

**COMMO****CO**operation in the **M**editerranean
through **M**obility of students and staff

ERASMUS DAYS 2026

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Erasmus Staff Mobility for Training

From Libyan International Medical University, Libya to University of Salento, Italy

"My Erasmus+ experience made me feel that I belong to a much wider Euro-Mediterranean community. Coming from Libya and participating in a mobility experience in Italy allowed me to see that, although our countries have different languages, traditions and educational systems, we share many values and aspirations. We are connected not only by geography, but also by our interest in education, cooperation and creating better opportunities for future generations.

Through this experience, I developed both professionally and personally. I gained new perspectives on how universities operate, particularly in international cooperation, student and staff mobility, and the exchange of academic practices. I also strengthened my communication, teamwork and adaptability skills. Being in a new environment encouraged me to become more confident, independent and open to unfamiliar ways of working and thinking.

One of the most meaningful parts of the experience was the everyday interaction with people from different cultural and professional backgrounds. Conversations with colleagues showed me that genuine connections can form quickly when people approach one another with curiosity and respect. I was also touched by the similarities between Italian and Libyan culture, especially the importance of family, hospitality, food and community. This helped me move beyond stereotypes and understand that cultural differences do not have to create distance; they can become an opportunity to learn from one another.

I believe programmes such as Erasmus+ can play an essential role in the future of universities. They allow knowledge to move across borders and help institutions develop stronger, more inclusive international partnerships. More importantly, they create direct human connections. In a region that sometimes faces political tension and misunderstanding, meeting, learning and working together can build trust in a way that formal dialogue alone cannot."

For me, Erasmus+ was more than a professional visit. It reminded me that universities can act as bridges between the northern and southern shores of the Mediterranean. I returned with new knowledge, but also with a stronger sense of responsibility to share what I learned and contribute to further cooperation between my university and its international partners."