



General Information			
Host Country	Scotland, UK		
Host School	Abertay University		
Program start & end dates	September 18, 2023 - December 18, 2023		
Program of Study	Psychology		
Type of Study Abroad	<input checked="" type="checkbox"/> Exchange	<input type="checkbox"/> UMAP exchange	<input type="checkbox"/> Other:
General Evaluation			
In a couple of sentences, summarize and explain your general evaluation of your experience.	The entire experience was amazing and I have grown in places that I didn't know I could grow in. There were so many places I visited, people I met, and things I experienced that I will forever cherish.		
Arrival			
How easy or challenging was it to obtain your travel documents (visa, permits, etc.)?	I did not need a visa due to only being in the UK for less than six months. Other documents, not an issue.		
Describe your transportation arrangements to your host country. Would you alter any part of those arrangements?	Smooth all the way there. My parents dropped me off at the airport and then my first flight was eight hours, then a two hour bus ride, followed by my final flight, which was around an hour. Then my final bus ride, which was around two hours. No complaints or complications.		
How was your experience clearing customs and immigration upon arrival in your host country? Any surprises?	I was surprised by the fact that I did not need to talk to anyone after landing. I just had to scan my passport, and then go on through. I prepped all my documents, but did not use them.		
Describe how you traveled to your host facility. How long did it take and how much did it cost?	As previously mentioned, travel went smoothly, but it was long. I left Canada at 15:30 (con time) and by the time I was in Dundee, it was 11:19 AM the next day.		
Orientation and Assistance			
How satisfied were you with the assistance available to at your host school? Were there people and resources available for you for support?	I was very satisfied. Given it was the start of the semester, there was Fresher's week, as well as events for all the international students. There was so much information and help available that I never had an issue navigating my way around.		
What help did you receive from the international staff or office?	The only help I needed from the international office was for their study abroad coordinator, Evie, to sign a form, and she got back to me very quickly.		
How was new student orientation at the host university? What did they do?	It was so fun, and I met a girl there through Fresher's Fair, who became one of my dearest friends. There were so many different clubs and societies I could try out and/or join.		
Housing & Daily Life			
Describe your accommodation in your host country. Were you pleased with this choice or what would you have done differently?	I did sign up for a few, and enjoyed them. Well... it definitely did the trick in regards to providing me a room, a bathroom, and a kitchen. There were certain aspects that were a bit frustrating at points, (the lift breaking down when you live on the seventh floor) but overall, I felt safe and comfortable for the most part. The actual bedroom was a shoebox, but there was a lot of storage. I lived on the top floor of my section, and so it was a quieter floor compared to the rest, which was nice. The only thing I would change would be that the mattress be more comfortable; it was really firm.		

When could you move into housing and how long were you allowed to stay?	I was allowed to move in a day earlier than what my tenancy agreement stated, and so I started living there Sept. 8 th . My agreement ended January 13, so arranging my return flight to Canada was easy.
What kinds of services and facilities were nearby where you lived (shop, cafe gym, parks, pharmacy, stations...)	The primary store that was used by everyone for cheap food shops was Lidl, and this was a 10 min walk from Parker. Another 5 min further was Tesco Express. On the way to Lidl is PureGym and Papa John's Pizza.
Describe what you did about meals and what other options were available. How satisfied were you with the food?	Behind Parker was Duddhop Park. It was self-catering, so I meal planned or bought cheap takeaway from McDonald's or Clark's Bakery. Lidl was great for buying what you needed in order to prepare a substantial meal.
How close was your accommodation to where you studied?	It was a 2-5 min walk, and you did not even need to cross the busy road due to the pedestrian underpass by Bell St. Car park
Academics & Course Registration	
Please describe the registration process at your host institution. What assistance was available to you? Were you satisfied?	We received emails that included details for our time slots to go and confirm our registered courses as well as pick up our student cards. There were the student support staff everywhere, and were ready to ask any questions we may have had.
What advice would you offer to another exchange student about registration at your host institution?	Make sure you clarify that you are an international or visiting student because when you give your name, they will go look for a piece of paper that is only for domestic students.
What tips do you have for finding the courses and course syllabuses/outlines?	Finding the courses is very straightforward. Just read the descriptions carefully and make sure it will fit your degree. The course outlines will just be available when the lecturers release them.
Academics & Course Registration (cont'd)	
How satisfied were you with the amount of knowledge/skills you obtained from your host?	Very satisfied. I absolutely loved learning about neuro psychology and how the brain is connected with behaviour.
How did the style of teaching, and workload compare to Canada? Was it more independent or group learning?	The teaching style was a lot more relaxed in my opinion; I really liked listening to all my lecturers. The workload was lighter, but the weight was heavier. It was more independent.
How many courses did you take during your time abroad? Are there particular courses you would recommend?	I took 3 modules, which is the equivalent of 9 credits for KPU, and it is a full course load. I would recommend doing PSY301: Brain & Behaviour because it is so interesting.
What was your impression of the computer facilities, library, internet access, specialized equipment and supplies available at your host facility?	I really did not use much of Aberystwyth's equipment, so I just stuck with what I had. I really liked studying in the library though, especially in the evenings.
Cost	



Books and Supplies/per term:	Books - \emptyset Supplies (Pens, Notebooks, etc.) - +/- \$20
Flight:	\$1845.36
Accommodation/per month:	Paid in Full (Sept 8 th - Jan 13) + £100 deposit = \$4673.03
Meals/per month:	+/- \$60/month \rightarrow \$210 approx (Food shops)
Local transportation/per month:	Local bus cost: \$3.78 (If you are under 22, you are eligible for a bus pass)
Health insurance/per term:	\$384.66 after member discount with BCAA
Communication (internet, phone, etc.) - per term	Internet included w/ Tenancy Agreement. Phone -
Travel documents (Passport, Study permit, visa, etc.)	\emptyset
Vaccinations:	\emptyset
Personal spending (entertainment and extra travel) - per term	I don't even want to calculate these numbers... a few hundred \$\$...
Were there unexpected costs you encounter? What items were less or more expensive than expected?	Unexpected: Cold & Sinus Medication at least 3 times throughout term. Some clothes from charity shops. Food was cheaper than I thought; what cost me ~\$60 would be around \$100 in Canada.
Extra-Curricular & Social Activities	
What type of organized activities were available to you? What extra-curricular activities would you recommend to future students?	The clubs were very inclusive for newcomers following Fresher's Week, so I tried Field Hockey and Netball, and both I thoroughly enjoyed, but I was required to invest in my own gear, and I didn't see the point for one semester. However, I did get involved with a church and we played football ^{Soccer every second Monday} .
Did you travel outside the host location? If so, where do you recommend?	I went to a few places! Mostly day trips to Glasgow, St. Andrew's, Aberdeen, Edinburgh. Then I stayed in Inverness for two nights, which I highly recommend visiting! I also spent a weekend on the Isle of Man with family.
What opportunities were there to work or volunteer? Did you require special permits to do this?	There was dog walking, and I did give my contact info, but I never heard from them. Abertay provided resources for other volunteer opportunities.
Health and Safety	
Describe any health/safety concerns or issues you had during your experience.	I came down with a cold twice during the term, and then at the end when I was trying to get through my final assessments, I ended up getting COVID, so that made things difficult, but somehow I managed.
What helped you keep safe and healthy? Did you access any health care supports and if so how was the experience?	I made sure to wash my hands, wipe down surfaces, keep my sheets clean by washing them weekly, and I also bought some vitamin C tablets, which I took daily, or tried to.
What wellness supports did they offer at the University? Were there counselling or medical services?	There were a few wellness sessions throughout the semester and a lot of support during exams. There was counselling, but I did not use it.
Personal and Cultural Connections	
Were there any cultural differences you had to adjust to? Were there language barrier	Everything in Dundee is late! Class starts at 11:00? Nope, it won't start until at least 10 min after.



issues?	No language barriers for me!
What part(s) of the country and culture did you most appreciate?	I loved the architecture that was everywhere! The Highlands were so gorgeous, and I really appreciated the dialect and how nice people were. Random people would just start small talk with me in a shop.
How was it traveling alone and making friends?	Traveling alone internationally was quite intimidating. Within Scotland, it was not an issue because I usually had someone waiting for me to text him/her to say I have arrived.
How were you treated by local people? By university staff and faculty? By students?	Making friends was so much easier than I expected. I clicked with certain people right away, so I always had someone to talk to.
How accommodating are they to students with a disability? Were there any accommodations offered?	Everyone was so lovely, hospitable, going out of their way to give me lifts. So kind.
How is the situation for students who are visible minorities in your host country?	As far as I knew, they were very accommodating on campus. There were lifts that accessed most/all buildings and wheel-chair ramps outside.
How welcoming are they to those who identify as LGBTQIA+?	Again, as far as I knew, they seemed to be navigating their ways around and they seemed to be welcomed warmly.
How welcoming are they to those who identify as LGBTQIA+?	They were very welcomed. A lot of social events were aimed for them, or hosted by the society.

Overall

What are 5-10 important things other students should know before going to your host country/region?

1. The accent is only thick when you get to Glasgow. Other areas, it's fairly smooth.
2. If you are taking the bus, you need to inform the bus driver of what stop you need. Look it up!
3. Haggis is tasty!
4. Listen to someone playing bagpipes live at least once. The sound is beautiful.
5. Go to the Highlands for at least a weekend. Go to Edinburgh for at least two days.
6. Do some research about the dialect, there will be some words that might confuse you
7. If someone offers you dinner at theirs, accept it. Free Food!
8. Visit as many museums and castles as possible. History is fascinating!
9. Join clubs or societies that are outside of your comfort zone, you may be surprised.
10. The homesickness will hit. Hard. Don't isolate yourself. Reach out to other international students.

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

Making connections with many international students, growing in areas I didn't even know I could grow in.

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

The homesickness that hit around week 8 when everyone's parents were visiting. Also, getting my finals done when I unknowingly had COVID.

How has your perspective changed as a result of your study abroad experience?

yes definitely. I know what things work better for me when I need to de-stress, and also that some people in your life are only temporary.

What else do you want to add about your study abroad?

If you're trying to decide whether to go somewhere for a day/weekend, and you have enough money, do it. you can earn back that money, but the experiences you get, you won't earn back.