



Co-funded by
the European Union

Mariya Chiriyamkandath Jose

Faculty of Medical Sciences

"VASILE GOLDIS"
WESTERN UNIVERSITY OF ARAD,
ROMANIA



What were your reasons for applying for an Erasmus+ exchange?

I applied for the Erasmus+ exchange because I wanted to experience medicine beyond the walls of my own university. I have always believed that stepping into a new environment, meeting different people, seeing how healthcare works in another country, and learning through new challenges helps me grow not only as a student but also as a person. This was my chance to explore, learn, and push myself outside my comfort zone while continuing to do what I love most — studying medicine.

Describe your stay at the host university. How satisfied are you with the services available to foreign students?

My stay at the host university was truly wonderful. From the very first day, everyone was warm, welcoming, and ready to help. Whenever I had doubts or felt unsure about something, there was always someone — whether a professor, staff member, or fellow student — who took the time to explain things clearly and kindly. That support meant so much, especially in a new environment. The services for foreign students were thoughtfully organized, which made it much easier to settle in and focus on learning. What made this experience even more special was connecting with both local and international students. We shared not only study notes but also stories, meals, and laughter. It felt like being part of a small global family — one that gave me friendships and memories I will carry with me forever.



Make a comparison of the way of teaching and the way of functioning at your home faculty and at the host faculty.

At my home faculty, professors are a balanced mix of strict and friendly, and since all departments are located within the same compound, it's very convenient to move between classes and clinicals.

In Arad, things were a bit different — clinical departments were spread across the city, which sometimes made it challenging to move from one place to another. However, the professors there were incredibly kind, approachable, and supportive, creating a relaxed and encouraging learning atmosphere. Both systems have their strengths. Experiencing both has helped me become more adaptable and open-minded toward different teaching styles and educational environments.

What did you find most interesting about the host country's culture?

What I found most fascinating about Romanian culture was how deeply people value their traditions. I especially enjoyed watching traditional dances — they were full of energy, emotion, and authenticity.

Even though people seemed quite busy with their own lives and not everyone was open at first, I eventually met genuinely kind individuals who made me feel welcome. Attending church every Sunday was a highlight for me; it gave me a comforting sense of belonging and connection in a new place.

