

Questions for Final Report

Lam Yu Ching Polly

Semester exchange programme at PH Zug

1. Support

- From PH Zug / the International Office

Judith was very helpful in responding all the questions about the exchange program before and during the whole stay. The International Office provided us the Swiss half-fare pass and one month of Zuger pass which is very useful for incoming students.

- From your classroom teacher (if you completed the internship)

I had teaching practise at ISZL in a grade 3 class with Mr. Edward. He was very helpful and support us in many ways. ISZL is a good place for incoming students to have teaching practise with well-developed education environment. Besides, the education atmosphere and teaching aims at ISZL is very different with comparing to others public schools. I believe that others incoming students will be impressed by ISZL.

- From your buddy

Nicole is our buddy. Although we did not spent much time together, she showed us a restaurant in Zurich once in September and we had dinner there. Throughout the semester, we had around 3-4 meetings with Nicole which I personally think is not enough. I understand that it may be hard for a final year student to handle both academic work and being a buddy at the same time. Yet, as an incoming student, it's better for us to have a buddy to show us more about the Swiss culture or traditional sides.

I would like to suggest that PH Zug can recruit 2-3 buddies for each incoming group of students. In this way, buddies can take turns to show incoming students around during their free time while incoming students can have more opportunities to contact with Swiss students. It could be a nice idea for future incoming students.

2. Accommodation and living situation

- Finding accommodations, type of accommodations, cost

Three of the incoming female students stayed in the monastery just next to the PH. The monthly rent of the monastery is CHF 450 with your own room, share kitchen and share

PH Zug

toilet. I recommend incoming female students to stay in the monastery which is very convenient and cheap in Zug.

- Approximate monthly living costs

The monthly expense for food and transportation is around CHF 400-500. For non-european incoming students, you need to pay around CHF 220 for all kind of tax.

3. Overall programme

- Programme at PH Zug (lectures etc.)

Programme and the professors from the PH Zug are well-organized and friendly. Yet, some of the courses may be difficult for professors to teach 90% in English. It may be difficult for incoming students to adapt to.

- Teaching practice programme

The teaching practice programme was well-organized. ISZL is a good place for incoming students to have teaching practice. The learning environment in ISZL impressed all of us which we found it very innovative and modern.

- Challenges you faced

The daily expense in Switzerland is relatively high with comparing to Hong Kong. Incoming students should be aware of it and get prepare before planning to go on exchange program in Switzerland.

4. Personal evaluation of the stay

- Benefit for your future studies and career

After having teaching practise at ISZL, I gained a lot of knowledge which I may not find it from any textbook. I found that education can be much more open-minded in all over the world. I would like to further study more about teaching in an international school.

- Recommendations for future students

I would like to recommend you to spend most of the sunny days around the lake of Zug. You can walk around the lake and visit the mini zoo there. In summer, you can swim in the lake and one of the swimming spot is just 5-10 minutes by walk away from the PH. You should enjoy the summer sunny days as much as you can since it rare to have sunny days in winter.

- Personal evaluation (3 positive and 3 negative points)

As an exchange student, I got a deeper understanding to myself. I found myself can be more independent and caring as I have ever thought. I think it's one of the benefit for young people to go aboard alone and enjoy their adventure. It's always interesting for me to explore new culture. Friendship is always an important part when you go on an adventure, I met 3 friends in Switzerland and we got along so well. It may sounds crazy but I recognise them as my lifelong friends which I'd love to see them every year somewhere around the world.

It's hard for me to think of negative points during the stay. I may say the exchange period is too short for me to explore. I highly recommend future incoming students to spend a year here.