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My year abroad at UBC in Canada was a unique and life changing experience which will stay with me forever. In a year I feel like I have changed considerably and developed both personally and academically. My confidence has increased, I am more self-aware of what I am capable of, what I can aim for and I know now more than ever that there are millions of opportunities out there for me to grab with both hands and I won't be afraid that I can't do it.

Adjusting to the different style of teaching at UBC was something I found challenging, particularly in the first term I was there. The teaching style itself was much more open and varied than I found at York, however the assessment was much more on going. During my time at UBC I had the opportunity to choose and study a wider selection of courses which would not have been available if I had stayed at York. For example, I was able to take much more advanced economics modules, both environment based economics and multi-disciplinary focused economics.



Advice I would give to future study abroad students is to take as many opportunities as you can; you may never have the chance again or be able to go to that country again in your life. I would also encourage being as organised as possible, as it saves a lot of time and effort in the long run.