

SUT delegation at UPE
ERASMUS+ STAFF MOBILITY EXPERIENCES
2021.10-18 - 2021.10.22.



1.

I am **Keida USHTELENCA**, a lecturer of Adapted Physical Activity, measurements and testing of Sport, also the Department Head of Education and Health at the Faculty Movement Sciences, Sports University of Tirana. I applied and was selected to part-take in the Erasmus Program 2021-2022 Staff Mobility for teaching which occurred in October 2021 at the University of Physical Education in Budapest.

Even though it was not my first time in Budapest, I can say it was maybe the only time I experienced what life, especially academic life is like there at a big and prestigious university; I experienced at full, the professional and cultural dimensions of the Hungarian lifestyle.

Being part of the Erasmus staff exchange program has been very enriching and thought - provoking for me personally and, above all, professionally as a lecturer. I had the opportunity to see, explore and witness and also test in person, now from a different angle, all the premises and facilities such as the lecturing halls and rooms, sports gyms and grounds, the swimming pool and the various laboratories of the university while the academic and research life was at its full potential considering the pandemics. While visiting and observing these premises and activities I tried to think of ways to reflect and project some these aspects of university life back at my home university.





The main part of my exchange program consisted in lecturing and teaching of some classes such as: the effects of physical exercises to prevent chronic diseases. Adapting physical activity for obese and overweight people, for people with Diabetes type 1 and 2, for mental retardation, autism, ADHD and adapted training for disabled people using wheelchairs and the elderly, which also gave me food for thought firstly how subject content and methodology could be compared and then adapted to reflect and fit the requirements of contemporary theories and practices and also the needs and knowledge level of my students.

At a personal level from the socio-cultural aspect I can highlight the traditional Hungarian breakfast with Dr Judit Kadar; and the ball we were invited to participate which we particularly enjoyed.

This is just the essence of my impressions from this experience which I felt, appreciated and took home with me. I am greatly honored I was part of this professionally significant Erasmus program and I am looking forward to my next exchange program, moreover my future collaboration and visit to University Physical Education. Budapest. Many thanks and successes to all my Hungarian colleagues.

2.

My name is **Mirlinda GALUSHI**, as the Administrator of the Sports University of Tirana, I went on October 2021 in a training visit to University of Physical Education (UPE), Budapest-Hungary under the Erasmus+ International Credit Mobility Programme.

It was the first time at the UPE, following a staff training week with my two other colleagues from Sports University of Tirana. The visit consisted of a series of meetings and job shadowing. I had the chance to meet with management staff, department heads and faculty members at the University of Physical Education, Budapest to strengthen the academic and research collaboration between the two our institutions.





The programme was well organized and executed. We all presented to each other on our university's staff development opportunities, and this turned out to facilitate some great learning and networking opportunities.

The experience exceeded my expectations greatly. Everyone made me feel very welcome from the first day and treated me as a member of their team. I also had plenty of time to explore the city and found out so much about Budapest's interesting history and culture – as well as their local cuisine! Not only do I feel like the trip has improved my cultural knowledge, but I have also gained so much confidence, and I would recommend the staff mobility to anyone!

3.

I am **Safiola CARCANI** – Head of International, Public and Students Relations at Sports University of Tirana. I had the privilege of going on the Erasmus+ staff mobility and I spent one week at University of Physical Education (UPE), Budapest – Hungary.

It was a fantastic opportunity to network with colleagues who work in similar roles to mine and to build new professional and personal connections that I am keen to maintain and build on in the future. Exchanging ideas from each other in terms of history, size, scope and budget was an eye-opening experience. It allowed me to see new ways in which our own programmes could be improved.

This training week also gave me the chance to get exposure to some other topics around internationalization, strategic partnerships, joint degree programmes and summer/winters schools, webinars which really helped to increase my confidence in dealing with these projects.

Overall, I found the experience hugely valuable in forming networks with staff in similar roles at other universities, and it was heartening to discover that our European colleagues face many of the challenges that Sports University of Tirana wants to implement in its international efforts.



I was welcomed by a spectacular campus and an extremely friendly and professional bunch of people. The enthusiastic team of the UPE put together for me and my colleagues a week packed with activities, from discussion round tables about student and staff mobility, to one-to-one meetings with other colleagues across the University, to Hungarian cultural activities – including a Freshman Ball and a traditional home-made Hungarian breakfast.





The training week was a great motivator, and I returned from Budapest excited to share what I had learned and implement some new ideas.