



Student Exchange Program

International Student Services

Exchange Final Report

Student Information

Faculty at UVic	Social Sciences
Major/Minor	Psychology with a French certificate
Host University	Université de la Sorbonne Nouvelle Paris 3
Host Country	France
Dates of Exchange	January - April

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.

My exchange to Paris was truly one of the most rewarding experiences of my life. I initially came to France worried I would struggle with the language, be unable to make friends, and ultimately not enjoy my time here. Of course, it turned out the complete opposite. I quickly made friends, navigated my way through the city, and found my home in Paris. Watching my confidence grow the way it has here in Paris was truly the most rewarding part of my exchange experience. Yes, I was fortunate enough to travel through Europe during my time here, and meet people from all over the world -- However it was truly the mundane, day to day experiences of living in another country, and speaking another language which were the most rewarding. From handling French Wifi technicians and arguing with my nosey landlord, to drinking a glass of wine by the seine, and Parisian house parties in Haussman apartments. The most rewarding part of my exchange experience was putting myself out there, immersing myself in the Parisian culture, and having it turn out better then I could have ever imagined. Paris will now always have a very special place in my heart, and I can't wait to come back.

What was the greatest challenge during your exchange?

The greatest challenge during my exchange was budgeting and managing my money. I often forgot to convert my euros to CAD and as a result didn't realize how much I was spending until much too late. Moreover, living in Paris is much more expensive then I was predicting. Simple things like groceries cost almost twice as much as they do at home.

Travel

Cost of air travel 3000 dollars return flight from YVR to CDG

Cost of ground transportation (ex. monthly bus pass) 74 euros per month (roughly 111 CAD per month)

Did host university representatives meet you at the airport? No

Is there easy transportation between the airport and university? Yes the RER train line was very easy and fast

Orientation

Is there an organized orientation session upon arrival?

Yes there was orientation at the school in the first week.

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

Not very easy, the process was complicated and finding a phone plan, a place to live and the navigation system was difficult to understand at first.

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

I received very little, mostly help with administrative things such as registering for courses.

Accommodation

Is on-campus accommodation available? No, as the school is in the middle of the city there is no campus housing.

If yes, did you live on campus? No, I found my own accommodation.

Would you recommend this to future students?

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

I found housing through the American student exchange program called MICEFA. I made friends with people in the MICEFA program and they helped their students find apartments.

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

As paris is a very expensive city to eat in, my rent was 430 euro per month, and my total monthly budget would be around 900 euros.

Language Programs

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

I am not sure, I am fluent in the language here so I didn't look into a language program.

Is there an additional cost for the language training?

I don't know.

Academics

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

Yes

Please describe the course registration process

Registration was complicated, done in person, in different offices on different days, depending on the

Describe the manner and quality of instruction at your host university

The teachers were very accommodating with illness, language barriers, and travel plans. Overall I was very impressed with the quality of education. However, the classes themselves were kind of boring and uninteresting

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

My written French skills improved incredibly, as well as my comprehension of difficult French texts and oral presentations.

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?

As I already spoke the language, assimilating into the French culture was much easier for me, then perhaps for others. The biggest challenge was understanding that the Parisian people argue with anyone about anything. I quickly learned that they did ever wish you ill will, it was simply their way of communicating. The thing I appreciated the most about the culture here was the was relaxing nature of the people here. Parisian culture places a large emphasis on finding time in your day to sit and relax, with your friends. I also appreciated the relaxed nature of the drinking culture here. Drinking for enjoyment rather than drinking to get drunk, the idea that it's ok to enjoy a glass of wine with dinner every night was refreshing.

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

There were not many clubs at my school the way there is at uvic, however I had some friends who participated in the sports teams. I was not involved in many social activities at all within my host institution.