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Currently, I am pursuing a bachelor of science in psychology at Mykolas Romeris University in Vilnius, Lithuania. There, I was given the opportunity to do one semester for my studies abroad in Kenya at Kenyatta University as part of the Erasmus+ exchange program. I was motivated to do so in order to learn more about Kenyan and East African culture while having the opportunity to attend certain courses that would not be available to me at my home university.

Overall, my expectations were fulfilled and even exceeded in many ways and I greatly enjoyed my time at Kenyatta University. I was able to make many new Kenyan and other African friends who taught me a lot about local customs, cuisine and many other things. One highlight for me was when the zoological department invited some of us exchange students to join them on their Maasai Mara field trip, which was an amazing opportunity to witness and learn about Kenyan nature and wildlife.

I was even able to learn a little bit of Swahili by attending a Swahili beginner course offered at the university. Sadly, a previous program that made it entirely free for new students to learn Swahili was not in effect anymore and we had to finance the course ourselves.

However, the teacher did a good job and we were able to negotiate a reasonable price that made the course definitely worth the investment.

In general, all kind of spendings at KU for things like accomodation, food etc. were quite reasonable and affordable for me with the Erasmus+ scholarship I received from my university.

Additionally, my classes at KU were overall well taught by teachers I generally liked. I especially enjoyed the course "psychology & crime" (APS310) which would not have been available at my home university. However, I disliked the fact that only some classes were taught in person while others were online because online classes were generally harder to follow and less enjoyable. The course "motivation and emotion" became easily my least favorite one due to the fact that we did not have a venue for the course on campus and therefore had to have classes exclusively online.

The most challenging part of this exchange was easily the beginning of the semester. It was a little bit overwhelming at first to face so many new experiences at once and getting adjusted to them. However, I was able to get used to pretty much everything after a while and confidently handle all of the new challenges. At that time, I struggled the most with the administrative process that was very confusing to me and often made it hard to find the right information for the right document at the right office. Eventually though, all of the administration was handled and I was able to start my studies at KU accordingly.

In conclusion, I am very happy to have completed this exchange and would greatly recommend it to other students at my home university in Lithuania. While it is certainly not easy at first to get used to a completely new environment like this and certain things that I mentioned in this report could maybe have been improved, I was overall able to have some amazing experiences in learning about this country and I hope I can return to Kenya sooner than later!

