

Welcome to The Liftoff

Global Opportunities newsletter!



QUEEN'S
UNIVERSITY
BELFAST

CAREERS,
EMPLOYABILITY
AND SKILLS



Welcome to the Study Exchange Community!

Big congratulations on your placement – we are so excited to have you on board! Global Opportunities are delighted you have decided to take your studies on tour for a semester or year. You have an incredible journey ahead, and please know that the Global Opportunities Team is here to support you every step of the way.

The "Liftoff" Newsletter

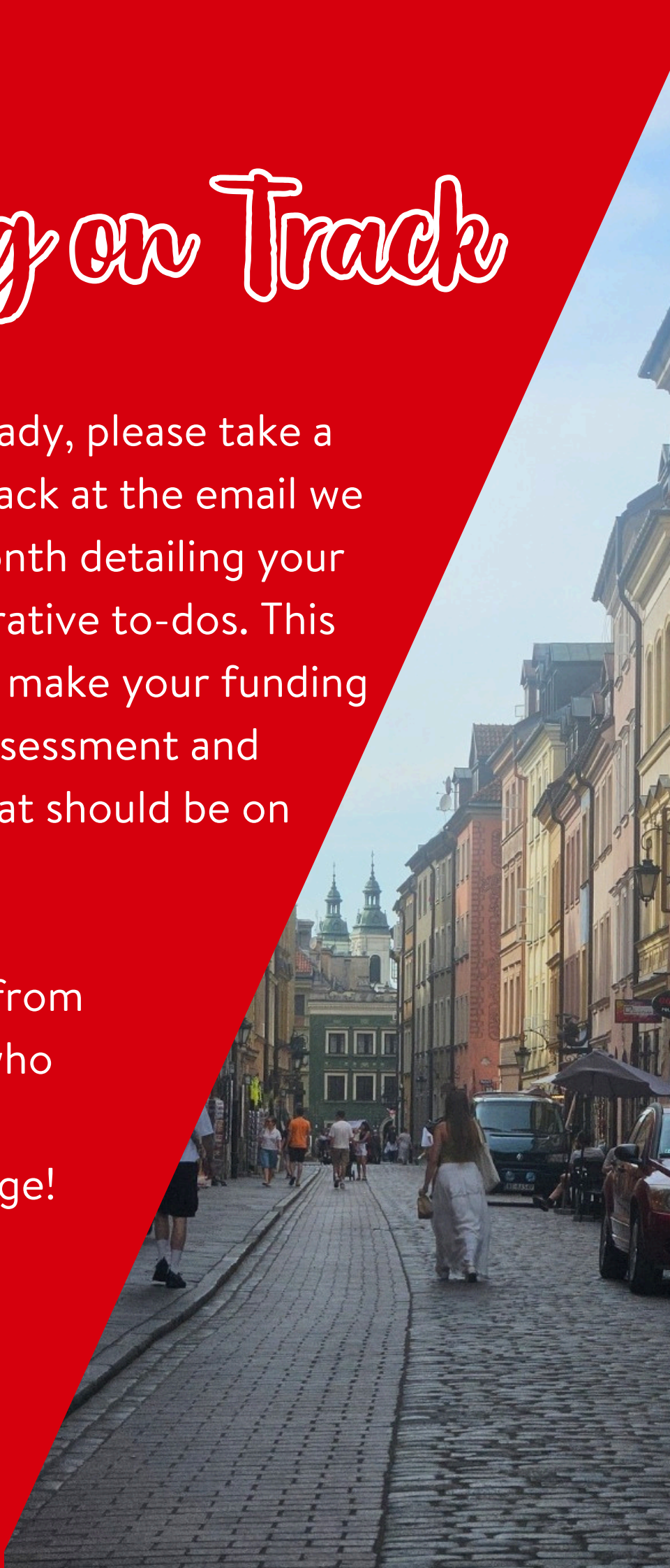
We know this is a busy time of year, so to keep you organised without the stress, we're introducing our "Liftoff" monthly newsletter. Think of this as your go-to guide from those who have been there, done that - it includes peer support from previous exchange students to help you navigate these pre-departure months smoothly.



Staying on Track

If you haven't already, please take a moment to look back at the email we sent in the last month detailing your essential administrative to-dos. This included where to make your funding application, risk assessment and everything else that should be on your radar.

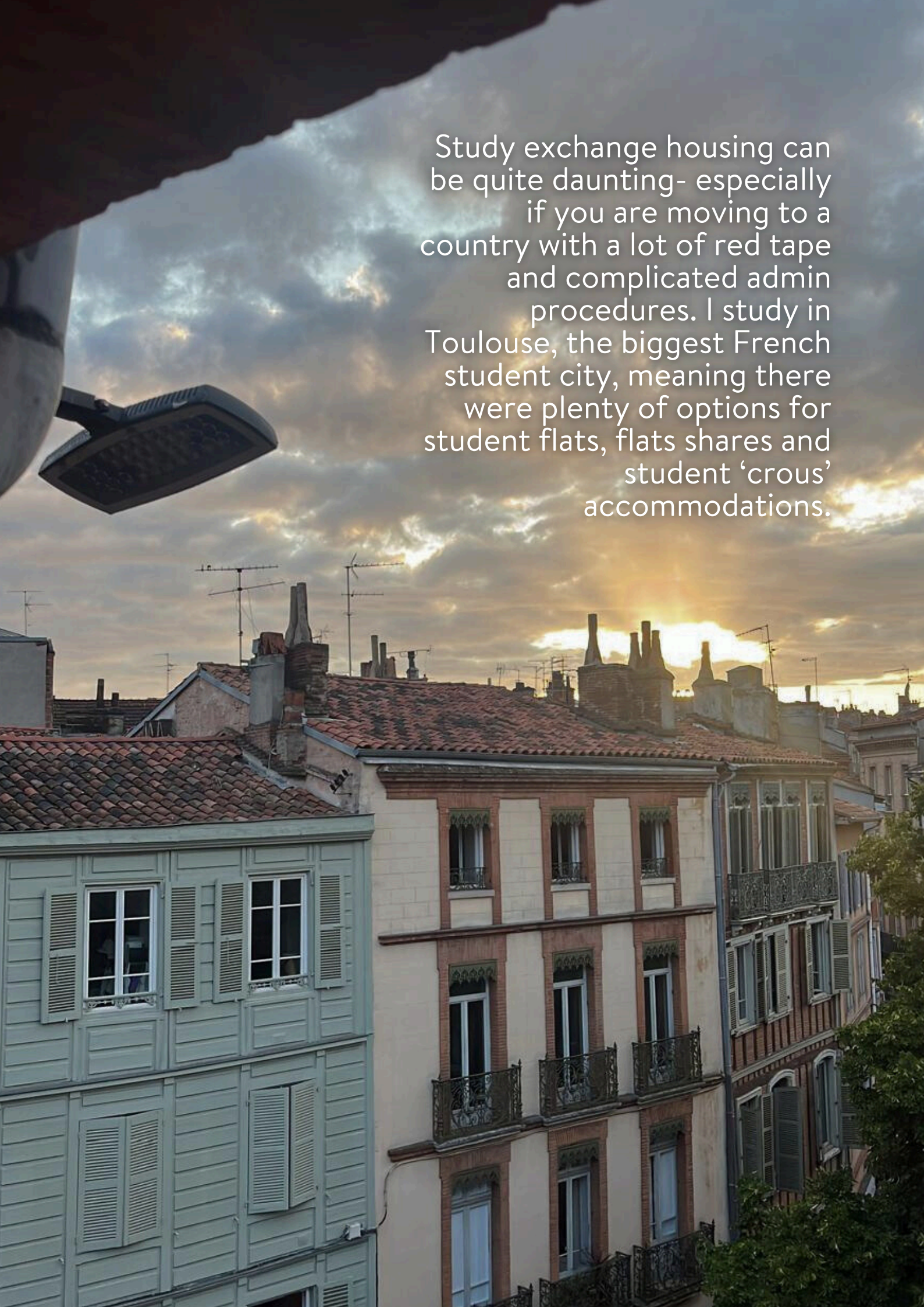
Here's some info from Imri and Eoghan who spent part of this year on an exchange!



Practical advice on accommodation

Imri Tyrer shares her tips after her exchange to Sciences Po, Toulouse



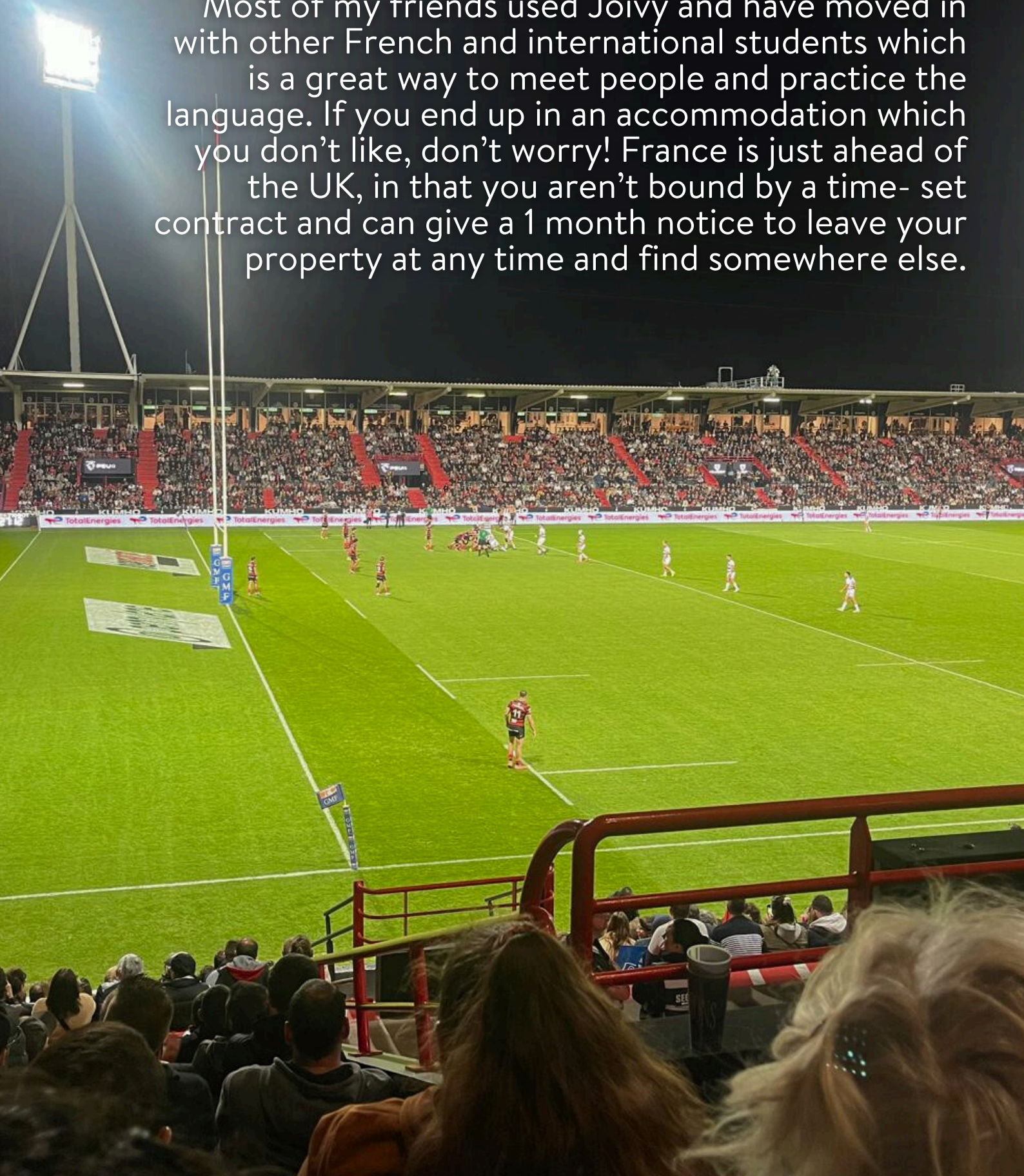


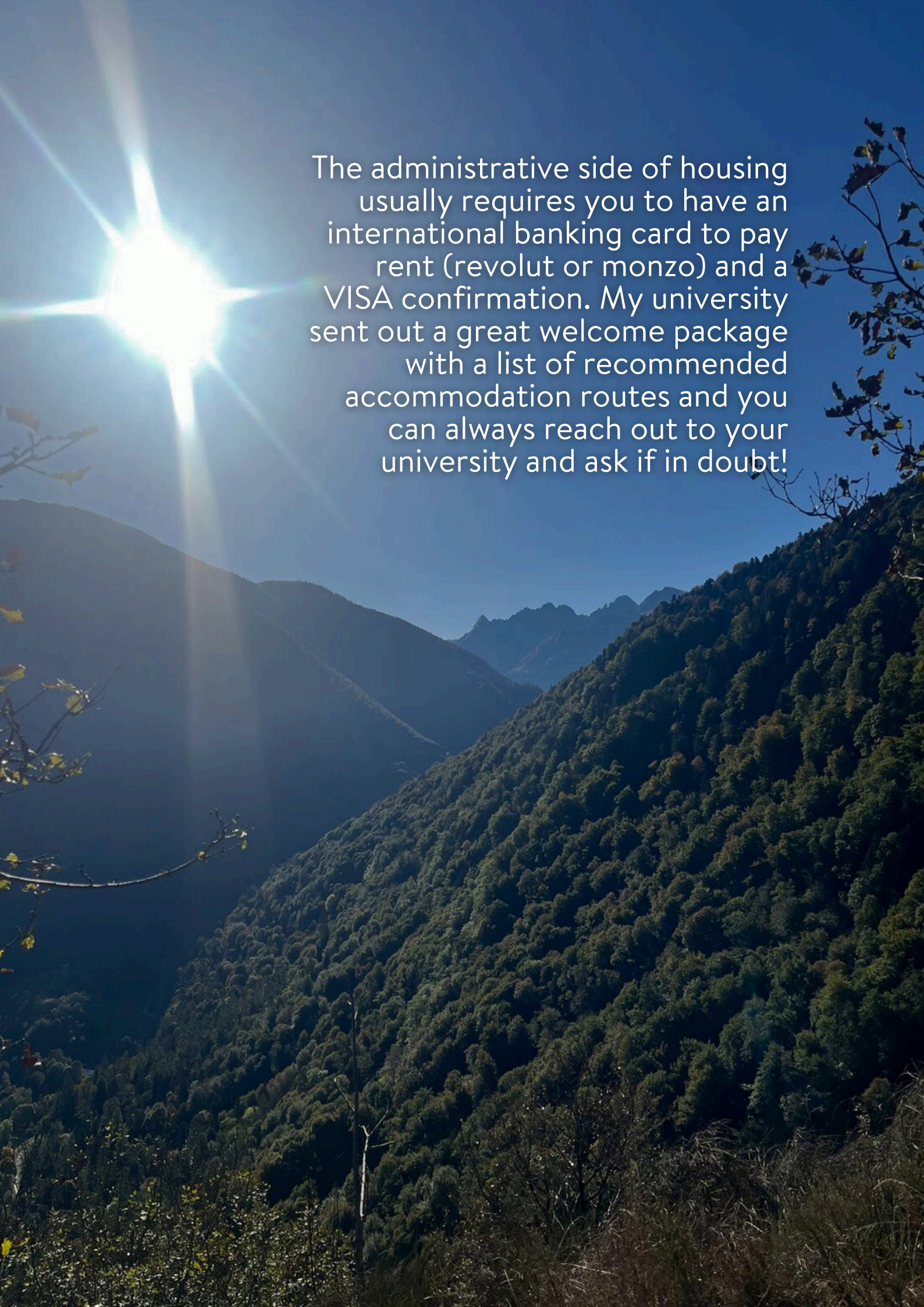
Study exchange housing can be quite daunting- especially if you are moving to a country with a lot of red tape and complicated admin procedures. I study in Toulouse, the biggest French student city, meaning there were plenty of options for student flats, flats shares and student 'crous' accommodations.

I went to Toulouse a month before my classes started and went from estate agent to estate agent asking about student flats. I was able to find an unfurnished flat in an area I wanted. This definitely wasn't the most efficient route. However if you do end up in an unfurnished flat, France has an amazing scheme called emmaus- where you can buy second hand furniture for very cheap prices and deliver- I would recommend it to anyone who is in France and needs furniture or appliances.



If I were to repeat the process of moving in, I would use a website called 'Joivy', which facilitates student flats. This website is the most used and reliable, it also doesn't require you to have a French guarantor for accommodation, unlike some estate agencies. Most of my friends used Joivy and have moved in with other French and international students which is a great way to meet people and practice the language. If you end up in an accommodation which you don't like, don't worry! France is just ahead of the UK, in that you aren't bound by a time-set contract and can give a 1 month notice to leave your property at any time and find somewhere else.



A scenic view of a mountain valley. The foreground is dominated by a dense forest of green trees on a steep slope. In the background, more mountain ranges are visible under a clear blue sky. A bright sun flare is present in the upper left corner, casting rays across the scene. The text is overlaid on the right side of the image.

The administrative side of housing usually requires you to have an international banking card to pay rent (revolut or monzo) and a VISA confirmation. My university sent out a great welcome package with a list of recommended accommodation routes and you can always reach out to your university and ask if in doubt!

Tips on how to prepare for an exchange

Eoghan shares how he prepared for his time at Boston College



Great White National System

WARNING In emergencies CALL 911

Great white sharks hunt seals in shallow water at this beach. People have been seriously injured and killed by white sharks along this coastline.

Peak Activity
Based on tagging data



Know your risk when entering the water.



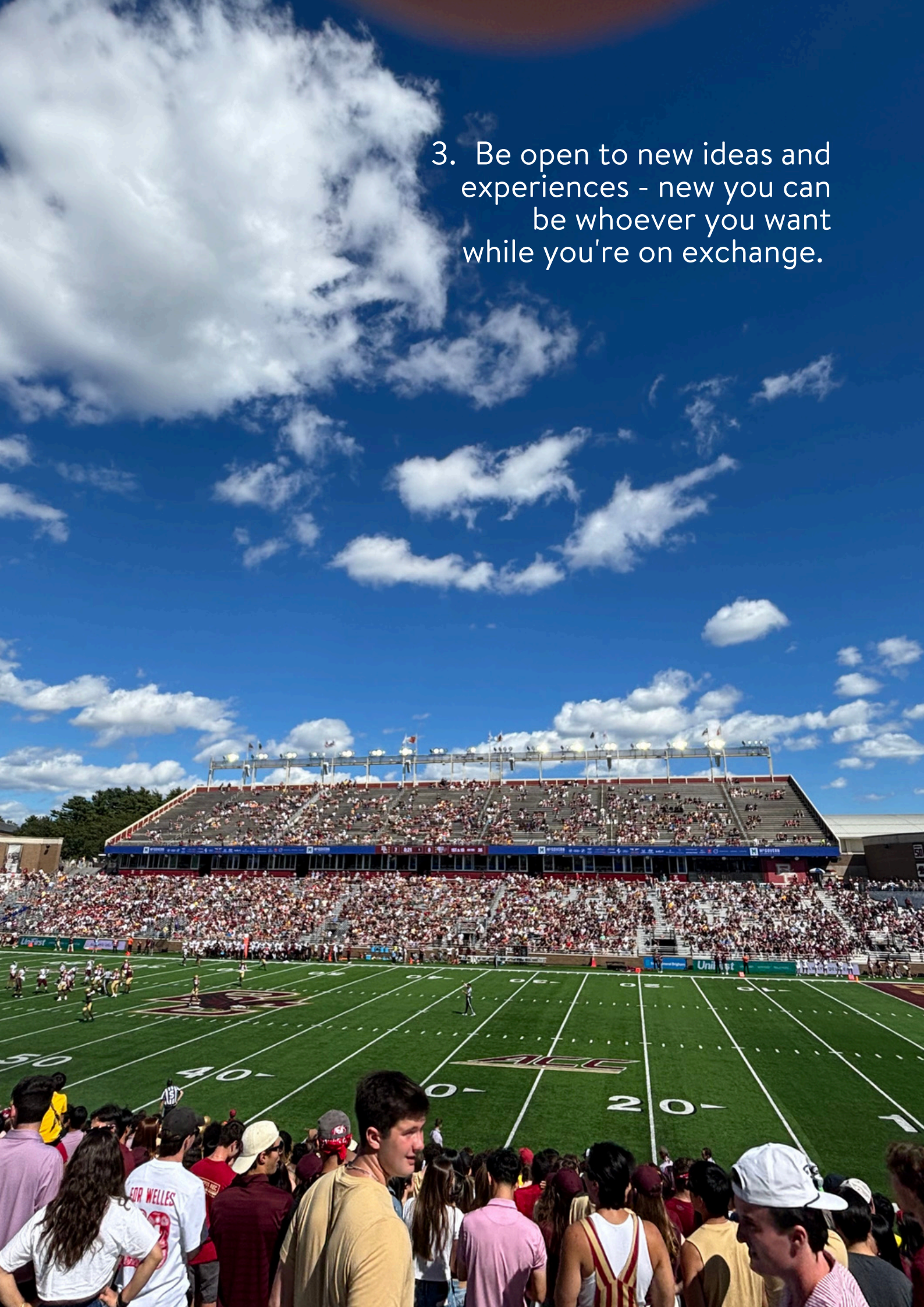
1. Make sure you have all the documents you might need in order - closely follow Queen's, your host uni and government guidance on the country you will travel to. This will make the process easier at every step!



2. Bring some home comforts when you travel - makes the transition period much easier!



3. Be open to new ideas and experiences - new you can be whoever you want while you're on exchange.





4. Save money before going because it can be quite expensive but there are lots of apps to help stretch your money. Check out Lyft and “too good to go” apps.

5. Get a local sim or e-sim. For me, Mint mobile cost 45 dollars for 3 months. A local number will make things cheaper and easier!



What's Coming Up?

For those of you starting an exchange in 2026 this spring and summer we will be sharing your details with partner universities with semester 2 nominations taking place at a later stage. Please keep an eye on your Queen's email and follow any directions, requests or deadlines your host university has. This might include making an application to the university, offers of visa advice and an opportunity to make an application for accommodation.





We have some great events to get you ready for take-off:

- Study Exchange Mixer: A fun chance to meet your fellow travellers in mid-April.
- Pre-Departure Sessions: We'll meet to cover the final details in mid/late May, right after you've finished your exams when your attention can turn towards your travels once again.

Check your emails next week for more details on how to register and look out next month for our next edition of the Liftoff!



Global Opportunities Team

Don't forget, if you have any queries
just pop us an email at
goglobal@qub.ac.uk

or book an appointment with
one of our team [here](#)



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