



Student Exchange Program

International Student Services

Exchange Final Report

Student Information

Faculty at UVic Social Sciences
Major/Minor Psychology
Host University Maastricht University
Host Country The Netherlands
Dates of Exchange September - December

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.

Being fully immersed in another culture. I have never been that far from home and I have been surrounded by family and friends my whole life. On this exchange I had the opportunity to go on my own and learn about a different part of the world. I also got to meet all sorts of people I may not have met before.

What was the greatest challenge during your exchange?

Being in a different environment was hard. I am from a place with trees and ocean everywhere. The place I went was far from the ocean and was a huge city surrounded by other huge cities. I missed the wild animals and the fresh air the ocean provides

Travel

Cost of air travel 2400 round trip

Cost of ground transportation (ex. monthly bus pass) Trains could be from 4 Euro to hundreds of Euros. I walked unless I was traveling other places

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 2 weeks of it

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

So easy. There are so many exchange students at Maastricht. Never hard to find somebody who knows whats going on.

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

An orientation, ongoing support, etc

Accommodation

Is on-campus accommodation available? No

If yes, did you live on campus? _____

Would you recommend this to future students? _____

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

There was a separate organization that focused on student housing. It was very easy to find housing with them.

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

I think I went through a little over 2000 per month but I was not trying to budget. I traveled lots and ate well and bought all my Christmas presents over there. Also Euros are worth 1.5 Cad dollars so it converted to less in Euros.

Language Programs

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

Is there an additional cost for the language training? Yes. 75 - 250 Euro

Academics

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

Please describe the course registration process

I picked 8 courses and had Uvic approve them. Then submitted to host university and they put me in 4.

Describe the manner and quality of instruction at your host university

It was Problem Based Learning. We were assigned readings and would have a pre and post discussion with a group of 8-12 other students and 1 tutor. There were not too many lectures. It was splendid.

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

PBL leaves you responsible for completing all the material and it is awkward if you are the only one in your group who hasn't done the readings. I think I will read more of the assigned readings now. I think I may even enjoy it.

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?

I went somewhere where almost everyone could speak English so that was easy. They don't bag your groceries for you in the Netherlands. They just scan them and then they are done way before you are done putting them away and you pay then they start scanning the next persons groceries and you are in the way trying to pack all your groceries and it is awkward and stressful. Now that I am home though I prefer to bag my own groceries. Also you have to pay for most public toilets. Everyone in Europe can speak multiple languages. I think that should be a thing everywhere.

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

Loads. So many. Sailing snowboarding traditional sports weird sports anything you could think of they had a group for it. The athletics department was particularly spectacular.