

## Marie

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*University of Sydney, Australia*

This year in Sydney was truly amazing. I learnt a lot about myself, about how to live in a different environment, how to rely on myself and not my family. I enhanced my capacity to adapt and to make new friends, to integrate into new circles and try out a lot of new activities. I became more easy-going, less rigid about plans and more open to new ideas. At the same time, I also learnt to manage my time better, and organise myself well. I realised the importance of staying in touch with your friends and family back home, and the importance of taking time for yourself to switch off from time to time, to get back in touch with yourself.

I learnt a lot about what I wanted and didn't want for the future. The courses offered at the uni of Sydney were very different from those offered at the uni of York, and they brought me such valuable knowledge. I really developed myself personally and academically. I will never regret this year abroad and will always keep such a warm memory of it. I met so many great people, saw some beautiful places, and learnt so much about myself and others.



My advice to anyone considering a study abroad experience? Do it!