



EXCHANGE REPORT

University of Manitoba
Winnipeg, Canada

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MONTHLY ACTIVITY LOG

January

I arrived Winnipeg in early January and the exchange buddy came pick me up. There were numerous orientations. I have attended the orientation for international students, business exchange students and AVM residents. I met new friends and gained useful information.

During the month, I went to skiing and explore different spots of Winnipeg. All HK exchange students also had hotpot together for celebrating Chinese New Year.

February

During the reading week, all HK exchange students went travelling together. We went to Toronto, Montreal, Quebec and Ottawa. We also met other exchange friends in Quebec. Remember to pay for the student fee in cash.

March

I got 3 accounting mid-terms. Mid-terms were standard and it mainly tested your understanding on the materials. At the end of March, I went to Yellowknife to watch aurora. It was super amazing.

April

April is about final examinations and farewell. One exchange buddy brought us to see aurora in the rural area of Winnipeg before we leave. It was so hard to say goodbye to our friends.

GENERAL EXCHANGE INFORMATION

1. Visa Procedures

HK citizens need to apply for eTA before arriving Canada. It is fast and easy to apply online, which only takes a few minutes. If you want to go travelling in US, you have to apply for US visa.

2. Orientation Activities

At the beginning of semester, there are numerous orientations. The compulsory one for international students is not really relevant to us, but you could find some useful information and interesting activities to join. The orientation for business exchange students is fun and you could meet many new friends. The orientation for AVM residents talks about the residential rules and it is not compulsory.

3. Accommodation

I lived in AVM as it is near to Drake Centre. Also, it does not have compulsory meal plan. It is cheaper to cook yourself.

4. Courses Registration

The exchange coordinator would help for the course registration, just send all the details to her. Also, there would be add-drop period at the beginning of semester, you could do registration either on your own through Aurora or ask the exchange coordinator for help.

Remember to send your request to the exchange coordinator earlier than the deadline so that she could help you to waive necessary pre-requisites.

5. Teaching & Assessment Methods

The professors' teachings mainly follow the textbooks. It is quite expensive for purchasing textbooks, so I did not buy books for some courses. You could join the University of Manitoba Textbooks Facebook group or purchase second-hand books from CSA in Drake Centre.

6. Sports & Recreation Facilities

The gym has a lot of equipment, but you need to pay for it (around CAD80 for whole semester). You could go to the small gym inside the student residence instead.

7. Cost / expenses

The residence is expensive but other expenses are acceptable. I spent around \$50,000 for flight, accommodation, grocery and miscellaneous expenses. The remaining expenses would depend on how much you travel during the exchange.

8. Social Clubs & Networking Opportunities

You could join the activities held by AIMS. AIMS organizes plenty of events during the semester.

9. Health & Safety

We do not have health card. Therefore, it is better to bring your own medicines.

10. Food

There are numerous food choices inside the campus like pizza, burger and Tim Hortons. If you want to have other types of food, you could go out and eat.

It is also convenient for you to cook as there are choices of Asian food in Superstore and Walmart. Besides, Red Frog would organize a grocery run to supermarket every Wednesday evening.

11. Transportation

The transportation is mainly bus. You could apply U-pass which allows you to travel by bus without limitation during the semester and it costs CAD 130. It would be more convenient to get a U-pass.

If you do not go out frequently, you could buy the bus tickets from Answers in University Centre, which costs CAD2.35 each. It would cost CAD2.7 if you pay cash when getting on bus. You would obtain a bus transfer when you use ticket or pay cash to take bus. The bus transfer allows you to take bus again for free within 1 hour and 15 minutes.

12. Climate

It is extremely cold in Winnipeg, make sure you wear enough clothes. It is better to dress in onion layers. As there are heat supplies indoors, it is easy for you to take them off. Also, it is better to buy a jacket that is water-proof and windproof.

Hats, gloves and scarf are recommended to wear when going out so your neck and hands would not expose to the strong wind chill and you could avoid cold-burnt in this way.

13. Communication

There is Wifi inside the campus. The data plan in Canada is quite expensive. I used Fido 6GB data plan which costs CAD48/month.

Inside the campus, you could only find Rogers (another mobile plan provider) inside the University Centre.

14. Cautionary measures

It is better to buy a slippery-proof and water-proof boots. As it would be super slippery when snow melts, it is easy to fall on the ground and get hurt.

15. Other notes

I opened a CIBC bank account in HK, but I can only get the card in Winnipeg. There are only CIBC ATMs inside UM. It would be more convenient to use a debit card to pay. Remember to close the bank account afterwards.

ITEMS TO BRING

- Passport and important documents
- Clothes
- Jacket
- Boots
- Adapter
- Laptop and other electronic devices
- Portable charger
- Stationary
- Hand cream and lotion
- Medicines