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>
</tr>
</thead>
<tbody>
<tr>
<td>Student Status:</td>
</tr>
<tr>
<td>Home Institution:</td>
</tr>
<tr>
<td>Faculty:</td>
</tr>
<tr>
<td>Degree Status:</td>
</tr>
<tr>
<td>Major/Minor:</td>
</tr>
<tr>
<td>Current Year of Study:</td>
</tr>
<tr>
<td>Other</td>
</tr>
</tbody>
</table>
### Part B

#### 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: 07/24/2014 (mm/dd/yyyy) To: 08/15/2014 (mm/dd/yyyy)</td>
</tr>
<tr>
<td>Did you participate on an internship during your exchange/summer program?</td>
<td>☑ Yes ☐ No</td>
</tr>
<tr>
<td>What immigration documents (e.g. study visa, residence permits etc.) are required to study at your host institution?</td>
<td>Tourist visa</td>
</tr>
<tr>
<td>What issues (if any) did you encounter while obtaining these immigration documents?</td>
<td></td>
</tr>
<tr>
<td>What tips would you give to future students regarding their student visa and other required immigration documents?</td>
<td>It is easier to get visa at Japanese embassy in Canada.</td>
</tr>
</tbody>
</table>

#### Languages

<table>
<thead>
<tr>
<th>What was the language(s) of instruction at your host institution?</th>
<th>☑ English ☑ French ☑ German ☑ Spanish ☑ Mandarin ☐ Japanese ☑ Other:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Were there any adequate course offerings taught in English for your field of study?</td>
<td>☑ Yes ☐ No ☐ N/A</td>
</tr>
<tr>
<td>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?</td>
<td>No</td>
</tr>
<tr>
<td>How did taking a class in another language (that was not your first language) impact your learning experience? Did you instructor make any accommodations?</td>
<td>Instructor did not make accommodation.</td>
</tr>
</tbody>
</table>
Academia
What arrangements regarding pre-approval of credit transfer were you able to arrange with your faculty before leaving on your program?

I needed to submit a credit transfer form before I left.

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?)

I could pre-register before I arrived and I did receive assistance from my host institution. And I did not change course registration.

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

I took two courses in one month. I took courses of Business Management and Japanese Language.

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

Each course values 3 credits and students need 60% to pass courses.

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

I think the teaching style and class structure is similar to what I have at home university. Because this is a summer program, time was tensive and students need to learn a lot of material in a short time.

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

Host institution will mail transcript to my home university.
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.

There are library, computer labs, bookstore and health clinic. Students can get internet and printers in computer labs. But it is hard to connect campus Wifi because the Wifi spots are only available on certain places.

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

I am not sure.

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

I could find advising at Summer Program Office.

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

I don't know because I found an apartment myself.

What type of housing did you stay in?
- On-campus residences
- 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)

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)
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.)

They can participate the events organized by host university.

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

There is no work opportunity.

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?

It was really hot in Tokyo and students may want to prepare sun cream.

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

no

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

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

The students at host university were really friendly to help foreign people.
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>Item</th>
<th>Cost</th>
<th>Brief Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Airfare to host country</td>
<td>$800</td>
<td></td>
</tr>
<tr>
<td>Visa fees</td>
<td>$20</td>
<td></td>
</tr>
<tr>
<td>Books/term</td>
<td>$30</td>
<td>Some courses do not require books.</td>
</tr>
<tr>
<td>Accommodation/month</td>
<td>$800</td>
<td></td>
</tr>
<tr>
<td>Meals/month</td>
<td>$400</td>
<td></td>
</tr>
<tr>
<td>Health insurance/month</td>
<td>$0</td>
<td></td>
</tr>
<tr>
<td>Local transportation/month</td>
<td>$600</td>
<td>I spent more than I expected</td>
</tr>
<tr>
<td>Personal spending/month</td>
<td>$100</td>
<td></td>
</tr>
<tr>
<td>Communications/month (e.g. phone)</td>
<td>$800</td>
<td></td>
</tr>
<tr>
<td>Other travel</td>
<td>$300</td>
<td></td>
</tr>
</tbody>
</table>

What unexpected costs did you encounter?
I did not expect I spend that much on transportation and communication.

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?
A lot of people in Tokyo can understand English. Therefore, even you are not good at Japanese, you can survive in Tokyo. And there were a lot of cultural events during July and August. This is the best time to know Japan and Japanese culture.

Would you recommend your internship program to other students? Why or why not?
Yes. The officers of host university are helpful and there were indeed a lot of cultural events during the summer time.

Please provide any final information/tips for students interested in studying abroad that you would like to share.
Students may spend much more than their budget. But I think it is worth it after I experienced everything.