

Post Study Abroad Evaluation

THE BASICS				
Your Name	[REDACTED]			
Your Program of Study/Year	mar 2012-dec 2012			
Host Country	Japan			
Host School/Agency	Nagasaki University of Foreign Studies			
Participation Dates	mar 2012-dec 2012			
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)			9	
In a couple of sentences, explain why you rated your experience the way you did.	Everyone was very helpful and I enjoyed the country very much.			
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*	very easy.			
Describe your transportation arrangements to your host country. Would you change any part of those arrangements?	not using Korean Air. I got food poisoning on the plane there, and not many people spoke enough English or Japanese			
How was your experience clearing customs and immigration upon arrival in your host country? Any surprises?	no, everything went smoothly			
Describe how you traveled to your host facility. How long did it take and how much did it cost?	Jonathan, from the school's international office, picked us up, and had hotel rooms booked for us. After we had a bus take us straight to the school.			
Section 3				
ORIENTATION AND ASSISTANCE				

How satisfied were you with the orientation and assistance available to at your host school/agency.	very satisfied, they were very helpful with all our questions and concerns and went out of their way to help us.
What help did you receive from the international staff or office? What was your impression of the international staff or office?	They were very helpful and were incharge of everything in our program. they helped a lot with all our questions and concerns and went out of their way to help us.
What was the orientation like at your partner university, if there was one? How well did it suit your needs?	we had orientation at the female dorm by some of the girls living in the dorm, then we had orientation at the school by one of the teachers and a student to help translate. later in the orientation we received cell phones
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?	for me personally it was not hard to adjust. but for students that did have problems the school had a counsoler for culture shock, who could speak both japanese and english
How receptive were the local people in providing assistance?	they were all very helpful and would go out of their way to help

Section 4

HOUSING

Describe your accommodation arrangements.	lived in the female dorm. one person per room
How early could you move into housing before term and how long after the end of term were you allowed to stay?	any day if you contacted the school for earlier arangments. I moved in the day we got there (day of orientation) at the end of term you could stay up to two weeks as long as you paid additional fees
How comfortable were you with your accommodation?	very comfortable
Describe what you did about meals and what other options were available. How satisfied were you with the food?	the dorm offered 2 meals a day, but I was not that satisfied with the food a lot of the time, so I ended up cooking in my dorm room (hot plates were provided) or I went out to eat
How close was your accommodation to where you had to study?	3-5 min down/up the hill (unless you walked at a leisurely)

Section 5

COURSE REGISTRATION

Please describe the	we had a whole orientation on registration alone. I was very satisfied, it
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registration process at your host institution. What assistance was available to you? Were you satisfied?	was quite easy
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?	there was a wide variety of classes, it was very analog, and any problems you had the international office could fix. talk to your international office, they are your biggest support
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?	8 the first sem, 7 the second take a fuller load the first sem because most classes meet once a week, to ensure you will have enough credits to bring back to your university and so you don't have too much free time between classes

Section 6

ACADEMICS

How satisfied were you with the amount of knowledge/skills you obtained from your host?	satisfied
How did the style of teaching compare with that in Canada? How did the workload compare to what you would expect in Canada?	the work load homework wise was minimal, the qualifications for a teacher are lower, but the classes were still fun and the teachers were passionate about what they did
How many courses did you take during your time abroad?	15
What impact did the language barrier have on your learning?	my understanding of japanese is better then my speaking therefore I could understand what people were saying to me but I had problems conveying my thoughts and feelings, which proved to be frustrating and mildly isolating
What was your impression of the computer facilities, library, internet access, specialized equipment and supplies available at your host facility?	wifi were slow, but facilities were good, if not nessissary (many students had their own computers, so facilities were used only for printing

Section 7

COSTS

Books and Supplies – per term	I had to buy text books my first sem, but second sem I received a text book from a friend who already took the class text books were 2500 yen each plus a work book 1400 yen
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	in total I only had to spend 3900 yen on text books because I was givin one
Flight	my parents bought my tickets so I am unawear how much exactly it was I approximate for a round trip maybe around \$2000
Accommodation – per month	depending on how much power and hot water you use the bills in the dorm ranged from 4000 yen to 7000 yen
Meals – per month	appox \$200 a month
Local transportation – per month	approx. 2000 yen to 4000 yen not including travel during the summer months
Health insurance – per term	I paid for a full year because it was cheaper then term by term I paid 18300 yen for national health insurance and accidental insurence
Communications (internet, phone, etc.) – per term	internet was approx 4000 yen- 5000 yen a term depending on how much you used it cellphones costed approx 6000-9000 yen a term
Travel documents (passport, entry visa, etc.)	nothing
Vaccinations	\$200 approx.
Personal Spending (eg. entertainment and extra travel) – per term	unsure approx \$5000?
What unexpected costs did you encounter? What items were less or more expensive than you expected?	electricity bill at the dorm, and how much I ended up spending on food in general

Section 8

EXTRA-CURRICULAR/SOCIAL ACTIVITIES	
How satisfied were you with the out-of-class opportunities at your host site?	very satisfite
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?	we had a wide verietiy of clubs we had avabile (dance, sports ect) we were also allowed to go to another university in our city and join their clubs aswell I would recommend finding a club that intrests you and just trying it.
What opportunities were there to work or volunteer. Did you require special permits to do this?	we did need to add to our visa, our school provided an orientation for this
What do you recommend other visiting students see or do on their weekends or holidays?	clubs, or sight seeing andything really do it all

Section 9

SAFETY AND HEALTH

Describe any safety concerns you had during your experience.	beware of the perverts if you live in the girls dorm...
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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?	easy because your all in the same boat in being on exchange, plus everyone is very nice and accepting.
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What was it like to adjust to the culture of your host site?	being half Japanese, I was raised with a lot of the Japanese culture, therefore it was not as difficult for me to adjust
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What, if any, cultural differences did you find particularly challenging?	
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What parts of the culture did you most appreciate?	everyone went our of their way to help you or make sure you were comfortable
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How were you treated by local people? By university staff and faculty? By students?	pretty good, most everyone was very accepting. because I am half japanese but do not look it they had lower expectations about me.
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As far as you could tell, how easy would it be for students with disabilities to study at your partner university?	someone in a wheel chair may have more difficulties because there is only one elevator and many stairs. but there was two students that were blind didn't seem to have any problems getting around, and everyone was very accomidating for them
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For students who are visible minorities in your host country?	there were a lot of foreign exchange students in nagasaki.
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For students who are gay, lesbian, bisexual or transgendered?	there were a few gay/bisexual students. but in japan it is not something you talk about, it is not shunned, just not something they put out there
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Section 11

TAKING STOCK

What are the 5 most important things one should take with them when going to your host country or region?	
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1 food from your home country	
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2 converter	
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3 pillow (comfort items)	
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4 laptop	
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5 some students may need your own hair products	
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What are the 10 most important things you would tell another student who is going to your host facility/agency:	
1 make friends (don't be afraid or shy)	
2 do something every weekend	
3 join clubs (circles)	
4 make good friends with the international office	
5 speak the language if u want to learn it	
6 the teachers are willing to help you even with a class that is not theirs	
7 the field trips are awesome and you should go on as many as you can	
8 ask for help if you need it, don't be shy or scared	
9 try to conform to the culture's etiquette and social norms	
10 go have fun!	
What was the most rewarding part of your study abroad experience?	making friends from around the world
What was the greatest challenge you faced during your experience abroad?	sometimes being discriminated against because I do not look Japanese
As a result of your study abroad experience, how has your perspective changed?	greater understanding of asian countries
What else do you want to say about your study abroad experience?	do it!