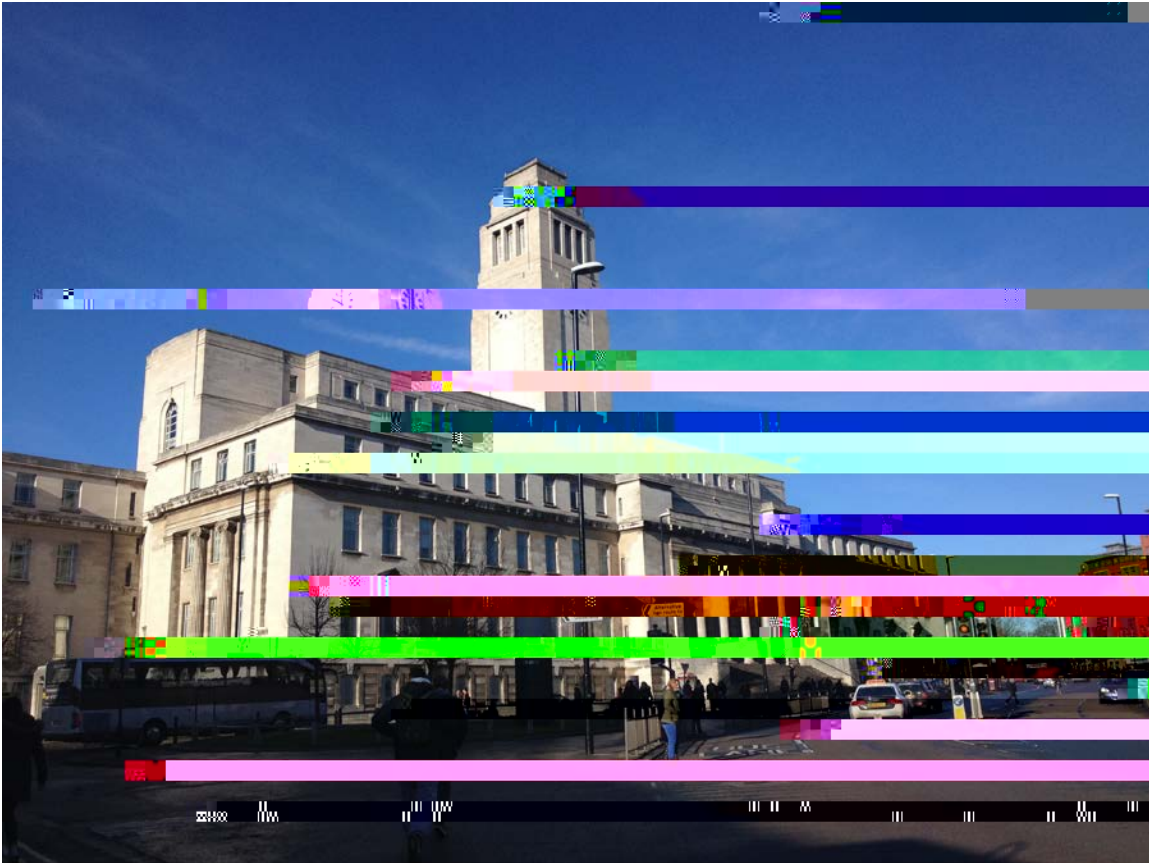


University of Leeds, England
Spring 2015 Exchange
Department: Healthcare

I had the pleasure of participating in an exchange to the University of Leeds, England, for the spring 2015 semester. At SFU I am a BSc student in the Health Sciences faculty, and am also taking a communications minor through the Faculty of Communications, Art and Technology. At the University of Leeds I was placed in the School of Healthcare, but I also took modules (courses) in multiple schools/departments, including the School of Media and Communication, School of Biomedical Sciences, and the School of Food Science and Nutrition. I had some difficulty figuring out a schedule before I got to Leeds, so I ended up completely re-arranging my classes when I got there. The process of enrolling in and dropping classes was very different than at SFU. The process is not online and, for me, it required a lot of emailing and going to offices to get signatures, but I also found that there was always someone to ask for help if I was confused.



The Parkinson Building and Brotherton library

Preparation for Exchange

Since I was going on exchange for the spring semester and traveling afterwards, during the summer, I had to prepare for cold and possibly snowy

weather, all the way to hot, southern European summer weather. My solution for this was layers! Lots of layers! Leeds can be windy and cold, even all the way up until May when I was there, so a warm jacket, jeans/pants and warm shoes are necessities. Since Leeds is such a University student-oriented city, I found most people dressed relatively casual during the day and when going out at night. Also, since some University of Leeds residences are quite far away from the campus and the city center, a pair of shoes you can walk in are good to bring. There is also lots of shopping and inexpensive stores in the Leeds city center if you find you forgot something that you need.

Since I lived in a self-catered residence I was given the option to buy a brand-new kitchen pack from my residence, however I ended up buying one second hand for much cheaper from someone on the Leeds Exchange Facebook group. Definitely check the Facebook group before you buy a kitchen pack or any other room accessories as exchange students from the previous semester are often selling things for a good price. I also bought the bedding pack offered by my residence and found it was very scratchy and not very good. Some of my friends bought bedding on their own from inexpensive stores such as Primark and got a much better deal. One thing I did do was buy a cheap quilt/duvet from Primark and put it on my mattress under my fitted sheet to make my bed more comfortable and it was the best money I spent in Leeds.



The Grand Hall on campus

that has free coffee, tea and cookies! The Student Union is also great and is always putting on events around campus. The school has a program called "Give it a Go"

Leeds is definitely a very student-oriented city. There are students from all over the United Kingdom, and the world. I traveled quite a lot while I was there, mostly with other exchange students I met at the university. I definitely recommend hiking at the Ilkley Moors, going up to Edinburgh and the Scottish Highlands, and visiting London and Dublin. Trains can be quite expensive in England, I recommend getting a 16-25 railcard that takes 30% off every train ticket you buy. I also traveled a lot by bus, which can be really inexpensive if you buy tickets far in advance.

Overall, I loved studying at the University of Leeds. I met so many amazing people and it was such a great opportunity to step out of my comfort zone and experience something new. I definitely recommend studying at the University of Leeds for any type of person, there is something there for everyone.