

## [CANADA] – [cape breton university]

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<sup>1</sup> To update the agenda just click right on your moose

## I. Your overall feeling after your semester abroad

Overall, my experience abroad was very positive. I quickly felt comfortable and in my place because the environment matched my personality very well. I am someone rather reserved and very interested in sports, so I appreciated the calm atmosphere and the strong sports culture on campus.

If I could go back in time, I would definitely choose the same university again for these reasons. However, I think the experience could have been more difficult for someone who is very outgoing or looking for a very lively city life, because the university was quite isolated and not always very dynamic outside of campus activities.

**GRADE : 3,5/5**

*=> 0 (I do not recommend this semester abroad to my best friend) - 5 (I totally recommend this semester to my best friend)*

## II. Before the travel

### A. Preparation

#### 1. Visa

You only need an eTA (Electronic Travel Authorization) to fly to Canada, which is very easy to obtain online. There is no need for a visa or any other permit for a one-semester exchange as a French student.

#### 2. The flight

I flew from Toulouse to Sydney with Air Canada, with a stopover in Montréal. I booked my flight ticket in late October for a departure on January 1st. Be careful, as some flights can be disrupted by the weather since Canada can be very snowy during winter.

#### 3. My luggage

You should definitely bring warm clothes because winters in Canada can be very cold. However, unless you plan to do outdoor snow activities, I do not think snow boots are absolutely necessary. The campus is usually well cleared of snow, so if you mainly stay on campus, regular sneakers are generally enough.

One thing to keep in mind is that heavy snow can sometimes block activities for several days, so bringing something to keep yourself entertained can be a very good idea. For example, we brought a PS5 with us and we definitely did not regret it during snowy periods when there was not much to do outside.

#### 4. Bank account

I did not have to change banks or open a Canadian bank account. I mainly used my Revolut account because it was very practical for payments and withdrawals abroad. I also did not have to meet any specific bank account amount requirements for my exchange semester.

#### 5. Insurance

I subscribed to an online insurance called « Chapka » because I arranged everything quite late. The process was simple and quick, which made it convenient for preparing my departure on short notice.

### B. Housing

#### 1. Where to live

We lived directly on campus and it was very convenient. I would clearly recommend living there rather than in the city. Living in town usually means having to take the bus every day, which is not always practical, especially during winter.

On campus, everything was very close: we were only two minutes away from the gym, the sports facilities, and the classrooms. It made daily life much easier and allowed us to fully enjoy campus activities and student life.

#### 2. Find a flat or a room

I found my accommodation directly through the university's website. The process was simple and practical because the university provides housing options for exchange students on campus.

I would recommend applying as early as possible to have more choices and to make sure you get accommodation close to the university facilities.

### 3. Cost

For accommodation on campus, you should plan a budget between approximately €1,400 and €2,300 for the semester, depending on the type of housing you choose.

There were several options available: shared bedrooms, apartments shared with several students, or larger flats for up to five people with an integrated kitchen and common living spaces. The price mainly depended on the level of comfort and privacy you wanted.

## III. When I arrive at the university

### A. Inscription at the university

Once I arrived on campus, the administrative process was quite simple. I mainly had to get my student card, which gave me access to the sports facilities and other university infrastructures.

I also had to go to the building named « Harris Hall » to collect the keys for my apartment.

One important thing to know is that bedsheets, blankets, and pillows were not provided by the university, so you should plan to bring some or buy them once you arrive.

### B. Information on the university

#### 1. Class

#### **ECON-1101-20 : Principles of Microeconomics**

This microeconomics class was very interesting and I would definitely recommend it to future exchange students. The professor was excellent: very passionate about what he was teaching and always willing to help students. He was also very flexible and regularly adapted both the course content and the evaluation methods to avoid penalizing students as much as possible.

The class covered fairly classic economics concepts such as monopolies, oligopolies, supply and demand, and market structures. Even though I had already studied most of these concepts before, I still found the course engaging thanks to the professor's teaching style and explanations.

The evaluation was based on two large multiple-choice exams lasting two hours each. Because of this, the workload during the semester was relatively light. However, I would still recommend studying regularly and not waiting until the last moment before the exams, since the course materials consisted of very long PowerPoint presentations with many graphs and detailed explanations.

### **MGMT-1601-13 : Introduction to Business**

I honestly regret choosing this class. Unfortunately, I did not have many options left when selecting my courses, as most of the other classes were already full. However, I would not recommend this course to future students.

The content was extremely basic and I personally did not learn anything new from it. The teaching approach also felt quite childish at times, with the professor often treating students in a very infantilizing way and regularly showing cartoons or overly simplistic material during class.

Overall, it was a disappointing experience and probably the least interesting course of my semester abroad.

### **MGMT-2604-14 : Organizational Behaviour I**

I have mixed feelings about this course. The subject itself did not particularly interest me, so I sometimes found it difficult to stay fully engaged during the classes. However, the professor was kind, interesting, and made real efforts to create a good learning atmosphere.

Even though the topic was not really aligned with my personal interests, the course was still well organized and pleasant to attend thanks to the professor's attitude and teaching style. I think students who are more interested in management and workplace dynamics would probably enjoy it more than I did.

### **MRKT-2303-0 : Integrated Marketing Communica**

This was a fairly interesting marketing course, although I found it a bit too general at times. I sometimes had the feeling that the class focused more on giving an overview of the subject rather than going deeply into specific concepts.

That being said, the teaching method was quite original and interesting. The professor was very open to the use of AI tools, as long as they were used in a supervised and responsible way, which made the course feel modern and practical.

The class was also based more on practical assignments and applications than on pure theory, which I appreciated. Overall, even if the content could have been more in-depth, I still think the course was engaging and worth taking for students interested in marketing.

### **MRKT-3304-0 : Business to Business Marketing**

This one was definitely my favorite class of the semester. I found the subject extremely interesting because it covered topics that I felt we had never really studied during our degree in France. It gave me a new perspective on marketing, especially regarding relationships and strategies between companies.

The professor was particularly engaging, dynamic, and friendly, which made the classes very enjoyable to attend. The teaching style kept students involved and made the subject much more interesting.

However, the workload was quite significant compared to some other courses. The evaluation included three multiple-choice exams and three group projects, so it required regular work throughout the semester. Despite that, I would absolutely recommend this course because it was both enriching and motivating.

## 2. Organization of the Class

Classes lasted from January until early April. Overall, the workload was lighter than at Montpellier Management, except for the Business to Business Marketing course, which required much more regular work and involvement.

In general, all the professors were friendly and approachable. One thing that really stood out to me was how attentive they were to students' needs, which felt very different from France and seemed to be part of the local academic culture.

For example, before submitting a group assignment, professors would often invite every group to schedule a meeting with them to make sure the instructions were fully understood and to help students if needed. They were very supportive, available, and genuinely willing to help students succeed.

## 3. List of courses and recommendation

### **ECON-1101-20** : Principles of Microeconomics :

The level was quite similar as MOMA classes. I would definitely recommend it to future exchange students.

The class covered fairly classic economics concepts such as monopolies, oligopolies, supply and demand, and market structures.

The evaluation was based on two large multiple-choice exams lasting two hours each. Because of this, the workload during the semester was relatively light. However, I would still recommend studying regularly and not waiting until the last moment before the exams, since

### **MGMT-1601-13** : Introduction to Business

The level was clearly below MOMA classes, it was even below high-school level honestly. We had one class a week and were graded on 3 homework really easy to do. I definitely do not recommend it.

#### **MGMT-2604-14 : Organizational Behaviour I**

We had one class a week, several inclass activities and evaluations (3 tests). I definitely recommend this class if the topic is interesting to you. The level was slightly lower than MOMA classes.

#### **MRKT-2303-0 : Integrated Marketing Communica**

The organization of this class was really special since we missed 4 classes (due to weather) so the teacher had to adapt the program. So i dont think it would be relevant for me to judge it. But honestly i recommend the class since the approach was really interesting. The level was also lower than MOMA classes.

#### **MRKT-3304-0 : Business to Business Marketing**

The level was higher than average Marketing classes we can get at MOMA. I recommend it if you want to learn new things despite the amount of work which is quite high. The class included three multiple-choice exams and three group projects.

#### **4. Exam**

Most of the exams were either multiple-choice tests or group projects. Overall, I found the academic level slightly lower than at Montpellier Management, which made the evaluations more accessible.

The professors were also generally very generous with grading and clearly wanted students to succeed. They often adapted their teaching methods and evaluation formats to help students as much as possible and avoid putting them in difficulty. You could really feel that their objective was for students to pass and have a positive academic experience.

### **IV. When I life there**

#### **A. Safety**

*The place is extremely safe, and I didn't feel in danger anywhere.*

#### **B. Phone and Internet**

I cannot really give very useful advice about this because I personally had a bad experience with my French phone provider, « Orange » which incorrectly charged me during my stay.

As a result, I spent most of the semester using only Wi-Fi, without mobile data or regular phone calls. I mainly communicated through WhatsApp whenever I had access to Wi-Fi, which was generally available on campus and in the residences.

### C. Events

To stay informed about events and student activities, I would recommend following the university Instagram pages: @cbustudentunion ; @gocapersgo ; @cbu\_rec

### D. Sports

Sports are clearly one of the biggest strengths of the university. There are many opportunities to practice different activities and the sports facilities are very accessible for students.

You can play basketball almost every day thanks to the open gym, which is usually available from around 10 a.m. to 10 p.m. There is also a university league. The level is not extremely high, but it is still a great way to play regularly and meet people.

Students also have access to a fairly well-equipped gym. It is not perfect — for example there were only three benches and two cable machines, which were sometimes broken — but overall it is still much better than what many universities offer.

In addition, students can play soccer on Fridays on a very good field, and it is also possible to go ice skating during weekends, which was a really fun experience during winter

### E. Eating

The university cafeteria was not amazing in my opinion, so I would recommend cooking for yourself if possible. Of course, this depends on personal preferences, but I found it more enjoyable and flexible than relying entirely on campus food.

The cost of living was generally lower than I expected in Canada, so it was possible to manage groceries quite well without spending too much money. Because of that, I do not think the university meal plan is absolutely necessary.

There are also several places on campus where you can eat, especially fast food and other quick meals, which can still be convenient from time to time.

### F. Go to the university : bus, car, bike

It mainly depends on where you live, but overall the area is fairly well served by buses. Both [Sydney](#) and [Glance Bay](#) are connected by public transportation, which makes it possible to move around without a car.

Personally, since I lived directly on campus, I did not need to use transportation very often because most facilities were within walking distance.

## G. Travels

Personally, I went to Toronto during the semester and it was an amazing experience. I would definitely recommend visiting the Niagara Falls, which are absolutely worth seeing. It was probably one of the highlights of my stay in Canada.

More generally, traveling around Canada during the exchange can be a great experience and I would highly recommend taking advantage of it if possible.

One thing to be careful about, especially in large cities like Toronto, is that there are quite a lot of crackheads that don't have anything to lose in some areas. It is generally safe, but it is still important to stay aware of your surroundings, especially at night.

## H. Any other information you would have liked to know about

If I could go back in time, I think I would like to know how friendly and approachable Canadians are compared to what I was used to in France. People are generally very open and welcoming, so it is important to be sociable and ready to interact with others because you will probably have many more casual interactions than in France.

I would also have liked to know that joining the university basketball team would be very difficult, especially when arriving in the middle of the academic year. The roster is already very full (more than 30 players), so students should not expect to train regularly with the official team. However, there are still plenty of opportunities to play basketball through the open gym and recreational activities.

Finally, I think the cold weather in Canada is often exaggerated. Of course, winters can be snowy, but overall I did not find the temperatures as unbearable as many people imagine before coming.

## V. After your semester abroad

### A. What are you planning to do?

I want to do a Master either in Information System Management either in Data Analytics.

### B. Did you apply for master?

For the moment I didn't receive the results from Masters that are not in "alternance". I was placed in search for apprenticeship contract by one master "Management de la Sécurité des Systèmes d'Information" at the IAE Paris-Est. So im actively looking for a

contract. I also hope I will be selected for the “Marketing and Data Analytics” master of MOMA.