



My Exchange Evaluation

Basic Information

Host University	University of Leeds
Semester & Year of Exchange	Semester 1, 2025
Otago degree(s)	BSc and LLB
Major(s)	Psychology, Law

Academics/ course load

Which papers did you take whilst on exchange?

Course title	Language of instruction	Otago equivalent
LAW1141 Introduction to Criminal Law	English	
IDEA2000 Leadership Ethics	English	
LEED1202 Introduction to the Physical Activity and Exercise Industries	English	
PSYC3545 Work Psychology	English	

Total Otago credits gained: 54 points 72 points 108 points _____

Any comments about these papers?

Would recommend all these papers. They took a practical approach to learning, utilising small class sizes, tutorials and various assessment methods. The teaching staff for these papers were approachable and helpful. I felt involved and learnt a lot.

How did the academic experience/ workload/ style of teaching differ from Otago?

The teaching style was more participatory and smaller working groups. The style of teaching took a broad approach, with various avenues of enforcing learnings and quite different assessment methods (i.e. Work Psychology using client solution proposal presentations).

Accommodation

What accommodation did you stay in? What were the pros and cons of your accommodation?

I stayed in Central Village. It was a convenient location to town and the University, in a very safe area. However, although essentially a hall environment, we had to buy everything for the accommodation from pillows and duvet, to kitchen utensils.

Money matters

Please detail your basic costs, e.g. accommodation, flights, visa, food, insurance

Accommodation was about 195gbp per week

Flights one-way around \$2,000nzd

Weekly shopping around 20-50gbp

What means did you use to access your finances? What would you recommend? (Credit card, Cash passport, foreign bank account, etc.)

Would recommend getting a travel card like Wise. This made it very easy to transfer NZD into whichever currency I needed very quickly and used like a VISA.

Visas & Insurance

Did you have to apply for a visa? What was the process?

No visa was required as only a 6-month period in the UK.

Did your host university have a mandatory insurance?

No, I used Otago suggested insurance provider and that worked well.

Extra-curricular/Social Activities

What organised activities were available to students? What extra-curricular activities would you recommend to future exchange students?

Welcome events were organised by the University for exchange and international students.

The Edge gym student membership gives you access to unlimited work out classes and pool facilities, which I would recommend making the most of.

What was the university/ city like?

University is centrally located, so easy to get around with clear signage and maps. Leeds city was accessible, lots to do and felt safe to walking around at night.

Any recommendations for things to do, places to visit, places to eat etc.?

Worth looking into shows and gigs coming to the city as it can attract some big acts.

Any tips for future students?

Get a 16-25 railcard as it is super easy to use and you around 1/3rd off train tickets.

Overall Experience

Please write one paragraph (or more) about your exchange experience. Please include some photos!

My exchange to the University of Leeds was incredibly rewarding. The University environment and teaching staff are welcoming and helpful. They tend to utilise smaller class sizes and tutorials, so make sure to apply for classes early to ensure you get your first choices. Leeds city is very accessible and a great hub to travel from. I would absolutely recommend the University of Leeds.

