

Welcome to The Liftoff ✈️

Global Opportunities newsletter!



QUEEN'S
UNIVERSITY
BELFAST

CAREERS,
EMPLOYABILITY
AND SKILLS

Hey!

Most of you now will be settling in to life in a new environment (or will be doing so in the coming months).

This month our Ambassadors give some tips on how to get settled in. Don't forget to make the most of orientation events, take time to get used to your new living situation and leave time for making new friends as well as your studies!

There's undoubtedly a lot of change so prioritise looking after yourself or using the services here at QUB or your host university to make sure you have the support to make the most of this amazing opportunity!


Remember that adjusting to a new environment takes time. Be patient with yourself and enjoy the process of discovering your new life.



How I settled in to campus life away from Queen's?

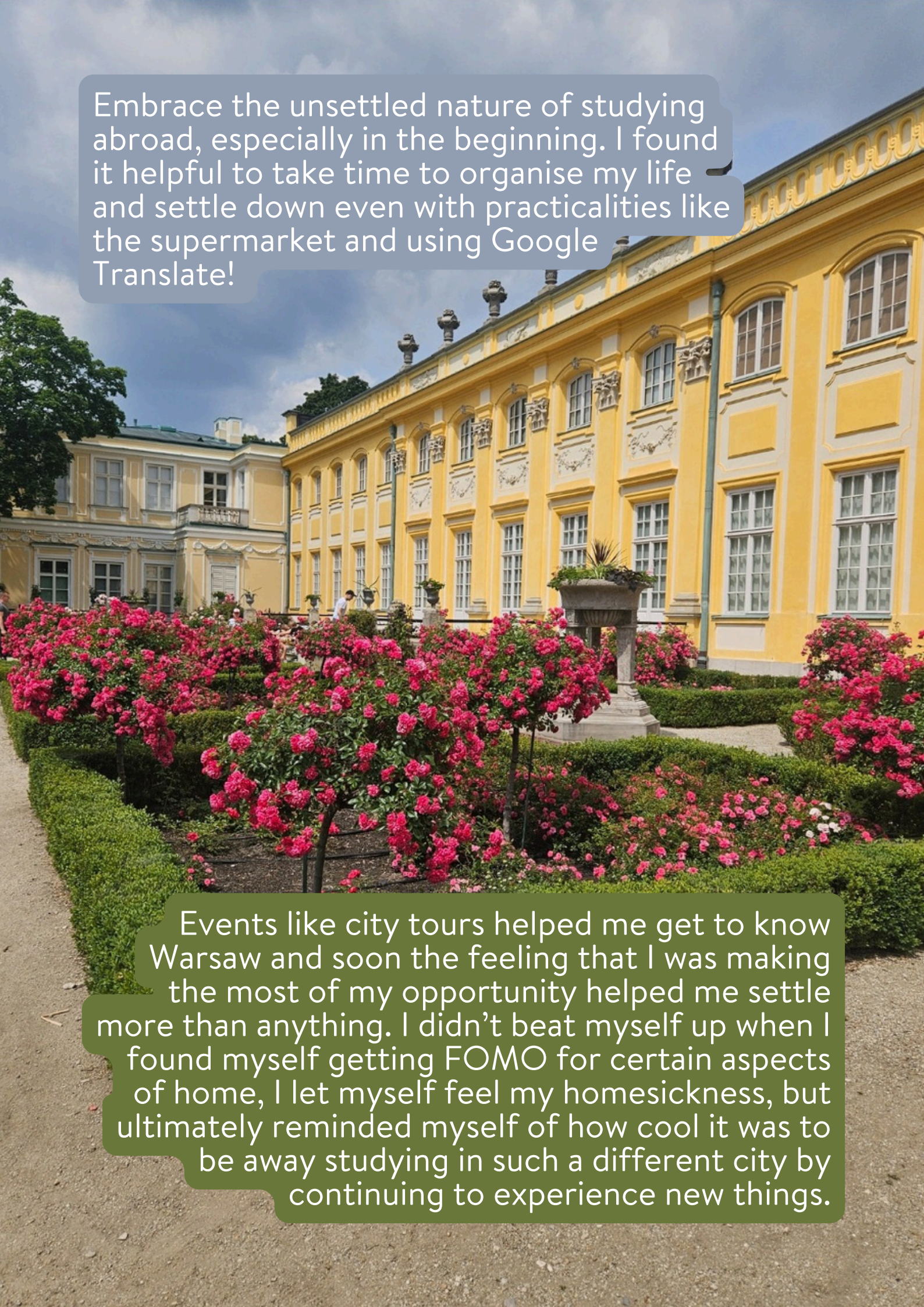
Emma studied English and History at the University of Warsaw



A photograph of three young women with long hair, smiling and posing for a photo. They are standing in front of a lush green jungle-themed backdrop. A large, illuminated sign with the word 'SOUTH AMERICA' in a stylized, glowing font is visible behind them. The woman on the left is wearing a black leather jacket and holding a drink with a straw. The woman in the middle is wearing a purple top. The woman on the right is also wearing a black leather jacket and holding a drink with a straw. The overall atmosphere is warm and social.

Going away to study abroad didn't feel real until I landed. I certainly didn't feel like I was on more than a holiday until a few days of classes. It's hard for that not to be at least a little unsettling. Even though I am very extroverted, my biggest and most unsettling fear was loneliness, however this was far easier combatted than I could have ever anticipated

Campus life is overwhelmingly social no matter where you are, so a great way to get settled is to take every opportunity to meet others. I followed the Erasmus Student Network, joined the group chats they set up, and went to the orientation week events they organised. By the end of the first event, I made friends whose company helped me really settle into my new life abroad, and meant I had friends before classes started.

A large, ornate yellow building with many windows, likely a palace or university, with a garden in the foreground. The building has a classical facade with decorative elements around the windows and a series of small statues along the roofline. The garden in the foreground is filled with vibrant pink roses and green hedges. A gravel path leads through the garden towards the building. The sky is blue with some clouds.

Embrace the unsettled nature of studying abroad, especially in the beginning. I found it helpful to take time to organise my life and settle down even with practicalities like the supermarket and using Google Translate!

Events like city tours helped me get to know Warsaw and soon the feeling that I was making the most of my opportunity helped me settle more than anything. I didn't beat myself up when I found myself getting FOMO for certain aspects of home, I let myself feel my homesickness, but ultimately reminded myself of how cool it was to be away studying in such a different city by continuing to experience new things.

Three tips for studying abroad

Grace studied Law with Spanish in Salamanca





1. You don't have to do it alone!

You can make friends at any stage – even before you leave! If you find out that someone from QUB is going to the same city as you, you should reach out to them! You could travel or live together. This is what I did! When you're out there, the easiest places to make new friends is at Erasmus events and in your classes.



2. Travel as much as you can!

Mainland Europe is well-connected, making it super easy to catch a bus, train, or plane to another city or country! On my year abroad, I visited 6 Spanish cities, 3 Portuguese cities, and 2 Belgian cities – and that was when I only allowed 3 months of my study abroad to travel!

3. Say YES!



There is no right way to do your year abroad – just do what makes you happy! If you want to go to the Erasmus events and make lots of friends from across Europe, go for it! If you want to take up a new skill, do it!

I took up running in my year abroad, and I'm now training to do my first marathon!

If you'd rather work and expand your CV, or study and expand your academic knowledge, then definitely do it! I used my year abroad to get online certificates such as TEFL and LexisNexis Legal Research Certificates in order to expand my CV!

Your year abroad is about personal development and adapting to a new world, and you will enjoy it most when you choose to experience it. It's scary to go to classes in a new university, or work in a foreign city, or go to an event where you know nobody, but you have to jump into the deep end and try it!



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](#)



**QUEEN'S
UNIVERSITY
BELFAST**

**CAREERS,
EMPLOYABILITY
AND SKILLS**