

Do Your Research

- Learn about your host university, city, and country. What's special or unique about them?
- Explore course offerings, cultural activities, and student life.
- The more specific you can be about why this program is a fit for you, the more it shows you're serious.

Pro tip: We can tell when someone has Googled five minutes vs. someone who really dug into the opportunities!

Show Reflection & Self-Awareness

- Going abroad is amazing — but it can also be challenging. Think about how you handle stress, discomfort, and change.
- Be honest about what support you might need and how you plan to cope. Showing that you've thought ahead - even noting local resources you discovered in your host country - demonstrates preparation and maturity.
- Sharing thoughtful reflections shows maturity and readiness.

Connect Your Goals

- Explain how this exchange aligns with your academic, professional, or personal goals.
- Be authentic — don't just say "I want to travel" unless you explain what you'll *do* while you're there.
- Think about the skills or experiences you hope to gain and how they'll matter to you long-term.

Be Clear About Academics & Flexibility

- List courses you hope to take — it shows you've looked into the program.
- Be honest about flexibility: sometimes exact courses aren't available, and that's okay.
- Demonstrating that you understand the academic structure of your host shows preparation.

Plan Ahead: Finances & Practicalities

- Budgeting realistically shows responsibility. Consider tuition, housing, food, travel, insurance, and other costs.
- Think about how you'll fund your exchange and whether you might work abroad.
- Planning ahead is another way to stand out — it tells us you can handle independence.

Stand Out Without "Right" Answers

- There are no right or wrong answers. We want to know *you*.
- Strong applications are detailed, thoughtful, and specific.
- Show that you've done your homework, reflected on your goals, and thought realistically about challenges.
- Creativity and authentic voice can help your application rise to the top.

Quick Tips

- Start early — give yourself time to research, reflect, and revise.
- Ask someone you trust to read your application for clarity and completeness.
- Proofread — typos aren't dealbreakers, but polished applications stand out.
- Remember: the goal isn't perfection; it's showing that you've put in the work and are ready for this adventure.