



**Name, Surname:** Ineta Kristovska

**Sending Higher Education Institution:** Lutera akadēmija (Luther Academy)

**Field of Activity at the HEI:** Acting Vice Rector for Research, Erasmus coordinator

**Mobility Country:** Lithuania

**Receiving Institution:** LCC International University

**Address:** Kretingos g. 36, Klaipėda, Lithuania

**Mobility Period Duration:** March 30- April 3, 2026

### **1. Motivation to Participate in Erasmus+ Study Mobility**

Participating in the Erasmus+ study mobility program at LCC International University was particularly interested in experiencing a different educational environment, engaging with an international academic community, and gaining exposure to diverse perspectives in teaching, research, and collaboration. LCC's emphasis on intercultural dialogue and academic excellence made it an especially appealing destination for my Erasmus+ journey.

### **2. Cooperation with the Sending and Receiving Institutions**

The cooperation between my sending institution and LCC International University was smooth, supportive, and well-organized. Both institutions ensured clear communication throughout the preparation process, which helped me feel confident and well-prepared before arrival.

At LCC, I was warmly welcomed by faculty and staff, who provided continuous guidance and support. I had the opportunity to participate in meaningful academic events, such as:

- A faculty session on Engaging with the EU Research Ecosystem, led by the Director of the Center for Faith and Human Flourishing, the guiding department for research at LCC. This session offered valuable insights into research collaboration opportunities within the European context.
- A lunchtime faculty research seminar where a Psychology professor presented her research titled "Inclusion as Relational Practice: A Narrative Inquiry into the Emotional Workload of Lithuanian Educators and Support Specialists." The discussion that followed highlighted interdisciplinary perspectives and fostered an engaging academic dialogue.
- Participation in the LCC Good Friday Chapel, which provided a meaningful cultural and community experience, reflecting the university's values and spirit.

### **3. Academic and Personal Achievements**

During my Erasmus+ mobility, I gained valuable academic knowledge, particularly in understanding research practices within an international and interdisciplinary setting. Attending faculty sessions and seminars enriched my awareness of current research topics and methodologies.

On a personal level, this experience strengthened my adaptability, intercultural communication skills, and confidence in engaging with diverse academic communities. I also developed meaningful professional connections that may lead to future collaborations.

### **4. Most Memorable Impressions**

One of the most memorable aspects of my time at LCC was the strong sense of community and openness among faculty and students. The willingness to share knowledge, exchange ideas, and engage in thoughtful discussions created a highly inspiring academic atmosphere.

The research seminar stood out as a particularly impactful experience, as it demonstrated how research can address real societal challenges while fostering empathy and understanding. Additionally, the Good Friday Chapel offered a unique opportunity to experience the cultural and spiritual life of the university.

## 5. Practical Advice for Future Erasmus+ Participants

**Prepare in advance:** Stay in close contact with both your sending and receiving institutions to ensure a smooth transition.

**Be proactive:** Take full advantage of academic events, seminars, and networking opportunities.

**Engage actively:** Don't hesitate to ask questions, participate in discussions, and connect with faculty and peers.

**Stay open-minded:** Embrace cultural differences and new perspectives; they are a key part of the Erasmus+ experience.

**Balance academics and experience:** While focusing on academic goals, also take time to explore the local culture and environment.

## 6. Additional Reflections

My Erasmus+ experience at LCC International University has been both enriching and transformative. It has deepened my understanding of international academic collaboration and reinforced the importance of inclusive and relational approaches in education and research.

I am grateful for the opportunity to be part of such a dynamic and supportive academic environment. This experience has not only contributed to my professional development but has also left a lasting personal impact that I will carry forward in my future endeavors.



