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My exchange journey at the University of Coimbra, Portugal, has been nothing short of life-changing. I am beyond grateful to Caucasus University for giving me this incredible opportunity to study abroad for the second time within the Bilateral Exchange program.

During this exchange I had the chance to immerse myself in the amazing Portuguese culture, delicious cuisine, unforgettable nature and rich culture. I meet amazing people from all over the world - many of whom have become my lifelong friends.

This experience has been more than just academic growth; it has been a journey of personal transformation. Living and studying in a new country has taught me how to be independent and navigate life on my own, which is crucial for self-development. I've learned to embrace challenges, make decisions for myself, and grow in ways I never imagined.

To anyone considering stepping out of their comfort zone: do it. The world is full of opportunities, new perspectives, and friendships waiting to be made. And most importantly, you'll discover just how strong and resilient you truly are.