

Post Study Abroad Evaluation

THE BASICS			
Your Name	[REDACTED]		
Your Program of Study/Year	Psychology/Second year		
Host Country	New Zealand		
Host School/Agency	Unitec		
Participation Dates	February 2011-July 2011		
Type of Study Abroad	<input type="checkbox"/> Exchange	<input type="checkbox"/> Practicum	<input type="checkbox"/> Independent <input type="checkbox"/> Other
Section 1			
GENERAL EVALUATION			
Please rate your overall exchange experience on a scale of 1 to 10 (one being poor and 10 being exceptional)			10
In a couple of sentences, explain why you rated your experience the way you did.	It was an amazing experience! I had the time of my life and would recommend going on exchange to anybody.		
Section 2			
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*	I had no issues in regards to obtaining my travel documents. The New Zealand immigration office was extremely hospitable.		
Describe your transportation arrangements to your host country. Would you change any part of those arrangements?	I traveled on Qantas Airlines.		
How was your experience clearing customs and immigration upon arrival in your host country? Any surprises?	I had no issues in regards to clearing customs.		
Describe how you traveled to your host facility. How long did it take and how much did it cost?	When I arrived in New Zealand I took a shuttle to my host facility, it took approximately twenty minutes and cost roughly thirty dollars.		
Section 3			
ORIENTATION AND ASSISTANCE			

How satisfied were you with the orientation and assistance available to at your host school/agency.	I was extremely satisfied with the assistance from Unitec.
What help did you receive from the international staff or office? What was your impression of the international staff or office?	I received help from the international staff office in regards to arranging my classes. The staff were extremely friendly and helpful.
What was the orientation like at your partner university, if there was one? How well did it suit your needs?	The orientation at Unitec was extremely informative. I learned pretty much everything I needed to know about the semester at the orientation.
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?	It was somewhat hard to adjust to the culture in New Zealand. Everyone in New Zealand is extremely laid back and overly non-confrontational. It was difficult to address the concerns I had with the staff at Unitec as they did not perceive the concerns I had as legitimate issues all the time. For example, I had an extremely hard time sorting out my course schedule and it took over two or three weeks to finalize my course time table. I was feeling very stressed about this as my visa would be void if I was not enrolled in at least three classes. The staff at Unitec however consistently told me not to worry about it.
How receptive were the local people in providing assistance?	Overall people in New Zealand are extremely helpful in providing assistance as everyone is so friendly!

Section 4

HOUSING

Describe your accommodation arrangements.	I lived at a student accommodation (Unistay) which was about a five minute walk from Unitec.
How early could you move into housing before term and how long after the end of term were you allowed to stay?	I moved in about a week before the semester started and left about a week after the semester ended.
How comfortable were you with your accommodation?	Comfortable
Describe what you did about meals and what other options were available. How satisfied were you with the food?	I either cooked a meal at home or ate out. Living at Unistay was convenient as there was a grocery store that took about two minutes to walk to.
How close was your accommodation to where you had to study?	A five minute walk

Section 5

COURSE REGISTRATION

<p>Please describe the registration process at your host institution. What assistance was available to you? Were you satisfied?</p>	<p>I was not satisfied with the registration process at my host institution! It took me forever to get into the courses I needed. At one point the staff were not even sure if the three courses I was enrolled in would go through as there were only two students in one of the classes. If I could not get into all of the courses my visa would have been voided and I would have had to leave the country. I cried for weeks and almost left the country because of this.</p>
<p>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?</p>	<p>I was successful in registering for classes. It took about two or three weeks (which was stressful) however, I was accepted into all the courses that I requested. I would defiantly advice future students to make sure they are enrolled in all of the courses before they leave Canada. I was on the waiting list for some courses which ended up being an issue.</p>
<p>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?</p>	<p>I took three courses for the semester I studied at Unitec. The course load was ideal as I still had time to travel and explore the sights of New Zealand.</p>

Section 6

ACADEMICS

<p>How satisfied were you with the amount of knowledge/skills you obtained from your host?</p>	<p>I was satisfied with the amount of knowledge/skills I obtained when studying in New Zealand. I was able to take a course of the Maori culture which was extremely interesting. Taking a course on the Maori peoples defiantly helped me meet my goal of learning about the culture of the country.</p>
<p>How did the style of teaching compare with that in Canada? How did the workload compare to what you would expect in Canada?</p>	<p>The style of teaching was similar to Canada and the teachers were extremely approachable. The workload was fine compared to the workload in Canada.</p>
<p>How many courses did you take during your time abroad?</p>	<p>I took three courses</p>
<p>What impact did the language barrier have on your learning?</p>	<p>There was no language barrier as I was in New Zealand.</p>
<p>What was your impression of the computer facilities, library, internet access, specialized equipment and supplies available at your host facility?</p>	<p>I went to the library many times throughout writing papers. The librarians were extremely knowledgeable and helpful!</p>

Section 7

COSTS	
Books and Supplies – per term	\$300
Flight	\$2600
Accommodation – per month	\$1000
Meals – per month	Approximately \$30 a day
Local transportation – per month	\$50
Health insurance – per term	\$200
Communications (internet, phone, etc.) – per term	\$200 for the fee to hook internet up and approximately \$100 dollars a month which was cheaper than the alternative of spending \$50 per 3gb of internet which only lasted for about a week
Travel documents (passport, entry visa, etc.)	\$200
Vaccinations	\$300
Personal Spending (eg. entertainment and extra travel) – per term	\$5000 (maybe more)
What unexpected costs did you encounter? What items were less or more expensive than you expected?	Everything in New Zealand was extremely expensive! Everything was about double to triple of the price of things in Canada. For example, food was extremely expensive!

Section 8

EXTRA-CURRICULAR/SOCIAL ACTIVITIES	
How satisfied were you with the out-of-class opportunities at your host site?	I was extremely satisfied with the events planned outside of class. Unitec planned weekend/ day trips constantly. I was able to travel to many places on the North Island on the weekend with the school. It was a good way to meet other people going through the same things as it was only for international students.
What organized activities (clubs, sports, etc.) were available to you while in your host country? What extra-curricular activities would you recommend to future students?	I worked out the gym on campus which was cheaper for students. I was also involved in almost all of the international events for students.
What opportunities were there to work or volunteer. Did you require special permits to do this?	I did not come across any volunteer/ work opportunities
What do you recommend other visiting students see or do on their weekends or holidays?	I would defiantly recommend going on the trips planned for International students. I would also recommend taking advantage of their two week reading breaks to travel.

Section 9

SAFETY AND HEALTH

Describe any safety concerns you had during your experience.	The student accommodation I stayed at was a health hazard! It was infested with mice and black mould as Auckland is an extremely humid city. I also made several complaints to our building manager as the cleaning lady that worked at Unistay as she seemed to have a routine of cleaning the toilets and then using the same gloves to clean the kitchen. The rest of the country however was very safe.
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Section 10

PERSONAL AND CULTURAL CONNECTIONS

What was it like making friends? How successful were you at making friends with local (i.e., not international) people?	It was easy to make friends as we lived in a building full of New Zealanders. Everyone was extremely friendly and I am still in contact with many of them.
What was it like to adjust to the culture of your host site?	It took awhile to adjust to the culture however after about a month I felt like I fit in.
What, if any, cultural differences did you find particularly challenging?	The fact that the people in New Zealand were extremely non-confrontational and extremely laid back which can be hard to adjust to coming from Canada a relatively high-strung country.
What parts of the culture did you most appreciate?	How friendly everyone was and by the end of my trip I loved how laid back everyone was.
How were you treated by local people? By university staff and faculty? By students?	I was treated extremely well by the locals.
As far as you could tell, how easy would it be for students with disabilities to study at your partner university?	I would see an issue as the school was not wheel chair accessible. The school is located on many hills and stairs and there are no ramps/elevators.
For students who are visible minorities in your host country?	Minorities would have no problem in this country.
For students who are gay, lesbian, bisexual or transgendered?	These students would have no issues and be very accepted.

Section 11

TAKING STOCK

What are the 5 most important things one should take with them when going to your host country or region?

1)Medical Documents

2)Laptop

3)Any preferred medication/vitamins. New Zealand is very expensive and may not have the

medication individuals are used to as they have a small range of medicines to choose from as their population is so small.

4) Camera

5) Pictures from home

What are the 10 most important things you would tell another student who is going to your host facility/agency:

1) Take advantage of the trips planned through the student association for international students

2) Take extra cosmetics such as shampoo/conditioner and even sunscreen as cosmetics are so expensive in New Zealand. For example, cover up from Clinique make up which costs roughly \$30 in Canada cost me \$95 in New Zealand.

3) Take an umbrella everywhere as it can be sunny one minute and pouring rain the next!

4) Know what to do in the event of an earthquake! (trust me they happen often there)

5) Check the expiration date of food on the shelves (sometimes items have been expired for over a month!)

6) Get a hop on/hop off bus pass

7) Do not tip the hospitality industry at all! (people just get angry or confused when you try tipping)

8) Do not send any food back at restaurants. This is something that you would not figure out as a tourist in New Zealand, however this is really frowned upon by New Zealanders.

9) Try and travel with a friend

10) Take a magic jack telephone to hook up to the internet (there are no long distance fees to call home with a magic jack)

What was the most rewarding part of your study abroad experience?

Learning about the culture in New Zealand and meeting people from all over the world.

What was the greatest challenge you faced during your experience abroad?

Not giving up and coming home at times.

As a result of your study abroad experience, how has your perspective changed?

Always remain open-minded to new ideas/ways of thinking.

What else do you want to say about your study abroad experience?

I would recommend going on exchange to anybody! It is an amazing experience