Fall 2014

Study Abroad

Pre-departure Orientation
Welcome!

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Topics

- Forms
- Finances
- Academics
- Housing
- Health & Safety
- What to Pack
- Keeping in Touch
- Culture Shock
- Breakout Session
Please submit the following forms/documents to the Study Abroad Office:

- Study Abroad Application
- Request to Study Abroad
- Copy of Passport
- Copy of Flight Itinerary
- Copy of Insurance
II. Finances

- Meet with Financial Aid
  - Step 5 on Request to Study Abroad form
  - Mr. Steven Gengenbacher

- Getting an advance refund
  - Let Financial Aid know when you’re leaving
  - Request a refund at least 2 weeks prior to your departure

- Managing award money
  - Are you responsible for housing? Food? Fees?

- BUDGET!

- Keep all receipts just in case!
Paying for your Program Abroad

- You will be billed for UIW tuition.
- Cost of housing and fees depends on host school.
- Pay your bill or set up a payment plan with the Business Office prior to departing.
- If you are eligible to receive a refund, make arrangements to get it in advance.
Money Matters

- Contact your bank and credit card company to inform them you will be abroad.

- It is a good idea to have a small amount of the foreign currency you will need before going abroad.

- Be aware of fees.

- BUDGET!!!
III. Academics

- Pre-approval is required for ALL courses to be taken abroad.
- Take your Academic Advisor’s contact information with you.
- For any changes in your courses, please contact your advisor.
- Inform the Study Abroad Office and your advisor of your final course list within the first 2 weeks of your semester abroad.
- Don’t forget to STUDY abroad, your grades WILL transfer.
- Your GRADES WILL TRANSFER. Your GPA will be affected.
Registering for classes abroad

- Complete your Request to Study Abroad form, you will be registered at UIW as a study abroad student. Be aware of UIW deadlines and fees.

- You will register for classes once you arrive at host school.

- JCU students will register online, an e-mail will be sent with details.
Registering for spring 2015 semester courses

- Refer to the Registrar’s website for dates/times of registration.

- Discuss your course selections for spring with your academic advisor.

- If you need permission for a particular course, please arrange that with the instructor and/or department.

- **PLEASE REMEMBER:** All official UIW information will be sent to your UIW e-mail address ONLY.
IV. Housing at UIW

- Notify Residence Life that you will be studying abroad.

- Please notify the Study Abroad Office that you live on campus, so that we can send a confirmation to Res Life.

- Make plans with Residence Life for your housing for the semester you will return.
Housing Abroad

- Send your housing address and phone number to the Study Abroad Office and your parents as soon as possible; if you change housing, please inform us.
- Inquire about whether or not your linens are included.
- Be PATIENT and FLEXIBLE.
- Be conscious of the need to “get use” to new people, setting, customs, schedules, etc.
- Keep in mind that you may or may not have internet access in your home, apartment, or residence hall.
- If you have any concerns or difficulties with your housing while abroad, please contact your local Resident Director or International Office FIRST.
Common Sense: Be aware of your surroundings!

Good Communication
- with on-campus directors and friends abroad
- with friends and family at home

Be in the know! Stay informed with up-to-date information about your host country and travel locations.

Register with the embassy.

Safe ⚠️ Throw caution to the wind
Health Notes

- Prescription Medication
  - In your carry on
  - Keep in original containers
  - Take doctor’s note
  - Have doctor’s contact information

- First aid kit
  - Familiar medicine
    - Stomach
    - Allergies
    - Cold/flu
  - Band-aids

- Insurance
  - Students **must** have both travel and international health insurance.
  - Check with your current insurance provider to see if you are covered while abroad.
  - If not, you can purchase international health insurance online.
State Department tips for travelers:
  - [http://travel.state.gov/](http://travel.state.gov/)

Consular Information Sheets and Travel Warnings
  - [http://travel.state.gov/travel/warnings.html](http://travel.state.gov/travel/warnings.html)

Health Information
  - [www.who.int/](http://www.who.int/)

Your on-site coordinator should be your 1st contact in the event of an emergency.
VI. What to Pack

- Pack lightly!
- Pack appropriately!
- Can you go up and down a flight of stairs?
- Remember: The less you pack, the more you can bring back!
Things to remember when packing

- Airline baggage limits

- Travel documents (in your CARRY-ON bag)
  - passport
  - visa
  - financial documents
  - airline tickets (including the return portion)
  - the acceptance letter from your overseas program
  - address of the university or housing location

- Some luggage essentials (in your CARRY-ON bag)
  - prescription medication
  - eyeglasses
  - toiletries and change of clothes (in case your luggage is delayed)
Packing Considerations

- **Medication**
  - Take a complete supply of any prescription medication as well as a note from your doctor giving the generic name of the drug that is prescribed with you. Keep all medication in its original-labeled container in case Customs officials have any questions.

- **Safety**
  - Safety begins with packing. Plan to dress conservatively. Short skirts and tank tops may be comfortable, but they may also encourage unwanted attention. Also, avoid the appearance of affluence – it will keep you from being a target to thieves and pickpockets.

- **Valuables**
  - Do not take anything you aren’t willing to lose.
VII. Keeping in touch

- Check your Cardinal mail!
- Inquire about purchasing a cell phone abroad.
- Stay in touch with the Study Abroad Office.
- Stay in touch with your family:
  - Skype
  - Facebook
Culture Shock

- Culture Shock is NORMAL!
- BE OPEN MINDED – BE ADAPTABLE
Stages of Culture Shock

1. Initial Euphoria
2. Irritation and Hostility
3. Gradual Adjustment
4. Adaptation
Symptoms of culture shock

- Homesickness
- Boredom
- Withdrawal
- Excessive sleeping
- Compulsive eating or not eating enough
- Compulsive drinking
- Irritability
- Exaggerated cleanliness
Getting over it

- Make connections
- Explore your host country
- Look for triggers & patterns
- Find the positive
- Maintain a sense of humor
- Make new friends – both Americans and host nationals
- Get involved
Be safe,
Be curious,
Be great ambassadors,
And HAVE FUN!!!