

<b>General Information</b>			
Host Country	England		
Host School	University of Central Lancashire		
Program start & end dates	January 2024- April 2024		
Program of Study at KPU	Criminology		
Type of Study Abroad	<input checked="" type="checkbox"/> Exchange	<input type="checkbox"/> UMAP exchange	→ Other:
<b>General Evaluation</b>			
In a couple of sentences, summarize and explain your general evaluation of your experience.	I would say it was a great experience. I felt quite homesick for the first week but after I went to a session where I got to meet other students studying abroad and made friends, I was very happy. It felt like a second home to me.		
What is your recommendation rating of the University and why from a 1 (bad)– 10 (amazing)?	10/10 The university was very accommodating and the work was quite easy which gave me plenty of time to travel. I stayed at a flat with other students which gave me opportunities to meet new people.		
<b>Arrival</b>			
How easy or challenging was it to obtain your travel documents (visa, permits, etc.)?	It was very easy because from Canada, if you are staying in England for less than 6 months, you do not require a visa or any permit.		
Describe your transportation arrangements to your host country. Would you alter any part of those arrangements?	I travelled by plane to get there and there was a student who led us from the airport to the university.		
How was your experience clearing customs and immigration upon arrival in your host country? Any surprises?	It was a very smooth entry and I was only surprised by the fact that they did not ask any questions or require any documents at the airport.		
Describe how you traveled to your host facility. How long did it take and how much did it cost?	There was a student who led us from the airport to the university. It did not cost anything because the university arranged it.		
<b>Orientation and Assistance</b>			
How satisfied were you with the assistance available to at your host school? Were there people and resources available for you for support?	I was very satisfied. They had an event where we met other students and it was very nice. My only concern was that the people who were in charge of exchange students took quite a bit of time to respond to emails.		
What help did you receive from the international staff or office?	I did not need any help apart from answers to concerns about the semester ending because I wanted to get back to Canada in time for the summer semester here.		

How was new student orientation at the host university? What did they do?	They had a PowerPoint to show us about the university and the country in general. They also had icebreaker games and food.
<b>Housing &amp; Daily Life</b>	
Describe your accommodation in your host country. Were you pleased with this choice or what would you have done differently?	I was pleased. I stayed in a flat with 6 rooms, 5 other students who all became my friends. There were 2 bathrooms and 1 kitchen. I would not do this differently because although it felt uncomfortable at first, it was one of the main reasons I made the friends I did.
When could you move into housing and how long were you allowed to stay?	I moved in immediately and could stay for 6 months.
What kinds of services and facilities were nearby where you lived (shop, cafe gym, parks, pharmacy, stations...)	Everything (pharmacy, clinic, gym, cafes, parks, train station, grocery store) was within walking distance. I never used Uber or bus in the city
Describe what you did about meals and what other options were available. How satisfied were you with the food?	There were grocery stores so I either cooked or bought ready-made meals from there. Or I ordered Uber Eats.
How close was your accommodation to where you studied?	My accommodation was a 10-minute walk away from the farthest school building.
<b>Academics &amp; Course Registration</b>	
Describe the registration process at your host institution. What assistance was available to you? Were you satisfied?	I got to choose my courses prior and as long as there were no conflicting times, I could choose whatever I wanted. I was given modules for everything so I knew what was expected from me.
What advice would you offer to another exchange student about registration at your host institution?	I would recommend to take your time and choose what works best for you.
What tips do you have for finding the courses and course syllabuses/outlines?	The course outlines are emailed to you when you choose whatever courses you're interested in and you can look at the outlines and narrow it down to whichever courses you want to take.
<b>Academics &amp; Course Registration (cont'd)</b>	
How satisfied were you with the amount of knowledge/skills you obtained from your host?	I'm very satisfied.
How did the style of teaching, and workload compare to Canada? Was it more independent or group learning?	It was different because we were not given as many assignments. For the entire semester, for 3 classes, I had 5 essays in total. It was a lot easier and you were not at risk of being behind if you missed one class.

How many courses did you take during your time abroad? Are there particular courses would you recommend?	I took 3 courses. I would recommend to not take more than that because that gave me enough time to travel especially because some courses have tutorials.
What was your impression of the computer facilities, library, internet access, specialized equipment and supplies available at your host facility?	They had a library with a lot of computers for students to use. The library was open 24 hours and could only be accessed through a student card so it was also very safe.
<b>Cost</b>	
Books and Supplies/per term:	0
Flight:	2000
Accommodation/per month:	1000
Meals/per month:	200
Local transportation/per month:	0
Health insurance/per term:	0 (included with university)
Communication (internet, phone, etc.) – per term	50 (phone bill)
Travel documents (Passport, Study permit, visa, etc.)	0
Vaccinations:	0 (already vaccinated)
Personal spending (entertainment and extra travel) – per term	4000
Were there unexpected costs you encounter? What items were less or more expensive than expected?	Food was less expensive but due to the conversion it was about the same.
<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 lot of events. I went to a Japanese event my friend was helping host and it was very nice. We got to try organic matcha and I got my name written in Japanese for me.
Did you travel outside the host location? If so, where do you recommend?	Yes, I went to Scotland, Ireland, Wales, and France. I would recommend all of these especially France.
What opportunities were there to work or volunteer? Did you require special permits to do this?	I did not work or volunteer but there were school groups to volunteer with.
<b>Health and Safety</b>	
Describe any health/safety concerns or issues you had during your experience.	None

What helped you keep safe and healthy? Did you access any health care supports and if so how was the experience?	The school had a free clinic and there was a hospital nearby.
What wellness supports did they offer at the University? Were there counselling or medical services?	Yes there were both.
<b>Personal and Cultural Connections</b>	
Were there any cultural differences you had to adjust to? Were there language barrier issues?	No.
What part(s) of the country and culture did you most appreciate?	I really liked the openness of everyone. Maybe because I was in a college area but everyone seemed quite friendly and open to meeting new people.
How was it traveling alone and making friends?	It was nice. I made my first friend on the way to the university and it was really nice.
How were you treated by local people? By university staff and faculty? By students?	I was treated well. I did not interact with a lot of the staff and faculty but the students and locals were nice.
How accommodating are they to students with a disability? Were there any accommodations offered?	They had accommodations for a variety of physical disabilities.
How is the situation for students who are visible minorities in your host country?	It was diverse in my opinion. I did not experience any issues in terms of race or gender but I am not sure I can speak about other minorities.
How welcoming are they to for those who identify as LGBTQIA+?	They are welcoming. They had a school group for LGBTQIA+ people to join.
<b>Overall</b>	
What are 5-10 important things other students should know before going to your host country/region?	
1. Be prepared for cool, wet weather year-round.	
2. Budget Carefully.	
3. Stay in student accommodation. Much easier to meet new people and better to stay near school.	
4. Register for the university clinic. It's free and worth it.	
5. Language is the same but England is more reserved.	
6. Student railcard for discounts on train travel is good idea.	
7. Independent study and critical thinking are highly encouraged for school. A lot of it is teaching yourself.	
8. Do not recommend using your passport unless required. Just use your Canadian ID especially if you're using it for clubs or bars because if the passport gets lost, it is very hard to replace.	



9. Travel! Travel around England for day trips and United Kingdom for weekends and Europe for longer breaks.	
10. Take cash rather than card just in case.	
What was the most rewarding part of your study abroad experience?	Meeting new people.
What was the greatest challenge you faced during your experience abroad?	I was very homesick for the first week or so and it felt horrible.
How has your perspective changed as a result of your study abroad experience?	I think I feel a lot more open minded now and have met different kinds of people that I would not have met here.
What else do you want to add about your study abroad?	It was a very good experience and those couple of months felt life-changing to me.

**Below is a space to share photos**