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“I spent the Spring 2026 semester at Sopot University of Applied Sciences as part of the Erasmus+ exchange programme. For me, this was an opportunity to challenge myself in a different academic environment and gain a new perspective on my interests and goals.

One of the most valuable aspects of the experience was interacting with international students and learning about different cultures. I was also happy to share Georgian traditions and culture with them and encourage them to visit my country.

During the semester, alongside business and economics courses, I also studied German. This made my exchange experience even more complete and helped me integrate better into the local environment.

During my stay, I also had the opportunity to contribute to the development of the university. I was selected as one of the winners of the project ‘Your Opinion Changes SANS’, and my initiative was incorporated into the university’s future plans.

Living abroad gave me greater independence and valuable experience in adapting to a new environment. I am grateful to Caucasus University for providing me with this opportunity, as the semester I spent in Sopot played an important role in my personal development.”