

**Jessica - Université Grenoble Alpes, France**  
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I have finished my year abroad more confident and independent, and wanting to explore more countries and cultures! My study abroad year allowed me to experience how students study in France, which was more different than expected, so I had to adapt how I studied to suit this. I also had the opportunity to do an internship in a cancer research lab which not only has improved my lab skills (hopefully) but also helped me decide on a career goal and know what steps I now need to take.

I was able to visit many cities and countries during my year abroad for such a low cost which I could not have done from the UK. I would really recommend a year abroad to anyone considering it, as you have the opportunity to travel, improve your language skills and meet people from all over the world. It is such a fantastic opportunity and everyone should make the most of it if they get the chance!

