Erasmus+ Teaching Mobility

Connecting Through Knowledge: Agata Wojciechowicz's Erasmus+ Experience in Sarajevo

*Meet **Agata Wojciechowicz** from Wroclaw University of Economics and Business, who visited Sarajevo from 25 to 29 May 2026 for an Erasmus+ teaching mobility at the Faculty of Agriculture and Food Science.*
With a research focus on food technology, Agata's visit brought an international perspective to our faculty, creating opportunities for academic exchange and knowledge sharing.

Interview by Amila Pervan



1. Could you tell us a little about yourself and your academic journey?

I am a researcher and academic professional specializing in food science and technology, with a particular interest in functional foods, cereal science, fermentation processes, and health-promoting food ingredients. My work focuses on developing innovative food products with documented nutritional and physiological benefits.

> *Currently, I am working on research projects related to innovative cereal-based foods, fermentation technologies, and the development of functional food matrices designed to support health and well-being.*

Throughout my academic career, I have been involved in interdisciplinary research combining food technology, nutrition, and consumer-oriented product development. My recent studies have explored the use of alternative grains, quinoa malt, sourdough fermentation, dietary fiber, plant proteins, and food industry by-products as sustainable ingredients in functional food applications.

In addition to my research activities, I actively participate in educational and outreach initiatives, including the organization of scientific workshops and events. I am committed to promoting science communication, supporting inclusive education, and fostering collaboration between academia and industry.

2. What were your main activities during your mobility period

During my mobility period, my primary activities included teaching and academic collaboration. I delivered lectures and participated in educational activities related to my field of expertise in food science and technology. I also exchanged knowledge and discussed current scientific developments with colleagues and researchers at the host institution.



In addition, I attended meetings with academic staff and researchers to explore opportunities for future cooperation, discuss ongoing research projects, and share best practices in teaching and research. These activities helped strengthen international academic networks and enhance my professional and research competencies.



3. How would you describe your experience at our university and faculty?

My experience at your university and faculty was highly positive and rewarding. I was warmly welcomed by both academic staff and students, which created a friendly and supportive environment for learning and collaboration. The opportunity to deliver lectures, exchange knowledge, and discuss research topics with colleagues was particularly valuable.

I appreciated the openness to international cooperation and the chance to learn about different approaches to teaching and research. The meetings and discussions with faculty members provided inspiring insights and opened up possibilities for future academic collaboration.

Overall, the mobility experience contributed significantly to my professional development, broadened my academic perspective, and strengthened my international connections. I am grateful for the hospitality, excellent organization, and enriching experience provided by your university.



4. What aspects of your stay did you find most beneficial - the academic environment, support from staff, interactions with students, the city and its culture, or something else?

The most beneficial aspects of my stay were the excellent support provided by the university staff and the opportunity to interact with both colleagues and students. The welcoming and collaborative atmosphere made it easy to exchange ideas, discuss research interests, and learn from different academic perspectives.

I particularly appreciated the interactions with students, whose engagement and curiosity made the teaching experience especially rewarding. These exchanges provided valuable insights into different educational and cultural backgrounds.

Beyond the university, I found the city itself fascinating. Its rich history, vibrant atmosphere, and unique blend of cultures made the experience even more enriching. Exploring the city and learning about its cultural diversity helped me gain a deeper understanding of the local community and added an important personal dimension to my academic mobility experience.

5. How did this mobility experience contribute to your professional or personal development?



This mobility experience contributed significantly to both my professional and personal development. Professionally, it provided an opportunity to share my expertise through teaching, exchange knowledge with international colleagues, and gain new insights into different approaches to research and higher education. The academic discussions and meetings expanded my professional network and created opportunities for future collaboration.

Personally, the experience enhanced my intercultural awareness, communication skills, and adaptability.

Living and working in an international environment helped me better understand different perspectives and cultures. Interacting with people from diverse backgrounds broadened my horizons and strengthened my confidence in participating in international academic and professional activities.

Overall, the mobility experience was both inspiring and enriching, helping me grow as an educator, researcher, and global citizen.



6. Would you recommend our university and faculty to your colleagues, and why?

Yes, I would strongly recommend your university and faculty to my colleagues. The institution offers a highly supportive academic environment characterized by professionalism, openness, and a genuine interest in international collaboration.

The quality of interactions with academic staff and students is particularly noteworthy. There is a clear culture of engagement, curiosity, and mutual respect, which creates an excellent atmosphere for both teaching and research. The mobility period was well organized, making the entire experience smooth and stress-free.

Additionally, the university's openness to diverse perspectives and welcoming attitude toward visiting academics make it an inspiring place for academic exchange. The combination of strong academic standards, supportive staff, and a vibrant cultural environment makes it a valuable destination for academic mobility.



7. Please share a brief testimonial about your experience that could inspire others and be featured in our promotional materials. Thank you!

My mobility experience at your university was highly enriching, both professionally and personally. I had the opportunity to teach, exchange knowledge with engaged colleagues and students, and gain new academic perspectives in a supportive environment. The warm hospitality, stimulating academic atmosphere, and vibrant cultural setting of the city made my stay truly memorable and inspiring.