CHANGE YOUR MIND

Long Term Effects of a Reciprocal Student Exchange Program

Results analysed by the University of Regensburg in Germany
Long Term Effects of a Reciprocal Student Exchange

Reciprocal Student Exchange:

- Reciprocal (students are matched)
- Exchange duration: 10 weeks
- AGTV has coordinated the BJR Exchange since 1988
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Evaluation development:

- 1. First Study 1997/1998

- 2. Study 2004 of long term effects
  - Bavaria/Germany: BJR
  - Victoria/Australia: AGTV
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Research design:
- One off written questionnaire with standardised questions containing predominantly closed questions

Participants:
- Selection Procedure:
  - All participants mailed and invited to participate
### Long Term Effects of a Reciprocal Student Exchange

**Survey Timeframe:** March-May 2004

**Response Data:**

<table>
<thead>
<tr>
<th>Austauschjahrgang</th>
<th>Bayern/Deutschland</th>
<th>Victoria/Australien</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>versandte Fragebögen</td>
<td>zurückerhaltene Fragebögen</td>
</tr>
<tr>
<td>1988/1989</td>
<td>39</td>
<td>19</td>
</tr>
<tr>
<td>1989/1990</td>
<td>38</td>
<td>19</td>
</tr>
<tr>
<td>1990/1991</td>
<td>41</td>
<td>24</td>
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<tr>
<td>1991/1992</td>
<td>35</td>
<td>21</td>
</tr>
<tr>
<td>1992/1993</td>
<td>45</td>
<td>25</td>
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<tr>
<td>1993/1994</td>
<td>42</td>
<td>21</td>
</tr>
<tr>
<td>1995/1996</td>
<td>51</td>
<td>37</td>
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<td>1996/1996</td>
<td>52</td>
<td>34</td>
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<td>1996/1997</td>
<td>46</td>
<td>30</td>
</tr>
<tr>
<td>1997/1998</td>
<td>53</td>
<td>32</td>
</tr>
<tr>
<td><strong>insgesamt</strong></td>
<td>442</td>
<td>262</td>
</tr>
</tbody>
</table>
Evaluation:

- Comparison between Germany and Australia
- German Participants: differences according to sex
Driving Questions for the Research:

- Was the country of exchange re-visited?
- How strongly are the social contacts developed during the exchange still maintained?
- Would it be meaningful for the exchange organisers to develop a means of contact for past exchange students to access?
- Are there career and / or personal advantages to be gained from the exchange experience?
Driving Questions for the Research:

- Are decisions made which without the exchange experience would not be taken?
- Does the return visit pose a learning experience for the exchange partners?
- Are there personality changes which can be directly linked with the exchange experience?
- What significance does participation in the exchange have in comparison with other experiences?
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Long Term Effects of a Reciprocal Student Exchange

Long Term Effects:

- Substantial, long lasting personal changes
- Multifaceted impact on later life (further more extensive travel overseas, career choice)
- The exchange is seen as highly significant in their life
- Many career and personal advantages
Number of return stays in country of exchange since the exchange
Average number of contacts per year with host family (parents, host brothers and sisters, host grandparents etc.)

Bar chart showing the average number of contacts per year with the host family.

- **Telephone:**
  - Yearly: 2.4 contacts (Australia) vs. 2.2 contacts (Germany)
  - Years 2-6: 1.4 contacts (Australia) vs. 1.2 contacts (Germany)
  - Last 12 months: 2.2 contacts (Australia)

- **Email:**
  - Yearly: 6.4 contacts (Australia) vs. 6.5 contacts (Germany)
  - Years 2-6: 3.8 contacts (Australia) vs. 3.6 contacts (Germany)
  - Last 12 months: 5.0 contacts (Australia) vs. 3.7 contacts (Germany)

- **Direct Contacts:**
  - Yearly: 0.2 contacts (Australia) vs. 0.1 contacts (Germany)
  - Years 2-6: 0.3 contacts (Australia) vs. 0.3 contacts (Germany)
  - Last 12 months: 1.6 contacts (Australia) vs. 4.4 contacts (Germany)

*Note: The bars indicate the average number of contacts. The bar heights show the comparison between Australia and Germany.*

**Statistical Significance:**
- The values marked with an asterisk (*) indicate that the difference is statistically significant (p<0.01).
Professional advantages from participation in the exchange
(multiple responses were possible)

- Improved academic performance at school
- More effective learning / work
- Advantage gaining a training place
- Advantage gaining a tertiary study place
- Advantage gaining a scholarship
- Advantage gaining a job
- Other: Advantage gaining work experience
- Other: Advantage gained from language skills
- Other reasons

Anmerkung: "Vorteil bei Praktikumsvergabe" und "Vorteil durch Sprachkenntnisse" wurden aus den sonstigen Nennungen heraus vercode und waren keine vorgegebene Kategorie im Fragebogen.
**Personal advantages from participation in the exchange**

(multiple responses were possible)

<table>
<thead>
<tr>
<th>Category</th>
<th>Australia (n=79)</th>
<th>Germany (n=252)</th>
<th>Statistik % zulässiger Nennungen je Kategorie</th>
</tr>
</thead>
<tbody>
<tr>
<td>Internationale Freundschaften</td>
<td>75,2%</td>
<td>75,1%</td>
<td></td>
</tr>
<tr>
<td>Kontakt zu Auslandern(n)innen im Inland</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>besseres Verhältnis zu Eltern</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cramar V: 0,167 (p&lt;0,01)</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>besseres Verhältnis zu Geschwistern</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cramar V: 0,121 (p&lt;0,05)</td>
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<tr>
<td>besseres Verhältnis zu Freunden(enen)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>besseres Verhältnis zu Mitschüler(n)en</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sonstiges: besondere persönliche Erfahrung</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Sonstiges: größere Selbständigkeit</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sonstiges: neue Freundschaft(en) im In-/Ausland</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Sonstiges</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

Anmerkung: "besondere persönliche Erfahrung", "größere Selbständigkeit" und "neue Freundschaft(en) im In-/Ausland" wurden aus den sonstigen Nennungen herausgefiltert und waren keine vorgegebene Kategorie im Fragebogen.
Which area is more important for you?

Professional advantages

Personal advantages

Career and personal advantages

Long Term Effects of a Reciprocal Student Exchange

Oliver Blume, Bernd Lossow, Michael Schröder, Tilmann Wolff

BJR - Bayerischer Jugendring

AGTV - Association of German Teachers of Victoria Inc.

Which area is more important for you?

Professional advantages

Personal advantages

Career and personal advantages

Welcher Bereich ist für Sie wichtiger?

Australien (n=75)

Deutschland (n=253)

berufliche Vorteile

5.3%

12.6%

private Vorteile

78.3%

90.7%

berufliche+private Vorteile

9.1%

4.0%
“If I hadn’t gone on exchange, I would NOT have undertaken the following”:
(multiple responses were possible)
Career choice, which was influenced by participation in the exchange

- Tourism career
- (English / German) teacher
- Foreign language correspondent clerk
- Involvement at international level
- Doctor
- Lawyer
- Language study (not English or German)
- Other career
The importance of the hosting of the exchange partner in your country from your current perspective

Very important

Important

Less important

Not very important

Unimportant

Statistik: % von Herkunftsland
Anmerkung: Die vorgegebene Antwortkategorie "sehr unwichtig" wurde kein Mal genannt.
Care of the partner in your country as a learning experience

- Increased sensitivity towards people from other countries in my own country
- Increased understanding for other points of view
- Increased ability to cope with conflict
- Personal differences become less important
- Easier acceptance of diverse people
- Increased tolerance
- Greater sense of responsibility for other people
- More understanding for minorities
- My own pretensions are less important

[Bar chart showing the long-term effects of a reciprocal student exchange in Australia and Germany]
Agreement with personal changes from the exchange

Increased confidence in your own abilities
Increased confidence to take risks
Staying power
Confidence in your own opinions / decisions
Crisis management
Acceptance of different points of view, behaviour & opinions
Increased readiness to learn
Interest in other people
Increased intercultural sensitivity
Less fear of strangers
To positively approach differences
Social compatibility

Statistik: % zutreffender Nennungen je Kategorie
Anmerkung: Die Antwortmöglichkeiten "trifft voll zu" und "trifft eher zu" wurden zusammengefasst.
### Change Your Mind

**Long Term Effects of a Reciprocal Student Exchange**

Important experiences averaged according to participants’ responses

| Experience                     | Australia | Germany
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>Years of Study</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overseas trip</td>
<td></td>
<td></td>
</tr>
<tr>
<td>AGTV / BJR student exchange</td>
<td></td>
<td></td>
</tr>
<tr>
<td>School years</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vocational training</td>
<td></td>
<td></td>
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<tr>
<td>Military / community service</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Internship</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Table: Important Experiences Averaged

<table>
<thead>
<tr>
<th>Experience</th>
<th>Australia</th>
<th>Germany</th>
</tr>
</thead>
<tbody>
<tr>
<td>Studienzeit (Years of Study)</td>
<td>7.62</td>
<td>7.82</td>
</tr>
<tr>
<td>Sonstiges</td>
<td>7.30</td>
<td>7.75</td>
</tr>
<tr>
<td>Auslandsaufenthalt</td>
<td>7.24</td>
<td>7.79</td>
</tr>
<tr>
<td>BJR-Schüleraustausch</td>
<td>6.89</td>
<td>6.42</td>
</tr>
<tr>
<td>berufliche Tätigkeit</td>
<td>6.34</td>
<td>6.88</td>
</tr>
<tr>
<td>Schulzeit</td>
<td>6.27</td>
<td>6.00</td>
</tr>
<tr>
<td>Berufsausbildung</td>
<td>5.81</td>
<td>6.11</td>
</tr>
<tr>
<td>Wehr-Ersatzdienst</td>
<td>5.81</td>
<td>5.64</td>
</tr>
<tr>
<td>Berufspraktikum</td>
<td>4.71</td>
<td></td>
</tr>
</tbody>
</table>

#### Notes:
- The graph shows the average importance of experiences.
- The bars represent different countries (Australia vs. Germany).
- The T-test indicates significance levels:
  - $^1 p<0.01$ (1-sided)
  - $^2 p<0.05$ (1-sided)

**Anmerkung:**

Da es in Australien keinen Wehr-/Ersatzdienst gibt, wurden hier von den Befragten nur acht mögliche Erfahrungen gerankt. Die Rangnoten wurden für die Auswertung wie folgt invertiert: deutsche Befragte: 9 ("wichtigste Erfahrung") bis 1 ("unwichtigste Erfahrung") australische Befragte: 6 ("wichtigste Erfahrung") bis 2 ("unwichtigste Erfahrung").
Summary / Outlook:

- The experience of an exchange is held very dear.
- The lasting effects are important.
- Diverse impact on later life e.g. further extended overseas experiences.
- Substantial long term personal changes.
- Intensive long term social contacts made during the exchange.
- Importance of reciprocity highly rated.
- Maintenance and development of the exchange program highly desirable.