

## Retour d'expérience de ma mobilité internationale

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# [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

*Help : How was your experience abroad? If you could go back I time, would you go to this university and why ?*

*I had to chance to meet some good people there and that's what made me enjoy my trio. However, to be completely honest, I wouldn't advice this destination to anyone. There is not enough activities to do there, the population is pretty old, there is not a lot of things around, the "big" city is at 4 hours driving from Sydney, Canada.*

## II. Before the travel

### A. Preparation

#### 1. Visa

*Help : Do I need a visa ? If yes, what is the process ?*

*I just needed a "AVE" . All you have to do is apply for this type of visa online and pay \$7 to get it.*

#### 2. The flight

*Help : what flight did you take (the company name, airport etc.) and when did you take your flight ticket*

*The trip was from Marseille to Sydney (Canada) with 2 stops, one in Brussels and one in Montreal (so 3 different flights) with 2 different airlines : Brussels airlines and AirCanada. We bought our tickets approximately 3 months before the date.*

#### 3. My luggage

*Help : what to not forget in the luggage (what was useful and what you would like to have taken).*

*For cold countries like Canada, I would advice to not forget hiking boots, a warm jacket, gloves etc. Everything that could help to survive the extreme cold.*

#### 4. Bank account

*Help : did you have to change bank? To respect some amount requirement on the bank account etc.*

*No but I had to pay a fee for all the financial operations that I had to do there.*

#### 5. Insurance

*Help : What insurance did you subscribe to ?  
I don't remember the name exactly.*

## B. Housing

### 1. Where to live

*Help : Do a google maps capture and circle the area you recommend to live in (and the one you do not recommend)*

*We lived in Glace Bay, 12 minutes from the university. I would advice to stay as close as possible from Sydney that is the only "big town" around. The other towns are lost and far from everything.*

### 2. Find a flat or a room

*Help : How did you find your flat? Do you have any recommendation*

*We were in a house and I would recommend to live in a house or in an apartment with at least 1 or 2 roommates because at the beginning, when you don't know anyone in the university, the loneliness can be difficult to handle.*

### 3. Cost

*Help : How much should I plan for a room?*

*We payed around 1200 or 1400 euros each for 4 months.*

## III. When I arrive at the university

### A. Inscription at the university

*Help : How was the process, what did you have to do?*

Everything was done online so we only had to register for all the courses we wanted to attend.

### B. Information on the university

#### 1. Courses

*Help : List the different courses, and for each course, describe the format, the content, the exam, what did you like and not like, would you recommend it for the next student?*

*Organizational Behaviour : Questions to answer online 2/week, 1 individual paper (midterm) and 1 Final Group project (video recording and report). Very good professor but a lot of work all along the semester.*

*Introduction to psychology : 2 midterms and 1 final written exam. The professor is taking the time to explain everything, I really enjoyed this class.*

*Statistics : 2 midterms and 1 final exam*

*Calculus for business: 2 midterms and 1 final exam*

*Same professor for both these classes, really clear and nothing really difficult (the formulas are given during each exams and there is way enough time to do everything)*

*Human resources: 1 midterm and 1 final project (oral presentation and report).  
Participation is important and the course is a lot of common sense. I would have chosen a  
advanced version of this class if I could go back in time.*

## 2. Advice on “contrat d’étude”

*Help : would you recommend for a student when picking its courses*

*To take something that is relevant to his professional project, and classes that he likes.*

## IV. When I life there

### A. Safety

*Help : Is it safe? Is there areas or times I should avoid*

*It is really safe, even too quiet, there is not a lot of activities around the university and  
we didn't find any dangerous places. It is really peaceful.*

### B. Phone and Internet

*Help : How to be able to call and have internet*

*I had a special international offer from my phone operator + the WI-FI in the house.*

### C. Events

*Help : How to know about the events?*

*There wasn't a lot of event but mainly Instagram*

### D. Sports

*Help : What sport can I do ? and how?*

*There is a department in the university dedicated for recreational sports (called CBU REC),  
you can participate in soccer, volleyball, cricket, table tennis, badminton, basketball  
competitions. Moreover, there are some free-to-use fields of soccer, beach volley and frisbee  
golf.*

### E. Eating

*Help : Any recommendation? Or good tips (e.g. an international house buffet)*

*Fast foods are good but not cheaper than in France so it can be really expensive to eat out.  
The junk food in supermarkets is affordable but the healthy food is more expensive than in  
France with a lower quality.*

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

*Help : How did you get access to the bus, car or bike*

*We bought a car, but the university is accessible by bus too.*

### G. Travels

*Help : What do you recommend and what do you not recommend*

*Book your ticket as early as possible, use airlines comparators (Lilligo for example.)and be  
careful to the luggage constraints of all the country you'll fly to.*

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

*Help : What would I liked to know if I could have gone back in time*

*That there is not a lot of things around, it is not a ideal place for students, the population is old  
enough, there is only 2-3 bars (only downtown) and 1 horrible club.*

## V. Photos





