## Anna Giorgadze

Bilateral exchange program participant (Istanbul Bilgi University)

Caucasus School of Social and Human Sciences (CSH)

"It was a very memorable and emotional moment for me when I got into the exchange program. I imagined what experience I would get, how many new things I would get to know and how important it would be for my development and increasing my knowledge. I always aimed to get an education abroad and at the same time get to know another country's culture. Historical, seaside Istanbul charmed me with its beauty and harmony as soon as I arrived.

I study at the Faculty of Psychology. Among the subjects, I especially singled out organizational psychology, because it includes many interesting practical tasks and discussions. The main goal of the subject itself is to increase human productivity and increase motivation in the work environment, which is very important for well-being.

The Bilgi University campus is like one big street with a cozy and pleasant atmosphere. Student life is dynamic. The university has many sports activities, as well as film screenings and various events.

In my free time, I endlessly walk the streets of Istanbul and observe people. I get to know the sights, culture, lifestyle and traditions of Istanbul. And when I'm at home, I talk to my family members, whom I miss very much, for hours.

The exchange program demands even more independence. This is primarily a test of yourself. Each stage is interesting and stressful, but at the same time it pushes you to other challenges and adventures, so I am very grateful to have been given this opportunity, because I am sure that the knowledge and experience will help me in the future."