



The exchange program that I did in the University of Hradec Králové was one of the most incredible experiences I've ever had because I improved my personal skills as well as the intellectual ones. Each exchange program teaches you more about life than what you expect because you are out of your comfort zone and give new people the chance to meet you and create a friendship.

I've met so many people from other countries and learned a lot about their own cultural traditions, some of them have been the best thing that could happen to me during this exchange program because we all were the new kids in town trying to get to know better each person who was here. They have become my family here and I have create the most incredible anecdotes of my life thanks to this new family, and each one them has been so opened minded and helpful during this process.

Living abroad is a full-on experience but there is something incredibly special about making friends all around the world. You will see that everyone studying or doing an exchange program is keen on meeting new people and learning about different cultures. Once you go home, you'll realize that having an international group of friends also means you have a huge number of friends to visit whenever you decide to travel to their country.

It is also important to mention that as you become a citizen of the world, you will also learn many things about yourself and others, ultimately building your confidence and becoming more and more self-assured and positive about your future. Another plus of doing an exchange program is that you will really become independent as you will most likely be all alone in a foreign country.

This is one life opportunity everyone should have at least once in their lives, there is a lot to learn about ourselves and the world.

