

My Incredible Erasmus Adventure in Rome: A Journey of Learning and Discovery

In the fall of 2024, I set off on an adventure that would not only shape my academic growth but also broaden my horizons. As part of the Erasmus traineeship mobility program, I spent four months in Rome, Italy, pursuing study mobilities at the University of Niccolò Cusano. This was more than just an educational opportunity, it was a deep dive into a rich culture, an eye-opening experience, and a time of immense personal growth that I will never forget.



Touchdown in Rome: A City That Breathes History

The moment I landed in Rome, I was taken aback by its unique blend of antiquity and modernity. Majestic landmarks like the Colosseum, the Pantheon, and the winding alleys of Trastevere formed an awe-inspiring backdrop to my stay. The friendly and warm-hearted nature of the locals made me feel welcome right away. The University of Niccolò Cusano, with its cutting-edge facilities and engaging academic atmosphere, became my new home for this exciting chapter of my life.



Settling Into Student Life: Navigating New Experiences

The first few days at the university were a whirlwind of introductions, orientations, and getting used to a different academic setting. The lectures were engaging, research projects pushed my intellectual boundaries, and discussions with fellow students provided fresh perspectives. The academic

staff and peers were always supportive, making the transition smoother than expected.

Outside of classes, I took part in various academic events, workshops, and networking sessions that introduced me to like-minded students and professionals from all over the world. The exposure to diverse viewpoints and learning styles challenged me to adapt and develop a more global perspective.

Living La Dolce Vita: Soaking Up Italian Culture

One of the best parts of my time in Rome was fully embracing Italian culture. Every street seemed to have its own story, and exploring the city's historic sites was like stepping into a time machine. My weekends were filled with visits to the Vatican Museums, leisurely strolls through Piazza Navona, and, of course, tossing a coin into the Trevi Fountain with hopes of returning one day.



Italian food was an experience in itself. Whether it was devouring a plate of carbonara, enjoying crispy Roman pizza, or indulging in creamy gelato, every bite was a delight. Grabbing an espresso at a cozy café became my go-to break from studies, and the lively café culture made even simple moments feel special.



Ups and Downs: Growing Through Challenges

Like any new adventure, this experience had its share of hurdles. Adjusting to a different academic system, overcoming language barriers, and keeping up with Rome's fast-paced life took time. But every challenge was a lesson in resilience. With each passing day, I grew more self-sufficient, adaptable, and confident in my ability to navigate unfamiliar situations.

One of my standout moments was presenting my research at a university seminar attended by professors and students from diverse backgrounds. The experience bolstered my public speaking skills and reinforced my love for learning and collaboration across cultures.



Arrivederci Rome: A Treasure Trove of Memories

As my mobility came to a close, saying goodbye to Rome was tough. The city, the university, and the wonderful people I met had left a lasting impression on my heart. Those two months flew by in the blink of an eye, leaving me with cherished memories, invaluable lessons, and a newfound confidence in my abilities.

This traineeship was more than just a line on my academic resume—it was an enriching, transformative journey. I returned home not only with a deeper knowledge of my field but also with an appreciation for new cultures and a desire to keep exploring. My Erasmus experience in Rome was truly unforgettable, and it has inspired me to keep chasing opportunities that push me beyond my comfort zone.