



### The story about my stay at UHK.

Beautiful, which happens to be my favourite word wouldn't be enough to describe my stay in the Czech Republic. Leaving home for the first time without my mother or sister would be a challenge I thought but looking back at it, it was pretty fun doing this without them.

I arrived on the 16th of August 2018 and I recall being picked up by my buddy which was perfect since my day was made relatively easier. I remember the first mail I sent upon my arrival, the title being "finally here", it brought me so much joy, still makes me smile. I



remember writing a poem the first time it snowed, it was the most beautiful thing I had ever seen, just like in the movies. I remember how hot it was during the summer, reminded me of home and I most definitely remember every event I partook in during my stay, my favourite being the Meeting of Nations, gracious, I ate so much food from so many countries on that day, must have put on an extra 10kg or more.



I even remember my flatmates, I grew to care so deeply for one, she was an Argentine, she was very nice to me. I have so many friends from different countries now, lovely people. Kenyans, Nigerians, Cape Verdeans, Columbians, Brazilians, goodness, so many more. There's so much I have learnt in class and

out in the open, so many things I've done, new things I've tried, so many places I've visited, the many languages I've learnt or tried to learn at least, meals I've eaten and tried to recreate.

Every opportunity to speak about my country and University gladdened me and people expressing their desire to visit my country made me even happier and fulfilled. A professor from my University was sent and it felt like a part of the home was brought to another home.



There's always going to be the bad, the many times I missed the bus, I think I have become a time conscious person now, maybe just a little bit. There were times I missed home, my family and friends but considering everything, I wouldn't have it in any other way, this place is an experience I would love to repeat over and over again.

Maybe I'm being too emotional, maybe it's because of my age, but I loved every bit of this.



My advice would be, come here, study, go to the park, drink coffee, go for events, travel, make friends and be open to trying new things, especially new jackets during winter :)

My name is Rashida Adu, I am a Ghanaian and I was beyond happy to partake in this exchange program. I can't seem to say thank you enough for this wonderful opportunity. If there's ever a highlight of my tertiary education, it will certainly be my experience here.



Below are more of the pictures I will like to share



This is one of my favourite lecturers, Jan Prouza

Proudly waving the Ghanaian flag





The winter season  
and snow

