



# “Erasmus+ brings people and countries closer”

**NEO ALBANIA**  
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Host Institution: Tallinn Health Care College-Estonia  
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## My Journey towards Erasmus+

My name is Fatjona Kamberi, Lecturer and Researcher at the Faculty of Public Health, University of Vlora "Ismail Qemali", UV. In recent years UV has provided many mobility opportunities for students and academic staff. And I am one of the members of the academic staff who has benefited from these mobilities.



My journey at Erasmus + starts after getting informed through the mobility call for teaching and training staff under the Erasmus + program for the KA1 component at Tallinn Health Care College, Tallinn, Estonia on the UV Website.

The reasons that pushed me to apply were numerous, although I cannot hide the fact that at first I was so hesitant that I applied on the last day of the deadline. Estonia seemed a very remote place to me even though I had the opportunity to get to know it a little bit via email communication with Tallinn Health Care College colleagues as I had been the institutional coordinator of the call for student mobility. Also, I had the opportunity to meet face-to-face, in Vlora, Estonian colleagues who had come to implement the cooperation agreement with UV.

The previous experience of our students there and the presence of a simulation center for teaching medical students (nurse, midwife, etc.) convinced me that I had to make this application.

After applying with the relevant documentation, I was notified by the office of International Sector of UV that I was selected as the winner of mobility along with two other colleagues. From the moment I was announced as a winner I felt that this experience would enrich me a lot in terms of professional development, teaching, gaining new competencies and practices, but also in personal aspects and creating new bridges of cooperation.

The beginning of the mobility coincides with the signing of the agreement "Mobility Agreement staff mobility for teaching" which, among other things, defined the period of mobility and its duration. My teaching mobility at Tallinn Health Care College lasted one week. I want to emphasize that the communication and support from the international offices of both institutions were exemplary. Tallinn Health Care College colleagues emailed us in advance a detailed program on how to organize work during the mobility period.



## My experience in Tallinn

Tallinn was a small town, filled with many museums where everything was easily accessible.

On the first day of mobility we were received by the head of the international office who welcomed and introduced us to the colleagues who would accompany us during the mobility. We also had a meeting about cooperation, visiting the simulation center and attending some classes in this center. The simulation center was very impressive. An improvised mini-hospital on the premises of a school where students and ambulances improvised accident scenes that required immediate medical intervention and where the integration of high technology enabled 3D learning for many modules.



This day also marks my first lecture in the auditoriums of Tallinn Health Care College. The students were friendly and asked lots of questions. They were very curious about Vlora and Albania as they had almost no information at all.



On the second day of mobility we visited the college library, very rich in books, and the digital library corner. This space was used by students as a study and relaxation environment. The third day was again in the auditorium, where I had the opportunity to exchange the results of my research and discuss it with students. On the fourth day that coincided with Research day, we discussed in a meeting with colleagues about the benefits in the scientific research plan as a result of the cooperation established between the two institutions. On this day we

had the opportunity to visit one of the hospitals in Tallinn.



The social program included the fifth day of my stay in Tallinn. Tallinn was a very beautiful city with part of the old town and the modern town very well integrated into each other. This mobility gave me the opportunity to learn a lot about a country that at the time of application seemed very remote and very cold at the same time, but that surprisingly during the period of my trip there, the weather was very warm.



It was easy and cheap to travel by ferry to Finland and visit Helsinki and its unique beauties.

My experience in Tallinn occupies a special place in me. I remember it often and share it with my colleagues and students. An experience that enriched me professionally, opened new horizons for me, and that made me have more good friends Lyudmila, Irma, Siir, Eve, and Mare with whom I continue to communicate and collaborate.

I do not stop telling students and colleagues to become part of the mobility, do not be afraid of distance and the unknown because:

**“Erasmus + brings people and countries closer.”**