



UNIVERSITY OF AMSTERDAM

Digital  
magazine for  
exchange  
students

UvA Study Abroad

# Exchange Express

[www.uva.nl/ambassadors](http://www.uva.nl/ambassadors)

We are 

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In this rather unusual edition of the University of Amsterdam's EXCHANGE EXPRESS, we will take you around the world and back in ways that are surely going to surprise you!

At the time of this writing, flights are grounded, hotels are shuttered and exchange programmes are suspended the world over - but fear not, our wonderful team did everything humanely possible to bring you the latest and greatest stuff from across the globe to make you feel like the pandemic never really struck!

In this issue you will find amazing ways to "travel" from the confines of your home, thanks to amazing book and movie recommendations collected by our writer Zoë, which are guaranteed to help you appreciate everything from Afghani novels to German crime thrillers! Ahn helps you put on an appropriate soundtrack by showcasing the freshest hits from around the world, with Icelandic and Russian tracks you will have a lot of fun Zoom-partying to. And if all of this leaves you hungry, we also collected some great recipes for you that work in your student apartment's kitchen!

Well-fed and entertained? Then it's time to get back to work! We have lots of tips and food for thought on how to properly ride out the pandemic from home as a university student, with a study guide and more.

And last but not least, we have a truly amazing selection of interviews with the real stars for you: Exchange students from Amsterdam and all those amazing places out there!

They tell you about their experiences at home, abroad and in the epicentre of it all, the University of Amsterdam. While you will probably take a look for the tips and recommendations, you will stay for the wonderful stories!

You will be able to find all of the above and way more in this edition of EXCHANGE EXPRESS - We hope you will enjoy our work and we hope to see you soon!

# Introduction

By Ornella Lupoi, On Behalf of the Global and Erasmus Ambassadors Team

**Dear exchange students,**

**Here's a new edition of the Exchange Express, which, like almost everything else in the world right now, is following a different path than usual. It is a very bitter thought thinking about the drastic changes that all the exchange students around the world had to go through because of the current pandemic. However, I just wanted to remind you all of something...**

**It does not really matter where you are, whether your exchange has been terminated, your title as "exchange student" will always be part of who you are. You're the one who dared to take the tenacious decision to go abroad, the one who worked hard to stay on track with your courses to go on exchange, to make the perfect scholarship application, to gain extra tips at your part time job to put in your "exchange abroad fund". You're the one who had to reassure your loved ones at home by telling them "I am going to be fine", while not having an idea of what was ahead of you. You're the one who recognizes that there's an unknown world out there and are eager to find out how it looks! (and I could go on and on..). These are traits of your character that nothing will take away from you.**

**With this magazine the Diversity Team from the Spring Exchange Ambassador program is trying to promote cultural diversity through the fine aspects of a #stayathome life and give a bit of a virtual tour around the world. We hope that you will enjoy reading through this as much as we enjoyed creating it.**

**Stay safe and keep dreaming!**

# Keeping up the spirit of student mobility

BY ANNE GEERTJES

As a former exchange student myself, I could tell that student mobility is of great significance. Unfortunately, during these -as people call it- 'crazy' times, this mobility is not as present as it ordinarily is. Student mobility normally takes form by means of studying abroad, taking courses at a university in another country, or going on exchange. It stands for moving freely throughout the world, travelling, gaining knowledge from different universities and education systems and getting to know different cultures while living abroad. However, this will currently not be possible. At least not in the way we are used to. But I encourage you not to feel disappointed about it. Especially during these socially isolated times, it is of great interest to keep in mind that as students all over the world, we are united. Perhaps we cannot be physically travelling right now, this does not mean exchange is impossible. It might create opportunities of how to keep the student mobility alive, in an alternative way. Because now that we might have a bit more time, it could give you the time to think. Let me remind you of the importance of student mobility, in a way to encourage creating those alternative ways of how to stay united, whether you are isolated or not.



## Globalization

Globalization has an effect on all of us; not only on an economic level, but also on cultural, political and environmental levels. It is very important to exchange education between different countries, as a way to improve the quality of it. The internationalization of knowledge is growing thanks to the globalization in the world. This can be achieved by students when they study outside their home university. The internationalization of education has become of great significance since globalization. When studying abroad, it provides for exchanging opinions, ideas, principles, and cultures. For students themselves, it enables them to make a vigorous base for a future international career.

For each individual student, studying abroad is a meaningful experience. There are numerous reasons why: the experience itself, getting used to speaking a different language, becoming more independent, learning a different educational system, stepping out of your comfort zone, different perspectives on certain academic topics...

Moreover, it is meaningful in terms of creating diversity throughout the world. Creating an international atmosphere could imply for global education to become more ethnically diverse.

When it is encouraged for education and students to study abroad, they will become more aware of intercultural education, of the importance of respecting different cultures, becoming conscious of the importance of diversity. Creating diversity will help students to be more flexible and develop more intercultural tolerance, to overcome stereotypes, and it encourages inclusiveness. Consequently all international students will be able to benefit also on a personal level, and it fosters more acceptance and inclusiveness for international students while being abroad.

An international experience abroad is a great part of global internationalization. It is a strategy for universities to send students abroad, for the internationalization of universities stands for one of the most important aspects of calculating the quality of education during these times of globalization. It is quite easily proven, because showing international quality of education creates global recognition for a particular university. In consequence, this enables a university to attract even more students from all over the world. It encourages students to work hard to be allowed to get accepted at that certain university and it shows the university being effective and competitive in comparison with other universities.



Studying abroad is a win-win situation for both students and universities. Students will get (better) international career prospects, universities achieve a better educational quality. Thus, keep in mind that student mobility is of great significance, keep positive during these difficult times, keep thinking of alternative ways to keep the student mobility alive. It will eventually turn out to be of great importance.

# Online study guide

The Coronavirus is spreading over the world and changing our daily lives. Bars, stores and hairdressers are closed. Grocery stores are full of guidelines now and everybody is living 1,5 meters apart from each other. But the most important change in our life as students, is not going to university anymore. Although we are living in the digital age, studying online and at home can be quite difficult. Here some tips to survive studying in quarantine.

By Fré Kleinepier

## 1 RESPECT EACH OTHER

Living together can be hard, especially during quarantine. We are all diverse and so we all have diverse ways of studying. This is completely okay, but try to set up some guidelines with your roommates on how everybody's study routine is put together. And do not forget to communicate! This is a very important aspect for avoiding arguments.

## 2 CREATE A ROUTINE

A rhythm cannot only make you more productive, but can also help to let you feel good in your own skin. Try waking up and going to bed at a certain time every day. This will bring peace and orderliness to your life.

## 3 MAKE A PLAN

Knowing exactly when you have exams or deadlines will keep you more organized!

## 4 ASK YOUR FELLOW STUDENTS FOR ADVICE

We are all on the same boat as students. Sometimes an email or announcement on Canvas can be unclear. Don't hesitate to ask your fellow students about an assignment or deadline. Because with working together, we will manage everything!

## 5 YOUTUBE CLIPS FOR EXPLANATION

Due to the absence of physical lessons, it is harder to ask questions about the courses that you are taught. YouTube might be a helpful tool to gain extra knowledge about a certain subject.



## 6 TAKE YOUR BREAKS

Try to take breaks regularly on a day. And when you take a break, do take a real one. Try to get your eyes off the screen for a while and take a nice walk outside to clear your head. Some fresh air will energize you to go on for a couple of hours.

## 7 DON'T BE TOO HARSH ON YOURSELF

It is good to set deadlines for yourself to keep on track with your studies. But don't be too harsh on yourself when there is a day that you do not meet your deadline. We are all humans and some days are just better than others. Try not to let these thoughts of failing run through your mind all night, but let it go. Tomorrow is another day!

# Social distancing exchange testimonials

By Nick Pfadt, and all exchange ambassadors

In this section you will find a selection of wonderful interviews that we conducted for you with exchange students at the UvA.

William Vargas from the University of Costa Rica, Clemence Coutant from McGill University in Canada, Winky Cheng from The University of Hong Kong and Chloe Ho from the National University of Singapore told us about their initial experience in Amsterdam, what they have been up to during these times of social distancing and tried to cheer us up by sharing with us their positivity!

## Is there any particular reason why you chose the Netherlands?

William: "Yes. I came to the Netherlands via a scholarship. There was a contest in which you could participate and you had to prove that you really wanted to go on exchange. There were only two or three spots for people from the university. In the end I won, and they offered me an exchange program at two different places, the University of Helsinki and the University of Amsterdam. I chose Amsterdam because, well, I study communication sciences, and the communication sciences in Amsterdam is number one in the world."



## What did you do during your first period of your exchange? How would you describe your short time in Amsterdam?

Winky: "Just a little bit of travel to Germany for a few days. I used most of my time to arrange housing and my banking account and other administrative things and hanging out with new friends."

Terrible weather, the weather really sucks. I didn't do too many things, but people gave me a different insight in life. They are very friendly, and they don't discriminate and try to chit chat with you. Those are the highlights of my experience."

## How long were you here for? Did you get to do any touristic things?

Clemence: "I think only for like a month or so. Maybe a month and a half. Just enough time to settle in. I participated to the ISN introduction week. I also had my brother and some friends visit me when I was there. And with the friends that I made there we tried to visit as much as we could in Amsterdam. So I tried to do as much as I could but my plan was to get settled in first and then do touristic things. So I did not have as much time for it as I'd hoped."

## How do you stay on track with your study work?

Chloe: "We are forced to stay home, and I see that for some people that's very enjoyable, but for me my home is my worst place to study ever! It was a real challenge the first few weeks when I got back home. So what I do, instead of studying during the day when my family is awake and they can be a bit distracting, I study during the night. My body clock is screwed! (laughs) I like to study in big open spaces, so I tend to study in the living room, and during the night is amazing, it's really quiet and I have my air-conditioning on, and that's the moment when I can get really productive. I create an environment that suits my style."

William: "Honestly, I have so much more trouble because all of my responsibilities get mixed at home. You have to cook, and do all the cleaning. In my case, I live on my own, which makes it harder. [...] Especially when you have a specific moment that you have to be present at a lecture, but you also have much to do for the household, and there are many people texting you on Whatsapp, and I also have to do a lot for my job. So, that is a huge struggle. How have I survived so far? Hmmm, I am trying to organize my time, and have a mindset that if I don't follow my schedule it will only have bad consequences for myself."

## How is the lockdown in your city?

Winki: "Here in Hong Kong everything feels like normal because everything is still open, the shops never closed but they advise to stay at home. And if you do go to a shop you have to wear a mask and they will check your temperature."



## What new hobbies have you tried out?

Clemence: "Not anything new, but since I have more time on my hands, and even watching Netflix all the time gets boring sometimes, I try to do other things. My mom and my grandma have always done embroidery and cross stitching. When I was little I always loved it and I was happy to do it. But when I went to Montreal, I never had time and patience.[...]. And so now I finally have the time to get started with a project and hopefully finish it soon. That is something I have really enjoyed."

Chloe: "I am currently building my own start up. I have been spending time to work on it, brainstorming, thinking about what I should do for my business to make it work and convince people to buy my services. I have been failing a few times but I just keep on working on it!"



Clemence: "I'm gonna say this again, but definitely to make the best of it because if I had known that I would have had to go after only 1.5 months, I would have done more things. But also that no matter how short or long, I still think it was an incredible experience. And that is something that every exchange student that had to cut this semester should keep in mind. I can't speak for everyone, but I know that even for the short amount of time it was amazing. For future exchange students who will probably not have this issue and will have their whole semester, to be so grateful because it is an amazing experience. And it wasn't at all what I expected."



## What tips would you give to other students in lockdown?



William: "If they feel alone, I would say to look for help. Right now the situation is not as terrible as not being able to have a walk with one person while keeping the proper distance. Also, don't be harsh on yourself when you make a mistake. Otherwise, you might feel overwhelmed. It's better to go out and take a deep breath. If you need some time to say have some tea with someone, just do it."

Chloe: "I am not an adviser! But I would just like to say that whenever you are feeling down or anxious, look at the bright side of the situation: you should not double your sadness! It is a sad situation we are in but we need to keep our spirits positive and focus on something else that makes us happy."

***We are all going through this together, so why not just make the best out of it?***



# OPPORTUNITIES ABROAD AND HOW TO CATCH THEM

By Genesis, Mo and Ornella

As students, one of the best opportunities to immerse ourselves in another culture is without any doubts by participating to an exchange program. Unfortunately, things do not always go as planned.. this year's party pooper has been the coronavirus. However, **don't despair!**

Your thirst for overseas adventures can be quenched in many other ways... so many that it might be hard to find them all, so we have taken the liberty of listing some that might be of interest.

This list is limited and serves just as an indication so be sure to check out other opportunities available to you!



## Internships

Doing an internship abroad is a great way to enhance your job prospects while also experiencing the life and culture of another country. It is a good idea to first consult with your academic advisor for any opportunities with partnered institutions. You can also find an internship yourself by browsing an online platform such as:

**[www.aiesec.org](http://www.aiesec.org)**

AIIESEC is a non-profit and the largest international student organization. It offers professional and start-up internships. It also assists with visa applications, finding accommodation and cultural integration.

**<https://iaeste.org>**

Technical and STEM-oriented internships.

**[www.iagora.com](http://www.iagora.com)**

Internships in Europe

**[www.letsgoafrika.nl](http://www.letsgoafrika.nl)**

Internships in Botswana, Ghana, Lesotho and South Africa.

## Summer Schools

Many universities offer summer programmes about interesting topics that stem from sustainability, programming, economics, planet studies.. These usually last between two weeks or even the entire summer break. Following these programs is an interesting way to enrich your academic curriculum and do a "mini exchange".. You still get to know the city and meet new people!

The University of Amsterdam offers many of these programs. Want to enjoy the beautiful Dutch capital during the best months of the year? Join the UvA summer school!



## Volunteering

If you are interested in making an impact in a local community, then consider doing a humanitarian trip. To narrow down your search, be critical about the organization that you would be working with. How well do they understand the community and its issues? How do they seek to solve these issues? For development projects, focus on the ones that empower people. Lastly, factor in the skills that you already have into how you can contribute, such as teaching english, programming, sewing.

Check out the following platforms:

### **[www.aiesec.org](http://www.aiesec.org)**

As with their internships, they have a vast volunteering network. The projects range from six weeks to more than two years in duration and each adheres to one of the Sustainable Development Goals.

### **[www.metowe.com](http://www.metowe.com)**

Help construct schools and wells in developing countries.

### **[www.gooverseas.com](http://www.gooverseas.com)**

Extensive listing of projects across several organizations plus reviews.

### **[www.wwoof.net](http://www.wwoof.net)**

Volunteer at organic farms, while getting free accommodation and meals.



## Working Holidays

Doing a working holiday allows you to finance your own expenses while living and traveling abroad. Depending on your home country you may be eligible to apply for a working holiday visa in specific countries, where each country has its own requirements. Most EU countries have agreements with Australia, New Zealand and Canada and the visa is valid for one year. EU/EEA and Swiss citizens can work in France for up to 90 days without a work permit.

Additional requirements may include some basic knowledge of the language.

## Backpacking

If feeling more adventurous, backpack through routes in South America and Southeast Asia. These regions are relatively cheap but are packed with cultural and scenic variety. The website MyFunkyTravel lists possible itineraries and detailed information on transportation, accommodation and insurance.

Sharing economies like hospitality exchanges have become increasingly popular these days. Not only do you get free lodging but a small cultural exchange along the way. Couchsurfing is by far the most popular website, but there are more unique ones such as Warm Showers, supported by cyclists, and LGHEI, by the LGBT community.



# Dishes from the world

By Jeremy Choda



## Bitterballen

### The Ingredients

- 100g butter
- 150g flour
- 700ml beef bouillon
- 400g cooked meat, shredded
- 30g fresh onion, minced
- 1 small carrot, grated
- 2 tbsp finely chopped fresh parsley
- 1 tsp grated nutmeg
- 1 lemon, juice
- vegetable oil, for frying
- salt and freshly ground black pepper

#### **BREADING:**

- 50g flour
- 2 eggs, beaten
- 50g bread crumbs

### Prep Time

**TOTAL TIME: 1HR 45 MIN**

- Prep: 45 mins
- Cook: 60 mins

### Directions

1. Heat oil in a frying pan and fry the minced pork for 4-5 minutes, or until browned all over.
2. Add the onion and carrot to the pan and fry for 4-5 minutes. Remove the mixture from the pan and set aside to cool.
3. Stir in the nutmeg, parsley and lemon juice and season, to taste, with salt and freshly ground black pepper.
4. Melt the butter in a skillet or pan. When melted, add the flour little by little and stir into a thick paste. Slowly stir in the stock, making sure the sauce (roux) absorbs the liquid. Simmer for a couple of minutes on a low heat while you stir in the meat mixture. The whole mixture should thicken and turn into a heavy, thick sauce.
5. Pour the mixture into a shallow container, cover and refrigerate until the mixture has solidified.
6. Beat the eggs in a bowl and sprinkle the breadcrumbs onto a plate.
7. Heat the oil in a deep heavy-based frying pan until a breadcrumb sizzles and turns brown when dropped into it. (Be careful: hot oil can be very dangerous. Never leave unattended!)
8. Take a heaping tablespoon of the cold, thick sauce and quickly roll it into a small ball. Roll lightly through the flour, then the egg and finally the breadcrumbs.
9. Fry the balls for 3-4 minutes, or until golden-brown. Remove the balls from the pan and set aside to drain on kitchen paper.
10. Serve on a plate with a nice grainy or spicy mustard.



# Leek quiche

## The Ingredients

- Ready rolled puff pastry
- 20g salty butter
- 3 leeks
- 100g bacon lardons
- 20g parmesan cheese
- 200ml crème fraîche
- 3 eggs
- 100g grated cheddar cheese
- Salt & pepper

1. Preheat the oven to 180C.
2. Chop the leeks and place them in a saucepan with 20g of salted butter. Leave to cook on a low heat until the leeks have softened.
3. Add the grated parmesan cheese and the crème fraîche, then remove from the heat.
4. In another pan, fry the bacon lardons until they are crispy and add them to the mix.
5. In a bowl, whisk the eggs and add the grated cheese and salt and pepper.
6. Grease a tart dish with some butter, then roll out the pastry and place into the dish.
7. Bake the pastry for around five minutes, keeping an eye on it. When the pastry starts to inflate, take it out of the oven.
8. Prick the pastry all over with a fork, then add the leek mixture. Pour the eggs over the top, then put the tart in the oven for 20 minutes or until it turns golden brown.
9. For an even crunchier finish, put the tart under the grill for the final two minutes.



# *American chocolate chips cookies*

## The Ingredients

- 225 grams butter
- 110 grams sugar
- 275 grams flour
- 100 grams chocolate chips

1. Cream the butter in a large bowl with a wooden spoon until it is soft.
2. Add the sugar and keep beating until the mixture is light and fluffy.
3. Sift in the flour and add the chocolate chips.
4. Bring the mixture together with your hands in a figure-of-eight motion until it forms a dough. You can freeze the dough at this point.
5. Roll the dough into walnut-sized balls and place them slightly apart from each other on a baking sheet (you don't need to butter or line it).
6. Flatten the balls a little with the palm of your hand and bake them in the oven for around 10-12 mins until they are golden brown and slightly firm on top.
7. Leave the cookies on a cooling rack for around 15 mins before serving.

"Traveling -  
it leaves you  
speechless,  
then turns  
you into a  
storyteller"

- Ibn Battuta



## Traveling From Home



**BY ZOË TUINMAN**

As exchange students, past present and future, we enjoy traveling. Unfortunately, with this whole corona pandemic going on, traveling has come to a halt. We are thus not able to become new storytellers at the moment, but that does not mean we cannot travel vicariously through others. The way to do this is through books, movies and series. To help you with your stay at home travels, here is some entertainment from around the world (as suggested by the UvA global community):

Books are a great way to keep you entertained for hours and transport you to different places. So leave your home behind by reading these books:

# JOURNEY BY MOONLIGHT - ANTAL SZERB

*"A major classic of 1930s literature, Antal Szerb's Journey by Moonlight (Utas és Holdvilág) is the fantastically moving and darkly funny story of a bourgeois businessman torn between duty and desire. Mihály has dreamt of Italy all his life. When he finally travels there on his honeymoon with wife Erszi, he soon abandons her in order to find himself, haunted by old friends from his turbulent teenage days: beautiful, kind Tamas, brash and wicked Janos, and the sexless yet unforgettable Eva. Journeying from Venice to Ravenna, Florence and Rome, Mihály loses himself in Venetian back alleys and in the Tuscan and Umbrian countryside, driven by an irresistible desire to resurrect his lost youth among Hungary's Bright Young Things, and knowing that he must soon decide whether to return to the ambiguous promise of a placid adult life, or allow himself to be seduced into a life of scandalous adventure."*

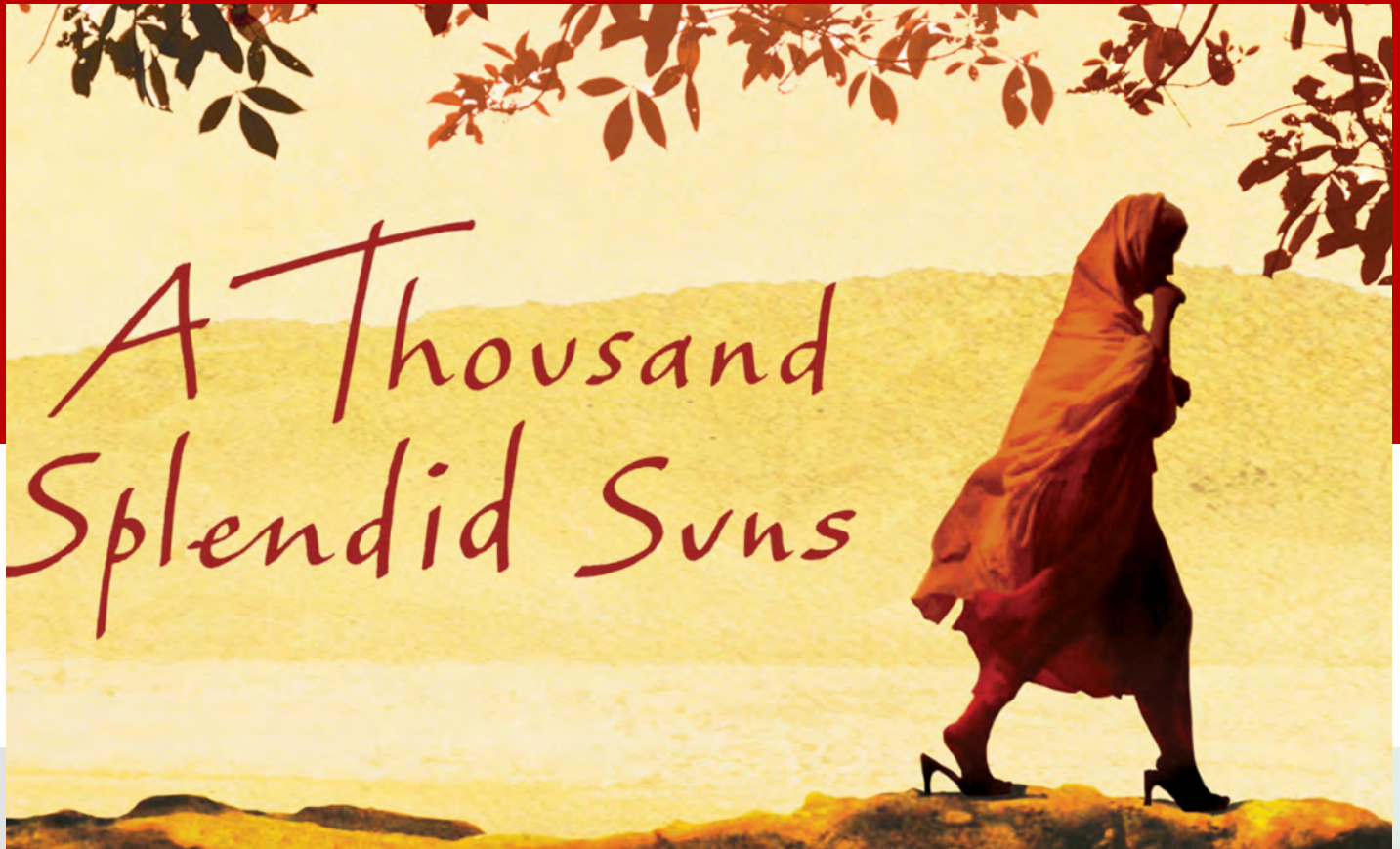
- Goodreads



'One of the great European writers'  
Ali Smith



# A THOUSAND SPLENDID SUNS -KHALED HOSSEINI



*"A Thousand Splendid Suns is a breathtaking story set against the volatile events of Afghanistan's last thirty years—from the Soviet invasion to the reign of the Taliban to post-Taliban rebuilding—that puts the violence, fear, hope, and faith of this country in intimate, human terms. It is a tale of two generations of characters brought jarringly together by the tragic sweep of war, where personal lives—the struggle to survive, raise a family, find happiness—are inextricable from the history playing out around them.*

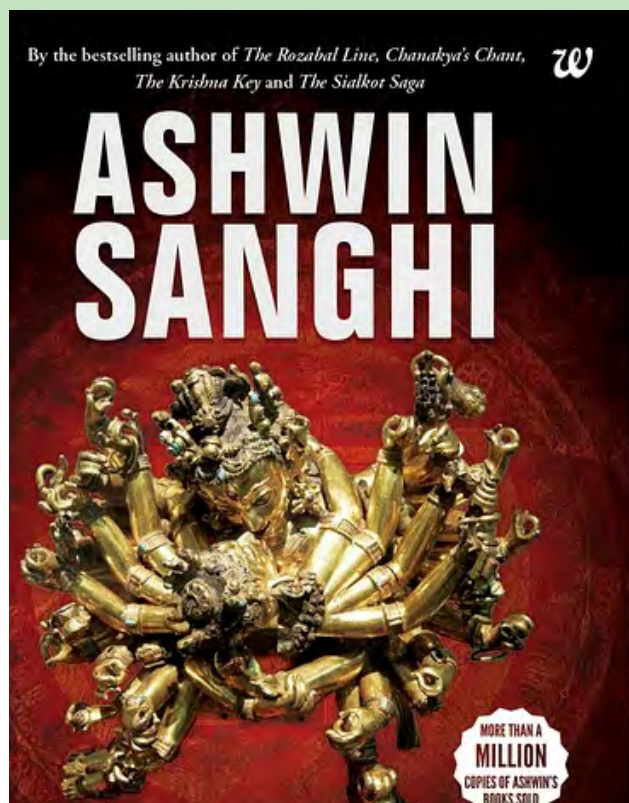
*Propelled by the same storytelling instinct that made The Kite Runner a beloved classic, A Thousand Splendid Suns is at once a remarkable chronicle of three decades of Afghan history and a deeply moving account of family and friendship. It is a striking, heart-wrenching novel of an unforgiving time, an unlikely friendship, and an indestructible love.*

- Goodreads

# KEEPERS OF THE KALACHAKRA - ASHWIN SANGHI

*" A seemingly random selection of heads of state are struck down like flies by unnamed killers who work with the clinical efficiency of butchers. Except that they leave no trace of their methods. Welcome back to the shadowy and addictive world of Ashwin Sanghi. In this fearsome tale, Sanghi paints a world of people at war with one another in a boomeranging conflict of faiths. Caught in this madness is Vijay Sundaram, a geek scientist who is only dimly aware that the world outside his laboratory is about to be savagely torn apart. Events conspire to propel Vijay into the labyrinth of Milesian Labs, a research facility deep in the forests of Uttarakhand. What he stumbles upon is a primordial clue to a galactic secret that could accelerate the downward spiral of humankind. Trapped and wholly unaware of his actual foe, Vijay races against time to save humanity—and himself."*

- Goodreads





## AMY & ROGER'S EPIC DETOUR - MORGAN MATSON

*"Amy Curry is having a terrible year. Her mother has decided to move across the country and needs Amy to get their car from California to Connecticut. There's just one small problem: Since her father died this past spring, Amy hasn't been able to get behind the wheel. Enter Roger, the nineteen-year-old son of an old family friend, who turns out to be unexpectedly*

*cute ... and dealing with some baggage of his own. Meeting new people and coming to terms with her father's death were not what Amy had planned on this trip. And traveling the Loneliest Road in America, seeing the Colorado mountains, crossing the Kansas plains, and visiting diners, dingy motels, and Graceland were definitely not on the itinerary. But as they drive, Amy finds that the people you least expected are the ones you may need the most—and that sometimes you have to get lost in order to find your way home." - Goodreads*

*This book has pictures of actual receipts and places from the author's road trip. Also, this book has fun playlists, that the main characters listen to on their road trip, that you can listen to while reading the book."*

# Traveling From Home



## THE DOGS OF BERLIN



"A politically sensitive murder forces two disparate detectives into a battle with the Berlin underworld and a confrontation with their own corruption." - IMDB



## LA CASA DE PAPEL



"An unusual group of robbers attempt to carry out the most perfect robbery in Spanish history - stealing 2.4 billion euros from the Royal Mint of Spain" - IMDB



A thriller set in a world sharply divided between progress and devastation, where people are given the chance to make it to the "better side" but only 3% of the candidates succeed." - IMDB

Sometimes you do not want to spend hours reading a book or maybe you do not like reading in general. Fear not, below you will find a list of movies and series from all over the globe.



## BLACK



A Grim Reaper, a detective and a woman who foresees death get ensnared in matters of life and eath -- and dark mysteries of twenty years past.



## JEUX D'ENFANTS



As adults, best friends Julien and Sophie continue the odd game they started as children -- a fearless competition to outdo one another with daring and outrageous stunts. While they often act out to relieve one another's pain, their game might be a way to avoid the fact that they are truly meant for one another.



## NIEMAND IN DE STAD



Three young friends grow up as students in Amsterdam when the death of one's father puts everything into a new perspective

# PLAYLISTS FROM THE WORLD

by Anh Bui

Many people regard music as a “universal language of mankind”. A language that is presented so differently in each corner of the world; yet it is one that is understood by everyone! During this time, we hope music can help us become more resilient, more united; and simply be something for us to enjoy and elevate our mood. Hence, for this part of the magazine, we ask students from across the world to share songs from their personal playlists in hope to share them with everyone! We hope you like it!



## TRINIDAD AND TOBAGO

1. Calypso Rose - Calypso Blues
2. Calypso Rose feat. Machel Montano - Young Boy



## INDIA

1. Arijit Singh - Kabira
2. Chaudhary - Coke Studio
3. Badshah, Payal Dev - Genda Phool



## ITALY

2. Mahmood - Soldi
3. Tinturia - Occhi a pampinedda
4. Mannarino - Me so' 'mbriacato
5. Ornella Vanoni - La voglia, la pazzia



## RUSSIA

1. Vuerak - Усталость От Безделья (Tiredness From Idleness)
2. Vuerak - Твоя Фигура (Your Figure)



## PUERTO RICO

1. Bad Bunny - Como un Bebé
2. Daddy Yankee - Rompe
3. Ozuna - Siguelo Bailando



## SOUTH KOREA

1. GOT7 - Not by the Moon
2. GOT7 - Call my name



## GERMANY

1. Milky Chance - Scarlet Paintings
2. Giant Rooks - Watershed
3. Kool Savas - Der beste Tag meines Lebens



## ICELAND

1. Aron Can - Fullir Vassar
2. Dadi Freyr - Endurtaka Mig



## TURKEY

1. Sebnem febrah - Bu Ask Fazla Sana
2. Neşe Karaböcek - Çayelinden Öteye/Yali Yali
3. Tarkan - Şımarık
4. Ayşegül Aldinç - Yanlışın



## ARGENTINA

1. Paulo Londra - Adan y Eva



## BELIZE

1. The Garifuna Collective - Hamala



## THE NETHERLANDS

1. Gerard Joling - Ticket to the Tropics
2. Pater Moeskeroen - Roodkapje
3. De Jeugd Van Tegenwoordig - Sterrenst
4. Ali B - Zomervibe



## THAILAND

1. YOUNGOHM - คนตาย (Khñ tǎy)
2. F.HERO Ft. LAZYLOXY & OG-ANIC - มิ ไร้ไร้ (Mī khǎe reā)



## BRAZIL

1. Manu Gavassi - Áudio de desculpas
2. Tribalistas - Já Sei Namorar
3. MC Kevin o Kris - Vamos pra Gaiola
4. 1 Kilo - Tudo Bem

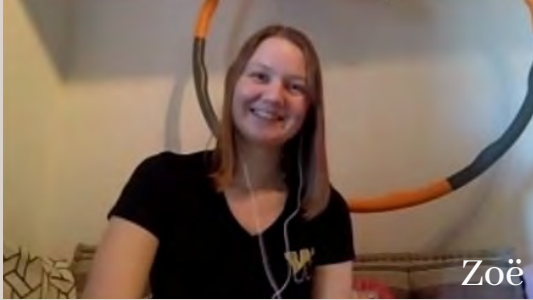


## ALGERIA

1. Khaled - Sahara
2. Khaled - Aysha

# Meet the team

from: The Netherlands  
Went to: Calgary



from: Italy  
Went to: Rio de Janeiro



from: The Netherlands  
Went to: Milan



from: Belgium  
Went to: Montreal



from: Germany  
Went to: Singapore



from: The Netherlands  
Went to: Singapore



from: Spain  
Went to: Frankfurt



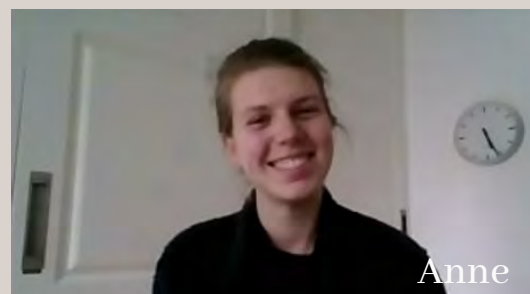
from: Honduran  
Went to: Amsterdam



from: The Netherlands  
Went to: Toronto



from: The Netherlands  
Went to: San Francisco



from: Vietnam  
Went to: Amsterdam



# Conclusion

Thank you for taking the time for reading the 2020 Spring Edition of the Exchange Express!

A warm thank goes to all the exchange ambassadors who made the creation of this edition possible, given the circumstances, and also to Guido and Carine for the support and motivation and for creating this program.

**Pictures from:**

Ornella, Anne, Mo, Alejandro, William, Winki, Chloe, Clemence, Godwin, Pixabay, Canva



*"One's destination is never a place but a new way of seeing things"*

-Henry Miller

We are 

**Exchange  
Express**