



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

# “Erasmus+ made me a better person”

Student: Xhoana Kristo  
Home Institution: POLIS University.  
E+ Programme: Exchange Students  
Host Institution: University of Minho  
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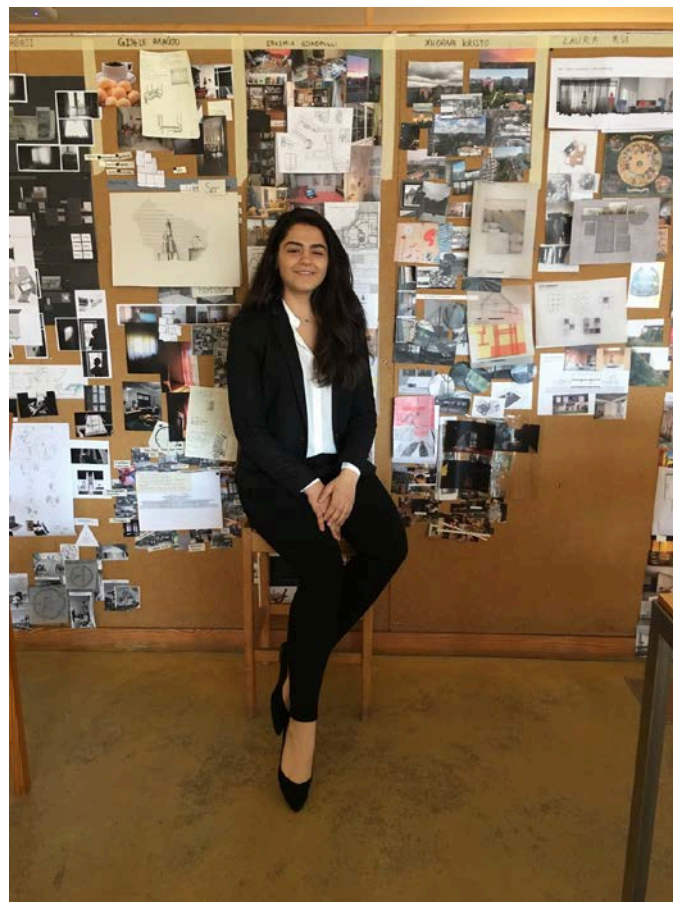
## My Experience in Guimarães

My name is Xhoana Kristo and I am a fifth-year student in Architecture and Urban Design Department at Polis University. Since before finishing high school I had a clear idea and a complete desire to pursue university studies in the field of architecture. Among the various alternatives, I made my choice to join this large family found in the academic environment of Polis University. I was confident that this choice provided me professional training at the international level, an educational spirit with both professional ethic and civic culture in creating space for thinking. The communicative and hospitable spirit was what made me feel more familiar with this change in my daily life. A spirit which was evident in the classrooms but also in the university premises.

The classes are conducted by lecturers who are fully trained; who present lectures, examples, references and encourage discussions to make constant confrontation with the Albanian and foreign context so that everything is more understandable, share ideas on various city developments, etc. The atmosphere that is created in the classroom is very motivating and friendly while professors are very supportive and demanding. Classes are organized in full progress and with various field study visits outside the premises of the institution.

The family atmosphere is found also in the environments outside the classrooms where students can participate in many activities led mainly by the student senate through which different talents or passionate appear, such as: Polis Got Talent, student clubs, or many other activities in which students in which students interact and share their ideas.

As a student representation member of the Internal Quality Assurance Unit (IBSC) I can state that well-functioning as an organization comes from continuous work and a constant spirit of communication and cooperation with other students, staff and faculty.



The university program has offered us the opportunity to participate in extracurricular activities in the framework of professional training. Some of them are open lectures, workshops held in the premises of Polis University throughout the academic year, and in the host part of the beginning of the academic year with the weeks of architecture (TAW) and design (TDW) held in Tirana.

Quality education do not limit to those opportunities only. Among numerous events held by the institution on which I have participated, one of the most important for my formation was attending an academic semester under the Erasmus + program, which I attended at the University of Minho in Portugal. I am very grateful that Polis University gave me this opportunity. During this academic semester my knowledge was reinforced by taking advantage of the context I was found there. Thanks to the strong preparation received at Polis, I felt equal with students from all over the world in the confrontation of new environment.

For the full preparation of students and their best performance in the labor market, Polis University offers internship opportunities for all students. In this regard, at the end of my studies I had the opportunity to participate in the internship of the "Metropolis" studio. A very complementary experience, in which I learned from concrete situations of the profession while maintaining the same positive spirit of understanding and cooperation as the university. These five academic years at Polis University for me were an excellent study experience in which I faced a new reality, hospitable and communicative. I was enriched with knowledge by a highly prepared academic staff, ready to be present in any uncertainty. Continuous work with colleagues helped me in my student life getting to know a new community, benefiting greatly from each other. I am sure that this five-year experience will accompany me throughout my life.

Polis is a real space for thinking! I encourage as many others as possible to become part of this extraordinary experience!