

MY STUDENT EXCHANGE EXPERIENCE

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ITALY

SUMMER TERM 2021-2022

I had always dreamed of traveling the world, visiting other countries, and getting to know other cultures, and thanks to the Erasmus+ program I had the opportunity to do it. Mine was a last-minute decision... I am in the 3rd and final year of my Social Work Bachelor, and the mobility should have been in the second semester, but despite this, I took courage and participated.

My university in Italy offered me various options to choose from but I decided to put the Czech Republic, specifically the University of Hradec Králové, as my first option. What made me choose this specific place was the organization of the university and its staff that I saw from the beginning.



Even before I contacted the university itself, I was able to find several videos on YouTube from the online site explaining everything you need to know before arriving, and when you are an international student about to go on your own to a city and country you have never been to before, having so much information is wonderful.

From the first contact with the university, specifically with my coordinator, I was sure about their hospitality and helpfulness. I received support and help whenever I needed it, always in a kind way even though my questions were so many (maybe too many at times).



One of the things I appreciated the most about the welcoming of foreign students at the University of Hradec Králové is their "Buddy" program, it was really helpful to have someone I could contact before I even arrived and who could help me at every stage of my arrival. The students who participate in this program and help people like me, who arrive from abroad completely disoriented, are angels.

In these 5 months, I have had the opportunity to know the beauty of the Czech Republic, full of wonderful nature, parks, castles, and a lot of history and culture. Being a country in the heart of Europe, it was also easy to visit other countries such as Hungary, Austria, Germany, and Poland. I was fortunate to meet people from all over the world and to be surrounded by customs and cultures totally different from my own. It will be an experience and a country that I will always carry in my heart, which has made me grow so much, allowed me to make new friends and enriched my cultural background. I recommend everybody to have this experience at least once, I also recommend choosing the Czech Republic because it has so much to offer and at the University of Hradec Králové you will never feel lonely.

