Program: University of Bristol Exchange, Spring

Tina’s Major: Psychology

Academic Life: I took classes with students from the United Kingdom and international students. It was beneficial to be in group projects with UK students since they were able to help me understand the structure and expectations of the British education system.

Memorable Moments: Wednesday nights were potlucks with my international friends. We’d all make different dishes and then come together and have dinner as a “family.” Our dinners grew in size and by the end, we had students from Germany, Switzerland, Wales, Australia, Canada, and the U.S. all in one room. The friends I made while abroad certainly enriched my experience and expanded my knowledge of different cultures.

Developing Skills: The most important skill I developed during my time abroad is multicultural fluency. Not only did I interact daily with fellow Bristolians and UK citizens, but I also shared a living space with flatmates from Bulgaria, Malaysia, and Singapore. My best friends were from Australia, Canada, and India. We took part in cultural experiences with each other through food, holidays, and music. This multicultural proficiency will serve me well in a professional environment working with diverse clients.

Benefits of Study Abroad: By studying abroad, I developed the skills needed to adapt to challenging situations and the confidence to overcome obstacles. When you’re in a new country and city it can be difficult to find your feet at first. I had to learn to be an advocate for myself by being assertive and ask for help when I needed it. Now, when I’m in unfamiliar situations I feel much more comfortable asking for help and being confident in my ability to solve problems.