



Full name: Vered Constantini

Email: veredcon@gmail.com

Degree Program at TAU: MBA

Host University: George Washington University

Exchange term: Fall 2019 semester (4 months)

Exchange Experience

About the country and city:

- **Food and night life-** Washington DC is a great city and not as sleepy as people might say. The food scene improved and there are great restaurants from all kitchens. Tips are between 18%-22% before tax. Notice that the menu never shows tax. Unfortunately, I couldn't really find a decent coffee place (except La Columbo). There are many pubs, and dance bars around 14th and U street.
- **Location-** the city is perfect to travel around - 4 hours by bus to New York (\$25), 2 hours Philadelphia, and a great location to start a road trip (Shenandoah national park, North Carolina, Virginia Beach, and up to Pennsylvania).
- **Global experience-** As the capital city of the United States, you feel as the city also serves as the international capital – many relevant protests are taking place there and many leaders arrive from all around the world.
- **Culture-** the best museums in the world are in DC and most of them are free (Holocaust museum, African American history museum, spy museum, Newseum, etc.)
- **Extra-** the city offers many opportunities especially if you have some interest in politics, global economy and international affairs- tons of think tanks, conferences, research centers that offer free lectures, "Profs and Pines", and many more events.

About the Host University:

GWU is not an IVL university, but it is a very good university with good reputation and recognition.

- The GWSB (school of business) and coordinator were very helpful to all exchange students with anything we needed or wanted to ask.
- All classes required a lot of studying- especially readings and many projects.
- The university hosts many known persons as its location in DC near the white house allows them to do it more often (such as: Hilary Clinton, Niki Hailey, etc.)

Courses and professors:

- Conflict Management and Negotiation - Important class. Learning skills and concepts and implementing them during the many simulations- one on one and group simulations.
- International Strategic Management- Prof. Phene is amazing. Her knowledge about global firms is extraordinary and she is encouraging student's participation (knows everyone's background and exploit it). Throughout the semester learn about traditional and new approaches for global expansion.
- Impact Investment- I felt that the course could have been more practical.
- Strategic Networking- Prof. Walter is really nice and appreciates students' feedback and comments. This was the first course of its kind so it will probably change overtime. It was nice to learn how to use social network strategic as a tool to gain business value.

Accommodation:

The university offers ISH- international student house. A few students from the exchange stayed there- it's not very cheap (around \$1500) but you get free breakfast and dinner. They didn't have a kitchen to cook and I believe they don't have private rooms. Although it's really hard to find an apartment in DC center when looking for a furnished, short term apartment. I would suggest finding a studio apartment around Dupont circle/Shaw/Adams Morgan- it's worth it.

Visa:

As in every American University you'll need a J1 visa. You can't work with this kind of visa but can have a short internship/training after the semester is done (but only for the same number of weeks as the original visa)

Transportation:

The city is very walkable and very easy to navigate in. You can get almost anywhere you want by walking or taking a bike (I used the capital bike share which costs annually \$25 for GW students). The subway/metro is also very convenient.

Insurance and Health Services:

The university requires every student to acquire a health insurance. I had the one the University offered which cost around \$1075.

Living expenses:

DC is surprisingly very expensive, almost as Manhattan. \$2700-\$3000- month rental including everything for a one-bedroom apartment that suits a couple at the city center (Dupont), for a 4-month lease, furnished apartment).

General experience:

DC is beautiful and special. As a small city you easily feel a part of a community. There are lots of שליחים and a friendly Israeli environment (if it's something you look for). Everywhere I walked I saw buildings with great significant, cute townhouses and nature. From my experience, I truly recommend choosing DC and GWU especially if you are a person who has some interest in international relations.