

Post Exchange Report:

Participating in the Study Abroad programme was one of the best decisions I have ever made. I was on exchange at the University of Sussex in Brighton, England from September 2016 until June 2017, and loved every minute of it. Between living on campus, meeting new people, trying new sports and taking fantastic courses, I was fortunate to have a lot of new and exciting experiences over the year. I am so grateful for having had the opportunity!

Preparation for exchange

In terms of preparing for exchange, packing clothes was easy because the weather in Brighton is very similar to Vancouver, so packing was easy. I never ended up using half the things I brought though, so I would recommend only bringing the things you know you'll need. Otherwise it is extra weight to travel with, and when you are packing to come home, it might not all fit in your bags because you'll likely have accumulated some extra stuff over the semester/year. Before leaving for exchange, it's really useful to budget your trip. The cost of living seemed a bit higher in Brighton, and it's nice to have an idea of how much you can expect to spend so there are no surprises. Some people who go for a year-long exchange open an English bank account. I didn't, but what's best for you really depends on your bank. It's helpful to go in and talk to them about different options. When researching courses before you leave, the University of Sussex website is really useful. Exchange credits are pass/fail, so this is a great opportunity to try some elective courses you might not otherwise have the chance to take! Sussex has an amazing International Development department, where most of my courses were. I'd definitely recommend looking into some of them!

During Exchange

When you fly to England, definitely try to get a ticket for Gatwick airport! It's between London and Brighton, and you can take the train to Brighton. If you're living on campus, there is a shuttle bus to the university that will meet you at Brighton station. I lived on campus for my year at Sussex Uni, but people who were there for a semester mostly lived in the city. There are lots of facebook groups for people looking for flatmates. When you arrive, there are lots of different orientation activities you can do through the university – they're a great way to meet

it...we had filled it by the end of the year, so we each took a piece home. I'm so lucky to have a year of great memories with friends I'll stay in touch with for a long time.

In terms of academics, it was interesting to try going to a UK university –

and enjoy and enjoy the experience while you can. The year flew by faster than I could ever have imagined! Overall, I'm so glad I made the decision to take part in SFU's exchange programme. People aren't exaggerating when they say it can change your life!

University of Sussex Campus



The Ultimate Frisbee team at Women's Nationals!



Sunset at Brighton Beach

