

General Information		
Host Country	France	
Host School	Toulouse Business School	
Program start & end dates	January 4 th 2023 to April 5 th 2023	
Program of Study	International Business	
Type of Study Abroad	<input checked="" type="checkbox"/> Exchange	<input type="checkbox"/> Independent <input type="checkbox"/> Other:
General Evaluation		
In a couple of sentences, summarize and explain your general evaluation of your experience.	I had a fantastic time living and studying in Toulouse. I have come back with invaluable experience and memories that I will carry with me forever.	
Arrival		
How easy or challenging was it to obtain your travel documents (visa, permits, etc.)?	It was difficult, but only because I had to apply for everything in December, during holiday season. I had to make calls almost every day, sometimes late at night because of time zones.	
Describe your transportation arrangements to your host country. Would you alter any part of those arrangements?	I took a flight from Vancouver to Toulouse, with a layover in Frankfurt. I would not change anything.	
How was your experience clearing customs and immigration upon arrival in your host country? Any surprises?	Very easy. I had all my documents of housing and proof of enrollment ready to go in my bag.	
Describe how you traveled to your host facility. How long did it take and how much did it cost?	I travelled via cab and it took me 20 minutes and around 35 euros.	
Orientation and Assistance		
How satisfied were you with the orientation and student assistance available to at your host school?	Very satisfied. They were very hands on, and the Welcome Team made up of local students were incredibly responsive and helpful.	
What help did you receive from the international staff or office?	They helped me with my schedule, with language barriers, and general questions like where I can get the best Indian food in town.	
Orientation and Assistance (cont'd)		
How was new student orientation at the host university? How did it suit your needs?	It was quick and informative. It was also a great way to meet all the other international students.	
What was it like to adjust to the culture of your exchange site? Were there people and resources available for you to talk to about what you were experiencing?	I had an easy time adjusting and did not really require any help in that area. I made friends and we had many conversations discussing cultural differences and our experience.	

Housing & Daily Life	
Describe your accommodation in your host country.	I lived in a studio apartment by myself. It was nice but I would have chosen differently if I could do it all over again.
When could you move into housing and how long were you allowed to stay?	I moved in on December 27 th , and I could have stayed as long as possible as long as I was an active student.
What kinds of services and facilities were nearby where you lived (shop, cafe gym, parks, pharmacy, stations...)	It was a decently walkable area, but not super safe to walk around after dark. All amenities listed were present.
Describe what you did about meals and what other options were available. How satisfied were you with the food?	I grocery shopped and ordered Uber Eats. I was not satisfied with French food and very much missed the food back home.
How close was your accommodation to where you studied?	An hour away. I had to take the metro and a bus.
Academics & Course Registration	
Please describe the registration process at your host institution. What assistance was available to you? Were you satisfied?	The registration process was stressful. I was accidentally signed up for 8 courses and had to unregister. There was help available, but it was still stressful.
What advice would you offer to another exchange student about registration at your host institution?	To be proactive and communicative.
What tips do you have for finding the courses and course syllabuses/outlines?	Make sure to read the syllabus and course descriptions.
Academics & Course Registration (cont'd)	
How satisfied were you with the amount of knowledge/skills you obtained from your host?	Not very. Only a few classes really gave me tools that I will apply going forward.
How did the style of teaching, and workload compare to Canada? Was it more independent or group learning?	TBS operated like an elementary school. A lot of group work, but the workload itself was what I was going as a child. It is much easier than what we do at KPU.
How many courses did you take during your time abroad? Are there particular courses you would recommend?	I took 5 courses. I would recommend Professors over classes.

If applicable, what impact did the language barrier have on your learning?	Some teachers taught the class in French despite the fact that the classes were supposed to be English track. During group work, French students wouldn't speak English despite being asked to.
What was your impression of the computer facilities, library, internet access, specialized equipment and supplies available at your host facility?	Very high-tech and abundant. We pale in comparison to their resources.
Cost	
Books and Supplies/per term:	\$100
Flight:	\$2000
Accommodation/per month:	\$720
Meals/per month:	\$500 (ate out a lot)
Local transportation/per month:	\$88
Health insurance/per term:	\$300 (third party travel insurance)
Communication (internet, phone, etc.) – per term	\$40
Travel documents (Passport, Study permit, visa, etc.)	\$100
Vaccinations:	/
Personal spending (entertainment and extra travel) – per term	\$5000
Were there unexpected costs you encounter? What items were less or more expensive than expected?	I expected transportation throughout Europe to be much cheaper, but I learnt that post-covid prices had gone up. I did not get to go to as many places because of rising costs.
Extra-Curricular & Social Activities	
What type of organized activities were available to you? What extra-curricular activities would you recommend to future students?	Group fieldtrips to nearby towns and to museums. I would recommend signing up for these as they are a great way to make friends and see new things on a budget.
Did you travel outside the host location? If so, where do you recommend?	I saw Italy, Spain, Portugal, Germany, Poland, Austria, and Turkey. I recommend them all! If you're on a budget, I say got to Portugal and Turkey. Travel as much as you can!!
What opportunities were there to work or volunteer? Did you require special permits to do this?	/
Health and Safety	
Describe any health/safety concerns or issues you had during your experience.	There were riots in Toulouse that shut down the metro. Police with riot gear were everywhere and people were smashing windows and lighting things on fire. I did not feel a threat to my personal safety, but it was still an experience. I also contracted laryngitis and food poisoning at the same time. I was very sick for about a month and that was tough because I lived alone.

What helped you keep safe and healthy? Did you access any health care supports and if so how was the experience?	I had to go to the doctor’s office for a note and to get medicine. I was blown away by the efficiency of the Healthcare system in France. BC could learn a few things.
Personal and Cultural Connections	
How successful were you at making friends with local (not international) people and students?	I met and spoke to many French students. They were kind and gave me a tour of the city on off days. There were many parties and outings. One French student in particular, named Enzy, is someone I still speak to daily!
How did you find it adjusting to the culture of your host site?	It was mostly easy.
What, if any, cultural differences did you find particularly challenging?	French students at TBS had a reputation for being very lazy and not participating in group work. International teachers and students really struggled with this, including myself.
What part(s) of the culture did you most appreciate?	The French like to relax and have fun, they don’t much care about work. I found this refreshing as in North America, we define ourselves by what we do for a living.
How were you treated by local people? By university staff and faculty? By students?	It was 50/50. University staff and students were great. The general public could be very hostile, especially if you didn’t know too much French.
As far as you could tell, how easy would it be for students with disabilities to study at your partner university?	Very easy.
As far as you could tell, for students who are visible minorities in your host country?	I think at the school level it would be okay, but I saw more classism and racism in France and Europe than I have anywhere else.
For students who are gay, lesbian, bisexual or transgendered?	I think they would have a hard time. There were a few on campus and they kept to themselves. I think the LGBTQ+ community is less accepted in Europe.
Overall	
What are five important things other students should know before going to your host country/region?	
1. Save more money than you think you need.	
2. Even if it costs a little more, stay in the city center.	
3. Go with the flow and be curious.	
4. You are in their country, its you that has to adjust – not them.	
5. See as much as you can! Go on day trips and overnight trips. Take the train to a random town.	



What are ten important things you would tell another student who is going to your host facility/agency?	
1.	Download French on your translate app, you will need it.
2.	Become friends with the welcome team, they are helpful and fun.
3.	Make sure to tap into class with your card. They will mark you absent even when you have proof of attendance.
4.	Stay in Jaun Jaurez or Capitol (city centre).
5.	Be prepared for the local students to not participate in projects at all.
6.	There will be many periods of downtime. Plan trips during those days because homework isn't common.
7.	The international teachers are awesome because they have lived in France for a longtime, but also have stories/experience from their birth country. Makes for really fun classes, especially in an International Business context.
8.	Keep transit strikes in mind because coming to class late because of them is not a valid excuse. These strikes occur almost weekly, and no one will pity you for missing the bus, least likely the teacher.
9.	You don't get to choose your class slot. Be ready to have 7am classes, and there's nothing you can do about it!
10.	Enjoy the light course load while it lasts!!!!
What was the most rewarding part of your study abroad experience?	All the new places I got to see and the lifelong friends I made along the way.
What was the greatest challenge you faced during your experience abroad?	Being very sick while living alone.
How has your perspective changed as a result of your study abroad experience?	I learnt a lot about culture and politics. I am more comfortable and confident in my abilities to take care of myself and navigate unforeseen challenges.
What else do you want to add about your study abroad experience?	I feel grateful for the study abroad team at KPU and the scholarships I received to make this trip happen. Thank You <3

Below is a space to share any photos (this is optional and may be shared on our website).