

University of Hong Kong Exchange Report

The teaching style at HKU is very similar to SFU. There is a lecture room with the professor using PowerPoints to teach. One point of difference is that the professors very actively try go get

Reflection After Exchange

Exchange in basic terms is just a student travelling to another place to study. It is so much more than that though. It allowed me to step outside of my comfort zone. It forced me away from my family and my friends to find new ones. It was challenging at first to meet new people when there seemed to be already established groups within the exchange students. The hardest step was taking the initiative to introduce myself. Through overcoming this, I have met close friends on my exchange from various backgrounds and countries that I travelled with and still continue to talk with today.

While the education part of my exchange was important, exchange offered an opportunity for personal growth and reflection.

My first tip applying to this university specially is to apply for dorms as soon as the link is live. I waited until I was officially accepted which caused me to be on the waitlist. It is a competitive process as there are local, international and exchange students vying for dorms which are more affordable compared to the rest of Hong Kong.

Another piece of advice is to meet as many people on the first week as possible. While it may be difficult and you may want time to adapt to the environment, this is where you will most likely meet the friends that you will connect with throughout your exchange.

My last piece of advice is to take the chance to explore and try new things. Travel to surrounding countries. Go explore a village. Go to the beach. Try out different experiences that you otherwise would not have back home. There is a reason why the credits that transfer back to SFU are pass/fail.

