



# E<sup>3</sup>UDRES<sup>2</sup>

**An international experience for everyone**





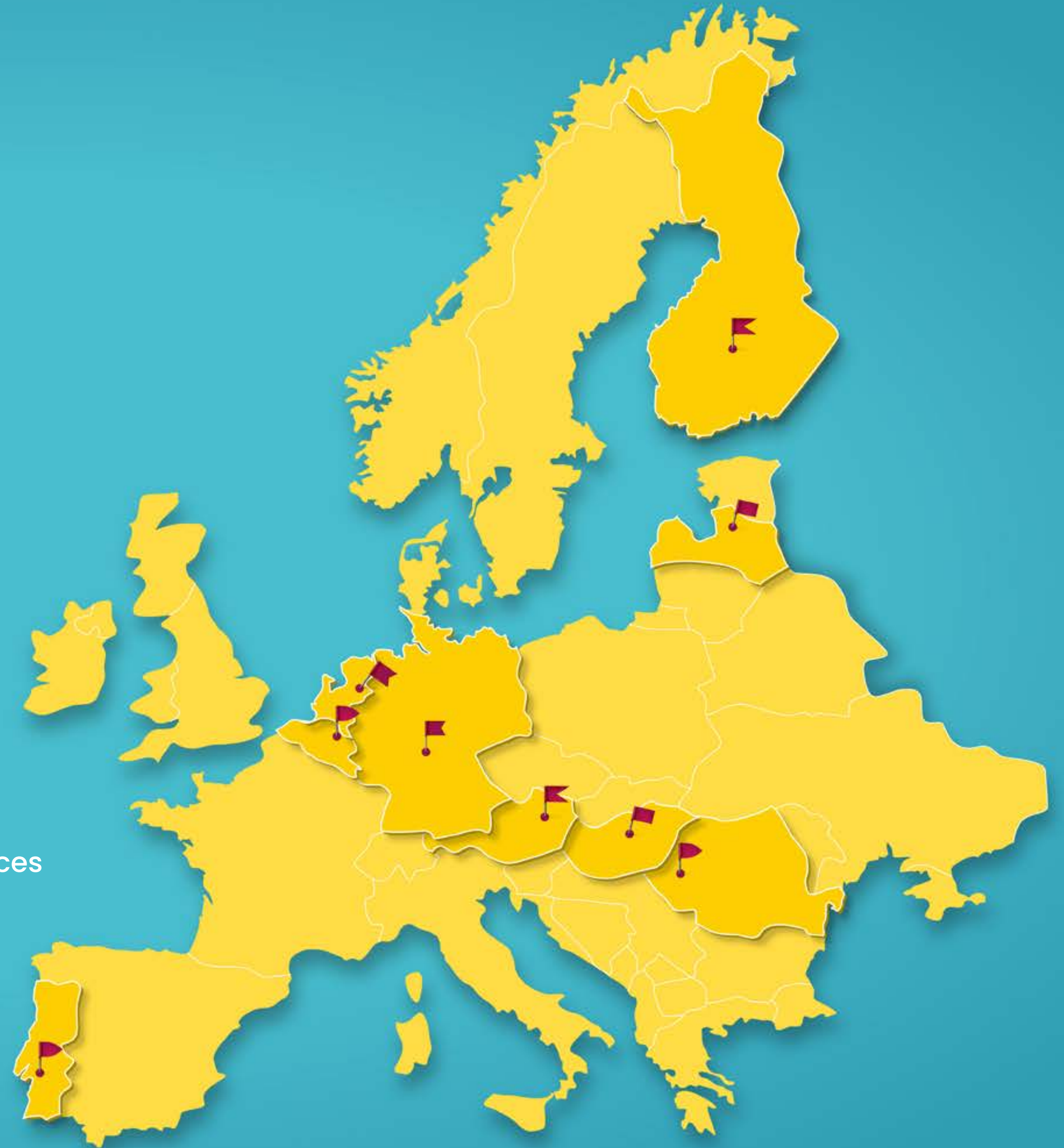
# E<sup>3</sup>UDRES<sup>2</sup>

An international experience for everyone in collaboration with these 9 countries.

**Portugal**  
**Belgium**  
**Hungary**  
**The Netherlands**  
**Germany**  
**Austria**  
**Romania**  
**Latvia**  
**Finland**

Polytechnic Institute of Setubal  
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Hungarian University of Agriculture and Life Sciences  
Saxion University of Applied Sciences  
Fulda University of Applied Sciences  
St. Pölten University of Applied Sciences  
Politehnica University Timișoara  
Vidzeme University of Applied Sciences  
Jyväskylä University of Applied Sciences

[www.eudres.eu](http://www.eudres.eu)





# E<sup>3</sup>UDRES<sup>2</sup>

## E<sup>3</sup>udres<sup>2</sup> is investing in you!

We offer you a customized **international experience**. Short, long, with or without travel ... and we take care of the costs!

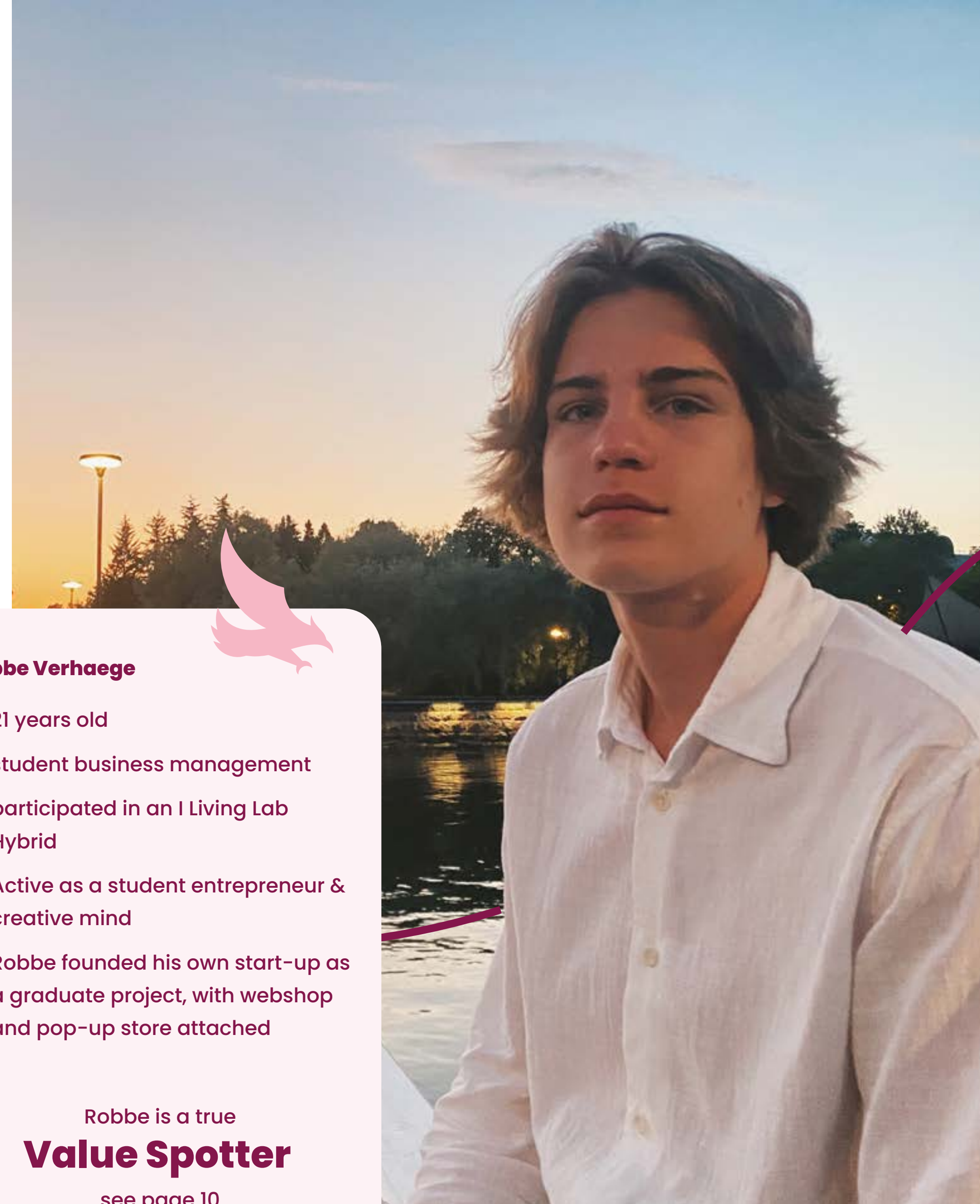
Don't wait any longer and grab your chance to get that first international experience. The UCLL students in this magazine were already super enthusiastic.

## In this magazine

- P 4 Students tell you more
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### Robbe Verhaege

- 21 years old
- student business management
- participated in an I Living Lab Hybrid
- Active as a student entrepreneur & creative mind
- Robbe founded his own start-up as a graduate project, with webshop and pop-up store attached

Robbe is a true  
**Value Spotter**

see page 10

**“In an I Living Lab I learned the power of collective knowledge.”**

**Everyone learns something different from an I Living Lab. For me, this was the power of collective knowledge and that the impact does not have to be immediately visible.**

#### Collective knowledge

In an I Living Lab, you are never alone. You come together with students from different courses and countries to solve one of the wicked problems. Your team is composed in a way that there is always a good mix of skills & qualities. And then the power of collective knowledge naturally emerges. That cooperation in your team is really important, actively

listening, having an open mindset and merging your own point of view with that of your team members. Even with the Challengers (companies/entrepreneurs who provide the wicked problems), collaboration is essential and working purpose-driven toward the dot on the horizon.

#### The impact of an I Living Lab

The impact of an I Living Lab may not always be immediately visible. *With me, that impact came later* and also somewhat by accident. During the I Living Lab, I got to know several entrepreneurs. One of them had a company that makes scented candles from discarded frying oil. Coincidentally, I was working on my own start-up about

upcycled items for my graduation project. We kept in touch and ... long story short: I sold the candles in my webshop and pop-up store.

#### Are you a Value Spotter?

Then also check out:

- Int. Engagement Circus
- Bootcamp
- Internship



**“Be open to ideas from others and be flexible. That’s how you will be successful.”**

**I learned so much during the bootcamp: working efficiently under time pressure, new content, new structures and techniques that experts use in their workshops.**

#### **We started immediately**

Before the bootcamp, we received the project options and some assigned reading materials. As a result, I felt reasonably comfortable going into the adventure. On the train from Vienna to the Austrian Alps, we met our teams and already did a first brainstorming session. **The pace was immediately high** but it also teaches you how to work efficiently. Fortunately, my team was very vocal and imaginative which allowed us to quickly discuss and

explore numerous ideas.

#### **Personal growth**

During the expert workshop, I gained **valuable insights** about building and structuring workshops. I teach workshops on circularity and sustainability myself, and the techniques I learned at the expert bootcamp I can now apply myself.

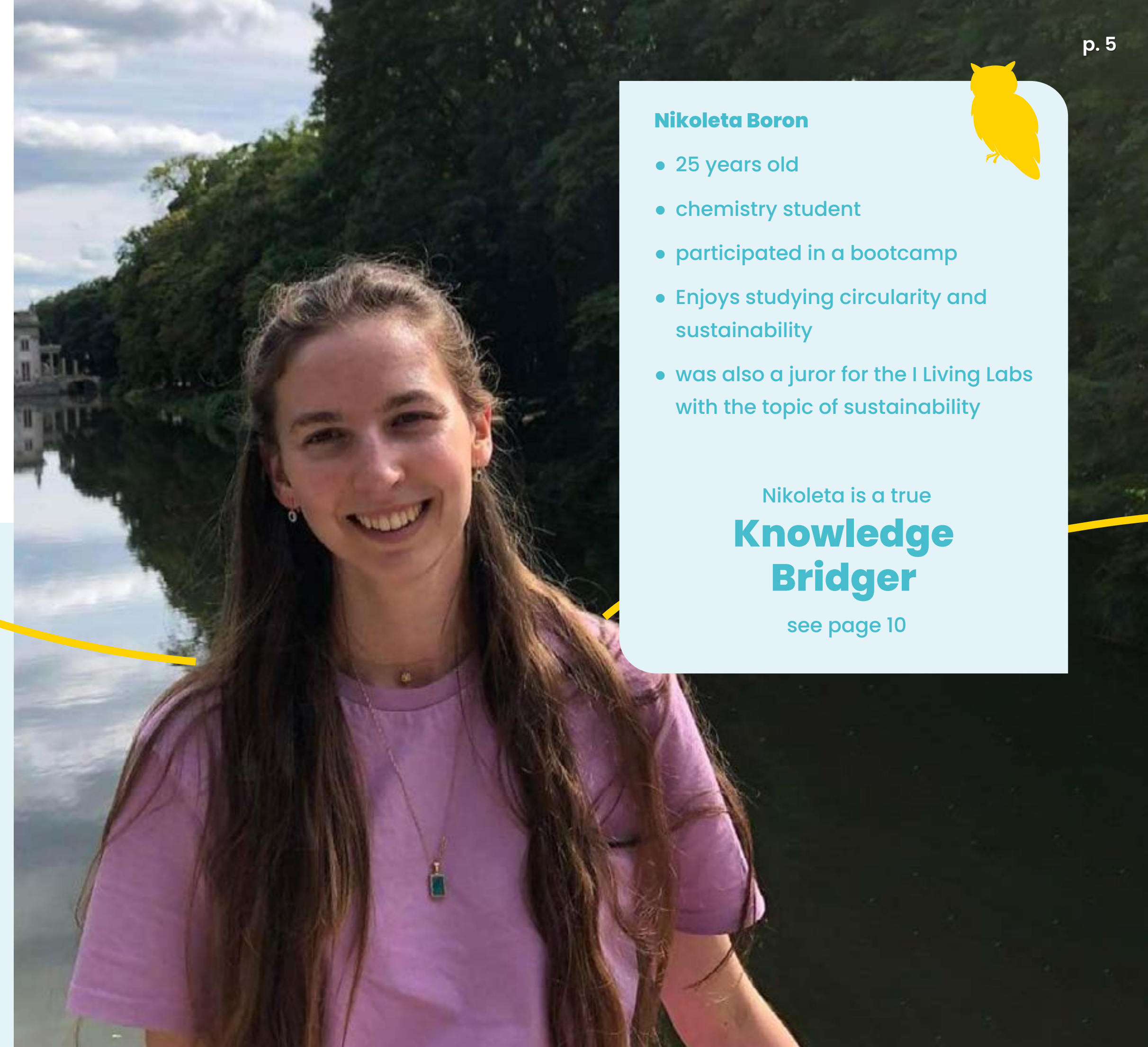
#### **Surprising characters**

Collaborating with international students from diverse educational backgrounds was an **eye-opener and an added value to the whole experience**. It encouraged us to think outside the box. A girl studying tourism in our group, for example, turned out to be the “IT brain” of our project and makes decisions faster than some

computer science students. This taught me the importance of flexibility in assigning roles at the beginning of a project, rather than restricting individuals based on their area of expertise. Such rigid classifications like “technical people do X” or “business students work on Y” can be extremely limiting.

#### **My tips for participants**

Tip 1: Be open to the ideas of others and be flexible. This is how you will be successful. Tip 2: Take time in the beginning to discuss what everyone’s goal is. Some may prioritize making new friendships, while others may want to develop a small idea that can be scaled up later. Understanding different personal goals at the beginning will help you better align.



#### **Nikoleta Boron**

- 25 years old
- chemistry student
- participated in a bootcamp
- Enjoys studying circularity and sustainability
- was also a juror for the I Living Labs with the topic of sustainability

Nikoleta is a true  
**Knowledge Bridger**

see page 10



#### **Are you a Knowledge Bridger?**

Then also check out:

- I Living Lab Online
- I Living Lab - Hybrid
- Bootcamp



**“Because of E<sup>3</sup>UDRES<sup>2</sup>, I have discovered and been allowed to experience what a **metamind** is.”**





# “Trust yourself and try something new, just do it! That will get you further.”

**Being nervous when you leave on an unprecedented adventure is quite normal. I was quite nervous before departure. But once that suitcase was packed, I let it go and seized the opportunity with both hands.**

## **There is no need to be nervous**

You never do an I Living Lab alone. You start with your team and you end with your team. During the online onboarding phase, we got to know each other and discovered the challenge we would be working on. Then, when you go abroad that week, **you already know each other** and also know perfectly well what

to expect. Moreover, each team also has a coach to whom you can always turn for any problem. They even act as interpreters when students can't find the words in English. So there is no reason to be afraid to participate.

## **Teamwork is a learning opportunity**

Getting people, who have had a different education and come from different countries, to work together, that was my goal. In healthcare, you mainly work with people from healthcare. But here, as a nursing student, I was in a team with a lot of IT people. We needed them, of course, because we had to look for an IT solution for a local

community. **That collaboration didn't go so smoothly at first.** The IT people just wanted to get started as quickly as possible while the idea of 'Design Thinking' is to take the time to brainstorm and find the best solution. But everything worked out fine in the end. After all, you are there to learn.

## **Are you a Curious Passenger?**

Then also check out:

- I Living Lab - Hybrid
- Int. Engagement Circus
- Bootcamp
- Internships

## **Bert Boonen**

- 26 years old
- nursing student
- part of UCLL's rowing team
- participated in a Intensive I Living Lab
- Ultimate goal is becoming a firefighter

Bert is a true **Curious Passenger**

see page 10





# “Can you go abroad? Again?!”

## Victor Kerckhofs

- 21 years old
- student business management, marketing
- participated in the Executive Student Board E<sup>3</sup>UDRES<sup>2</sup>
- likes to travel, chill with friends, play sports and go out for dinner
- quote: “Live life to the fullest, take every chance you can!”

Victor is a true  
**Easy  
Choicemaker**

see page 10



“It was an adventurous year with quite a few meetings in different countries. My friends asked jealously, ‘Can you go to Austria AND Romania again?’ But hey, anyone can participate! I just let it happen, with the result that I learned a lot.”

### Executive Student Board

I had applied for the bootcamp but just missed out on one of the four spots. But apparently I somehow made a good impression because a little later I was contacted to come along to the Future Forum in Austria. A lot of people came together there to discuss the continuation of the E<sup>3</sup>UDRES<sup>2</sup> project. The ideas that emerged there were further explored at the 2nd get together in Romania. They organised the Int. Engagement Circus and I was also allowed to attend because I became part of the student board in the meantime. And in Romania the first Student Board meeting took place.

### Clash of cultures

I really did experience that clash of cultures on that Student Board. It is enormously enriching to get to know different cultures but at the same time you have to understand those cultures and learn to deal with them. An example: during that first meeting, we voted on the structure of the board. Only the option of a classic hierarchical structure came up. Not many people were interested in my proposal for a broader top, except for my Dutch colleagues. Each country is on a different wavelength when it comes to communication, hierarchy, bringing in ideas. You have to take that into account, but you learn a lot from it.

### Skills skills skills

So dealing with cultures is an important skill that you can only develop by participating in activities. Also dealing with “important people,” you learn there. A few times I ended up in places where all the directors of the participating universities were present, together with the highest-ranking

directors of the E<sup>3</sup>UDRES<sup>2</sup> project itself. You notice then that those people are genuinely interested in what you have to say, that they pick up on it and build on your ideas. Everyone is equal there. And I found that very cool to experience. Furthermore, I think it is important to master the art of listening, to be eager to learn and to have a little ambition in life. And then just go for it and take the step.

### Better late than never

I was sorry to discover E<sup>3</sup>UDRES<sup>2</sup> only at the end of my 2nd year (the project did not exist before that). It would benefit the sustainability of the Student Board if students could sit in it for 2 or 3 years instead of 1 year. That would provide more continuity. But I am extremely happy that I was able to do this. It was super interesting on all levels. And through those intercultural competencies, I also became a little more of a global citizen.

### Are you a Easy Choicemaker?

Then also check out:

- Appetizers
- Talent TV
- Hackathon



**“It is an unforgettable experience that strengthens the bond with fellow students.”**

**Working together with students from different programs and international students went smoothly for me, also because I am a social person. With one of the Latvian students it really clicked and we are still friends today.**

#### **A precious memory**

I signed up for the hackathon because this was a very attractive opportunity to fill in my free space. Some fellow students and I wanted a fun and valuable reminder of our time in college. It seemed like something different from the other opportunities. Eventually the hackathon exceeded even my expectations. We formed a close E<sup>3</sup>UDRES<sup>2</sup> family with

everyone. Besides working on the assignments, the atmosphere was also great.

#### **Listening will bring more**

Our client (challenger) challenged us to develop a Start-Up Village. He was very involved in the concept and guided us well. When analyzing & implementing ideas, it is important to utilize the many European backgrounds and diverse studies of all team members. I found it very interesting to see how differently people can look at the same topic. Sometimes it was challenging to get everyone to work together, but in the end we reached a good consensus and developed a great solution. I learned that it is crucial to listen to each other and to understand each other well

in order to reach a strong solution. It requires attention and respect for each other's opinions and viewpoints.

#### **Tip for participants**

Since the hackathon is very intense and short, it is advisable to study the assignment carefully beforehand and gather information in advance so that you do not waste time during the 36-hour hackathon.



#### **Selin Esen**

- 24 years old
- student business management, marketing
- participated in a hackathon
- favorite quote: “Seek what sets your soul on fire”

Selin is a true  
**Cautious  
free ranger**

see page 10



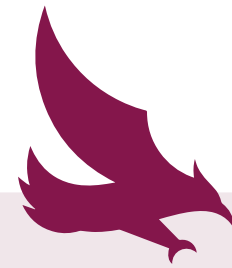
#### **Are you a cautious free ranger?**

Then also check out:

- I Living Lab Online
- I Living Lab - Hybrid
- Appetizers



## Value Spotter



- discovered more in E³UDRES² than expected
- makes a conscious choice
- is confident and proactive
- Is open to a more sustainable E³UDRES² connection

Are you a student with an entrepreneurial mindset and do you dare to think big? Take a (first) step towards Europe with E³UDRES². We give you the opportunity to walk your own path, make connections and cooperate with students, entrepreneurs and teachers all over Europe. In this way, you will build your own European and entrepreneurial network that interweaves with your studies.

You may be interested in:

[Int. Engagement Circus](#) [Living Lab - Hybrid](#) [Bootcamp](#) [Internship](#)

## Who are you?

## Easy Choicemaker



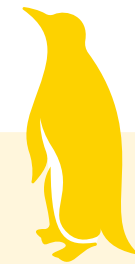
- has heard of E³UDRES² and goes for it
- chooses by feeling and what fits
- has an open mindset and trusts the process

Do you know what you want, and when? Then E³UDRES² has a lot of options for you! We let you decide which event or learning activity suits you and you can even combine several in a year. This is all possible at E³UDRES² because we know how important freedom is to you.

You may be interested in:

[Appetizer](#) [Living Lab - Online](#) [Hackathon](#)

## Cautious free ranger



- feels a bit nervous and also looks forward to it
- feels more secure with a familiar face or friend
- experiences a great development during E³UDRES²
- may come back for more

Do you think that going on Erasmus for 3 months is too big of a step? Then try 1 of the E³UDRES² activities and get an international experience from home (online) or go abroad for a week. Improve in no time your English and put your knowledge to use outside your education. And no one said that you have to do this alone. Get a fellow student excited about this and go together!

You may be interested in:

[Living Lab - Online](#) [Living Lab - Hybrid](#) [Appetizers](#) [Hackathon](#)

## Knowledge Bridger



- enrolls based on topic
- wants to use knowledge more broadly (next to their study)
- builds bridges between acquired knowledge and personal interests and/or experiences

Do you have an interest that you would like to combine with your studies? Then include E³UDRES² in your study program. You can use your knowledge to help solve a complex problem or choose a challenge within your own interest and learn from the knowledge of your fellow international students.

You may be interested in:

[Living Lab Online](#) [Living Lab - Hybrid](#) [Bootcamp](#)

## Curious Passenger



- is internationally minded
- speaks English well
- sees a quick win between traveling and studying
- is open to new contacts

You like to travel and you are curious about other cultures? Then be sure to check out our E³UDRES² offerings. Whatever you choose, you will get to know many international students. And if you choose smartly, you will choose a formula with travel and see another part of Europe. So you catch two birds with one stone: travel and earn credits.

You may be interested in:

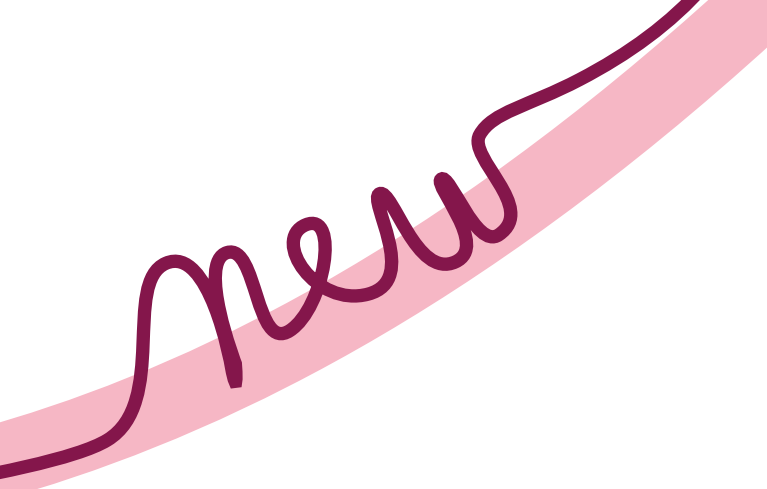
[Int. Engagement Circus](#) [Living Lab - Hybrid](#) [Bootcamp](#) [Internship](#)





**“I have been able to talk to so many entrepreneurs, I know much better which way I want to go after my studies.”**





# Appetizers

## An appetizer? What?

Appetizers are short learning snacks that you can listen to or watch at any time. They come in different formats such as podcasts, vodcasts, vodcast + P2P review and micro games. An appetizer is always short and in English. Decide what you learn and when you learn. Ideal to combine when you commute to or from school for example.

## Appetizer in numbers

- 56 hours of independent studying
- 1 ECTS
- 5 topics

## Why an appetizer?

An appetizer allows you to deepen your knowledge in a different way than just reading. In addition, an appetizer allows you not only to deepen your knowledge but also to broaden it. Look at your own studies from a different perspective and learn more about sustainable goals, design thinking, business design and new technologies.



E<sup>3</sup>U  
Engaged and  
Driver for Eur



The Int. Engagement Circus is part of a Learning Snack.



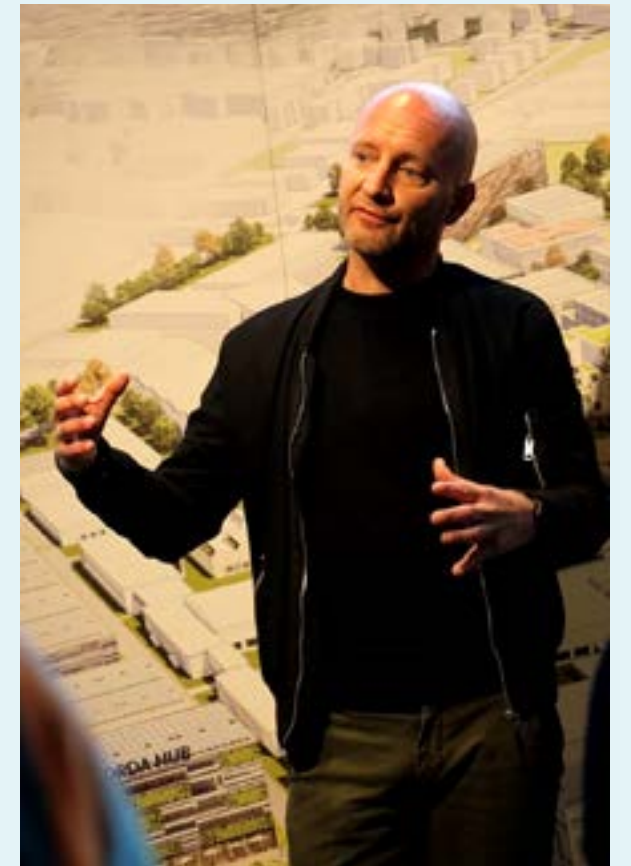
# International Engagement Circus

## Why participate?

The international engagement circus is a mix between a conference and collaboration, covering topics such as well-being, inclusion, digital solutions to contemporary challenges and much more. Get inspired by cool talks, interesting workshops and the international participants.

## What is it?

The International Engagement Circus is a unique 2.5-day event that brings together students and (regional) entrepreneurs to network, collaborate and develop innovative solutions through a series of interactive workshops and activities. Take your chance to get acquainted with the region and Europe and learn the art of networking.



## Int. Engagement Circus in numbers

- **56** hours of (net)working
- **2** ECTS
- **80** students
- **40** entrepreneurs
- **20** teachers
- **9** universities





# Hackathon

## What is the hackathon?

Hackathons are short events that bring together international students, teachers and regional entrepreneurs for 36 hours. In small teams, you develop innovative solutions to a specific and complex problem. You don't do this alone. Teachers and experts assist you and each team is put together transdisciplinarily so that a lot of expertise comes together.



## What students say

"I had participated in a hackathon before, but this one from E<sup>3</sup>UDRES<sup>2</sup> was much better organized. The goal we had to get to was clear. The road leading up to it was sometimes a bit open but that also means you get a lot of space. We were warmly welcomed by the mentors and supervisors who were very helpful and empathetic. As a result, I immediately felt welcome on campus. For me, these 36 hours were fun and successful."

## Hackathon in numbers

- 36 hours hacking (yes, also at night)
- 8 hours preparations before the event
- 2 ECTS
- 3 hubs in Europe
- 60 students per hub
- 6 challenges







**“The music inspired us to approach our challenge very differently.”**



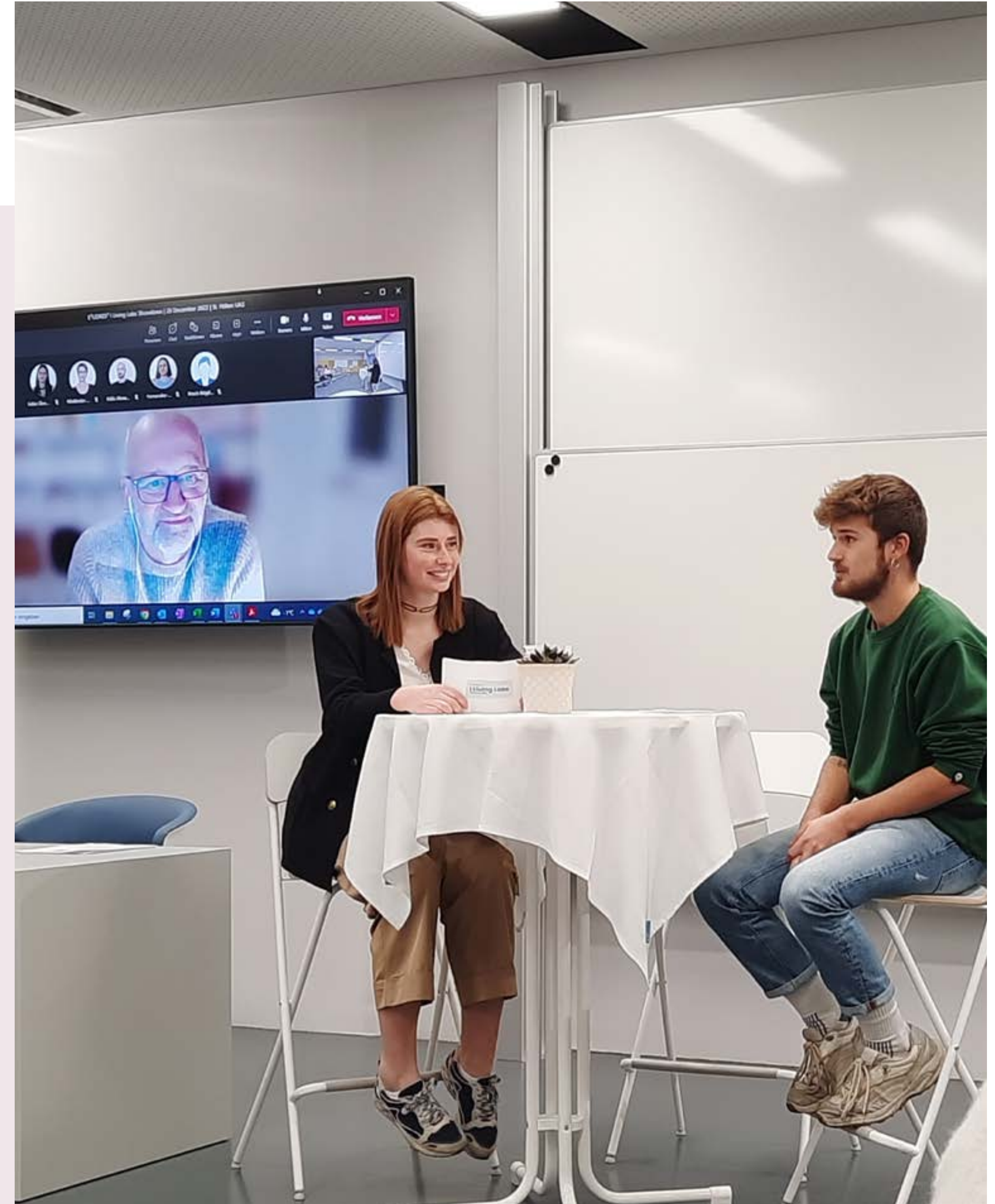
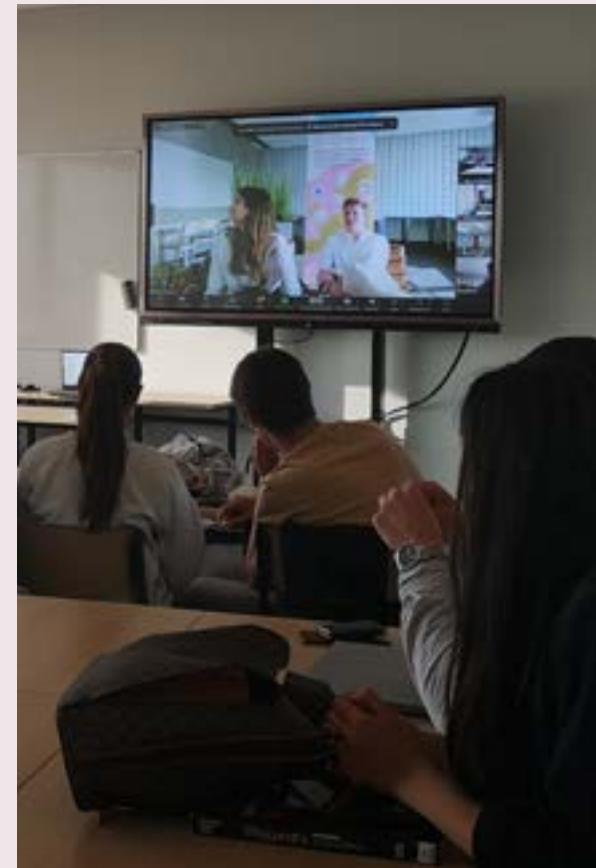
# I Living Lab – Online

## An I Living Lab? What?

Within a I Living Lab you work together in a team of students, teachers and entrepreneurs with different (study) backgrounds and from various European countries. You determine the route as a team and you set your own individual learning goals. You contribute with your own expertise, talents and personality to the group. An I Living Lab uses the design-thinking methodology and lasts for 5 weeks. You and your team decide when you will meet online and work weekly together.

## What students say

“Traveling abroad is not my thing. But with this online I Living Lab, I could still get an international experience. Ideal! The only thing to watch out for is making good arrangements that suit everyone. For example, in Latvia it is one hour later than in Belgium. If you meet in the evening until 9 p.m., it’s already 10 p.m. for Latvians. But I thought it was a great experience getting to know all these nationalities and working together to solve our challenge.”



## I Living Lab – Online in numbers

- **84** hours of online working
- **3** ECTS
- **6-8** students per team
- **1** entrepreneur
- **2** coaches
- **various** challenges



# I Living Lab – Hybrid

## What students say

“I really appreciated this experience and the new approach to teaching. People were always positive and gave constructive feedback. That was really encouraging. The week we came together gave me a lot of new insights and friends.”

## What is it?

An hybrid I Living Lab uses the design–thinking methodology and lasts for 5 weeks. One of the five weeks you will spend with your team on location. Here you will not only collaborate on the assignment but also participate in workshops, lectures and visit companies or other interesting places. There is an informal atmosphere that promotes collaboration and innovation, supported by local food and cultural activities. For more content on the online part, see I Living Labs – Online.



## I Living Lab – Hybrid in numbers

- **44** hours of online working
- **40** hours of working on-site
- **1** week (free) travel
- **3** ECTS
- **6-8** students per team
- **Multiple** entrepreneurs
- **2** coaches
- **various** challenges







# Bootcamp

## What is it?

The bootcamp aims to turn innovative ideas into reality. It is an environment in which you work with companies and researchers to develop a prototype and/or product. During the week of the bootcamp you get to apply your theoretical knowledge in a real-life context. It is a week filled with inspiration, knowledge exchange, creation, hands-on collaboration and fun.

## What students say

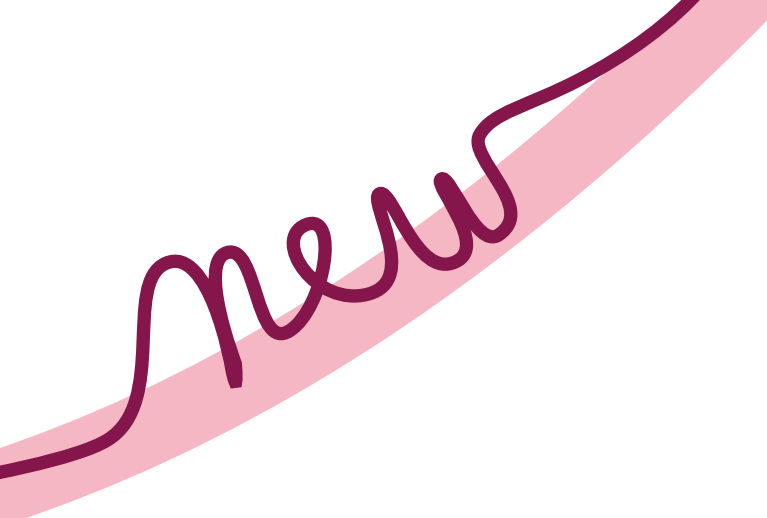
"It's a mega-intensive but cool week. It's called a bootcamp for a reason, of course. I didn't really know what to expect but I'm glad I participated. In one week I learned a lot about business, prototyping and myself. And in addition, I took a first step in building a European network."



## Bootcamp in numbers

- **50** hours on-site
- **20** hours of preparation before the bootcamp
- **10** hours of finalizing after the bootcamp
- **3** ECTS
- **40** students
- **5** challenges





# Internship\*

## Why an E<sup>2</sup>UDRES<sup>2</sup> internship?

The European internship gives you the opportunity to gain intercultural experience and develop intercultural skills in an approachable way. By doing a 4-week internship in another country and working with people from a different cultural background, you will learn different communication styles, work practices and social norms. This is the perfect way to develop your language skills and really immerse yourself in another culture.



## Internship in numbers

- 4 weeks
- 6 ECTS
- 18 companies in Europe
- 5 students per company

## What is it?

During a European internship at one of our partner countries you will spend 4 weeks in a company dealing with health, technology, art, sustainability or a combination of these. One day a week you will go to the university (1 of the 9 partner schools that is in the region of the company anyway) to brush up your knowledge and discuss all your questions with a coach.



\*Not available in 2023 yet





### E³UDRES² in numbers

- 9 universities
- Founded in 2020
- More than 10.500 employees
- More than 100.500 students with access in E³UDRES²
- Already more than 650 students who participated in a E³UDRES² activity
- 210 companies/entrepreneurs
- The 3 in E³UDRES² stands for, Engaged and Entrepreneurial Europe
- The 2 in E³UDRES² stands for Smart and Sustainable

**“Participating was a unique experience. I’ve met fantastic people & I look at life from a new perspective”**

**Welcome to the world of E³UDRES². The place where you will have unmatched learning experiences and where the possibilities are endless. Our goal is to provide you with the right tools, knowledge and support you need to make a real difference in the world.**

### E³UDRES² is for you

Whether you are interested in technology, the region, sustainability, health, want to take a sneak peak at various companies or develop your own ideas and skills ... we have something for everyone. We offer you a wide range of opportunities to

explore and grow. All our programs focus on collaboration and hands-on learning. You work with companies and researchers who give you a challenge from the real world. With your team of students from different fields of study and various European countries you will search for a solution.

### Baby steps

Changing the world is done in small steps. Imagine for a moment that you help Climat Designers to develop an innovative climate solution for our planet. Or that you wrote the code for a platform in the Metaverse for new businesses and events. Small contributions to bigger projects. And you can do just that with us.

With E³UDRES², you have the opportunity to contribute to a world where you can influence the future, determine your own route, where there are no boundaries and ... where you do this together.

Check your possibilities at [www.eudres.eu](http://www.eudres.eu)

### Fun fact

All travel opportunities offered by E³UDRES² are free of charge. Who wouldn't want to travel at the school's expense?



# E<sup>3</sup>UDRES<sup>2</sup>

**An international experience for everyone**

-  [/eudres\\_european\\_university](#)
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-  [e3udres2@ucll.be](mailto:e3udres2@ucll.be)



First point of contact  
for students



First point of contact  
for colleagues

