

**COMMO****CO**operation in the **M**editerranean
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ERASMUS DAYS 2026

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Erasmus Student Mobility for Study

From **University of Petra, Jordan** to **Tuscia University, Italy**

"The Erasmus+ program provides students with a unique opportunity to study abroad, experience new cultures, and enhance their academic and personal growth. This report details my experience as an Erasmus exchange student from Petra University, studying at the University of Tuscia in Viterbo, Italy. It covers various aspects of the journey, from application and academic experience to cultural immersion and personal reflections.

Participating in the Erasmus program was one of the most enriching and transformative experiences of my academic journey. It provided me with a unique opportunity to step out of my comfort zone, immerse myself in a new educational environment, and engage with diverse cultures. As a Business Intelligence and Data Analysis student at Petra University, I was honored to receive a cultural exchange scholarship to study at the University of Tuscia in Italy. This experience not only enhanced my academic knowledge but also allowed me to develop personally and professionally.

Throughout my time in Italy, I was exposed to different teaching methodologies, new perspectives on business and technology, and a vibrant international student community. The program challenged me to adapt to a different academic system, improve my problem-solving skills, and enhance my intercultural communication abilities. Moreover, living in a foreign country provided me with invaluable life experiences, from navigating a new city to understanding and appreciating cultural differences.

Academic Life at the University of Tuscia

Located in the historic town of Viterbo, the University of Tuscia offers a rich academic experience with a focus on research and innovation. The university provides diverse courses, modern facilities, and a supportive learning environment.

The academic system at the University of Tuscia differs from that of Petra University in terms of teaching methodologies, assessment criteria, and student engagement. I had the opportunity to take courses that complemented my field of study, interact with experienced professors, and participate in seminars and group projects.

Academic Experience

Studying at the University of Tuscia was a highly enriching academic journey that exposed me to new teaching methodologies and advanced research approaches, particularly in the field of the European Digital Single Market (DSM). The courses I attended were not limited to theoretical concepts but were highly interactive, incorporating case studies, discussions, and practical applications. This hands-on approach enabled me to bridge the gap between academic theories and real-world business scenarios, enhancing my analytical and problem-solving abilities.

One of the most valuable aspects of my academic experience was engaging with professors and students from diverse backgrounds. Their insights and perspectives introduced me to different ways of thinking about global business, technology, and digital transformation. This exposure not only deepened my understanding of my field but also encouraged me to approach problems with a more open and innovative mindset. Additionally, working on group projects with international peers



helped me refine my collaboration and communication skills, which are crucial in today's interconnected world.

Challenges and How I Overcame Them

While my Erasmus experience was incredibly rewarding, it also came with challenges that required adaptability and perseverance. One of the main difficulties I faced was the language barrier. Although my courses were in English, daily interactions—whether in stores, restaurants, or public transportation—often required some knowledge of Italian. At first, this was intimidating, but I took basic Italian lessons and made an effort to practice with locals. Over time, I gained confidence in my ability to communicate, which made my daily life in Italy much easier and more enjoyable.

Another challenge was adjusting to a different academic system. The structure of courses, expectations for assignments, and grading methods differed from what I was accustomed to at Petra University. This required me to develop strong time management and organizational skills to keep up with coursework while also making the most of my time abroad. By staying proactive, seeking help when needed, and embracing a flexible mindset, I was able to successfully navigate these academic differences.

Personal Reflections

Reflecting on my Erasmus experience, I can confidently say that it was a transformative journey that contributed to my academic, cultural, and personal growth. Academically, I gained exposure to international research and innovative learning methodologies, which enhanced my ability to think critically and solve complex problems.

Culturally, I developed a deeper appreciation for diversity, as engaging with people from different backgrounds broadened my worldview and improved my adaptability.

On a personal level, overcoming challenges such as language barriers and academic differences strengthened my independence and confidence. I learned how to navigate unfamiliar situations, embrace change, and make the most of every opportunity that came my way. The skills and experiences I gained during this program will undoubtedly shape my future, both in my studies and in my career.

Ultimately, my Erasmus journey was not just about studying abroad, it was about growth, discovery, and building lifelong connections. I will always cherish the memories and lessons from this experience, and I highly encourage other students to take part in such programs to expand their horizons and experience the world from a new perspective.

Cultural Immersion in Italy

Italy is a country rich in history, art, and traditions, making its culture one of the most fascinating in the world.

During my Erasmus experience at the University of Tuscia, I had the opportunity to immerse myself in the beauty of Italian culture, which left a lasting impression on me.

One of the most captivating aspects of Italian culture is its deep connection to history and art. Walking through the streets of any Italian city feels like stepping into an open-air museum. From the breathtaking architecture of Florence to the ancient ruins of Rome, every corner tells a story of a glorious past. The museums, cathedrals, and historical landmarks showcase Italy's significant contributions to the worlds of art, science, and philosophy.

Another remarkable feature of Italian culture is its cuisine. Italian food is not just about eating; it is an experience that brings people together. I enjoyed trying authentic dishes like pasta, pizza,

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risotto, and gelato, each prepared with fresh, high-quality ingredients. The culture of dining in Italy is special, as meals are seen as moments to connect with family and friends, creating a warm and welcoming atmosphere.

The Italian way of life is also deeply influenced by a strong sense of community and hospitality. Italians are known for their friendliness and passion for life. Whether in a small village or a big city, people are always willing to help and engage in conversation. I was amazed by how locals embraced their traditions, from celebrating festivals with enthusiasm to preserving their rich heritage.

Additionally, the Italian language itself reflects the beauty of the culture. It is melodic and expressive, making communication feel more vibrant and passionate. Even though I initially faced some language barriers, I found that learning a few Italian phrases helped me connect with locals and appreciate the culture even more.

Overall, the beauty of Italian culture lies in its history, art, food, traditions, and warm-hearted people. My time in Italy allowed me to experience these elements firsthand, deepening my appreciation for this incredible country.

Italy's culture is not just something to observe—it is something to feel, live, and cherish.

Conclusion & Recommendations

My Erasmus experience at the University of Tuscia was an extraordinary academic and cultural journey. It not only broadened my educational and professional horizons but also helped me grow personally by adapting to a new environment and overcoming various challenges. Through this exchange, I developed stronger communication skills, a deeper appreciation for cultural diversity, and a more independent mindset.

This experience has reinforced my passion for international collaboration and learning. I now feel more prepared for future academic and career opportunities, confident in my ability to adapt to different settings and engage with people from diverse backgrounds.

For students considering Erasmus, I highly recommend embracing the experience with an open mind, preparing well in advance, and actively participating in academic and cultural activities. The program offers invaluable lessons, both inside and outside the classroom, that contribute to lifelong personal and professional growth."