



My Exchange Evaluation

Basic Information

<i>Host University</i>	University of Toronto Scarborough Campus (UTSC)
<i>Semester & Year of Exchange</i>	Winter Semester of 2025
<i>Otago degree(s)</i>	Diploma for Graduates Psychology
<i>Major(s)</i>	Psychology

Academics/ course load

Which papers did you take whilst on exchange?

<i>Course title</i>	<i>Language of instruction</i>	<i>Otago equivalent</i>
PSYC17H3 – Meeting Minds: The Psychology of Interpersonal Interactions	English	300-Level PSYC
PSYC34H3 – The Psychology of Happiness and Meaning	English	300-Level PSYC
PSYC57H3 – Cognitive Neuroscience of Decision Making	English	300-Level PSYC

Total Otago credits gained: 54 points 72 points 108 points _____

Any comments about these papers?

Really interesting and in-depth exploration of different subtopics of psychology, I thoroughly enjoyed all of them.

How did the academic experience/ workload/ style of teaching differ from Otago?

Heavier workload, but with a greater variety of ways to earn course credits - including professor interaction points, in-class engagement points, and hours spent on homework etc. Student's efforts outside of the classroom are also recognized.

Accommodation

What accommodation did you stay in? What were the pros and cons of your accommodation?

I stayed on campus at a student residence, just 2 to 3 minute walk from classrooms – literally right on campus. I shared the apartment with 5 other roommates. Convenient, warm and welcoming.

Money matters

Please detail your basic costs, e.g. accommodation, flights, visa, food, insurance

The main cost was accommodation, which was around 5,500 NZD for one semester. Additionally, I spent about 2,800 NZD on all my flights. UTSC offers campus canteen and meal plan, a buffet-style food court where you can eat as much as you like. On average, meals cost around 15 CAD each.

What means did you use to access your finances? What would you recommend? (Credit card, Cash passport, foreign bank account, etc.)

Simply used my credit card throughout the exchange.

Visas & Insurance

Did you have to apply for a visa? What was the process?

Visa process is fairly easy and straightforward once you receive your offer of place, although you may need to travel to Auckland in person to complete the visa application.

Did your host university have a mandatory insurance?

No

Extra-curricular/Social Activities

What organised activities were available to students? What extra-curricular activities would you recommend to future exchange students?

There are plenty of social activities happening all the time — I watched two ice hockey games and went on a snow tubing trip. However, it is worth noting that the University of Toronto is also known for its heavy workload, so balancing academics and social life can be a bit challenging.

What was the university/ city like?

UTSC is located on the outskirts of Toronto, with limited city life around the campus. It takes about 1 hour and 30 minutes by bus and subway to reach downtown Toronto.

Any recommendations for things to do, places to visit, places to eat etc.?

Niagara falls is a must-visit, and Toronto Island Park offers a great view of the city skyline.

Any tips for future students?

If you're seeking academic depth, quality education and learning, U of T is the perfect place for you.

Overall Experience

Please write one paragraph (or more) about your exchange experience. Please include some photos!

Going on exchange to the University of Toronto was honestly one of the best decisions I've made during my studies. I thoroughly enjoyed all of my courses — each offered an in-depth and unique perspective on various aspects of human psychology. The high-quality education and exposure to more nuanced psychological topics were exactly what I was looking for, and the experience fully lived up to those expectations. On top of that, it was incredibly fulfilling to connect with so many inspiring and diverse individuals from all over the world. This experience was truly unforgettable - both rewarding and meaningful, and without a doubt the highlight of my university life.











