

Report about my Study abroad,

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I did my research in Nepal. It was very interesting experience. I was with a constant contact with the host university, that they start preparing their self to my arrival before I come to Nepal before 2 months of the flight. They were very helpful. They prepare the accommodation for me as well they provide me with a driver and a translator for the whole period of the Work field as well as the logistic support during the whole time.

During the stay period I had very good relation with my college there in Nepal as well as my Supervisors. When I have any kind of hard times and troubles I always get back to them and ask them about that, they would provide me always with help. And I can say, in general that the Nepalese People are very nice and always provide help as much as they can.

I was travelling all around the country to do my research where I had to do a lot of interviews in a lot of the villages in the country, at the same time I had to do always seminars about my research and to present my data to my supervisors in a regular manner in order to get guidance and evaluation.

I felt over challenges about my stay abroad, because it was a new experience for me and at the same time I was travelling to a country, which I don't know anything about it and with a totally different language and culture than my culture and traditions.

In order to prepare myself to stay in that country, I bought an audible book about the country from Amazon and I read the book so I can inform myself more about the country, traditions and culture, at the same time I started learning more about the language and the basics conversations, so I could socialize with the people there in an easier way.

I think I experience a new world, where the people are living in a different way than mine. Although I get sick during my period there, but I learned that you can be happy and live a healthy life without a lot of money and with not a lot of resources and I saw that there were some people that were working really hard in their life and I knew that the life is not fair sometimes and I realized the privilege that I am living in in my life.

I can say I achieved most of my goals in my journey, where I did my research and at the same time I learned a lot about a new country and I develop my self as a person

as well. At the same time not most of my expectation was satisfied because I found a country and population very different from my expectations.

For sure the period abroad was very relevant and beneficial for my future career because it touched my area of interest for my carrier. And it provides me with basis to do more researches in the same field in the next period.

I think my stay abroad is very beneficial for my university abroad and also for the general context, as this research was the basis for some conferences already, at the same time this research will be soon published. With no doubt the research that I did from my stay abroad will play a role in the fighting process against some diseases in the future.

On a Personal level I learned a lot about the privileges that I have already and I should use my abilities to help more people in need. At the same time I learned that I should develop myself more in order to be at required level to add to the international efforts to develop the world. Above all of that I learned that is very important, to have good manners and to be always in the ground with the people in order to get their trust and to help them.

I would strongly recommend my stay abroad because it could play a big role in the developing of the personality as well as the research ability to the individuals.

What I will suggest for my fellow students is to go there and to take the chance to develop themselves. I would suggest always to prepare good by knowing about the culture of the country and to have good contact with your supervisors and before everything to be ready to cope with the difficulties.

