



UU Study Abroad Report Form

	Contact info available at the IO.
faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	Art history

destination city & country	Ottawa, Canada
name university abroad	University of Ottawa
start date	01 / 09 / 2022
end date	23 / 12 / 2022

PREPARATION

exchange application process

Applying for a spot at the University of Ottawa was a bit of a process, but quite manageable. I found the application forms supplied by the university of Utrecht quite straightforward and they actually kind of helped me make the decision of which universities to apply for, as they got me thinking about what I wanted to get out of this experience and what I was exactly looking for in university of my choosing.

After I got selected and nominated by Utrecht University, it took a while to hear from Ottawa on how to proceed. Eventually, I had to formally apply at the University of Ottawa through an online environment (by supplying some personal info and submitting the necessary documents; including a motivation letter, my resumé, and a form stating the selection of courses I wished be enrolled in).

I found this stage of the application process most stressful because it kind of seemed a formality, but I was never sure if Ottawa, for some godforsaken reason, could choose not to accept me.

I think it took a bit of time for the answer of the university to get in.

counselling & support at Utrecht University

I really appreciated the counselling and support by the Utrecht University, it was nice to, once the destination of my exchange was definite, actually have a specific person from the university to direct all my questions (some more specific than others) at (either through email or during the pre-departure plenary session). Also, it was great this person brought me into contact with other students from Utrecht who were also going to Ottawa.

academic preparation

I did not really prepare my study abroad in a specific academic way. I had no specific courses to take beforehand and I wanted to expand my interests and studies to subjects other than courses focused on western ('fine') arts as they are provided by the university of Utrecht. During the orientation process I had noticed that I was intrigued by other subjects on the spectrum of education and academics and that I wanted to take some courses that were closer to other disciplines.

Especially because of the rocky/unfavourable start at university I experienced due to covid-19, I felt like the exchange was my chance to seek more adventure and diverse opportunities within the academic realm.

language preparation

Because Canada has two official languages (English and French) and Ottawa has a bilingual character, the University of Ottawa offers (as far as I could tell) all courses both in English and French. However, as I am not fluent in French, I only opted to take courses in English.



While I was exempted from having to take and submit the results from any English proficiency test (as I applied as a Dutch student), I still noticed that I became a little pre-occupied with English during my preparations for the exchange. As I was already living with three Irish roommates, I started to ask them many more questions about the English language; more specifically, about certain particularities and the logics of its grammar in general.

finances

While preparing my study abroad in Canada, I only applied for an ETA (Electronic Travel Authorization). As I was student in Canada/ stayed in Canada for less than six months, I did not need a visa or a study permit. This did mean I was not allowed to have a job in Canada (except for one on campus) the whole period I was there. Although Canada is quite pricey when it comes to most expenses, I was able to live there relatively comfortably because I had saved up beforehand and was able to get a relatively cheap place to live off campus (about € 340 a month).

STUDY ABROAD PERIOD

study programme (content and organisational issues)

During the four months that I studied at the University of Ottawa I took five elective courses:

- Ant 2121 - Classical Theories in Anthropology
- Art 2170 - 19th Century Art; 1789 – 1900
- Cla 2121 - Roman Art
- Eas 1101 - Introduction to Indigenous Studies
- His 2182 - Women in Canada

They were all 3 units each and together (15 units) converted to 30 ECTS.

While I had chosen some of them before I was admitted at the university of Ottawa through a course catalogue (<https://catalogue.uottawa.ca/en/courses/#v478448>) – first while applying for the exchange at Utrecht University and later on while applying at the University of Ottawa; I eventually had to choose other ones because some of them were not taught while I was in Ottawa or were filled up once my application had gone through.

I had to fill in an official form and send it to someone of the faculty who would then on my behave enrol me. After my first email I think I had to repeat the process once or twice, as I was informed that some of my choices were not available, and I had to select new ones.

academic quality of education activities

The course materials (readings and lectures) were either the same level or (quite often) a little easier than the ones provided at Utrecht university. There was less of a focus on research, but there were more (small) assignments and compulsory activities. I think the workload was equal to the one I experience in Utrecht because in Ottawa I had to keep track of many more courses/subjects and projects.

counselling & support at receiving university abroad

I did not use that much of the University of Ottawa’s counselling and support options. Before the semester started, we were asked to watch five informational video’s on Youtube about the university’s (educational) lay-out and resources, which was enough to successfully find my way on campus and get through the courses. During the semester one could reach out to the university if needed (for special guidance or tools like sessions on academic writing etc.) or teachers if you had course related questions or troubles.

transfer of credits

To be honest, I was barely involved with the transfer of my course credits. At the beginning of February, the International office of the University of Ottawa send the transcript of my grades both to me and the International office of Utrecht University and they were processed without me having to lift a finger.



STUDENT LIFE

welcome & orientation programme

Unfortunately, the welcome & orientation programme, in my opinion, was not very well done by the university. Beside the informational video's on Youtube there was one week (before classes started) with some activities, but they were not really organized in a way that students could really get to know one another or the university. Only one of the activities was specifically for international students.

accommodation

As I was only in Ottawa for one semester, I did not get any kind of priority when it came to a room on campus. (There was a way to apply for a room, however in emails informing me about applying/studying at the University of Ottawa, it was mentioned that I could only apply after getting access to uoZone, which you I got after selecting courses. Later on I was told that there was another way, but in the end I was not able to apply for a room before its deadline and I had to find something off campus.)

Luckily the university has a "Student Housing Billboard" online (<https://web5.uottawa.ca/rezweb/search.php>) and I was able to find a room through there. I ended up living with an older lady who rented two rooms and a graduate student from France, which was a very nice and fun experience.

leisure & culture

In my free time I mostly explored Ottawa with my roommate and some others I met on the exchange. Because the lady whose place I was living at had two bikes we could use and we were there during the fall semester – when the weather is pretty great (until winter), we often were able to bike to parks, museums and certain events.

As Ottawa is not that big of a city, we were able to see most of it during our stay, and because of its location relatively close to other cities like Montreal, Quebec city and Toronto, we were able to, when we had some time, visit them too.

suggestions/tips

It is impossible to suggest just one practical thing or place to visit. In general, the best tip I feel I can give others is: be welcoming to everything and everyone around you during your stay abroad. We all have our personal inclinations and our occasional off days, but as long as you are open to meeting new people and taking in your surroundings most of the time, it is an amazing experience.

Also, I think the national gallery of Canada and the parliament are worth visiting.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

I would you recommend this university/destination abroad to others. Ottawa, in my humbled opinion, is a really nice place to live. While it is quite a sizable city, it does not feel overwhelming. Also, even though it is a stereotype, I do have to mention that the people were so nice; I never felt unsafe or unwelcome.

Although I had some trouble keeping track of five university subjects at once, I do feel like it was a great way of meeting a lot of people as I had more classes and had them for a longer period of time.

It was great meeting both international and Canadian students and experiencing and talking about cultural differences with them.

In the end, I do not think it matters where exactly you do a study abroad. Anywhere you go you can/will meet cool people, learn new things about another culture and about yourself.



UU Study Abroad Report Form

	Contact info available at the IO.
faculty/college	Department of Governance
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	Bestuurs- en organisatiewetenschap (public administration & organizational science)

destination city & country	Ottawa, Canada
name university abroad	University of Ottawa
start date	01 / 09 / 2022
end date	22 / 12 / 2022

PREPARATION

exchange application process

I started early with looking into the exchange options of Utrecht University (during the summer) and I filled in my top 3 destinations at the end of November, a few days before the deadline of the 1st of December. Mid-January, I received an e-mail from Utrecht with my placement and mid-March I received an e-mail from the University of Ottawa to officially sign in, which I had to complete before the end of March. At the end of May, I had to sign up for classes, which I would recommend doing quickly, because some classes are full quite fast. The whole process went smoothly and both Utrecht University as well as the University of Ottawa were quick in responding and sending mails.

counselling & support at Utrecht University

The information provided online by Utrecht University was useful and the coordinator for exchanges to North-America was always open to answer questions and she responded quickly to e-mails. There were also information meetings organized, which can be useful for knowing which first steps to take as well as what kind of practical stuff you should think of (e.g. visa/ETA, getting a credit card, compensation for not using your OV-card)

academic preparation

I did not have to prepare anything in advance

language preparation

You do not have to show an English language certificate when you are a student from the Netherlands. However, if you want to take French classes, you should have a certificate that indicates your French level (the certificate can be max. 2 years old at that moment).

finances

I had saved quite some money throughout the previous years, so I could use that to finance my exchange. You should note that the cost of living in Canada is high, so be prepared to spend some money... Especially if you also want to do fun (city)trips (which I highly recommend). I think I spent between €10.000 and €12.000 in total (for the study fee in the Netherlands, housing in Ottawa and all the grocery shopping, fun activities, travelling etc.). But it was definitely worth it!

STUDY ABROAD PERIOD



study programme (content and organisational issues)
I followed different courses within the Faculty of Social Sciences. Three courses were second year introduction courses, so the content was very basic and theoretical. I only had lectures and the textbooks were the main source of information. In addition, I was enrolled in two third year courses. These were a little smaller (in amount of students) in comparison to the introduction courses and therefore there was a bit more interaction during the lectures. The professors of these courses also encouraged engagement and discussion and you were graded for your participation. The third year courses also used more journal articles instead of textbooks. Overall, the courses were well organized and they all had a clear syllabus, so you knew what was expected of you.
academic quality of education activities
The courses were not more difficult than my courses in Utrecht, in my experience. As long as you showed up to the lectures, you were quite well prepared. However, for the introductory courses, the textbooks were very important for the exams, so reading those was necessary I would say. Nevertheless, it was impossible to keep up with the readings of all the five courses, so you have to prioritize and you will notice for which classes you should do the reading and which ones you can skip. I did experience a higher workload in comparison to Utrecht, because of the five courses. I was not used to following that many courses at once (In Utrecht I had 2/3 courses at once), which made it very important to plan everything well. Furthermore, there were a lot of deadlines. Almost every week I had to hand in an assignment or I had a midterm. The assignments were not always very hard, but it still had to be done next to the normal readings and regular classes and this created a high workload. So planning is key!
counselling & support at receiving university abroad
The academic support from the University of Ottawa was good. They replied to my e-mails within a few days. However, support for housing was not very present. Finding a place to live in Ottawa was pretty hard and housing is expensive. However, they do have a website (Housing billboard) where some places are offered specifically for students (by students). I did not find housing there, but a friend of mine did, so you can be successful on that website.
transfer of credits
I am currently in the process of transferring my credits, so I don't know much about it yet. I did contact the University of Ottawa and they mentioned that they will send my transcript of records mid-February to me and to the International Office of Utrecht.

STUDENT LIFE
welcome & orientation programme
The University of Ottawa organized a welcome week at the beginning of September. This was a fun way to explore the university campus, but it was not really useful for meeting new people and other exchange students. In general, the university did not organize things for exchange students to get to know each other. Only the Telfer School of Management, which is kind of an independent department within the University of Ottawa, was actively organizing things for exchange students. But I was not a student at Telfer, so unfortunately I could not participate in all the activities they organized there. I would say it is necessary to take matters into your own hands if you want to meet new people. Talk to people and go to other activities organized by the university to meet (Canadian) students.
accommodation
It was hard to find housing and it was also expensive. The Housing Billboard (a place where students/adults place advertisements for a roommate or where students sublet their rooms) offered by the University of Ottawa may be useful. Living on campus is almost impossible for 4 months, because the University only offers



residences for 8 months or more. There were a few exchange students who managed to get a room on campus for 4 months, but it was very hard to arrange this and the University did not provide a very clear procedure in how to sign up for those rooms. I managed to get a studio (offered by Smart Living Properties) in an apartment building in the centre of Ottawa. It was one of the only options I could find that offered short term rentals. It was a bit expensive, but I had a nice room with my own bathroom. I only had to share a kitchen with the other residents (mostly students/young professionals). There were also a few exchange students who stayed on the campus of Saint-Paul University. Applying to residences of that university was also possible as a student of the University of Ottawa and they offered rooms for one semester (4 months). My main tip is to start on time with your search for a room, because the offer in Ottawa is limited for short term rentals.

leisure & culture

The University offers a lot of sport activities, so I would highly recommend to sign up for a sports team or for drop-in sport activities. It is a nice way to meet other (Canadian) students and to get in touch with the university's sport culture. I also visited many games of the university teams (American Football, ice hockey, basketball, volleyball etc.) which is also very fun to do with friends! Besides this, I would recommend going on (city)trips during the weekends to nearby cities such as Toronto, Montréal, Quebec City and the ski resort Mont-Tremblant. You have to organize these trips by yourself (and with your friends) though, because I couldn't find any trips organized by the university. The Canadian lifestyle has some differences compared to the Dutch lifestyle. Canadians go out for dinner almost every night; cooking your own meal is not very common. Furthermore, a lot of students show up to campus in their pyjamas or sweatpants and overall, the clothing style is more relaxing and baggy (sweater with sweatpants/jeans). Furthermore, groceries are expensive (and tax is not included, so you never know how much you have to pay at the counter...) and the sizes are big. It is also very common to tip, even when you take out a coffee or go to the hairdresser. Finally, a car is almost necessary if you want to get around, because of the big distances. There is public transportation (but it takes a while to get somewhere) and the train/bus connections between big cities are good, but if you want to go to smaller places or places outside of the city core, a car is very handy (so Canadian friends with cars are great or renting a car for a weekend trip is another option).

suggestions/tips

I would recommend to be active, plan fun activities and approach people (especially in the first few weeks when you don't know many people yet). Since the university offers very limited activities for exchange students, it is up to you to make the best out of your time in Ottawa and Canada. In addition, I've noticed that the Canadian students are reserved. They show up to the lecture, follow it, and go home. So if you want to make friends, you have to take the first step and just talk to them. They are very nice once you've talked to them, but you just have to approach them.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

I would definitely recommend Ottawa and the university to others, especially if you prefer a smaller city. Ottawa is not as big as Toronto and Montréal and therefore you have done most of the things pretty soon. So you have to search for less common activities in and around Ottawa or go on city trips to the bigger cities nearby, Ottawa is perfectly located for that! Furthermore, if partying and enjoying the nightlife is one of the main goals of your exchange, I would not recommend Ottawa. There are a few places, but Ottawa's nightlife is not as big as that of the other Canadian cities. The university is very well organized and the location is great. Within 10 minutes walking from the university, you are in downtown Ottawa. This is one of the main reasons I chose Ottawa, since the campuses of other Canadian universities are mostly outside of the city. Classes are also manageable as long as you plan well and the campus offers enough to spend your time in between



classes (cafés, restaurants, sport facilities, study spots etc.). Finally, Ottawa has a big student population relative to the size of the city and therefore there are more and more activities and bar nights organized for students only.

do you have any additional advice or comments?

Start early (in September/October) with looking into the courses that the University of Ottawa offers and make a list of the ones you like (choose more courses than you have to take, because not all the courses that they offer at that moment will also be offered during the same semester next year, so you will need some back up courses in case not all your favourite courses will be offered). You can also choose your courses wisely, so you have a few days off. For example, I planned all my courses on Mondays and Wednesdays from 8:30am until 7:00pm, so I had Tuesdays, Thursdays and Fridays off. This created more flexibility, since I could plan the rest of my days by myself.



UU Study Abroad Report Form

faculty/college	Faculty of Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	Cultural Anthropology

destination city & country	Ottawa, Canada
name university abroad	University of Ottawa (uOttawa)
start date	26 / August / 2019 (Fall term)
end date	31 / December / 2019

PREPARATION	
exchange application process	The application process was fairly easy. Both Utrecht University and the University of Ottawa provide clear guidelines, and can always be reached through email for questions and/or clarifications.
counselling & support at Utrecht University	The students' website of the Utrecht of University provides a lot of information about the different steps of going on an exchange, but as mentioned above if you are in need of clarifications or you have questions there is a contact person per region that you can contact through email. I attended the pre-departure meeting where it was brought to our attention that we could apply for a "public transportation compensation" (<i>reiskostenvergoeding</i>). Note that you should apply for this before you leave!
academic preparation	I did not have to do any academic preparation before leaving as I already had enough credits to be able to go on an exchange and there were no additional requirements.
language preparation	None
finances	Before leaving I made sure to make a financial plan so that I had a picture of the finances I had, I was going to need (I had to take on a loan at DUO), and what I was going to be spending. Please note that the financial plan is a guideline, and will (in most cases) not be a representation of your actual expenses; I, for one, spent more money than I thought I would due to unexpected (but nevertheless fun, no regrets here!) travels and events.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I chose to take four courses, as was required by the University of Utrecht. Again, if you follow the guidelines provided by the University of Utrecht and University of Ottawa it is fairly easy to get you registered for the courses. The International Office was very helpful if you had any questions, and would respond quickly to emails. They use a program that is similar to Blackboard, it is called Brightspace. You are allowed to change courses within the first two weeks, more information on that is given during the orientation program and (if I recall correctly) by email.
academic quality of education activities	



I think that three out of the four courses I have taken were of good academic quality, whereas one was a big disappointment. The overall academic quality is lower when compared to that of Utrecht University. I did have one course that was a third-year course that was of similar academic quality as a level 3 course at Utrecht University; so it might also be dependent of which courses you choose. The amount of reading you had to get done was higher than at Utrecht University, but I felt that the level of difficulty was lower than that of Utrecht University.

counselling & support at receiving university abroad

The International Office is very helpful if you have any questions. About once a month you receive an email from them that is filled with activities and informative aspects.

transfer of credits

I have yet to receive my official transcript from uOttawa so that I can start this process.

STUDENT LIFE

welcome & orientation programme

There was an orientation programme for an entire week prior to the start of classes the next week. I did not attend any of the activities, except for the welcome 'party' because I would meet-up with my buddy; they have a buddy-system for which you can sign up. There is also a presentation for exchange students that will give some more information about your exchange at uOttawa.

accommodation

As I was going with another friend to attend uOttawa during the same semester, we were able to rent an AirBnB for the duration of our stay. Housing on-campus was expensive and since we would only stay for about five month, and the on-campus housing only offered a lease from 8-months or longer, this was the best option. If you go by yourself I would suggest contacting the housing office of uOttawa as early as possible so that they can help you out.

leisure & culture

Although Ottawa is the capital city of Canada, it is not a bustling city. I lived in centretown Ottawa and lived near Bank Street, which is the main shopping street apart from ByWard Market and the Mall. The atmosphere was easy-going and calm, but I did not particularly enjoy being out on the streets when it was late and dark.

suggestions/tips

I arrived one week prior to the start of classes, which I felt was enough time to get a bit accommodated and become familiar with the city. Aside from that I would highly recommend signing up for the buddy program as my buddy has become a friend, and during my stay was also available if I had any questions about uOttawa or life in Ottawa in general. And, of course, go and travel if and when you can! It may be helpful to look at some of the places you want to visit before you leave for your exchange.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

Yes. The university is good, and offers a variety of courses which are interesting. Ottawa is a great city, that is not too busy but does not verge on the border of being boring. It is also a central position to some of the major cities such as Toronto, Montréal and New York City which makes it easier (and sometimes cheaper) to travel there.

do you have any additional advice or comments?



If you want to go cities such as Montréal and Toronto, consider taking the bus or train as it sometimes may be much cheaper than booking a flight.

Last but not least, enjoy your exchange!



UU Study Abroad Report Form

Faculty/college:	University College Roosevelt
Level:	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Liberal Arts and Sciences

Destination city & country	Ottawa, Canada
Name host institution and/or company/organisation	University of Ottawa
Purpose of exchange	<input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	26/09/2018
Return date (dd/mm/yyyy)	24/12/2018

Preparation
Exchange/placement application process:
<small>The application process was easy and well explained. For me there were three steps in the process. First, the board of studies of UCR had to approve, next UU had to approve and then UOttawa had to approve. Everything was clear, you just needed to make sure to make the deadlines of several submissions</small>
Counselling/support at home university:
<small>Support was there for sure. I personally didn't make use of it a lot. The UU also had an information day that I couldn't go to because I had class during that time, however, it was offered.</small>
Academic preparation:
<small>I needed to have a 3.0 GPA to be allowed to go on exchange. Furthermore, the UOttawa made sure that you had the requirements to do a certain course.</small>
Language preparation:
<small>Every course at UCR is given in English, so my English was at a sufficient level. Dutch students are exempted from handing in language tests such as TOEFL at the University of Ottawa.</small>



Finances:

Doing an exchange will be more expensive than a regular semester at UU. I saved up for two years before going on exchange. I think the finances sheet you have to hand in was really helpful and put your financial situation into perspective

Study/placement abroad period

Study programme/work plan (concerning content and organisational issues):

There was an orientation week for all the new students and exchange students, which was very helpful. They gave you a map of the campus for example with all the academic buildings on there, so you didn't have to search for that.

Academic quality of education/placement activities:

The educational quality was very good at UOttawa. I feel very enriched by all the things I learned there, especially when it comes to the legacy on Colonialism that is still prevalent today. The campus was also quite nice.

Counselling/support at host institution/organisation:

I really liked the support at the host institution. I had a very big problem with my housing situation and the housing office really helped me out a lot. There were offices for most aspects, so I feel like if you had academic problems or mental problems, there was support available

Transfer of credits:

Not applicable

Student life

Welcome/orientation programme:

UOttawa organized a orientation week with all kinds of events, to bring you into touch with the societies, campus and other activities that would happen there

Accommodation:

Accommodation was not provided, though fairly easy to find. I joined some housing groups on facebook, but I found a place via the student housing billboard of the university. Later it turned out not to be the best room, but I also heard from friends that they found great places, close to the university, for an affordable price.

Leisure/culture:

I travelled around quite a bit during my stay. Cities as Montreal and Toronto are easy to travel to. But also the nature is very beautiful there, in mont Tremblant and in Algonquin park. Especially if you are with a group, renting a car is very cheap. Other than that, Ottawa has some amazing museums, both architecturally and the artworks inside.

Suggestions/tips:

Take your studies seriously, but remember to enjoy yourself as well.

Conclusions

Would you recommend this host organisation/destination to others? Please explain:

I would recommend Ottawa as an exchange destination. The city itself was not the most spectacular, but the people you meet and the courses were very good.

Do you have any additional advice or comments?:

Just go on exchange, whether it is to Ottawa, or to anywhere else. It is such an easy and convenient way to spend so much time abroad and to really get a sense of life at this place is.



UU Study Abroad Report Form

faculty/college	Geosciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	Global Sustainability Science

destination city & country	Ottawa, Canada
name university abroad	University of Ottawa
start date	02/09/2018
end date	22/12/2018

PREPARATION	
exchange application process	In comparison to other universities, the application process was smooth and well explained. Although the process took a bit a long, the instructions were clear and contact with the university of Utrecht and Ottawa was clear.
counselling & support at Utrecht University	I did not need any extra support or counselling. I did visit the counselling day for North-America, this gave me some information concerning housing in Ottawa. Utrecht University did mention that the "studentenreisproduct vergoeding" could be gained retroactively. This was not the case.
academic preparation	I did not need any extra academic preparation.
language preparation	None
finances	I planned on spending a more during the first month. I did not have a house so my first few nights were in a hotel. Make sure you go to a hostel, everyone looking for a house will be there. You can work together and find a house in an easier fashion. You need to pay for the student health insurance and you need to pay admission fees to sports and leisure. Food is expensive if you don't buy in bulk, plan ahead your meals. Restaurants can be pretty cheap but beer and wine is very expensive.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	Mistakes were made with regards to my chosen courses but these were fixed in the first weeks of university. You were allowed to change courses the first two weeks, which came in helpful. A program similar to blackboard is used
academic quality of education activities	Very similar and sometimes more difficult than Utrecht University. More focus on working alone, less focus on group work. This could be due to my course choice and not be the case for the entire university
counselling & support at receiving university abroad	The international office has helped me gain housing, change my courses, get started with sports and gave many



good tips in general. Contact was easy and good.
transfer of credits
Not yet occurred

STUDENT LIFE

welcome & orientation programme

The first week was filled with a welcome programme where excellent counselling by the uOttawa international office was given
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accommodation

I was lucky enough to be chosen into a house that was owned by the university. It was a 2 minute walk to the university but not on campus and in an excellent neighbourhood. I found it by teaming with some other people in the Jail Hostel and going together to the uOttawa housing office.
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leisure & culture

I travelled a lot during the warm weeks, as temperatures will drop around October. Leisure activities are in general expensive, so you need to make choices. Canadian culture is soft and welcoming in general, although scenes on the street can be discouraging. You'll notice that you are not the only international student.

suggestions/tips

Go, as soon as you can to Canada, to make as much of the warm months as possible. As soon as the temperature drop, most leisure activities will stop and you might regret not going somewhere

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
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To anyone who wants to experience Canada, Ottawa is an excellent destination. The city is relatively small in comparison to Toronto and Montreal but at least as cosy and surrounded by surreal nature/

do you have any additional advice or comments?
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Make sure you get a driving license before you go, as travelling without a car is really hard

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UU Study Abroad Report Form

Family name:	xxx
First name:	xxx
Student number:	xxx
Faculty/college:	Geowetenschappen
Level:	<input type="checkbox"/> bachelor master PhD other
Name degree programme:	Sociale geografie en planologie

Destination city & country	Ottawa, Canada
Name host institution and/or company/organisation	University of Ottawa
Purpose of exchange	<input type="checkbox"/> study/courses work placement field work other
Departure date (dd/mm/yyyy)	14/08/2017
Return date (dd/mm/yyyy)	23/12/2017

Preparation

Exchange/placement application process:

The application process is pretty easy, but you have to have a lot of patience and send some e-mails to remind the host university do work on your application. The application took longer than I expected, so I got stressed about it a little bit. But even though it isn't always clear if they're working on your application and what is happening, it most often work out fine.

Counselling/support at home university:

I had some contact with the university of Utrecht about my application, especially when I didn't hear from the university of Ottawa for a long time. The exchange office helped me get an update about my application.

Academic preparation:

I chose subjects that were totally new to me, so I mainly had first year courses. This meant that I did not have to do any academic preparations, so I could just enjoy my holiday until the start of the semester.

Language preparation:

Since the language of the university is English, I didn't have to do a lot of preparation. Of course, I could've also chosen French courses because the university is officially bilingual, but I didn't.

Finances:



It is important to have a financial plan ready. I saved enough money for not only school stuff, but also for trips to see the country. The housing was surprisingly expensive, so I was very happy that I had saved enough money.

Study/placement abroad period

Study programme/work plan (concerning content and organisational issues):

The content of the courses is simple compared to Dutch courses. There's also more contact between the teacher and the students, so it is easy to reach out to get special arrangements done. However, the organisational structure is unnecessarily complicated, which means that changing courses etc. can take a long time and lots of effort.

Academic quality of education/placement activities:

The academic quality of the courses is decent, but not super high. Furthermore, it is relatively easy to get high grades, which Canadian students find really important.

Counselling/support at host institution/organisation:

There is a lot of support at the university, ranging from writing help to a university health clinic. Even though I didn't use it, it is nice to know that such support is available.

Transfer of credits:

I was shocked by the transfer of grades. The credits are stated clearly 6 ECT per course. However, the grade you get for the course will be adapted, meaning it will be lower (in my case about 0.8 point). This makes sense since you'll easily get high grades in Ottawa, but since I didn't know it could be transferred like this, it was a surprise.

Student life

Welcome/orientation programme:

There wasn't really a welcome programme for the exchange students. There is an introduction week for the first year students, in which exchange people can join. But for the exchange students, there is only a short welcome speech.

Accommodation:

I lived on campus, which was nice because it was nearby. However, Sandy Hill (the student neighbourhood) is also within 10 minutes of the university. I wouldn't recommend living on campus because it is very expensive and there you have to arrange a lot. For example, there's a kitchen but no utilities so I had to spend over a hundred dollars at IKEA to get kitchen utilities, a blanket, a closet etc, which I could throw away after my stay because nothing was allowed to remain in the house.

Leisure/culture:

The culture is really nice and relaxed. I mostly did things with the international students, because they also wanted to see and do a lot. This is why I didn't meet many Canadians, who were all busy with their work and study.

Suggestions/tips:

There are many opportunities to do fun stuff, such as trips to New York. The university arranges some activities, but those are very expensive. It is easier and cheaper to arrange it yourself. Get at house in Sandy Hill. Even though this is mostly last-minute, it is easy to get an apartment and it is better than on campus (cheaper, newer, more utilities)



Conclusions

Would you recommend this host organisation/destination to others? Please explain:

Yes, it is a very welcoming city with a lot to do and a good university.

Do you have any additional advice or comments?:

Make sure you know the deadlines/dates of the application process and don't be afraid to send a dozen e-mails if you don't hear from the university in time.



UU Study Abroad Report Form

Family name:	xxx
First name:	xxx
Student number:	xxx
Faculty/college:	Humanities
Level:	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	English Language and Culture / French Language and Culture

Destination city & country	Ottawa, Canada
Name host institution and/or company/organisation	UOttawa
Purpose of exchange	<input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	21/08/2017
Return date (dd/mm/yyyy)	27/12/2017

Preparation

Exchange/placement application process:

The placement process was very easy. I had to hand in my grades and a motivation. The contact with UOttawa was very good, although it was not easy to apply for the courses. The course guide was published very late, and when I applied for them, many courses interfered in my schedule so I had to switch courses. Then, many courses were already full, so I had to follow a course that was not my first choice. This, however, did make me step out of my comfort zone and follow a course that I knew nothing about when starting.

Counselling/support at home university:

The support of the home university was ok. I did not ask for a lot of guidance so I haven't really made use of support of the home university. It was very easy to contact the International Office in Utrecht in order to ask questions about the acceptance of my grades.

Academic preparation:

The level of courses that I did was lower than my courses in Utrecht, so I did not really need any preparation

Language preparation:

I did not really need any language preparation since my English and French were good enough to do my courses in those languages



Finances:
Living in Ottawa was more expensive than living in The Netherlands, especially housing was more expensive. I did a lot of trips because I wanted to make the most of my time there, so that also costed a bit more. Groceries were around the same price as things are in Holland.
Study/placement abroad period
Study programme/work plan (concerning content and organisational issues):
Interesting courses although the offer was not as big as it seemed to be since many courses were only available in other semesters. It was also very hard to switch courses and the international office in Ottawa was not very helpful to switch courses
Academic quality of education/placement activities:
The academic level of the courses I did was a bit lower than I'm used to in The Netherlands
Counselling/support at host institution/organisation:
Counselling was excellent, there were a lot of facilities when counselling was needed. The only thing was that in the first week, it was hard to reach the International Office and the placement office.
Transfer of credits:
This was good
Student life
Welcome/orientation programme:
There were many activities that were being organised for the international students and first year's students. There was for example a bbq, a tour around the campus etc.
Accommodation:
I did not stay on on-campus housing, but I did a bus tour with "rent-a-place" that took me past many available housing so it was easy to find a place.
Leisure/culture:
On campus, there were many facilities like a gym, a theater etc. In the city , many cultural events were organised so there was a lot to do.
Suggestions/tips:
Conclusions
Would you recommend this host organisation/destination to others? Please explain:
Yes, I would definitely recommend it. Canada is a lovely country and the people are genuine and very kind. Ottawa as a city is not very interesting, but this really gives you the chance to experience life as a local. The courses I did were not very demanding, but I did learn a lot.
Do you have any additional advice or comments?:



UU Study Abroad Report Form

Family name:	xxx
First name:	xxx
Student number:	xxx
Faculty/college:	Geosciences
Level:	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Human Geography and Planning

Destination city & country	Ottawa, Canada
Name host institution and/or company/organisation	University of Ottawa
Purpose of exchange	<input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	18/08/2017
Return date (dd/mm/yyyy)	22/12/2017

Preparation

Exchange/placement application process:

The University of Ottawa was the university of my first choice. I applied in November and heard in January that I was selected by Utrecht University to go to uOttawa. Information from uOttawa took a bit longer, but in May I got official confirmation that I was accepted for the exchange program.

Counselling/support at home university:

Around the same time as we got the confirmation from uOttawa we had an information session organized by UU. This was very helpful and at the right, just before you start planning most of your things like tickets and accommodation. The presence of students that had already been at the university was especially helpful and you can also contact them after the information session with any other additional questions.

Academic preparation:

Except for making sure that my courses I was going to take at uOttawa would be accepted here in Utrecht, there were not many academic preparations that I had to do.

Language preparation:

Not necessary, uOttawa does not ask for a language proficiency test if you are studying in a few countries, including the Netherlands. If you want to take courses in French however, since uOttawa is a bilingual university and therefore also offers French courses, you will have to prove your French



proficiency.
Finances:
Life in Canada is not very cheap. Studying is expensive, but that is not a problem since you are still paying your tuition in Utrecht. Accommodation is quite expensive, around 600 dollars off campus and 700-800 dollars a month on campus. Groceries are a bit more expensive than in the Netherlands, while going out for dinner is about the same price. Activities are also more expensive in Canada. Before I went to Canada I saved money, which I would definitely recommended, because it is quite expensive, especially if you also want to travel a bit. One semester probably will cost your around 6000 euros (depending on how much you plan to travel of course).
Study/placement abroad period
Study programme/work plan (concerning content and organisational issues):
At uOttawa you will most likely take 4 or 5 courses (30 ECTS means you will have to take 5 courses). I planned to take 5 courses which I registered for when I was still in the Netherlands. When you get there you can still change your courses for about 4 weeks. I changed two of them, which was no problem. You might have to contact UU first to make sure the new courses will be accepted though.
Academic quality of education/placement activities:
In the end I took 2 level 2 courses and 2 level 1 courses. The level one courses were in fields I was not familiar with. They were mainly an introduction to the field of studies, not really hard classes but very interesting. The level 2 courses were closer to my own field of studies and about the same level as year 2 courses at UU. It is hard to get accepted for classes higher than level two if it is not exactly your own field of studies. Most courses have 3 hours of classes per week, two times 1.5 hour. If there are also lab classes (werkcolleges) this might add another 1.5 hours. So most of the time you will have classes on all 5 days. Although the level is generally a bit lower, the intensity of the classes is much higher. They usually give you multiple papers/essays and a midterm and end exam.
Counselling/support at host institution/organisation:
To be honest, the international office of the University of Ottawa is not very well organized. My friend and I had to email several times to get everything clear about what we had to do before we came to Canada. For some people it also took a long time to get their acceptance letter from Ottawa. It all worked out in the end but I would recommend to start early on those things.
Transfer of credits:
Your grades will be send to UU where you can pick them up at the international office (you will receive an email once they received them) and give them to your own faculty, where they will transfer your credits. Be aware that the recalculate your grades because education in Canada is a bit easier, keep this in mind when your grades matter, for example when you want to graduate cum laude. Most of the times about 0.5-1.0 will be deducted from you grade(/percentage).
Student life
Welcome/orientation programme:
There is not really a orientation program, except when you go to Telfer, the school of management.



Other programs only have a half day welcome talk and you can take a tour around campus.

Accommodation:

I stayed campus. You can apply for rooms on campus when you are accepted, but you probably will not know if you got a room until summer. When you stay on campus you can also use the sporting facilities for free and attend all university sports games for free. Another good option is taking a tour with rentaplacenow. You will get on a bus and visit about 15 places where you can get a room while visiting. Sandy Hill, the neighbourhood next to campus is a good option.

Leisure/culture:

Canada is a very interesting country, since it has French and English influences and of course really beautiful nature. Ottawa itself mainly has English influences, but a trip to Quebec is really worth it. Ottawa has many things to offer, since it is the capital. There are many museums and political buildings. The university also offers trips, like canoeing and dog sledding.

Suggestions/tips:

Try to take a smaller course with lab classes or fieldwork, this will make it easier to get in contact with the Canadians, since there won't be that many international students in that class. Canadians are really kind, but it is sometimes hard to get in contact with them, since you will probably live with internationals and have many of them in your classes. Try getting in contact with them and go undertake activities with them. And of course go see an ice hockey game 😊. If you want to visit some places in Canada or the US, taking trips with Round Tours. They organize many different trips, city and adventurous trips, where you will get to meet many international students.

Conclusions

Would you recommend this host organisation/destination to others? Please explain:

Yes definitely! Ottawa and Canada are really nice places to spend time. It is also really cool to experience a real Canadian winter and eat lots of beavertails. When you want to travel however, I would recommend doing that in summer, because it is difficult to drive around and undertake activities during winter.

Do you have any additional advice or comments?:
