

Erasmus+ Experience Report
University of Stavanger, Norway
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My Erasmus+ exchange semester at the University of Stavanger was one of the most transformative and enriching experiences of my academic and personal journey so far. Beyond expanding my knowledge and research skills, it also reshaped the way I perceive cultural exchange, academic environments, and my own potential as a young researcher committed to social transformation.

From the outset, I was deeply impressed by the infrastructure and academic environment at the University of Stavanger, by far the most well-equipped institution I have ever attended. The library quickly became my favorite place on campus: welcoming, expansive, and intellectually stimulating. I spent countless hours there, not only studying but also engaging with fellow students, exchanging ideas, and immersing myself in a space that invited critical thought and deep concentration. The high quality of the facilities played a fundamental role in fostering academic dedication and intercultural integration.

One of the highlights of my exchange was the opportunity to join a research project led by Professor Tanu Biswas, focused on childism, youth protagonism, and the impact of young people in the global climate struggle. This experience allowed me to work closely with an international academic team, to develop research skills in an interdisciplinary and collaborative setting, and to deepen my engagement with themes I am passionate about. Participating as a research assistant had a direct and lasting impact on my professional and academic trajectory. It confirmed my commitment to pursuing further studies and a career path dedicated to both research and advocacy.

The classroom experience was equally enriching. Courses were structured to encourage active participation, open dialogue, and critical thinking. Students were invited to question assumptions, bring their perspectives, and learn from one another in a truly intercultural environment. The teaching style was inclusive and dynamic, with professors who were not only academically qualified but also genuinely invested in our personal development. I felt inspired, intellectually challenged, and supported throughout the semester.

Socially, the Erasmus+ program offered an incredible opportunity to build meaningful international relationships. The diverse student community made every interaction a moment of learning and exchange. Despite language and cultural differences, I never felt isolated, quite the opposite, I found a network of support, camaraderie, and shared curiosity that expanded my worldview.

Personally, the experience helped me grow in self-confidence, independence, and resilience. Living abroad, adapting to a different rhythm of life, and navigating academic and social challenges helped me develop a stronger sense of self and sharpen my ability to deal with complexity and uncertainty. I return not only more qualified academically, but also more aware of who I am and the kind of future I want to help build.

I am especially grateful for the spirit of care and inclusion fostered by the university's staff and international coordination team. Their readiness to assist and their respectful, human approach made every step of the journey smoother. Whether helping with administrative issues, housing, or emotional support, they demonstrated a rare combination of professionalism and empathy.

In conclusion, my Erasmus+ semester in Stavanger was more than an academic opportunity, it was a profound exercise in global citizenship, personal empowerment, and professional affirmation. I feel more prepared to contribute to the academic community, to work across borders and disciplines, and to engage critically with the challenges of our time.

To future students: embrace this opportunity fully. Be curious, be bold, and be open to transformation. What awaits you is not just a semester abroad, but an experience that will expand your mind, heart, and horizons in ways you cannot yet imagine.

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