



**Maynooth
University**

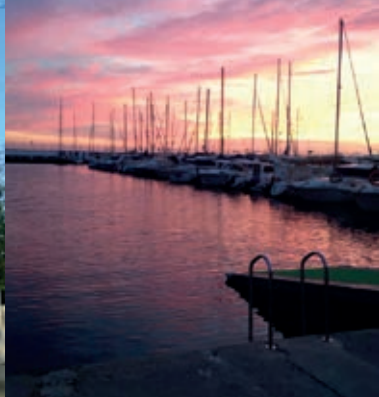
National University
of Ireland Maynooth

Study Abroad

as part of your Maynooth University degree

Europe • North America • Asia • Australia • South America





Why should you study abroad?

Studying abroad has positive effects on students' personal growth. It helps students develop emotional stability and openness and also cope with new experiences. In addition, students gain a wider world view and mature through the ups and downs of being on your own in a new cultural environment. They also learn how to fend for themselves in a setting with different rules and expectations, whilst also fulfilling course requirements or learning to speak a foreign language. Whether it's in work, study or social life, you'll be able to use your new mind-set to back up arguments, inform your beliefs and steer your future.

Students who study abroad enjoy enhanced graduate employment prospects. The employers highly value the transferable skills gained by students during their time abroad. These include being open to and curious about new challenges, being confident, having the ability to problem solve and make decisions and also appreciating the values and behaviours of others. Research has also shown that experience in other countries makes us more flexible, creative, and complex thinkers. People with this international experience are more likely to create new businesses and products.

Whilst lots of Universities offer courses through English, there is no better and more effective way to learn a language than to be immersed in a culture that speaks the language you are learning. You're surrounded by the language on a daily basis and are seeing and hearing it in the proper cultural context. Language learning happens most quickly under these circumstances.

When you're hundreds of thousands of miles away from home, spontaneity and adventurousness are your best friends. Open your mind up to new experiences and sights and the fun will come your way. Studying abroad usually means you have even fewer possessions than the average student, and being that much further from home can really make you miss those familiar comforts you'd taken for granted. In between lectures and lab sessions, studying abroad should leave you with plenty of time to explore. Whether you're one for visiting iconic landmarks, trying new foods or bartering at local markets, there's always bound to be a better way of spending your time than scrolling through Facebook.

All undergraduate students at Maynooth University have the opportunity to study abroad as part of their degree. The study abroad experience promotes familiarity with other countries, peoples, and cultures. It has become an increasingly beneficial educational and professional asset to students around the world. As a global university, Maynooth has been working closely with many prestigious higher education institutions to promote and facilitate student mobility in Europe, USA, Canada, Asia, South America and Australia.

Change, challenges and new experiences are what make life worth living. Mix it up a bit, study abroad!

If you can, take the opportunity



Advice from Eanan Strain, Careers Advisor at Maynooth University

It is well documented that studying abroad gives students a significant edge when applying for graduate work. But, it's not always clear why that is the case. What are the employability related benefits from spending time studying abroad?

The time spent abroad is valued broadly by employers for the following reasons:

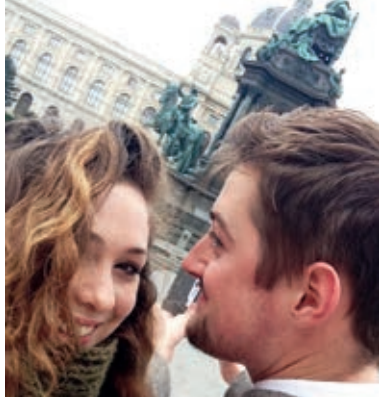
- You have to motivate and organise yourself to gain a place on the programme in the first place,
- You have to plan carefully and fully research the details of the programme you apply for,
- You move outside your comfort zone, you take a risk,
- You show real commitment to your professional development by adding an extra year onto your education,
- An extra year of development in a year abroad usually helps you mature and is noticed by employers during selection processes for graduate work,
- You develop your written and verbal communication skills to a whole new level,
- You have to work with new people, from different backgrounds both individually and in teams,
- You must look after yourself and take responsibility for your own affairs for the entire duration of the programme. This includes organising and maintaining your accommodation, getting to university on time each day, maintaining an effective study schedule, performing academically, keeping yourself physically and mentally healthy, and, adapting to and learning from the culture in which you spend your time abroad.





Take note of the underlined words opposite. These are the most common key skills that graduate employers include as 'essential' in their advertised jobs. Studying abroad for one semester or a full year helps you build capacity in these key employability areas. The above are key skills, particularly those in the last point, that you MUST possess in abundance if you are to be able to perform for an employer in a graduate job. You need to be able to learn the culture of an organisation, you must be able to understand how to get on with and work with different people from different cultures, you need to be able to show that you can present yourself on time for work (or class in university), and that you can push yourself past your comfort zone to perform. These skills are hard-wired into each student exchange programme, so for a student thinking about doing a year abroad it's comforting to know that it doesn't really matter which university you attend or which subject(s) you study while abroad.

You can add to these impressive achievements by studying something interesting, something new or something relating to a career interest you have.



IN SHORT:

Studying abroad is enjoyable and challenging. It is rewarding in terms of the exciting experience you enjoy while abroad, and for your graduate CV. My advice is: If you can, take the opportunity.

Studying abroad will
be one of the best
experiences of your
university education,
because **it will shape
your character for
the rest of your life.**

Dr. Mark Maguire

Department of Anthropology



As a student, I personally studied for one academic year at the Freie Universitaet Berlin, Germany. It was an opportunity which was presented to me when I was an undergraduate following a 4-year Business Studies & German programme. And what an experience! The cultural opportunities of visiting the theatre, opera, museums, palaces, castles – all at reduced student rates - were amazing. Berlin is a fascinating city. And I got to travel by train throughout Eastern Europe with my band of international & German friends, some of whom I am still in contact with today.

I also got the opportunity to work abroad during my undergraduate studies – as an intern at Siemens in Munich, Germany. That is another memorable experience – in meeting other interns from around Europe, but also in experiencing working life in an international context.

I could not recommend this more, for any students that have the flexibility to live abroad for an academic year.

The opportunities and learning you will gain from [study abroad] experience goes beyond academic learning, and includes personal awareness, confidence and independence – traits which are invaluable for the rest of your lives.

Dr. Marian Crowley-Henry
School of Business

For a full list of our partner universities visit
www.maynoothuniversity.ie/international/partner-universities





University of Alicante, SPAIN

My time in the University of Alicante was fantastic! At first the culture shock can be difficult to deal with, but it eventually gets easier. I think I was more shocked by the two hour lectures!!!! The people here are incredible and so welcoming. The majority of my friends spoke Spanish as a first language or didn't speak any English. I would advise students to live with other international students or natives as the biggest advantage of living abroad is the chance to improve your language skills. The experience of living away from home is a scary thought but not as bad as you would think it is. The support of family and friends back home has been the push I've needed to stay strong through the tough times. The year abroad changed my life so much more than I ever thought it could. Not only is it a chance to develop your language, it's also a year to mature and realise that you are capable of living alone without having someone hold your hand the whole time.

Aisling Elliott, BA in European Studies (Spanish and Economics)





Novancia Business School Paris, **FRANCE**

Having been to Paris for a short holiday before, I always longed to go back to live there and experience the French culture. I took the opportunity to study in Paris for a year without hesitation. The School is located right in the tourist spot of Montparnasse providing the view of the Eiffel Tower from the main entrance. While on my Erasmus, I got to meet students from around the globe who all came from different cultural backgrounds. This gave me the opportunity to explore their countries without actually going there! Seeing people dealing with same issues in a totally different way simply amazed me. The Erasmus year taught me a lot academically and socially. It turned me, an unorganised student, into a more practical and more structured person. Maybe the reason behind this is that I made friends with many German students! Studying abroad seriously expanded my knowledge but the most positive experience of all is the life-long friendships that I made in Paris.

Bao Nguyen, *BA in Business and Accounting*

I actively encourage all our equine business students in MU to consider studying abroad as part of their degree programme.



I had the opportunity to study abroad myself as an undergraduate student and it was an experience that I will never forget. You get to see a country in a way that is just not possible by merely going on holidays there. You experience a new culture and possibly a new language and most importantly make friends for life! In my case I became more mature in my attitude to my academic studies, was more dependable, capable, creative and had no trouble using my initiative when needed. All attributes and skills developed or enhanced by my time spent studying abroad. Skills which stood to me in the successful completion of my degree and also in the development of a rewarding career. I see the same rewards reaped by my own students as a result of their experiences studying abroad in one of our many partner universities.

Dr. Niamh O'Sullivan
School of Business



Beihang University Shanghai University **CHINA**

As a second year student, the aspects of a year abroad, for some, can be quite daunting. However once these challenges are faced it opens up a world of opportunities and unforgettable experiences. I spent the first half of my year abroad in Beijing, the second half in Shanghai. This gave me a great chance to see more of the culture I was living in. My year abroad did not just prove useful for my course, and did not only improve my Chinese language, but has created a foundation of curiosity and amazement for a foreign culture that has thousands of years of history and traditions. China truly is a fascinating country; the more I uncover, the more I wish to see. I feel to work and/or study in China at some stage of one's life should be on everybody's bucket list.

Gina Crowe Taft, *BA in Chinese Studies and Music*

Fordham University, New York, **USA**

One of the reasons I chose to study at Maynooth in the first place was because of the amazing study abroad opportunities they offer, and it's safe to say that I wasn't disappointed with my year spent at Fordham University in The Bronx, New York. Although it was slightly terrifying going from a country with a population of 4.5 million to a city with a population of 9 million, I found my feet so quickly in New York. Fordham has an amazingly diverse student population and also has countless courses and interesting classes to take. I study English and Ancient Classics in Maynooth, but at Fordham I had the opportunity to take classes in History, Music, and others besides. One class I took was devoted entirely to studying *The Hobbit*!

I play guitar and sing, and New York provided an amazing backdrop for me to pursue my interest in this. I played in pubs and at open mics all over the city and met some really incredible people, inside and outside college. No matter what your interests are, Fordham and New York City will have a niche for you.

I would highly recommend studying abroad to anyone who is even considering it - and do NOT be put off just because none of your friends are interested. I came to New York entirely by myself and it was definitely one of the best decisions I've ever made.

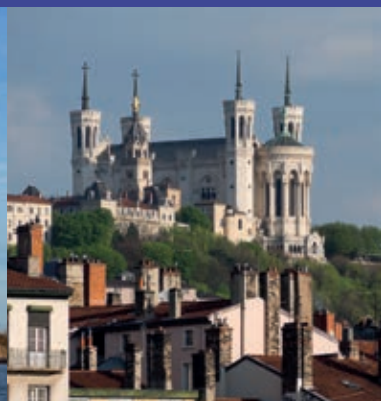
Aoife O'Toole, BA in English and Greek & Roman Civilization



Jean Monnet University, **FRANCE**

For ten months, the old French mining town of St. Etienne became my home... and I absolutely loved my home. Luckily, my bank account was full of accommodation and travel money that I had saved from working the year before. If I was going to live in continental Europe, I was going to travel... and travel I did. In total, I managed to travel to five different towns all over France, eight different countries, and twelve different international cities. I have solid friends from all over the world, during Erasmus you meet open minded people like yourself who crave excitement and new experiences and together you create one of the most sociable and memorable years of your life. Erasmus gives you opportunity to study subjects at degree level that you would normally not be able to study back home. And so I dabbled in history, art, music and cinema classes, as well as French literature. I thus broadened my knowledge in different subject areas – learning and accomplishing constantly. Erasmus creates education outside education. When you remove yourself from the norm and place yourself in somewhere unknown, somewhere that's linguistically, geographically and culturally different and somewhere out of the familiar and the safe, you adapt and you learn. You learn about your own personal capability. It is without doubt a character building year full of self-discovery and possibility. You return more confident, cultured, and pensive and, above all, changed. How you think is, and forever will be, broadened.

Kellyanne Parsons, *BA in French and Geography*



University of Amsterdam, **THE NETHERLANDS**

Hallo allemaal! If like me you have never lived away from home, this is such a phenomenal experience. I've met so many accomplished and inspirational people that I'm really motivated to get the most out of the opportunities that are available to me. Erasmus has been the best decision of my life.

Anna Devereux, *BA in Anthropology and Politics*

I would highly recommend students avail of the opportunity to study abroad and gain an international degree.

Students introduced to another culture, gaining fluency in a second language and confidence through their experience at a partner university.

The experience is life enhancing, the skills gained are career enhancing and research shows that students usually do much better in their final degree year.

Dr. Lorraine Byrne Bodley
Department of Music



Aberystwyth University, **WALES**

For my Erasmus year, I chose to study at Aberystwyth University on the west coast of Wales. Most people didn't see the point in studying abroad so close to home but it was honestly the best year of my life. While I was at Aberystwyth University, I was immersed in the Welsh language and I was able to take classes that I would not have been able to take in Maynooth. They have an amazing Celtic Studies department so I could even take classes in Irish.

While I was at Aber, I joined the Travel Society so I was able to travel all around the country. I saw everything from the countryside to Cardiff, I really got to experience all that Wales, and Aberystwyth, had to offer. I recommend going on Erasmus to everyone. You will make friends and experience things that will stay with you for the rest of your life. Everyone should study abroad!

Kelsi Hattaway, *BA in Anthropology and Spanish*



University of Mississippi (Ole Miss), **USA**

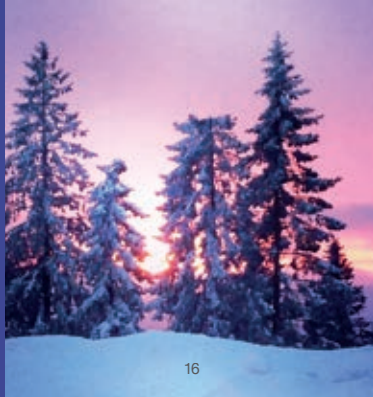
It was definitely the right choice for me to study abroad when the opportunity was available. It was an invaluable experience. It wasn't always easy to be away from home of course but the likes of skype made it considerably easier. I also think I had the time and experience to mature a good bit in this year, so overall I really would recommend it to everyone.

Leanne Ledwidge, *BA in English and Music*

University of Oslo, **NORWAY**

I fell madly in love with Oslo and Norway! I lived in student accommodation just two minute train ride on the t-baner (metro) to campus and five minute walk from Sognsvann which is a huge lake and forest trails... it does not feel like living in the capital city! As Norwegians love the outdoors, we've spent most of our weekends hiking, visiting the Oslo fjords and once a group of sixty of us stayed overnight in a log cabin just north of Oslo, it was a great experience. Everything is just as expensive as I thought, but it is just a matter of digging out the cheap places. I do my weekly shopping in a place called Gronland which is a Turkish market and everything is super cheap. Besides the ridiculous pricing of things, I adored it and I am forever grateful for the opportunity!

Rachel Moran,
*BA in Anthropology
and Geography*



University of Uppsala, **SWEDEN**

A good word to describe Uppsala would be 'quaint'. The people are extremely friendly, and unfamiliarity with the Swedish language bears no handicap as just about everyone is fluent in English. Nightlife for students in Uppsala is mainly condensed to the thirteen student nations, which function something like all-inclusive fraternities. The nations are well over 300 years old. They throw club nights, regularly keep their pubs open for quieter evenings, and offer meals throughout the day, all at discounted prices. Biking is a staple of Uppsala, as evidenced by the thousands of bike stands scattered throughout the city. A major cause for adjustment in Uppsala and throughout Sweden is the winter months, which quickly usher in freezing temperatures and extremely short days. This tends to require supplements of Vitamin D and the use of a sunlamp to avoid fatigue and low moods. That said, Sweden's citizens are among the happiest in the world, so they're certainly doing something right! The education system in Uppsala is different from Maynooth in that students take one or sometimes two classes at a time for several weeks before completing a final assignment or exam. They then proceed on to another class. This allows classes to be in depth and intensive and allows students to focus on one academic study at a time.

Ian Rice, *BA in English and Sociology*



Concordia University, Montreal, **CANADA**

Study abroad has been one of the best decisions I have ever made. This has been an amazing opportunity that has given me so many new friends from all over the world and I feel like I have grown so much as a person over the 9 months. If anyone asked me if it was worth it to study abroad, I would say absolutely yes.

Hannah Byrne, *BA in Politics and Sociology*

I am always keen to promote to our students the opportunities afforded by the Erasmus exchange programme at Maynooth. It's really a transformative experience for many of our students. Obviously the language skills acquired on a year abroad are invaluable, in the workplace and in life. But I have also noticed that students return to Maynooth more self-reliant and independent, with a broader and more mature outlook on their studies and on their post-university future. And, not least, many of them have had the time of their lives travelling and acquainting themselves with new environments and cultures.

Dr. John Paul Newman
Department of History





Palacky University, **CZECH REPUBLIC**

Olomouc (pronounced aul-oh-moats) is such a beautiful city. The buildings are picturesque, and the square boasts a UNESCO World Heritage Site – the Trinity Column. The city is big enough without being too big, and there's a large park filled with trees and plenty of green space. The nightlife is good as well. I didn't feel as pressured in my college work as I do back home. In Maynooth, I love my course, but it is a lot of work. My classes at PU were easier, and this gave me lots of time to practice piano, write, socialise, travel, and to focus on things other than just essays and exams. Travelling is a big part of Erasmus, especially being in central Europe with so many different countries close by. All in all, I feel that going on Erasmus has been one of the best decisions in my life. Though there will always be problems with money, organizing, registering for classes, language barriers, etc. – travelling, and seeing the world will always be, for me, a positive experience.

Nicole Clevenger, BA in Music



Life after studying abroad



My Erasmus exchange, apart from giving me a lifetime of memories, new friends and a wealth of knowledge, was a huge help in my work as EU Careers Ambassador in Maynooth University. The experience acquired on an Erasmus exchange is a real asset when looking for employment, and its benefits are immeasurable.

Moya Gorman, *BA in Music and Nua-Ghaeilge*





Before I even did my final summer exams I was offered a job in Lidl's head office in Newbridge, which I took. What really helped me get the job was my Erasmus experience in Bremen, Germany, and being able to talk in German quite freely. I would never have gotten the confidence had I not gone on Erasmus and thus would never have gotten the job!

Emma Cox, BA in German and English

Working with the amazing staff in the International Office allowed me to get an inside view of Maynooth University and continue the study abroad experience even after having returned home.

Sean Stoll,
BA in English and History



My Erasmus experience has definitely made a huge difference to me when it came to applying for jobs and most of all when applying for jobs abroad. Upon finishing my degree in Maynooth I did four interviews in the month of June! I definitely think speaking about the experiences during my year abroad gave me an advantage and it made me stand out from the crowd. It also gave me confidence to go out and apply for jobs like teaching abroad or working for a foreign airline!

Tara Mullen,
BA in German and English



Without completing Erasmus I would not have been offered my masters. The year abroad helped me understand what I wanted to do in life and provided me with the skills and credentials to stand out throughout my application process. Studying abroad has also helped me obtain two Summer internships prior my masters, employers believe going abroad makes you more flexible, creative, resilient and independent than other applicants.

Ryan Reid, BA in Business and Geography



Nice to know:

John Carroll University

JCU is just ten miles away from Downtown Cleveland (Ohio's state capital), located on Lake Erie, one of America's Great Lakes.

Saint Mary's College

This close-knit, women's college, located in the heart of the Midwest, gives you the best of both worlds, as students are able to take advantage of the clubs and societies at the University of Notre Dame, one of America's most prestigious universities.

Old Dominion University

As Virginia was one of the 13 original colonies, ODU and the surrounding region are steeped in American history. In their free time, students enjoy visiting many of the historical attractions nearby, including Williamsburg and Busch Gardens.

New Mexico State University

New Mexico is home to some of the most beautiful scenery in the United States. Nestled between the Organ Mountains and the Rio Grande, NMSU is the perfect place for students looking for an outdoor adventure in the Old West.

Rollins College

Rollins College is known for its grand traditions, one of which is Fox Day. On a selected day in spring the President places a statue of a fox in the middle of the green, letting the students know that free donuts, pancakes, and festivities are to be had throughout the day.

University of New Brunswick

Located in the Culture Capital of Canada, UNB is Canada's oldest university. Throughout the year, students take part in all the music festivals, art shows, and theatrical performances Fredericton has to offer.

University of Alberta

Edmonton is known as "Canada's Festival City" and hosts over 30 festivals throughout the year that bring visitors from all over the world.

York University

York University is home to the largest Psychology programme in North America and is located in Toronto, Canada's largest and most diverse city.

Bond University

Bond University is on the Gold Coast, home to some of Australia's most beautiful beaches.

Babes-Bolyai University

Not only is Babes-Bolyai University the largest university in Romania, several academic departments at Maynooth University have strong research links with BBU.

Comenius University in Bratislava

Bratislava is the only capital in the World to border three countries. Slovakia also offers free train tickets for all students.

Helsinki University

Helsinki was chosen to be the World Design Capital for 2012. Helsinki is unusual in that this capital city is not only on mainland, but it also includes some islands.

Lund University

The charming cobble-stoned city of Lund is considered the best student city in Sweden and has a vibrant student life.

ESC Rennes School of Business

One of the best business schools in Europe with a vast majority of their courses taught through English. ESC Rennes is also most internationally attended Grande École de Commerce in France: more than one in three of the students on campus come from outside of France.

For a full list of our partner universities visit

www.maynoothuniversity.ie/international/partner-universities

Need To know:

1. All second year students at Maynooth University can apply to study abroad as part of their degree at one of our partner universities. Please visit our website to view a current list of our partner universities <https://www.maynoothuniversity.ie/international/partner-universities>
2. You must pass your summer examinations in second year to be eligible to study abroad as part of your degree.
3. Deadline to apply to study abroad is 31st January, just after the first semester exams in your second year. Please visit our website for more information about how to apply <https://www.maynoothuniversity.ie/international/going-abroad-maynooth>
4. Each academic department has an international coordinator, who is also able to offer advice on your study abroad options. Please visit our website to find out who the international coordinator is for your department(s) <https://www.maynoothuniversity.ie/international/current-students/international-co-ordinators>
5. You do not pay fees to your host university, but you must pay fees to Maynooth University during your studies abroad.
6. You must register online with Maynooth University and also with your host university while studying abroad.
7. BA students study abroad for one academic year. This extends your BA from a three to a four year degree and after a successful completion of your year abroad, you will be awarded a BA International degree
8. BSc students may study abroad for one full year or one semester, transferring credits obtained abroad to your Maynooth University degree. The modules you study while abroad must match the 3rd year curriculum at Maynooth University and the international coordinator in your department(s) of study will help you to select appropriate subjects.
9. You do not need to speak a foreign language to study abroad! Many of our partner universities teach courses in English. You will be able to find a list of partners offering modules in English on our website.
10. Students receiving grants (SUSI, BTE, etc.) are still able to continue receiving their grants while abroad. Please contact the International Office for more information.



Maynooth University

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