

## Lucy

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### *Villa Blanka Innsbruck and KORG Innsbruck, Austria*

The main thing I can take away from my year abroad is that I was forced out of my comfort zone. University, and York in general, has become such a safe space for me and so I was always quite apprehensive about catapulting myself to central Europe for a year. This year abroad quite literally picked me up out of this comfort zone, dragged me across the continent, and forced me to thrive in a new environment, with different languages, different people, and a different way of doing things.



Of course, it was a huge challenge with lots of ups and downs, but I am so thankful that I had the chance to do it. I wouldn't have had a single one of the experiences that I had if I had chosen to stay in York instead. My language skills improved, I had to make a new life for myself twice, my interpersonal skills improved, and my self-confidence improved too.



The biggest piece of advice that you could give to students considering a study abroad experience is to just go for it. Say yes and force yourself out of your comfort zone; you'll thank yourself later.