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I was very glad to study for one semester at New Jersey City University. This experience was quite challenging. It's not easy to live in a culture very different from the one you grew up in for a long time, but it's incredibly helpful.

For a psychologist, it's important to be open to new cultures and different people, and this semester taught me a lot in that regard. While studying, I had the chance to work as a school psychologist during my internship at the university's school. This greatly expanded my career opportunities when I returned to Sakartvelo.

Now I also have many international friends from South Korea, Finland, Mexico, the U.S., and that's amazing. I also met some great friends with whom I continue to stay in touch here in Georgia.

The full impact of this internship will probably become clear only in a few years, just like education in general, since it's a long-term investment. But I believe it will bear fruit, even though it's hard to evaluate right now.

I recommend everyone to take part in such exchange programs if you have the chance. It really broadens your perspective and makes you a more valuable professional.