

I had the opportunity to participate in an Erasmus+ mobility program in the Czech Republic at the University of Hradec Králové. Overall, the experience was valuable and enriching. I had the chance to meet new people from different countries, improve my communication skills in English, and gain new academic and cultural perspectives. The international environment was welcoming, and I appreciated the opportunity to represent my home university and country. However, my experience was somewhat mixed. While I enjoyed certain aspects of the programme, the study schedule organized by the Czech university was quite intense and, at times, very exhausting. The plan felt overloaded, leaving little time for rest or independent exploration. This made it more difficult to fully enjoy the mobility experience and maintain a balanced routine. Despite this, I still consider the mobility beneficial. It helped me grow personally, become more independent, and adapt to a different academic system. I also gained a better understanding of intercultural cooperation and challenges. For future participants, I would recommend being prepared for a demanding schedule and managing time carefully. At the same time, I encourage students to take advantage of the opportunity to travel, connect with others, and make the most out of their Erasmus experience. In conclusion, although the programme was partly enjoyable and meaningful, it was also quite challenging due to its intensity.

