



# Student Exchange Program

International Student Services

## Exchange Final Report

### Student Information

Faculty at UVic Sciences  
Major/Minor Math major/business minor  
Host University Uppsala University  
Host Country Sweden  
Dates of Exchange Jan – June 2019

### 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.

Getting to travel Europe with new friends is such a rewarding experience. Meeting new people and becoming such good friends with everyone so quickly and easily.

What was the greatest challenge during your exchange?

Overcoming feelings of loneliness or feeling homesick and missing friends/family back home.

### Travel

Cost of air travel Approx. \$1000 round trip

Cost of ground transportation (ex. monthly bus pass) \$60/month for bus pass. Bought a bike for about \$75.

Did host university representatives meet you at the airport? Yes

Is there easy transportation between the airport and university? Yes. The trains run every 15 min from Arlanda to Uppsala Central station

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## Orientation

Is there an organized orientation session upon arrival?

Yes. The entire first week including weekends there were different events for all new international students. Info sessions about the university and other student services, as well as nation events that included pub nights and other social gatherings to meet all the other new international students!

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

Super easy. Pretty much all the info was given to us on the first day in a welcome package. Other info was available during the first week of orientation events.

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

There was a welcome service at the airport where busses picked us up and took us to the welcome centre where we all got our welcome package and some information about signing up to the university webpage and making accounts, etc. We got keys to our accommodation, and some info about how nations work, and given the orientation schedule. Then we were dropped off at our accommodations. We were pretty much all set up for university just hours after landing. Everything was super straightforward!

## Accommodation

Is on-campus accommodation available? Not on campus technically but there is lots of student housing dorms around the city

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If yes, did you live on campus? I lived in student accommodation in a dorm building

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Would you recommend this to future students? Yes.

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

The university provides you with info on how to apply to the student housing during the application process for exchange. Everything is made very easy and step by step.

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

I would say at least \$1000 per month. Accommodation can range from \$600-\$800 per month depending on where you live, and on top of that groceries aren't that cheap.

## Language Programs

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

Yes, all internationals are offered a course in basic Swedish during the semester

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

You rank the courses you want in priority of which ones you want the most. You will select many more courses than you will take. Then you wait to hear back which courses you got into. The university will enroll you in courses so that your time table doesn't overlap too much (though sometimes it does) and so that you have a full course load.

Describe the manner and quality of instruction at your host university

I would describe the instruction style as very loose and relaxed. Students are given quite a lot of freedom in the sense that I did not receive a whole lot of instruction for papers, presentations etc. Instead it was on me to come up with topics and take the initiative myself. Additionally, there were few assignments given that were due during the semester. Instead, we just had lectures throughout the course, and all assignments/papers were due at the end of the course. This was quite different in comparison to school back home. Overall I'd consider the quality of instruction pretty good, but definitely not as strict or demanding as what I was used to back home.

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

I am taking Swedish culture and history courses, so for me the greatest benefit for my academics here is that I am learning about the culture while living in it. This made me feel like I actually learned a lot more, and I was able to notice and experience the culture more than I think I would have otherwise.

## 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?

For me the biggest thing I noticed about Swedish culture and Swedish people are that they are generally very quiet and reserved with strangers. For me this is a huge difference to Canadian culture where people are generally quite open and outgoing and friendly to new people. I also appreciated this part of Swedish culture the most, because although the initial interactions with Swedish people were less chatty and open as what I'm used to, once they get to know you and open up you see a different side of them. It almost makes the friendships with Swedes more intimate because they don't do small talk. If a Swede engages in conversation with you it's because they care about you and want to talk, unlike western culture where people just talk for the sake of talking. It was very different and refreshing.

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

During orientation we had a "crash course" for Sweden, Swedish culture and Swedish people, as well as a free Swedish language course that was offered to all internationals. A gym membership was available at a reduced price to all students. Student nations at Uppsala are the centre of all student social life. Everyone joins a nation or two and gets access to different events, pubs, clubs, dinners, etc. Social activities are extremely easy to come by, Uppsala is the frickin best.