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Some decisions in life can become the beginning of a completely new chapter. For me, such a decision was taking part in the Erasmus+ exchange programme. I believed that studying abroad would involve significant challenges, and it certainly does; however, this experience showed me that today, nothing is truly impossible.

Taking part in the programme gave me the opportunity to discover different approaches and methods of teaching, experience the culture of another country and, at the same time, challenge myself in a completely different environment.

In addition to medicine, I had the opportunity to explore the field of nursing and gain a better understanding of the role of different healthcare professions. One of the most interesting part of the programme was the practical classes. During visits to local hospitals, I had the opportunity to take part in a real clinical environment and assist nurses in their daily activities.

My time in Poland was not limited to academic development. Living independently was also an important new experience for me. Of course, it came with certain challenges, but I tried to learn something new from each of them while also enjoying the process.

I had the opportunity to discover Polish culture, its different perspectives and way of life. I also made many new friends. This diverse environment showed me how important it is to understand different cultures and perspectives for both personal and professional development.

Today, when I look back on this period, I realise that the Erasmus+ programme was much more than simply spending one semester abroad. I am very grateful that the support of the country and educational programmes give students the opportunity to gain an international education, discover different environments and challenge themselves on an international level.