



The cooperation with the sending institution-the Luther Academy-and the receiving institution-the Osijek Theological Seminary-was excellently coordinated at all stages. Before the mobility, all necessary information about the visit was prepared, including logistics and the program, which allowed for efficient trip planning. I was received on site with great hospitality: the program was intensive, yet it included everything essential, and I was given the freedom to choose which activities to participate in. The Seminary staff provided comprehensive support-from practical advice to

technical assistance-which made the stay productive and pleasant. Following the mobility, we have gained lasting cooperation partners, exchanged experiences, and developed ideas for future projects, including further exchanges.

The professional and personal benefits of this mobility are significant. Academically, I have broadened my outlook not only in Old Testament (OT) research but also in related fields, such as the intersection of theology and humanities. I met new, interesting academics with remarkable achievements who inspired new ideas for my research. Furthermore, I had the opportunity to popularize my research and offer my services for future Erasmus+ programs, thus strengthening my role in the international academic environment. Personally, this experience enriched my understanding of different cultures and fostered personal growth through new contacts and perspectives.

The Luther Academy as the sending institution has gained several tangible benefits from my experience. We have initiated cooperation not only in Osijek (Julijana Mladenovska-Tešija, MTh/drs, Vice Dean for International Co-operation and Projects) but also in other places, such as Klaipėda, where future collaboration could develop with specialists like Travis L. Myers (M.Div., Ph.D., Associate Professor of Humanities, Theology Department Chair). This opens up opportunities for Erasmus+ exchanges, including inviting guest lecturers or organizing academic lectures and visits. Such contacts strengthen our institution's internationalization and promote the implementation of joint projects.

Although the mobility was successful, preparation and implementation were not without challenges. As a first-time participant, I had to learn all the nuances related to travel, documentation, and reporting, which initially presented some difficulties. However, with the support of the sending and receiving institutions, these obstacles were overcome, which only intensified the learning process.

To colleagues considering participation in Erasmus+ staff training mobility, I would recommend actively utilizing these opportunities. They are extremely useful for academic development, networking, and the creation of new projects. It is important to find the time, opportunity, and interest, as the investment pays off with improved work quality and a broader perspective. Do not be afraid of initial difficulties-support is available, and the benefits are long-lasting.

Overall, this mobility was not only a professional step forward but also an inspiring experience that emphasized the importance of internationalization in the field of theology and church history. It affirms the value of the Erasmus+ program in strengthening the academic community.

Pictures

