

Erasmus Story

My name is Galiya, and I am currently studying International Business Management at the University of Information Technology and Management in Rzeszow. Recently, I had the incredible opportunity to spend an entire academic year at Niccolò Cusano University, located in the beautiful city of Rome, as part of the Erasmus exchange program. This journey offered me far more than academic growth. It allowed me to immerse myself deeply into a different culture, build connections with inspiring individuals from various countries, and develop a fresh outlook on the world.

From the moment I learned about Erasmus, I knew it was an experience I couldn't miss. It represented not only a chance to expand my academic knowledge but also an exciting challenge to step beyond my comfort zone, explore an entirely new culture, improve my language abilities, and become part of an international community. Naturally, before leaving, I experienced some anxiety and doubts. Nevertheless, my curiosity and eagerness for new experiences were stronger, giving me confidence that this journey would broaden my horizons and introduce me to fascinating individuals from around the globe.

Upon arriving in Rome, I experienced a whirlwind of emotions. Excitement and anticipation blended with nervousness about facing the unknown. The city's unique atmosphere, remarkable architecture, and distinctive lifestyle captivated me immediately. Entering the campus for the first time, I sensed that I was stepping into one of the most exciting chapters of my life. Initially, everything felt unfamiliar—from university registration to navigating the campus and interacting with international students. However, within days, I connected with other exchange students, and together we began exploring Rome, discovering local customs, and creating memorable experiences.

Studying at Niccolò Cusano University became an enriching and memorable part of my Erasmus journey. Particularly impactful were the Italian language courses, which significantly improved my linguistic abilities and immersed me deeply into Italian culture. Our classes were engaging and interactive, filled with conversations, film screenings, musical exploration, discussions about art, and insights into Italian daily life. The professors were exceptionally supportive and approachable, creating an environment of openness and encouragement, making each study day enjoyable and rewarding. Additionally, the university structured our schedules effectively, leaving ample time for independent study and exploration.

My daily life in Rome was dynamic and unforgettable. Living in a welcoming student residence allowed me to build close friendships quickly. After classes, we frequently explored Rome together, cooked communal dinners, and shared stories about our diverse backgrounds. These interactions not only deepened my understanding of different cultures but also resulted in meaningful friendships that endure to this day.

One significant benefit of the Erasmus program was the ease of traveling across Europe. From Rome, I visited incredible destinations such as Portugal and Spain. These travels gave me profound cultural insights and memorable experiences. I fondly recall wandering through Lisbon's charming streets and being captivated by Barcelona's striking architecture. Through these journeys, I connected with locals, sampled regional cuisine, and absorbed the unique ambiance of each place.

Throughout my Erasmus experience, numerous unforgettable moments defined my time abroad. Celebrating holidays with fellow students from various countries, sharing our unique traditions and foods, stands out vividly. Yet, there were challenges too. Adjusting to a completely new

environment, communicating daily in a foreign language, and navigating unfamiliar cultural norms initially proved difficult. However, the support of my new friends and a positive mindset enabled me to overcome these hurdles. Ultimately, facing these challenges enhanced my resilience, independence, and adaptability.

My Erasmus experience profoundly influenced my personal and professional development, providing invaluable lessons and inspiring future aspirations. I am deeply grateful to my home university, the University of Information Technology and Management in Rzeszow, and to Niccolò Cusano University in Rome for their warm hospitality and continuous support. Additionally, I extend heartfelt appreciation to the Erasmus program for this extraordinary opportunity that opened new perspectives and created lifelong memories.

To anyone considering participating in Erasmus, my message is simple: seize this incredible chance. It's one of the best ways to explore your potential, gain meaningful experiences, and truly appreciate the world's remarkable diversity.

