



## Teacher or administrative employee experience story

- Name, surname – Diana Uglava, Ana Medzmariashvili, Teona Grigolashvili
- Sending university - Central University of Europe (Kutaisi, Georgia)
- Mobility country - Latvia
- Receiving university/company - Alberta College
- Activity – training/teaching mobility
- Duration of mobility period - 25.03.-29.03.2025.



The Erasmus+ program has provided numerous opportunities for academic staff alike to expand their horizons through mobility experiences. For staff members, Erasmus+ offers the unique chance to engage in professional development, learn new teaching methods, and foster international collaboration. Our Erasmus+ staff mobility experience has been nothing short of transformative, both professionally and personally.

At its core is designed to promote the exchange of knowledge and practices among HEI. As part of this initiative, we had the privilege of visiting Alberta College to participate in meetings with colleagues from various backgrounds. One of the most impactful aspects of the Erasmus+ mobility program was sharing knowledge with Alberta college students.



Moreover, Erasmus+ staff mobility promotes the internationalization of higher education institutions. During our mobility period, we had the chance to build lasting professional relationships with colleagues from Alberta College. This collaboration not only enriched our professional network but also opened doors for potential future partnerships. By discussing with each other shared projects and research initiatives, we witnessed firsthand how international cooperation can enhance academic outcomes and foster mutual understanding.

Beyond the professional development aspect, Erasmus+ mobility also provided us with the opportunity to experience life in a different country. The cultural exchange was as valuable as the academic one. We learned about the host country's culture, language, and traditions, which

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deepened our understanding of global issues and perspectives. This cultural immersion also helped us build empathy and adaptability, skills that are essential in today's interconnected world.

In conclusion, our Erasmus+ staff mobility experience has been an enriching journey that has had a profound impact on my professional development, teaching methods, and personal growth. It has contributed to the internationalization of our home institution. The relationships we have built and the knowledge we have gained will continue to influence my work for years to come. We strongly encourage any staff member to seize the opportunity to participate in Erasmus+ mobility, as it

offers a wealth of benefits that go beyond the classroom and can shape one's career in remarkable ways.



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