

## High Point University - North Carolina - USA

**Did you come across any problems during your application at the university? Subjects, country specific.**

Not at all. You do have to look everything up yourself, because there is not a lot of guidance from the university. But everything is on the website, so if you really look into it, it is really easy. In case you have questions, you can always make an appointment. I had to select eight courses, and you can select them on the website, but you don't really have to follow those courses at that university. It is more a way to show that you looked into the courses. A lot of people think that the courses you put in your application are the courses that you will get, however this is something separate, since you have to choose the ones that you would like to follow when you are already accepted for the University. You are still able to select the courses when you are in the Netherlands.

**How did you arrange housing, any tips here?**

In the United States you have to live in the dorms of your university. You apply online for housing and the university takes care of it. You always share a room with someone else, so that is something that you have to consider when you apply for an exchange in the USA. The bathroom is in the hall, so this is shared with multiple rooms. Almost all internationals are put together. Only a few people were put together with Americans, since they did not have any exchange students left.

**Any tips for booking flights tickets?**

It was quite hard to find connecting flights, because there are very small airports in the USA. When you fly for example to a big city like New York, the flying is not really a problem, but when you go to a small city, you have to fly to the nearest airport which can take a while with connecting flights. However, it was quite easy for me at the border, since I have an American passport, so I do not know how other people have experienced this.

**What is the best time to arrive?**

I arrived there on August 18<sup>th</sup> and my first lecture was already the 22<sup>nd</sup>. I do not recommend to arrive any time sooner, because everything is already arranged. You arrive, then you have your introduction days, and then the semester starts. The introduction days for international students were a few days before the first lectures.

**Are there any specific items to pack for your region?**

You need a special charger, but I think that is basically the only thing that is different in the United States.

**How did you have to adjust to the cultural differences?**

I had an American passport, so I was used to the culture already. But what I know is that, when you are far away, everyone in America sticks to the people from the same kind of culture, because there are a lot of internationals. There are also students from Latin America and Spain and France, so we did not have a very different culture, since it is all Westernized. Americans are a little more shy and a little more fake I guess. The people in the Netherlands are very direct, but the Americans are always so positive, and I think that they do not really dare to be honest with you.

Classes are way more interactive, we had classes of around 30 people. The teachers ask you a lot of questions, and you have to do a lot of presentations and role plays and stuff like that. You basically only have tutorials, instead of lectures. You also have a lot of small exams and presentations, so it is easier to get an average higher grade and you remember the content better. They have pop quizzes as well, but this depends on the class and they only counted as a bonus. I followed four courses there.

**Do you have any suggestions for associations to join or other ways to come in contact with local/exchange students?**

I joined a field hockey club and the international organization, so I did have some interaction with the locals. And it was very helpful that you speak their first language. It is easier to get in touch with American students there than for internationals to get in touch with the Dutch students in Tilburg. I definitely recommend to become a member of an association. If you join something you also meet the locals and not only stick with the international students.

**Are there any places that you have to take a visit to?**

Yes I did travel. However it is a little hard to travel much, since all the classes are mandatory. You are only allowed to miss like three classes, otherwise they kick you out of class, so it is very serious. But you have a couple of breaks. I went to New York, Marchunichi and Canada, and in the Thanksgiving break I went to California. And during the weekends I travelled just in the state.

**Golden tip**

I liked it very much that I was the only one from Tilburg University that went to that university, so I was forced to meet new people. Be very open minded and try to meet a lot of new people, even if it's less comfortable. It's better to experience everything.