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Before starting the exchange program, I felt both excitement and fear – it was my first time leaving my family, home, and friends for such a long period. My expectations were filled with emotions and questions: Would I be able to adapt to a new environment? Would I fit into a different educational system, lifestyle, and culture? However, as soon as I arrived, all my fears gradually disappeared.

The first day began with an orientation tour. We explored the university, got introduced to student life, and the welcoming atmosphere immediately put me at ease. I quickly realized that the exchange program was not just about studying – it was an opportunity for personal growth, sharing diverse perspectives, and building international connections.

The academic environment turned out to be dynamic and innovative. Learning was not limited to theory – lectures included practical assignments and teamwork projects, which significantly contributed to my professional development. Every subject was accompanied by discussions and collaborations with international students, providing me with new perspectives and insights.

One of the biggest pluses of the bilateral exchange program was the friendships I formed. Almost every day, we participated in student activities, which allowed us to immerse ourselves in Latvian culture and strengthen our connections with one another. Interacting with students from different countries made me realize how valuable cultural exchange is and how important it is to integrate into a global community.

I believe that the experience of exchange program fundamentally transforms a person. During my time living independently, I learned time management, adaptation to new environments, and developed skills that will significantly help me in my future career. All of this reassures me that Erasmus+ was one of the best decisions of my life.