



Student Exchange Program

International Student Services

Exchange Final Report

Student Information

Faculty at UVic Social Sciences (Political Science)
Major/Minor Political Science
Host University Uppsala University
Host Country Sweden
Dates of Exchange August 28th to January 27th

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.

I would have to say that the most rewarding part of my experience was meeting a ton of new friends from all over the world. Namely I became friends with a large group of Australian students and I continue to keep in touch with them and they plan on visiting me in Vancouver this coming summer.

What was the greatest challenge during your exchange?

My residence was a bit farther away from campus and as such when weather got bad (which it did in sweden) it made it difficult to get to classes.

Travel

Cost of air travel 5,000\$ approx

Cost of ground transportation (ex. monthly bus pass) 42\$ a month

Did host university representatives meet you at the airport? Yes

Is there easy transportation between the airport and university? Yes, school provides shuttle services for inbound exchange students

Orientation

Is there an organized orientation session upon arrival?

Yes, extremely well organized and informative

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

Yes, we were dropped off at the main university administration building and all info was either given to us in info packs or easily attainable from staff

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

Numerous staff with various specialities to inform us on all aspects of student life

Accommodation

Is on-campus accommodation available? No

If yes, did you live on campus? No

Would you recommend this to future students? n/a

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

The University housing office provided us with housing, though the locations varied and some residences were far

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

1000\$ per month was adequate

Language Programs

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

Yes, Basic Swedish

Is there an additional cost for the language training?

Can't remember

Academics

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

Yes, very easily

Please describe the course registration process

Registration happened mid summer before my exchange. I had many questions as the registration process wasn't exactly clear at first but once those were cleared up it was easy. All online

Very qualified instruction. Many course convenors as they were called were PhD candidates. I really liked this method as it kept information relevant while allowing teachers to understand student life

Describe the manner and quality of instruction at your host university

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

I got to study at the University that is responsible for publishing a large amount of literature that we look at in my major. The Uppsala University is a world leader in conflict research, a topic I am particularly interested in.

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 not difficult but it was definitely different. Swedes are generally more closed off than Canadians so don't expect to strike up a random conversation in public but after meeting a few times it was easy to make Swedish friends. I had the Unfortunate/ fortunate situation in the my hair is blonde so many students mistook me for a Swedish person at first meaning I would have to ask them to English after first asking me a question in Swedish, but all swedes speak great English so no problem.

Multitude of student organizations for sports, board game clubs, discos, travel, partying. Student Nations ran incredible social gatherings

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