

Miruna - University of Helsinki, Finland
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This is was a wonderful experience and I am glad I had the chance to do it. These are my highlights from my Erasmus exchange.

Because the University of Helsinki offers students academic freedom, I was able to pick whichever course I wanted. I study Criminology, but at the University of Helsinki, I took courses from all kinds of domains within their social science department (sociology, psychology, philosophy, economics, politics). This was really helpful because I was able to discover really interesting subjects that I enjoyed even more than Criminology.



During my stay in Helsinki, I also improved my presentation skills, which I am really proud of. In my first two years at the University of York, I only had to do one presentation. During one term at the University of Helsinki, I had to do three presentations. So, three times more than I had done for



the past two years. Now, I am still nervous before I have to present, but I am definitely more confident than I was before - my hands are not shaking anymore, my voice is not trembling. I think this is my biggest achievement here.

I am also very pleased with all the friends I made and with how diverse our backgrounds are. Now, I can proudly say that if I go to France, Spain, Switzerland, Germany, The Netherlands, Italy, Belgium or Namibia in the future, I can call one of my new friends to show me around.