

## The Great Guidebook for the soon to be 'Abroad'

“Where am I going to live? Will I run out of money? Am I going to be lonely?”

These are all questions and doubts that are most likely inundating your mind right now. But don't worry! Having myself been the greatest casualty of such tests and queries, I created a short guide that proposes tips, tricks and tools to prevent and alleviate the negative consequences you will face when battling the top three challenges of an 'abroad'.

### Challenge #1: Accommodation

Finding a comfortable and affordable place to live in a foreign country isn't easy!

Tip: Do not leave it to the last minute! Many, like you, are also going to be looking for accommodation. Rushed flat searching can thus only be a recipe for disaster.

Trick: Your best bet to find the most affordable and well-located flat is to join your host university's Facebook pages, where many alumni and outgoing students are looking to sublease their rooms. Be active and keep responding to their posts until your goal is reached.

Tools:

Facebook groups examples:

<https://www.facebook.com/groups/StAndrewsHousing/?ref=share>

<https://www.facebook.com/groups/479314958823807/?ref=share>

### Challenge #2: Budgeting

Wanting to both enjoy the perks of your new city and travel around your new country renders budgeting challenging.

Tip: Get in touch with students from your home university that studied in your host city. They can provide you with rough estimates as to how much your expected costs of living will be. Knowing approximately the amount of money you will be spending will allow you to save money before leaving.

Trick: Take advantage of your university's cafeteria as they usually offer cheap meal deals. Furthermore, study abroad scholarships are in abundance. Check with your home and host university as well as the Erasmus website to see if they offer any bursaries.

Tools:

Scholarship Websites:

<https://www.erasmusprogramme.com/post/scholarships>

<https://www.sciencespo.fr/students/fr/financer/bourses-aides-financieres/etudiants-francais.html>

University Website: <https://www.st-andrews.ac.uk/students/study-abroad/mobilityprogrammes-erasmusandturing/erasmusfeesandfunding/>

### Challenge #3: Socialising

Knowing no one in your new country is something extremely daunting. Remember, you are not the only 'abroad' in your new city!

Tip: Email your home university asking whether there are and, if there are, the names of your classmates attending your host university. Knowing that you are not alone will prevent disheartening feelings from arising.

Trick: Follow your city's Erasmus as well as your host institution's page on social media. You will thus always be updated and in the loop of the many activities offered in your city, enabling you to attend those events and make friends quickly.

Tools:

Emails:

[studyabroad@st-andrews.ac.uk](mailto:studyabroad@st-andrews.ac.uk)

Facebook groups:

<https://www.facebook.com/groups/esnparis/?ref=share>

<https://www.facebook.com/groups/scpo.exchange/?ref=share>