

**Edward - University of Hong Kong**  
**(2017/18)**



The exchange has taught me an awful lot, and I now feel far more prepared for working life. It taught me to adapt quickly to a new environment whilst also coping with the pressure of studies. This meant that I had to develop new ways of dealing with stress and manage my time as effectively as I could. The fast-paced nature of life in Hong Kong meant that this was sometimes a challenge, and I am

left feeling well-prepared for third year in York as a result.

Exposure to a new culture and way of life also helped me to develop a more rounded view of the world, and opportunities to travel around Asia and Australasia further enhanced this. This type of experience is more valuable now than ever, as globalisation becomes more and more obvious in every corner of the jobs market.

I would advise student considering a study abroad placement to approach the experience with as open a mind as possible. By doing this myself, I was able to get as much out of the year as I possibly could. It is important also to throw oneself into as many new activities and experiences as one can, as these sorts of opportunities are not ones that can be experienced elsewhere. Most of all, I would advise prospective exchange students to enjoy themselves, it is a fantastic experience and one which is hugely beneficial to the individual.

