

Travel Report

GENERAL INFORMATION

What was your semester abroad like?

I agree to the publication of the report and attached photos
(there are no third parties rights to these photos) Yes

New outgoing students sometimes ask us for a way to
contact former outgoings. Are we allowed to pass on your
contact details in case of inquiries? Yes

Academic year 2025/2026

Start semester Frühjahr/Spring 2026

Duration in semesters 1

Study program at EUF B.A. European Cultures and Society

Subject 1 (only applicable to teacher training students)

Subject 2 (only applicable to teacher training students)

Subject 3 (only applicable to teacher training students)

Host country Poland

Host university Uniwersytet Opolski

YOUR PERSONAL EXPERIENCE

How did you prepare for the semester abroad? What should
be organized in advance?

I prepared by completing all the required Erasmus+ and university documents, arranging health insurance, researching Opole and the University of Opole, and planning my finances and accommodation. I recommend starting preparations early and keeping copies of all important documents.

Do you have any recommendations for environmentally
friendly travel (if applicable)?

I recommend travelling by train or bus where possible instead of flying. During the stay, using public transport, walking, cycling, and carrying reusable items are simple ways to reduce your environmental impact.

Where did you live and how did you find your
accommodation (self-organized/provided by host
university, dormitory/private etc.)?

I stayed in a university dormitory arranged through the University of Opole. It was affordable, close to campus, and a great place to meet both local and international students.

Did you participate in events for exchange students? How
did you establish social contacts in other ways?

Yes, I attended orientation and exchange student events, which helped me meet new people. I also made friends through classes, group work, and living in the student dormitory.

How satisfied were you with the host university (facilities, staff etc.) and the course offer (workload etc.)?	I was very satisfied with the University of Opole. The staff were supportive, the facilities were good, and the courses were interesting with a manageable workload.
Did you learn the local language? How important was the language for your stay?	I learned some basic Polish, which helped in everyday situations such as shopping and travelling. English was sufficient for studying, but knowing a little Polish improved my overall experience.
What intercultural experiences/skills have marked your stay?	Studying with students from different countries improved my communication skills, adaptability, and understanding of different cultures. It made me more open-minded and confident in international settings.
Which perspectives on your host country/home country have changed - and why?	Living in Poland gave me a better understanding of its culture, history, and people. It also encouraged me to reflect on my own country and appreciate cultural differences.
How was your everyday life (leisure, shopping, transportation, inclusion etc.)?	Life in Opole was comfortable and easy to adapt to. Public transport was reliable, shopping was convenient, and I spent my free time exploring the city, travelling, and socialising with friends.
Do you have any recommendations for a sustainable stay abroad (projects, initiatives, everyday life)?	I recommend using public transport, walking or cycling, recycling, reducing single-use plastics, and supporting local businesses whenever possible.
How did you manage financially? How much did you spend on visa (if applicable), travel, accommodation (per month), living expenses, leisure activities, other expenses (books etc.)?	I managed my finances through careful budgeting and Erasmus+ support. Accommodation and living costs in Opole were affordable, and planning my expenses in advance helped me stay within my budget.
You have been abroad as a student at Europa-Universität Flensburg, and you may have received an Erasmus+ scholarship from the European Union. How did your stay abroad change your view of Europe? Which new insights into European values did you gain during your semester abroad?	My Erasmus+ experience strengthened my appreciation for cultural diversity, cooperation, and freedom of movement within Europe. Studying with people from different backgrounds showed me the importance of mutual respect, inclusion, and international collaboration.
What was your best/worst experience? Is there anything else you would like to share?	The best part was meeting people from different countries and experiencing Polish culture. The biggest challenge was adapting to a new environment at first, but it helped me become more independent and confident.
Would you recommend a semester abroad at your host university? For what reasons?	Yes. I would recommend the University of Opole because of its supportive staff, affordable living costs, welcoming atmosphere, and the opportunity to gain valuable academic, cultural, and personal experiences.

YOUR PHOTOS

In this section, you may upload some photos that represent your stay abroad. When selecting the photos, please bear in mind that the pictures will be visible online if you have given us the permission to publish your report.

Please note that apart from landscapes and buildings, no people other than yourself should be visible in the photos! If you upload photos with other people in them, unfortunately the report cannot be published.

Photo (1) file_6a57d1c0ee57c-img_8858.jpeg

Photo (2) file_6a57d234a868f-img_8841.jpeg

Photo (3)

Photo (4)

Photo (5)

Photo (6)

Here you have the possibility to enter descriptions/explanations for the photos











