



**NEO ALBANIA**  
National Erasmus+ Office of Albania

# “be part of your own transformation into a better human”

Student: Julia Dimitrova

Home Institution: FH Joanneum.

E+ Programme: Exchange Students

Host Institution: POLIS University

Period: October 2020-February 2020

## My Experience in Tirana

My name is Julia Dimitrova, originally from Bulgaria, currently studying Information Design in FH Joanneum /Graz, Austria/ for the last two years and using each opportunity to travel around and gain new experiences. In my university I've learned a lot how to be flexible, see things from a different perspective and let my mind explore new horizons. Despite the good reputation of high education there, a strong reason for me to choose it was the numerous options for pursuing an exchange semester in another country with Erasmus+.

I've always been interested in other cultures, in the way of living of other people and in the new point of view in a foreign place. I had the chance to apply for a lot of different countries, each one with great universities but the thing that I was searching for was something unusual, a place that not everybody will choose or will be interested in, just because it has not become “famous” yet and is kind of a hidden gem. That's how I decided to come to Albania and to Polis University, and give it a chance, a chance to surprise me, good or bad, I had no idea. But that's the point, you must risk in order to grow, you have to get out of your comfort zone in order to improve yourself. It was all really spontaneous, but I was really excited to jump into this new adventure.

The first month here at Polis I had the time to settle down, without rushing, with the help of the staff from the International Office. Everyone was so nice and friendly, ready to be there for me if I had a problem or a question. That made me a lot more stress free because I didn't have to deal with everything all alone. I made friends with people from Polis and outside of it really quickly and started to feel as a part of the community here.

The atmosphere in the university is really positive, there is this brightness and a touch of design that opens the space in the whole building and makes it enjoyable to work on and realize ideas. My study program here was quite different from the one in Graz, I learned a lot of new things, explored various subjects and definitely gained experience in Fashion, Multimedia and Interior Design. I was happy to attend a couple of lectures outside of the university and also be a part of two workshops curated by acknowledged professors from Italy. Thanks to them, my skills in time management and innovative thinking were enriched and upgraded.



Not to forget the teachers of Polis too, who were always there for me to explain or consult. The level of education here is not less than high and professional if even compared to the one in Austria. The lectures were good structured and prepared on all occasions, the students have the chance to experiment due to the various projects and presentations. One of the best things is that this university offers a lot of “practice learning” and not only theory lessons, which helps the undergraduates a lot and prepares them for their future job.

I have to be honest here and say that the thing which really made me decide to come here was the nature. I saw so many photos of it and wanted to come and explore the whole country. I already did a few trips (there are more coming soon) and I surely can say that Albania has one of the most beautiful landscapes I've ever seen. The nature is so diverse; I was truly amazed by it.

To conclude, I will repeat myself and say that only from taking risks and getting out of your comfort zone you can achieve so much more and be part of your own transformation into a better human. I'm so happy that I chose to come here because I met some awesome people, had a lot of fun and most importantly improved myself in many ways.

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