

Post Study Abroad Evaluation

THE BASICS			
Your Name	[REDACTED]		
Your Program of Study/Year	Fashion design and technology		
Host Country	Finland		
Host School/Agency	Metropolia University of Applied Sciences.		
Participation Dates	January 8 2010 - May 31 2010		
Type of Study Abroad	<input checked="" type="checkbox"/> Exchange	<input type="checkbox"/> Practicum	<input type="checkbox"/> Independent <input type="checkbox"/> Other
GENERAL EVALUATION			
Please rate your overall exchange experience on a scale of 1 to 10 (one being poor and 10 being exceptional)			8
In a couple of sentences, explain why you rated your experience the way you did.	I enjoyed the school aspect and the experience overall, but I was not living in the centre where almost all the other exchange students lived.		
ARRIVAL			
How difficult was it for you to obtain your travel documents (visa, etc.)? *Always verify immigration regulations with the consulate or embassy of your host country*	It was not difficult to obtain my travel documentation but it was frustrating. My host school sent my confirmation of enrolment at the end of Nov. This left me very little time to start processing it.		
Describe your transportation arrangements to your host country. Would you change any part of those arrangements?	I went through travel cuts to book my flight and I didn't have a very good experience. If I were to do it again I would just book online and make sure I get all the insurance.		
How was your experience clearing customs and immigration upon arrival in your host country? Any surprises?	No problem at all.		
Describe how you traveled to your host facility. How long did it take and how much did it cost?	I traveled by plane from Regina-Toronto-London-Helsinki it took approx 13 hours + cost approx \$8000 CAD		
ORIENTATION AND ASSISTANCE			

How satisfied were you with the orientation and assistance available to at your host school/agency.	Very satisfied. They had "tutors" assigned to every exchanged student that who helped with everything.
What help did you receive from the international staff or office? What was your impression of the international staff or office?	The international office was very helpful and organized such things as getting our bus pass + lunch cards.
What was the orientation like at your partner university, if there was one? How well did it suit your needs?	There was an orientation for the culture exchange students within the first few days. It explained a lot of the details + was helpful. We met everyone too so that was good.
What was it like to adjust to the culture of your exchange site? Were there people you could talk to about what you were experiencing?	Because I grow up in a similar climate and culture, it was very easy to adjust. I spoke with other exchange students from other countries about my my experience.
How receptive were the local people in providing assistance?	local people were always very helpful.

HOUSING

Describe your accommodation arrangements.	I lived in a 3 bed apartment with 2 other ^{roomer} exchange students. 1 common room, kitchen + bathroom.
How early could you move into housing before term and how long after the end of term were you allowed to stay?	We were allowed to move in a week before the term and they allowed everyone to stay up to a month after their term ended.
How comfortable were you with your accommodation?	I was comfortable living there but it would have been a way better situation if I was in Helsinki.
Describe what you did about meals and what other options were available. How satisfied were you with the food?	The University has a cafeteria you can eat at for a discounted price at lunch €2.60 for a meal. There was also a restaurant downtown where you could eat for cheap called UniCafé → THUMBS UP!
How close was your accommodation to where you had to study?	About 15 mins away.

COURSE REGISTRATION

Please describe the registration process at your host institution. What	The registration was very confusing. Because Finnish students do not pay tuition, the registration
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assistance was available to you? Were you satisfied?	process is completely different. It was really disorganized and seemed un official.
How successful were you in registering for classes? What advice would you offer to another exchange student about how to register at your host institution?	I did end up registering in all the courses but it was had to find out about certain courses because the time tables at the school were in Finnish. You have to talk with the teachers + get confirmation through them.
How many courses did you take per semester? What course load would you recommend for future students? What particular courses would you recommend to other students?	I took 6-7 courses. I would recommend registering in as many as possible and feel it out in the first first few days. I would recommend textile printing, weaving and knitting.

ACADEMICS

How satisfied were you with the amount of knowledge/skills you obtained from your host?	I feel I could have learned more if there wasn't a language barrier. It really limited what we could take part in.
How did the style of teaching compare with that in Canada? How did the workload compare to what you would expect in Canada?	The teachers are much more relaxed and casual. They were th there to guide you through projects and organize the class. I would say the work load is less than in Canada.
How many courses did you take during your time abroad?	I completed 6.
What impact did the language barrier have on your learning?	It affected the knitting + weaving classes.
What was your impression of the computer facilities, library, internet access, specialized equipment and supplies available at your host facility?	Library was small but had a good fashion section, always had access to internet + computers. Good sewing machines, professional screen printing equipment, knitting machines + weaving looms.

COSTS

Books and Supplies – per term	Fabric mostly + screen printing approx €50
Flight	Approx \$2000 CAD
Accommodation – per month	€389 ≈ \$600 CAD
Meals – per month	\$200 CAD
Local transportation – per	50 euros/month = 250 euros total

7 Try and get to St. Petersburg if possible	
8 Bring English books to read (they are expensive there)	
9	
10	
What was the most rewarding part of your study abroad experience?	Being able to travel to so many different cities, countries and regions.
What was the greatest challenge you faced during your experience abroad?	There was a time about half way through when things weren't going well for me. I wanted to go home but I worked through it.
As a result of your study abroad experience, how has your perspective changed?	The was world seems less scary and intimidating. I saw more similarities between myself and other exchange students than differences.
What else do you want to say about your study abroad experience?	