

# Exchange Report



University of  
Manitoba, Canada  
2018 Fall

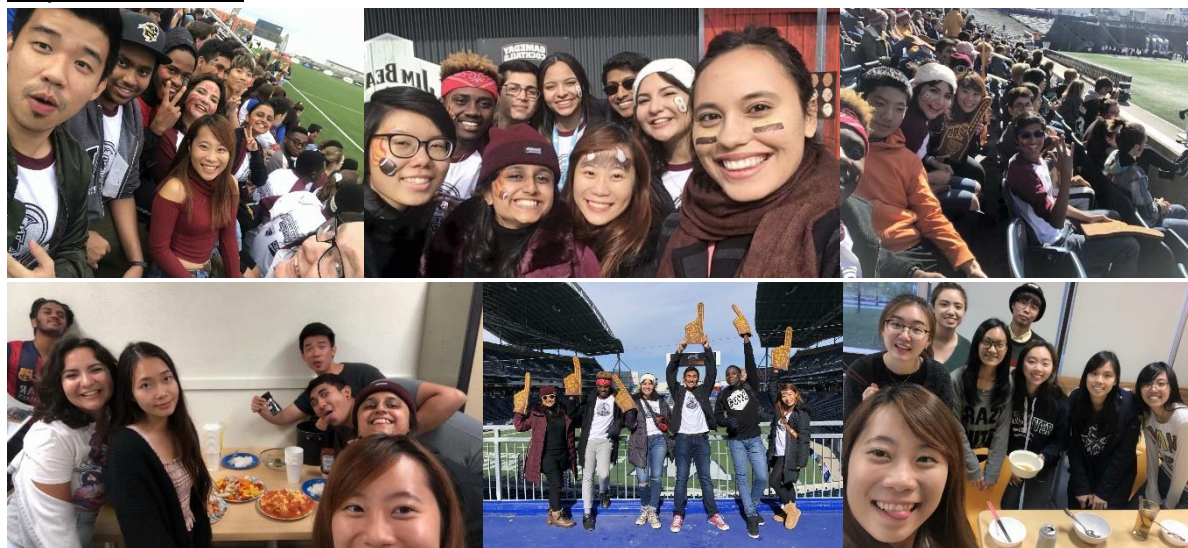
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# 1. Monthly Activity Log

September 2018



Spirit Cup is a major sport activity of UofM in between September and November. The first month living on campus, I met these awesome people and we went to many Spirit Cup games including football, American football and ice hockey, which were new to me and rare to see in Hong Kong.

What impressed me was how much Canadians value the sport. The ambience during the game was electrifying. There were booths for free face painting, free souvenir and mini games organized by the dorm committee and the school, which spurred interest of the fans.

My friends and I live on campus, and sometimes we would cook our own even though we have our own mandatory meal plan.

During Mid-Autumn Festival (24 Sept), all the exchange students from Hong Kong gathered to have hotpot and mooncake together to get a taste of home.

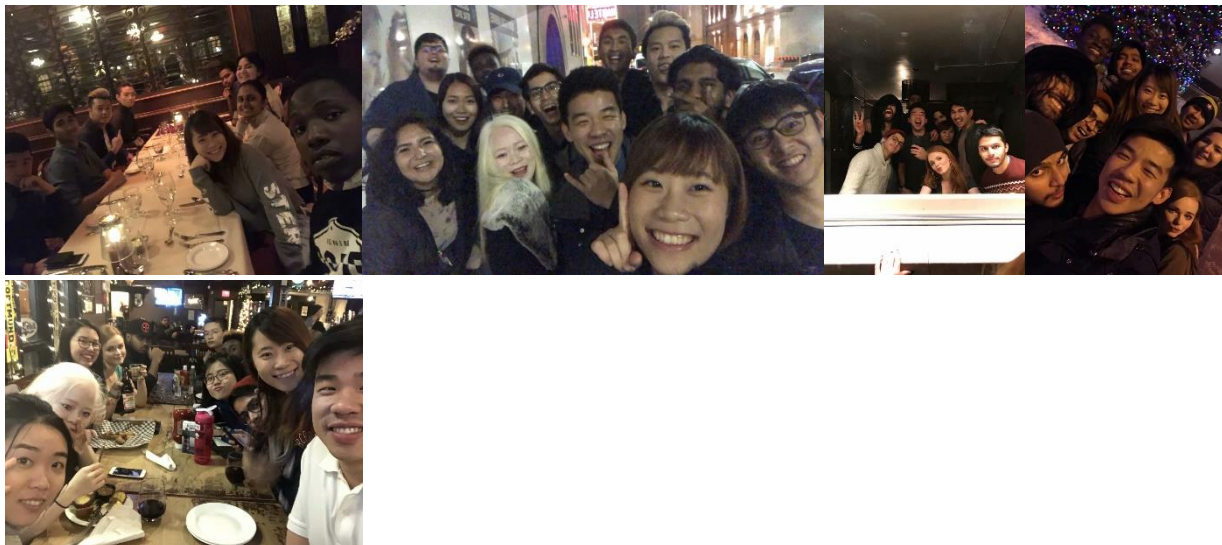
## October 2018



October is the month of snow and Halloween, of which my friends and I always pay visits to White Castle (a lawn near our dorm) to have a snow ball fight and also build snowmen.

There were also many Halloween parties both on and off campus, organized almost every day around 31<sup>st</sup> October. All of us had a blast dressing up in costume, playing games, singing out loud and dancing in the parties.

## November 2018



November is the month for mid-term and study. However, we still managed to have some gatherings at night either eating or socializing. We hanged out in Winnipeg's chinatown and downtown and I've introduced my foreign friends to try dim sum at a Chinese restaurant.

December 2018



It is almost the end of the semester, we completed all of our presentation and projects. Luckily, I have met a very responsible project mates here in UofM and they assisted me on the group work. Besides studying, our dorm has also organized a banquet for us to conclude the term before the final exam. It was special because finally we were given the opportunity to dress up and have a formal meal.

My friends and I also visited The Forks, which is the only tourist spot in Winnipeg. They have outdoor ice skating and a light exhibition there, which is very different than the ice skating in Hong Kong.

To conclude, the time in Winnipeg went by really fast and I would never want to say goodbye. I am really glad to have the opportunity to meet such a diverse group of friends. We shared many good memories in the dorm. It made me feel like we were a real family spending time together even when we were just in the lounge at night playing board games, chilling and sharing our life experiences and having dinner at the café in Pembina (where meal plan is used).

## 2. General Exchange information

- **Visa Procedures**

Visa is not needed for exchange study (staying less than 6 months), instead, we have to apply for Electronic Travel Authorization (eTA), which costs only \$7 CAD and can be done online easily.

Link: <https://www.etaapplication.ca/en/form>

- **Orientation Activities**

As I arrived Winnipeg on the 7<sup>th</sup> Sept, which is after the orientation activity, so I received information about UofM mostly from my exchange buddy who has picked me up at the airport when I arrived.

- **International Services & Activities**

As said, I was late and missed the orientation. However, I have attend the first Global Residence event to meet most of my friends there. There will also be regular meeting and events hold by Global Res and dorm, for example Dessert Night, Pumpkin Carving during Halloween and Christmas decorating workshop, the most interesting one I have participated in is the Sex Toy Bingo.

- **Accommodations**

Mostly, exchange students will stay in UCR, AVM, Pembina or Mary Speechly. All of them required the purchase of meal plan except AVM which has their own kitchen inside the dorm. As I was late for the dorm application, UCR was the only choice left. Although UCR is the oldest dorm of which the furniture and design are not as good as compared to other newer dorms, it is the cheapest choice among all the dorms with meal plan.

Price and meal plan details:

[http://umanitoba.ca/campus/housing/images/Res\\_Rate\\_Table\\_Landscape\\_18-19\\_Full\\_Year.pdf](http://umanitoba.ca/campus/housing/images/Res_Rate_Table_Landscape_18-19_Full_Year.pdf)

- **Courses Registration**

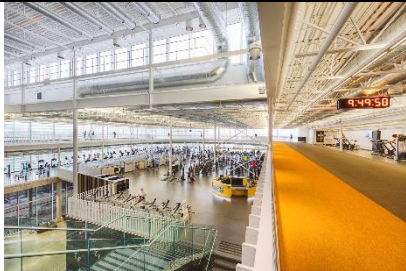
Course registration is easy, the exchange coordinator Amber will email you the link of course catalog and a form to fill in the courses you want to take.

Amber's email: [Amber.Pohl@umanitoba.ca](mailto:Amber.Pohl@umanitoba.ca)

- **Teaching & Assessment Methods**

The teaching style varies among professor but is really similar to Hong Kong. However, the class size of business courses are mostly small, averaging 30 people in a class after add-drop period. This is to allow more group projects and class participation. I have taken 3 courses and all of them are heavily focused on group projects and class participation.

- **Sports & Recreation Facilities**



As mentioned, there are many games to watch from Sept to Nov (Spirit Cup).

Apart from it, as a sport lover, you cannot miss the two leveled gym building that is offered to the students of UofM. It is really huge and well equipped with all gym facilities, including many climbing walls, basketball courts and so on. However, the gym room is charged exclusively, about \$100 CAD for one semester.

- **Finance & Banking (including currency / expenses)**

The exchange rate of CAD is about 6 times to HKD (1 CAD = 6 HKD). My expenses during the whole exchange is calculated as follow:

	Expenses (in HKD)
Air ticket	10,000
eTA	42

Residence (with meal plan)	30,000
Travelling	22,500
Clothing	7,800
Food (other than meal plan)	2,700
Entertainment	1,800
Books and stationary	720
Groceries	500
Transportation	300
	Total: 76,362

- **Social Clubs & Networking Opportunities**

I have joined a dodgeball team and K-pop class during the Fall term. There are many sport courses offered to students which they can join after class, of which the price varies from 70 to 100 CAD for one term.

Apart from it, AIMS, the student organization for international exchange students will also organize different events like camping and farewell dinner to gather students. This is also a great opportunity to expand your network.

- **Health & Safety**

There are health and dental clinics located on campus in the University Center. However, exchange students don't have free health and dental service, but we are still able to proceed with it and claim it back from the insurance HKUST has purchased for us.

- **Food**

As mentioned, there is a meal plan provided for student that live in dorm. There are two café that we are able to use our meal plan. The main one is at The Fresh Food Company at Pembina Hall, which provides buffet every day from 8 a.m. to 8 p.m. I like the stir-fry rice and pizza there.

Another one is the University Center, they have different cuisine there like pasta, burger, sushi and Chinese food in the Campo (just like a food court). On the second floor, there is Degrees Restaurant which is a nice western restaurant specializing in local grown produce. There is also a bar call The Hub, which holds different functions such as comedy night, game night and pub night every day. By the way, the chicken wings there are good.

However, bear in mind of the special time operation of the restaurants, especially on National day and Thanks-giving day, otherwise you are going to starve for a day.

Food bucks is also available for delivery of Pizza Pizza, of which you can eat as supper at night or when you are too lazy to go out.

For other delivery choices, you can simply visit [skipthedish.com](http://skipthedish.com)

- **Transportation**

Same as using the gym facilities, exchange student need to pay 120CAD for the bus pass call Peggo card, of which you can ride on different buses in Winnipeg for unlimited times in one term.

Taxi is also an option but is much more expensive and is mandatory to book it online in advance.

- **Climate**

The coldest I have experienced in Winnipeg was approximately  $-20^{\circ}\text{C}$  as I left in mid-Dec. However, the lowest Winnipeg has experienced was  $-44^{\circ}\text{C}$  in Jan and Feb. While it is still bearable, because most of the time we are staying indoors for classes and dining because there are underground tunnels leading everywhere around campus. There is also heater in every room, which makes the skin and the environment very dry. Hydrating lotion is definitely needed.

- **Communication**

I bought the 40CAD data plan in Polo Park in the first month but actually find it kind of unnecessary unless you are going on a trip. As most of the time I am either on campus using WiFi or hanging out with friends who have data plan.

- **Cautionary measures**

People, both locals and students living here for years keep telling me downtown is dangerous. That is why I always go there in a group and with company.

### 3. Items to bring

- Passport (with eTA) and other ID
- Laptop and other devices (if applicable)
- Calculator and glasses



- Plug (or adaptor), wire and portable charger
- Winter jacket and thick clothes, e.g. sweater, heat-tech and scarf
- Waterproof shoes (A must for snow)
- Earphone
- Ski-pants and jacket (if you want to ski there)
- Medicine
- Money and credit cards
- Bathing suit (there is an indoor swimming pool)
- Hat, sun cream and cosmetic



- Umbrella or rain gear (rarely have rain)

## 4. Useful Links and Contacts

### Residence:

- Application: <https://starrez-app.cc.umanitoba.ca/StarRezPortal>
- Price and meal plan detail: [http://umanitoba.ca/campus/housing/images/Res\\_Rate\\_Table\\_Landscape\\_18-19\\_Full\\_Year.pdf](http://umanitoba.ca/campus/housing/images/Res_Rate_Table_Landscape_18-19_Full_Year.pdf)
- Tunnel Map: <https://www.umanitoba.ca/about/map/tunnels/>

### Academic:

- Aurora (Check for course, financial status and grade): <https://aurora.umanitoba.ca>
- UM learn (Check for course materials and announcement): <https://universityofmanitoba.desire2learn.com>

### Exchange Coordinator-Amber:

Email: [Amber.Pohl@umanitoba.ca](mailto:Amber.Pohl@umanitoba.ca)

## 5. Travelling

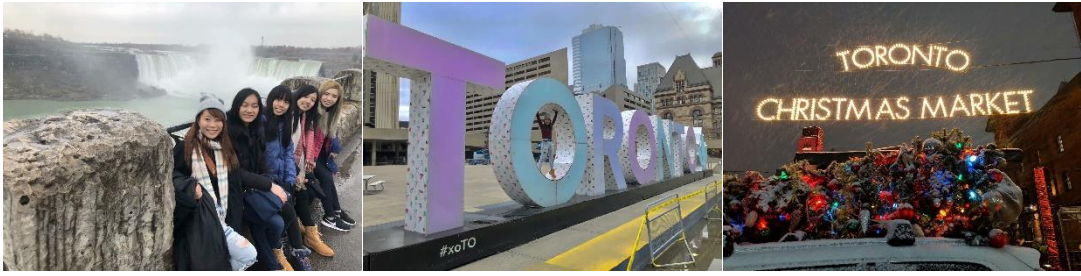
Apart from studying, other exchange students from Hong Kong and I have gone on a few trips in Canada.



Yellowknife to see the aurora light.



Rockies and Calgary



Toronto to see Niagara Falls