



## **STUDY ABROAD REPORT**

### **GUIDELINES**

Student reports serve as an important source of information for potential outgoing exchange students in regards to the various exchange programs available to GSOM students. An individual's study abroad experience is as unique as the exchange programs provided by GSOM. As every report will be available for viewing at the GSOM website, these contributions will aid in the decision-making process for future outgoing exchange students.

The topics below are meant as an aid only. Students are encouraged to use their imagination, while remaining as specific and detailed as possible. The use of pictures, articles from different sources or any other materials that would contribute to the report would be of great use to these reports.

**Please send your reports and any other supporting materials to GSOM International Office by E-mail [int.office@gsom.pu.ru](mailto:int.office@gsom.pu.ru) (copy to [medvedev@gsom.pu.ru](mailto:medvedev@gsom.pu.ru)).**

### **CULTURE SHOCK**

How did you deal with culture shock on exchange? What were some of the noticeable differences that you felt between your home and host culture? What services did your school provide to help you with these changes?

### **BANKING**

How do banking services work in your host country? How much cash should you bring to help sustain you until you figure out the banking services? What are the best methods of payment to use? Can you open up a bank account? Is it suggested, why or why not?

### **INVITATION/VISAS**

What procedures did you have to follow to obtain your visa? What documents did you need? What was the cost? How long did it take to receive your visa? Are you an international student? If yes, was the procedure different?

### **INTERNATIONAL SERVICES**

Is there an international office devoted to helping international and exchange students? If someone was particularly helpful, please note his or her name, phone number and address. What types of programs are organized for international students? What programs or activities did you find the most rewarding? Is there a "buddy program" at the host school?

### **ORIENTATION**

Please describe the Orientation program (Introduction week) at the host school. How long was the program? Is airport pick-up arranged?

## **CAMPUS FACILITIES**

What are the differences between GSOM's facilities and that of the host school? Where are the best places to study? Did you have access to computers, Wi-Fi? Should students bring their own computers?

## **COURSES**

Were and how you able to enroll in the courses that you wanted? What advice would you offer to next year's students regarding registration? How would you compare the courses at your host school with those of GSOM? Are the courses more or less difficult? Is the workload heavier? What is the academic focus of your host school?

## **TEACHING**

Is the style of teaching dramatically different from that at GSOM? Is the material covered at a similar speed, depth or volume compared to GSOM? What do you think about the quality of teaching? What style of teaching is used most often: seminars, lectures, case study, and projects? How much class participation is involved?

## **LANGUAGE COURSES**

Are there any language courses available? Are the courses beneficial? When do the courses start? Would you recommend any other strategies for visiting exchange students to learn more of the language before starting their exchange?

## **HOUSING FACILITIES**

Does the host school organize accommodation (dormitory) and is it adequate? If you had to arrange your own accommodation, how did you do this? Are phones, laundry facilities, cooking facilities provided? Are rooms quiet? Which are the best residences to apply to? What is the distance between the housing accommodation and the school campus? When was housing available? Did you stay in housing over holidays? Is there a meal plan at the housing facility? What is the quality of the cafeteria food? Is food expensive? Is eating-out expensive? How close are the grocery-shopping areas?

## **COSTS/EXPENSES**

You are the best resource for future students in this area. Please give cost estimates that are as accurate as possible. Did you encounter any unexpected costs? Remember to include how much you spent over a period of time; e.g. rent/month or for the term.

- accommodation
- textbooks
- local transportation (buses, trains)
- food/groceries (is this more or less RUR than in St. Petersburg?)
- entertainment

## **STUDENT HEALTH SERVICES**

Is there a health care unit on campus of your host school? Did you have to pay anything to use the hospital or student health clinic, if you used these facilities?

## **SOCIAL EVENTS**

What clubs or groups are good to join? Where are the best places to eat or the best places to go for the weekend? Is it easy to expand your social network? Do exchange students associate mostly with each other or domestic students?

**SPORTS/RECREATION**

What sports/recreation facilities exist at the campus or nearby? What are the costs of using these facilities? Are they accessible? What sports equipment should GSOM students take with them on exchange?

**STUDY TOURS/FIELD TRIPS**

What are the costs of going on excursions? Are they mandatory? What is their duration?

**WHAT TO BRING**

What are the 10 most important things to take with you?

**GENERAL IMPRESSIONS**

If someone asked you to give a "snapshot" of your time abroad, what would it look like – how would you describe it? Remember all experiences are useful for prospective students to read about.