

My Erasmus + experiment is a period of time in your life that you would not want to trade to anything else. In this post graduation programme I was working at a private clinic in Vienna, Austria for four months as a physiotherapist trainee. I've learnt a lot of new skills and approaches of various treatments. I become more confident and learnt to trust myself more in new challenging situations. My spoken English become more fluent and easy-going and I've also started to pick-up a bit German language as well. The culture in Austria is not so different from Hungary, however Vienna is much more multicultural and international as Budapest. I joined to some Erasmus student organisations to get to know other people, because I was only surrounded by professional environment since I was not attending to university anymore. Although, it was really a life-changing experience for me, it wasn't necessarily always easy. At the beginning, everything is new and you need to create a new life for yourself since your usual friends, family and surroundings are not available. But it gave me a kind of freedom, that I've never experienced before. Sooner or later, but you will become more confident in the city, at the work place and it will be much more convenient to speak in a foreign language. When the time comes to go home, you suddenly realise that the places and a people that were so strange at the beginning, have become familiar and got you attached. I would suggest the Erasmus experience for everybody because it is an excellent training not just professionally but it contributes a lot to personal growth, not to mention the new friendships and connections that you were able to make there. Now that I have stood my ground in an international environment, I feel more confident experienced and open-minded.