



Transilvania
University
of Braşov



Upgrade your studentship
to **PLUS**-Version

Erasmus+



Salut ■ Olá ■ Hello ■ Ciao ■ Hallo ■ Cześć ■ Hola ■ Ahoj

The Erasmus+ tradition continues, with all the challenges and limitations imposed by the sanitary conditions, and Transilvania University of Braşov is as active as ever in the programme, having now reached its 24th year of organized mobilities. Erasmus+ is said to “change lives”, “open paths”, “shape characters”, “create memories that last for a lifetime”, and none of this is far-fetched.

“there are currently clear regulations for recent graduates, guaranteeing the recognition of studies and internships abroad with Erasmus+”

Through Erasmus+ mobility, students can benefit from a complex international experience – for studies or practice – at each study degree: bachelor's, master's, doctorate. Moreover, recent graduates have lately acquired the chance to experience Erasmus+ as there are currently clear regulations for them guaranteeing the recognition of studies and internships abroad with Erasmus+. Therefore, what initially seemed to be a great challenge has now

turned into a genuinely successful story that entails “extra” experience gained both academically and personally by students who engaged in the selection for a mobility abroad. Four years ago, our university launched the programme “Award of the year. Erasmus+ Mobility” which is meant to reward the best student performance in a mobility during an academic year. The participants in this competition write testimonials about the mobility period and about what this experience meant for them personally and professionally. We are happy to find over and over again that they return changed for the better, that they would repeat the experience without hesitation, that the load of feelings and knowledge gathered is difficult to express in words. Last year was an atypical year, but the beneficiaries of the programme are all winners. We hereby invite you to read through the following lines and travel with them through the Erasmus+ world.

Professor Dr. Eng. Simona LACHE, Erasmus+
Institutional Coordinator



Mădălina Andreea Borota

Erasmus+ is a lifestyle, and the university is not just an institution where you apply for a degree, but a vast intellectual project that prepares you for life and for a job.



Erasmus+ mobility encourages young students, after their first year of study and who have outstanding performances, to expand their academic experience with new challenges beyond “their own class”. The Erasmus+ experience is an unprecedented and unforgettable experience, from which you will return with heaps of new knowledge but also with different conceptions and a new way of thinking.

From my point of view, the Erasmus+ programme was and is a beautiful challenge, which I decided to accept and I can safely say that it was one of the best professional decisions I have ever made.

First of all, I have become proficient in a foreign language, namely German. When I decided to apply for the Erasmus+ mobility, I was afraid that I would not be able to make myself understood, that it would be difficult for me to express myself in a language

other than my mother tongue. Most students are afraid to apply from the Erasmus+ programme, the reason being the same, the language barrier. FH Technikum Wien gave me the chance to practice my German, to learn how to communicate efficiently and elevated in an organized setting, surrounded by native German professors, who gave presentations on topics pertaining to my study.

I completed all the necessary projects, I also managed to pass most of the exams with positive feedback from my professors

Secondly, I encountered problems in solving the topics and projects assigned by

at the host faculty, because their degree of difficulty was very high and a different approach to the projects was adopted. However, I completed all the necessary projects, I also managed to pass most of the exams with positive feedback from my professors. We have reached the performance of taking grade 1 in a project that aims to offer professional train to young students so as to enhance their proficiency at the workplace. We have accumulated a wealth of knowledge about developing a business, about how important it is to present the application to future customers from the point of view of an IT developer.

Another noteworthy achievement is the participation in the international project "Coop International Project-Smart Cities" where weekly meetings, trips and workshops took place in order to design an energy concept for Kemi Energy, the production of energy based on renewable sources. The project connects people of different nationalities in a team, the expected results being the technical and economic feasibility of different energy systems. Each team is responsible for a specific topic, namely: biomass district heating engineering, renewable energy sources engineering, thermal / electrical network engineering, energy storage systems engineering and gas supply. This project gave me the chance to perform in another branch than informatics; I became familiar with the foundations of modern engineering, more precisely with the production of energy based on renewable sources. Moreover, the project gave me the opportunity to work with people of different nationalities, people who shared their knowledge and their way of thinking with me. By participating in workshops, I managed to get acquainted with the way in which a project is carried out at international level, the stages that a project goes through until it reaches the final phase.

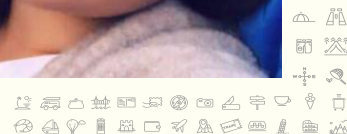
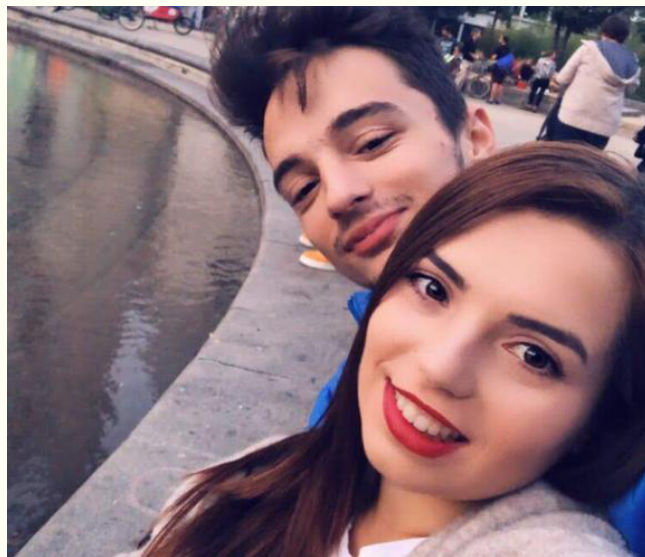
“ *In conclusion, I returned with vast knowledge from the Erasmus+ experience.* ”

Thirdly, the most important aspect that I intend to capitalize on is the Austrian culture. When I started moving to the host country, I was afraid that I would not adapt to the new lifestyle. The host university organized Austrian culture courses, which introduced us to the society which we would be part of during the academic year. The aim of the course was not to make us forget who we are, where we come from or to transform us into real Viennese, but to share with the others the traditions and customs of each mother country to which we belong. There were over 100 different nationalities in the hall. I learned how to behave in society like a true European citizen, how to adapt to a new lifestyle, I

learned that any culture is important and I also borrowed from the behaviour, education, organization of the Viennese and I would like to share this knowledge with future Erasmus+ students.

In conclusion, I returned with vast knowledge from the Erasmus+ experience.

I definitely managed to develop both culturally and professionally in this experience. And from a psychological point of view, this experience increased my self-confidence, it developed me as a person, a person who had never left anonymity before the mobility. It made me change my perceptions about university studies, the university being not just an institution where you apply for a degree, but a vast intellectual project that prepares you for life and work.





Andreea Aurora Chişu

We can manage in a pandemic as well!



It all starts story-like. It was winter. Second year of college, bachelor's degree. The quality management course where the professor then told us about her Erasmus+ experience in Norway. I perfectly remember what she told us: "Remember that this Erasmus has opened all the doors for me". The idea smiled on me, but I didn't have the courage to step in. I graduated from college and then I enrolled for the master's degree. Then it was my time to live the experience of cultural exchange. I chose Spain because people there are warm, welcoming and because I was and still am in love with the Spanish language.

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I prepared the file, it was approved and ... I left! What followed was the most interesting, exciting and beloved chapter of my student life. I left motivated by curiosity and the desire to live a new experience and to test my limits. I chose Spain with the warmth of the people there in mind and I wasn't wrong. I met a lot of beautiful people, I travelled around, I even visited the Portuguese neighbours, I organized meetings with students, parties, international dinners, I played team games, I enjoyed the heat, palm trees, delicious food, I tested combinations of tastes and oh, so many other wonderful things!

“ I did very well in all the exams, I'm proud of myself. ”

As for the courses, I chose to study photography, video editing, website design, the evolution of iconic representations and audio-visual communication and digital advertising. The last subject made me see social media with different eyes and better understand how an advertising campaign is carried out. I did very well in all the exams, I'm proud of myself. I learned Spanish and even gave presentations with my team. Most of the courses took place online, and the teachers were extremely supportive, giving us all the necessary support to

understand the subjects taught.

And now the part I love the most: friends. At first there were many, I didn't even know their names. During the quarantine there were fewer, we were unable to see each other, relations cooled. After I returned, however, there were a few left to communicate with every day, be they from Mexico, Spain, Malta, Italy or Colombia. They are all dear to me, I rejoice from the bottom of my heart that they are "mine", that we write to each other and tell stories, and that I had the honour of meeting them. It is true that the virus partly ruined our plans, but I was glad to have the support of all parties involved in the project. Throughout the crisis, I was in contact with Transilvania University of Braşov, through its representatives, and with each answer to my questions I felt more and more confident, knowing that there is someone who cares about our safety.

Nothing compares to this experience. I warmly recommend it, it is an opportunity that changes visions, "opens one's eyes", awakens personalities, and is definitely a landmark in one's storage of beautiful memories!

Signed,

Aurora, a young mother, who has a three-year-old child with all the implications of a parent's life, chose to leave him in the care of loving grandparents for five months and leave on an Erasmus+ scholarship to develop, to 'grow up' and to enrich the load of experiences with knowledge that will later be reflected in the education of my little one.

Thank you, Erasmus+!





Aida Maria Dicu

Erasmus+ versus Covid - Score 1:0



I have always been curious to get acquainted to other cultures, and, as for Erasmus+, I had learned that everyone came with wonderful experiences from the mobility, so I contacted the faculty coordinator for more information. She told me about the partnerships in Poland; I didn't know much about these people, apart from the fact that they are Catholics and proud of their history. I found out that the country is culturally interesting, it has a

welcoming university and compatible with ours, and my faculty mates who had returned from Poland were very pleased.

“ *I've met wonderful people* ”

All this made me decide to apply for mobility, even if the world situation was (and still is as I am writing) disturbed by the pandemic.

I left thinking that, regardless of the seriousness of the situation related to COVID19, I will try to visit, talk to new people and get to know things I could not have known in Romania and so it was! I met really wonderful people among the students who came for an Erasmus+ mobility like me, but also among the staff of the host university (be they professors, buddy

“ *Erasmus+ mobility is a wonderful experience that makes you grasp other horizons, understand human diversity* “

students or even the gentleman at the entrance to the Rector’s Office). It was more complicated to interact with people who did not know English (and unfortunately there are many, this being the main minus that would stop me from ever going to Poland without knowledge of Polish), but the fact that I enrolled in a free Polish course given by a good teacher, enabled me to understand a few words without always using Google Translate. Erasmus+ mobility is a wonderful experience that makes you grasp other horizons, understand human diversity, live together without the help of parents (if you don’t already do so), help you improve your self-esteem, and, if you are an introvert, it will make you step out of your own shell, which will be useful in the future.

I also liked the fact that I was able to travel as much as possible, I even visited a psychology office in a different city than the one where I was studying, at

the invitation of the class professor. The professors were always understanding, my colleagues always tried to help me, I received information both from Romania and from Poland when I asked for it, the living conditions are much better than in Romania, and the fact that you receive funding to learn in another country seems like a great opportunity.

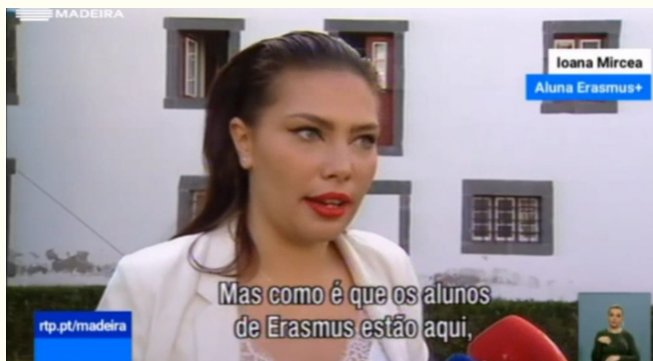
The students there helping you along are top students, each of them striving to make your stay as beautiful as possible. I ate pierogi (a specific meal consisting of donuts slightly boiled or fried with different compositions, whether sweet or salty), I learned carols in Polish (without help I do not think I could reproduce them). I consider that such experiences change you, at least this one changed me and I can’t wait to leave for a practice mobility.





Ioana Mircea

#studentofmadeira – How Erasmus+ can change your life



My name is Ioana Mircea and I received an Erasmus+ internship at the University of Madeira. I am a graduate of the master's degree in Branding Campaign Management, at the Faculty of Sociology and Communication of Transilvania University. I am 23 years old and I decided to go on an Erasmus+ mobility to change my life. I succeeded!

Who would have imagined that, starting from sheer hope, the Erasmus+ experience in Madeira would change my life and would be the most beautiful experience so far. An experience that made me cry for joy and made me wonder: "What? Me? Is it a dream?". It was an unimaginably beautiful dream, with many extremely pleasant and magical surprises. Who would have imagined that in three months, I would 'magically' appear three times on the national television of Portugal, the local station in Madeira, RTP Madeira, that I would be invited by the

journalists there to visit their headquarters, that I would sing in the Madeira Viva show of this station, that I would discover connections between Madeira and Braşov, that I would receive a book as a gift in this regard from the Government of Madeira stating "Exma-Senhora Ioana Mircea, Estudante do Programa Erasmus+, Uma", (i.e. "For Mrs. Ioana Mircea, Erasmus+ programme student of the University of Madeira")? Who would have imagined that I would speak Portuguese, that I would have an interview with the most famous historian of Madeira, that I would have the support of the President of the General Council of the University of Madeira, that I would become a screenwriter and director, that I would work in a film, that my internship project, the short film "#studentofmadeira" would appear in eight journalistic publications in Madeira, Portugal and even in Spain with the specification "Ioana Mircea, Erasmus+ intern, from Romania did ... this"; that I would participate in the Christmas professors' dinner, that I would make many friends from different countries, that the day I left, I would read the newspaper Jornal da Madeira at the airport, where I would be on the second page, that the world would recognize me in the street "Ioana from Romania" and that I would rediscover myself. I don't know who, but I didn't ...

"Ladies and gentlemen, please fasten your seat belts, in 15 minutes we will land at Funchal airport". In 15 minutes, I arrived in the capital of Madeira and



started a new life. Ready? It didn't matter anymore. I took a deep breath and prepared for landing. I was struck by the warm air, radiant people, 40 degrees and dozens of opportunities! "Am I dreaming?" Now it all begins!

Together with Erasmus+ students we went to parties[...] and we made friends

The first meeting with the academic environment ended with "Bye, Bye, superstar!" from the coordinator of Erasmus+ students, Fabiano Côrte, after finding out my story and what I wanted to do in Madeira. Immediately afterwards, I met with the coordinating professor, Margarida Pocinho, who was the best guide in my future life in Madeira and with my colleagues. Together with Erasmus+ students we went to parties, discovered the tastes of Madeira and made friends. Every week the outings were organized on Wednesdays and Fridays. The whole group comprised students from Poland, Spain, the Czech Republic, Italy, Ukraine, the Netherlands, Belgium, Greece, Slovenia, Slovakia and five Romanians, with whom we created a very close relationship.

December 1 was more Romanian than ever. Because we missed the country, on December 1 we organized a Romanian meal for which, from morning to evening, we cooked sarmale, soup, beef salad, schnitzel, ostropel; as we knew how. Our guests were from Italy, Poland, the Czech Republic and Madeira. The meal began with the anthem of Romania, at which point everyone held their right hand to their heart. Everyone enjoyed our food and culture, and the Braşoveanca dance was included in the event.

Meanwhile, RTP Madeira had a Romanian on show, wearing a traditional blouse called ie. RTP Madeira

broadcast for the first time a song in Romanian, which was sung by me. I also performed in English and Portuguese. When they heard the Portuguese language, the RTP employees gathered behind the cameras and started dancing with me.

#studentofmadeira was my soul project. It is a five-minute short film that reveals the experience of Erasmus+ students in Madeira. It can also be viewed on Youtube. We collaborated with 10 Erasmus+ students from the Czech Republic, Poland, Italy, Greece, Germany and Romania. For 5 minutes, I filmed 600 frames. I didn't even have time to catch my breath, but I didn't feel the effort at the moment; there were two days and three nights of video editing. #studentofmadeira was the first video made by an Erasmus+ student at the University of Madeira. The presentation of the film, at the Rector's Office, on December 4, 2019, was a real success. The televisions were waiting for me to give interviews, and I could not control my tears of happiness, because I had succeeded, from zero, in a foreign country.

"Até logo, Madeira!"; (i.e. See you soon, Madeira!). The last event was the professors' Christmas dinner, which I attended as a guest. Everyone congratulated me on my work. The day I left, two weeks after the presentation of the film, I bought a newspaper at the airport, O Jornal da Madeira. On the second page was me and my project. Nice way to say goodbye to the island. This was the experience of my life! I excelled in unknown fields. I created new friends, professional relationships and I grew as a person. I will definitely tell this story to all young people who want a miracle. Erasmus+ changes lives! Thank you!





Transilvania
University
of Braşov
FACULTY OF SOCIOLOGY
AND COMMUNICATION

Andrea-Simona Momoi

“Wherever you go, that place becomes part of you somehow” Anita Desai



In 2020, during my first year of master’s degree studies, I decided to take a big step and apply for an Erasmus+ scholarship, a programme I had heard so much praise of from my older colleagues. I didn’t know exactly what destination to take, all I knew was that I really wanted to pursue my dream of experiencing study in a Spanish-speaking country. Under the guidance of a professor from the faculty (to whom I will always be grateful for the choice), I chose the town of Badajoz, situated in Extremadura, Spain. Said and done! The time had come to pack everything in the suitcase: the nervousness, the family album, the clothes and the indispensable camera. I said goodbye to family and my friends whom I would not

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see for 6 months and hurriedly boarded the plane, eager to start the adventure of my life.

It didn’t take me long to adjust to my new lifestyle and fall in love with the small town of Badajoz. Everything was ideal! The kindness of the people, the temperature, the wonderful landscapes and the delicious Churros with which we were greeted by the University made me want, from the very first days, to stop time from passing.

Curious about how the classes at the new University would unfold, I stepped into the classroom. I am happy to share the fact that the teaching staff is very friendly there and does not accept any exaggerated formal distance. The lectures are similar to those in our country, and the seminars and laboratories always focus on applications in collaboration with various companies in the region. In this way, students put into practice what they have learned, with real-life clients. And guess what?! The exams are all multiple-choice tests!

You must be curious about the culinary delights and how you can spend your evenings in Badajoz. Well, being a region with high cultural diversity, you will be able to taste all kinds of selected dishes as they organise student dinners quite often where each



guest cooks something traditional. On top of my list were the Spanish potato omelette, the croquettes from Platano (a kind of banana that is always eaten fried, as a garnish) and Chillaquiles, a real treat! And if you are in search for a recommendation for a location where you can eat well at a reasonable price, I recommend 100 Montaditos.

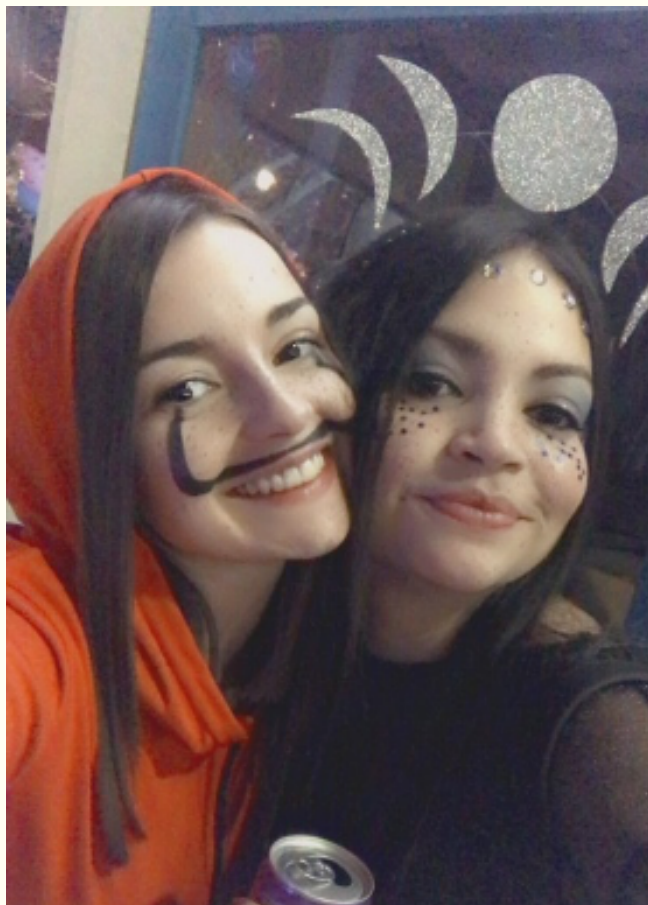
Parties are also most frequent events. Don't worry about being 'alone among strangers'. During the very first days you will meet all Erasmus+ students at parties / events organized by ESN (Erasmus Student Network). I recommend you, dear future Erasmus+ student, to get involved in the activities of this student community in Badajoz. In addition to gaining unforgettable experiences, you will also have certain benefits (discounts in various restaurants, reduced party tickets, trips at a good price and even discount tickets). Another thing you should not miss in Badajoz is the Carnival. Considered the largest carnival in Europe, it has the status of a Spanish holiday of national interest, filling the streets of the town with joy and colour.

“ Erasmus+ will become your second family ”

In short, Erasmus+ is much more than just a study experience. Erasmus+ will become your second family, a family you will always want to keep around you. You will learn together, you will travel together, you will spend time together, as for us, we went through a pandemic together. The time of departure is very difficult, sometimes followed by post-Erasmus depression. Don't worry, you will overcome

all this, you only need a few weeks to resume your routine.

Five months after the end of the Erasmus+ experience in Badajoz, I can state that I do not regret for a moment that I made this choice, even in the conditions of the pandemic. I lived wonderful experiences, I met wonderful people, and I wholeheartedly hope that someday I will be able to see my second family again, as well as the wonderful sunset in Badajoz. Viva Erasmus!





Transilvania
University
of Braşov
FACULTY OF PSYCHOLOGY
AND EDUCATION SCIENCES

**Psychology
Practice mobility
March - May 2020
Czech Republic, International Centre for Human
Developments in Prague**

Simona Moscu

Now or never:

The Erasmus experience I had wanted since my first academic studies



Chances may return, and the Erasmus+ scholarship was one of them. After a professional career with many challenges, involving the professional reconversion from the economic field to the psychological field, I felt again the desire to live the experience of an Erasmus+ mobility that I had missed during my first studentship. That's how I ended up applying for an internship at a person-centred psychotherapy centre in Prague.

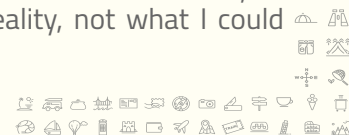
When I say Prague, I have in mind the process, the place and the time. All joined in person-dimension.

The process: a genuine therapeutic journey, both in the physical space of the psychotherapy centre and in the whole chain of catharsis-like moments that completed the experiences in terms of clinical practice. Becoming.

The place: one of the cradles of European culture, where we met a stream of big names: Smetana, Dvořák, Mucha, Comenius, Kafka, but also architectural "pictures" in Rococo, Baroque, Gothic style and pages of contemporary and ancient history. Along with them, the small Romanian community (and the friendships that continued even after returning to Romania), the Jewish, German and Greek communities. Multiculturalism.

The time: I dare say, the time was when a new page of world history was written, through what will probably remain recorded as the "Covid-19 Pandemic"; a time that has become equally complementary to the process and the place.

The steps leading up to the meeting with the Roes family, the leaders of the International Centre for Human Development in Prague, were taken in their country's capital, by enrolling in training at the Romanian Association of Human-Centred Psychotherapy, which sent friendly greetings to the Czech capital. I felt both an Erasmus ambassador and a Rogersian ambassador. Probably the first and most interesting task during the internship in the psychotherapy centre was to understand and discover the basic conditions (empathy, congruence, unconditional positive acceptance) and the concrete observation of a therapist's everyday life. It was a cornerstone on which I feel that I was starting to build a whole subsequent investigative approach, a set of fundamental values: simplicity, modesty, patience, authenticity and a sincere desire to understand; to understand the immediate reality, not what I could imagine it to be.



Another equally challenging task was to discover the concept of “space” in the most diverse approaches: personal space in group therapy, the space we allot to activities in the practice programme (space thus becoming a key to organizing time), the space in the interactions with the other members of the centre (psychotherapists, clients and volunteers). Two general experiences in which the abstract became concrete.

Beautiful and rich were also the team tasks that started in a group of trainees in threes, and after the first Covid-19 warning, when the borders began to close, they continued in twos (the Erasmus mobility colleague from Turkey chose to leave for home). We started with administrative tasks, discussion sessions with the director of the centre and other therapists about various interventions and therapeutic approaches, case studies, directivity vs. non-directivity, as well as exchanges of academic and cultural experience with the other trainees, in the melting pot of three ethnic groups: Turkish, Jewish and Romanian.

“ *Do I recommend the Erasmus programme? I feel that the answer is very simple and straightforward: Yes!* ”

Multiculturalism once again; the picture would be completed by the meeting, during the supervision and group therapy sessions, with six other ethnic groups: Czech, Polish, Italian, French, Greek and American.

We carried on with the team achievements and experiences by participating in an introductory training on Rogersian therapy, with the simulation of therapy and supervision sessions, designing a plan for organizing a two-year training course, as well as testing collaboration and cooperation in concrete activities: equipping the centre, organizing a volunteer room and a tour of the Jewish Quarter.

The internship ended with a small “Goodbye” meeting on the same European opening note as it began, by conducting a virtual tour following the first

European Symposium on non-directive therapy organized by the Roes family; the image related to the customer-centred approach we had when leaving Prague was basically that of a new beginning, a broadening perspective.

Prague was a complex experience and a living proof that life continues even in the most diverse circumstances, in the midst of a pandemic, calling for adaptation and resilience. I’m glad I chose to say “Yes” to staying in Prague when the borders were closing. I would have missed many valuable moments.

Do I recommend the Erasmus programme? I feel that the answer is very simple and straightforward: Yes! A chance to discover new horizons in the areas of personal and professional interest, to learn new cultural approaches and meet people who share the same values despite their own aspirations.

Thank you to the Erasmus team at Transilvania University of Braşov and to the coordinators of the host institution, the Roes family – who offered a lesson in professionalism, humanity and naturalness – my family, old and new friends from the Czech lands, the professors and my managers who supported this experience.

I will conclude with the thoughts that settled in my mind during the very first days there, while walking on the cosmopolitan streets of Prague, with a scent of freedom and timelessness: Perhaps there are no challenges that cannot be overcome in self-discovery.

Erasmus was the bridge of connection and continuity. Opportunities are at every step. You only need to notice them and take action to go for them.



Bogdan Radu Necula

Participating in the Erasmus+ programme was the best decision.



Cześć!! My name is Bogdan-Radu Necula and I am a fifth-year student at the Faculty of Medicine, and during the academic year 2019-2020 I participated in the Erasmus+ programme receiving a scholarship from the Medical University of Warsaw (Medical University of Warsaw - MUW). Unfortunately, the pandemic brought the mobility to an end sooner than planned, but it is a fact that I had incredible experiences - both professionally and personally - during the five months I spent in Warsaw.

Witaj w Warszawie!! Moving to Warsaw naturally brought about some challenges: adaptation to campus life and orientation in a new city. For the first time away from home for such a long time, the student dormitory was the place where I made most friends. Whether we are talking about a roommate, Manuel, or a group of friends (from Germany,

Slovenia, Croatia, etc.), we became like a family and we did lots of activities together: trips, culinary evenings (sometimes with a national theme), sightseeing tours, movie nights, parties, concerts, we celebrated Christmas together, etc. This is the quintessence of Erasmus+ mobility: meeting new people, making new friends, understanding the culture of your friends (best done over a Turkish breakfast, a Polish lunch or a French-themed evening).

Jestem Bogdan! For sure, I returned home after having met many new people of all ages, with very important professional experience for the future and with a new foreign language in my portfolio. The Polish language is difficult, but learning it helped me win a few friends, both in the professional setting (at the hospital) and in informal moments (at jazz concerts).

the new college colleagues welcome you wholeheartedly and it is super easy to integrate

From a professional point of view, I enjoyed trying a new teaching method, modular education. The classes and the practice hours were intricate, we had theory classes every day in the morning and in the afternoon, and practice hours in the hospital between them. After 2-3 weeks of teaching, we had the exam in every subject - a little tiring, but interesting. The major advantage of being an Erasmus student is that

new college colleagues (in my case, students enrolled in the English Division at MUW) welcome you wholeheartedly and it is super easy to integrate. I have made several friends with students from outside the European Union, especially from Saudi Arabia. During the classes, I managed to stand out on several topics, through seriousness and quality training gained at my home university.

“
For three months I actively helped the team of doctors in this hospital
”

I really appreciate the dedication of doctors and academics, which enables you to evolve in a specialty of your own choice. I was frequently asked if I wanted to choose a certain specialty, and if I did, the only thing I needed to do was to announce and I would be received in duty or extracurricular practice hours. There are also many student clubs in hospitals, at least one club for each specialty. I managed to attend the meetings of the English Division surgery club and the Polish Division orthopedic club. At the Dzieciątka Jezus Clinical Hospital, there are three orthopedic wards, and at the invitation of Dr. Strzelcyk, the doctor who coordinated our practical classes, I joined these departments. The staff was incredibly welcoming, I was taught new techniques, and then I applied everything I learned in the operations. For three months I actively helped the team of doctors in this hospital, and I would probably have continued until the end of the mobility, but the epidemiological situation stopped the voluntary activity. Thanks to my dedication, I was invited to return to Warsaw for an Erasmus+ internship.

I also visited Warsaw, a multicultural city full of surprises – I spent Saturdays on end finding all the murals but it was worth it. The Thursday evenings, when improvised jazz was played in a bar and anyone

could participate, were unbeatable. The top of the excursions was a winter weekend walk in Zakopane.

Na zdrowie!

The mobility was a rollercoaster: new friends, new community, cultural activities, interesting courses and extracurricular training; enough to make you want to do it again. In conclusion, participating in the Erasmus+ programme was the best decision I could make, there was a lot to gain. I can't wait to return to Warsaw, a city that made me feel at home.

Dziękuję bardzo!!





Elena Piticea

Erasmus+ is the change you need



Students usually expect a mobility to be what foreigners call "the time of their lives". I also integrate in this category, because going to LMU in Germany did change my life. I really wanted to leave Braşov, and Erasmus+ was the best option. I felt a great need to study at a foreign university as prestigious as LMU and to get acquainted with student life in another European country. So, Erasmus+ was of essential help to me. Because my main specialism is Romanian, I could only choose Spain or Germany, respectively Granada or Munich. As I researched and saw how beautiful Munich is in the pictures, I clearly felt that I wanted to go there, especially as Germany is an admirable European force.

Romanian language and literature; English
language and literature
Study mobility
October 2020 - February 2021
Germany, LMU München

I knew that German is a difficult language and that Germans appreciate beer very much. I had heard of the Bayern Munich football team, BMW and Angela Merkel. Of course, unfounded rumours about the cold character of the Germans or their reluctance towards history also reached my ears. Anyway, I knew that Germany is a model in many ways.

“
*Every day spent in Munich was more
or less a dream come true for me*
”

Of course, because of the pandemic, everything was much, much harder. And yet, I am very happy to have had the opportunity to live and study there. I can say that Munich has become my second home. I became acquainted with the student experience in a foreign country, traveling through Europe, a different academic system, Western mentalities and socializing in international environments. Every day spent in Munich was more or less a dream come true for me. My horizons have considerably widened, and this is because I had the courage to leave even though I was told to stay home. I confidently recommend Erasmus+ but preferably in times without a pandemic. Anyway, even with the pandemic, I would still start the mobility all over again. I am grateful for this European programme.



Transilvania
University
of Braşov
FACULTY OF PSYCHOLOGY
AND EDUCATION SCIENCES

**Pedagogy of Primary and Preschool
Education**
Study mobility
September 2019 - February 2020
Italy, University of Florence

Nicoleta Roncea

The Erasmus+ mobility taught me to love life



There is a moment, a period, an event in everyone's life that changes our perspective, our way of life, our way of thinking; that period for me was a year ago, in my Erasmus+ mobility. I left shy, without high hopes, unaware of what was to come, but upon my return home, my family, faculty colleagues and friends met a confident girl, eager to learn new things, showing much more openness and joy of living.

The country that hosted me for six months was Italy, more precisely the city of Florence, the city of rebirth. Everywhere I went in this city I saw art, culture and history, and the fact that I was able to blend these three elements with my education helped me to flourish, like a flower bud that blooms in all its splendour when receiving the necessary resources. For me, this was the Erasmus+ mobility: the period in which I discovered, I discovered myself, I made

friends, I learned, I laughed, I cried and I travelled. In short, I learned to love life.

I started the academic year quite chaotically because, although I was told to go to college in September, I only started classes in October. At first, I was a little anxious because I was very excited to start, but I tried to find other activities that would take up my time. I had left the country with the thought of being part of an orchestra, or any kind of musical group because I knew that Italy is a country that offers the opportunity to develop on many levels, and music is very appreciated. My saxophone was an essential object in my luggage. And so, one of the activities that occupied most of my time was singing in the university orchestra. On the first day of rehearsals, I was surprised to find out that anyone could play in the university orchestra, student, professor, rector, dean. I think this is one of the most important lessons I have learned in my Erasmus+ mobility, namely that regardless of age, when you have a passion, you have to follow it, whether as an amateur or a professional. The fact that professors interacted with students outside of class, through music, made me understand that being a professor in Italy is like a dance, and good dancers can influence their partners' movement in the gentlest ways possible, without being obvious that they lead. Working with these beautiful people was not in vain because at Christmas I had the honour to sing in two concerts organized by the University of Florence.



However, I think the most important thing in my whole experience with the orchestra is that we continued to keep in touch even after the Erasmus+ mobility. During the emergency due to the Covid-19 virus, the conductor thought to bring joy to people's souls and I was very happy when they proposed to me to play with them: with headphones in my ears, listening to the conductor's instructions, we all played our part and eventually one of the members of the orchestra put all the parts together and created a video. I posted it on the university's official website, on Facebook and other social networks. These people have once again demonstrated their passion for the pursuit of beauty.

“Who finds a friend finds a treasure”

The cultural and social experience was even richer thanks to the AEGEE (Association des États Généraux des Étudiants de l'Europe) and the Vietnamese apartment colleagues. During the interaction with the association and with my Vietnamese colleagues, I realized how important it is to have a friend, to be able to rely on someone because, as the Italian-American film says, “Who finds a friend finds a treasure”. Due to the fact that I felt very good with the AEGEE association, I decided to get involved in the ESN Braşov association (Erasmus Student Network) in Romania. I don't think this mobility would have had the same impact on me if I hadn't met the students from AEGEE. And what makes me feel proud is the fact that my Erasmus+ mobility has continuity in Romania as well.

The education I received at the University of Florence was balanced and multilateral. What caught my

attention was the professors' encouragement of combining cognitive skills with practicality and an interdisciplinary approach. For example, one of the innovative teaching-learning approaches adopted by a professor was theatre. We were divided into groups and assigned to a middle school class where we had to apply a script, to become real actors in front of children and they, in turn, had to act in a children's play. It was an extraordinary experience from which I learned a lot because I wanted to get out of my comfort zone. So, I asked my group colleagues to entrust me with the role of leader. Noteworthy is the fact that, thanks to this course, I decided to write my bachelor's thesis on art therapy through theatre for children with difficulties in integrating into a group.

At the same time, the University of Florence offered me a unique educational experience through the possibility of free admission to the museums in the city (Uffizi, Galleria dell'Accademia, Palazzo Vecchio, Cappella dei Medici). I think that this opportunity should be given to each and every student, because “Educating the mind without educating the heart is no education at all.” (Aristotle).

There certainly were hard times in my Erasmus+ mobility, failures and mistakes, but I learned that the changes that arise from failure take place at a deeper level. Nietzsche's message to us is to live our lives in such a way that we are willing to repeat this life indefinitely. I for one, definitely do not regret the choices I have made so far and I am glad that my Erasmus+ mobility unfolded as it did.





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Ana Maria Simulescu

On the right way...



It wasn't the first time I had been on an Erasmus+ mobility, but the enthusiasm and delight of a new beginning caught me strongly in the nets from which I no longer wanted to free myself. It was dark when I left, but the full moon that led my way to the airport made my heart jump with the certainty that I was on the right path for growth and development that I so much longed for.

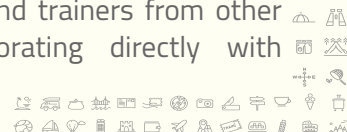
A recent graduate of the master's degree, with a substantial wealth of knowledge, I felt the need for something more, something that would give me a sense of competence in the field in which I had studied. That's how I got to ExAct Malta, an Italian recruitment agency, which had debuted on the

**Master's degree programme: Human Resources
in Education. Training and Management
Practice mobility
September - December 2019
Malta, ExAct Malta- Recruitment Agency**

Maltese job market less than two months before I got there. This gave me the opportunity to learn practically, from scratch, how to set up a company, what the challenges are that you have to face, what the criteria for choosing potential customers are and what competitive strategies a new company can adopt so as to guarantee its success on the market in the medium and long term.

*„zilele petrecute la biroul situat într-
una din cele mai grandioase și
turistice zone ale Maltei, au fost de
neuitat*

Thus, under the guidance of Desiree, the first part of the internship was destined to assimilating new knowledge in the field of human resources and marketing, both theoretical and especially practical knowledge. The days spent at the office located in one of the most grandiose and touristy areas of Malta were unforgettable. In addition to the routine which I had become accustomed to as early as the first week, Desiree always took the time to teach me things not only about ExAct Malta, but also about a second company she ran in parallel. I was thus invited to participate as an assistant in many of the trainings she organizes for teachers and trainers from other European countries, collaborating directly with



partner travel agencies and taking part in training sessions.

However, things took an unexpected turn towards the end of the second month of practice. For personal reasons, Desiree was forced to leave the agency in Malta, leaving me practically alone in the company branch on Maltese territory. However, this was the beginning of a close collaboration with the company's management in Puglia, Italy. I must admit that the first days were challenging. Although I had learned how things worked at ExAct Malta, being alone there, having the responsibility to keep the company running in optimal conditions, keeping in touch with current customers, while looking for new potential customers and candidates, made me step out of my comfort zone, gain more self-confidence and become more organized and more attentive to details.

But the three months of practice did not only mean going to the office and taking up responsibilities behind the recruitment processes, but they represented a life experience that, I believe, cannot be fully put into words, but only lived and enjoyed. Throughout the internship I sought to take advantage of every opportunity that arose, knowing that each experience would enrich me and open new horizons. One of the challenges which I accepted without hesitation was to participate as a volunteer in the Color My Run Malta-2019 competition. Besides the

fact that I collaborated with special people in this competition, in the end I remained with extraordinary memories and a lot of good cheer.

Towards the end of the internship, an experience I will always remember fondly was participating in the ESN-Christmas Tree Contest, in which I won the second prize. Although I participated in this competition mainly to enjoy the beauty of the Christmas holidays away from home with my colleagues, I was greatly surprised when, on New Year's Eve, I was announced to be the winner. One of the prizes received consisted of two round-trip airline tickets to any of the destinations offered by the partner airline. That's how I enjoyed a beautiful 10-day vacation on the sunny shores of the Aegean, in Crete last summer. Thousands of thanks!

To conclude, there were many days I spent in Malta but far too few for the multitude of adventures, festivals and experiences that characterized the three months of endless summer. Every sunset, every sunrise, every swim in the sea or jumping off a cliff, every trip, every new friendship, every challenge was the clear proof that I was not wrong ... Erasmus was the decision that would turn the monotonous course of my life into something great, priceless indeed!

It seems the moon did not lie to me ... she really smiled at me!

„zilele în Malta au fost multe dar scurte pentru multitudinea de aventuri“





Laura-Gabriela Țăpor

Don't be shy, just apply! Erasmus+ is the "winning ticket".



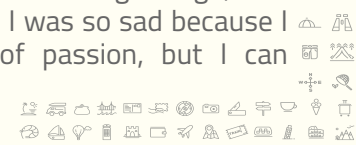
Erasmus+ is not just a scholarship. Erasmus+ is the "winning ticket" or "the gate to the truth", which we have access to if we want more from ourselves. Once opened, this gate offers the unique opportunity to really get to know ourselves, to make unbelievable friends, in cities we have never heard of, from countries we have only learned about in geography classes. It's about the desire to do things you never thought you would do and about the chance to experience special moments.

In my case, Alcoy, or the city with over 20 bridges, is the place where the 5-month adventure called Erasmus+ began in the academic year 2019-2020. In my 2nd year of college, I started traveling through different countries, sometimes alone, sometimes with a group of friends, but I always had the following

words in my mind: "if I ever have the opportunity to go to Spain, I will go for a longer period, to get to know the culture, the customs, to learn a little of everything that this country has to offer and, last but not least, to improve my Spanish", which I had been learning with great pleasure by myself since I was a child. And so, I took the last opportunity in my 2nd year of the master's degree and I decided to take the bull by the horns and apply. I soon found out that a group of colleagues from my faculty also applied for Spain, so we went together.

What impressed me the most was the fact that they often worked in teams

I took the courses at the Polytechnic University of Valencia, Campus Alcoy. There I met very open people, very good colleagues, the subjects were to my liking. What impressed me the most was the fact that they often worked in teams and the students were not tempted to look for solutions on the internet. Instead, we had discussions to get the best result, and the funny part was when we had to choose a team member to speak on our behalf, and most of the times, my colleagues chose me because many feared public speaking. The biggest disappointment I had (yes, that's how we learn to "grow up"), which was highly motivating though, was grade 7 at the Spanish exam. I was so sad because I learned this language out of passion, but I can



proudly say that, at the end of my mobility, I got a C2 in Spanish.

Why Alcoy? I had several options, but I decided that the wisest thing to do would be to ask for the opinion of my Erasmus+ coordinator. At first, I was a little reluctant, because it seemed like a small town. When I arrived, I realized I couldn't have made a better choice. From there it was easy to get to Valencia, Alicante, the beach and many other places.

I think it is very important to have a positive attitude and to be open to new challenges. Professors appreciate this, and you feel more relaxed and at the same time you can make friends faster. Speaking of professors, just like at home, we had subjects that we liked to go to because the professor knew how to grab our attention and make us understand the subject, and we didn't even know when the 150 minutes of the course passed.

“ I was glad to meet people from so many countries, also coming through an Erasmus+ mobility ”

The adaptation process gave me a few mini-shocks: when I arrived, people around me spoke a kind of Spanish which I hardly understood. Then I found out that it was, in fact, “Valencian”. With shopping, another mini-shock: I didn't find any stores open over the weekend. On Sunday, around 3 p.m., I still wanted to eat something and my colleague and I decided to take a walk so we could get familiar with the city and maybe eat something. I remember leaving the house, and the streets were completely empty, no people in

the streets, no shops or restaurants open. Honestly, we were a little scared. Eventually, we found a Chinese restaurant, ate, and returned with the hope that maybe during the week we would be luckier. Another mini-shock was when I saw the town full of people, shops and restaurants open. A small town that seemed deserted on Sunday, was so full of life on Monday. Then I found out that the people there strictly follow the “siesta” schedule so we would not meet people or find shops open between 2 and 5 p.m.

I was glad to meet people from so many countries, also coming through an Erasmus+ mobility like us. Together we went to parties, visited places that few tourists know, we went to the beach, we ate the famous paella, and tasted sangria. Of course, we did not miss the canas-tapas organized by the University every Thursday, where all the students gathered sitting 10-20 of them at a table, listened to music and felt wonderful.

The moments spent there made me realize that we have to take advantage of every moment, take risks and implement what we learn in college. Less than one year after the end of this mobility, I managed to open my own business. Everything is possible!

I miss those moments, but I know that they will remain in my soul for my entire life and I also know that now, after reading these lines, you realize that it would be the biggest mistake of your life not to take such a mobility.





Elena Vulpoi

Say YES to the Erasmus+ challenge!



My name is Vulpoi Elena, I am a fourth-year student at the Faculty of Materials Science and Engineering. I am ambitious, shy, friendly, eager to know and discover new things. I like outdoor activities, competitiveness and games that require teamwork. I am an optimistic person and open to new experiences.

It all started with a question, just when I was offered the opportunity to go to another country. Without knowing all the details, due to the euphoria and the momentary impulse, I answered "Yes!" with all conviction and with all my heart.

Once I arrived in the Canary Islands, Spain, the surprise was huge: I discovered a lot of friendly people, always ready to offer their help without

**Materials Science
Practice mobility
September - November 2019
Spain, Universidad de Las Palmas de Gran Canaria**

asking for anything in return. During all this time I was fascinated by this culture that offered me unforgettable moments that I will cherish for all my life.

The Erasmus+ internship mobility unfolded at the Universidad de Las Palmas de Gran Canaria (ULPGC), where I managed to acquire a lot of knowledge but I also deepened what I had previously learned. The university has high-performance equipment that is not currently available in Romania, which adds substantial value to my Erasmus+ mobility.

If I were to confess to me fellow students, the real attraction of this programme are the open-air concerts

The internship, or rather the research internship, took place in the Nanoscience and Nanomaterials laboratory. I was surprised to see that the practice consisted of full involvement in the research activities which were carried out at that time in the research centre of the host University. Thus, cutting parts to the appropriate size, preparing samples for metallographic analysis on CNC equipment, experimental research of the strength of samples to corrosion by electric induction, experimental determinations on the behaviour of metal samples



when exposed to various corrosive environments, have become well-established skills in my memory and conscience, skills necessary for any student of the Faculty of Materials Science and Engineering.

If I were to confess to me fellow students, the real attraction of this programme are the open-air concerts, themed carnivals specific to their culture organized frequently in the main squares.

“This experience helped me to discover myself, to be more self-confident and to think differently”

I remember with pleasure the La Vegueta festival, a festival designed for students, where you can have a drink and a tapas (food specific to that area) for only one euro, which is a joy for the taste buds but also for the pocket. The best part is that you can enjoy this experience every Thursday. The campus activity was exemplary: together with all colleagues on campus we organized unforgettable parties, where good mood, snacks and refreshments seasoned with music created a unified community and made beautiful friendships. As a result of this socialization, the professional area benefitted as well, the barriers related to language, shyness or public speaking were eliminated, so all the fears I had when I left home disappeared during the very first days.

Let's not forget the unique landscapes, where the sea merges with the mountain, the place where sunsets and sunrises are enchanting. I recommend Roque Nublo to mountain lovers, which is a volcanic rock located at one of the highest altitudes on the island. Las Canteras and Maspalomas beaches are ideal for relaxing in the sun. Another joy, perhaps unique in Europe, is represented by the dunes of Maspalomas where I had the opportunity not only to see the camels close up but also to take a ride. Let's not forget also the narrow, cobbled streets that guide one through the long-gone, fascinating world, full of secrets that challenges one's affinities for history and guides one to the House of Colon, dedicated to Columbus. Additionally, Puerto Mogan is a charming village with a small beach, charming flowers and bridges over the canals. Other must-see attractions are the cities of Galdar, Agaete, Arucas and Tejeda, which keep significant parts of their culture unaltered.

This experience helped me to discover myself, to be more self-confident and to think differently. Whether you are an undergraduate, a master's or a doctoral student, you should experience Erasmus+ at least once because you will meet people who will shape your professional life but also your personal life, events that you will remember fondly over the years to come, unique moments and emotions that will surprise you in one of the days you spend in the adventure of your life.



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