

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

ERASMUS DAYS 2026

Ermira Qosja

Erasmus Staff Mobility for Teaching

From **Aleksander Moisiu University” Durres, Albania** to **University of Bari, Italy**

“My Erasmus+ experience has strengthened my sense of belonging to a wider Euro-Mediterranean community built on shared values, cooperation, and mutual respect. For me, Italy has always represented much more than a neighbouring country. It has been, and continues to be, the gateway to knowledge, academic excellence, and many of the opportunities that have shaped both my professional career and my personal life. Participating in Erasmus+ activities at the University of Bari reinforced this feeling.

The mobility experience has enriched me both professionally and personally. It has broadened my understanding of international cooperation in higher education and provided practical insights into innovative teaching methods, and university-business collaboration. Perhaps the greatest lesson has been realizing that every mobility experience is an opportunity not only to share knowledge but also to learn from others and to reflect on our own practices.

One of the most meaningful aspects of my experience was not a single event, but the atmosphere of openness and collaboration that characterized every interaction at the University of Bari. Conversations with colleagues, joint discussions, and informal exchanges demonstrated how diversity can become a real source of innovation and mutual learning. These moments reinforced my belief that academic cooperation is, above all, about people and the relationships they build.

I believe Erasmus+ is one of the European Union's most valuable initiatives because it creates lasting connections between people, institutions, and communities. For Mediterranean societies in particular, Erasmus+ is much more than an education programme. It helps build trust across borders, encourages collaboration on common challenges, and prepares future generations to work together in creating a more inclusive, sustainable, and prosperous Euro-Mediterranean region.”