

# Queensland University of Technology

Exchange start semester	Autumn semester 2023
Study level	Undergraduate (Bachelor)
Home faculty at GU	Faculty of Education
Studies at GU	Health promotion, food and nutrition science

## Courses during exchange

- Physical activity and health
- Sport and exercise across lifespan
- Understanding disease concept
- Resourcing and managing health budgets

## Main difference compared to studying at GU

The way they had lectures and workshop. It was more active learning. Of course the language was a major difference and challenge.

## Arrival, orientation and housing

I was lucky to have my fiancés family in Brisbane so I was studying with them until I got an apartment. I went on some activities during the “welcome week”.

## Finances

Having an apartment were quite expensive, more expensive than home. Food costs were about the same compared to Sweden. Going out and do activities felt a bit more pricey than home. Overall it felt quite similar.

## Life in a new country/culture

Great! I’ve been to Australia 2 times before so I’ve already been doing all the touristy things so I did more camping and road trips and hanged out with my fiancés friend and family. Due to this I sometimes felt like I was missing out with the social part but at the same time my studying were a bit challenging and therefore took majority of my time.

## Overall exchange experience

Amazing! Would do it again and recommend anyone that are thinking or wanting to go to apply.