

## Exchange Report

Partner University: De La Salle University, Philippines

Faculty of Arts and Social Sciences

May 8- August 21/ 2017

During my preparation for my exchange I was able to contact the International Office through e-mail through their official website. In order to find classes I went on the official De La Salle website which shows a list of classes that are offered for each faculty. However, I did not have access to any page to see what days or times these classes are available or for what semester, therefore I strongly recommend that if planning on being an exchange student to De La Salle that you consider traveling there a week in advance to go to the international office to verify classes. Enrolling for classes is a long process and I had to wait 2-3 days when I arrived to the country to be properly enrolled. When packing for the Philippines it is important to bring mosquito repellent and bed bug spray. Clothes should be for tropical weather; however there is a dress code at De La Salle that you have to keep in mind. The dress code is much stricter on the women compared to the men. Women cannot wear shorts that are less than three inches above the knee and spaghetti straps are not allowed. A tank top should not be revealing or else you will be denied entry. Both men and women must be wearing proper footwear to enter the university, which means no flip flops. Every morning before classes start there is a prayer and a national anthem. Many of the exchange students have opened a bank in the Philippines during their stay, but since I was only staying for one semester I just brought with me an international credit card. The cost of living in the Philippines is fairly cheap and it is not safe to travel with more than 5000 pesos around the location of the university. In one week I usually only spend around 1000 pesos on food and drinks.

When I arrived to the Philippines there was an orientation for all international students to get familiar with the campus. There is housing available by residence that can be arranged by the international office. The classes are fairly easy but can often be taught depending on the professor in both English and Tagalog even though it is supposed to be an English speaking school. I had to directly speak to each professor of my classes to ensure what kind of language they use. If not, I would suggest to let the professor know that you are an exchange student this term.



