The Education Abroad Program office wants to hear about your experience abroad! Tell us about your experience by filling out the *Return Student Report for Exchanges/Summer Programs*. Your feedback will be used to help improve programs and services for future students and be a valuable resource for future students who are interested in studying abroad.

The Return Student Report consists of two parts:

- Part A: Participant Information
- Part B: Internship Information

Part A will not be made public. Part B will be made public and available online to future students interested in learning more about the education abroad process and program. Education Abroad Program will preserve your anonymity by not revealing your name or any personal details.

**Part A**

**Participant Information**

Please provide the following information.

<table>
<thead>
<tr>
<th>Name:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Student Status:</td>
<td>Domestic</td>
</tr>
<tr>
<td></td>
<td>International</td>
</tr>
<tr>
<td>Home Institution:</td>
<td>University of Alberta</td>
</tr>
<tr>
<td>Faculty:</td>
<td>Arts</td>
</tr>
<tr>
<td>Degree Status:</td>
<td>Undergraduate</td>
</tr>
<tr>
<td>Major/Minor:</td>
<td>Economics/Psych</td>
</tr>
<tr>
<td>Current Year of Study</td>
<td>1st</td>
</tr>
</tbody>
</table>
## Exchange/Summer Program Information

Please provide the following details related to your Education Abroad Program.

<table>
<thead>
<tr>
<th>Host Institution</th>
<th>Sophia University</th>
</tr>
</thead>
<tbody>
<tr>
<td>City/Town:</td>
<td>Tokyo</td>
</tr>
<tr>
<td>Country:</td>
<td>Japan</td>
</tr>
<tr>
<td>Exchange/Summer Program Period:</td>
<td>From: 7/24/2014 (mm/dd/yyyy) To: 8/15/2014 (mm/dd/yyyy)</td>
</tr>
</tbody>
</table>

**Did you participate on an internship during your exchange/summer program?**

- [ ] Yes
- [x] No

**What immigration documents (e.g. study visa, residence permits etc.) are required to study at your host institution?**

- [ ] None

**What issues (if any) did you encounter while obtaining these immigration documents?**

- [ ] None

**What tips would you give to future students regarding their student visa and other required immigration documents?**

- [ ] None

## Languages

**What was the language(s) of instruction at your host institution?**

- [x] Arabic
- [ ] Cantonese
- [ ] English
- [ ] French
- [ ] German
- [ ] Spanish
- [x] Mandarin
- [x] Japanese
- [ ] Other: __________

**Were there any adequate course offerings taught in English for your field of study?**

- [x] Yes
- [ ] No
- [ ] N/A

**Prior to your departure, did you take any language courses at your home institution? If yes, what courses (e.g. FREN 111) did you take?**

- Yes, Japanese 101

**How did taking a class in another language (that was not your first language) impact your learning experience? Did you instructor make any accommodations?**

- It made learning Japanese tough yet expediated. Was not unlike language courses taught here.
**Academia**

What arrangements regarding pre-approval of credit transfer were you able to arrange with your faculty before leaving on your program?

I received credit for both courses via contacting an advisor, however, I ended up dropping out of the Japanese course.

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Please describe the course registration process at your host institution.

- Were you able to pre-register in Canada?
- Did you receive any assistance from your host institution?
- Did your course registration change upon arrival? If so, why?"

Apply online by filling out a myriad of forms. Upon acceptance, more forms and pictures etc to be sent off and paid electronically.

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Please describe your academic plan (e.g. number of courses per term, course name etc.).

2 courses, one was Japanese 102 equivalent and another a two hundred level course on popular culture

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Please describe the credit and grading system at your host institution.

A through F, with D being at least 60%, C 70% etc

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How was your overall academic experience (e.g. teaching style, class structure and sizes, amount of coursework, assessment) in comparison to your home institution?

It was very nice. The instructors were very helpful and understanding and I was able to express my concerns with them very easily.

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How did you obtain a transcript for coursework completed at your host institution?

By mail.
Student Services
Please describe the type of facilities (e.g. library, internet/Wi-Fi access, computer labs, bookstore, health clinic, counseling services) available at your host institution.

Wi-Fi was a little odd, as it was only available in certain areas of the campus, seemingly mostly outside and not in class rooms. There was a shortage of computer labs it seemed, as you often had to wait for a computer to print things. The library was fine and had places to study, the bookstore was fine as well, the health clinic was there but I did not ever need to actually visit it.

To the best of your knowledge, what support and services are available at your host institution for:
- Students with disabilities or special needs
- Students identifying as LGBTQ
- Students of visible minorities

As far as I am aware all the listed criteria are accommodated at Sophia.

Please describe where you could find exchange student advising or receive academic counseling at your host institution.

There was an office for the summer program in one of the buildings that had staff who you could talk about various things related to the course and programs.

Housing Information
To the best of your knowledge, what housing options are available to students?

Dorms, Host Family, and many hotels and apartments.

What type of housing did you stay in?
- [ ] On-campus residences
- [x] Off-campus housing
- [ ] With a host family
- [ ] Other: __________

How satisfied were you with your housing choice?

1 = Not at all satisfied
2
3
4
5 = Very satisfied

What should future students be aware of when choosing on-campus residences?
- Application process for housing
- Utilities and furniture
- Meal plans, cooking facilities
- Housing rules (e.g. curfew, how early can you move in, closure during major holidays etc.)
- Assistance from host institution staff (e.g. airport pick-up, orientation)

Don't exist.

What should future students be aware of when choosing off-campus housing?
- Lease agreements, deposits, tenant rights
- Utilities and furniture
- Location and neighbourhoods
- Safety and security
- Type of resources available to look for housing (e.g. Craigslist)

Make sure air conditioning and Wi-Fi are available. If possible try to get a place actually in Yotsuya, as being able to walk to school in the morning was a godsend. If you can't manage that, try and get something close to a train station that preferably will go directly to Yotsuya station, as the commute can be tedious and uncomfortable at peak hours.
**Student Life**

What would you recommend to future students who are looking to meet other students at your host institution? (e.g. extra-curricular activities such as student groups, intramurals, residence events and activities, volunteering opportunities, etc.)

<table>
<thead>
<tr>
<th>Sign up for all the events offered by the program, they were all a great way of meeting people and experiencing things.</th>
</tr>
</thead>
</table>

What work or internship opportunities are available for students on and/or off campus?

<table>
<thead>
<tr>
<th>Not sure</th>
</tr>
</thead>
</table>

**Health and Safety**

Are there any specific health/safety issues that future students should be made aware of? What precautions can you recommend to mitigate or eliminate these issues?

<table>
<thead>
<tr>
<th>Beware of intense heat and sun.</th>
</tr>
</thead>
</table>

Did your host institution require a mandatory travel/health insurance plan for exchange students? How did you arrange this?

<table>
<thead>
<tr>
<th>The University of Alberta did. I went through AMA as I am a member, however the university offered its own plan as well apparently.</th>
</tr>
</thead>
</table>

**Cultural Adaptation**

What cultural differences (if any) did you find particularly challenging?

<table>
<thead>
<tr>
<th>I personally found nothing challenging, everything was more or less what I had expected. Most of the things you hear about Japan are true, other than the xenophobia, which is subtly there, not really negative in any way though.</th>
</tr>
</thead>
</table>

What parts of your host country’s culture did you most appreciate?

<table>
<thead>
<tr>
<th>Politeness and hardworking attitude. Everyone was very nice to us as well.</th>
</tr>
</thead>
</table>
Costs and Budgeting
Please describe your basic costs in Canadian dollars. This will help future exchange/summer program students plan their own budgets.

<table>
<thead>
<tr>
<th>Costs</th>
<th>Amount</th>
<th>Brief Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Airfare to host country</td>
<td>$750</td>
<td>We managed to get it at roughly half off.</td>
</tr>
<tr>
<td>Visa fees</td>
<td>$NA</td>
<td></td>
</tr>
<tr>
<td>Books/term</td>
<td>$50</td>
<td>Cost about 50 per class, one class books were all online</td>
</tr>
<tr>
<td>Accommodation/month</td>
<td>$1250</td>
<td>We were only there for three and a half weeks and it was 1000 or so</td>
</tr>
<tr>
<td>Meals/month</td>
<td>$1000-$3000</td>
<td>You can do things very cheaply if you want, but it's nice to try nicer places as well, hence the range.</td>
</tr>
<tr>
<td>Health insurance/month</td>
<td>$125</td>
<td>Rough estimate</td>
</tr>
<tr>
<td>Local transportation/month</td>
<td>$50-100</td>
<td>You have a card that is like a debit that works for both transportation and vending machines etc so not sure</td>
</tr>
<tr>
<td>Personal spending/month</td>
<td>$500-$5000</td>
<td>There is so much to do and see, it really depends on what you are interested in. Can do cheap or expensive</td>
</tr>
<tr>
<td>Communications/month (e.g. phone)</td>
<td>$80</td>
<td>80 dollars will get you two, two week 2GB data phone cards. This will cover most text communication but no voip</td>
</tr>
<tr>
<td>Other travel</td>
<td>$500</td>
<td>If you want to travel outside the city, getting a JR Pass is worth it.</td>
</tr>
</tbody>
</table>

What unexpected costs did you encounter?

Funding your International Experience
Please indicate how you financed your program. This will help future students plan their own budgets. Check all that apply.

- Scholarships from UAlberta
- Scholarships from Host Institution
- Student loans
- Family contributions
- Personal savings
- Employment while in host country
- Other:

Final Thoughts
What were some highlights of your experience abroad?

The culture and language were fascinating. I made many new friends from all around the world and had a wonderful time exploring Japan. I would love to go back in the future.

Would you recommend your internship program to other students? Why or why not?

NA

Please provide any final information/tips for students interested in studying abroad that you would like to share.

It's a pretty fantastic time.