

## UNIVERSITY OF NEBRASKA, KEARNEY – LINDSEY CORK

Major and Tracks:	Exercise major with minors in Health Science and Psychology
Semester of exchange at UCR:	Spring 2014
Period of exchange at UCR:	January 19 <sup>th</sup> – May 18 <sup>th</sup> , 2014
Home university:	University of Nebraska, Kearney

### 1. MOTIVATION

*Why should people go on exchange to your university? What are the main differences with UCR?*

UNK is not a big school for the U.S. but compared to UCR, 5,000 students are a lot. There is a wide variety of classes you can take here compared to UCR. If you want to travel within the United States Nebraska is pretty centrally located so you could easily travel around the country.

### 2. PREPARATION

*Do you have any tips for exchange students applying to the program at your own university? Is there anything they specifically need to keep in mind?*

I don't know much about the application process to be honest. My advice would just be to ask plenty of questions. Make sure you feel completely comfortable with where you are living and the classes you are taking. UNK can arrange for you to speak with a current student, which might also be helpful during your application process.

### 3. UNIVERSITY

*Why should exchange students choose for your university? How is the academic level of the university? Are there extracurricular activities?*

Kearney is a very welcoming community and is a smaller college compared to many American universities. The smaller school is nice when on exchange because it's easier to get to know people and see a familiar face around campus. There is a wide variety of classes to choose from both academically rigorous and some that are more fun. UNK has tons of extracurricular activities.

### 4. ACCOMMODATION

*How is the accommodation arranged? How is the accommodation in general? Would you recommend living on campus or private housing (if that is possible)?*

I believe if you go on exchange you must live in the dorms at UNK. Many of the dorms have been refurbished within the last 5 years and are quite nice. There are

traditional dorms with communal bathrooms and shared rooms. There are also apartment style dorms with 4 private rooms, 2 bathrooms, a kitchenette, and living space. All students who live on campus have all-access to the dining hall means you can eat there as many times a day as you like.

## 5. COURSES

*Is the university specialized in any specific tracks? How does the credit system work?*  
Visit this link for all the majors offered at UNK <http://www.unk.edu/academics/list-of-majors.php>. We are not really specialized in one area but offer enough classes that anyone could easily find classes that interest him or her. I'm not sure how credits transfer from UNK. When I studied at UCR my classes counted as credit hours but the grade did not count towards my GPA.

## 6. LIFE OUTSIDE UNIVERSITY

*How is life outside of the university? What should you definitely do or visit when you go on exchange to this location?*

Kearney has a good nightlife for college students. For those 21 and over there are a handful of bars that students frequent within walking distance of campus. There are also plenty of house parties for those under 21. All collegiate sporting events on campus are free for students to attend so wear your blue and gold! There are also tons of organizations on campus from faith groups to sports clubs to academic organizations so it is easy to get involved.

## 7. FINANCES

*Would you consider that the semester abroad is more expensive than one semester at UCR? What is the most expensive part of the exchange? Any tips to keep the costs low?*

I can only speak from my experience but the most expensive part for me was my plane ticket. Traveling is never cheap. My main tip for keeping the cost low is: don't always eat out. It is fun to try new restaurants when you're traveling but much cheaper to cook for yourself. Cooking a meal with locals is a good way to try new food without spending big money. For more money saving tips ask other college students when you first arrive at your exchange school.

## 8. WHY SHOULD YOU GO ON EXCHANGE?

Exchange is amazing for 100 reasons, but I will just list a couple. It exposes you to new ideas and new people which are both fun and important in professional development because you never know who your colleagues or clients may be later in life. It's one of the cheapest ways to travel and live somewhere else. It's tons of fun and you will meet lifelong friends.

## 9. WHY SHOULD YOU NOT GO ON EXCHANGE?

I highly recommend going on exchange, but it is important to look at how that fits with your UCR classes and major. Consider if you will be able to complete your major in three years or if going on exchange may require you to be in school for an extra semester or year.

## 10. IS THERE ANYTHING YOU WOULD LIKE TO ADD?

Look at our website [www.unk.edu](http://www.unk.edu). It has tons of information and pictures. You can go on a virtual tour of campus and look at all the different classes that are offered.

# UNIVERSITY OF NEBRASKA, KEARNEY – LAURIE VENTEICHER

Major and Tracks: Journalism; minor – English: Popular Culture  
Semester of exchange at UCR: Spring 2014  
Period of exchange at UCR: January 2014 – May 2014  
Home university: University of Nebraska at Kearney (UNK)

## 1. MOTIVATION

*Why should people go on exchange to your university? What are the main differences with UCR?*

As someone who has studied abroad, I believe that experiencing a different culture (or cultures) is incredibly important. Before attending UCR, I had never been outside of the United States, much less on an airplane, train or subway before. If you choose to study abroad, I feel that UNK would be a fantastic fit for you. Even though the



total student population at UNK is about 6747 (which is roughly 10x bigger than UCR), the general attitude, friendliness and atmosphere of the people at UNK help give it a small-community feeling. Another difference is that UNK is not a specifically-honors university, so the classes may be easier. However, there is an Honors Program that offers slightly more challenging classes across the available majors and minors. Also, while UCR is a 3-year program, most universities in the USA are 4-year programs, including UNK. This may be another reason why the workload from the classes here is not as strenuous as it is at UCR.

## 2. PREPARATION

*Do you have any tips for exchange students applying to the program at your own university? Is there anything they specifically need to keep in mind?*

Any college or university application will have numerous details to keep track of, but UNK has a plethora of resources for you to stay on top of things. If you go to [www.unk.edu](http://www.unk.edu) and search for “international students,” you will find multiple links that explain the details you need to know. One of the most important things to keep in mind is straight from UNK’s website: “We recommended that international students begin the admission process **six months** prior to their anticipated arrival to allow enough time for the credential evaluation process, department decision

and if admitted, for documents to arrive in time to set visa appointments.” (Found at <http://www.unk.edu/academics/gradstudies/admissions/prospective-students/international%20.php>) You can also find more details here: <http://www.unk.edu/academics/mba/international-students.php>.

### 3. UNIVERSITY

*Why should exchange students choose your university? How is the academic level of the university? Are there extracurricular activities?*

The University of Nebraska at Kearney has a direct exchange partnership with UCR, so arranging to study abroad here is relatively easy. Furthermore, UNK has a wide variety of activities to do outside of class, including intramural sports, Greek organizations (fraternity / sorority), band, choir, the on-campus newspaper staff, and many others. People in the Midwest are known for being friendly and welcoming, and we will gladly lend a hand to those who need help.



As for the academic level, UNK is not a specifically-honors university, so the classes may be a bit easier here. However, there is an Honors Program - I am involved with it - that offers slightly more challenging classes across the available majors and minors. Also, while UCR is a 3-year program, most universities in the USA are 4-year programs, including UNK.

### 4. ACCOMMODATION

*How is the accommodation arranged? How is the accommodation in general? Would you recommend living on campus or private housing (if that is possible)?*

Because of the direct student exchange partnership, past students from UCR who have studied abroad at UNK have lived in the on-campus housing, usually with a roommate. My older sister - who also attended UNK - shared a room with a girl from UCR for a semester when my sister's roommate studied at UCR. It was a direct swap, and I think that Nathalie (from UCR) really enjoyed her time at UNK.

I have lived on campus every year, and I have had no issues with doing so. I would recommend that exchange students live on campus because it would give them a more in-depth, personal experience at UNK.

### 5. COURSES

*Is the university specialized in any specific tracks? How does the credit system work?*

There are over 50 academic departments at UNK. Depending on which major and/or minor you choose, you will have a specific set of required courses in order to complete that major / minor. The grading system is universal across campus. Most classes are worth 3 credits, but some are 2, 4 or 1 credit, depending on the specific course.

## 6. LIFE OUTSIDE UNIVERSITY

*How is life outside of the university? What should you definitely do or visit when you go on exchange to this location?*

Kearney - and Nebraska as a whole - has plenty to offer to college students. Specifically in Kearney, there are three movie theaters, a shopping mall, the Big Apple Fun Center (mini-golf, sand volleyball, bowling), and a large variety of other stores and restaurants. Kearney is also the home of the Museum of Nebraska Art (MONA), which displays artwork done by Nebraska residents. I recommend exploring as much as possible during your time in Kearney. The parks are beautiful, and there is always something to do.

In Omaha (Nebraska) is the Henry Doorly Zoo and Aquarium, which is the “Top Zoo in the World” by TripAdvisor, and the “#1 Attended Tourist Attraction” in Nebraska.

Lincoln, Nebraska, is the state capital and home of the governor’s mansion, the state college football team (Cornhuskers) and the state capital building, which is open for tours. Lincoln also has Morrill Hall, which is Nebraska's largest natural history museum.



## 7. FINANCES

*Would you consider that the semester abroad is more expensive than one semester at UCR? What is the most expensive part of the exchange? Any tips to keep the costs low?*

The currency conversion fluctuates, but I feel that my semester abroad at UCR was actually about the same as a semester at UNK. One euro equals more than one U.S. dollar, so spending a semester in the Netherlands was a bit more expensive than college here. However, keep in mind that every college varies in how much they charge international students. I’m not certain of what UNK’s international student charges and fees are, but I encourage you to consider studying in Nebraska.

I think that the most expensive parts of the exchange process are the plane ticket and the room / board (housing and food). The textbooks here are considerably less expensive than at UCR, and I usually try to get better deals by buying my textbooks from Amazon. In terms of the plane ticket, I've heard that flying on a weekday may be cheaper than flying on a weekend.

## 8. WHY SHOULD YOU GO ON EXCHANGE?

Traveling may not be for everyone, but if you have a chance to explore the world around you and experience new things, I say go for it. Before I studied abroad, I never thought that I would leave the U.S. because I wasn't in a good financial situation, I grew up on a small farm in rural Nebraska with eight siblings and, quite frankly, the thought of being that far from home scared me. I was definitely outside of my comfort zone, but I wouldn't trade my semester abroad for anything. I met so many wonderful, beautiful people at UCR...some of whom became life-long friends. I am so blessed to have had the opportunity to expand my horizons, and I hope and pray that you consider studying abroad at the University of Nebraska at Kearney.

## 9. WHY SHOULD YOU NOT GO ON EXCHANGE?

I can't think of any reason to not study abroad, or at least travel abroad at some point in your life. My experience at UCR was so much fun, and I hope I may again visit Middelburg someday.

## 10. IS THERE ANYTHING YOU WOULD LIKE TO ADD?

For more information about UNK and what is offered here, please visit <http://unkcms.unk.edu/international/request-information.php> to submit your questions. You can also contact Ann Marie Park at [parkam@unk.edu](mailto:parkam@unk.edu) - she is the study abroad coordinator at UNK, and she helped me arrange my own semester abroad at UCR. For a virtual tour, please go to <http://www.unk.edu/#virtualtour>.