

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

ERASMUS DAYS 2026

Suhad Omran

COMMO Staff Week

From **University of Damascus, Syria** to **UNIMED, Italy**

“My Erasmus+ experience was more than an academic exchange—it was a bridge. Living and learning alongside peers from Italy and other countries, I stopped seeing the Mediterranean as a divide and started seeing it as a shared space of exchange.

I gained skills in cross-cultural communication and adaptability, but more importantly, I gained perspective. One moment stands out: sharing traditions over a meal or collaborating on a group project across languages. In those moments, differences became strengths, and I realized how much we share beneath the surface.

Programs like Erasmus+ are vital. They don't just shape universities, they shape individuals. By fostering direct human connections, they build the mutual understanding needed for dialogue and cooperation across Mediterranean societies.

The future of our region depends on these encounters.”