

## Student Exchange Evaluation

Every student loves to hear of other's exchange experiences. These forms are very useful when selecting your exchange destination.

Please include as much information as possible. Feel free to use additional pages, enclose photos, links to blogs/ videos etc.

### 1. PERSONAL INFORMATION

Name: Anneliese Ng

Degree: Medical Sciences and Political Science & International Relations

Name of Exchange University: Queen's University

Country: Canada

Year of exchange: 2019 Language of instruction: English

List courses taken abroad:

BIOL110 Genetics and Evolution, BMED270 Fundamentals of Research Methodology

CLST102 Introduction to Ancient Greek Civilisation, ENSC290 Ecological Economics,

POLS280 Introduction to Women, Gender and Politics

### 2. EXCHANGE EXPERIENCE

How would you rate your overall exchange experience on a scale of 1 to 10?

Poor

1      2      3      4      5      6      7      8      9

Excellent

10 +++

Comments:

Amazing!!

### 3. FINANCES

Total cost: ~\$22,000 Room: \$2600

Airfare to host institution: \$2200 (with stopovers) Holidays/travel expenses: ~\$12,000

Other: \_\_\_\_\_

Did you spend more than you expected? What was more/ less expensive than you expected?

Definitely ended up going over budget. Food and general living expenses while on exchange were a little pricier than expected as it was a smaller town.

What was the best way of accessing money during your exchange programme?

Opened a local bank account and transfered ~\$7000

Do you have any advice about finances, budgeting or the cheapest way of living/travelling?

Keep track of student specials - they have certain days where you get discounts for being a student. Try to drive rather than catch buses/trains between cities when traveling - if you share with friends, this is a lot cheaper!

#### **4. ARRIVAL**

Was there an airport pickup/ buddy service available?

No, the easiest option is to catch the megabus from Toronto/Ottawa/Montreal to Kingston. Flights directly into Kingston tend to be a lot pricier

#### **5. ORIENTATION**

What was Orientation like? Was it useful? Were there social activities?

NEWTS week is the orientation for exchange students. It's a great way to meet new people. You participate in a variety of activities including social and general intro tours.

#### **6. ACADEMICS**

What differences did you find between the UWA system and the system at your host university?

Contact hours: 8hrs. About the same really.

Homework: 1-2hrs/day. I took easier courses so found it less tiresome

Course (lectures, tests, etc.): Very reasonable

Workload (heavier/ lighter) and assessment (harder or easier): There's more tests/assignments.

They're worth less though, I found them easier than UWA ones.

## 7. FACILITIES

What were the library/ Wi-Fi/ email facilities like at your host institution?

Libraries are lovely - Stauffer/Douglas are great. Wifi is reliable and email is a good method of contact

## 8. SOCIAL

What kinds of social events were there? Was it easy to meet people?

Join intramural sports and get involved with the student scene! Social life is great and it's really easy to make friends. There's usually something happening every weekend and even during the week. Try to make both exchange and local friends!

## 9. ACCOMMODATION

Was on campus housing available? What were the rooms like? Were you on a meal plan or did you cook your own food? Are the residences close to the university?

Please add any additional information that you think be of interest with regard to housing.

More worthwhile to live off campus. It is VERY hard to find somewhere to live but be patient and keep trying. Student ghetto is very convenient, close to Queen's and downtown. I cooked my own meals, it's a lot cheaper than getting a meal plan and the cafeteria food is very average.

## 10. PRE-DEPARTURE INFORMATION

What was the most difficult aspect of planning your exchange?

Finding accommodation. There's a housing shortage so it took a lot of calling/emailing and some couch surfing to find somewhere to live.

What advice do you have for future exchange students?

Explore, be adventurous and make it worthwhile. It'll fly by. Sometimes I found myself being lazy or trying to save money but when's the next time you're going to be on that side of the world? Get out of bed, it's worth it.

What are the 5 most important things to take with you when you go to your host university?

1. Hidden emergency cash. I kept mine in an old shampoo bottle, was very useful when I lost my wallet (including all credit cards and ID) in the US

2. Souvenirs - I brought some misc. Australian memorabilia and vegemite to share with friends
3. Documents - Multiple copies of everything
4. Skincare - Winter is brutal
5. Basic Medicine - Painkillers, Cold/Flu Tablets, Allergy Meds. Very helpful if you're traveling before because it's really annoying having to find meds when you're already sick.

### **11. General impressions**

What were the most rewarding aspects of biggest disappointments of your exchange experience? How has your perspective changed as a result of your exchange experience?

Remember that students are interested in reading about both good and bad experiences.

Going on exchange has been absolutely amazing. Being able to live in a different country, travel, and meet the most wonderful people has taught me more than I could have imagined. Although there were difficult moments where I felt lost and a little lonely, they pale in comparison to all the beautiful memories you'll make. Before going on exchange, I was tired of living at home and being in Perth. Although I still want to graduate and hopefully, live or work somewhere different, I've learnt to appreciate home a little more. It's true when they say you don't realise what you have until you don't have it anymore.

I like to think that exchange has taught me to be more independent and adaptable. But also to take a step back from things and see that there's so much to see out there. I was luck enough to visit the Netherlands, Austria, Croatia, Montenegro and Greece before exchange and New York, Philadelphia, Chicago, Toronto, Ottawa, Montreal, Calgary, Banff, Jasper, Edmonton, Vancouver, Whistler, Seattle and Los Angeles after exchange. So really get round it while you're over there - some of my favourite moments are from situations I never thought I'd find myself in.

Top Canadian Recommendations:

- Poutine - Go to an ice hockey game! - Make maple syrup taffy in the snow
- Sushi in Vancouver - SKIING!! - Banff/Jasper (you won't regret it) - Outdoor ice-skating

***Thank you for your time.***