



Student Exchange Program

International Student Services

Student Information

Faculty at UVic Social Sciences

Major/Minor Political Science/Environmental Studies

Host University University of Stirling

Host Country Scotland

Dates of Exchange September-December 2020

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"/>	X

Overall Exchange Experience

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

Found an awesome community right away, joined some sports teams, loved hiking the hill right behind campus, loved traveling around Scotland by train, the cheese in Scotland is incredibly cheap (haha), I absolutely loved meeting new people and exploring a new place!

Travel

What was the greatest challenge during your exchange? Honestly, the greatest challenge was raising enough money to support myself during my time away. Other than that, I really didn't experience any challenges!

Cost of air travel 1800

Cost of ground transportation (ex. monthly bus pass) N/A I biked

Did host university representatives meet you at the airport?

No

Is there easy transportation between the airport and university?

Yes. There is a train or a bus.

Orientation

Yes! Very helpful – campus tour, swag bag, etc

Is there an organized orientation session upon arrival?

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

Relatively easy! Got a bit lost on campus a few times but that was mainly my own fault.

Received a nice care package, lots of opportunities for meet and greets with other exchange students, campus tours, etc

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

Is on-campus accommodation available? Yes

Accommodation

If yes, did you live on campus?

Would you recommend this to future students?

It was serviceable. Not aesthetically pleasing, but the surrounding beauty made up for that!

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

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

Roughly 500/month

Language Programs

meals?

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

N/A

Is there an additional cost for the language training?

N/A

Academics

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

Yes

Simply emailed the University's exchange program with the courses I wished to take. Was quite straightforward.

Please describe the course registration process

Describe the manner and quality of instruction at your host university

Weekly lectures and seminars. Much the same as UVic. The lectures were always enriching.

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

Greater and clearer writing and research skills.

Personal and Cultural Connections

How easy was it to adjust to the local culture? What (if any) cultural differences did you find particularly

It was incredibly easy to adjust to Scottish culture. Scottish people are more sarcastic, "Pants" means underpants, Scottish culture is rich and wonderful, not too fond of the amount of alcohol Scottish people seem fond of consuming but that's my only complaint.

challenging? What parts of the culture did you most appreciate?

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

Sports teams, dance groups, lots of social clubs. I joined a Scottish culture club, a couple sports teams, and the Salsa dance club