

<b>General Information</b>		
Host Country	Netherlands	
Host School	Rotterdam University of Applied Sciences	
Program start & end dates	Sept 8, 2023 - Feb 2, 2024	
Program of Study	Creating Resilient Cities	
Type of Study Abroad	<input type="checkbox"/> Exchange	<input type="checkbox"/> UMAP exchange <input type="checkbox"/> Other:
<b>General Evaluation</b>		
In a couple of sentences, summarize and explain your general evaluation of your experience.	Overall, my experience in the country was phenomenal; from transportation to creating bank accounts, things were easy and seamless. As for the quality of education, it was not what I expected and disappointed me greatly.	
<b>Arrival</b>		
How easy or challenging was it to obtain your travel documents (visa, permits, etc.)?	Easy	
Describe your transportation arrangements to your host country. Would you alter any part of those arrangements?	Took a plane with no transfers it was awesome. Wouldn't change a thing.	
How was your experience clearing customs and immigration upon arrival in your host country? Any surprises?	No surprises, things were easy.	
Describe how you traveled to your host facility. How long did it take and how much did it cost?	To go to my room in the Netherlands took one hour (Amsterdam – Breda). Cost me about \$30, but would've been \$60 had I not travelled with someone who held a special student pass that granted me 50% when I travelled with them.	
<b>Orientation and Assistance</b>		

What help did you receive from the international staff or office?	In regards to KPU international staff, any help I needed I was given quickly and with the utmost accuracy. In the Netherlands, it was similar.
How was new student orientation at the host university? What did they do?	I did not attend.
<b>Housing &amp; Daily Life</b>	
Describe your accommodation in your host country. Were you pleased with this choice or what would you have done differently?	I stayed in one bedroom with my boyfriend here, this choice saved me 100% of rent costs for the entire 6 months. We got along, and all was well. I had established connections with other people near by, God forbid anything happen to my relationship. But I won't say much more as I assume this choice is a rare circumstance. Though, I can say, staying in a student house is really nice if you're lucky, which I was. Six of us shared a kitchen, toilet and shower, and everyone respected the space.
When could you move into housing and how long were you allowed to stay?	Soon as possible and for as long as I'd like.
What kinds of services and facilities were nearby where you lived (shop, cafe gym, parks, pharmacy, stations...)	Everything was so perfect, cafés, libraries, gyms, parks, everything was littered across my street and surrounding neighborhood.
Describe what you did about meals and what other options were available. How satisfied were you with the food?	I ate normally as I would in Canada. Food here is good, but mcdonalds in more expensive.
How close was your accommodation to where you studied?	An hour away
<b>Academics &amp; Course Registration</b>	
Please describe the registration process at your host institution. What assistance was available to you? Were you satisfied?	I honestly can't recall the process; I think kpu did most of it for me, once I was accepted I was registered. Any assistance I needed was available and I was satisfied.
What advice would you offer to another exchange student about registration at your host institution?	After the lack of instruction and teaching I received, if the other programs are in any way similar, I cannot recommend anyone register at this institution (RUAS).
What tips to you have for finding the courses and course syllabuses/outlines?	I was provided everything for all courses in one 60 page document.
<b>Academics &amp; Course Registration (cont'd)</b>	

How satisfied were you with the amount of knowledge/skills you obtained from your host?	The least satisfied I could be.
How did the style of teaching, and workload compare to Canada? Was it more independent or group learning?	There was little to no teaching, except for one lecture we received on our mandatory two-week exchange to England, from a professor at the university there. It was all group work, which had little meaning or knowledge to be gained. Many of my other students refer to the program as a “money-grab” or “scam”, I feel similarly.
How many courses did you take during your time abroad? Are there particular courses would you recommend?	I took 6 or 7, but I cannot recommend any of them.
What was your impression of the computer facilities, library, internet access, specialized equipment and supplies available at your host facility?	We were not at the university for half of the time. We were in a community center, in a large room, with no computers, printers, barely any outlets or heating, during the winter. When we were at the actual school, everything was very nice and we had all we needed.
<b>Cost CAD</b>	
Books and Supplies/per term:	0
Flight:	2000
Accommodation/per month:	0
Meals/per month:	400
Local transportation/per month:	345
Health insurance/per term:	? I was covered through my parents
Communication (internet, phone, etc.) – per term	30
Travel documents (Passport, Study permit, visa, etc.)	400
Vaccinations:	0
Personal spending (entertainment and extra travel) – per term	2000
Were there unexpected costs you encounter? What items were less or more expensive than expected?	Mcdonalds costs so much here
<b>Extra-Curricular &amp; Social Activities</b>	
What type of organized activities were available to you? What extra-curricular activities would you recommend to future students?	I didn't join anything
Did you travel outside the host location? If so, where do you recommend?	I went to spain with my boyfriend and stayed with his family. We also went to London for a concert, I begged that we don't go as I had heard bad things about the place, but it was so cool and now I'd love to go back.

What opportunities were there to work or volunteer? Did you require special permits to do this?	I tried to volunteer at several places, but heard back from no one. You do require insurance to work and volunteer and its anywhere from \$150-\$300 a month.
<b>Health and Safety</b>	
Describe any health/safety concerns or issues you had during your experience.	None. Though, I was very sick in the first month, but I think my body was just getting used to different strains of viruses and bacteria from public transport.
What helped you keep safe and healthy? Did you access any health care supports and if so how was the experience?	Vitamins, a pocket knife and my boyfriend. I did need to see a doctor and it was super easy.
What wellness supports did they offer at the University? Were there counselling or medical services?	I'm not sure what the university here offered, but I did use Telus mental health support once through the app.
<b>Personal and Cultural Connections</b>	
Were there any cultural differences you had to adjust to? Were there language barrier issues?	Since I was in an international program, I had to get used to german people. They're very direct and strict. I found it mean at first, but learned that that's just how they operate and to them, its not offensive.
What part(s) of the country and culture did you most appreciate?	I love how everyone speaks english!
How was it traveling alone and making friends?	I made friends the first day, a travel buddy who also lived in Breda and we took the train to school together everyday. She introduced me to her friends and we went out after school and had lots of fun!
How were you treated by local people? By university staff and faculty? By students?	Everyone was very polite and helpful. I lost my phone in the street and it was returned to the local grocery store. People here are really nice.
How accommodating are they to students with a disability? Were there any accommodations offered?	I wouldn't know, but I imagine just as tolerant as back home.
How is the situation for students who are visible minorities in your host country?	I don't know from personal experience, but I think fine for the most part, though there's always a racist here or there
How welcoming are they to for those who identify as LGBTQIA+?	Theres rainbow crosswalks and stuff, I think theyre pretty accepting, but that doesnt mean theres not religious people in the country who still disapprove



Overall	
What are 5-10 important things other students should know before going to your host country/region?	
1. School is easy, you can retake almost everything	
2. Transit and food are super expensive	
3. Rent is cheap	
4. People speak English	
5. University is just super relaxed, kids smoke with the teachers, and they all get drinks together, go clubbing, it's sort of weird and uncomfortable (to me as a Canadian)	
6.	
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What was the most rewarding part of your study abroad experience?	Living alone!
What was the greatest challenge you faced during your experience abroad?	Not feeling like I'm learning anything
How has your perspective changed as a result of your study abroad experience?	I'm way more grateful for the struggles I have at KPU, it's hard to take classes here, because they actually challenge you and you have to prove you've learned something. I love it way more now.
What else do you want to add about your study abroad?	Overall, I am super grateful for the experience, even during the not learning things academically, I gained invaluable interpersonal/intercultural skills that I will use for the rest of my life.

**Below is a space to share any photos**