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My experience studying abroad has been the best year of my life! I have become so much more confident and capable, in both my academic and personal life. I will be forever grateful that I was given the amazing opportunity to study abroad - it has changed me for the better.

This semester I became involved in the skiing society, despite never having skied before! That was a completely new experience for me and something I really enjoyed and am eager to continue when I return to York. The best part of this semester has been the six-week road trip across Canada and America that my friends and I organised at the end of the second semester. Without the previous few months of studying abroad, I know I would have never had the organisation to plan such a long and complex trip, let alone the confidence and courage to actually go!

I would advise any student considering a study abroad experience to just go for it! Try to ignore all the doubts and worries that may deter you from studying abroad. I remember feeling incredibly nervous the day before I flew out to Toronto, part of me wished I was staying in York for the year. It would have been so much easier and it's hard to exchange the comfort of the familiar for something completely unknown. However, looking back now I am eternally grateful and relieved that I didn't give into my fears and worries. If I had done, I would have missed out on the best experience of my life, would never have visited all the amazing places I have this year, and would not have made the life-long best friends I have done thanks to studying abroad.

