

Growing Beyond Borders: The Keys to Making the Most of Your Exchange

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The Right Mindset: Embrace Your Own Journey



A successful study abroad experience is not about visiting every possible destination, making countless friends, or creating a “perfect” semester. Studying abroad can be exciting, but it can also be challenging, overwhelming, and emotionally demanding. It is important to remember that an exchange semester is not a competition. Everyone experiences it differently, and comparing yourself to others can take away from your own journey. Instead, focus on personal growth, cultural learning, and discovering at your own pace.

Learn Beyond the Classroom

University offers a unique opportunity to gain deeper insights into the host country’s culture and perspectives. If possible, taking courses related to Japanese society, culture, or values can provide knowledge that is difficult to gain elsewhere. Beyond academics, stay curious and observe your surroundings. Pay attention to cultural differences, reflect on what you can learn from them, and remain open to different customs.



Be Open to New Experiences



Some of the most memorable moments abroad come from unexpected situations. Talk to new people, explore places independently, and do not let language barriers stop you from trying. While planning is useful, leaving room for spontaneity can lead to surprising and meaningful experiences. Even a simple walk around your neighborhood or dorm can become a special memory.

Appreciate Your Achievement

Finally, be proud of yourself. Choosing to study abroad requires courage and openness. Many people never take this step, but you did. Embrace every experience, both the challenges and the joys, because they are all part of what makes your exchange semester unforgettable.