



NEO ALBANIA
National Erasmus+ Office of Albania

“Erasmus+ helps to gain more responsibilities”

Student: Ira MUKA

Home Institution: University of Elbasan “Aleksandër Xhuvani”.

E+ Programme: Exchange Students

Host Institution: South West University “Neofit Rilski”

Period: February 2019-June 2019

Journey towards Erasmus+

My name is Ira Muka and I am studying Psychology in Faculty of Education Sciences, University of Elbasan “Aleksandër Xhuvani”, Elbasan, Albania. Erasmus+ experience for me was one of the best experiences I have ever lived.



I have heard for the first time about this program when I was in high school and since then it became like a dream to me which I wanted to realize it. So, when I started the university, I took all the information about the Erasmus+ program at the IRO in order to apply for this mobility exchange students. I applied and I was chosen to be part for mobility at South West University “Neofit Rilski”. I had the chance to visit a new country, know new cultures, travel, meet new people, make new friends and study abroad, I also got used to a different lifestyle. Everything I had to live there was

amazing. I really got a good ‘feedback’ from this experience. I applied for the call autumn 2019 as I remember the two last days off the call.

My Erasmus My Blagoevgrad



Life changing experience which broke my stereotypes, made me more self-confident, open-minded. I’ve never expected that I would go to Blagoevgrad to study in South West University “Neofit Rilski”. I really love this Programme, this country and felt very comfortable in this University.

They are all so generous with their time and are always ready and capable to help with the studies. The most particular thing at the host university was absolutely the desire of all my professors to welcome me as warm as possible and help me in every difficult situation that i faced. All the professors behaved very well to me and I felt like home and very comfortable towards them. Personalized approach which was used by the university staff, their openness for new technologies. I became more aware about new applications which might be used in educational process such as Google class (which increased efficiency and transparency of lectures).

Student Life

Once Erasmus+, always Erasmus+. Mobility experience was for me as life changing. I was inspired by different approaches which were used during our classes and during non-formal education with other exchange students. I would like to participate in this project again because I can share my personal experience, this international experience can become my competitive advantages in my future carrier.

First of all Erasmus+ has helped me gain more responsibilities, it made me emotionally stronger, helped me to be more sociable and to accept more, to be brave and it has also helped me improve my English skills and Bulgarian skills at the same time.



Stop hesitating! It is an experience that will serve you a lot, socially, emotionally and professionally. You will be able to do so many things that you couldn't do before and you will be able to interact with people and situations more easily. You will learn more about everything and every single experience will be your advantage in case of difficulties. For me Erasmus +, is an experience everyone should be part of. Once you start your life in the host country and university, you start building a big family and you start putting bricks in your wall of life. Every brick means something; every brick is a chance and a possibility for you to be a better person and to do your best in everything. Erasmus+ students are community of people which change the society by breaking stereotypes and sharing their culture.

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