

Disserte Erasmus+

I had the chance to go for a one month Erasmus+ mobility in Lithuania, so that's what we're gonna study for today with questioning ourselves on how joy, fraternity, and sharing experienced during a one-month Erasmus mobility turn the experience into an unforgettable human adventure? But before, we need to understand that joy, fraternity and sharing are Erasmus values : joy is a feeling that makes you smile and warms your heart, fraternity is a feeling of connexion, of being included and welcomed and sharing is using, occupying or enjoying something jointly with someone people, it's sharing what you know, what is defined as yours.

To answer this problem, we're first gonna focus on how joy is present during the mobility through different exemples, then we will talk about fraternity and its benefits and we will end on how people share during a one month Erasmus mobility.

So, let's start with joy ! Joy is present almost all the time during mobility, almost ? Yes, because saying goodbye wasn't a really pleasant time. However, let's focus on how it was present during my mobility.

Firstly, joy was present in France and that, even before the arrival of my correspondent ! It was present when we knew I was selected, then when we knew who she was and when she would arrive and it reached its extreme when leva arrived and we got the chance to do a lot of activities together ! Let's not list everything we did, because it would be annoying, but here are some of my favourites and most joyful memories of us in France. We got the swings in Paris, we were at a christmas market in the jardin des tuileries and my grandfather decided to offer us a swing tour that we really enjoyed. Laughs were filling the atmosphere, the view was breathtaking and seeing her smile was just the icing on the cake. We also get that day, when we went to Dunkirk christmas market and went ice skating with my correspondent and her family and then ate together : it was a funny moment, our families met, everyone was smiling, exchanging gifts, telling about their country, my sister and I were teaching leva and Juste, her sister, how to ice skate.

Secondly, joy was ever-present during my stay in Lithuania, especially thanks to all the wonderful activities my host family planned for me after school and on the weekends. One of the weekends I cherish the most was the very first one, when we went to Druskininkai. We spent time exploring the city, strolling peacefully around the lake and through Vijūnėlė Park, while learning about the fascinating history of the area. It was both relaxing and enriching. But the adventure didn't stop there – we also visited the city's incredible aquatic theme park, a massive complex where I had the best time with my "sisters." I helped the youngest one learn how to swim and raced down the toboggans with the older girls. It was wild and exciting – my nose still remembers the flood of water at the

bottom of the final-level slide, and my ears haven't quite recovered from Justé's ear-piercing screams of excitement! And just when I thought the fun was over, we ended the weekend with a trip to the bumper cars. Yes, bumper cars! It instantly reminded me of the "ducasse" back in France – those little town fairs filled with lights and laughter. We had the entire arena to ourselves, and our joy echoed all around us. We laughed, we bumped into each other, and for a moment, everything else faded away. These are the kinds of memories that stay with you forever – moments of pure happiness that still make me smile just by thinking of them.

Thirdly and finally on this value, we got joy in school ! Because, yes, a mobility isn't just doing activities with your family : it's also working like a normal student, waking up in the morning to go to school, doing homeworks (German homeworks and history most of the time) for the teachers, asking for help when you don't understand, doing presentations with my Lithuanian friends and the french girls, working in group in almost every subject... It was really pleasant, I enjoyed school so much in Lithuania ! Everyone was so kind, the schedule was very different from France and everyone was doing their best in everything. A memory that always makes me smile when I think of it, is the last day, when our head teacher gave us (the french girls) a pin of Lithuania's flag.

Let's continue this essay by moving on to fraternity and its benefits ! And we will start with the feeling of being part of a family, even when you're non blood related. At first, when I arrived, my host family made everything for me to be comfortable and I'm always grateful for that. Each passing day brought us closer to the point where my host mom said, during dinner, "you're part of our family now, Alizé." : this was one of the best moment of my mobility. I was part of something, welcomed inside of a family. The little girl in the house was also acknowledging me as part of the family : once, her grandparents called and she said "look! There's my third sister right here !!" While showing me. This made my heart melt.

Continuing on the theme of fraternity, another unforgettable moment was when our two families met in Lithuania – mine and my correspondent's. My family had come all the way to Lithuania for a weekend visit, and it turned out to be one of the most heartwarming experiences of the whole exchange. From the very beginning, there was so much joy in the air – everyone was laughing, exchanging small gifts, and genuinely enjoying each other's company. We weren't just visitors or hosts; we were sharing cultures, stories, and laughter as if we had always known each other. Together, we explored the streets of Vilnius and discovered my host city, Kaunas... Yes, the name is kinda fun in the french accent.. It didn't feel like two separate families meeting for the first time – it felt like one big, united family. That weekend was a perfect example of how fraternity goes beyond language or nationality. It creates bonds, brings people together, and leaves lasting, beautiful memories for everyone involved.

To wrap up on the topic of fraternity and its many benefits, let's return to a place that might seem ordinary at first: school. Yes, school – but not just any part of it. From our very first sports lesson, we experienced something special. Everyone was incredibly welcoming, going out of their way to include us – "the French girls," as they fondly called us – in every game and activity. Whether it was prisoner's ball, badminton, ping pong, or basketball, we were never left on the sidelines. Even during the warm-up, we moved as one group, one team. What could have been an intimidating or awkward experience quickly turned into a moment of connection and joy. There was no judgment, no exclusion – only laughter, teamwork, and encouragement. It didn't matter that we were new or different; we belonged.

In that moment, we truly felt what fraternity means: unity, support, and the simple but powerful act of being there for one another.

To finish this essay, we will move on how people share during one-month Erasmus+ mobility. First, people share their history : at school, this sharing was especially present during history class, where we learned about the Second World War from a different perspective, one rooted in the local experiences of Lithuania. It was eye-opening to see how the same historical event can be understood in different ways depending on where you are. My host family also took this idea of sharing history to heart. Together, we visited several museums that offered even more insight – from the War Museum in Kaunas, which gave a powerful overview of Lithuania's role in different conflicts, to a local museum in Druskininkai where we explored the story of the city and its famous thermal springs. These visits weren't just educational; they were emotional. They allowed me to connect more deeply with the country, to understand its struggles, its resilience, and its pride.

Now, moving on how they shared part of their culture with me. I experienced a traditional singing, the sutartinės and it was such an amazing and surprising experience ! Through their singing, they share history and tales. Concerning music, I also experienced the MAMA Awards which is like the NRJ music awards in France. I had the opportunity to discover a bunch of new artists and how people enjoy a concert in Lithuania and let me tell you something... It was crazy ! Everyone dressed fancy, we got ready all together and then we were dancing and singing – even if we didn't know the words. (Yeah, i'm still a debutante in Lithuanian.) Moreover, i experimented traditional food from Lithuania : Cepelinai and dumplings, it was really delicious and my host mom taught me how to make them, even if i doubt my cook's talents.

Finally on this part, we were also sharing our hobbies and activities ! With my correspondent, we shared our passion for music through singing, karaokes and watching concerts, playing the guitar but also the piano. With my host mom, we sew and cooked together – she has a business where she sells alpaca clothes so I sometimes helped her sew them after she showed me. She was also a good cook, so she often offered me to come cook with her : lasagna, tiramisu, soup and so on ! It was such amazing moments and i am forever grateful for them. Oh, and I also painted with the younger girls ! They taught me how to do it and I wasn't that bad at it ! I eventually quite enjoyed it. With the dad, we were often talking about sports and economics: he was interested in it and so am I ! We had the opportunity to share our point of views and learn from one another.

In the end, my Erasmus+ mobility in Lithuania was way more than just a school exchange and going into a "host family" – it was a true human adventure, it was discovering life in a new family. Through joy, I enjoyed the beauty of simple moments and the power of shared laughter. Through fraternity, I experienced what it means to be welcomed like family, to make friends, brotherhood, even far from home and from my habits. And through sharing, I opened my mind to new perspectives, cultures, hobbies and experiences that will stay with me for a lifetime.

This journey taught me that language barriers isn't a problem when hearts and mind are open, and that some memories are so powerful they don't need translation – they're simply felt. Erasmus+ is not just about traveling or studying abroad; it's about building memories between people, creating bonds that cross borders, and will last for a life time and growing as a person in ways you never imagined.

I came back from Lithuania with souvenirs, photos, and gifts – but above all, I came back with unforgettable memories, new friendships, more open minded, mature, capable and a heart a little fuller than before.