



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

# I. Forms

- 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.

# V. Health and Safety

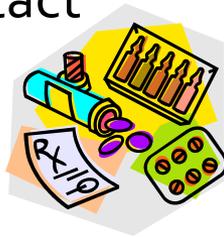
- Common Sense: Be aware of your surroundings!
- Good Communication
  - with on-campus directors and friends abroad
  - with friends and family at home
- Be in the know! Stay informed with up-to-date information about your host country and travel locations.
- Register with the embassy.
- Safe  Throw 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.

# Health & Safety Resources

- State Department tips for travelers:
  - <http://travel.state.gov/>
- Consular Information Sheets and Travel Warnings
  - <http://travel.state.gov/travel/warnings.html>
- Health Information
  - [http://travel.state.gov/travel/abroad\\_health.html](http://travel.state.gov/travel/abroad_health.html)
  - <http://www.cdc.gov/travel/>
  - [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



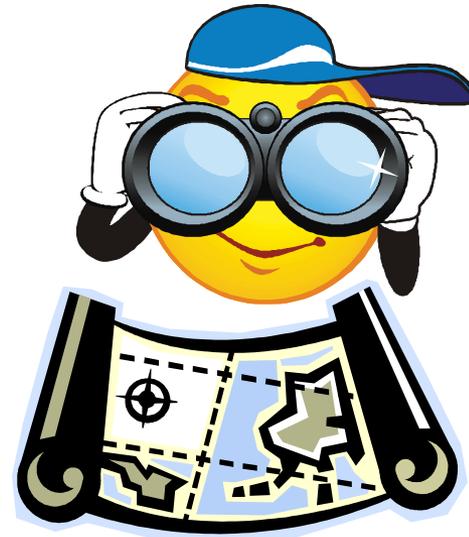
# Symptoms of culture shock



- 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

# Questions



# ENJOY!!!

*Be safe,  
Be curious,  
Be great ambassadors,  
And HAVE FUN!!!*

