

My Erasmus Experience: Seville, Spain

I chose to partake in an Erasmus exchange at the University of Seville as a personal challenge. After all, I am an introvert who typically dislikes heat and loud noises.

Seville is a stunning Andalusian city; its architecture and atmosphere feel more reminiscent of the Middle East than anywhere else in Europe. Coming from Lithuania, the climate was a major shift – we arrived in September to temperatures over 35°C and left in January when it was still around 13°C. The abundance of sunlight had a positive impact on our mood and daily activities.

The administrative process was complex. Navigating the university websites remained a challenge until our last day, and technological gaps were prominent. I quickly learned that “online” is rarely an option; to solve any problem, you must speak to someone in person and they mostly speak Spanish. This required patience but ultimately improved my communication skills. Also, there was a huge problem in the scheduling which was not clear when we signed up for the exchange – I needed 30 credits, but there was no way to attend that many lectures in English without an overlap.

Academically, the Psychology department offered a unique curriculum. Rather than viewing psychological issues as purely individual, we explored them as products of broader political and economic systems. We also studied personality from a philosophical perspective that encouraged constant questioning. For future students, keep in mind that class participation and group work are mandatory and essential for success in all subjects.

Overall, this experience was both challenging and enriching. Beyond academics, I enjoyed developing my independence, strengthening my bond with my friend Daniele (who joined me on this journey), and gaining a deeper understanding of myself. The biggest downsides were how loud everyone is no matter where you go (even during lectures!) and the technological/language inconveniences.

Recommendation for future students: I suggest choosing a destination where you already feel a cultural bond. Looking back, I feel I chose an option that was perhaps too challenging for me culturally; I suspect I would have thrived more in a more “Western-style” European city with clear schedule guidelines.



