



Student Exchange Program

International Student Services

Exchange Final Report

Student Information

Faculty at UVic Science
Major/Minor Biology
Host University Utrecht University
Host Country The Netherlands
Dates of Exchange Feb 2019-June2019

Overall Exchange Experience

Please Rate your Overall Exchange Experience

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

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

The most rewarding part of my exchange was experiencing and navigating a new culture. I made many memories and new friends exploring the country.

What was the greatest challenge during your exchange?

I faced many challenges regarding housing. Housing was very difficult to secure- and landlords certainly take advantage of this fact to grossly overcharge exchange students. I also ran into problem with my landlord and did not find adequate support. I did not feel sufficiently prepared to deal with potential issues that I found out were very common for exchange students.

Travel

Cost of air travel 600 Cad

Cost of ground transportation (ex. monthly bus pass) 40 Euro/ month

Did host university representatives meet you at the airport? No

Is there easy transportation between the airport and university?

1 train for 30 min followed by 30 min by bus

Orientation

Is there an organized orientation session upon arrival?

Yes

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

It was not easy. Info was only made available during orientation session which occurred over a week after I had arrived. Additionally the info provided was not as useful as I had hoped.

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

Not much

Accommodation

Is on-campus accommodation available?

Limited availability

If yes, did you live on campus?

No

Would you recommend this to future students?

Maybe

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

Through facebook

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

700-750 euro

Language Programs

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

There are paid programs that are not directly affiliated with the university

Is there an additional cost for the language training?

Yes

Academics

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

Yes

Please describe the course registration process

Course registration happens online well before the start of a block. They must be approved by your faculty. It is only possible to change courses two weeks prior to the start of a block.

Describe the manner and quality of instruction at your host university

Instruction varies depending on the type of class. In general long 3-4 hour lecture occur 1-2 times weekly. Some classes also offer weekly tutorials and others have multiple lab practical's. Large group projects and essays are common.

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

I was required to participate in many group projects which has helped me develop skills in communication and cooperation. I also took many courses outside of my faculty which developed my critical thinking and interdisciplinary skills.

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 fairly easy to adapt to culture. The language was the largest barrier as it is very difficult to learn. I most appreciated the social aspects of the culture, fun events and festivals were common.

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

Some student societies hosted events open to exchange students. It is possible to purchase a membership to the athletic facility on campus which offered additional athletic courses and clubs.