

General Information			
Host Country	Japan		
Host School	Nagoya Gakuin University		
Program start & end dates	Sept. 5 2022/Dec. 16/2022		
Program of Study	Asian Studies		
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.	My experience was pretty positive. I feel as though I was thoroughly prepared by KPU and my host school for my transition. I learned a lot and feel this was a great character-building experience.		
Arrival			
How easy or challenging was it to obtain your travel documents (visa, permits, etc.)?	It was a bit challenging since my host school forgot to send me some documents and also sent me some with incorrect information; as well as, the visa office did not accurately tell me what I needed to bring.		
Describe your transportation arrangements to your host country. Would you alter any part of those arrangements?	My dad drove me to the airport, I took 3 planes to Nagoya, and took the train to my school/dorm. I would alter only the flights and pay a bit extra to have a direct flight to save the hassle and time.		
How was your experience clearing customs and immigration upon arrival in your host country? Any surprises?	It was super smooth and I had no difficulties. Just a slight language barrier made it take a couple minutes longer but overall very smooth.		
Describe how you traveled to your host facility. How long did it take and how much did it cost?	I took a train straight from the airport that took about 40 minutes and \$8.50 CAD then transferred to another train that took about 4 minutes and costed \$2.40 CAD.		
Orientation and Assistance			
How satisfied were you with the orientation and student assistance available to at your host school?	I was pretty satatisfied. They went over the necessities and got us set up. They also answered any questions and it was easy to understand. Only con was that it took 3+ hours and I was tired. Student Assistants were available and helpful!		
What help did you receive from the international staff or office? What was your evaluation of your host schools international staff or office?	I recieved tons of help from my host schools international staff. They promptly answered any questions we had, connected us to people who could help us, and checked in on us genuiely. They also encouraged us to do different events through the school like teaching elementary students or interacting with senior citizens. Overall, I would say my host schools international staff were wonderful and did a great job taking care of the international students.		
Orientation and Assistance (cont'd)			
How was new student orientation at the host university? How did it suit your needs?	It was alright. They informed us about school rules, classes, and even got us setup with sim cards if needed. It was long and boring at times though. It suited my needs perfectly. Gave me a general idea of what to expect.		
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	It wasn't too bad. I just had to tone down my wildness and conduct myself more conservatively. There wasn't a certain person appointed to help us intergrate but the school staff and our dormitory RAs were available to help with any concerns we had, even difficulty adjusting to the new culture.		

what you were experiencing?	
<b>Housing &amp; Daily Life</b>	
Describe your accommodation in your host country.	I had a small room in an apartment near the school
How early could you move into housing before term and how long after the end of term were you allowed to stay?	I could move in up to 3 weeks before my term started but only moved in a week before. I was allowed to stay there a week after the semester ended.
What kinds of services and facilities were nearby where you lived (ie markets, gym, parks, pharmacies..)	There was a couple convenient stores, a big park, grocery store, a pharmacy, and a train station all within a 15 minute walk around me.
Describe what you did about meals and what other options were available. How satisfied were you with the food?	I mainly ate out or made stuff at home. There was no school meal plan but there was a cafeteria open for lunch and dinner. I was very satisfied with the food around me.
How close was your accommodation to where you studied?	Super close, about a 3 minute walk to either campus.
<b>Academics &amp; Course Registration</b>	
Please describe the registration process at your host institution. What assistance was available to you? Were you satisfied?	The registration felt long but was overall very straight forward. There was an English-speaking school staff available to answer questions on weekdays through email. I was satisfied with the assistance.
What advice would you offer to another exchange student about registration at your host institution?	Make sure all your travel documents are up to date so you can fly through the registration. Also, follow the deadlines and work on forms in advance. Don't procrastinate since NGU requires you to send some forms over mail which has a tight deadline.
What course load would you recommend for future students? Are there particular courses would you recommend?	I did 3 courses and that was more than enough for me since the required Japanese class is quite intensive. If you really want to work hard and study a lot 4 or 5 is doable but, might be overwhelming. I would recommend the religions or karate class. They were both fun!
<b>Academics &amp; Course Registration (cont'd)</b>	
How satisfied were you with the amount of knowledge/skills you obtained from your host?	Pretty satisfied. It's unfortunate they cram a lot of information into you because I don't retain the information as well but I still feel I walked away a lot more knowledgeable.
How did the style of teaching, and workload compare to Canada? Was it more independent or group learning?	The style of teaching is somewhat similar. Lecture for 30 minutes, practice/activities then more lecture and homework. The workload is more than in Canada so be ready for homework and studying everyday. Lots of independent work but group practice and learning in the class.
How many courses did you take during your time abroad?	I only took 3: the required Japanese course, Japanese religion, and sports (karate).

If applicable, what impact did the language barrier have on your learning?	I would say it had a medium impact on my learning. At certain points I got a bit lost about the grammar points since the teacher did not know the correct English terms to explain it but, luckily my classmates were able to teach me and clarify what we were learning now.
What was your impression of the computer facilities, library, internet access, specialized equipment and supplies available at your host facility?	There was lots of space to study. No computer facilities that I was aware of but workspace there was plenty. The internet was alright and the library was also ok. Overall, very average but nice!
<b>Cost</b>	
Books and Supplies/per term:	\$150
Flight:	\$1,450
Accommodation/per month:	\$390
Meals/per month:	\$300
Local transportation/per month:	\$100
Health insurance/per term:	\$15
Communication (internet, phone, etc.) – per term	\$130
Travel documents (passport, entry visa, etc.)	\$25
Vaccinations:	\$165
Personal spending (entertainment and extra travel) – per term	\$1,500
Were there unexpected costs you encounter? What items were less or more expensive than expected?	No unexpected costs really came up. Food was a bit more expensive than I was expecting but, I was alright since I over budgetted.
<b>Extra-Curricular &amp; Social Activities</b>	
What type of organized activities were available to you? What extra-curricular activities would you recommend to future students?	The school had a couple events we could sign up and take part of at the school (ie) tea ceremony, visiting local elementary, etc. I would recommend going to the elementary school and interacting with the kids. It was super fun and the students were very interested in english and foreign cultures.
Did you travel outside the host location? If so, where do you recommend?	Yes I did! Go to Osaka if you like the city life and tons of yummy food. For nature, visit Arashiyama or Nara.
What opportunities were there to work or volunteer? Did you require special permits to do this?	There were! You could help make beds and clear up rooms at a local hotel. You have to have the parttime work stamp from the immigration officer. To get that stamp you have to fill out another form and show it to the officer upon arrival.
<b>Health and Safety</b>	
Describe any health/safety concerns or issues you had during your experience.	No health/safety concerns. Masks are still mandatory everywhere so everyone can feel pretty safe. Only concern is in major cities, the pollution and air quality aren't the best.
What helped you keep safe and healthy? Did you access any health care supports and if so how was	Eating balanced meals and keeping active helped keep me safe and healthy I think. I did not access any health care support.

the experience?	
<b>Personal and Cultural Connections</b>	
How successful were you at making friends with local (not international) people and students?	I was pretty successful at making friends and had multiple groups I could hang out with. Local students and people in general I also got along with and made multiple friends native and non-native.
How did you find it adjusting to the culture of your host site?	I found it was pretty easy to adjust to their culture. Aside from keeping left on stairs and keeping to yourself, everything else is pretty similar to Canada.
What, if any, cultural differences did you find particularly challenging?	The fact that people are a lot less openly friendly. At stores or on the street people may stare at you but not smile or nod, just oogle at you.
What part(s) of the culture did you most appreciate?	How giving they are. Japanese culture really emphasizes on appreciating each other openly. Gifts and praise are common place and for that I appreciate such an openly grateful culture.
How were you treated by local people? By university staff and faculty? By students?	Local people were generally nice and kept to themselves. I was stared at pretty often but that is expected in Japan since I didn't look East Asian. University staff were super sweet and did a great job assisting me. Students were very nice though some saw us as these rare things which made certain interactions odd when they come up to you calling you "an idol" for being different.
As far as you could tell, how easy would it be for students with disabilities to study at your partner university?	It would be alright. My partner university is pretty disability friendly with elevators in all major areas, though, people with learning disabilities may struggle a bit as the university firmly believes in classes everyday and qualitative testing.
As far as you could tell, for students who are visible minorities in your host country?	Japan has a small group of visible minorities and you will be looked at a lot if you are a visible minority ie) not Japanese or East Asian. People shouldn't bother you though, just judge from afar.
For students who are gay, lesbian, bisexual or transgendered?	It's not openly supported and for being open about your sexuality people may judge you from a distance but they should never hurt you or be mean and for the most part, people will leave you alone.
<b>Overall</b>	
What are <b>five</b> important things other students should know before going to your host country/region?	
1. Japanese is daunting but put a little studying in everyday and you'll do great	
2. Explore everywhere you can, especially shrines and castles	
3. Make sure to research social etiquette in Japan as people are quite strict on abiding to said rules in public	
4. People will stare at you, dont take it the wrong way.	
5. Study a bit of Japanese beforehand so you can do everyday tasks without too much worry. ie) ordering food	
What are <b>ten</b> important things you would tell another student who is going to your host facility/agency?	
1. Keep in contact with family	
2. Join clubs/school activities	
3. Try to put yourself out there and meet as many new people as you can; foreigners and natives	
4. Budget wisely	



5. Explore every chance you get	
6. Apply yourself to classes and learning the language	
7. Push yourself outside of your comfort zone	
8. Ask for help from school staff if you are ever anxious or concerned about assimilating	
9. Use the language every chance you get	
10. Make memories, eat yummy food, and learn the culture/customs	
What was the most rewarding part of your study abroad experience?	Talking with my tutor in some mostly fluent Japanese. I finally felt like I could notice the progress in my learning and my whole abroad experience.
What was the greatest challenge you faced during your experience abroad?	Missing home was the greatest challenge. I really wanted to see my family and friends and looking at the days till I returned made it really difficult but, staying in touch with them helped immensely.
How has your perspective changed as a result of your study abroad experience?	I value my country and family much more. Being away made me realize how wonderful of a country Canada is and how important my family/friends are to me. I also understand just how much of a life changing decision going abroad was. The memories I made, people I met, and knowledge I learned will stay with me forever.
What else do you want to add out your study abroad experience?	It was overall good and I'm honored I got a chance to represent KPU; as well as, experience a completely different culture and way of life.