

General Information

Host Country	Netherlands		
Host School	HVA		
Program start & end dates	September 9th - December 27th 2022		
Program of Study	Business		
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.	I believe my experience was much better than I ever could have expected, I travelled all over Europe, made so many new friends and got to experience the European and more specifically the Dutch education system. It was a memorable experience and one I won't forget. It transformed my cultural knowledge and my own personality as well, allowing me to be more confident and extroverted.
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Arrival

How easy or challenging was it to obtain your travel documents (visa, permits, etc.)?	It was very easy, with some minor hiccups but with the help of the KPU International Office and the AUAS office it all came together at the end.
Describe your transportation arrangements to your host country. Would you alter any part of those arrangements?	I took a one-way flight directly to Amsterdam, I would not change that as I was able to decide to come back a bit later than I expected to, but it would have been much cheaper to do a return trip all in one.
How was your experience clearing customs and immigration upon arrival in your host country? Any surprises?	Much easier than I expected and super fast, was out in no less than 30 minutes.
Describe how you traveled to your host facility. How long did it take and how much did it cost?	I had family which was there to pick me up so for me it was free, many of my friends said around 30 euros for an Uber.

Orientation and Assistance

How satisfied were you with the orientation and student assistance available to you at your host school?	I was very satisfied they were quick and very responsive.
What help did you receive from the international staff or office?	Help with class selection, visa and municipality registration and other academic questions.

Orientation and Assistance (cont'd)

How was new student orientation at the host university? How did it suit your needs?	The school student orientation was okay but very quick, I did enjoy the ESN introduction week which was more focused on student life.
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 what you were experiencing?	I had my family of course so that eased a lot of the pressure and worry, I was also in the same boat as a lot of other international students so it was easy to find solutions together. Along with the school and our buildings RA's it was very easy.

Housing & Daily Life

Describe your accommodation in	I was in an apartment with 2 roommates with my own private room and shared facilities.
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your host country.	
When could you move into housing and how long were you allowed to stay?	I was allowed to move in starting the 29th of Aug and had to move out by the 30th of Jan
What kinds of services and facilities were nearby where you lived (shop, cafe gym, parks, pharmacy, stations...)	It was close to an arena and shopping center so everything was available, multiple grocery stores, the metro station, pharmacies, restaurants, gym, parks and shops.
Describe what you did about meals and what other options were available. How satisfied were you with the food?	I cooked at home a lot with my roommates and used the too good to go app, I was very satisfied with the grocery experience and food shops nearby as well.
How close was your accommodation to where you studied?	right next door, it was the building neighbouring the apartment.
Academics & Course Registration	
Please describe the registration process at your host institution. What assistance was available to you? Were you satisfied?	It was competitive and very inconvenient for this timezone but in the end it was okay, I wish I was able to take some classes I didnt get into but again it worked out.
What advice would you offer to another exchange student about registration at your host institution?	Be fast and research the classes ahead of time.
What tips to you have for finding the courses and course syllabuses/outlines?	I would look at HVA's website and go to their program and course outline, it isnt fully updated so emailing them also helps.
Academics & Course Registration (cont'd)	
How satisfied were you with the amount of knowledge/skills you obtained from your host?	Very satisfied, especially on a cultural level, some of the topics covered I had already previously learned about but it definitely added onto that.
How did the style of teaching, and workload compare to Canada? Was it more independent or group learning?	very final focused with 3 of my classes having finals be worth 100% of my grade which was stressful, most my classes were also more independant.
How many courses did you take during your time abroad? Are there particular courses would you recommend?	I took 4 classes, and I would reccomend dutch and intercultural awareness as they were both useful and my personal favourites.
If applicable, what impact did the language barrier have on your learning?	all classes were in english so this did not apply
What was your impression of the	

computer facilities, library, internet access, specialized equipment and supplies available at your host facility?	there were multiple campuses all with libraries multiple study areas and places for students to eat and relax, everything I needed was available.
Cost	
Books and Supplies/per term:	books were not required
Flight:	\$1600
Accommodation/per month:	\$650
Meals/per month:	\$150
Local transportation/per month:	\$100-125
Health insurance/per term:	\$350
Communication (internet, phone, etc.) – per term	internet: included in rent phone: \$20/month
Travel documents (Passport, Study permit, visa, etc.)	\$0
Vaccinations:	\$0
Personal spending (entertainment and extra travel) – per term	\$2500
Were there unexpected costs you encounter? What items were less or more expensive than expected?	Much more cost on entertainment and travelling, especially going out with friends groceries if done right were much cheaper
Extra-Curricular & Social Activities	
What type of organized activities were available to you? What extra-curricular activities would you recommend to future students?	ESN was great, many different events and introduction week. would highly recommend!
Did you travel outside the host location? If so, where do you recommend?	Spain was beautiful, I went to Alicante and Valencia Slovenia is great too, cheap trains to Croatia, Austria and Italy and cheap accomdation! it also let me get away from city life. And of course Paris!
What opportunities were there to work or volunteer? Did you require special permits to do this?	I did not work or volunteer, as it required a different visa
Health and Safety	
Describe any health/safety concerns or issues you had during your experience.	I did get a very bad cold while I was there, and injured my hand luckily the pharmacy nearby answered both my questions and provided a solution.
What helped you keep safe and healthy? Did you access any health care supports and if so how was the experience?	I didnt use my health care insurance but I did make sure to have medicine and medical supply on hand
Personal and Cultural Connections	
How successful were you at making friends with local (not	Very rarely, usually sometimes udring nightlife or during certain student events,

international) people and students?	But majority were international student.
How did you find it adjusting to the culture of your host site?	I actually found it very easy, obviously it was easier due to having family there but having wonderful and close roommates helped as well.
What, if any, cultural differences did you find particularly challenging?	I didnt have any cultural differences that challenged me in my experience.
What part(s) of the culture did you most appreciate?	the food, history and landscape was wonderful!
How were you treated by local people? By university staff and faculty? By students?	everyone was super nice, never had any issues with locals! They were very helpful and always asked questions about my life in Canada.
As far as you could tell, how easy would it be for students with disabilities to study at your partner university?	Very easy, I saw many options and resources for people with disabilities as well as having a very disability accesible campus.
As far as you could tell, for students who are visible minorities in your host country?	I was a visible minority and I did not feel out of place or even scared to be there
For students who are gay, lesbian, bisexual or transgendered?	Amsterdam and specifically the university were very supportive of LGBTQ people and were open and accepting of all people and mentioned this multiple times, in the intorductory week, in class and in newsletters.

Overall

What are five important things other students should know before going to your host country/region?
1. Bikes may not be the best to rent in the cold!
2. Transport is expensive! get a personal OV chipKaart
3. Revolut is a must have along with a dutch bank account.
4. Dont do everything in the first few weeks, you'll run out of exploring very quick!
5. Sign up for ESN!
What are ten important things you would tell another student who is going to your host facility/agency?
1. Make sure your apartment is not too far away from yor campus
2. be sure to make a list of required document.
3. make sure to research all classes before hand and sign up as soon as possible
4. Make a checklist of things to do once you get there
5. Communicate with HVA/AUAS about any concerns you may have about documentation.
6. Be nice to your professors and ask for help when/if you need it. Connect with them, it could help you!
7. talk to your classmates and make study groups, who knows you may make new friends!
8. Make sure you have all the important dates in a calendar (finals, resits etc.)

9. There is many HVA specific events via their ACE society for 10 euros you can join and its worth it!	
10. Finally, try to take a break from studying sometimes, the school has a cafe and a lounge to relax for a bit	
What was the most rewarding part of your study abroad experience?	The new friends I made and lifelong bonds, and travelling
What was the greatest challenge you faced during your experience abroad?	Going over my initial budget and stressing about having done so, also travelling alone.
How has your perspective changed as a result of your study abroad experience?	I am much more open to making friends and meeting people, I also am more eager to travel!
What else do you want to add about your study abroad experience?	It was amazing and well worth it, especially being the first after so long. Sarah and the rest of the team was amazing and so supportive! Also the moose was loved!

Below is a space to share any photos (this is optional and may be shared on our website).