

# Summary Report on Erasmus Student Mobility Program at University of West Attica

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My name is Helen Walle Endalew, and as a Ph.D. student, I had the privilege of participating in the Erasmus Student Mobility Program. This program is an initiative of the European Union that provides students with the opportunity to study abroad at a partner university for a semester or academic year. I stayed at the University of West Attica for three months, from April 4th to July 3rd, 2023, with the goal of conducting some part of my Ph.D. laboratory activity. In this report, I will reflect on my experiences during the study abroad program and discuss how the Erasmus Student Mobility Program has impacted me both personally and academically.



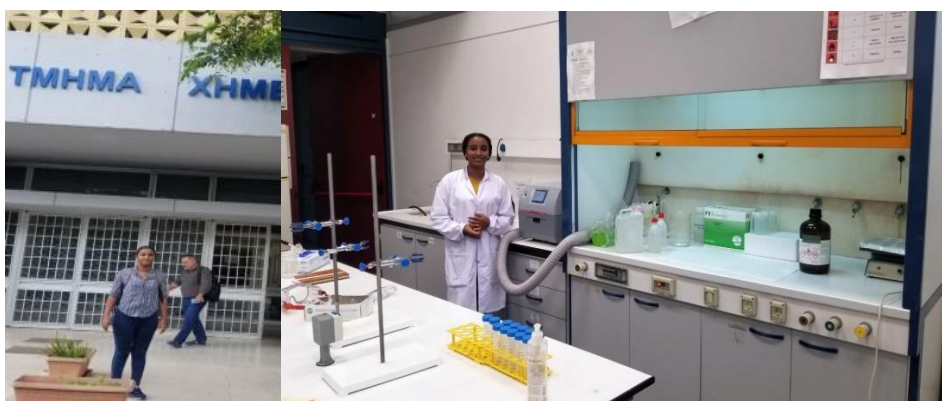
*Photo with Prof. Kanellou and Tadesse*



*Photo at the University of West Attica*

The Erasmus Student Mobility Program has had a significant impact on my personal and academic development. Academically, the program helped me to significantly improve my language skills and laboratory skills. I would like to express my gratitude to my supervisor, Prof. Kanellou, for her continuous support and guidance throughout my stay. She was particularly helpful in introducing me to online platforms and providing me with valuable insights into different colleges. Thank you, Ms. Zafeiri, for all your generous help and communication.

The primary purpose of my stay was to conduct laboratory activities for my Ph.D. program. I had the opportunity to work in the departments of Food Science and Technology at the University of West Attica, as well as the Chemistry department at the University of Athens. Thanks to the guidance of Dr. Sotiris Karavoltzos, Dr. Aikaterini Sakellari, and Dr. Panagiotis Zoumpoulakis, I gained hands-on experience in laboratory techniques related to sample preparation, sample digestion, analytical methods, and ICP-OES measurement. These skills are crucial for conducting research in this field, and I am grateful for this wonderful opportunity.



*Photo: laboratory work in the University of Athens, Department of Chemistry*

I had also the opportunity to collaborate with Dr. Andriana E. Lazou, Dr. Panagiotis Zoumpoulakis, and Ms. Eris (BSc student) in preparing a proposal to study the functional, textural properties of flour and sensory acceptability of finger millet-maize injera. We conducted some of the laboratory activities in the cereal processing laboratory at the University of West Attica, and I thoroughly enjoyed working with them. It was a fantastic opportunity to learn from their expertise and hands-on experience in conducting research.



*Photo: laboratory work in the University of West Attica, Department of food science and technology, cereal processing laboratory*

Moreover, the program offered me a chance to study in a foreign country, trying to learn a new language, and immerse myself in a different culture. Through this experience, I have gained independence, confidence, and an open-minded perspective. Additionally, the program has helped me develop intercultural communication skills by allowing me to interact with students from various countries and cultures in Athens, Greece. This exposure has enabled me to appreciate and understand cultural differences, a valuable skill that will be beneficial in my future career. Moreover, I had the privilege of visiting some parts of Greece, which was a unique and unforgettable experience.