

B. Sc. Kinesiology (Sport Science)

USA

September 2019 – June 2020

Oregon State University, Corvallis, Oregon

USA-2019-R274M-w

The arrival in the US was very well organized. So we started off in Portland where all the exchange students from Baden Württemberg flew in and gathered to start our 'ExplOregon' week we signed up before we left. We spent the week in Oregon with different activities which all have been organized for us. After the week we have been dropped off at our final destination cities to start our semester(s) abroad.

The first week in Corvallis started on Wednesday with several orientation and information sessions on campus. We got provided with brochures and maps and a personalized schedule for the welcome week to keep track of the countless events we had to or could participate in. The university organized five days of program for all new students including introduction speeches of professors, campus tours, free food, introductions of each department, trips to shops to get furniture, interactive quizzes, presentation of helpful facilities on campus and where to find them and introduction to sport clubs and facilities. Not all of the information we got these days were new to us as some has been covered at the preparation seminars before. Also some of the tours and introductions had some facts double covered, which is why we did not take part in all of the events they offered.

Some formalities especially course selection took a while to figure out how to properly do them. We started back home in Germany already to select our classes, what made the whole process a little easier. The fact that we are able to drop and add classes within the first official week gave us time to work over our schedules after we actually experienced it. The process is not quite easy and it takes a while to understand it, but once I spent a little time with it I could figure it out and set my schedule right.

As I am not living on campus I had to spend the first two weeks searching for a place to stay. It is definitely time intensive and quite stressful sometimes because you have to click through a lot of room advertisements and text a lot of people to actually arrange interviews. While I was doing this Corvallis had the great opportunity to stay at the International House for as long as I wanted to. Also it was a great way to meet more internationals as you don't really meet them on campus or during classes. I would definitely recommend to search for off campus living after your arrival if someone is staying for more than one term. It might be a little uncomfortable and overwhelming first because you have to deal with all the new surroundings and people in the first weeks but there are definitely plenty of options to find something.

My highlight in the first weeks was the official welcoming of all new students for Fall term 2019. We gathered inside the basketball/volleyball coliseum where several deans of the different departments held some speeches and welcomed us students at OSU. After this we walked into the Reser stadium (American Football) while all fraternity and sorority members of Corvallis were gathering outside, leading us the way and cheering at us.

In the stadium itself the marching band introduced us to the common songs and chants they would play at the sports games and events. To top that off all new students of 'OSU class 2019' gathered on the football field to form the letters "O-S-U" to take a picture. It was the most memorable day for me because I felt like I am part of something really big and everyone was so welcoming and happy that we are here.

Compared to Germany the campus is definitely different. The whole city is built around the campus. It's a huge area and it takes a few months to figure out where all the buildings are you need to go to. But walking around with google maps open is definitely a common and necessary thing to do. Also walking around in Beaver gear is more than welcome and common among the students.

Something you really have to adapted to as an European coming into the US is the nightlife culture. Remembering to not drink in public or even carrying around open containers of alcohol is challenging in the beginning. Also the closing hour of most bars are 2am, during the week sometimes even 12am.

Another difference is the study system they have here. Throughout the whole term you have to do homework, online or in-class quizzes, weekly assignments and group projects in a bigger extend then back home. Some classes can demand quite a lot but it is manageable if you keep up with the class content and don't leave everything until the last hours before the due date. As a European I would compare it to a school-type of classes rather than a university.

On a usual day here I start with classes in the morning. Usually I have 2-3 classes a day, depends on how u managed your schedule. I would be done by 3 or 4pm (includes breaks of approximately an hour in between classes) and would head to the Recreation center (gym) for a workout. After that I would either get myself some lunch/dinner on campus or go home and cook something, get some homework done and catch up with friends after to go out to the bars or just hang out at someone's place.

Regarding my schedule for the first two terms, it differs from my schedule in Freiburg insofar, that a class you are enrolled in usually takes place two or even three times a week. So in the first place it looks like 12 credits are an easy schedule with four three-credit or even three four-credit classes a week. But the classes are spread over the week, which means you have less classes then in Germany. However, you spend more time in class. Also the majority of classes take attendance really serious, especially the physical activity classes and the ones where there are not many people in one class. But the course scheduler gives you a good opportunity to schedule your classes like you want them to be, for example Fridays off are always appreciated

😊

Fall term 2019

	MON	TUE	WED	THU	FRI
	7	8	9	10	11
09	BI-231-0 01 -	BI-241-0 50 -	BI-231-0 01 -		BI-231-0 01 -
10	PAC-145 -006 -		PAC-145 -006 -		
11					
12				H-100-0 01 - INTRO DUCTION TO	
13					
14		TRAL-35 3-001 - NATURE, ECO, & ADV	BI-241-0 50 - INTRO HUMAN ANATO	TRA Quiz L-35 2 3-00 TRA 1 - NAT	
15					
16					

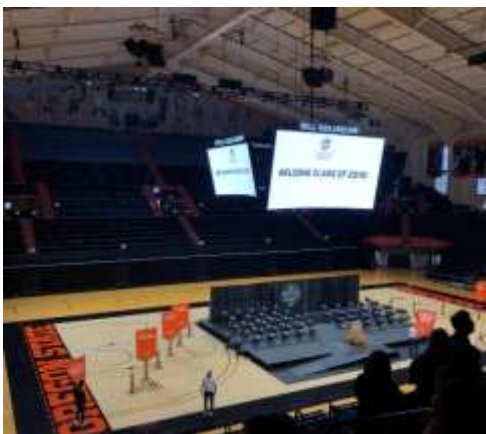
Winter term 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
8am	too early	too early	too early	too early	too early
8:15					
8:30					
8:45					
9am					
9:15					
9:30					
9:45					
10am	PAC-146 Shouse, Sarah		PAC-146 Shouse, Sarah		
10:15					
10:30					
10:45					
11am		PAC-151 Feinberg, David E		PAC-151 Feinberg, David E	
11:15					
11:30					
11:45					
12pm	PAC-275 Trosen, LeAnna M	NUTR-341 Skoog, Ingrid A	PAC-275 Trosen, LeAnna M	NUTR-341 Skoog, Ingrid A	
12:15					
12:30					
12:45					
1pm					
1:15					
1:30					
1:45					
2pm	PSY-202 Tran, Sydney Jessie	HDFS-240 Dowhower, Daniel P	PSY-202 Tran, Sydney Jessie	HDFS-240 Dowhower, Daniel P	PSY-202 Tran, Sydney Jessie
2:15					
2:30					
2:45					
3pm					
3:15					
3:30					
3:45					
4pm					

My favorite American experience here is called 'Western Wednesday'. Every Wednesday we would go to a bar with a bunch of internationals where there is Country music until 12am. We would go there to watch (sometimes even dance) people dance line dance in their cowboy boots and flannels to the various songs. At 12am we would all come together and sing an American song together before the normal club music would start. I feel like this is such an authentic American experience and we enjoy it a lot every week again.

- The various sport events in Reser stadium (football) or Gill Coliseum (Volleyball/Basketball/Gymnastics) you can get in for free as a student ... **one should definitely try out!**
- **As a foreigner one should not...** be afraid to initiate a conversation with domestic students. Some of them are excited to meet international people and are genuinely interested in hanging out.
- **The most important vocabulary is...** "Go Beavs!" **and means...** we are all Beavers. Every student is part of the Beaver Nation and we are Dam proud to be at OSU ☺
- My friends and family ...**is what I miss the most.** But it is super easy to make lifetime friends here and have a great time experiencing the college life with other internationals.

Fall term 2019



Winter break / Winter term 2020

