



# Student Exchange Program

International Student Services

## Exchange Final Report

### Student Information

Faculty at UVic	Education
Major/Minor	Kinesiology
Host University	University of Newcastle
Host Country	Australia
Dates of Exchange	July 30 to November 30 2018

### Overall Exchange Experience

Please Rate your Overall Exchange Experience

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

What was the most rewarding part of your exchange experience? Please outline any highlights.

I absolutely loved every aspect of my exchange! The highlight was all the new life-long friends I made as well as all the beautiful beaches and new cities I had the chance to explore.

What was the greatest challenge during your exchange?

The greatest challenge during my exchange was being able to fit in all the exciting adventures I wanted to do in such a short five months and leaving my new family to return home.

### Travel

Cost of air travel	\$1,500 - \$2,000
Cost of ground transportation (ex. monthly bus pass)	The bus pass is a pay as you go so it depends how often you plan on using it.
Did host university representatives meet you at the airport?	No

Is there easy transportation between the airport and university? Yes

## Orientation

Is there an organized orientation session upon arrival?

Yes, there is an entire week dedicated to new and international student orientation with social activities around the city and tours of the University campus.

How easy was it to find the info you needed to know upon arrival?

Very easy! All the information is sent to you via email.

What assistance did you receive from your host institution upon arrival?

They provided assistance with moving in on campus as well as counselors to ensure you were properly registered in all your courses.

## Accommodation

Is on-campus accommodation available? Yes

If yes, did you live on campus? Yes

Would you recommend this to future students? YES!

If you lived off-campus, how did you find housing?

Approximately how much money would you budget per month for living, including accommodation and meals?

\$1,000/month

## Language Programs

Is there a language program available either before or during the semester?

N/A

Is there an additional cost for the language training?

N/A

## Academics

Was it possible for you to get all the courses that you wanted?

Yes

Please describe the course registration process

Course registration is done online in a similar way to UVic.

Describe the manner and quality of instruction at your host university

The classes and professors were all fantastic! The classes are all face to face and the labs are all very hands on. All the lectures are recorded and posted online as well so if you have to miss a class you don't fall behind and you can revisit the explanations from the professors to help review when studying for tests and finals.

What do you feel is the greatest academic benefit you have gained personally from your exchange?

The greatest academic benefit I gained from my exchange was being able to take part in a more hands on approach to laboratories and classes.

## Personal and Cultural Connections

How easy was it to adjust to the local culture? What (if any) cultural differences did you find particularly challenging? What parts of the culture did you most appreciate?

It was very easy to adjust to the local culture as they are very welcoming and friendly people. Some of the terminology they used was new to me, but it was fun to learn new ways of expressing myself. I most appreciated how open and welcoming all the people I met there were. I feel as though I have not just friends but family there now.

What kinds of cultural, athletic and social activities were available for students at your host institution?

There were so many opportunities to get involved at the University of Newcastle. From all the sports teams available to join, to the exercise classes at the gym, the clubs and social events there was something for everyone. I took part in an organization known as Waves of Wellness which promoted discussion about mental health by providing free surf lessons for six weeks and I would highly recommend it to anyone. I also took part in many of the social events put on by the residence I lived on and participated in an array of daily fitness classes at the campus gym.