

Post Exchange Requirements

Exchange Testimonial, Photos and Report Submission Guidelines

Testimonials and **photos** are key to inspiring future students to consider participating in an exchange. As you write your testimonial and select your photos, please keep this in mind to ensure your experience resonates with future exchange students.

Exchange reports offer valuable insights into the exchange experience and serve as a key resource for Schulich students. We encourage creativity while maintaining specificity and detail. You are welcome to include any relevant materials, such as photos, course selections, or additional information, that could help future exchange students.

Important Notes:

- Everything is due **one month after the completion** of your exchange
- Exchange grades will be processed after these post exchange requirements are submitted
- **Do not include your student number**

1. TESTIMONIAL

To help us promote the exchange program and showcase student experiences, please provide a short exchange testimonial that we may feature on Schulich International Relations social media channels, including LinkedIn, that describes your overall exchange experience and highlights of the program.

Please submit your testimonial as a PDF and include the following information:

- Name
- Exchange school, country and exchange term (e.g., Fall 2026, Winter 2027)
- **Do not include your student number**

2. Two (2) PHOTOS

Provide at least two (2) separate jpeg photos

- The photos should showcase **only you** at either your exchange school or a notable landmark that represents the exchange city/country. Do not send photos of scenery or landmarks as we can download those.

3. EXCHANGE REPORT OUTLINE

Submit as a PDF and include:

- Your name
- Exchange school and exchange term
- **Do not include your student number**

The following topics are intended as a guide; not all of them may apply to a short program.

VISA PROCESS

Are you a domestic or international student? What procedures did you follow to obtain your visa? What documents were required? What was the cost? How long did it take to receive your visa? What type of visa did you obtain or recommend for students in your situation? 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? How did you access money while abroad? What is the best method of payment to use? What kind of service charges did you encounter?

ARRIVAL/AIRPORT

Did you encounter any difficulties upon arrival? What do you recommend students do to prepare for a smooth arrival 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 into 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 difficult compared to Schulich? Is the workload heavier or lighter? Are classes offered during the day or evening? What is the academic focus of your host university (what is it known for or what makes it unique)?

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

TEACHING

Is the teaching style different from that at Schulich? Were there guest speakers? 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 styles of teaching were used (seminars, lectures, case studies, 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 exchange students? Who was particularly helpful? What was organized for exchange students? 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? If on-campus housing was not available, 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)? 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 on the campus or nearby?

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? Where do you recommend eating or buying 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, transit, food/groceries (is this more or less expensive than Toronto) and entertainment.

For the short program: What was included in the program fee?

DEPARTURE/AIRPORT

Did you have items you wanted to leave behind? If so, what did you do with them? Did you encounter any issues at the airport? What tips would you give for a smooth process? Was there a departure tax?

MUST SEES OR DOS

What are the best places to visit and what are the best methods of getting to these places?

WHAT TO BRING

What are the most important things to pack/bring from home?

CULTURE SHOCK

What aspects of the local culture surprised you the most? Were there any major differences in social norms, food culture, or daily life that you hadn't anticipated? Did you experience culture shock? If so, how did you cope with it? Does your school provide resources to help adjust?

GENERAL IMPRESSION/TESTIMONIAL

If you were to summarize your experience, how would you describe it? Was it enriching, challenging, or eye-opening? What was the best part of your exchange and what advice would you give someone preparing for a similar experience?

***Reminder: You have granted the International Relations Office permission to use all or portions of your exchange testimonial, photos and report for the purpose of promoting exchange.**