

Erasmus+ Mobility Participants' Experience in 2024 (Students)

Host organisation: **American university of Cyprus**, Ammochostou Avenue 52, Larnaca, **Cyprus**

Mobility participant: Maria Rozonova

Mobility period: 19.02.2024 – 12.06.2024

Type of mobility: Student mobility for studies

Why did you choose to participate in Erasmus + study mobility?

Participating in Erasmus+ study mobility offers valuable benefits. It enhances skills, provides personal growth through cultural experiences, contributes to academic progress, and offers financial support. I wanted to gain adaptability, and work experience, making me more employable. Additionally, living abroad broadens horizons and fosters self-discovery.

What was the experience in cooperation with the sending and receiving institutions before, during and after the mobility?

The experience of cooperation with the sending and receiving institutions during my Erasmus+ mobility was highly positive. Before the mobility, both institutions provided clear guidance on administrative procedures, course selection, and cultural preparation. During the mobility, they facilitated a smooth transition, ensuring my academic needs were met and offering support for any challenges. After the mobility, they remained engaged, assisting with credit transfer and maintaining a connection for future collaboration. Overall, the cooperation between the institutions contributed significantly to the success of my study abroad experience.

What are your academic and personal benefits from Erasmus + study mobility?

Enhanced employability: Erasmus+ exposed me to different teaching methods, research environments, and international networks. This broadened my skill set and made me more attractive to employers.

Cross-cultural competence: Working with diverse peers and adapting to new cultural contexts improved my communication skills and cross-cultural competence.

Global network: I built connections with professors, professionals, and fellow students from various countries. These networks continue to benefit my career.

Independence: Living abroad taught me self-reliance and adaptability. I learned to navigate unfamiliar situations and solve problems independently.

Open-mindedness: Erasmus+ challenged my assumptions and expanded my worldview. I became more open-minded and appreciative of cultural differences.

Lifelong memories: The friendships, experiences, and memories from Erasmus+ are invaluable. They shaped my identity and enriched my life.

What were your brightest impressions when living abroad during the Erasmus + study period?

Living abroad in Larnaca, Cyprus during my Erasmus+ study period left me with vivid impressions. The warm Mediterranean climate, stunning beaches, and rich history captivated me. The vibrant local culture, delicious Cypriot cuisine, and friendly people made my experience unforgettable. Connecting with fellow students from diverse backgrounds and sharing stories over mezze dinners created lasting friendships.

What kind of practical advice you would like to give to students who are considering taking part in Erasmus + study mobility?

Research your destination: Learn about the host country's culture, climate, and lifestyle.

Familiarize yourself with local customs, transportation options, and essential phrases in the local language.

Accommodation: Start searching for accommodation early. Consider university dorms, shared apartments, or homestays. Connect with other Erasmus+ students to explore shared housing options.

Language skills: Brush up on the local language or learn basic phrases. It will enhance your experience and help you connect with locals.

Cultural immersion: Engage with local students and participate in cultural events. Attend festivals, explore museums, and try regional cuisine. Embrace the opportunity to learn from diverse perspectives.

Travel opportunities: Take advantage of your location to explore nearby cities and attractions. Erasmus+ mobility is not just about academics—it's also about discovering new places.

Stay open-minded: Be adaptable and open to new experiences. Embrace challenges, build friendships, and create lasting memories!

Event in AUCY, picture with the Health minister of Latvia, Hosam Abu Meri, Karina Palkova (on the left) from Stradina University and Ance Gricmane (on the right), professor at AUCY.



Event in AUCY, picture with the Health minister of Latvia, Hosam Abu Meri.



Event in Limassol hosted by Exness, talking about future trends in marketing



Picture with Erasmus+ students from Poland, Szymon and Ania.



Host organisation: **Vivalur Marketing Agency, Drvenička ul. 25, 21000, Split, Horvātija**
Mobility participant: Diana Rugaja
Mobility period: 01.07.2024 – 27.06.2025
Type of mobility: Student mobility for traineeship

Why did you choose to participate in Erasmus+ traineeship mobility?

I had heard great stories from my friends who participated in Erasmus+, and it had always been something I wanted to experience myself. I believed that doing it right after graduation would be the perfect time, as I was ready to take on new challenges and explore new opportunities before fully stepping into my professional career.



What was the experience in cooperation with the sending and receiving institutions before, during and after the mobility?

From my university's side, the experience was great! I received all the necessary information and support I needed throughout the process. On the side of the receiving organization, Vivalur was very helpful. They provided full details about the traineeship, guided me through the onboarding process, and even helped me find accommodation. Overall, I had very positive feedback and smooth cooperation with both institutions.



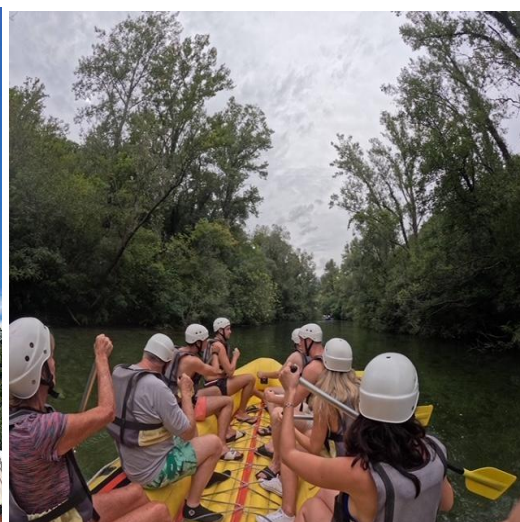
What are your academic and personal benefits from Erasmus+ traineeship mobility?

The traineeship helped me take a big step toward my career goals. I've always been interested in tourism and marketing, and experiencing how the industry operates in another country was an eye-opening experience. It significantly expanded my professional network, gave me more confidence in my career direction, and reassured me that I am on the right path, both educationally and professionally.



What were your brightest impressions when living abroad during the Erasmus+ traineeship period?

Living abroad in Croatia was truly special. I was able to immerse myself in a new culture, meet new people, and experience daily life from a completely different perspective. The working environment at Vivalur was dynamic and supportive, and living in such a beautiful country made the whole year full of unforgettable memories, and set new goals in my career.



What kind of practical advice would you like to give to students who are considering taking part in Erasmus+ traineeship mobility?

Just do it! Definitely choose an internship in a field you see yourself working in the future. It gives you a real view into the industry and opens doors for networking and career opportunities. This is honestly one of the best experiences you can give yourself during your study years or right after graduation.



Other aspects that you feel are relevant to your Erasmus+ traineeship period.

I would strongly encourage future participants to take interviews with multiple companies and to be proactive, write directly to the organizations you're interested in, even if they don't advertise open positions. This approach can create unexpected opportunities and open doors you didn't even know existed.



- *Why did you choose to participate in Erasmus + traineeship mobility?*
As a travel enthusiast, I really like going to new places and feeling the diversity in culture and tradition. So, from the very first moment I heard about this program, I was sure that this opportunity would work great for me. Also, it can boost my career by providing required skills in my profession.
- *What was the experience in cooperation with the sending and receiving institutions before, during and after the mobility?*
My plan was to do a 3-month summer internship after my second semester. So, I have started preparing early, around 4 months before ending my second semester. But it was quite easy to find a perfect one in my dream cities. Later I asked my coordinator from university, and she helped me to start preparing for my internship documents. As a result, I found a couple of best

options and went for it. I was a bit late with the paperwork, but my coordinator and supervisor from the host company helped a lot and I was able to finish those works in a couple of weeks and went for it.

- What are your academic and personal benefits from Erasmus + traineeship mobility?

This was my second time doing an internship and it went great for me. First of all, there were no pressure in choosing my works for the traineeship and there were a couple of supervisors who were helping us to improve my work. I also got the opportunity to work with colleagues from other fields as well. I wasn't sure about what to do with my future, but this mobility helped me to find the hidden talents in me, like customer service and hospitality management. The program also made a really big impact on my personality. I made good friends both inside and outside my workplace, I got good international connections, it helps to develop new passions like travel, hiking, cooking etc.

- What were your brightest impressions when living abroad during the Erasmus + traineeship period?

I was almost an introverted person and had a really hard time making friends. So, one of the main advantages of choosing this mobility was I learned how to talk to people and make new friends. Also, my company gave me some opportunity to directly interact with our customers and it help me a lot in gaining that conference.

- What kind of practical advice would you like to give to students who are considering taking part in Erasmus + traineeship mobility?

If you have good language skills and like to work/study in an international environment, then Erasmus+ must be the best platform for you. Start preparing early, choose your institution wisely, prepare all the documents on time and you will be living your dream.

- Other aspects that you feel are relevant to your Erasmus + traineeship period.

Nothing much, It is one of the best opportunities that allows you to both learn new things and enjoy your life at the same time. so, don't miss this chance.

- We kindly ask you to include 3-5 photo images from your Erasmus+ traineeship mobility.