



Univerzita Hradec Králové  
Filozofická fakulta



## ERASMUS ESSAY

### MY STAY AS AN EXCHANGE STUDENT

My name is Cindy Mpolomoka, I am a Zambian lady, 22 years old. I was selected under the Erasmus scholarship from my home University in Zambia, The University of Zambia. I am a student of Political Science both at my home University and here at Hradec Kralove. Below is an essay highlighting how my stay as an exchange student has been.

My experience as an exchange student was one that I will never forget. Getting to learn with different students who have different cultures and different perspectives on several issues has been an interesting experience. One may think their own culture and perspective is the same worldwide, but this learning experience has broadened my eyes to the reality that people perceive things differently.

One of the things that really stood out for me during my stay is how interactive the lessons were. In most of my classes, it was never really about the lecturer only pouring out information. Instead, we were given the opportunity to air out our opinions on several topics which made the learning experience very exciting.

This exchange program has caused me to develop a variety of skills which include the ability to read articles, the ability to conduct presentations in front of the whole class and has also broadened my eyes to the vastness of the Political world.

All in all, this exchange program has been an experience that will help me to bring about change in my institution back home. I have learnt several valuable lessons that I wish to implement elsewhere. If I were to describe my experience at the University of Hradec Kralove in one word, I would say 'enlightening'. Thank you to all sponsors and all who have been part of this amazing journey, it was an experience to remember.



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