

The Education Abroad Program office wants to hear about your experience abroad! Tell us about your experience by filling out the *Return Student Report for Exchanges/Summer Programs*. Your feedback will be used to help improve programs and services for future students and be a valuable resource for future students who are interested in studying abroad.

The Return Student Report consists of two parts:

- Part A: Participant Information
- Part B: Internship Information

Part A will not be made public. Part B will be made public and available online to future students interested in learning more about the education abroad process and program. Education Abroad Program will preserve your anonymity by not revealing your name or any personal details.

## Part A

### Participant Information

Please provide the following information.

Name:			
Student Status:	<input checked="" type="checkbox"/> Domestic <input type="checkbox"/> International	Home Institution:	University of Alberta
Faculty:	Campus Saint-Jean, Faculté des Arts	Degree Status:	<input checked="" type="checkbox"/> Undergraduate <input type="checkbox"/> Graduate
Major/Minor:	Psychology/French Language		
Current Year of Study	<input type="checkbox"/> 1st <input type="checkbox"/> 2nd <input type="checkbox"/> 3rd <input checked="" type="checkbox"/> 4th <input type="checkbox"/> Other <input type="checkbox"/> N/A		

## Part B

### Exchange/Summer Program Information

Please provide the following details related to your Education Abroad Program.

Host Institution:	Lancaster University		
City/Town:	Lancaster	Country:	England
Exchange/Summer Program Period:	From: 09/28/2013 (mm/dd/yyyy)	To: 12/16/2013 (mm/dd/yyyy)	
Did you participate on an internship during your exchange/summer program?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No		
What immigration documents (e.g. study visa, residence permits etc.) are required to study at your host institution?	Student visa, proof of funds (ex. banking statement), proof of place of residence (ex. acceptance letter for a campus residence), acceptance letter for host institution		
What issues (if any) did you encounter while obtaining these immigration documents?	The time difference between Alberta and England made receiving necessary documents take longer than expected.		
What tips would you give to future students regarding their student visa and other required immigration documents?	Work on getting your visa information as soon as possible! I didn't feel like I had all the necessary information required before trying to obtain my own. When presenting yourself at the customs section of the airport, you will need your approved visa, proof of funds, proof that you have a place to stay legally while in the country, as well as a letter from Lancaster University.		

### Languages

What was the language(s) of instruction at your host institution? <i>Check all that apply</i>	<input type="checkbox"/> Arabic <input type="checkbox"/> Cantonese <input checked="" type="checkbox"/> English <input type="checkbox"/> French <input type="checkbox"/> German <input type="checkbox"/> Spanish <input type="checkbox"/> Mandarin <input type="checkbox"/> Japanese <input type="checkbox"/> Other:
Were there any adequate course offerings taught in English for your field of study?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
Prior to your departure, did you take any language courses at your home institution? If yes, what courses (e.g. FREN 111) did you take?	No
How did taking a class in another language (that was not your first language) impact your learning experience? Did you instructor make any accommodations?	N/A

## Academia

What arrangements regarding pre-approval of credit transfer were you able to arrange with your faculty before leaving on your program?

For Campus Saint-Jean students, a list of the classes that I would potentially be taking at Lancaster University had to be provided, along with their descriptions and their credit value at my host institution. Administration went through then in advance to confirm that I could take them as a part of my degree. However, no credit transfers were pre-approved. When I returned from England, I had to send a list of the classes I did take, along with my evaluations and a description of the work I did to obtain my credits there.

Please describe the course registration process at your host institution.

- Were you able to pre-register in Canada?
- Did you receive any assistance from your host institution?
- Did your course registration change upon arrival? If so, why?

There was no pre-registration. At Lancaster University, they will have a set registration time based on your year of study as well as the college you are staying in. Registration involved going to a large gymnasium and standing in line for different departments. At the head of the line, there would be the department administrator who would judge your qualifications and they would decide if you could take the course or not. For this process, I brought old transcripts. Once registered via the administrator, they would explain the textbook requirements as well as provide a course syllabus if they were available.

Please describe your academic plan (e.g. number of courses per term, course name etc.).

As an exchange student who was only staying for one term, I was only permitted to take the equivalent of 12 US credits, or three classes there. At Lancaster University, classes are called modules and many of them spread out over all three terms. Since one of my modules pushed my credit total over 12, I had to have a meeting with the international office as well as the head of the department.

Please describe the credit and grading system at your host institution.

Most modules are worth 4 credits per term and they end up being worth 8 credits as they last two study terms and one revision term. I had no midterms or quizzes. Instead we had weekly exercises during seminar that were graded using letter grades or percentages. Since most modules last the entire school year and I was just there for one term, my final papers counted as my final examinations. This had to be discussed with my professors in advance so that they could change the weighting of all of my assignments.

How was your overall academic experience (e.g. teaching style, class structure and sizes, amount of coursework, assessment) in comparison to your home institution?

It was very different and very structured in some ways. Attendance was mandatory and it was checked at the beginning of every class. Readings were mandatory and extremely important as many classes focused on the key aspects of each reading. It felt like most of the learning was self-directed, which made sense since classes didn't take up much time each day. Classes were small so teachers knew everyone fairly well. If you enjoy large amounts of reading and a lot of writing, this is the academic institution for you.

How did you obtain a transcript for coursework completed at your host institution?

I had to request it from the international office at Lancaster University via email.

## Student Services

Please describe the type of facilities (e.g. library, internet/Wi-Fi access, computer labs, bookstore, health clinic, counseling services) available at your host institution.

There is only one library and it is not very large. There is wifi on campus but it cuts in and out if you turn off the screen of your phone. There are computers in the library as well as the Learning Centre, which is a long room full of areas to sit and study in groups or work on projects with other classmates. There is a small bookstore on campus. There is a health clinic on campus but you have to register as a patient in advance if you think you will be ill at any time, as the doctor is very busy. I failed to do so, meaning that when I got sick there were no openings for the doctor to see me. There is an international office as well as student services available if you have any questions.

To the best of your knowledge, what support and services are available at your host institution for:

- Students with disabilities or special needs
- Students identifying as LGBTQ
- Students of visible minorities

I believe that there is an LGBTQ society on campus, as well as services for students with disabilities. In addition, there is a hotline that you can contact on campus that will answer your questions if you require assistance.

Please describe where you could find exchange student advising or receive academic counseling at your host institution.

Just off of the main square on campus, there is a building that houses the international office which is the main place to go for exchange student advising and academic counseling with regard to exchanges.

## Housing Information

To the best of your knowledge, what housing options are available to students?	There are multiple colleges all over campus with different designs and prices. Town houses are communal living areas that house more social students. There are other colleges that have six resident individual rooms with two shared washrooms and a shared kitchen. I lived in a college which which each wing had 12 students with individual rooms.
What type of housing did you stay in?	<input checked="" type="checkbox"/> On-campus residences <input type="checkbox"/> Off-campus housing <input type="checkbox"/> With a host family <input type="checkbox"/> Other:
How satisfied were you with your housing choice?	<input type="checkbox"/> 1 = Not at all satisfied <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/> 5 = Very satisfied
What should future students be aware of when choosing on-campus residences? <ul style="list-style-type: none"> <li>• <i>Application process for housing</i></li> <li>• <i>Utilities and furniture</i></li> <li>• <i>Meal plans, cooking facilities</i></li> <li>• <i>Housing rules (e.g. curfew, how early can you move in, closure during major holidays etc.)</i></li> <li>• <i>Assistance from host institution staff (e.g. airport pick-up, orientation)</i></li> </ul>	When I was there in 2013, town houses were where most parties were hosted, meaning lots of late nights and cleaning up after strangers pretty much every night of the week. Most other colleges are set up so that you'll have your own quieter living space and a larger communal area with a shared kitchen. Lonsdale and the Graduate colleges are actually quite a distance away from the main classroom areas, so if you like to wake up early and get a longer walk in, these colleges are for you! Bowland, Cartmel, Fylde, and County are more central if you like getting up for class last minute. I lived in County during my exchange. Rooms were tiny, only with a bed, shelving, a desk, a wardrobe, and a washbasin. The shared washroom pods all contained a toilet, a sink, and a shower. Move in for exchange students happened on the same days as first year students, on the 28 <sup>th</sup> or the 29 <sup>th</sup> . The closest airport is in Manchester, so most students would take the train to Lancaster and then arrange a shuttle pick-up through the international office.
What should future students be aware of when choosing off-campus housing? <ul style="list-style-type: none"> <li>• <i>Lease agreements, deposits, tenant rights</i></li> <li>• <i>Utilities and furniture</i></li> <li>• <i>Location and neighbourhoods</i></li> <li>• <i>Safety and security</i></li> <li>• <i>Type of resources available to look for housing (eg: Craigslist)</i></li> </ul>	I did not do this so I'm not sure.

## Student Life

What would you recommend to future students who are looking to meet other students at your host institution? (e.g. extra-curricular activities such as student groups, intramurals, residence events and activities, volunteering opportunities, etc.)

**Taking only three classes may not seem like a lot, but the readings do take a while. My suggestion is to do all homework as soon as possible and then attend a few societies regularly. Most societies host a meeting once per week at one of the many pubs on campus. In addition, each college has a pub and will host weekly, if not daily events, such as game nights, nights out in town, and fancy dress/costume parties. Depending on your student visa, you may not be able to volunteer abroad.**

What work or internship opportunities are available for students on and/or off campus?

I was not permitted to work while abroad, so I'm not sure. M

## Health and Safety

Are there any specific health/safety issues that future students should be made aware of? What precautions can you recommend to mitigate or eliminate these issues?

Mould grows incredibly quickly in Lancaster and it is expected of students to clean it up themselves. Familiarize yourself with how to safely remove mould from windowsills, window frames, and the windows themselves. In addition, bring a pouch of some sort in which you can store your money, passport, and ID for when you visit tourist locations. Store this pouch under your clothing/close to your body as pickpocketing is a common occurrence.

Did your host institution require a mandatory travel/health insurance plan for exchange students? How did you arrange this?

I had to have health and travel insurance before leaving on my exchange. This can be provided through the University of Alberta health plan. To set it up, you will need to contact [ihaveaplan.com](http://ihaveaplan.com) about travel insurance and what you would like covered.

## Cultural Adaptation

What cultural differences (if any) did you find particularly challenging?

Food changes were hard to adapt to because I have a few dietary restrictions. Most students do not cook for themselves. Instead they buy take-away food almost daily. Bread is basically its own food group there. I ended up having quite a few allergic reactions during my stay.

What parts of your host country's culture did you most appreciate?

All parts. Every single place I visited provided a learning experience and I had the best time of my life. If you get the chance, visit Scotland, as it is beautiful. The Yorkshire Dales were also phenomenal.

## Costs and Budgeting

Please describe your basic costs in Canadian dollars. This will help future exchange/summer program students plan their own budgets.

Airfare to host country	\$ 1500	Brief Description	800\$ to England, 700\$ from England
Visa fees	\$ 0	Brief Description	I only got the 6 month visitor/student visa
Books/term	\$ 80	Brief Description	One textbook and a lot of print-outs
Accommodation/month	\$ 675	Brief Description	After the exchange rate, accommodation was expensive. This was for 77 nights at County College
Meals/month	\$ 250	Brief Description	I cooked very basic meals and did not eat out often.
Health insurance/month	\$	Brief Description	
Local transportation/month	\$ 55	Brief Description	I did not buy a bus pass as I only took the bus on average twice a week. You will have the option of buying
Personal spending/month	\$ 150	Brief Description	Going out to pubs happens so often here that it is hard not to spend money.
Communications/month (e.g. phone)	\$ 20	Brief Description	I bought the cheapest, most basis phone with a pay-as-you-go plan which could be refilled at the post office on
Other travel	\$ 350	Brief Description	I visited Liverpool, Manchester, Edinburgh, and Ireland.
What unexpected costs did you encounter?	Costs for the train, costs to have groceries delivered to campus		

## Funding your International Experience

Please indicate how you financed your program. This will help future students plan their own budgets. <i>Check all that apply.</i>	<input checked="" type="checkbox"/> Scholarships from UAlberta <input type="checkbox"/> Scholarships from Host Institution <input type="checkbox"/> Student loans <input checked="" type="checkbox"/> Family contributions	<input checked="" type="checkbox"/> Personal savings <input type="checkbox"/> Employment while in host country <input type="checkbox"/> Other:
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## Final Thoughts

What were some highlights of your experience abroad?

Fresher's Week (Lancaster University Orientation) was phenomenal and I'm glad that I participated in every activity. Going to see local theatre productions was another highlight. Trying to integrate into their society was definitely fun. Ireland was by far the best place I visited while abroad, even though I was only in Dublin for two nights.

Would you recommend your internship program to other students? Why or why not?

Of course! If you can get the scholarships and study abroad, take that opportunity! Because school loads students up with debt and responsibility, making traveling hard. Also, traveling as a temporary resident rather than a tourist makes it easier to actually experience that country and the people and the lifestyle, rather than just seeing the highlights determined by travel companies.

Please provide any final information/tips for students interested in studying abroad that you would like to share.

I cannot emphasize enough how important it was to stay on top of the weekly readings! Once I fell behind, it was difficult to catch up. Also, I found that I got a lot my accurate, helpful information from second and third year students than I did from advisors or counsellors on campus. So try to make friends with more experienced students because they will be a great asset!