



Student Exchange Program

International Student Services

Student Information

Faculty at UVic Social Science

Major/Minor Political Science

Host University Utrecht University

Host Country Netherlands

Dates of Exchange Feb-June 2019

Exchange Final Report

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"/>

Overall Exchange Experience

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

Getting to learn so much about a new culture, traveling as much as possible, and studying things that I cannot at Uvic.

What was the greatest challenge during your exchange? Organizing my classes, etc. from afar and

Travel

contacting the host university.

Cost of air travel 1200\$, I used points for a part of it.

Cost of ground transportation (ex. Free, my landlords gave me a bike

monthly bus pass)

Did host university representatives meet you at the airport?

It was an option that I did not take

Is there easy transportation between the airport and university?

Yes, trains are great

Orientation

Is there an organized orientation session upon arrival?

Yes

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

Easy after orientation and they explained it.

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

Orientation, emails, meet ups, etc.

Is on-campus accommodation available? Yes but it is limited.

Accommodation

If yes, did you live on campus?

No

Would you recommend this to future

I think either are good options

students?

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

Air BnB

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

Language Programs

meals?

800\$

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

Yes

Is there an additional cost for the language training?

No

Academics

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

Yes

Please describe the course registration process

Confusing, as you have to go through it all yourself and submit a form, in the end it all worked out and I was happy with it. More help would have been appreciated though as it was stressful.

Describe the manner and quality of instruction at your host university

Wonderful! I had very knowledgeable profs that did their best to make courses relevant and interesting.

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

I was in undergrad law at UU and I think that was a great opportunity, as I cannot study it in Canada until I have finished my undergrad. It allowed me to explore an area of study that I want to pursue in the future.

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 easy! There were a lot of student groups and events to help us make friends, and I did not experience any culture shock. There was some adjusting to differences but all in all I did not have a problem. I really enjoyed how everyone spends so much time outside on sunny days.

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

There was an international student group that set up a lot of activities, which was wonderful. We went on day trips, weekend trips, parties, cultural exchange nights, etc.