

# Exchange Report & Testimonial

## 1. EXCHANGE – TESTIMONIAL REQUIREMENT

**TESTIMONIAL** and **TWO (2) JPG PHOTOS**. Describe your overall exchange experience in approximately 50 words.

Please send the jpeg photos separately. One of the photos should include you alone either at the exchange school or in a distinguishing landmark representing the exchange city/country.

*Testimonials and photos play an important role in promoting exchange to future students considering an exchange experience. Please keep this in mind while writing your testimonial and selecting your photos.*

## 2. 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 and testimonial.

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

**Name, email, 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? 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. part-time/full-time, etc.)? Were there many other exchange students in your classes? Where were they from?

### **TEACHING**

Is the style of teaching 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?

### **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? 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 IMPRESSION/TESTIMONIAL**

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

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