



Exchange Report

University of Calgary

Poon Wing Suet, Kaylie (ACCT & IS)
Fall 2015 Exchange

Table of Contents

Activity Log	3-4
General Exchange Information	5-7
Checklist	8

Activity Log

■ September 2015

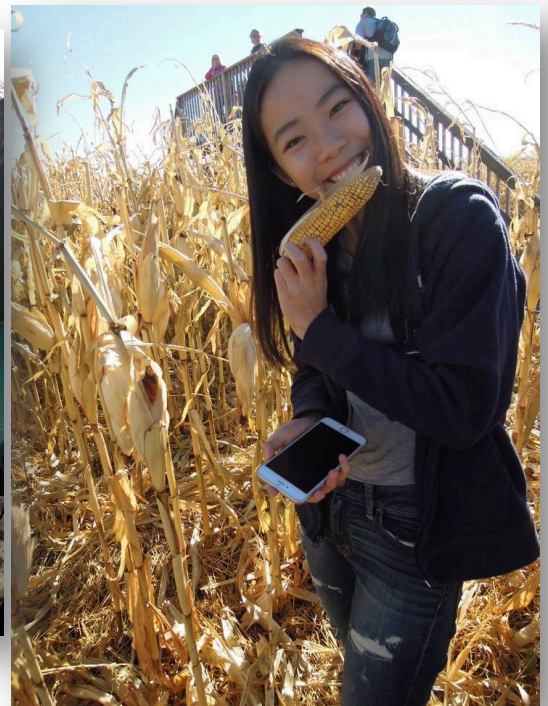
When I first arrived Calgary, I moved in the residence together with my new roommate. I got much help from my buddy through Buddy Program organized by the University. He showed me around the campus and it was really huge in order to help me get familiar with such a big campus. I joined the International Students Orientation Day to know more about the University and met some of the exchange students there, including some of the students from Hong Kong, Japan and Canada. I, together with my new friends, went out to buy some necessities before the semester started. I also joined activities held by CISSA (Center for International Students and Study Abroad) like having an ice skating gathering in Olympic Oval, and a local tour with all Hong Kong students to Lake Louise. School works are fine throughout the whole September.



■ October 2015

October is a busy month because of a slightly workloads from school. I got 2 quizzes per week normally, together with 4 midterms in the month. However, in order to fully explore this beautiful country, I still squeezed some time for my vacation. I spent 3 days 2 nights in Banff and Jasper trip with 3 other friends during the second weekend. The view was so stunning and breathtaking. You should definitely pay a visit there! ☺ With the good weather, I spent a day in a corn maze with my other friends. It was worth going there because you could never see such a nice corn maze in Hong Kong.

Thanksgiving Day is considered as one of the most important celebrations in Canada. I joint the International Student Group and spent my Thanksgiving Day with people in the Group. They cooked the classic, traditional meal and we had an extremely great night together! The food was delicious!



■ November 2015

After all midterms, it was time to have a reading week! In order to full utilize the whole week, I went to another city in Canada – Vancouver! ☺ Together with several exchange students I met in University, we stayed in the famous hostel in downtown and went to as many tourist spots as possible for 6 days. Vancouver feels more like Hong Kong to me than Calgary. And you can easily find people who know how to speak Cantonese as well! Except it rains all the time, Vancouver is definitely a good place to visit or even live.



At the end of the month, I joint a 2 days 1 night skiing trip organized by the Ski Club in the University. It was the first time for me to ski. And it was totally one of the most amazing moments in my whole life! I made it to the mountain after learning how to control the ski tools with friend and the view was so beautiful!



■ December 2015

I had the heaviest workloads from school in this month because I got 4 examinations together with 3 written reports and 2 presentations. I studied with friends and roommates all the time and treasured every moment we spent together because I would be leaving soon by the end of December. After finishing all my school works and officially ended my semester, I spent nearly a week for all the farewell gatherings held by all friends I met during exchange. I was so touched and more than grateful to meet them here! ☺ Friends and memories last forever even though I left Calgary. My exchange journey cannot be more completed without any of them! ☺



General Exchange Information

■ Visa Procedures

For HKSAR passport holders who will be staying in Canada for less than 6 months are not required to apply the Canada Visa. However, according to the most updated news announced by the immigration department of Canada, visa-exempt foreign nationals who fly to or transit through Canada will need an Electronic Travel Authorization (eTA) starting March 15, 2016. For more information, please visit <http://www.cic.gc.ca/english/visit/index.asp>.

■ Orientation Activities

CISSA held a orientation day before the semester started. That is a very good opportunity for you to know more about the University and meet more other exchange students. Make sure you check the email from time to time for the registration of the orientation.

■ Accommodations

I chose to live on campus and there are 6 halls offered to international students by the University. Remember to check your email from time to time in case there is an email concerning the hall application. At last, I chose to live in Cascade Hall in which it gathered so many exchange-in students from the globe and it made you easier to meet them through hall activities.

■ Course Registration

I took 4 courses in total: ACCT425, ACCT443, PSYC203 and SGMA591. You can take up to 5 courses maximum in which at least 3 courses should be business-related courses. All courses use absolute grading. The workloads of all the courses are relatively high. There are quizzes or assignments almost every week for each course. Once the University confirmed you as an incoming exchange student, you will have to submit an application form concerning all the courses that you would like to take during exchange. If some of your courses require prerequisites, you will have to submit an unofficial transcript to the hosted University for proof. The exchange coordinator will help you register the business-related courses in advance. You only have to register common cores by yourself later on. The course registration system in UofC is similar to SIS system that we use in HKUST.

■ Sports and Recreation Facilities

The most famous sports centre in UofC is the Olympic Oval – ice skating indoor centre. There are also an indoor swimming pool, gymnasium, fitness centre. You can do almost every indoor sports here like badminton, volleyball, basketball and squash. And there is rental for outdoor sports like skiing, snow shoeing and snowboarding. The entrance and rental fee are quite low and it is highly recommended if you like doing sports!

■ Cost / Expenses

The living expense, especially the food expense is quite high in Calgary. I usually cooked at hall and shared some groceries with my roommates so as to save up some money for traveling or doing outdoor sports. I

spent around HKD85,000 including all my flight tickets (Calgary, and West coast of US) and hall fee for the whole 4-months exchange journey.

▪ Social Clubs / Networking Opportunities

There is a Club week held in the 2nd week of September and there are more than 300 clubs for you to join. It is a great chance for you to meet more friends in Calgary!

▪ Transportation

All students, including exchange students, are required to buy UPass for the public transportation fee. It costs around CAD125. And you don't have to pay for transportation fee by taking public transit (C-Train) and bus. If you want to go out shopping to pay a visit to somewhere else like downtown, you can go to the University C-Train Station, which is just 10 minutes away from the main campus of UofC. If you would like to go other cities like Vancouver, Edmonton or Banff, you can take a bus called "Greyhound" to there.

▪ Climate

The weather there is quite the opposite of that in Hong Kong. The air is dry and the temperature is cold most of the time. The temperature difference within a day is large, it is between 12 to 15 degree difference. The coldest weather during my exchange was in December and it was around -20 to -25 degree Celsius. It started snowing in late November and that was beautiful! Remember to buy all the warm jackets together with water-proof gloves and shoes before the snows come.

Items to bring

Passport	Phone
ID Card	Laptop
University Acceptance Letter	Charging Cable
Visa (if applicable)	Socket Converter
Stationary	Calculator
Notebook	Down Jacket
Business Attire	Normal Clothing
Gloves	Sports wear
Scarf	Warm Leggings
Shoes	Slippers
Winter Socks	Blankets, bed sheets, pillow (if applicable)
Canadian Dollars	Medication
Credit Card	Skincare products

☺ If you have any enquiries, feel free to find my contacts by emailing HKUST Exchange Team or email me directly by wspoon@connect.ust.hk.

Hope you enjoy your exchange in University of Calgary! ☺