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During the spring semester of 2025, I had the opportunity to spend five months in Italy - a country I have long admired and hoped to connect my future with. Participating in the exchange program at Tuscia University proved to be one of the most valuable and transformative decisions of my academic and personal journey. The charming town of Viterbo served as an ideal environment for self-reflection, personal growth, and intercultural exploration.

Tuscia University's academic structure and teaching methodology differed significantly from what I was previously accustomed to, offering a refreshing and intellectually stimulating experience. I engaged in diverse and well-structured courses led by highly qualified professors who generously shared their expertise and provided insightful career guidance which boosted my confidence and courage in my chosen field. Lectures were conducted in hybrid format, both in-person and online, allowing me to balance academic responsibilities with travel. Throughout this period, I met many fascinating people and made wonderful friends who brought vibrancy and warmth to my journey and significantly enriched the overall experience. At the same time, I gained a deeper understanding of my own strengths, aspirations, and values, while dedicating greater attention to my personal development and independence.

Living abroad in Italy was especially meaningful, as it aligned with a long-standing desire to immerse myself in Italian culture and lifestyle. The daily experience of walking through narrow cobblestone streets, admiring elegant architecture and historical landmarks, felt enriching and inspiring. There is an undeniable charm to the Italian way of life - a philosophy centered around appreciating beauty, simplicity, and joy in everyday moments. This attitude never fails to fill you with the most uplifting energy. The Italian expression "Dolce far niente" perfectly captures the spirit of Italian life.

Ultimately, my time in Italy, with all of its challenges and treasured memories, will remain one of the most formative and unforgettable chapters of my life.