

# Erasmus Exchange Report: Experience in Białystok, Poland

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During the summer semester of 2024, I had the opportunity to participate in an Erasmus exchange program at the Faculty of Electrical Engineering at Białystok University of Technology (BUT) in Poland. This exchange provided me with an unforgettable experience, both academically and culturally.

## **Arrival in Białystok**

Upon arriving in Białystok, I was immediately struck by the city's blend of modernity and tradition. The university's International Office was extremely helpful, providing detailed guidance on administrative procedures, accommodation, and integration into university life. The warm welcome from the staff and students made the transition smooth and comfortable.

## **Academic Experience**

The Faculty of Electrical Engineering at BUT is well-equipped with state-of-the-art laboratories and facilities. The curriculum was rigorous and challenging, offering courses that covered a wide range of topics in electrical engineering. The professors were knowledgeable and approachable, encouraging a collaborative learning environment. I particularly enjoyed the hands-on laboratory sessions, where I had the chance to apply theoretical knowledge to practical projects.

## **Cultural Integration**

Białystok is a city rich in history and culture. Through the Erasmus Student Network (ESN), I participated in numerous cultural events and trips. These activities helped me immerse myself in Polish culture and history. Visits to local museums, historical sites, and participation in traditional Polish festivals enriched my understanding of the local customs and traditions.

## **Social Life**

Meeting fellow Erasmus students from all over the world was one of the highlights of my exchange. The diverse international community at BUT fostered an environment of mutual respect and learning. I made lifelong friends and enjoyed social activities such as international dinners, language exchange sessions, and weekend trips to explore other parts of Poland and neighboring countries.

## **Language and Communication**

Although most of the courses were conducted in English, I took the opportunity to learn some basic Polish. The university offered language classes that were quite beneficial. Learning the local language, even at a basic level, helped me navigate daily life more easily and interact more deeply with the local community.

## **Challenges and Adaptation**

Adapting to a new academic system and cultural environment came with its challenges. The initial language barrier and different educational methodologies required some adjustment. However, with the support of the university staff and fellow students, I quickly adapted and learned to thrive in my new surroundings.

## **Personal Growth**

The Erasmus exchange in Białystok was a significant period of personal growth. Living independently in a foreign country taught me valuable life skills such as time management, problem-solving, and adaptability. The experience broadened my perspectives, enhanced my intercultural competence, and boosted my confidence.

## **Conclusion**

My Erasmus exchange at the Faculty of Electrical Engineering in Białystok was an incredibly rewarding experience. It provided me with high-quality education, cultural enrichment, and the opportunity to build an international network. I am grateful for the support and opportunities provided by both my home university and Białystok University of Technology. This exchange has left a lasting impact on my academic and personal life, and I would highly recommend it to any student considering an Erasmus exchange.

Overall, my time in Białystok was not only an academic pursuit but a journey of self-discovery and cultural immersion that I will cherish forever.