

Post Study Abroad Evaluation

THE BASICS				
Your Name	[REDACTED]			
Your Program of Study/Year	BA Psych/ year 2			
Host Country	New Zealand			
Host School/Agency	Unitec			
Participation Dates				
Type of Study Abroad	<input checked="" 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.	I had an awesome time, everyone was super friendly. Beautiful country.

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*	It was a time consuming process, but not a difficult one.
Describe your transportation arrangements to your host country. Would you change any part of those arrangements?	I arrived by plane. No I would not change these arrangements.
How was your experience clearing customs and immigration upon arrival in your host country? Any surprises?	They were unfriendly but there were no surprises.
Describe how you traveled to your host facility. How long did it take and how much did it cost?	Shuttle Bus, 20 Minutes, \$30

Section 3

ORIENTATION AND ASSISTANCE	
How satisfied were you with the orientation and assistance available to at your host school/agency.	I was satisfied
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 unorganized and if I needed help I would usually have to find the dean of the program myself or seek help through some other method.
What was the orientation like at your partner university, if there was one? How well did it suit your needs?	The orientation was helpful, it suited my needs well.
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 very difficult to adjust to the culture and no there was no one to talk to.
How receptive were the local people in providing assistance?	Very receptive.
Section 4	
HOUSING	
Describe your accommodation arrangements.	I stayed at Unistay Student Accomodation.
How early could you move into housing before term and how long after the end of term were you allowed to stay?	You could stay as long as you want from whatever period you wanted to start as long as there was space and you provided enough notice.
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 ate out or cooked canned soup and ate bagged salad. The food was different, but I suppose it was a cultural difference in standards. Be sure to check expiration dates in supermarkets.
How close was your accommodation to where you had to study?	5 minutes
Section 5	
COURSE REGISTRATION	
Please describe the registration process at your	I was not satisfied with registration as upon arrival as I was told that I would not be in all of the classes I had previously selected.

host institution. What assistance was available to you? Were you satisfied?	Assistance was very poor in my host country with registration. At one point I was only enrolled in two classes and I needed three to stay in the country on my visa. I was told to go and ask a department head for permission into a sports class and I was told that they did not give priority to exchange students. I later received a call from this department head saying that she gave my spot to a New Zealand student. I cried and almost went home.
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?	Eventually after much struggling and calling back and forth from Kwantlen to Unitech and being put on waiting lists I got into three classes after I was there for almost a month. I would advise an exchange student to choose their classes well ahead of time and make sure that they are in them before they leave.
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 3 courses, it was the perfect course load. Introduction to the Maori Culture was an amazing course, very interesting and the teacher Nina was great. We got to go on many outings and see real places of New Zealand history and were able to learn in a traditional way that I have never experienced in Canada.

Section 6

ACADEMICS

How satisfied were you with the amount of knowledge/skills you obtained from your host?	I was very satisfied with my knowledge/skills, I learned a lot!
How did the style of teaching compare with that in Canada? How did the workload compare to what you would expect in Canada?	Style of teaching was very open, teachers are very helpful if you ask for assistance. The workload was fine compared to Canada.
How many courses did you take during your time abroad?	3
What impact did the language barrier have on your learning?	There was no language barrier as they spoke English.
What was your impression of the computer facilities, library, internet access, specialized equipment and supplies available at your host facility?	The facilities and equipment were great.

Section 7

COSTS

Books and Supplies – per term	\$300
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Flight	\$2500
Accommodation – per month	\$1000
Meals – per month	\$30 per day
Local transportation – per month	\$50
Health insurance – per term	\$200
Communications (internet, phone, etc.) – per term	\$200 to install internet, then \$100 for 60g of data per month after installation. It is recommended that you get a modem and internet installed as this is much cheaper than the alternative, which was \$50 for 3g of data
Travel documents (passport, entry visa, etc.)	\$200
Vaccinations	\$3000
Personal Spending (eg. entertainment and extra travel) – per term	\$5000
What unexpected costs did you encounter? What items were less or more expensive than you expected?	Everything was about double to triple the cost of things in Canada, even with the exchange rate. This is a very expensive country, nothing was cheap.

Section 8

EXTRA-CURRICULAR/SOCIAL ACTIVITIES

How satisfied were you with the out-of-class opportunities at your host site?	The out of class opportunities were amazing. Unitec has a student building which arranges trips just for international and exchange students. It is a cost efficient way to see the country and meet people as you get group rates and they can take you places that otherwise you would not be able to find transport to.
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?	The trips for international and exchange students through the student union building. There was also a gym on campus. I would recommend tubing through the glow worm caves.
What opportunities were there to work or volunteer. Did you require special permits to do this?	You were not permitted to work on a student visa.
What do you recommend other visiting students see or do on their weekends or holidays?	Make friends with a local as they can take you to various tourist attractions. I would recommend the war museum, aquarium, sky tower, and visiting rotorua.

Section 9

SAFETY AND HEALTH

Describe any safety concerns you had during your experience.

The student accommodation was unsanitary and a health hazard. Our accommodation was infested with mice, and black mold was in all the rooms as well as on the ceiling of the living room. I routinely got very sick as I am allergic to black mold. When confronting the manager about these issues he told me that I was used to a different standard of living where I came from and that is was just a humid country so mold was common. Furthermore he said that mice are harmless so I should not have an issue with them. They got into our food (as we did not have a working fridge) and we had to throw out all of our food. In addition there was a cleaning lady who came every second day to clean. The rooms would be dirtier after she came in than they were beforehand. She would use the same gloves to clean everything, you could watch her clean the toilets, touch the handle of the bathroom and get toilet water all over it, and then go downstairs and touch all the clean plates to dust the counter underneath. She also liked to scrub the hole in the counter that lead to the garbage and then touch kitchen utensils or take the pot scrubbers to clean grime off the walls and put the scrubbers back for us to use for our plates. This was the only safety concern as everyone was always getting sick from this accommodation. The rest of the country was very safe.

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 because of our accommodation. We lived with both locals and internationals and all of our friends were from the same building. As a result, we had many local friends.

What was it like to adjust to the culture of your host site?

It took a while, but after a month

What, if any, cultural differences did you find particularly challenging?

You cannot tip or send back food. Also, culturally you are not supposed to complain or raise concerns about anything as culturally this country is very non- confrontational

What parts of the culture did you most appreciate?

I appreciated their Maori culture as it was very interesting and fun to learn about.

How were you treated by local people? By university staff and faculty? By students?

Everyone was very friendly.

As far as you could tell, how easy would it be for students with disabilities to study at your partner university?

The school is not wheelchair accessible. There are lots of hills and stairs, no ramps.

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 be very accepted. There was a large gay, lesbian, bisexual and transgendered community at our school. I recommend social work courses.

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 Laptop

2 Magic Jack (a phone that plugs into your computer to call home for free)

3 Any and all medical pills that you would need for your entire stay, such as tyonal and gravel. It is difficult to get any medication in this country as it is very expensive and they do not have the same brands as Canada (for example, vitamin c was \$50 for a small bottle)

4 Camera

5 Something from home to share with your friends you meet that they cannot get in their country (such as Canadian maple syrup)

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

1
If you are a female, stock up on any cosmetics that you need for the entire time you are there. You do not want to buy any make up as it is very expensive (for example, Clinique make up is about triple the price, and Revlon mascara is \$30)

2 Never leave home without an umbrella

3 Know what to do in the event of an earthquake and tornado

4 Try to avoid eating out too much

5 Get a discount card for the superstore

6 Get a student fare card for the bus

7 Go to as many tourist attractions as you can

8 Don't try to send food back at a restaurant (they get mad)

9 Bring music from home that you like to listen to while you are there

10 If it's possible, travel with a friend

What was the most rewarding part of your study abroad experience?	Making friends with the locals. I have made life-long friends from this trip.
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What was the greatest challenge you faced during your experience abroad?	It was very difficult to get used to the cars being on the other side of the street.
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As a result of your study	I loved my experience and now I want to travel. My perspective has
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abroad experience, how has your perspective changed?	changed that it is not easy to go away from home for a long time, but it is well worth it.
What else do you want to say about your study abroad experience?	Do it! Everyone needs to try this at least once!!!