



NEO ALBANIA
National Erasmus+ Office of Albania

“Create beautiful memories with Erasmus +”

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Home Institution: University of Vlora “Ismail Qemali”
E+ Programme: Exchange Students
Host Institution: Tallinn Health Care College, Estonia
Period: June - August 2019

My Journey towards Erasmus+

My name is Haxhire Çuçaj, this year I finished my Bachelor studies in General Nursing. Since high school I learned about the Erasmus student exchange program and the desire to participate has been great since then. In the second year at our university, the Office of Foreign Relations, organized a meeting which addressed in great detail the process of this program. Listening to the experiences of other students and those in the same field



as me, made me want to be part of this program even more. At any moment the office staff was ready to give me the necessary information on the procedures that needed to be followed, but they also gave me their support. I applied to the program in

December 2018 and in January 2019 I was declared the winner.

Since I was going to do my traineeship in Estonia, I decided to finish the school year and attend the Summer program. The best choice I have made. The preparation of the documentation was a bit difficult, but the Foreign Relations Office always helped me, including the necessary documents for the application, the ones required by the host institution but also with the Learning

Agreement. However everything was completed successfully.

From the first moment I was optimistic, happy and ready for this new experience. Anyway I was scared with how I would adapt to this situation and new city. The days passed without realizing it and the moment to start my new adventure had come.

My Erasmus In Tallinn

As soon as I got off the plane, I was experiencing a feeling that everything would go well, and I would have a good time. The city was fantastic, if I was told to go there again, I would gladly go. What impressed me was the dormitory, we were lucky enough to find a place in the dormitory and the conditions were fantastic especially our room, we had everything we needed.



We were easily distinguished from the locals there, but that was what made it even more special because they increasingly highlighted their quite hospitable nature. Especially the medical staff at the hospital, was quite willing to give

us the right knowledge, to teach us the necessary procedures that a nurse must perform on the job.

Although we were strangers, the elderly patients, but also the young ones had respect and trust in us to do our practice.

Of course, another part of this exchange was how we spent our free time. The most beautiful moments I remember are the ones when everyone in dormitory was together and we could talk about different topics, learn each other's cultures, share our experiences. Not only did we get to know each other better, but we also got to know ourselves better because you are independent and need to manage your time more efficiently.



The city had an intersection of both the old and the new. The old town of Tallinn located in the center had a very special style therefore as tourists, locals but also us often went there. What I liked was that the city often organized various activities for all tastes and preferences of the citizens. We learned their tradition, local food, drinks, but since we lived in the capital, we also tried foods of different cuisines such as Indian, Mexican and Chinese.

This experience shaped me a lot, not only in the professional aspect where now as a nurse I can do various nursing procedures, such as: filling in the nursing card, assisting in nursing interventions, finding a vein, changing the intravenous cannula, preparing medications, bandaging wounds etc. I was also formed as a better individual, ready to face various problems.

Nothing is difficult if you really want something. All people are afraid, but if you want to create beautiful moments then you have to dare. It takes courage to find out if you really want your dreams, if you are ambitious, and also find answers to many other questions. And there is nothing better than getting out of the comfort zone

thanks to the Erasmus program, because you are faced with different situations all alone. I would talk endlessly about the benefits that this program brings, but better apply, win and you will understand all this from the experience you will go through.

Uncertainty and thoughts that you can't success are just a



step back. Do not let them discourage you. Apply, have confidence in yourself and do not give up. Every second of this program is worth it!

What stops people from doing what they want is fear, so stop thinking and do what you want.

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