

Lessons & Keys for Your Exchange Journey

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Keep an Open Mind

As an experienced exchange student, the most important key is to **stay open-minded**. You already grabbed dozens of opportunities once you decided to study abroad. So keep your horizon wide, don't be afraid to embrace differences, and you'll find out how interesting and fantastic exchange life can be.

Don't Miss Any Activities

Even while living in Japan, fully immersing yourself in the culture takes effort. **The activities held for ESOP students** are the best chance for us! From practicing Shodo calligraphy and crafting wind chimes to visiting local homes. They are all wonderful gateways to experiencing Japan.



Adventures with the Student Card

Your student ID is far more than just a campus pass. It grants access to study areas while offering **great discounts** on travel, including museums, art galleries, and even Shinkansen tickets. Keep it with you to unlock countless special perks throughout your stay!

The Core of the Journey

Time flies faster than you imagine, so planning trips in advance is helpful. I used to think every day had to be exciting, but **taking time for yourself** is just as essential. Living in a foreign country, it's completely normal to feel homesick or overwhelmed at times. The most important thing is to regularly check in with yourself and prioritize your mental and physical well-being. After all, **staying grounded and healthy** is the foundation to truly enjoying and creating a successful exchange life.

