

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:	ALES	Degree Status:	<input checked="" type="checkbox"/> Undergraduate <input type="checkbox"/> Graduate
Major/Minor:	Environmental & Conservation Sciences		
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:	Uppsala University		
City/Town:	Uppsala	Country:	Sweden
Exchange/Summer Program Period:	From: 09/01/2013 (mm/dd/yyyy)	To: 01/16/2014 (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?	Swedish Study Permit		
What issues (if any) did you encounter while obtaining these immigration documents?	None, very simple online application		
What tips would you give to future students regarding their student visa and other required immigration documents?	After you apply e-mail them to tell them you will pick up the card in Sweden. I e-mailed them a few weeks after I applied and I had already been approved.		

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?	All classes for exchange students are in english.

Academia

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

I met with my academic advisor to make sure she approved the courses; however, no formal pre-approval with my faculty could be arranged.

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?

You select classes when you apply to Uppsala University and when you get your acceptance they let you know which classes you got approved for. Once in Sweden you have to go to the first class to actually be registered (the case with my courses at least) but the international advisor should tell you how to register for courses.

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

I took two 7.5 credit courses and one 15 credit course in Sustainable Development. You mostly take one course at a time.

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

A full time course load is 30 credits, courses are pass or fail.

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

Less lecture time and more independent work and reading, informal relationship between students and the instructors/professors. Assignments and amount of work depends on the course and how many credits it's for.

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

Uppsala University automatically sends a transcript to the International Office, and you can request more transcripts online.

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 are 13 student nations, which are similar to student unions but have their own buildings, libraries, cafes, pubs and clubs. Internet is provided by the university and is in all the student housing and university buildings. Most of the university is spread throughout the city, so there is no central campus with all the facilities.

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

Same as at U of A but most people in Sweden are open minded.

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

Talk to your international advisor that contacts you, they know everything and respond quickly.

Housing Information

To the best of your knowledge, what housing options are available to students?	There are several housing options around the city, most are corridor style where you share a kitchen and common room with 4-10 other people (mostly a mix of Swedish and International students).
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?	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"><input type="checkbox"/> 1 = Not at all satisfied</div> <div style="text-align: center;"><input type="checkbox"/> 2</div> <div style="text-align: center;"><input type="checkbox"/> 3</div> <div style="text-align: center;"><input checked="" type="checkbox"/> 4</div> <div style="text-align: center;"><input type="checkbox"/> 5 = Very satisfied</div> </div>
What should future students be aware of when choosing on-campus residences? <ul style="list-style-type: none"> • <i>Application process for housing</i> • <i>Utilities and furniture</i> • <i>Meal plans, cooking facilities</i> • <i>Housing rules (e.g. curfew, how early can you move in, closure during major holidays etc.)</i> • <i>Assistance from host institution staff (e.g. airport pick-up, orientation)</i> 	<p>Application is done online once you get accepted the university, rent includes all utilities, internet and furniture. I lived in Flogsta and shared a kitchen with 10 other students, and in most kitchens there are cupboards where everywhere shares things like dishes, pots, etc. You have 24 hour access to your building using a key card and code.</p> <p>The International Committee has shuttle services from the airport on certain days of arrival, but you will find all that information when you get sent a welcome package in the mail.</p>
What should future students be aware of when choosing off-campus housing? <ul style="list-style-type: none"> • <i>Lease agreements, deposits, tenant rights</i> • <i>Utilities and furniture</i> • <i>Location and neighbourhoods</i> • <i>Safety and security</i> • <i>Type of resources available to look for housing (eg: Craigslist)</i> 	<p>Very hard to find housing by yourself in Uppsala, so it's best to go with the guaranteed university housing.</p>

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.)

Get involved in your nation. You must become a member of a nation in order to get a student card, but you can still do things at all the nations. The smaller nations (ex Gotlands) gives you more opportunities to meet people but for exchange students it really doesn't matter which nation you pick since you can do things at all of them, and some have specific groups or committes like choir, environment club, etc.

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

You can work at the nations pubs, clubs or cafes but you get paid very little or just get food for working a shift. It can be good to meet people but you often don't get paid well and will be doing things like dishes or serving.

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?

Don't bike in winter, or wear a helmet if you do. Everyone bikes here and its great when there is no ice or snow but it can be dangerous when there is. Also, follow the rules for biking.

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

I bought my own insurance, and Uppsala University provides basic insurance for exchange students.

Cultural Adaptation

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

Everything for the most part is in Swedish, but the people here speak very good english. But food will be different and the packaging will not have english, but don't be afraid to try new things. They like to line up and take numbers so there are often little machines where you take a number and wait to be served. Swedes can be quiet and reserved at first, so don't worry if they aren't outgoing at first.

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

The different food, a lot of fish and seafood, A LOT of dairy (milk, cheese, yogurt) and a lot of bread. You must try and make your own meatballs with boiled potatoes and lingonberry jam. They love food here and have a lot of tradtions around holidays. I made friends with Swedes and I got to experience Lucia and a Swedish Christmas with Swedes, so definitely try to make friends with them and ask about their traditions and culture. They are also very open minded people and once you become friends with them they talk about everything with you.

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	\$ 1800	Brief Description	Round trip from Calgary to Stockholm with westjet and Icelandair. I bought one way tickets so it cost more.
Visa fees	\$ 160	Brief Description	
Books/term	\$ 100	Brief Description	My courses only required course readers and most books can be borrowed or online.
Accommodation/month	\$ 636	Brief Description	Invoice mailed to you each month, most banks will charge a service fee to pay unless you have an account
Meals/month	\$ 300	Brief Description	Meat is expensive and I tried a lot of different food. Restaurants are expensive except for the nations.
Health insurance/month	\$ 220	Brief Description	One time cost, used Travel Cuts Plan B
Local transportation/month	\$ 30	Brief Description	Buy a used bike (~\$150), or a bus card to load whenever you need or a monthly bus pass (~\$60/month)
Personal spending/month	\$ 65	Brief Description	Clothes are a bit more expensive, eat at nations for cheap food and drinks, alcohol is very expensive to buy.
Communications/month (e.g. phone)	\$ 20	Brief Description	Comviq is cheap, pay as you go. Kompis 95 is a good deal.
Other travel	\$ 7000	Brief Description	I traveled a lot, most 3-4 day trips costs me ~\$500 with airfare, hostels and expenses
What unexpected costs did you encounter?	Mailing things is pretty expensive, so just be aware but it's an efficient system so you pay for good and quick service.		

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 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?

Getting to understand the Swedish culture and people, learning some of the language, and being surrounded by people from all around the world. Making friends with Swedes was one of the best parts since they showed and taught me a lot about Sweden. The ability to travel to other parts of Europe was amazing as well.

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

Yes! Best experience of my life. It is worth every cent and doubt you may have about going on exchange.

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

Make the most of your experience abroad. You will learn more than you ever thought and have experiences you will never forget. Don't be afraid to try new things and step outside your comfort zone. Remember that the other exchange students are having similar feelings to you so talk to your friends and share with them. Take advantage of the welcome week/orientation events, especially the ones hosted by the nations and the International Committee in Uppsala. Don't be afraid to ask questions and use the support available; it will allow you to have more time to enjoy your exchange and new experiences.