Veriko Mtchedlishvili

**Bachelors program in Psychology** 

**Caucasus School Of Humanities And Social Sciences** 

Ajou University, South Korea

"When I first started looking for information about student exchange programs, my goal was not only to study, but also to challenge myself, get out of my comfort zone, and get to know the world. I have always wanted to see South Korea, but studying there has become one of my most important goals. I think participating in the exchange program at Ajou University was the best decision of my life.

The biggest challenge was leaving the country and living alone in a completely foreign environment for a long time, but the support of my family and the university made me take this important step. I met and became close to many people, made friends who were by my side every day for a semester, both physically and emotionally. I had no difficulty adapting to the environment, because there were so many people helping me.

The study process turned out to be very interesting. Korean students help you as much as possible in the adaptation process. By joining various university clubs, you have the opportunity to get to know the culture, make friends, and have the best time. In my freshman year, I could not have imagined that I would take such an important step, as I thought participating in an exchange program was impossible, but now I realize that selfless work and determination can make all your dreams come true."