## Ana Baghashvili

**Bachelors program in Psychology** 

**Caucasus School of Humanities and Social Sciences** 

Vilnius University, Lithuania

"My exchange journey at Vilnius University, Lithuania, has been nothing short of life-changing. I am beyond grateful to Caucasus University for giving me this incredible opportunity to study abroad, immerse myself in a new culture, and meet amazing people from all over the world—many of whom have become lifelong friends.

This experience has been more than just academic growth; it has been a journey of personal transformation. Living and studying in a new country has taught me how to be independent and navigate life on my own, which is crucial for self-development. I've learned to embrace challenges, make decisions for myself, and grow in ways I never imagined.

To anyone considering stepping out of their comfort zone: do it. The world is full of opportunities, new perspectives, and friendships waiting to be made. And most importantly, you'll discover just how strong and resilient you truly are."