

Experience report

First and last name: Shanni

Host institution, country:

European Academy of Innovation,
Romania
Period: September 5 – 9,
2022

Declaration of consent to the publication of the report

- I agree that the present report will be linked on the website of the International Office, so that future prospective customers can get first-hand information about my experiences at the university location abroad.
- I agree that my e-mail address will be available to prospective customers who would like to get first-hand information about my experience at the university abroad, upon request to the International Office.
- I agree that my **full name** / only **my first name** can be found in the published report.

Organisational preparation (application, consultation with host institution, etc.): Everything was very straightforward, I received responsive replies to my emails before the training as well.

Start of the mobility (welcoming at the host institution, orientation at the host country, etc.): Sufficient information was provided in advance including the training details and practical matters. Feel welcomed and prepared. Introduced to local culture, language and food.

Course of the mobility (exchange, learning successes, cooperation talks, further procedure, etc.):

It was a 4-day training workshop and 1-day city walking tour.

The workshop consists of lecture, discussion, role play, presentation and exercises as well. There were both theories and practices. It is a combination of things but I feel it's too short.

The 1-day city walking tour was intense: 20.000 steps! Walked through the old centre, districts, visited 2 museums and had traditional food dinner. Learnt a lot about the city, Romania history and culture as well.

What are the results of my stay abroad (cooperation agreement, expansion of the internationalisation of the SRH, personal development etc.):

Established close contact with the staff from various departments of the following universities through the whole week's very interactive training:

- Bournemouth University, UK
- York St John University, UK
- Polytechnic Institute of Setubal, Portugal
- University of Maribor, Slovenia
- South East European University, North Macedonia
- University of Education Salzburg, Austria
- The State University of Applied Sciences in Elbląg, Poland

We exchanged our own stresses in terms of our own professional responsibilities, university culture and country culture as well. As an employee from Germany, I realized I had been in a pretty good position since Germany has already established a very good work-life balance culture. At SRH Berlin, I'm also supported with my own work phone and flexible working hours which help balance my work and life even more. The training was not so help us solve the problems that cause our stress, but how to better cope with the stress. There were different thinking mentalities as well as simple physical exercises which can be easily practiced in everyday life.

Impressions (photos, links etc....):

Drive for the training materials:

<https://drive.google.com/drive/folders/1x7L0MopUir6XMte98FIHDFMKum0oVmpO>

And I didn't take any pictures during the training, but only during the walking tour.



Rostock, Sep
15, 2022