



Teacher or administrative employee experience story

- Name, surname – Lia Genelidze, Tea Valishvili
- Sending university - Central University of Europe (Kutaisi, Georgia)
- Mobility country - Latvia
- Receiving university/company - Alberta College
- Activity – training mobility
- Duration of mobility period - 20.04.-24.04.2026.

Our Erasmus+ mobility journey began when we learned about the opportunity through our sending institution, Central University of Europe. As professionals actively working in the fields we teach, we continuously seek opportunities for growth, particularly in international environments. The Erasmus+ program immediately stood out as a valuable platform for knowledge exchange, the exploration of diverse educational practices, and building connections beyond our local context.



Our Erasmus+ mobility was a highly enriching and rewarding experience. It met and, in many ways, exceeded our expectations. Beyond academic learning, it provided valuable cultural and professional insights. Representing our home institution while engaging with an international partner allowed us to broaden our understanding of higher education systems, teaching approaches, and contemporary practices.

During our mobility, we participated in a range of activities that supported both learning and exchange. We attended lectures and workshops, and engaged in discussions on topics such as teaching strategies, student engagement, and the integration of digital tools. Observing how innovative approaches are implemented in practice was particularly insightful, as it enabled us to reflect on similarities and differences between institutions and consider how certain ideas could be adapted within our own context.



In addition to these activities, we had the opportunity to present our collaborative research at a conference in partnership with Alberta

College. Our work on the joint research paper “Brand Communication and Fashion Industry Among Gen Z: Georgia vs Latvia” not only made a significant contribution to our cooperation, but also deepened our understanding of cross-cultural perspectives in marketing and consumer behavior.

We truly appreciated the environment at Alberta College. The institution proved to be welcoming, well-organized, and open to collaboration. The staff were supportive and genuinely interested in sharing their expertise. The atmosphere encouraged communication and innovation, making it easy to engage and feel part of the community.

This mobility brought several important benefits. Professionally, we gained valuable insights into teaching practices across different countries, developed a better understanding of the challenges faced by academic staff, and explored the use of digital learning tools. It also strengthened our communication and networking skills in an international context. In addition, we had the opportunity to share our own experiences and present aspects of our work, fostering a balanced exchange of knowledge rather than simple observation.

On a personal level, the experience enhanced our adaptability, confidence, and openness to new ideas. Informal interactions with colleagues were equally valuable, offering practical perspectives on everyday challenges and solutions in higher education. Furthermore, the connections established during this mobility provide a strong foundation for future collaboration and joint initiatives.



For future Erasmus+ participants, we recommend approaching the experience with curiosity and initiative. Active engagement - asking questions, participating in discussions, and building relationships - greatly enhances the value of mobility. While preparation is important, being flexible allows participants to benefit from unexpected opportunities. It is also essential to think about how the knowledge and experience gained can be applied within one's home institution to ensure long-term impact.

In conclusion, our Erasmus+ mobility was a meaningful experience that contributed significantly to our professional growth and personal development. It reinforced the importance of international cooperation in education and motivated us to continue seeking opportunities for learning, collaboration, and innovation.