

## Tess

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*Waseda University, Japan*

I really enjoyed my study abroad experience. As someone who is quite shy, I feel really proud when I look back and realise I spent an entire year in a different country where I didn't know anyone. I think being in Japan made me come out of my shell, exploring Tokyo and making friends from all over the world has improved my confidence and made me more outgoing. At times I felt homesick, which is only to be expected when you're so far from home.

I was so lucky to have the chance to study Japanese and then be able to practice it on a daily basis. I learned some Japanese by doing LFA at York, but looking back my language skills improved so much in just a year. I was also able to study things which I wouldn't be able to learn about at York, such as the history of Japanese religions and Irish Studies.



My advice to anyone considering study abroad is to just do it. I was nervous about it at first but I had such a great year, and would do it all again!