Jessica - University of Lund, Sweden

I have become more self reliant than I was before. I became very good at assessing what was coming up and thinking about what I needed to know and how to work it out. This was especially useful with the university, which was very hands-off compared to York. I needed to make my own timetable and then prompt staff to record my grades on the student portal system after my exams. This made me very independent and take a lot of ownership over my studies. I gained more confidence in my abilities to do



new things. Now I know I can go to a city in another country where I do not speak the language, I can work out the transport system, I can find myself a place to stay, and I can enjoy doing all of it.



Making friends

Going to International events has been a good way to meet people, especially the trips the international desk organised early in the term, and joining a mentor group. I joined some classes in the first quarter of term which were specifically for International students, which is where I made a lot of my friends as everyone was very keen to meet new people and spoke English as a common language. I have loved meeting people from all

over the world and my new friends have made deep, positive impressions on me.

Managing money

My advice for new students coming out is to plan a specific budget for travel (I had no plans to travel once I was here, and then went on five weekend breaks all over north Europe - so plan a budget even if you don't intend to use it), and then once you've settled in a bit book your trips in advance to keep costs down. I continued to use a UK bank account as my student account did not have fees for international transactions - though even if it had done, I wouldn't have gone to the bother of a new international bank account just for the sake of a year.