## ROAMING

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## MEDITERRANEAN UNIVERSITY PODGORICA TRAININGS



### Day 1

As part of the ROAMING Project, Mediterranean University Podgorica hosted a two-day training in June. IRO heads, academic staff, and students gained insights and practical skills throughout the training sessions which aimed to enhance collaboration and creativity.

## IRO Heads and Academic Staff Training

The first day of the training focused on providing IRO heads and academic personnel with more information on internships and apprenticeship mobility initiatives.

More specifically, the training covered the stages of mobility—before, during, and after—in depth, to inform participants on what to expect and how to handle each step. Participants then shared their experiences and asked questions in an open discussion format.

Following the open discussion, participants used concepts covered in the training to complete case study group work. The day concluded with another open discussion and interactive group work which facilitated critical thinking and collaboration



## Student **ERASMUS** Buddy System Training

The second day taught students how to institutionalize and apply the ERASMUS Buddy System. An informative lecture on the Erasmus Student Network (ESN) and Buddy System was conducted following an introduction to the training course. The Buddy System's structure and mobility benefits were then explained to students.

Students then presented and worked on case studies in the afternoon to solve common challenges. A day concluded with a conversation and activity wrap-up which allowed students to reflect on their learning and share their ideas.

The participation and active engagement of all attendees made the two-day workshop in Podgorica a success.

The ROAMING Project partners are eager to build on this success and host more enriching events to promote more learning, collaboration, and engagement.

### Day 2

Participants then met
Erasmus Student
Network (ESN)
Western Macedonia
representatives who
shared their
knowledge and best
practices. Students
benefitted from
networking and
learning from others
during this session.





In the framework of the ROAMING Project's Work Package 3, titled "Development and Enhancement of IROs," a study visit was organized and successfully completed on June 13-14, 2024, at the Mediterranean University in Podgorica, Montenegro. This training aimed to equip International Relations Office (IRO) Heads and academic staff with knowledge and skills related to mobility for internships and apprenticeships. Additionally, the training focused on educating students about the ERASMUS Buddy System, its institutionalization, and implementation. The visit centered on two key objectives: providing specialized training for IRO Heads and academic staff on managing mobility for internships and apprenticeships, led by trainers from the International University of Science and Technology (IUST), and guiding students on the ERASMUS Buddy System, ensuring they are well-prepared for its institutionalization and effective implementation.

For anyone considering a similar mobility experience, my first piece of advice is to thoroughly prepare by researching the host institution and the specific program or training you'll be participating in.

**Location:** Mediterranean University Montenegro; Podgorica, Montenegro

Understanding the expectations, cultural differences, and logistical details in advance will help you feel more confident and make the transition smoother. Engage with your International Relations Office (IRO) to gather all necessary information, including visa requirements, accommodation options, and any pre-departure orientations. Familiarize yourself with the local culture and language, if possible, as this will not only enrich your experience but also help you connect better with local students and staff.

### LOGOS UNIVERSITY COLLEGE Mobility Testimonials

Secondly, be proactive in making the most of the networking opportunities that come with mobility experiences. These programs are not just about academic learning but also about building connections that can be valuable in your future career. Participate actively in all organized events, workshops, and social activities, and don't hesitate to reach out to both peers and professionals. Additionally, consider the experience as a chance to step out of your comfort zone—whether it's by trying new teaching methods, exploring a different academic environment, or adapting to a new living situation. This openness to new experiences will significantly enhance your personal and professional growth during the mobility period.

The most unexpected or surprising thing I discovered during my time abroad was the profound impact of cultural differences on communication and collaboration within an academic setting. While I had anticipated some level of cultural variation, the extent to which it influenced daily interactions, teaching styles, and even the approach to problem-solving was eye-opening. Adapting to these differences required not just flexibility but also a deep appreciation for diverse perspectives, which ultimately enriched my overall experience and understanding of alobal education.

Additionally, I was surprised by the strong sense of community and support among international students and staff. Despite being far from home, I quickly became part of a close-knit group where everyone was eager to help one another navigate the challenges of studying and living in a foreign country. This unexpected camaraderie not only made the experience more enjoyable but also highlighted the value of building connections in a global academic environment.



In conclusion, the mobility experience proved to be a transformative journey, filled with unexpected discoveries and invaluable lessons. The challenges of adapting to a new academic and cultural environment were met with resilience, openness, and a willingness to embrace the unknown. The relationships forged and the diverse perspectives gained during this time abroad will continue to influence my personal and professional growth long after the experience has ended. Ultimately, the experience underscored the importance of global collaboration, cultural understanding, and the ability to navigate the complexities of an interconnected world.



#### **PAVLINA MELANI**

Title: 2nd Year Bachelor Student of Medical Laboratory Technician Mobility Period: 13-14 June 2024 Location: Mediterranean University Montenegro, Podgorica, Montenegro

#### Advice for Prospective Mobility Participants:

For anyone considering participating in a mobility program, my advice is to wholeheartedly embrace the opportunity.

While it's natural to have some initial doubts or hesitations about the experience, it's important to recognize that these programs are designed to foster personal and professional growth. Engaging actively with the activities and making an effort to connect with peers and mentors will enrich your experience significantly.

The environment in such programs is typically very supportive, with ample encouragement from both staff and fellow participants. Setting aside any anxieties and being open to new experiences will help you make the most of the opportunity.

It's a chance to expand your horizons, develop new skills, and build valuable networks.
Embrace the experience with an open mind and a proactive attitude to fully benefit from what the program has to offer.

### Unexpected Discoveries During the Mobility:

During my time abroad, one of the most unexpected discoveries was the remarkable level of student involvement in and organization of mobility programs and cultural events. I was pleasantly surprised by how actively students participated in these initiatives, not only taking part but also taking the lead in organizing various activities. The enthusiasm and initiative displayed by the student body were truly impressive.

Additionally, the strong support from the university board for these initiatives was noteworthy. Their commitment to facilitating and promoting student engagement was evident and contributed significantly to the success of the programs. The genuine interest and eagerness of students to share their experiences and invite others to join in were particularly striking. This level of engagement and support created a vibrant and inclusive atmosphere that enriched the overall experience.





My name is Serena Celmeta come from Tirana, Albania. I am student of "Architecture & Urban Design" at Polis University, currently in the first semester of the fourth year (Integrated 5 year MSc Degree).



I consider myself very fortunate to have been able to spend a semester as a student from Polis University in the University of Applied Sciences, FH Joanneum in Austria. The opportunity to study in a European university was made possible by Erasmus+ Programme.

Thank you, Europe!



#### LEDIONA MIRASHI

Tittle: Bachelor Student Art and Design Mobility period: N/A

Location: University of Applied Sciences, FH

Joanneum, Graz, Austria

I am Lediona Mirashi, student of #ArtandDesign program at Polis University

I joined the **Erasmus+** program at University of Graz, Austria where I chose #Information Design as my program of study.

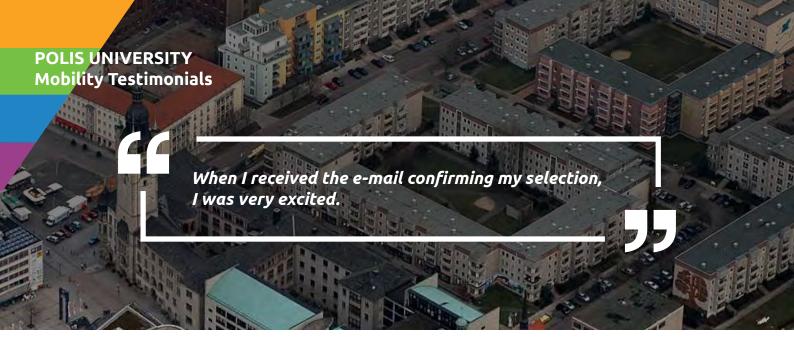
When I first arrived there, I immediately met so many international students and adapted easily to the way of studying, living and accommodation.

The university is nice and what a student needs to be motivated. I have learned a lot of new things during the semester there, and I have certainly traveled a lot and made great friendships

I heard for the first time about this program via Polis University emails and info meetings. I applied for the open call through an online registration system with all necessary documents such as: CV, Portfolio, motivation letter, transcript of records and language proficiency followed by other several steps required.

In #Graz they assisted me in order to better select and organize courses of the semester abroad. This #Erasmus+ program was an intensive, collaborative, and rewarding learning experience and the most amazing part of it was, understanding that there is a whole world out there, who have a different way of living, different culture, social gathering, gastronomy, thinking, etc.

Facing it for 6 months, may be a life changing experience. Returning back to Albania, I feel more open, and I feel that I have developed a more structured mind-set and strong attitude after such experience of exchange months in Graz.





When I saw the open call from Polis University regarding the Erasmus exchange, I was busy with the semester exams at that time, but anyway, I immediately considered the application because the idea of being in the heart of modern architecture near the Bauhaus building

I knew would develop me very academically. When I received the e-mail confirming my selection, I was very excited. The semester I was going to study was summer semester S24, and that's how the entire bureaucratic process of document preparation began.

#### SINDI SOPAJ

Title: Student

**Mobility Period: Summer** 

Semester, 2024

Location: Dessau, Germany

When I first arrived in Dessau with two students from Polis University, I felt lost. Living in a new country challenged me to adapt quickly and independently. However, the presence of Albanian students I know in Dessau and international students from around the world provided a sense of familiarity and support, which helped ease my transition. Together, we formed a global community that enriched my cultural understanding and expanded my horizons beyond what I had imagined.

Academically, Erasmus+
provided unique benefits for
my studies in architecture. I
had the opportunity to learn
from professors who are
experts in Bauhaus
principles and modernist
architecture.

The practical experience of studying in an environment so rich in architectural history and innovation allowed me to apply theoretical knowledge directly to practical projects. Collaborating with students from different countries introduced me to new perspectives and approaches in architecture, increasing creativity and critical thinking skills. I am grateful for the opportunity offered by Polis University and to be part of such a dynamic and enriching experience.

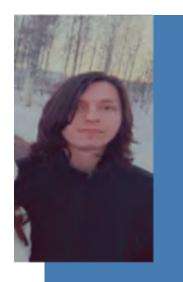


UNIVERSITY OF
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Mobility Testimonials



What advice would you give to someone considering a similar mobility experience?

Before the mobility takes place, make sure you do plenty of research and get prepared accordingly. During the mobility, there is no reason to be anxious so make as many memories as you can and make sure you enjoy your time there because it is definitely not enough.



#### **FOTIOS FANARAS**

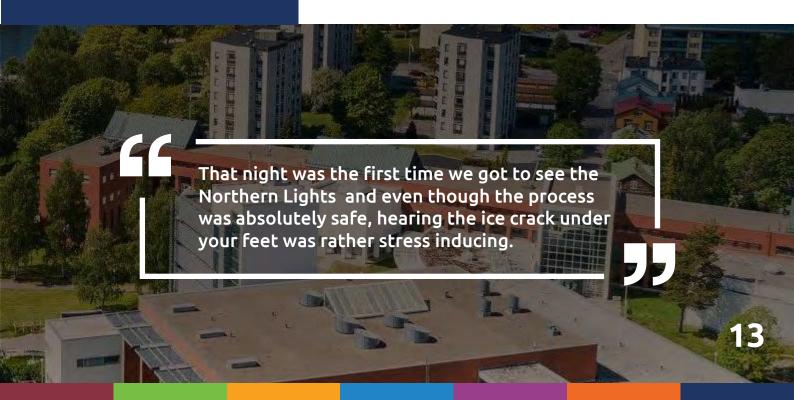
Title: Student
Degree: Department of
Accounting and Finance, Faculty
of Economic Sciences

Mobility Period: January 8th -April 31st, 2024; University of

Vaasa, Finland

## What is the most adventurous thing you did during your mobility experience?

Even though I have a number of notable experiences to talk about, the following one is my favourite. Around early February a group of students, me included, came together to go Aurora hunting for the first time. We all had to walk on the frozen sea for quite some time, to get far enough from the town's light. That night was the first time we got to see the Northern Lights and even though the process was absolutely safe, hearing the ice crack under your feet was rather stress inducing.



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#### **MELINA DRITSAKI**

**Title:** Professor at the Department of Economics, Faculty of Economic Sciences

Mobility Period: May 6th – May

10th, 2024;

**Location:** Facolta Di Economia, Alma Mater Studiorum, University

Di Bologna, Italy

### How did your time abroad change your perspective on the world or on yourself?

The Erasmus experience impacted my view of the world by broadening my cultural awareness, enhancing my teaching and research practices and expanding my global network. I made connections that can lead to joint research projects, conferences, or student exchanges and I developed a more global perspective. My time abroad enriched both my professional and personal life.



UNIVERSITY OF WESTERN MACEDONIA Mobility Testimonials

I was impressed by the level of technology and infrastructure available at the university.





#### **AIKATERINI BLANTA**

Title: Head of Erasmus Office, Erasmus+ Institutional Coordinator Mobility Period: June 24th – 28th, 2024; Azerbaijan State University of Economics (UNEC), Baku Azerbaijan

## Share a moment that made you feel particularly connected to the local community or people

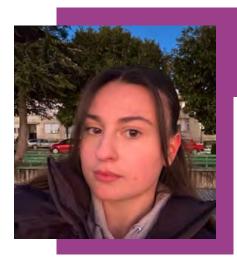
One moment that made me feel particularly connected to the local community took place during a university event. It was a spectacular graduation ceremony that brought together students, faculty, and locals. The event wasn't something I would typically expect in an academic setting, but it was a beautiful integration of local culture into university life. It was the first time I truly felt like I wasn't just a visitor but a part of something larger, connected to the people and their way of life. That day, I realized that connecting with a community goes beyond language or academic titles. It's about embracing the local culture and letting yourself be embraced in return. This experience shaped not only my time abroad but also how I approach cultural exchange and inclusion.

## What was the most unexpected or surprising thing you discovered during your time abroad?

While visiting Azerbaijan State
University of Economics in Baku, I
was surprised by the degree of
formality in the workplace.
Moreover, I was impressed by the
level of technology and
infrastructure available at the
university. These surprises
offered invaluable insights that
shaped my global perspective and
my intercultural awareness.



THE INTERNATIONAL UNIVERSITY OF STRUGA Mobility Testimonials



#### **ANISA FEJZULLAI**

Title: Student of Faculty of Economic Sciences at IUST Mobility Period: 2024

Location: Gedik University; Istanbul

Turkey

### What advice would you give to someone considering a similar mobility experience?

My experience as an Erasmus student has been very impressive in many aspects as for example:

-Self-awareness: Living in another country can help us gain insight into their values, strengths, and areas for growth as we compare our home culture to the new environment.

-Language skills: Learning and using a new language not only improves communication skills, but also deepens cultural connection and understanding

#### -Cultural awareness:

Immersion in a different culture exposes us to new customs, traditions and views. This can broaden understanding of the world and foster a deeper appreciation for diversity.

-Adaptability: improving problem-solving skills and the ability to adapt to new situations..

These experiences can be transformative, influencing future career choices, personal relationships, and overall outlook on life.

Participating in an Erasmus mobility program is an incredible opportunity for personal and academic growth, an amazing experience because it allows you to immerse yourself in a new culture, create lifelong friendships and gain a global perspective.

It's an opportunity to get out of your comfort zone, to explore new places and to grow personally and academically, and it also looks great on your CV.



## How did your time abroad change your perspective on the world or on yourself?

Teaching or training activity abroad through Erasmus+ offers a chance to immerse themselves in a new culture, learn a different language, and meet people from diverse backgrounds. This exposure often leads to a broader understanding of the world and oneself.

We as participants might gain a greater appreciation for cultural differences, develop new perspectives on global issues, and grow more adaptable and open-minded. They might also discover new personal strengths and interests as they navigate unfamiliar environments and face challenges. Overall, such experiences can be transformative, leading to both personal and professional growth.





### SEMRAH BUJARI, PhD Candidate

Title: IUST Faculty Member -Faculty of Economic Sciences Mobility Period: 2023 Location: Istinye University; Istanbul, Turkey





It was one of those light-hearted moments that not only helped me improve my language skills but also gave me a fun story to share with friends.

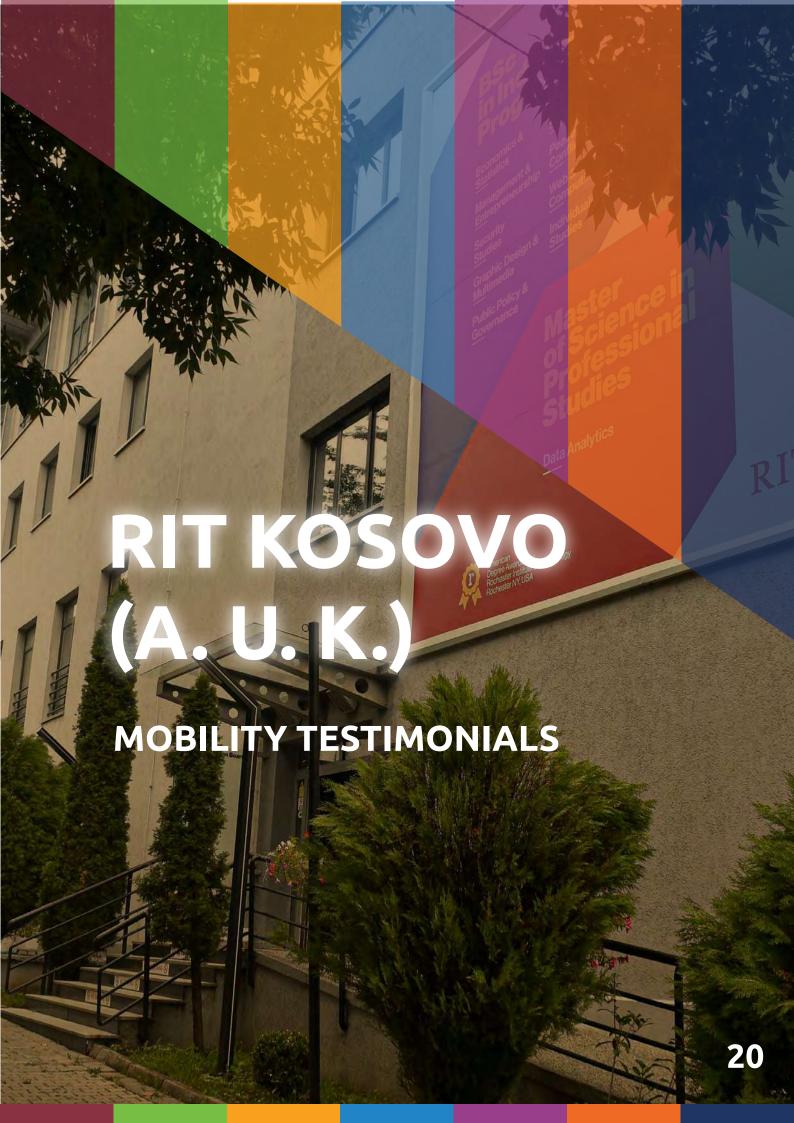


## Can you share a funny or memorable cultural misunderstanding or language mishap you experienced?

One of the funniest language mishaps I experienced during my Erasmus stay was about the Turkish language, since in North Macedonia there are families who speak Turkish and we have familiarized ourselves with and know the Turkish language and know how to speak it, whereas there the Turkish literary language is different

Although the trainings were in English, the conversations with the professors were held in Turkish. They often looked at me strangely with ideas that they didn't understand, but they continued the conversation.

At one point I dictated that we do not understand each other, but I felt good that they accepted me the way I speak and did not put me in an unenviable situation and shamed. As the days went by, my Turkish became integrated and the cooperation with my colleagues became social and even today we still communicate for holiday greetings and similar.



RIT KOSOVO
(A. U. K.)
Mobility Testimonials

# Embracing Adventure and Culture: A Remarkable Mobility Experience in Finland

During her time at HAMK, Lule had the opportunity to engage with local students and faculty, exchange ideas, and participate in various academic and cultural activities. This immersion not only enhanced her professional knowledge but also allowed her to appreciate the Finnish way of life firsthand.

Reflecting on her journey, Lule offers practical advice for anyone contemplating a similar mobility experience. "Fully immersing yourself in the local culture and traditions is key," she advises. "Prepare adequately for the climate, as it can be quite different from what you're used to. Listen to your body, especially when engaging in intense activities. Patience is crucial as you adapt to new experiences, and it's important to take every opportunity to learn from the challenges you encounter. Meeting new people can also offer valuable insights and significantly enrich your overall experience."



One of the most adventurous and memorable moments of Lule's trip was swimming in a frozen lake - a typical Finnish tradition. After enjoying a relaxing session in a sauna, she hit the icy waters of the frozen lake, an experience she describes as both exhilarating and revitalizing. "I never imagined I'd be swimming in such intense cold, but I did it - not just once, but five times." she recalls with a sense of accomplishment. "The initial shock was significant, but the experience left me feeling incredibly energized and alive. It was a unique and unforgettable adventure that I wholeheartedly recommend to anyone visiting Finland."

Lule's mobility experience serves as a powerful reminder of the transformative nature of stepping out of one's comfort zone. Her journey not only broadened her professional and cultural perspectives but also provided her with cherished memories and new friendships. Her story inspires others to embrace similar opportunities, seek out their own adventures, and immerse themselves fully in the diverse experiences that global mobility offers.



An interesting/funny thing

During our travel in Ireland and after the training events, our team went to visit Dublin. And despite my terrible and persistent toothache, we didn't stop our city explorations.

I mean, who needs painkillers when you are busy marveling at the Long Room in Trinity College Dublin!!!

As part of the CBHE
Erasmus+ Project, STEM
for all STEFORA, we had
the opportunity to travel
to EU partner institutions
in Sweden and Ireland
during June 2023 and
January 2024 and
participate in several
workshops and training
events.

Immersing ourselves in a new academic environment, we had the opportunity to engage with different teaching methodologies and innovative practices and thus broaden our understanding of creating inclusive educational environments. During the meetings and collegial discussions, we created a deeper understanding of working environments and how cultural contexts influence academic and professional practices. This exposure not only enhanced our own teaching and research capabilities but also sparked new ideas and perspectives which we brought back to our home institutions, ultimately benefiting both our students and Faculty colleagues.



I had a few moments where I accidentally (and intuitively) started speaking Albanian to some of my non-Albanian speaking friends, because their personalities reminded me of Albanian people.

mishaps you experienced?

## How did your time abroad change your perspective on the world or yourself?

During my time abroad, I was really able to learn a lot about different cultures through just my interactions with fellow exchange students. Peers from all over the world, Italy, Spain, France, Romania, Cambodia, Mexico, South Korea, provided me with interesting insights about their culture and traditions. which I wouldn't have known otherwise. This changed my perspective on learning about cultures, where I found the best way is to do that is through people and their stories.

On the other hand, it is through these experiences I got to learn about myself as well. Living on your own for the first time, you get presented to multiple challenges. I learned that I am good at rolling with the punches, and a pretty good cook too!



Title: IT & Management and

**Mobility Period: Spring Semester** 

Entrepreneurship



### What's the most adventurous thing you did during your mobility experience?

Biking in the Netherlands was an adventure in itself! Coming from a place where biking is not the primary mode of transportation, navigating through Dutch cities and countryside on a bike was both thrilling and, at times, a bit nerve-wracking. The journey was even more interesting because I started out not knowing how to bike at all. The Dutch take their biking seriously, and it was fascinating to see how seamlessly it's integrated into everyday life.

## How did your time abroad change your perspective on the world or on yourself?

My study abroad experience at Windesheim University deepened my awareness of many perspectives and cultures. It was eye-opening to see the Dutch educational method, which placed an emphasis on teamwork and hands-on, practical experience, coming from another educational system.

This improved my flexibility and open-mindedness in both daily life and academic environments. My confidence and independence were greatly increased when I learned to embrace new challenges and push myself outside of my comfort zone.







In the framework of the partnership between International Business College -Mitrovica and Osmaniye Korkut Ata University (OKU), within the Erasmus+ ICM, professors Judita Krasnigi and Labinot Hajdari from the Faculty of Social Sciences at IBC-M, from 5 to 9 February 2024, participated in the Erasmus+ staff week organized by OKU in Turkey



#### PROEFESSORS JUDITA KRASNIQI AND LABINOT HAJDARI

Title: Professor

Mobility Period: February 5-9, 2024



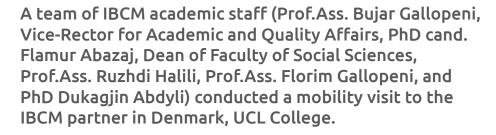


### INTERNATIONAL BUSINESS COLLEGE MITROVICA Mobility Testimonials

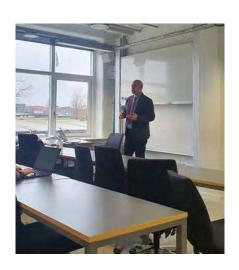








The purpose of the visit was to enhance the collaboration for double degree with the departments of Social work and Public Administration as well as to discuss the curriculum approximation between both institutions.





The visit included a series of meetings with UCL staff in campuses in Odense and Vejle, as well as a series of teaching activities in the field of EU studies.

The mobility was supported with the funds of Erasmus +, key action 1, in collaboration agreement between both institutions.

INTERNATIONAL BUSINESS COLLEGE MITROVICA Mobility Testimonials





### MIRJANA K.VLAJIC AND ARJETA MEHMETI

Title: Administrative Staff Mobility Period: June 2023

The first staff International Week hosted by Hochschule Geisenheim University (HGU, Germany) organised in June 2023 was a great opportunity for IBC-M administrative staff (Mirjana K.Vlajic and Arjeta Mehmeti) to meet with IBC-M student who was completing exchange semester at HGU. IBC-M student, Dea Gaxha from Environmental and Agricultural Management study program has been selected to participate in student exchange under ERASMUS+. Dea was actively engaged in all presentations, course assignments, study tours abroad, practical lessons and other activities organized at HGU as integral part of exchange semester. During discussion with Dea, IBC-M staff was pleased to hear that mobility was very beneficial while the experience and knowledge gained at HGU can contribute to the sustainable development and environmental well-being of the region.





During ISCAP IW, lectures, workshops, brainstorming sessions, and networking meetings amongst lecturers and staff of the same field of studies and research interests were organized. IBC-M professors delivered lectures for ISCAP students and benefited by sharing their expertise in a fully international environment. As an added value, IBC-M professors participated in workshops and research sessions, while non-teaching staff gained valuable experience in job shadowing and professional sessions in relevant departments.

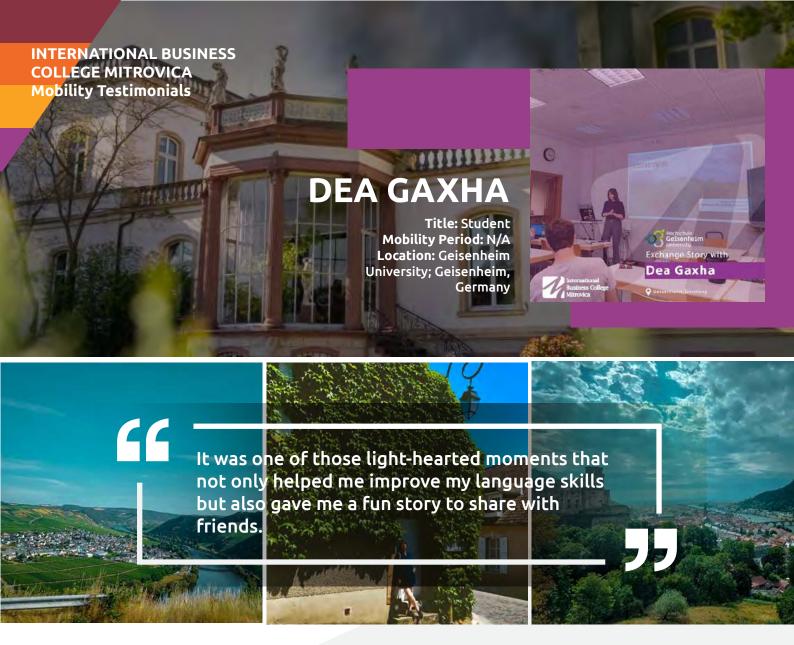
IBC-M and ISCAP have long-lasting cooperation in the area of student and staff exchanges in both directions while new business ideas were discussed on how the collaboration can be even expanded in the future.

16th ISCAP International Week was a good opportunity for networking, cultural exchange, and personal and academic development of all participants. This event and the city of Porto are well-known because of its fantastic atmosphere as a combination of pleasure, happiness, friendship, parties, social activities, city tours, and strong academic traditions.

## DEJAN SIMIC, JELENA DJOKIC, AND ALEKSANDAR DJIKIC

**Title(s):** Professor, Administrative Staff **Mobility Period:** April 17-21, 2023





I had a life-changing experience that was not iust related to my academic expertise but also contributed significantly to my personal development. It was an unforgettable journey that allowed me to establish connections with people from all corners of the globe. relish some of the world's finest wine, and find the courage to break free from my comfort zone. As people say in German, Prost!

I never imagined that learning about wine could be so fascinating. I discovered the intricacies of winemaking and have become quite a wine enthusiast. And those trips?

For four months, I travelled a lot by various trains and buses exploring castles, wineries, and cafes in neighbouring countries.

Now I don't need Google Maps anymore.

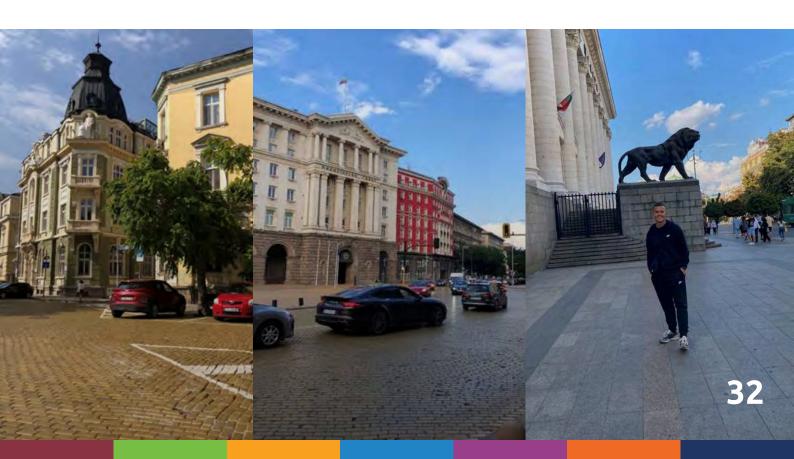
And talking about pursuing something, the courses were truly worth pursuing.

During my Erasmus semester in Germany, I learned that stepping outside of my comfort zone and embracing new cultures can lead to making friends from all over the world



Hi from Sofia,

My name is Rinor Asllani and I am a student in IBCM in the 3rd year. This semester thanks to IBCM, I have the chance to study abroad with the help of ERASMUS program. This is a new opportunity for me to become better in every aspect of life. I am studying in" Bulgaria, Sofia." Words can't describe how exciting it is for me to explore more and more of this place, to improve my skills each day, to make new international friends, to learn about new cultures, and to know there is more to life. Years will go by, but I will never forget this experience. I am forever grateful to the university for choosing me and giving me this chance!





#### **VLERA MULAKU**

Title: Student

Mobility Period: N/A

Location: University of Split;

Split, Croatia

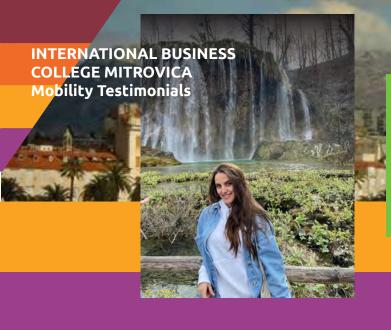
Being an Erasmus student it's way more than just finishing a semester abroad. It is about living in another country, learning and adopting in a new culture, meeting people, making new friends, exploring the beautiful places and tasting the delicious traditional food. It is an enriching experience that makes you see through many different perspectives.



Being an Erasmus it's really an incredible experience that everyone should try at least once in their lifetime!



I am beyond grateful that I had the privilege to study for a semester in the University of Split, and have the opportunity to spend the best 5 months in the best place possible.



#### **ERONA ADEMI**

Title: 3rd year Bachelor Student in

Applied IT; IBCM
Mobility Period: N/A

Location: University of Split; Split,

Croatia



I am Erona Ademi, student at Ibcm, in the 6th semester of Applied IT. I want to express my gratitude to the International Business College Mitrovica (IBCM) for granting me the incredible opportunity to participate in the exchange program at the University of Split.

My time here has been nothing short of extraordinary. The University of Split is providing me with an enriching academic experience, allowing me to immerse myself in a new culture, expand my knowledge, and forge meaningful connections with students and faculty from around the world. I am thriving in this new environment and am truly grateful for the chance to further my education and personal growth in such a vibrant and dynamic setting. The courses I am taking are not only academically stimulating but also culturally enriching, providing me with a well-rounded education that I will carry with me for years to come.



I'm thriving in this new environment and am truly grateful for the chance to further my education and personal growth in such a vibrant setting. This is an opportunity not to be missed!



#### **EZREMA COROVIC**

Title: 4th Year Bachelor Student Faculty of

Foreign Languages

Mobility Period: Summer Semester 2023/2024

Location: León University, León. Spain





My name is Ezrema Corovic and I am a 4th year student at the Faculty of Foreign Languages, University Mediterranean.

I had the opportunity and honor to spend the summer semester 2023/2024 in the marvelous city in the northwest of Spain, León, at the University of León. Living in León for 6 months taught me about the strength I never knew I had. Moving to a new country, alone, was terrifying at first. I faced challenges I never anticipated. Yet, each obstacle I overcame revealed a new laver of resilience within me.

It made me realize that I'm more capable than I ever believed, and that growth often happens when you're most uncomfortable. My time in León changed my perspective on what it means to live a fulfilling life. Before. I believed fulfillment was tied to achievements, goals, and moving up some invisible ladder of success. But in Spain, I found joy in the simplest moments sharing tapas with new friends, getting lost in the

winding streets. making funny mistakes trying to learn a new language, and a lot of unforgettable memories. However. living in a different country forced me to step into the unknown every day. From navigating a new city and learning a new language to dealing with homesickness and cultural differences, I found myself pushed far outside my comfort zone.

Spending time in this lovely city, also taught me how to become comfortable with solitude. In the beginning, I was worried about feeling lonely or isolated, far from home, family and friends. But in those quiet moments, I learned to enjoy my own company. I spent time

wandering the cobblestone streets. getting lost in the history of the place, sitting by the river with a book, or simply observing the life around me. I began to find peace in solitude and to see it not as loneliness, but as a chance to reflect, grow, and reconnect with myself. I realized that being alone didn't have to mean being lonely, it could

be a time of profound personal discovery.

Ultimately, the experience of living abroad wasn't just about seeing new places and it's more about seeing with new eyes. It wasn't just the landmarks or the cultural experiences that changed me, but the way I began to perceive and interact with the world. I returned home with a broader perspective, a greater appreciation for the present moment, and a deeper understanding of the power of connection, both with others and within myself. One of the most unexpected things

I discovered during my time in León was just how profoundly a sense of community can shape everyday life. From the moment I arrived, I was struck by how warmly people greeted each other, even strangers like me. Another unexpected thing was the depth of pride that people

In many ways, León became a mirror that reflected back the parts of myself that I hadn't fully seen or appreciated before. It reminded me that the world is vast and varied, that there is so much to learn and experience, and that the journey of self-discovery is never really over. I came back with a broader sense of the world's complexity and beauty and a deeper understanding of who I am and who I want to become.

had for their local traditions and culture. I learned that the real beauty of a place lies not just in its landmarks or its history, but in the people, who inhabit it and the connections they create with one another.

I also discovered a different perspective on work-life balance.

In León, people

seemed to work to

live, not live to work. I

was surprised by how shops would close in the middle of the afternoon for several hours something that felt almost unthinkable back home. Instead of being constantly "on," people took time to rest, eat, and recharge, often spending this time with their loved ones. There was no rush, no pressure. I realized how much I had internalized a mindset where productivity was the ultimate goal, and how freeing it was to see that there was another way to live — one that valued moments of rest and connection just as much as achievements and milestones.



#### What's the most adventurous thing you did during your mobility experience?

**During my Erasmus Teaching** mobility in Elda, Spain, the most adventurous thing I did was hike up to the Castillo de Elda and explore the Sierra de las Águilas . The stunning views of the town and surrounding countryside were both exhilarating and a perfect way to immerse myself in the natural beauty and history of the region.

#### someone considering a similar mobility experience?

If you're considering an Erasmus Teaching mobility, my advice would be to stay flexible and open to new experiences. Research the host institution ahead of time and engage with the local academic community to enhance your professional network. Be prepared to adapt to different teaching styles and learning environments, and make the most of the opportunity to experience new cultures both inside and outside the classroom.

MEDITERRANEAN
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Mobility Testimonials



#### Milica Šarić

Title: Student Services
Mobility Period:

May 19th - May 25th, 2024 **Location:** Valencia, Spain

What was the most unexpected or surprising thing you discovered during your time abroad?

During my mobility experience in Valencia, the most unexpected discovery I made was how deeply ingrained the sense of community is among the locals. I was surprised to find that people in Valencia often take the time to connect with their neighbors and participate in local events, like weekly markets and cultural festivals

Share a moment that made you feel particularly connected to the local community or people?

We gathered to enjoy the local food, music, and customs, and it gave me a deeper appreciation for their culture. Sharing these moments with them made me feel welcomed, not just as a visitor, but as a part of their community.



### TL;DR:

Students and staff from partner universities shared transformative experiences through **Erasmus+** mobility programs.

They recounted personal and academic growth, cultural immersion, and professional development in countries like

- Spain,
- Austria,
- 。 Germany,
- o Azerbaijan,
- Finland,
- Montenegro.

Participants reflected on their newfound resilience, cultural insights, and the value of community, culminating in profound life changes.



#### The consortium is composed of:



















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