



# Student Exchange Program

International Student Services

## Exchange Final Report

### Student Information

Faculty at UVic      Social Sciences  
Major/Minor        Sociology/Business  
Host University     Utrecht University  
Host Country        Netherlands  
Dates of Exchange   Sept 1-Dec 21

### 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.

Meeting people from all over the world and traveling

What was the greatest challenge during your exchange?

School was very difficult and took up a lot of time

### Travel

Cost of air travel                      Round trip: \$2000

Cost of ground transportation (ex. monthly bus pass)      You bike everywhere in Utrecht

Did host university representatives meet you at the airport?      No

Is there easy transportation between the airport and university? Yes, public transport is great in Utrecht – you take a train directly from the airport to Utrecht central station and then a bus to your accommodation

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## Orientation

Is there an organized orientation session upon arrival?

Yes, there is a general orientation with booths and food etc., but then social sciences has a week long orientation with a set group

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

Could have been a bit easier

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

Not much until I went to the orientation

## Accommodation

Is on-campus accommodation available? Yes but limited – you need to log on immediately when housing opens (fills up within minutes)

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If yes, did you live on campus? No, I chose accommodation near the city centre

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Would you recommend this to future students? Yes, cycling to the different campus locations was easy from the city centre (2 mins to at most 15 mins)

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

It was part of the exchange housing so it will still with other exchange students

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

I had a roommate so I had cheaper rent which was \$500 CAD and food was similar to groceries in Canada so I would say \$700/month.

## Language Programs

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

Yes, however, I didn't know about it.

Is there an additional cost for the language training?

\$10/month

## Academics

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

yes

Please describe the course registration process

It was all done online before arrival

Describe the manner and quality of instruction at your host university

My classes had a lot of additional work that was mandatory but received no grade. Attendance is often mandatory.

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

I learned how to manage school and travels

## 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 to adjust because everyone speaks English perfectly in the Netherlands. I loved the biking culture of the Netherlands.

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

ESN is the Erasmus student network which hosted events for exchange students