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“Participating in an exchange program in Europe wasn’t on my agenda for 2023. However, when the opportunity arose for psychology students to study at the University of Coimbra in Portugal, I was immediately intrigued.

The process of preparing for my trip to Portugal had its challenges, but with the support of both sending and receiving universities, everything fell into place smoothly. This experience taught me the importance of planning projects to be adaptable globally.

Upon arriving in Portugal, I was captivated by the country’s vibrant culture and warm atmosphere. As part of the Erasmus program, I immersed myself in learning the Portuguese language and became involved in the university community. Exploring Coimbra’s historic student life felt like stepping into a scene from Harry Potter, blending modernity with traditions dating back to 1290.

The true value of Erasmus lies in forming connections with peers worldwide. Through discussions on social issues during courses like “Psychology for Sustainability,” we established initiatives promoting the circular economy at the Faculty of Medicine.

This semester abroad significantly contributed to my personal growth. It broadened my perspective and instilled newfound confidence. Portugal, with its cinematic destinations, educational opportunities, cultural richness, and global collaborations, became a catalyst for expanding my horizons and embracing new challenges.”