

## **Erasmus+ Mobility Participants' Experience in 2025 (Students)**

Host organisation: **Universita' degli Studi di Urbino Carlo Bo**, Via Aurelio Saffi, 2, 61029 Urbino PU, **Italy**

Mobility participant: Chadi Ben Bououn

Mobility period: 15.02.2025 – 19.07.2025

Type of mobility: Student mobility for studies

*I had always dreamed of studying abroad — not just for the academic experience, but to grow as a person. When I heard about Erasmus+, I saw it as the perfect chance to step out of my comfort zone, explore a new culture, and challenge myself. Choosing Urbino, Italy, felt right. I was curious about Italian life, culture, and food — and studying at Carlo Bo University seemed like an amazing opportunity.*

*Before my Mobility, The whole process was surprisingly smooth. EKA University guided me through the paperwork, and Carlo Bo University sent helpful information about courses, accommodation, and student life. I never felt lost — both sides were really supportive.*

*During my exchange, whenever I had questions or needed help — whether it was academic or practical — the Erasmus coordinators were there for me. I felt like part of both universities, not just a guest. Even after I finished my Erasmus, credit transfer went smoothly, and both schools were great at keeping things clear and fair. It really made me feel that my time abroad was valued.*

**Academically**, I was exposed to new teaching styles and had to adapt to different expectations — which actually helped me grow. I became more confident in presenting my ideas and communicating in English and Italian.

**Personally**, this experience changed me. I learned how to live on my own, budget wisely, and meet new people from all over the world. My confidence improved, and I became more independent and open-minded.

*There are so many. Walking through the beautiful streets of Urbino, grabbing coffee with friends in the piazza, taking spontaneous trips to Pesaro or Fano on weekends. One of the best moments was the international night, where we all shared food and stories from our home countries — I loved representing Latvia and Tunisia. The friendships I made during those 6 months are ones I'll always carry with me whenever I go these memories will always keep playing in my mind like a never-ending film.*

*I highly recommend other students to go for it even if you're unsure or nervous — it's worth it.*

*Be social. Join events, talk to people, be curious. Erasmus is about people as much as it is about studying.*

*Learn a few words in the local language. It goes a long way and shows respect.*

*Don't stress too much. Things may not always go perfectly, but that's part of the journey.*

*Document your experience: photos, journals. Trust me it'll fly by faster than you think.*

*My Erasmus experience in Urbino wasn't just a study program — it was a turning point in my life. I learned so much about myself, made amazing memories, and grew in ways I didn't expect.*

*I'm incredibly grateful to both EKA and Carlo Bo University, and I truly recommend this experience to anyone who has the chance.*



Host organisation: **Wrocław University of Economics and Business**, ul. Komandorska 118/120, 53-345 Wrocław, **Polija**  
Mobility participant: Jose Alejandro Sorza Marin  
Mobility period: 01.10.2025 – 26.02.2026  
Type of mobility: Student mobility for studies

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

*To keep increasing my enrichment level of international and academic experience through HEI studies.*

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

*As I could understand, although both universities had an institutional partnership to receive and send students on exchange, I had the pleasure to be the first one to take this chance, which will forever be an unforgettable experience in my life.*

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

*From the academic perspective, it's the chance of taking part daily in a big and very recognized university, with a huge campus and a larger community of students, which encourages you to face challenges and find the balance between learning and obtaining a positive outcome. Then, from the personal side, we have the growth as the main aspect, which is always required to acquire in order to adapt to a completely new environment, such as a country, its culture, and studying processes.*

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

*The impact the arrival had on me, mainly because I thought it was gonna be similar to Riga, but it wasn't!*

*I found a completely new world, a country (Poland) and, mainly a city (Wrocław) where the rhythm of life is very different.*

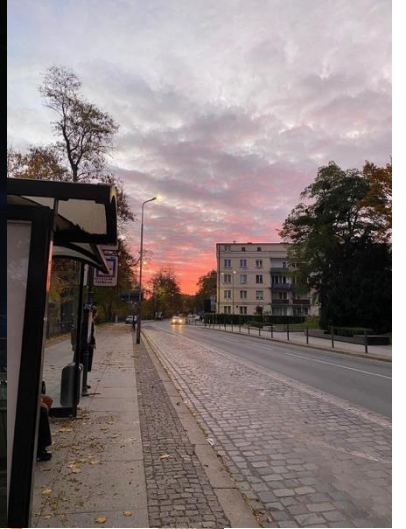
5. What kind of practical advice would you like to give to students who are considering taking part in Erasmus + study mobility?

*If you have concerns about your destination (accommodation, living expenses, leisure activities), you can always find support from local students. It'll be very helpful to receive their advice. They've been my biggest support throughout the whole exchange.*

6. Other aspects that you feel are relevant to your Erasmus + study period:

*I think is always good to find new challenges and get out of our comfort zones.*

*I believe that students and young degrees' aspirants are the future of the world, and this demands a lot of courage and throughput that can surely be earned by living this kind of experiences.*



Host organisation: **Ascari s.r.o.**, 28. října 3348/65, Ostrava, **Czech Republic**

Mobility participant: Emna Boudaya

Mobility period: 03.03.2025 – 31.05.2025

Type of mobility: Student mobility for traineeship

*When I first heard about the Erasmus+ traineeship program, I saw it as a chance to gain real experience in an international environment. As a student in International Cultural Project Management, I was eager to go beyond theory and challenge myself in a multicultural setting. That's when I found the opportunity at Ascari s.r.o. in Ostrava, Czech Republic and I just knew I had to go for it.*

*Before I even started, the support I received from both sides was reassuring. At EKA University, my Erasmus+ coordinator, Ms. Marina Tihomirova, was always helpful and quick to answer my questions. On the other side, Mr. Nikhil Ubhe from Ascari welcomed me with kindness and professionalism, which made the transition smooth and stress-free.*

*From day one at Ascari, I felt included and valued. I was involved in tasks like developing business strategies, conducting market analysis, and supporting project coordination. What I appreciated most was the mix of guidance and freedom. I always had someone to ask if I needed help, but I was also trusted to take initiative and lead my own work.*

*A highlight of our daily routine was the 11:00 a.m. snack break, where all the trainees would take a moment to gather and share coffee, snacks, and stories. These simple, shared moments brought us closer, and you can even see one of them in the photos I've attached.*

*Living in Ostrava was also a unique experience. It's a city with a strong industrial identity but full of life, culture, and friendly people. One of my favorite memories was attending a local festival downtown, music, laughter, and making new friends from all over. It reminded me just how powerful cultural exchange can be.*

*Personally, this experience taught me confidence, flexibility, and how to navigate different cultures in the workplace. Academically, I came back with a clearer vision and a deeper understanding of how international project management works in real life.*

*To anyone considering an Erasmus+ traineeship: just go for it. Be open, be curious, and don't be afraid to step outside your comfort zone. You'll grow professionally and personally, and you'll make memories that last a lifetime.*

*One of the most touching moments was how we ended each internship. Every trainee received an envelope full of handwritten notes from their peers, sharing memories, jokes, and kind words. We said our goodbyes, exchanged small gifts like chocolate, and took a group photo together. It was such a meaningful way to close a beautiful chapter.*



Host organisation: **JM International (Jeunesse Musicales International), Square E. Plasky 92–94, 1030 Brussels, Belgium**

Mobility participant: Eya Amamria

Mobility period: 22.09.2025 – 22.11.2025

Type of mobility: Student mobility for traineeship

### ***Why I chose to participate in Erasmus+ traineeship mobility***

*I chose the Erasmus+ traineeship because I wanted to gain professional experience in Europe and understand how organizations in the CCI sector operate within a structured and multicultural environment.*

*Coming from Tunisia, it was important for me to experience a different professional culture, learn new approaches to communication and project management, and observe how international creative institutions collaborate across borders.*

*Hence why, JM International immediately stood out. Thanks to its strong engagement in youth and music programs, its global network, and its alignment with my MBA studies in digital transformation within CCIs. I wanted a place where I could contribute meaningfully, learn extensively, and develop myself as both a creative and strategic professional.*

### ***Cooperation with the sending and receiving institutions***

*Both my university and JM International were supportive, efficient, and clear throughout the entire process.*

*Before the mobility, expectations were communicated openly and I received all necessary guidance. During the traineeship, I was integrated into the team from the first day, encouraged to take initiative, and trusted with responsibilities that matched my skills and interests. After the mobility, the final steps were completed smoothly by both institutions.*

### ***Academic and personal benefits***

*Academically, the traineeship helped me deepen my understanding of:*

*CCI project coordination*

*Communication strategy and creative content planning*

*NGO operations in an international context*

*Event preparation and youth-focused program management*

*Digital communication and branding within creative networks*

*Personally, the experience strengthened my adaptability, independence, and confidence. I learned how to communicate effectively within multicultural teams, manage deadlines in fast-paced environments, and embrace new challenges with a problem-solving mindset.*

*Even though my stay was relatively short, the work environment was incredibly warm and comfortable. This atmosphere encouraged me to experiment with tasks outside of my comfort zone, try new approaches, receive constructive feedback, and eventually excel in areas I had never worked in before.*

### ***Brightest impressions from living abroad***

*Brussels offered a unique mix of calmness, creativity, and international diversity. I loved exploring its artistic neighborhoods, warm cafés, and cultural events. The city's everyday rhythm felt both inspiring and comforting.*

*One major highlight was Brussels' strategic geographical location. Being at the heart of Europe meant I could easily and affordably visit nearby cities and countries on weekends, such as France, Luxembourg, The Netherlands, and other cities within Belgium. This brought an added layer of discovery and excitement to my traineeship and contributed greatly to the richness of the experience.*

*The international atmosphere—both inside JMI and in the city—made every week feel dynamic and full of learning opportunities.*

*One of the most memorable moments of my mobility was my birthday on November 5th. My colleagues surprised me at the office by stopping their work, bringing a cake, and singing happy*

birthday together. It was a genuinely heartwarming moment that made me feel welcomed, appreciated, and part of the team.

### **My tasks and contributions during the traineeship**

I worked full-time (35 hours per week Mon-Fri) and took part in a wide range of responsibilities across the Programs and Communications department. My contributions included:

#### **General responsibilities**

Liaising with JMI members, partners, and international networks

Supporting the Programs Director and Programs Manager with project coordination

Assisting with the organisation of youth and music programs, both online and onsite

Drafting communication materials such as news, articles, newsletters, and announcements

#### **Specific responsibilities and creative contributions**

Creating written and visual communication assets for social media and events

Managing and updating JMI's social media channels (Instagram, Facebook, YouTube)

Updating website content and ensuring accuracy of program information

Preparing mailing lists and newsletters

Assisting with event logistics, planning, documentation, and follow-up

Supporting the monitoring and communication of ongoing activities

#### **Strategic contributions**

Contributing to the development of marketing and social media strategies for multiple JMI programs

Helping refine content direction, messaging, and digital storytelling approaches

Participating in planning sessions to strengthen audience engagement and program visibility

This strategic involvement allowed me to develop strong practical skills in communication planning, digital branding, and CCI-focused marketing—skills that are essential for my academic and professional path.

#### **Advice for future Erasmus+ trainees**

*If there is one thing I learned during my traineeship, it's that you grow the most when you allow yourself to be curious, to ask questions, and to step into tasks that look a little intimidating at first. Don't wait for someone to hand you opportunities—show interest, offer help, and you'll be surprised by how much trust people give you in return. Be open to different working styles and cultural habits, because that's where a lot of the learning happens. Plan the practical things early, so you can actually enjoy your time abroad without unnecessary stress. And whenever you can, explore—your host city, nearby countries, small cafés, or simply your own reactions to new experiences. Erasmus isn't just about work; it's also about discovering parts of yourself you don't meet at home.*

#### **Other relevant aspects**

This traineeship helped me clarify my long-term career goals. I discovered how much I enjoy communication, strategy, and project management within the CCI sector. It strengthened my academic research, expanded my professional network, and gave me a solid foundation for pursuing a European career in creative industries.

It was a transformative experience—professionally, academically, and personally.



*Trying Swedish Licorice for the first time (Apparently salties in the world)*



*Ethno Stand in an event (one of JMI programs)*



*Birthday Celebration!*



*One of the tiktoks filmed for JMI tiktok account of:  
JM International Interns*



*Walking around Brussels with other interns exploring it and distributing upcoming event's (IMX 2025) flyers.*

