

## Exchange Report

### Introduction

My partner university for my third year of studies, was the University of East Anglia in Norwich, England. I was there from late September 2016 until mid-June 2017 (two semesters, the Fall and Spring).

My major is Geography and I am also looking to complete a minor in Italian, so I am in the faculty of Environment at Simon Fraser University. At the University of East Anglia they applied me into the most similar faculty, that of Environmental Science.

### Preparation for my exchange

To prepare for my exchange I attended all the SFU Study Abroad events, I found them really helpful. For me, going to UEA and England was relatively simple as I didn't have to worry about visas (I have an English passport as well as Canadian). For when you have courses UEA assigns you to certain classes, but it is up to you to see if the courses are transferable. If you go on UEA e:Vision and look up the course descriptions, or simply talk to UEAs own Study Abroad team, you will find



that you can find the right courses quite quickly. You can change courses within the first three weeks of classes. Make sure you communicate with both SFUs and UEAs Study Abroad team, as well as your own SFU advisors.

For packing you want to bring a good dressing gown and slippers. Essentials, of course. In general, Norwich is a little less rainy than Vancouver (thank goodness!) and is a bit warmer in the winter. Also, bring some good hiking boots/trainers - the university has a beautiful broad (lake) on campus, and there are beautiful places to walk around Norwich - it's the Norfolk Broads!

Travel is simple in the UK. To go from London to Norwich you can take the train or a coach - both cost around 5-20 pounds. The coach from London goes straight to campus. Taking the bus in Norwich is also good, to go to/from the uni into town or to the station costs three pounds. Taxis are also fairly inexpensive and are the best way to move about if you go on a night out (the buses run about one every hour between 12 and 3am).

Costs of living are pretty similar to Vancouver. If you want to be smart with money, shop at the Tesco just outside the campus — or online delivery with Asda (the Student Union shop on campus is good for bits and bobs but don't do the big shop there..). A Canadian account should be fine for going to UEA, but if you want to open an English account I'd use Barclays - there is a Barclays bank on campus opposite the SU Shop. If you plan on opening an account, get to Barclays on one of your first days, because it can take some

time for them to have time to see you, as a lot of Study Abroad students make appointments with the bank.

### **During exchange**

It was very simple for me on arrival, but then again I've lived in England before. They have a great Freshers week at UEA, and there are events and music all week. The on campus Student Union club is really good - called the LCR. I would recommend putting yourself out there for the first week, be open to meeting people and take the time to get to know them and not just small talk and leave them. Be confident and you'll be ok, and even if you find it difficult meeting people, don't stress out, UEA has one of the best student satisfaction ratings in the UK.

I lived in Constable Terrace. It was right on campus and you can get to all the different lecture theatres within five minutes walk. The flat had a shared kitchen, private bathroom-en suites. There were four guys, four girls. I would recommend Constable Terrace, it wasn't flashy but also wasn't grim. All UEA accommodation looked good though, but having a private bathroom is the best. Kitchen facilities were decent as well. You have to buy/bring your own cutlery and pots/pans etc., but there are sizeable fridges and freezers, as well as a good grill, microwave oven, stove.

Classes usually ran for one or two hours. Some of my courses had 100% weighting on a single paper. Lecture format similar to SFU1.2( on)10.3(he di)13.4(f)-6.5(f)n10.6(s)-2(i)2.6(-ae(a )11.2(>2our)-6(s)s8.9(es)-2( had

## **Reflection**

I think after this year I found that I can cook very well for myself, I don't need my hand held, and that I can adapt to different settings and overcome different challenges. I also learnt the best way to create a bit of flat unity is by having Pancake Sundays. I also found that I could travel very cheap if I put my mind to it and I learnt to appreciate the home comforts - a cup of tea with a simple biscuit in the morning in particular. I wish I knew before I left that there was no need to worry. I was not going to die, I was not going to have a big breakdown. I also w