



Mobility Recalls

The following brochure presents interesting reflections and conclusions from UL students and staff, who have carried out student, training or teaching mobility at partner universities in Norway as part of the ongoing project Mobility in Higher Education Institutions (HEI). The project was implemented with EEA grants and national funds in the academic year 2022/23.

Each participant shared their impressions of the implemented mobility in the form of a short summary and photos that captured interesting moments that will remain in the memory of the project participants.

The project aimed to strengthen educational cooperation between the University of Lodz and partner higher education institutions in Norway.

The following brochure presents interesting reflections and conclusions from UL students and staff, who have carried out student, training or teaching mobility at partner universities in Norway as part of the ongoing project Mobility in Higher Education Institutions (HEI). The project EOG/21/K2/W/0025 was implemented with EEA grants and national funds in the academic year 2022/23.

Gabriela Szkup, Specialist at International Relations Office

The training mobility to the partner university Molde University College was a valuable professional experience for me, as it gave me an opportunity to comprehend the specificity of the operation, management and implementation of mobility projects under Erasmus + or Education programme by a smaller institution than the University of Lodz, and to make comparison of the experience gained with the conditions and organization of work at the UL. When it comes to the implementation of projects themselves, certain activities are carried out differently, with extensive use of IT systems, but also with individual and direct consultation between the university coordinator and incoming staff/students from partner universities. The specificity of the activities and solutions applied results directly from the scale of the university, the level of economic and social development in the host country, higher education arrangements adopted nationally and the university's location in relation to other universities in Norway. The overall determination, commitment, efficiency and operability of the university's coordinator's activities contributed to a very positive perception of the host university. Direct conversations with the coordinator were an excellent way to exchange experiences and grasp cultural and organizational differences in the arrival and mobility of students and staff.

The training mobility in the form of the so-called job-shadowing with the possibility to converse with the university staff was an excellent opportunity for me to put my skills (e.g. language skills) and competences to the test that I make use of in my everyday duties and tasks. The three-day stay in Molde was a unique opportunity to experience and appreciate the natural qualities, elements of the cultural heritage of the city and the country, approaches to ecological solutions, e.g. in public transport, and use of IT solutions in many areas of economic and social life in Norway.



Molde University Collage

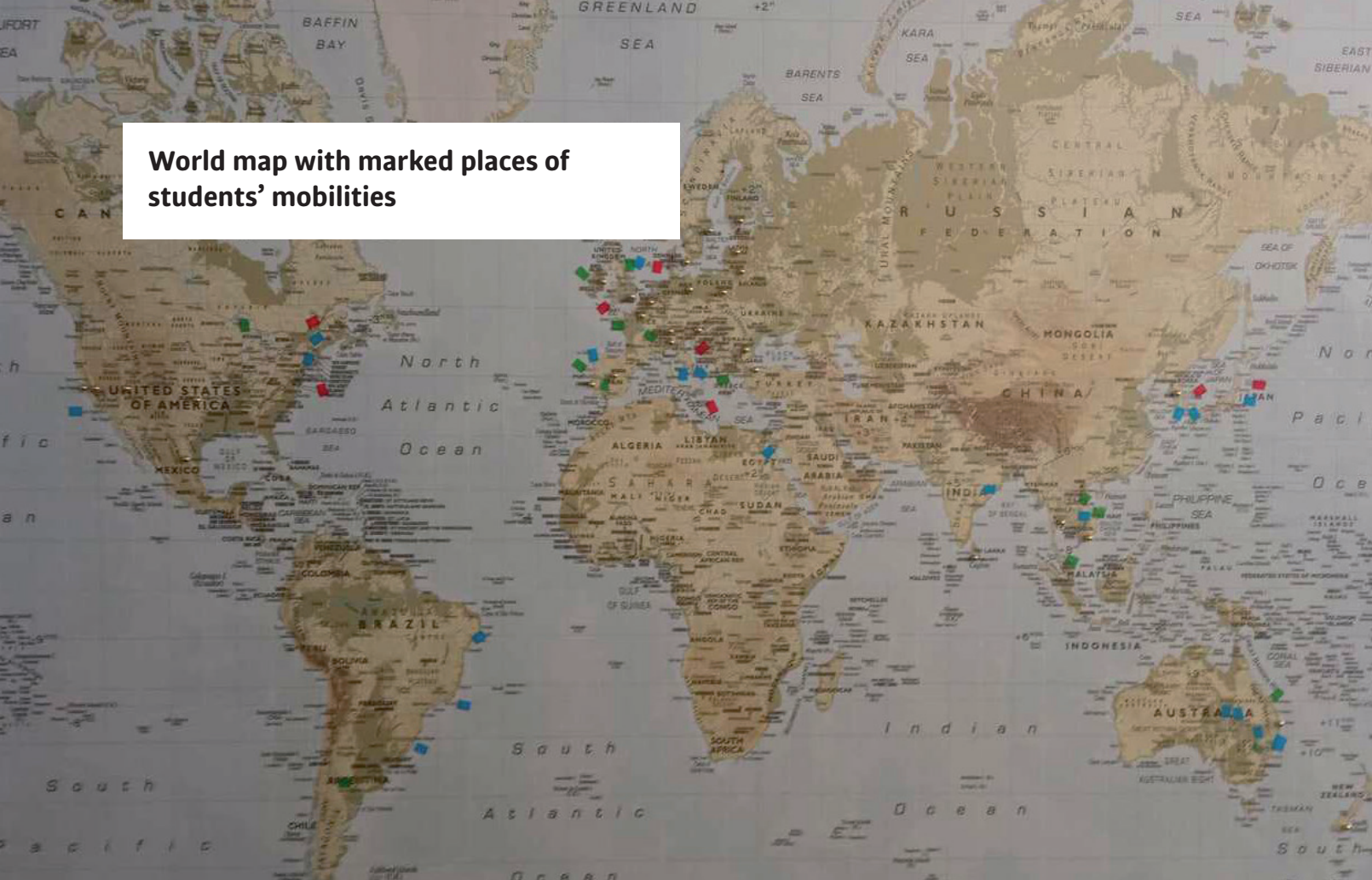
Gabriela Szkup with Mrs. Anette Kristin Myrstad, the Erasmus+ Coordinator at Molde University College



Agnieszka Łukawska

Specialist at International Relations Office

While at Kristiania University College in Oslo, I was given the opportunity to get to know the staff of the Department of Research Administration and Internationalisation, who presented, among other things, the higher education system in Norway. When it comes to internationalisation itself, the university offers its students mobility to partner universities not only in Europe, but also in the USA, South America or Australia, among others. Good partnership contacts are represented by a world map on which students mark the places where mobility has taken place. During my stay, I had meetings with the task coordinators for partnership agreements, student exchanges, courses offered in English, and Blended Intensive Programmes (also known as BIPs). I had the opportunity to visit the buildings of the 3 campuses: Campus Kvadraturen, Fjerdingen and Urtegata and observed the students during their classes and group work. The students were active, interested and open to absorbing all knowledge. They were also eager to talk about their interests and plans. Throughout my visit, I also had the opportunity to talk to the UL students who were doing their mobility at Kristiania University College. Both students admitted to me that the semester exchange enriched their knowledge, competence, language skills and overall cultural awareness. The interior design of the buildings at Kristiania University College is modern and gives one a feeling of security. As a guest, I was given an ID badge without which I would not have any access to the buildings or lifts, nor would I be able to move between floors or offices. All students and staff are equipped with their own badges so that only authorised individuals are allowed on campus grounds. Modern solutions are very crucial and noticeable elements of the university's facilities in Oslo. What noticeably facilitates movement around the campuses are the numerous screens that constantly present useful information. I consider this training mobility within the Education/EEA funds programme to be a very professionally and personally enriching experience, as it enables one to stay in an international environment, broaden the global network of contacts and demonstrate how modern solutions can be implemented in order to achieve satisfactory work results.



**Agnieszka Łukawska with Kristiania University College's staff
and Bogna Kaźmierska-Jóźwiak, PhD**



Dr hab. Bogna Kaźmierska-Józwiak, prof. UL, Faculty of Management

The training mobility at Kristiania University College proved to be fruitful for many reasons. First and foremost, it gave one an opportunity to learn about the specificity, mission, and vision of the Norwegian university, and to establish new contacts. A number of meetings that were organized by the partner university allowed for the exchange of experiences in the field of internationalization of the university, especially in the context of student mobility and building the offer of classes in English. Learning about the opinions of colleagues from Kristiania University College on BIP (Blended Intensive Programmes) projects was especially valuable.

In turn, the possibility to participate in a meeting with mobility students gave me an opportunity to learn about their perspective on the exchange held at a Norwegian university.



Dr hab. Bogna Kaźmierska-Józwiak with Kristiania University College's staff and Agnieszka Łukawska

Jakub Doński-Lesiuk, PhD

Faculty of Economics and Sociology

I often try to convince my students that staying in another country, interacting with a new culture, learning ‘internationality’ by exploring what we do not know, helps one build their individual potential. Experiences abroad develop us, broaden our horizons and shape new competences. A young individual who has returned from abroad has a more interesting perspective, is wiser and by default more interesting to those they surround themselves with. Also to their employer.

I am glad that the EDUCATION programme, which I encourage everyone to make use of, also provides opportunities for us university lecturers. By participating in the exchange, I had the chance to gain teaching experience at one of the universities in Norway – a very interesting one, involving working in a very culturally mixed group. Visiting Molde University College for the second time as soon as possible is very much in my plans.

If someone is still not entirely convinced by the words of a man who has visited more than 50 countries, perhaps a quote from Emile Zola “Nothing develops intelligence like travel” will. I sincerely recommend it!

A selfie of a man with short grey hair and a goatee, wearing a dark blue button-down shirt, smiling at the camera. He is standing in front of a railway track. In the background, there are several green and brown freight train cars, a blue and white locomotive, and some buildings under a cloudy sky. A white text box is overlaid on the left side of the image.

**Dr Jakub Doński-Lesiuk during
teaching activity in Norway**

Dziyana Bakun

Student of Business and administration

The student exchange to Kristiania University College turned out to be an amazing and unforgettable experience. I am glad that I went to Oslo as part of the Education programme. Through this experience, I gained a lot of valuable knowledge and made some valuable contacts along the way. I was given the opportunity to learn about the education system in another country and how the knowledge that I have gained can be later put into practice after graduation.

Studying at a private university was also something new. The education system itself was based on consistency and was supported by qualified staff. That alone left me with only positive memories. The classes were intensive and taught in English. The block of classes were approximately 50-60 hours long for each subject and at the end of each block there was an exam in groups of 2-3 students. The exams were in the form of interesting and realistic projects, for which the students had at least three weeks to prepare.

Norway offers many places to take in cultural and natural riches. It is a country with a rich history and unique colours. Along with other students, we have organized numerous excursions that have provided unforgettable emotions and experiences and have encouraged me to visit these places again.



Edyta Maślak

Student of Management and administration

My time as an exchange student in Norway was extremely inspiring and gave me many new experiences of learning about other cultures (especially Scandinavia) and traveling around the country. One of my fondest memories from that time was the opportunity to become a volunteer at sporting events (Raw Air 2023, World Cup Kvitfjell 2023). It gave me the chance to see how such events are organized, talk to athletes, including the Polish national ski jumping team, and learn about Norwegian sports culture.

Studying at a Norwegian university was a period of intensive development and shaping my self-discipline in the context of acquiring new knowledge. Something that enabled me to maintain a balance between gaining knowledge and discovering new surroundings was the teaching model that based mainly on independent work and exploration of materials. Additionally, I also had amazing opportunities to meet students from different parts of the world and to develop myself in a Norwegian non-governmental environmental organization, which was an amazing adventure for me.

Norway is a country full of beautiful nature, which has been an enormous source of my inspiration and fascination. During my stay, I had the opportunity to travel all over the country and discover its diversity. From majestic fjords to picturesque mountains, Norway offers unforgettable landscapes and opportunities for outdoor activities.

Learning about Norwegian culture and its traditions was also extremely fascinating. I had the chance to participate in local festivals and celebrations in Lillehammer and to try traditional Norwegian cuisine. Norwegians are friendly, open-minded, and take pride in their cultural heritage and the natural beauty of their country.

The whole study period in Norway was not only a time of learning and personal academic development, but also an opportunity for personal growth and getting to know myself in a completely new environment. The student exchange was a unique experience that will always remain in my memory and has certainly influenced my life and future opportunities.

Dorms in Lillehammer



Student on a ski slope holding Norwegian flag



Jakub Gocko

Student of Logistics in Business

My student exchange to Molde University gave me new friends from both Europe and Asia. Studying at Molde University in Norway was a lifelong lesson for me, both socially and academically.

One of my fondest memories from my mobility exchange in Norway was sitting above the vertical precipice at Preikestolen with a view that took my breath away.

A student sitting over a precipice, on a stone between the rocks



Two students watching the sunset over a city in Norway



Przemysław Wawrzyniak

Student of Logistics in Business

Studying at a university in Norway was incredibly inspiring and enriching for me. The university offered a high level of education, interactive classes, and access to modern academic resources. The academic atmosphere fostered the exchange of ideas and discussions with fellow students and professors, contributing to my intellectual growth and creativity. The knowledge and skills I gained during my studies in Norway significantly contributed to my personal and professional development. I was surrounded by talented and dedicated individuals who inspired me to strive for excellence. This experience not only provided me with a solid foundation in my field but also opened doors to global perspectives and career opportunities. I am satisfied with my decision to participate in the “Education” program and embark on this journey.

My student exchange in Norway was an extraordinary adventure that brought me incredible experiences and unforgettable moments. It was an opportunity to immerse myself in an entirely new culture that was so rich and diverse. I got to learn about new traditions, customs, and values that opened my eyes to the diversity of the world. One of the most valuable aspects of this student exchange was expanding my horizons. I had the chance to explore the beauty of Norwegian nature, to discover breathtaking landscapes of fjords, mountains, and picturesque towns. Every day was filled with new adventures and discoveries, and the views I had the opportunity to admire were breathtaking. However, what I value the most in my student exchange is the opportunity to form many international friendships. I met people from different parts of the world who shared similar passions and interests. Together, we explored new places, shared experiences, and supported each other. It was not only a cultural exchange but also an exchange of perspectives and ideas. The multicultural student environment created an atmosphere of openness, tolerance, and mutual understanding. This student exchange in Norway brought me much more than just education. It gave me the opportunity to become more open-minded, flexible, and independent. I learned to navigate in a foreign environment, make decisions, and push my boundaries. This experience has had an impact on my life and shaped me as a person who is more aware of cultural differences and more prepared for new challenges.

The most memorable experience from my mobility exchange in Norway was my visit to Trondheim. It was an extraordinary experience that will forever remain in my memory. Trondheim, a beautiful city located by the fjord, fascinated me with its history, architecture, and atmosphere. One of the most memorable moments was exploring the Nidaros Cathedral, one of Norway's most important landmarks. Upon entering the cathedral, I immediately felt a profound sense of reverence and spiritual significance. The beautiful stained-glass windows, majestic pillars, and mystical light created an incredible atmosphere. The breathtaking view of the entire city and its surroundings from the cathedral tower was also awe-inspiring. During my stay in Trondheim, I had the opportunity to visit the picturesque Old Town with its narrow streets, wooden houses, and charming cafes. Strolling through these streets, I felt like I had been transported back in time to the Middle Ages. The place exuded history and had its own unique beauty.

