

# Report on Erasmus Mobility Experience at University of West Attica, Athens, Greece

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Mobility Period: 10<sup>th</sup> March 2023 – 27<sup>th</sup> June 2023

## Introduction

This report aims to provide an overview and reflection on my participation in the Erasmus+ mobility program at the University of West Attica Athens during the spring semester of 2023.

The objectives of my exchange program, activities carried out, academic and cultural experience gained, and personal and professional development attained through the program shall be highlighted in this report.

## Objectives

The main objectives of my participation in the Erasmus Mobility program were:

- i. To enhance my academic knowledge and skills in engineering methodology.
- ii. To foster cultural understanding and international collaboration with the host institution.
- iii. To explore new research opportunities and methodologies.
- iv. To develop a global perspective and intercultural competencies

## Program activities

During my exchange program, I participated in various activities, including

- i. Attending lectures and workshops conducted by renowned professors and experts in my field of study.
- ii. Engaging in a research project with my host-supervisor
- iii. Participating in cultural events and trips organized by my host adviser to explore local culture and heritage.
- iv. Presenting my research findings and ideas at academic meetings with my host-adviser.
- v. Interacting with students from diverse backgrounds, exchanging ideas, and building international networks.

## Academic Experiences

The academic component of the program provided me with invaluable learning opportunities. The research guides offered a fresh perspective on my research area, exposing me to new theories, methodologies, and cutting-edge advancements. Engaging in a research study titled “A Systematic Review on Emerging Computer Vision Technologies for Fresh Fruits Sorting and Grading Processes” alongside my host professor and sending institution supervisor enhanced and broadened my understanding of global research practices.

## Cultural Experiences

Immersing myself in a different cultural setting was a transformative experience. I had the chance to explore the local customs, traditions, and lifestyle, gaining a deeper appreciation of the host country’s culture. I tasted local cuisine, including soups and stews, feta cheese, Moussaka, and Souvlaki.

I also had the opportunity to visit the Nigerian Embassy in Greece. Greek people are welcoming, and Athens has many tourist locations open to international visitors. These experiences enriched my growth and gave me a broader cultural perspective that will be valuable in my future endeavors.

## Personal and Professional Development

The exchange program has profoundly impacted my personal and professional development. It challenged me to step out of my comfort zone, adapt to new environments and overcome language

and cultural barriers. Through communication with students and staff of the institution, I honed my communication and teamwork skills, improving my ability to work effectively in multicultural settings. Moreover, the program enhanced my confidence, independence, and problem-solving abilities, which will undoubtedly benefit my professional pursuits in the global marketplace.

## Conclusion

Participating in the Erasmus mobility program was an incredible experience that broadened my academic and cultural horizons. The program provided valuable academic insights and enriched my personal growth and intercultural competencies. I am grateful for the opportunity to have been a part of this exchange program. The knowledge and experiences gained during this period will significantly contribute to my future academic and professional journey.

## Appreciations

Firstly, I thank God for His safety over me on the journey to and from Athens and throughout my stay.

Furthermore, I would like to express my sincere gratitude to the organizers of the Erasmus Mobility program, my sending institution, my hosting institution, my sending institution's supervisor, and my receiving institution's supervisor for the opportunity to participate.

Finally, I appreciate the UNIWA staff members, academic and non-academic, and the Erasmus Mobility program office for their kind attitudes toward me throughout this experience. I am especially thankful to Ms. Zafiri Evmorfia for her proactiveness in responding to timely requests, especially during my surgery in Athens.