

Preparation for Exchange

The first step in planning your exchange is figuring out where you want to go. The SFU Study Abroad website has a good list of possible destinations. After browsing and selecting your top three choices, you must fill out the appropriate application forms (follow the application process on the Study Abroad website).

Once you've been nominated, it's time to prep! Before you begin the horrible cycle of worrying over every little detail remember, everything will be okay. Book your plane ticket as soon early as you can. I found my ticket from Google flights for a fairly decent price. If you open a Scotiabank account you can try to avoid ABM banking fees by using their partner branches in certain countries. Unfortunately, there were no partner banks in Vienna when I went. Credit cards are accepted in most places, so bring at least one. Do your dental and doctor check-ups before leaving and make sure you have travel insurance. If you're relying on the school for insurance, go to the SFSS office to inform them of your exchange and confirm that you're covered.

Packing. I highly recommend backpacking. That way, you won't have to worry about hauling a large suitcase up a flight of stairs (you never know when an escalator/elevator may be unavailable). Bring a travel adapter for your electronics. Each country in Europe may require different adapters. E

Reflection after Exchange

Going on an exchange was a rewarding experience. Leaving the comfort of home and entering a foreign environment forced me to be more independent. At first it was intimidating meeting strangers in class. However in this context, most of the students are there to meet new people friends. Therefore, you should go up to random people in your cohort and strike up a conversation. Academically, the coursework can seem very intensive. Even so, make sure to have a good balance between the effort put into schoolwork and the amount of time you take exploring the city.

Picture 1 – Vienna University of Economics and Business Interior

Picture 2 – Vienna Unive