develop thighs that can kill armies, so I see it as an advantage."

Besides biking being a good workout, Loïc also credits the Danes and their biking behaviour, something he thinks the Dutch people in his home country could learn from. For instance, cyclists in Denmark use their hands to signal when they're turning and stopping, similar to a car using its blinkers, which is beneficial to fellow people in traffic.



Loïc advised: "Get a bike with gears, and then whenever you're climbing the hill, take it very easy. Put it in first [gear], go very slow, and enjoy the landscape around you. Look at the trees and the birds, and the other cyclists. Then you will reach the top without a drop of sweat."

Another student from our cohort, Dafne Betzabé Pérez Urrea, rents her bike from Swapfiets as she didn't feel comfortable enough having to buy one in a new country and then not knowing what to do or where to go if it broke down. "It would be even cheaper in the long run if I'd bought a secondhand one," she points out.

Dafne advises new users to check further for a bike that is comfortable for them, as Swapfiets only has one type of bike. For her, it's too tall and heavy.

If you're short like me (1.5 metres), you'll feel more confident buying a smaller one. Also, make sure it has seven gears or more because the smallest hill will feel like Everest if you're not used to biking. You'll eventually need to have everything waterproof (backpack, rain pants, coat, shoes) because Aarhus light showers will soak you if you bike. And they're very unpredictable", she suggests.

Feeling a little more adventurous? You can try zooming away on an e-scooter!

Aarhus offers more than the traditional modes of transportation, some of which can be cheaper than the pricier bus pass. Radha Puranik, a student from our cohort, recently shifted to the Voi e-scooters due to their affordability. She suggests they are "a little more relenting and also relatively cheaper than the bus pass."

"A Voi pass costs 140 DKK per month (for Aarhus residents) for 900 minutes of riding. Which is a great price, especially given it's not physically taxing. It's a blessing on cold and windy days," she says.

But there may be better options than scooters and bikes, especially during the unforgiving Danish winters. Even the most advanced bikers may turn to public transportation when the wind feels like it's about to blow them

Vera Dvorakova, who hails from the Czech Republic and has been living in Denmark for nearly five years, suggests getting a Rejsekort, an electronic ticket system for public transport in Denmark.

"The main reason I use Rejsekort is its convenience. I can just charge it up in these Rejsekort machines that are often close to tram stops or the train station - or I can do it online. It's me who decides how much money to put on the card, which is great when I'm short on money. Then I just don't charge it up at all," she says.

The check-in-check-out system of Rejsekort is also easy to navigate, with the benefit of not having to carry any cash with you. Rejsekort also works for multiple modes of transport, including buses, trams, and trains.

"Sometimes the Rejsekort check-out terminals aren't working, or you just forget to check out. If that happens, you get charged quite a lot of money. So if you ever experience that, definitely get the "Check Udvej" app where you can check out virtually and hopefully get your money back," Vera further cautions.

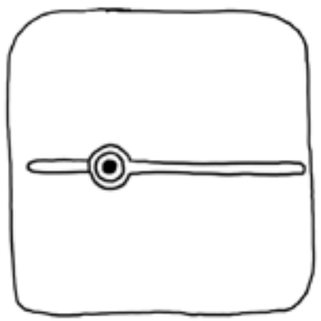
Truth be told, Denmark's public transport, as multiple accounts suggest, could be more student-friendly. But it is convenient. For those who like to use public transportation daily, it is advisable to get a monthly transit card which costs upwards of 380 DKK per month for two zones. It can be purchased from the Midttrafik app or the website.

Side note: The monthly transit options also include the "Youth Transit Card" for students. However, the transit card is more expensive as it is meant for youth and students travelling more than four zones regularly.

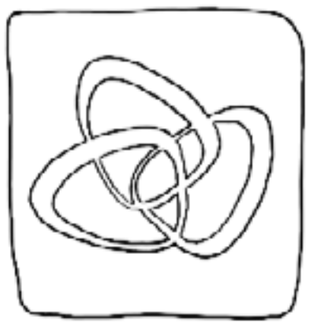
Apps for public transportation



Google Maps: Navigation



Rejseplanen: Train and bus routes and times



Midttrafik Live: Travel times and live updates for busses and Letbanen



Going the extra mile as a Mundusian

By Marina de Lima Torres and Ridhima Shukla / Photographs by Demi Rothof

Doing things outside your comfort zone can be exciting, healthy and beneficial. We spoke to a few current Mundusians actively pursuing extracurricular activities as journalism students and about the benefits and challenges they have experienced.

There is more to college life than studies and exams, and those who want a richer experience have abundant options right next to their classroom. Joining one of the many sports teams on campus and volunteering are great options if you want to engage in a fresh social atmosphere as you work toward your career goals.

Berta Olivier Cañadell joined the basketball team as soon as she came to Aarhus. She has been playing basketball since she was six years old, and before coming here, Berta made sure to look for an opportunity to keep doing what she loved away from home.

The basketball team meets twice a week for two hours and another time for a weekend game, twice or thrice a month. With not many responsibilities and obligations, this Mundusian believes that joining the basketball team was worth it to have a physical and mental balance in a fun way: "I think it's perfectly doable and worth it. Practices become part of your routine, and sometimes you might be tired or lazy, but you end up pushing yourself because there is a commitment with the rest of the team to attend practices," she explains.



She also advises future Mundusians thinking about joining a sports team during their programme to not "be shy or scared to try. Give it a chance because it will definitely be something good."

Studenterhus is another excellent platform to meet a large community of students. With a café, access to outdoor service, and a bar, Studenterhus has seen a long tradition of students coming to hang out and socialise after class.

Chance Dorland is one of the active volunteers here who says, "It has been a really valuable experience in just the few months I have lived here. In some ways, I feel closer to my role as a Studenterhus volunteer than I do as a Mundus Journalism student."

Studenterhus has many different ways to volunteer (group trips, events, café work, bartender, etc.). Still, you usually have to do around three shifts or monthly events to remain an active volunteer, which gives you a fifty per cent discount on most items they sell, even if you didn't work that day.

"At Studenterhus, you get some free drinks (alcoholic and nonalcoholic) and some food for each shift. You also get to be part of a great community of students and alumni who continue to volunteer after graduation from all over campus," adds Chance.



For Chance, volunteering makes him more productive and helps him manage his time. "I have mostly tried to volunteer for group trips to cities around Denmark. However, some people love the café and party shifts; it is really an individual choice. The great thing about Studenterhus is that it can accommodate so many different types of volunteering," he says.

Chance also looks for opportunities to volunteer at other college events and has been active at this year's ECREA conference as the podcast trainer and equipment expert for the ECREA Podcast Van. "Volunteering is just a very large part of who I am."

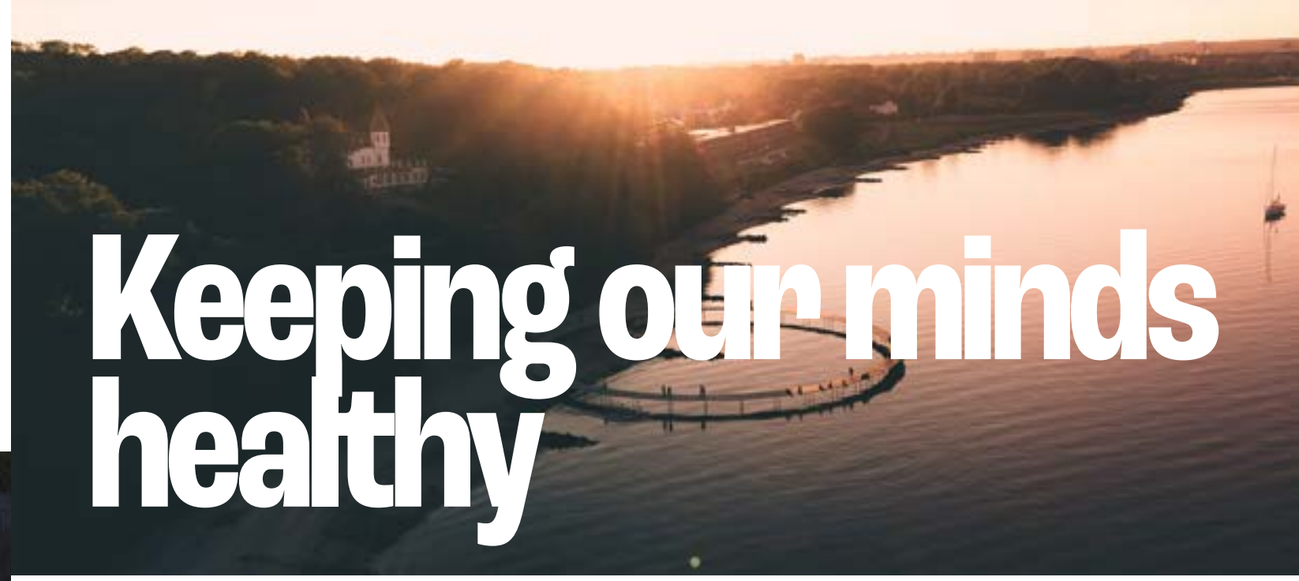
Outside of Aarhus University and DMJX, Marcela Sánchez chose to volunteer in a city café, Café Mellemfolk, to get to know more people outside the programme. Marcela works there three times a month and explains that she chose this activity because she wanted to stay busy outside school work. "I prioritise having a life outside of school. Of course, the master's programme is important, but getting involved in other things for your mental health is also really important. I wanted to keep my mental health in balance. For me, this type of balance is vital," she says.

For Marcela, the benefits of volunteering at the café are that she gets to learn new skills, such as making coffee and serving food, by being in an environment where people are open to help in her progress as a beginner. "By volunteering, I feel like the coordinators are flexible and understanding. They understand you're not getting paid."

Even if the volunteer job in Mellemfolk is not in her field, Marcela argues that joining this activity is also essential for her future career prospects, establishing a network with different groups and developing communications skills. "In the café, there are different groups you can join. I feel like it will definitely help me with my communication skills."

Volunteering may take up some time in our already busy lives, but it's a rewarding way to destress and take our minds off academia for a little while. Aarhus has many opportunities to accommodate whatever your interests may be. Take a chance and try them out!





Keeping our minds healthy

By Avi Gopani, Berta Olivier Cañadell, Elisabeth Bartelmus and Marcela Sanchez

Majority of Mundusians have had to move to a new country to pursue this programme, and it can be challenging to start over in a new country. Mental health is an important issue that should be remembered when discussing the Mundus experience.

Mundusians' feelings arriving to Aarhus

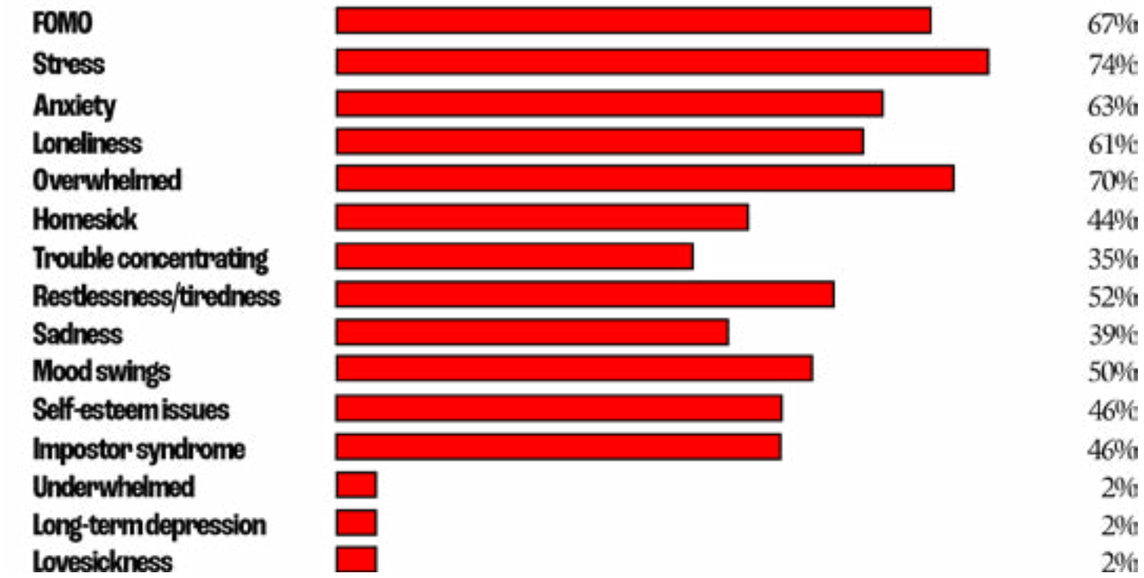
We asked our cohort to tell us about their mental health and the different ways they have been coping with new experiences in a new country. There's a stigma surrounding mental health, and it can be a difficult conversation to have, so we are very grateful for the students who opened up to us about the different ways they have been dealing with these changes in their life. Mental health was a topic we wanted to explore to equip future Mundusians with tips on how to balance their mental health before moving to Denmark and during their stay.

In a survey sent to all students of the 2022 cohort, 50% of the 46 answered said they have generally struggled with their mental health since arriving in Aarhus, and 41% said they had struggled sometimes. Only 9% didn't struggle with their mental health at all. These statistics demonstrate that mental health struggles are a genuine issue affecting most Mundusians.

When asked about which feelings our cohort experienced, stress topped the list, with 74% of people admitting to having felt stressed. This was followed by feeling overwhelmed (70%), experiencing FOMO (fear of missing out, 64%) and anxiety (63%).



Survey results



The situation Mundusians are in is very particular and can cause other struggles, like homesickness. Missing your old life, friends and family is natural, especially when you've just started figuring out how to navigate life in Aarhus.

Another important factor mentioned in the surveys was imposter syndrome. Soon after starting the Erasmus Mundus Master's programme, you will meet many people with varying backgrounds in journalism who might already have a Master's degree or are just generally crazy impressive. These qualifications are inspiring on the one hand but can also be very intimidating. Over the first couple of weeks, many have asked ourselves, "How did I get accepted here?". It is essential to know that everybody has earned their rightful spot in the Mundus programme. All of us bring different qualities to the table. We're here to learn from each other and offer support to those who struggle.

Lobna Awwad from Egypt, a Mundusian who has had previous experience living abroad, said she's still learning to navigate changes in her mental health. The weather and the load of university work have sometimes left her feeling anxious and disconnected from the people around her. She mentioned that being around people from different backgrounds and with varying levels of journalistic experience can kick-start her imposter syndrome, sometimes making her feel she shouldn't be here. She soon came to some important realisations over time: "Moving on, with every class that passes, you see that this IS the right place for you. You [deserve] to be around these people… from different backgrounds."

Lobna told us that talking to other students has helped her change her mindset regarding overcoming imposter symptoms. Instead of seeing students as competition, she now thinks, "Maybe they can teach me something. Maybe I can learn [something] from them."

Lobna tries to surround herself with students who remind her of her family and friends from back home – people who make her feel comfortable. Her message for incoming students?

"Pay attention to what your head is saying to you."

To better understand the emotional impact experienced by international students, we spoke to Enrico Cappelletto, an Italian psychologist practising in Denmark. A foreigner himself, he understands the nuances of life-changing events such as moving abroad. He outlined that students usually face challenges like homesickness, stress or lacking confidence due to the different educational structure.

"Danish universities focus on group work, which can be difficult to get used to, but it's good for developing soft skills and getting used to working with new people".

He's also seen some students struggling to manage work-study-life as some people (especially self-funded students) may have to combine studying and having a job, which can be overwhelming.

Finding balance

When thinking about what can be done to improve mental health, Mundusians have many ideas, and everyone goes about it differently. Openly discussing any overwhelming feelings that crop up is an essential first step in dealing with mental health issues. Our cohort members frequently reach out to family and friends back home, but they also find comfort in talking to other Mundusians in similar situations. The students from our programme support one another; knowing you are not the only one going through a tough time can help.

Moreover, therapy can help with many of the issues previously mentioned by Mundusians, and it can also help identify problems. 20% of the surveyed Mundusians had been in therapy before moving to Aarhus and continue to talk to their therapists back home. 9% are looking to find a therapist in Aarhus. Another 13% went to therapy back home but don't continue it now. Attending online therapy sessions was often mentioned when asked what steps Mundusians take to stay healthy. For them, therapy is a tool to find ways to deal with their anxiety or to learn how to prioritise themselves.

Psychologist Enrico Cappelletto shared some tips about how to navigate feelings. Here are some of them, along with others provided by people in our cohort:

- *Keep in touch with family back home.*
- *Invest energy in activities that make you build a "local network" and make you feel connected with the new city you live in: explore the country you live in, get involved in sports activities, local groups, associations and so on.*
- *Find activities (hobbies) that make you feel connected with things that interest you, regardless of where you are.*
- *Accept the feeling of being alone and give credit to your emotions. We can do this by recognising our emotions and what they are telling us, writing a short diary or listening to music similar to our mood.*
- *Undertake hobbies that make you feel connected to yourself.*
- *Write your feelings on paper or your computer, then throw them out or delete the file.*
- *Find support systems near you: people you can connect to and feel safe with. Talk to Mundus students that are in a similar situation. Remember, you are not alone!*
- *Create a cosy & homey environment at your place.*
- *Keep active: physical exercise is important. Yoga and meditation can help a lot.*
- *Socialise, but remember to take time for yourself; find a healthy balance.*
- *Since it is dark outside, your body clock will be confused. Remind your body constantly that just because it is dark doesn't mean it is night. Stay active.*
- *Eat healthily.*
- *Don't be afraid to start therapy.*

"It can also be good to ask yourself, what's the function of my feelings right now? Why do I feel anxious? Why do I feel sad? What is my body telling me?" says Enrico Cappelletto.

Recognising the feeling is crucial – but it's also important to acknowledge that it is normal to feel this way.
"You will face new feelings since this is a new and challenging experience. Give credit to your emotions. Try to stay with your feelings and accept them even when they are uncomfortable", Enrico advises.

Finding a balance between socialising and making time for yourself takes time and effort. It is important to be honest with yourself and recharge your social batteries once they run out.

Cover photo by Jeppe Mønster/Unsplash



Meet the Mundusians

90 students, 42 different nationalities. We come from all around the world – and our professional and educational backgrounds are just as diverse. Get to know us on the following pages.



Abhishek Kumar, India

London / **@abhi.ani91**

A journalist turned central banker and a central banker turned journalist - it's been a wonderful U-turn! A musician at heart who believes life is just a beautiful song with beats of emotions. An eternal positivist. A die hard romanticist. Professionally, a markets enthusiast passionate about covering global markets, sustainable finance and business.

Cultural shock I experienced: Smiling people on the streets of Aarhus:)

A song that reminds me of home: *Ye Jo Des Hai Tera* from the movie *Swades*.



Abhushan Gautam, Nepal

London / **@abwhoshunn**

A media practitioner from Nepal with a focus on risk communication on climate induced disasters and adaptation for the most vulnerable communities.

Cultural shock I experienced: Beer within academia (Friday bars)

A song that reminds me of home: *Kathmandu* by Bob Seger.



Agata Pyka, Poland

Amsterdam / **@pyka_agata**

Journalist in the making who's interested in science, technology, people and the EU. After studying marketing and international relations I moved to Aarhus for the Mundus programme and became the queen of the pub quiz and a professional cyclist. Sounds too good to be true? Well, to paraphrase Michael Scott, guess what, I have flaws. What are they? Occasionally I'll hit someone with my bike. So sue me.

Cultural shock I experienced: The grading scale. It has irregular intervals and no partial grades.

A song that reminds me of home: *Prawy do lewego* by Kayah.

Áine Donnellan, Sweden

Prague / **@ainedonnellan**

Eternally optimistic goldfish with a passion for storytelling in all its formats. Have lived in, or travelled through 30+ countries since turning 18; covering stories of life here on earth makes my body tingle and my eyes spark.

Cultural shock I experienced: The never-ending hills...

A song that reminds me of home: *Moon* by Kid Francescoli



Allegra Diamond, USA

Prague / **@leggyrose**

I'm a writer, outdoor enthusiast, and fruit lover. Seriously, have you ever tried a feijoa? You should. I have loved living on four continents, soon to be five (see you soon Australia) but still miss the Halloween spirit outside of the US every October.

Cultural shock I experienced: Bikers wait in line at the stop lights??? So organised! Also the dirty looks I get for jaywalking.

A song that reminds me of home: *California* by Joni Mitchell



Amanda Kaster, Brazil

Amsterdam / **@manahk_**

Brazilian journalist, media desinfluencer and a lover of people and their stories.

Cultural shock I experienced: The lack of ~flow~ in social interactions.

A song that reminds me of home: *Castelhana* by Os Nativos





Andy Peñafuerte, Philippines

Amsterdam / @coolkidandy

I'm a writer who sometimes hates writing! Born and raised in the Philippines but worked in China.

Cultural shock I experienced: The cost of transportation is ridiculously expensive!

Anna Tunkova, Czech Republic

Prague / @annatunkova

I come from the Czech Republic, but I studied and lived in the UK for the past 3 years. One of my favourite hobbies is overthinking. Sometimes I prefer to spend time with animals over people.

Cultural shock I experienced: The restaurants are super expensive. People also drink alcohol a lot and are super loud while doing it.

A song that reminds me of home: *Slunecný Hrob* by The Blue Effect





Angie Bacha, USA

Munich

A goofball who takes community-building seriously.

Cultural shock I experienced: They're a pretty quiet bunch. I've actually scared people while laughing loudly in public!

Annabell Burkhardt, Germany

Munich / @annabellburkhardt

I'm a little scattered personality who loves to write, snap pictures and philosophise about the most emotional and intimate moments of our lives. Doing it with a glass of wine in hand - jackpot!

Cultural shock I experienced: Flat Denmark was a lie!

A song that reminds me of home: *New Estate* by Giant Rooks.





Anna Oczoś, Poland

Munich / @anniocchio

I'm Anna, but I fake my name to Ana because in Polish we put stress on the double n, which I don't like. I try to be ambitious about the whole journalism thing, but deep down I just want to go viral. I like taking pictures, eating oatmeal and FaceTiming my dachshund. I don't know what gingerbread has to do with a windmill (Polish idiom) but I just felt like sharing.

Cultural shock I experienced: The sky-high price of sending a registered letter (140 DKK) and actually everything is expensive.

A song that reminds me of home: *Czesław Niemen* by Pod Papugami



Aren Melikyan, Armenia

Prague / @aren_melikyan

A dedicated journalist inspired to document the life of others and convert feelings into texts.

Cultural shock I experienced: The healthy level of informality in education system impresses me from the day first. This includes the Friday bars of the university and the huge disco ball in DMJX, as well as its doors - open 24/7 for the students.

A song that reminds me of home: *Averak* by Elvina Makarian

Berta Olivier, Spain

Amsterdam / @bertaolivier @BertaOC6

I'm from Tarragona, a nice city an hour away from big, noisy and buzzing Barcelona, where I've studied and trained as a journalist. Mundus was my excuse to live abroad and come back to Aarhus after my Erasmus. I'd say radio, basketball and pizza are my three biggest passions.

A song that reminds me of home: *El far del sud* by Sopa de Cabra





Aswathi Moncy Jospeh, India

London / @rainbowsandshootingstarz @aswathimoncy

A marriage, two kids, and a decade of life in Scandinavia has brought me back to school. Words, rain and coffee have been my constants in the journey.

Cultural shock I experienced: Nordic Dip.

A song that reminds me of home: *Jhoka hawa ka aaj bhi*

Brenda Asuma, Kenya

London

Multimedia Business Journalist with 10 years of experience in telling stories on corporate finance, entrepreneurship, trade, climate change, and tourism. Food, nature walks, and elephants make the world a better place.





Avi Gopani, India

Amsterdam / @aav_ii

I like to think of myself as somewhere between Lorelai Gilmore and Haley Scott. I wish to live life through travelling, writing and living free.

Cultural shock I experienced: Just how much beer Europeans can drink in one sitting!

A song that reminds me of home: *Bole Chudiyan* from the movie *Kabhi Khushi Kabhie Gham*

Callie Patteson, USA

Amsterdam / @calliepatteson

Coming from New Hampshire and New York City, I'm a journalist specialising in political, crime, coronavirus, and entertainment reporting. When I'm not studying, I'm working as a freelancer, catching up on House of the Dragon memes or having a wine night with friends.

Cultural shock I experienced: How consistently clean the city is!

A song that reminds me of home: *I Go Back* by Kenny Chesney





Chance Dorland, USA

Amsterdam

After growing up in rural Iowa, I have been working in radio and audio journalism for nearly two decades. I have lived and created media in Germany, Colombia, Australia, and about the last 10 years in South Korea, where I live with my wife, Seolhui.

A song that reminds me of home: Blasting the car radio with the windows rolled down. It's an Iowa thing.

Clara Alberte Uttenthal, Denmark

Munich / @clarauttenthal

A communications geek and book lover with a sharp pen. I'm not a perfectionist, I just prefer when things are 100% well-done, unless I'm cooking steak.

Cultural shock I experienced: Aarhus truly is a student hub, and I love it <3

A song that reminds me of home: *Novembervej* by Nik & Jay





Alisa Chen, Taiwan

Prague @igarashii__

Do you believe love at first sight? Or should I walk past again? You are looking at a potential Oscar Award Winner, who's going to live with her passive income before 35. I just want peace and happiness in life.

Cultural shock I experienced: Everyone speaks English, but you can get refused by a restaurant when you're applying for a waitress job.

A song that reminds me of home: *Goodnight Song* by Fei Yu-Ching.

Dafne Pérez, Guatemala

Munich / @dafne @dafneperez

I like visual art, storytelling and culture, and also not talking to people and taking naps. It's a difficult balance.

Cultural shock I experienced: The quality of life, I had never lived so happily ;D

A song that reminds me of home: *Casas de cartón* by Los Guaraguao





Chongyang Zhang, China

London / @chongyang206

I am a migrant. I've lived long-term in China, Singapore and a couple of states in the U.S. Let's chat over email or tea. chongyangz12@gmail.com

Cultural shock I experienced: None.

Demi Rothof, Netherlands

Munich / @demi.rvd

Born and raised in The Netherlands, also lived in South Korea, now Denmark and soon Germany. As a journalist I've worked in video reporting, visual storytelling and social media.When I'm not working I'm probably watching local sports games or joining a local trivia night.

Cultural shock I experienced: The Danish people are way too polite, everyone I've met has been helpful and understanding.

A song that reminds me of home: *Guus Meeuwis* by Brabant





Diego Valencia, Venezuela

Munich / @dievalzam

I'm a writer who has worked creating stories through journalism, social media, and scriptwriting. I love to produce tales about LGBTQ+ topics and pop culture. Believe me when I tell you that I know more about Lady Gaga than you.

Cultural shock I experienced: The wind, guys, the wind.

A song that reminds me of home: *Te lo advertí* by Los Mesoneros

Lisa Bartelmus, Germany

Prague / @lisabartelmus @LBartelmus

I love living abroad but I never stay long. I love sports and the outdoors, writing and talking to interesting people. Trying to combine all my passions and to write about the mountains and being outdoors while still being a `real´ journalist. I´m sure I´ll find my way.

Cultural shock I experienced: That it is actually not all the same as in Germany. Nobody uses PayPal!

A song that reminds me of home: *Großstadt* by Provinz





Ebad Ahmed, Pakistan

Munich / @ebadahmed

From Karachi, Pakistan (this is where my heart belongs). A human rights journalist by profession and an activist by passion. Conflict, climate change, gender, South Asian pop culture and food is my thing. And I love Biryani.

Cultural shock I experienced: The exceptionally high level of trust in the Danish society.

A song that reminds me of home: *Sayooni* by Junoon.

Emilia Söderholm, Sweden

Prague / @esoderholm6

Journalist, germanophile and future sommelier. I grew up on a Swedish island (Gotland) and I'll probably spend the rest of my life trying to figure out what's in the horizon. I love longform storytelling, but to me nothing beat reporting on breaking news and going live.

Cultural shock I experienced: The very unorganised supermarkets.

A song that reminds me of home: *Kom igen Lena!* by Håkan Hellström





Ekaterina Redkina, Russia

Munich / @k8redkina

Just a Russian girl, pretending to be a journalist (though deep inside still believing I'm a Disney princess). Know weirdly many languages (but almost none of them on a decent level), wholeheartedly in love with quizzes and karaoke. Have got a knack for spotting discrepancies and irregularities (as some of you may have already noticed).

Cultural shock I experienced: Hares! And fruits in my dorm's garden.

A song that reminds me of home: *Scorpions* by Wind of Change.

Erica Bernsten Strange, Denmark

Prague / @ericabstrange

A 27-year-old Danish Journalist who still has so much to learn. I feel most like myself when I'm in nature and obsessed with learning about the world whether is it through journalism, literature or travelling. I can be incredibly stubborn and I have a tendency to over-think things, for example this short bio.

Cultural shock I experienced: Moving from a small town 45 minutes away looking forward to being in a city, I was chocked to learn that Aarhus is just a bigger small town where I meet people I know all the time.

A song that reminds me of home: *Sbubidua* by Sexchicane





Erika Contreras, Mexico

Munich / @erika_lili.an @ErikaLili_an

I am falling in love with my life while learning to watch, listen, read, write, edit, and share great journalistic stories that have the power to transform lives.

Cultural shock I experienced: It was SO HOT when I arrived. Wasn't Denmark supposed to be cold? In any case, I was happy to wear shorts and Hawaiian shirts.

A song that reminds me of home: *La Familia* by Pimpinela



Fasahat Ullah, Pakistan

Amsterdam / @fasahatchohan

Aspiring to become a journalist who can create an impact for good, but not oblivious to the challenges I shall face in the process.

Cultural shock I experienced: Aarhus rocked, therefore, I was shocked.

A song that reminds me of home: Every Urdu and Hindi song.



Gaby Galvin, USA

Amsterdam / @mg_galvin

I was born in Washington, D.C., and grew up on both U.S. coasts – so I thought I'd try living in Europe for a change! I'm a health journalist by trade, now working as a freelancer between Mundus classes and exploring Aarhus.

Cultural shock I experienced: I'm still getting used to the high level of trust Danes place in their government systems and each other – they even leave their babies in strollers outside while they visit cafes or shops.

A song that reminds me of home: *You Can Have It All* by Yo La Tengo. I used to listen to it during my commute.

Adina Florea, Romania

London / @adina.neinteleasa

I got tired of working in a newsroom and I couldn't afford a sabbatical year, so instead, I applied for Erasmus Mundus Journalism. Though I'm already missing my former chaotic life as a journalist in Eastern Europe.

Cultural shock I experienced: I still get a knot in my stomach everytime I see the boiled potatoes section in supermarkets. I just don't get why Danish people want to fish boiled potatoes from a container filled with muddy water.

A song that reminds me of home: *Dragostea din Tei* by O-Zone. I just love that people from all over the world know the lyrics.



Gerda Krivaite, Lithuania

Amsterdam / @gerda.kr @gerda_krivaite

A culture and music journalist with a freshly earned German Studies degree. Originally from Lithuania, I've lived in 6 countries – Denmark is the lucky 7th!

Cultural shock I experienced: Weirdly difficult to find good coffee here. Also, they weren't kidding about the rain and darkness. On the brighter side: the trust culture is fascinating, and my student kitchen (shared by 15 people!) is the tidiest one I've ever seen.

A song that reminds me of home: *Test2255* by Gabriele Vilkickyte. Reminds me of my closest friends back home and makes me feel like I'm standing in a lovely Lithuanian forest.



Gresheen Gift Libby, Philippines

Amsterdam / @whodafuqisgift

A true social media native, I write about pop culture, fashion, music, and anything else in between. Proudly born and raised in a small, sea-side city in the Philippines. I'm always on TikTok, Twitter, and Instagram searching for the latest trends - with a glass of wine in my hand, of course.

Cultural shock I experienced: Everyone's just so nice and polite. And also, coming from a third world country, the prices for everything are insane.

A song that reminds me of home: *Cornelia Street (Live Version From Paris)* by Taylor Swift.





Hemani Vipul, India

London /@HimaniSheth

An aspiring journalist from India, a lover of travel, movies and basically any other form of procrastination, eternally confused

Cultural shock I experienced: The sense of trust among people was pretty amusing

A song that reminds me of home: *Iktara* from the movie *Wake up Sid*

Stacey Tsui, Hong Kong

Prague / @tsuistacey

Stop Uyghur Genocide. Hong Kong is not China. Support Bruma uprising. Free Palestine. Make good use of your privileges.

A song that reminds me of home: *Exit Music (for a Film)* by Radiohead.





Henrique Martins, Portugal

Amsterdam /@henr.que

Former child actor from Lisbon, currently trying to be a journalist in Aarhus! I am interested in writing about housing and queer comunities. Decided to go back to school after being horrified by the corporate world.

Cultural shock I experienced: It's a cliché, but it holds up: the average Dane is much less physical and open than your average Southern European. I don't think I'll ever get used to greeting people my age with a handshake...

A song that reminds me of home: *Canção do Engate* by António Variações. A very queer song about longing that makes a one-night stand seem quite romantic.

Kenneth Ip, Hong Kong

Prague

Worked as an international news reporter for a while and have seen many things that needed to be fixed. So I asked myself, why not go out and see the world for myself? Yet, here we are.

Cultural shock I experienced: A bit unrealistic like living in a bubble while we have seen so much of reality.

A song that reminds me of home: Definitely not something from Cantopop.





Hoa Dinh Vu Bao, Vietnam

London /@dvbhoa

I became a reporter by chance but decided to stick with it. Genuinely love to write. Have always wanted to form a support group for introverted journalists (because I am one) :)

Cultural shock I experienced: Incredibly high level of trust in each other, and almost no night life after 8pm .

A song that reminds me of home: *As It Was* by Harry Styles. It was one of the songs I listened to the most during the last weeks I was in Vietnam before moving to Aarhus, so every time I hear it now, it reminds me of that time.

Ida Dreiager, Denmark

Munich / @idadreiager

I became a journalist because I love writing, storytelling and politics. I am from Denmark, married to an Icelander and a big fan of football and playing board games. I absolutely can't live without my morning coffe and love the occassional beer at night.

A song that reminds me of home: *Stor Mand* by Tobias Rahim feat Andreas Odbjerg





Jahnavi Ranjan, India

Amsterdam / @jahnavi.7_

On the path to acknowledgement of self. A small town girl with high expectations to explore the world of politics and international affairs. Books are my bestfriend and music is my soulmate. I am a journalist from India with a keen interest in the field of global communications and public relations.

Cultural shock I experienced: Its unlikely to lose something in Aarhus so even if you lose a raisin (it should have your name on it) someone might call you up or drop it in your mailbox.

A song that reminds me of home: *Aisa kyu Maa* by Sunidhi Chauhan.



Jay-vee Pangan, Philippines

Prague / @lookupph

I'm the human equivalent of a rainbow. I party until my back hurts around 12 midnight. Grew up in the slums in the Philippines, became a teacher, moved to Hiroshima, Japan, and realised that the world is my office.

Cultural shock I experienced: Healthcare? For free? Groundbreaking.

A song that reminds me of home: *Highway to Hell* by AC/DC



Jessé Krüger, Brazil

Munich / @jessekruger_ @Jesse_Kruger

Brazilian journalist going back to uni because 'why not?' Love sports, music and cultural things. Have a freelance gig? Hit me up!

Cultural shock I experienced: When people say it rains a lot in Aarhus, they're not lying lol.

A song that reminds me of home: *Girassóis* by Cidadão Quem.

Joshua Coe, USA

Munich / @JoshuaCoe

American journalist originally from the Boston area. Since I could remember, my biggest interest was learning about how the world works. Currently, I cover international affairs for a radio programme called The World as a correspondent while earning my master's degree alongside so many incredible classmates.

Cultural shock I experienced: There's what people say about the Danish language, which is that it's challenging to learn, and then there's the reality of trying to speak Danish in every day life.

A song that reminds me of home: *Dirty Water* by The Standells



Julienne Raboca, Philippines

London / @juliennerara @julienneraboca

Former magazine editor and travel/food writer with a mixed background in digital marketing and corporate communications. Originally from Manila, I have lived and worked in overdrive at offices in Hong Kong and New York for more than 10 years, and I'm ready for that famous European work life balance.

Cultural shock I experienced: Inherent trust in people's competence and honesty.

A song that reminds me of home: *Ligaya* by Eraserheads.



Kajal Premnath, South Africa

Munich / @kajalpremnath @KayTheReader

When I was ten years old, I picked up Roald Dahl's 'The Twits'. Thirteen years later, with hundreds of worn-out books on my shelves and a Bachelor of Journalism in hand (soon to be a master's degree), the power of words remains the foundation upon which I build my career. P.S. I hate balloons, love Taika Waititi productions, and tolerate morning people.

Cultural shock I experienced: Free healthcare is a thing here?

A song that reminds me of home: *Gimme Hope Jo'anna* by Eddy Grant.





Klaudia Styn, Poland

Munich

Aspiring journalist from Poland, eager to travel and see what the world has to offer. I'm still exploring what I enjoy and want from life, and that's why I'm here! A Mundus Journalism student now, but next, who knows?:]

Cultural shock I experienced: Before coming to Denmark, I'd heard a lot about Danish people being rather private and distant. Basing on my experience so far, that's not true at all! I'm positively surprised how outgoing and open people are in Denmark, and how eager they are to make new friends.

A song that reminds me of home: *Thank U* by ATEEZ.

Lizzie Bertelsen, Denmark

Munich / @lizziehusum

Hi, I'm Lizzie! I love emerging myself into new cultures, countries, and experiences. Is it possible to visit all countries in a lifetime? I'm not sure, but I'd like to try to get as many as possible. And of course, write all about it in the meantime.

Cultural shock I experienced: I'm Danish, so not yet unfortunately. But I have enjoyed rediscovering my own country with all the Mundusians!

A song that reminds me of home: *Bag Duggede Ruder* by TV2.





Leonardo Guebert, Brazil

Prague / @leoguebert

A young Latino inexperienced journalist in training. I love sports and discovering new things. I thought I lived in a cold city until I moved to Europe.

Cultural shock I experienced: People here really don't mind cycling home at dawn, no matter if it's raining or snowing (not least because it's rare to have another option).

A song that reminds me of home: *Samba do trabalhador* by Martinho da Vila.

Lobna Awwad, Egypt

Prague

A versatile aspiring journalist from Cairo who lived in Dubai, Spain, Denmark and can't wait for Prague next year! I'm 23 and faking my way through adulthood cause seriously what the hell is going on?





Linda Hourani, Ukraine

Amsterdam / @lindahour

Aspiring journalist with a passion for covering international conflicts. I used to quickly report on breaking news, but actually most of my free time I'm being as slow as a sloth. Although I had a hard time accepting the new reality my country is living in now, I decided to come to Denmark for the Mundus programme as it'd been my big dream. I owe my life to the Ukrainian Heroes!

Cultural shock I experienced: Why is coffee so expensive here?

A song that reminds me of home: *Micmo Mapiї* by Okean Elzy.

Loïc Michels, Netherlands

Munich / @lefiek

"Loïc," I heard my grandma say, "don't you try putting 48 hours in a day". That is why I flake.

Cultural shock I experienced: The biggest shock was to discover how similar Danes are to the Dutch – cycling everywhere, eating disgusting licorice, inventing a weird word for 'cinema', sharing a morbid sense of humour, having a strange inferiority complex in relation to bigger countries – it's like I never left home. Except that Danes don't know how to conjugate.

A song that reminds me of home: *Mijn Vlakke Land* by Jacques Brel.





Lorenzo Canu, Italy

Amsterdam @lorenzocanu @canu_lorenzo

True to the Italian tradition, I am a "communication craftsman up to date": while keeping up with the latest digital trends, I will always prefer to create high-quality material with due attention to detail. How? Through (informal) #collaborations, from Spain to Australia!

Cultural shock I experienced: Trust. It is surprising how the Danes trust each other, leaving valuables lying around or accessible. On the other hand, it is also very difficult for an Italian to make friends with the locals.

A song that reminds me of home: *Torna a casa* by Måneskin.



Lucie Barbier, France

Munich / @lucie_brbr

I saw Nellie Bly toured the world in 72 days and I told myself, why not keeping it in Europe and doing that in the longest time possible. Now I'm trying to get paid to do that and because I'm too chaotic to be an influencer, I'll stick to journalism !

Cultural shock I experienced: The drinking culture here is insane, and I'm saying that as a French ! I shouldn't be able to make every drunk Danes believe that I'm Italian, please just take care of you in another way...

A song that reminds me of home: *No roots* by Alice Merton.



Malene Solheim, Norway

Prague / @malenesola

Just a simple girl. I like solving world problems with my friends whilst drinking beers. I see life in colours and hope to some day rebuild the wardrobe I had at the age of 5. I also listen to music as a budget-friendly way of discovery.

Cultural shock I experienced: People actually wear helmets and stop at red lights.

A song that reminds me of home: *Jam* by Michael Jackson.

Marcela Sánchez, USA

Prague / @marcela_diana @MarceSanchezTV

Daughter of Mexicans; born in Texas. I was a news producer for 2.5 years, but also interested in video journalism and reporting. If there's reggaetón playing I will never get off the dance floor.

Cultural shock I experienced: The Friday bars. University departments turn into bars/mini clubs on Fridays!

A song that reminds me of home: *Hasta La Raíz* by Natalia Lafourcade



Marina de Lima Torres, Brazil

London / @marinatwrs

Brazilian storyteller - or journalist. Moved to Europe chasing good memories, nice sunsets and stories I'll never get tired of telling.

Cultural shock I experienced: The number of bikes on the street and how everyone drinks a lot of beer (yikes).

A song that reminds me of home: *Solidão de Volta* by Terno Rei.



Martina Hrgović, Croatia

Munich / @hrgii

I'm just trying to navigate life while creating memories with amazing people.

Cultural shock I experienced: Once the sun comes, it doesn't really leave.

A song that reminds me of home: *Oliver* by Lipa Moja





Phaseeh Ul Haque, Pakistan

Munich / @Phaseeh @Phaseehulhaque

I've known my creative process to require my tail to be on fire, which is why I've been sitting on this bio for weeks, waiting for a creative epiphany to strike. The forecast is as dull as the Aarhus sky, but (Kajal's) gun to my head, now I must write: So, here's a story from A to Z...

Cultural shock I experienced: Stores close at 6 PM. What if I am making pancakes for dinner and need milk and eggs??? No Nagori Milk Shop down the street??? Horrid!

A song that reminds me of home: *Ayi Babar* by Kashmir.

Nikka Valenzuela, Philippines

Munich / @nikka.atsume @NikkalNQ

I look bitchy but I'm actually just painfully shy–the worst combination for a journalist. I worked as a print reporter for seven years. I wish I can tell you that after so many years on the field, I'm used to doing interviews, but finding a man on the street still takes all of my energy. On the bright side, I'm pretty good at sneaking myself into closed-door court hearings.

Cultural shock I experienced: The uphill cycling!

A song that reminds me of home: *Huwag kang matakot* by Eraserheads.





Nariman Moustafa, Egypt

Amsterdam / @narimanmehmet

Most of my life spent in academia studying and teaching, an investigative journalist, translator, a Fulbright alumni,and worked on two projects for Egypt supported by the EU. I love poetry, running, photograpy, and dancing. I would love to continue as an investigative journalist and get a PhD in political communication. I wish to make a difference to the people in my country and create a positive change.

Cultural shock I experienced: The concept of dealing with international students hardly accommodating most of the time.

A song that reminds me of home: Omar Khairat"s music.

Nikolaos Goudis, Greece

Prague

I want my work to contribute to a positive change in the journalistic field. If this is too optimistic at least, I just hope journalism is the way to achieve my other dream of travelling to all of the 195 countries of the world.





Nedim Hadrović, Bosnia and Herzegovina

Amsterdam / @hadrov

Wait, we have to do a bio for the BlueBook?

Cultural shock I experienced: I come from a cold place but my God, the wind here!

A song that reminds me of home: *Fratello* by Aerodrom.

Pari Abbasli, Azerbaijan

Prague / @perileoid

Journo, podcast host, digital magazine editor and art blogger from Baku, Jabrail, Azerbaijan. I love working as a journalist to make this world a better place for everyone and everything, even though it's bad for my mental health and my pocket.

Cultural shock I experienced: How everyone loves their life. It's suprising.

A song that reminds me of home: *Rəşid Behbudov* by Laçın





Patrícia Batista Figueiredo, Brazil

London / **@pati.figueiredo** **@patifigueiredo**

I am a freelancer journalist from São Paulo (big city for the win!) with a passion for procrastinating, but who never misses a deadline. In the past I've worked on investigative or data-based stories about politics, environment, health and cities. If I'm not working you will find me eating, cooking, travelling or overthinking about something I can't control.

Cultural shock I experienced: The cost of living!

A song that reminds me of home: *Onde estará o meu amor* by Maria Bethânia.

Qixuan He, China

Munich

There are so many interesting places in the world, I just want to get going before hesitating.

Cultural shock I experienced: There are a lot of uphills but they still highly recommend cycling.

A song that reminds me of home: *Take Me Home, Country Roads* by John Denver.





Pooja Yadav, India

Amsterdam / **@yadavpooja67**

Journalist from India who loves reading, listening and observing. You can always find me either sleeping or writing in any corner.

Cultural shock I experienced: The use of bikes as serious mode of transportation.

A song that reminds me of home: *Masakali Masakali* from the movie *Delhi-6*.

Radha Puranik, India

Prague / **@radhapuranik_** **radhapuranik**

Previously a civic news reporter in Mumbai, interested in matters of labour, education, and environment. I'm fascinated by the gradual swell of change in cultures. In my free time I cook, watch movies, and talk about music, a lot.

Cultural shock I experienced: The limitless trust people have in society.

A song that reminds me of home: *Lifafa* by Nikamma.





Priyal Shah, India

Munich / **@priyalshah_**

I am an introverted journalist from India who has burnt all her time reading books and scrolling social media for cat videos. I previously worked as a health reporter and plan to get into academia.

Radina Veleva, Bulgaria

Amsterdam / **@shadowhuntery**

A journalist by education and a novelist by ambition from Bulgaria. I have mostly worked in the sphere of Economic and Business journalism, but my passion lies in telling stories about art in different forms.

Cultural shock I experienced: How polite and respectful everyone is to each other. Also, how much my Balkan pocket is suffering.

A song that reminds me of home: *Elmaz i Staklo* by BTR.





Ramisha Ali, Pakistan

Amsterdam /@ramishaali_ @ramisha_ali_

Journalism called and I answerwed. I have been in this profession from last seven years and I am here to stay. The more I was challenged as a female journalist in the male dominated society of Pakistan, the more I have wanted to leave a mark.

Cultural shock I experienced: How people are so comfortable with their bodies, for instance skinny dipping, casually stripping and changing clothes in front of others in locker rooms or may be I'm just too shy.

A song that reminds me of home: *Dil k isharey* by Taha G.

Sarra Riahi, France

Prague / @sarra.rhi @sarrarhi

We got used to dehumanising the other. Look at power relations. Give up the power and pass on the mic.

Cultural shock I experienced: The cost of living.

A song that reminds me of home: *13 organisé* by Combien.





Ridhima Shukla, India

Prague /@ridhima.misha @ridhimashukla7

Everything I do is in service of my childhood dreams.. Fulfilling one of them by coming to Europe after working as a journalist in India for 9 years. Plan to continue doing what I love which is travelling, writing & watching Disney movies.

Cultural shock I experienced: To experience how safe it is... as a woman, you can walk back home alone even at 2 am in Aarhus without having to keep all your senses on alert!

A song that reminds me of home: *Someone's Watching Over Me* by Hilary Duff.

Saskia Reimann, Germany

Prague / @thesasssssss @therealsasssssss

Extroverted, direct, communicative. Originally from Hamburg but mentally still in Paris, where I spent the last four and a half years working in and studying my passion: the history of art.

Cultural shock I experienced: Danish obsession with filter coffee - if you spent more than a weekend in Denmark, you will understand.

A song that reminds me of home: *Le Dernier Jour du Disco* by Juliette Armanet.





Samme Kors, Netherlands

Prague /@doorsamme

Amsterdam-born journalism newby with a love for languages, photography, football and The Office. Just as big a fan of Unge Ferrari, Apache 207 and Kraantje Pappie as of Philip Roth, Benedict Wells and Harry Mulisch. Man on a (yet to be discovered) mission.

Cultural shock I experienced: The Danes bike like a bunch of grannies when compared with us Dutchies. They'll always find a reason to use one of their many hand gestures, they'll stop for a yellow light just to be on the safe side, and weirdly, wearing a helmet seems to be fashion.

A song that reminds me of home: *Cop of Drop* by Gotu Jim.

Sebas van Aert, Netherlands

Prague /@sebas_va @AertSebas

Overly curious philosopher who doesn't know how to navigate life other than by questioning everything. Luckily for me, there is such a thing as journalism, where you are allowed (and even paid) to ask way too many questions without being looked at weirdly. If it weren't for journalism, I honestly wouldn't know how to survive.

Cultural shock I experienced: The amount of bike helmets, it seems the Danes are a much wiser people than the Dutch.

A song that reminds me of home: *Het land van* by Lange Frans & Baas B.





Sebastián Fernández, Peru

Amsterdam

I was born and raised in Lima, a coastal, cloudy city. Like Aarhus but without the rain, the bikes, the silence, or the freezing cold. Or most other things, really. Oh, and about 9 million more people. Although most of my experience is in television, my real passion is in writing. I've been trying to be a bit less cynical about the world, but the world isn't helping.

Cultural shock I experienced: Getting humiliated on the bike lane by elderly people.

A song that reminds me of home: *Amigo* by Juan Gris

Somesh Jha, India

London / @jhasomesh @someshjha7

Being a financial journalist for 9 years, I scooped out the many uncomfortable truths that the Indian government did not want its citizens to know. That got me closer to my own reality – the political and climatic heat was too much to bear, and I decided to take a step back to pursue this master's degree in Europe.

Cultural shock I experienced: How Danish society thrives on a culture of trust, and the way Danes use bikes for their daily commute (even if it means going up and down the £%$^$ hill!)

A song that reminds me of home: *O Sanam* by Lucky Ali.





Shirsha Chakraborty, India

Prague / @chakraborty_shirsha

People, places, and stories matter. Born and raised in India, fresh out of a Bachelors in Mass Media Production, I never thought I would end up studying Journalism in Denmark, but life takes you to unexpected places:). My life revolves around family, friends, and food. Doing nothing makes me anxious so I am always in the middle of things.

Cultural shock I experienced: Work-life balance.

A song that reminds me of home: *Orphans* by Coldplay.

Sopheakpanha Nem, Cambodia

London

I have been a reporter for the past 5 years or so. I have to come to learn a lot and face many challenges during my time as a reporter. So far, I can say being a reporter gives me the courage to seek out truth and present a balanced view to the audience. And this is one special career for me.

Cultural shock I experienced: How you're not really checked for tickets when commuting on buses.

A song that reminds me of home: *Home* by Daughtry.





Sofia Klevakina, Russia

Amsterdam

An investigative journalist trying to circumvent censorship and Russia's repressive laws. Passionate about documentary photography, Russian classical literature and travelling.

Uliana Galantseva, Russia

Munich / @ulianagalantseva

I am a journalist and PR manager from Moscow in search of a wonderful future. My areas of interest are gender issues, as well as the Spanish media landscape. Why Spain? Just because I really love this country. Trying to enjoy my new life and experience hygge in Denmark.

Cultural shock I experienced: People ride bikes even in rain and snow..

A song that reminds me of home: *Don't Look Back in Anger* by Oasis.





Umer Nawaz, Pakistan

Prague / @umer_nawaz_raja

I was born in a mountain resort in Pakistan but lived half of my life in the capital Islamabad. I am an aspiring journalist, filmmaker, and photographer. I believe life is not a competition, life is about helping and encouraging others. I have a curious mind and soul. I want to embrace what life brings and have a lot of experiences and exposure before I die.

Cultural shock I experienced: Equality and social trust, and traffic lights are taken too seriously.

A song that reminds me of home: *Laree Chootee* by Call.



Vera Dvorakova, Czech Republic

Amsterdam / @vieroczka

A journalist with imposter syndrome who gets really worked up about the EU, inequality, and multimedia. I want to report on the EU so that regular humans understand it. I'm 30% coffee, 50% bouldering, and 100% D&D. Real bad at math.

Cultural shock I experienced: That it's my 5th year in Denmark already! And also licorice - that stuff is just gross.

A song that reminds me of home: *Marta Kubišová* by Modlitba pro Martu. This is my leftover nationalism talking. I listen to it every 17th November as a little reminder of the Velvet Revolution.



Veronika Ebner, Austria/Germany

Amsterdam / @vroni.ebner

I'm Vroni, born and raised in Austria but studied in Munich. Life got a bit predictable so I decided to push my inner introvert to finally live properly abroad and experience new things, make international friends and become a journalist and researcher on the way.

Cultural shock I experienced: Zucchinis are wrapped in plastic in the store - really not good for the environment.

A song that reminds me of home: *Skandal im Sperrbezirk* by Spider Murphy Gang.



Victoire Delhommeau, France

Munich / @sukuvictoire

Since I read that 80% of our thoughts are negative, I am trying to lower this number with a big dose of chaotic joy and a bunch of fun creativity that will grow according to how much food you're willing to offer me.

Cultural shock I experienced: Unlike France, strangers will genuinely smile at you in the street, which will make you smile at others in return. And here is the virtuous circle of happiness of the happiest city in the world.

A song that reminds me of home: *Chacun Fait (c'qui lui plait)* by Chagrin D'amour



Wies van der Stroom, Netherlands

Munich / @wiesvdstroom

I'm an aspiring journalist, still have no idea what I'm doing but I've put my money on (and in) this master's so hopefully I'll have an epiphany in the next two years. Also, just enjoying life along the way.

Cultural shock I experienced: The babies outside the restaurant. Fucking weird.

A song that reminds me of home: *Aan de Amsterdamse grachten* by Wim Sonneveld.


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