

Lilia Zazashvili

Bachelor's program of Psychology

Caucasus School of Humanities and Social Sciences

Lille Catholic University



Studying abroad has always been one of my main goals. The exchange program of Caucasus University turned out to be the perfect opportunity to explore my interests and to challenge myself.

In the fall of 2025, I had the opportunity to study for one semester in France at Lille Catholic University. This was a very important experience for me, as well as an exciting challenge. Living in a new cultural and social environment came with many new discoveries. In France, I met many interesting people, not only my classmates, but also lecturers and members of the university administration, they made my time there truly special.

Living in Lille brought me closer to people from different countries and cultures. This greatly broadened my awareness and showed me how different people's perspectives and viewpoints can be. The program gave me not only theoretical education but also very valuable life experience.

I had to adapt to a different education system, which might have involved certain challenges, as I had been told in the beginning. However, this is exactly what made the experience even more interesting and valuable. After successfully completing the semester, I became even more aware of the progress and experience I had gained during this time.

Lille Catholic University gave me a truly invaluable experience and helped me develop not only academically and professionally, but also personally. I learned many things both about myself and about the world around me, and once again realized how important it is to adapt to new environments and take advantage of new opportunities.