

Ana Sakvarelidze

Bachelor's Program in Economics in English
Caucasus School of Economics
Iscte - University Institute of Lisbon, Portugal



In the spring semester of 2025, I was given a unique opportunity to pursue my studies in one of Europe's leading universities through a fully funded program. I am deeply grateful to Erasmus+, as well as to Caucasus University and ISCTE University, for their invaluable contribution in turning my dream into reality.

The semester I spent at ISCTE University within the Erasmus+ exchange program proved to be one of the most important experiences of my life. Professors from Portugal and various parts of the world shared valuable theoretical and practical knowledge with me in the field of economics. Interactions and in-depth discussions we had significantly deepened my interest in macroeconomics and management. Moreover, working on various projects alongside international students not only enhanced my teamwork experience but also strengthened my intercultural communication skills.

During these unforgettable five months, one of the most remarkable aspects was my personal growth. Living independently, adapting to a new environment, and overcoming daily challenges gave me invaluable lessons. Stepping out of my comfort zone became part of my everyday life. This process taught me how to work effectively in different contexts, with people from diverse backgrounds, and helped me gain a deeper understanding of myself.

Another important part of this journey was introducing Georgia to international students. Conversations about our culture, history, and traditions became one of the most exciting elements of this adventure. It was truly rewarding for me to present my homeland in an international environment.

Ultimately, the Erasmus+ program turned out to be more than just an academic opportunity. It became the beginning of great discoveries. The experiences, challenges, and memories I gained will forever serve as a source of inspiration on my path of professional and personal development.