



## *Dear Future Student*

*Choosing a university is a huge decision, especially when it involves moving away from home. I remember feeling a mix of excitement and uncertainty when I was planning my journey to Nottingham Trent University, so I hope that by sharing my experience, I can help you feel more prepared and reassured as you get ready for this new chapter.*

*I chose NTU because of its strong focus on practical learning and the support it offers to students, particularly international students. I am currently studying Occupational Therapy, which is a new course at NTU. It feels like NTU has put a lot of thought and care into designing a programme that reflects current professional practice and emphasises hands-on learning. Being awarded the NTU Excellence Scholarship also gave me reassurance that the university recognises and supports students who are committed to their studies.*

*Coming to NTU from my home country was both exciting and challenging. Leaving behind family, familiar routines, and everything I was used to was not easy, and the adjustment took time. In the beginning, even small things such as the weather, food, teaching style, and learning how to get around the city felt overwhelming. However, NTU provides a lot of support during the first few weeks, which made a huge difference. From induction activities to student support services, I never felt completely alone. With time, I became more confident and started to feel more settled.*

*Nottingham itself is a very student-friendly city. It is lively but still manageable, and most places feel easy to access. I met new friends through my course, group work, volunteering, and social activities. One thing I learned quickly is that everyone is adjusting in their own way, even if they don't always show it. Being open, patient, and willing to start conversations really helps. Slowly, you begin to build meaningful connections and feel more at home.*

*What I have enjoyed most about my studies so far is the supportive learning environment. The lecturers are approachable and genuinely want students to succeed, especially as the Occupational Therapy course is still new and developing. Learning alongside students from different backgrounds has also helped me grow both personally and professionally.*

*If I could offer one piece of advice, it would be to give yourself time. It is completely normal if things do not feel perfect straight away. Ask questions, use the support services available, and do not be afraid to step outside your comfort zone. Stay organised, look after your wellbeing, and stay connected to home while also allowing yourself to fully embrace this new chapter. NTU has been a place of growth and learning for me so far, and I hope it becomes the same for you as you prepare for your journey.*

*Warm regards,*

*Mitchelle Ngabwa Mbyemeire*



**Mitchelle Ngabwa Mbyemeire**  
**Uganda, BSc (Hons) Occupational**  
**Therapy**