

THE BASICS

Your first name: Caitlin

Your email address: caitstew@uvic.ca

Your partner university: Avignon

Your UVic major during the exchange: French

UVic session(s) during which you did your exchange: Fall 2007 and Spring 2008

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GENERAL EVALUATION

Please rate your overall exchange experience on a scale of 1 to 5 (5 is the best rating):

Rating: 4

Comments:

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ARRIVAL

How satisfied were you with your experience of arriving in your host country or city? Please rate on a scale of 1 to 5 (5 is the best rating):

Rating: 5

Comments: My landlord picked me up from the train station which was really nice. The Town isn't big so it would be easy to ask someone for directions to wherever you want to go.

What assistance, if any, did you receive when you arrived at your exchange destination? Landlord picked me up.

How difficult was it for you to obtain your travel documents (visa, etc.)? Not very hard. You just go to the French consulate and bring in the forms required, you can look up what you need to bring online.

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ORIENTATION AND ASSISTANCE

How satisfied were you with the orientation and assistance available to students at your partner university? Please rate on a scale of 1 to 5 (5 is the best rating):

Rating: 4

Comments: The International office was pretty nice and helpful with document etc.

How easy was it to find information you needed to know right away? I had it all with me.

What help did you receive from the international staff or office? Course set up, fees to pay , carte de sejour forms.

What was your impression of the international staff or office? Young and helpful. A lot of running around though and a bit disorganized.

What was the orientation like at your partner university, if there was one, and how well did it suit your needs? They had a potluck for us to meet other French students and international students.

What was it like to adjust to the culture of your exchange site and were there people you could talk to about what you were experiencing? [It was difficult at first but you get the hang of it.](#)

HOUSING

How satisfied were you with the housing available to students? Please rate on a scale of 1 to 5 (5 is the best rating):

Rating: [4](#)

Comments [There is housing but I lived in a private residence.](#)

How early could students move in to housing at the beginning of term? [NA](#)

What options were available for meal plans or cooking facilities?[NA](#)

How satisfied were you with the food? [4](#)

How close are the residences to the university? [5-10 min walk](#)

Could students stay in the residences during major holidays? [NA](#)

Which residence would you recommend to UVic students? [La Garidelle is the closer of the two to the university](#)

If you lived in off-campus housing, how easy was it to find? [Easy](#)

What should future UVic exchange students know about living off-campus? [Try and plan something before you go so you aren't stressed when you get there.](#)

COURSE REGISTRATION

How satisfied were you with the registration process at your partner university? Please rate on a scale of 1 to 5 (5 is the best rating):

Rating:[3](#)

Comments: [a bit disorganized and lots of paper work.](#)

Please describe the registration process at your partner university. [Go to the classes that interest you and then you just keep going to them if you like them. You then fill out an academic student agreement.](#)

What kind of help was available? [International office.](#)

How successful were you in registering for classes you wanted? [5](#)

What advice would you offer to next year's exchange students about registration at your partner university? [Go to as many classes as you can so you know what is available.](#)

ACADEMICS

How satisfied were you with the academic program at your partner university? Please rate on a scale of 1 to 5 (5 is the best rating):

Rating: 4

Comments: [classes were good and fairly interesting.](#)

How did the style of teaching at your partner university compare with that at UVic? [NA](#)

How did the workload compare to what you would expect at UVic? [About the same](#)

How many courses did you take in your first term abroad? [6](#)

Your second term? [6](#)

What would you recommend as an appropriate course load for other UVic students visiting your partner university? [5-6](#)

What specific courses would you recommend to visiting UVic students? [Translation](#)

Why? [Very helpful and interesting.](#)

If you studied in a non-English speaking country, what was the availability of courses offered in English? [none](#)

What advice would you give UVic students about succeeding academically at your partner university? [Work the same as if you were in Canada.](#)

What was your impression of the computer facilities, library, and internet access at your partner university? [Pretty good but they aren't as technologically advanced as us.](#)

What electronic devices would you recommend a UVic student bring (laptop, PDA, etc.)? [laptop](#)

COSTS

Please indicate currency: [dollars](#)

Books - per term: [100](#)

Accommodation - per month: [500](#)

Meals - per month: [400](#)

Local transportation - per month: [0](#)

Health insurance - per term: [0](#)

Personal spending - per term: [depends if you want to travel etc.](#)

Communications (phone, etc.) - per term: [200](#)

Other university related fees - per term: [250](#)

EXTRA-CURRICULAR/SOCIAL ACTIVITIES

How satisfied were you with the out-of-class opportunities at your exchange site? Please rate on a scale of 1 to 5 (5 is the best rating):

Rating: 4

Comments: [Lots of activities with the exchange association and lots of fitness classes to join in on.](#)

What organized activities (clubs, sports, etc.) were available to students? [A lot](#)

What extra-curricular activities would you recommend to future exchange students? [Rock climbing, yoga, step class.](#)

What do you recommend other visiting students see or do on their weekends or holidays? [Travel](#)

What opportunities were there for students to work on-campus? [Not really](#)

Off-campus? [Not really](#)

What volunteer or internship opportunities were there for students? [NA](#)

SAFETY AND HEALTH

How safe did you feel at your exchange site? Please rate on a scale of 1 to 5 (5 is the best rating):

Rating: [4](#)

Comments

What are the biggest safety concerns for future exchange students going to your exchange site?

[People just holler at you from cars and you have to ignore it.](#)

What are the biggest health concerns for future exchange students going to your exchange site?

[Housing standards are much lower than here in Canada, leaks, mold, dust cracked walls and floors.](#)

PERSONAL AND CULTURAL CONNECTIONS

What was it like making friends? [Difficult at first with other French people easy with international.](#)

How successful were you at making friends with local (i.e., not international) students? [I made a few friends through the exchange association.](#)

What was it like to adjust to the culture of your exchange site? [Different.](#)

What, if any, cultural differences did you find particularly challenging? [You have to be very forward and not let anyone push you around.](#)

What parts of the culture did you most appreciate? [The food.](#)

How were you treated by local people? By university staff and faculty? By students? [Nicely.](#)

As far as you could tell, how easy would it be for students with disabilities to study at your partner university? [Not very.](#)

For students who are visible minorities in your host country? [Fine](#)

TAKING STOCK

What are the three most important things for students to take with them when they go to your host country or region?

[-laptop](#)

[-little pictures of self](#)

[-all documents like passport, SIN, Drivers license, birth cert. all photocopied.](#)

What are the three most important things you would tell a UVic student who is going to your partner university on exchange?

[-be prepared to run around a lot at the beginning](#)

[-have an open mind](#)

-be sure of your self

Is there any other information that you think might prove useful to UVic exchange students attending your host university?

NA

What was the most rewarding part of your exchange experience?

Meeting a good French friend and traveling.

What was your greatest challenge on the exchange?

Always speaking in French.

How has your perspective changed as a result of the exchange?

Being more tolerant of other people and being more sure and confident in myself.

What else do you want to say about your exchange experience?

Travel as much as possible because it is a once in a lifetime experience!