

My week in Erasmus + Lithuania

This week was a brilliant experience for me. It was the first time that I stayed in a foreign country without my family. For some time I had the possibility to get to know another country.

During this week, I learnt new perspectives in terms of culture and thinking. I learnt some important facts and things that I am sure will be important for my future. I think that I have a better perspective of the differences in relationships and communication that each culture has. Furthermore, I also learnt some interesting aspects of Lithuanian culture and history.

I visited many green spaces and somewhat that made me realise how much I miss them. Living in a city, I miss calm and beautiful places to relax and spend some time with friends. All the places had such a natural beauty, which made me wish that I stayed a bit longer.

I had a new perspective of gastronomy. In this week, I had the opportunity to try different meals that I am not used to. After an entire week in Lithuania, I learnt that I should have more vegetables and green food on my plate.

In general, I would say that this was an incredible opportunity to make new friends and to have new experiences.

I thank ERASMUS+ and my teachers for making this experience possible.



Helena Matos