

EXCHANGE REPORT OUTLINE

GUIDELINES

Student reports are made available to Schulich students as they serve as an important source of information. The topics below are meant as an aid *only*. Students are encouraged to use their imagination, while remaining as specific and detailed as possible. Please feel free to include photographs, course selections or any other materials that would be of value to future exchange students. The report is due one month after completion of your exchange term. Exchange grades will be processed after receipt of your exchange report.

Please include the following on the front of your Exchange Report:

Name, e-mail, exchange school and exchange term. No Student Number.

VISA PROCESS

Are you a domestic or international student? What procedures did you follow to obtain your visa? What documents did you need? What was the cost? How long did it take to receive your visa? What type of visa did you obtain or suggest students obtain? What type of visa did you need to travel outside of the host country?

INSURANCE

Did you purchase insurance from home or did your host university have a mandatory insurance plan for exchange students? If the school provided an insurance plan what did it cost? Was the coverage adequate or did you require supplemental insurance?

FINANCIAL

What currency and how much do you recommend arriving with? Would you recommend opening a bank account? If you did not open a bank account, how did you get money? What do you suggest is the best method of payment to use? What kind of service charges did you encounter?

ARRIVAL/AIRPORT

Did you face any difficulties when you arrived? What would you recommend students do to prepare for a speedy process? Is airport pick-up arranged by the host? If not, how did you get to campus or your apartment?

ACADEMICS

Registration Process: What was the procedure for selecting courses? Were there many courses to choose from? Were you able to enrol in the courses that you wanted? Was this difficult to do? What advice would you offer to next year's students regarding registration?

Courses: Describe the course credits. How many in-class hours were there (ie. 3 hours/week for 13 weeks)? Are the courses more or less difficult? Is the workload heavier? Are classes offered

in the day or evening? What is the academic focus of your host university (what is it known for or what is unique to the school – what do students go there for)?

Classroom: What is the make-up of the students in class (ie. MBA/BBA students, part-time/full-time, etc.)? Were there many other exchange students in your classes? Where were they from? Do students use laptops in class?

TEACHING

Is the style of teaching dramatically different from that at Schulich? Were there guest lecturers? If so, where were they from? Is the material covered at a similar speed, depth or volume compared to Schulich? What do you think about the quality of teaching? What style of teaching is used most often – seminars, lectures, case study, and projects?

LANGUAGE COURSES

Are there any language courses available? If so, is there a fee to take the course? Are the courses beneficial? When do the courses start? Would you recommend any other strategies for visiting exchange students to learn more of the language before starting their exchange?

INTERNATIONAL SERVICES

Was there an Orientation program? If so, how long was it? Was it mandatory? Was there a fee? Is there an international office devoted to helping international and exchange students? If someone was particularly helpful, who were they? What types of programs are organized for international students? What programs or activities did you find the most rewarding? Is there a “buddy program” at the host university?

HOUSING ARRANGEMENTS

Does the host university organize accommodation and is it adequate? Which are the best residences to apply to? When was housing available? Did you stay in housing over holidays? If the school did not have on-campus housing, did they provide assistance with helping you find accommodations or did you have to locate your own accommodation? If so, how did you do this? What services did you use? What was included (ie. Laundry facilities, cooking facilities, internet, phone, cable)? Are rooms quiet? What is the distance between the housing accommodation and the university campus? Did you feel safe?

CAMPUS FACILITIES

What are the differences between York’s campus and that of the host university? Where are the best places to study? What sports/recreation facilities exist at the campus or nearby and what are the costs? Is there a health clinic on campus and if so, do you have to pay upfront?

FOOD

Is there a meal plan at the housing facility? What is the quality of the cafeteria food? Is food expensive? Is eating-out expensive? How close are the grocery-shopping areas? What places do you recommend to eat at or to buy groceries?

COSTS/EXPENSES

Please give cost estimates that are as accurate as possible. Did you encounter any unexpected costs? Remember to include how much you spent over a period of time; e.g. rent/month or for the term.

- Accommodation
- Textbooks
- Local transportation (taxis, buses, trains)
- Food/groceries (is this more or less expensive than Toronto?)
- Entertainment

DEPARTURE/AIRPORT

Did you have items you wanted to leave behind (ie. Pots & pans, bedding, etc)? If so, what did you do with them? Did you face any difficulties at the airport? What would you recommend students do to prepare for a speedy process? Was there a departure tax? If so, what currency is required to pay this?

MUST SEES OR DOS

What are the best places to visit either close by or easy to get to? What do you recommend is the best method of transportation to get to these places?

WHAT TO BRING

What are the 10 most important things to take with you?

CULTURE SHOCK

What shocked you the most or was unexpected about your exchange? How did you deal with culture shock on exchange? What were some of the noticeable differences that you felt between your home and host culture? What services did your school provide to help you with these changes?

GENERAL IMPRESSIONS

If someone asked you to give a "snapshot" of your time abroad, what would it look like – how would you describe it?

EXCHANGE SOCIAL MEDIA REQUIREMENT (ONE OF THE FOLLOWING BELOW)

****MUST BE SUBMITTED INDIVIDUALLY**

1. Blog Post & Photo* (250-400 words) – must include title
Sample Topics (but students are free to decide a topic)
 - How I got THE job because of exchange
 - Top 10 Things I Learned on Exchange
 - Why it was fate I didn't get my top choice school
2. Testimonial & Photo* (50-100 words) – overall exchange experience
3. Video (30-60 seconds) – appropriate material
4. Instagram: Photo (or series of photos) with the hash tag #schulichexchange AND a substantial explanation of the photo. For example, a funny (appropriate) story, unique info about the school, city, country, a not-to-miss experience. If your account is set to "Private" please follow @Schulich_IR and allow us to follow you back so we can view your photos.
5. Twitter: Series of tweets with the hash tag #schulichexchange of what you are doing and experiences you have had. Follow @Schulich_IR.
6. Infographic – include as much info as you would like about your experience, your travels, the exchange school, etc
7. Have another idea on how to spread the exchange experience? Talk to your exchange coordinator.

*Reminder: You have granted the International Relations Office use of all or portions of the report (including photos) for promotion of exchange.