

*The Jayhawk Guide to*

# PRE-DEPARTURE

Gates 38-50 →



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# CULTURE & YOU

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# CULTURE & YOU

One of the great benefits of studying abroad is the experience of coming to know another culture intimately. In this section, we will take a look at culture and cultural differences, describe the typical pattern of cultural adjustment, understand how identity and stereotypes influence your experience abroad, and provide some techniques for weathering the less comfortable aspects of your cultural adjustment.

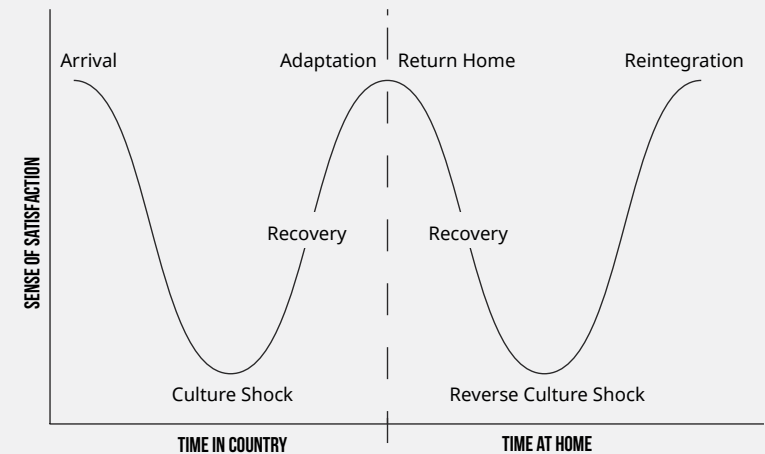
Robert Kohls, a well-respected author of intercultural literature, defines culture as, “an integrated system of learned behavior patterns that are characteristic of the members of any given society. Culture refers to the total way of life of particular groups of people. It includes everything that a group of people thinks, says, does and makes -- its systems of attitudes and feelings. Culture is learned and transmitted from generation to generation.”

We learn all of the relevant cultural do's and don'ts for our home culture as part of being raised in it. However, when we step outside of our own culture, we find ourselves operating in a cultural system where everyone else has a lifetime of experience, and we have little to none. Day-to-day interactions that require little conscious effort at home may suddenly require a lot of deliberate thought and observation of others. It can be very frustrating when we feel like there is little we can assume, or take for granted, as we try to manage all of our daily interactions in the new culture.

Although you might be feeling frustrated or uncomfortable, it is important to remember that you do have the proven ability to synthesize information from an unfamiliar culture and make adjustments to be successful in it. Think back to your first day of high school, or your first day at KU. Were you nervous? Did you feel out of place? Was it a stressful experience? After some time, you were able to adjust to your new surroundings. You should also recognize that you are able to navigate multiple subcultures at home, and these skills will assist you while abroad. For example, how you speak to a grandparent and how you speak to a teammate are likely to be quite different.

Entering another culture can be like going into a new restaurant that is not well-signed. Do you seat yourself or wait to be seated? Do you order at the counter or at your table? Do you pay your server or at the front door? The restaurant's regular customers will not have to think twice about any of these things, and will likely get their food quicker, be aware of the good stuff that is not on the menu, and be back out on the street quicker and happier than you will. The challenge in adjusting to your host culture is that you do not actually get to leave the “restaurant.” The stress you may feel will only subside when you begin to learn the behaviors and patterns of the “regulars” in that culture.

## CULTURE SHOCK



Culture shock is the phrase that is used to describe the adjustment that you will face upon arrival in your host country. The duration of the culture shock and the amount to which it will affect you will vary depending on the length of time in your host country and your familiarity with your host country's culture, among other things.

Studies have shown that the culture shock you experience when you arrive abroad and the reverse culture shock you will experience when you return to the United States are similar and can be graphically represented as a “W curve.” Even though it will be an adjustment, overcoming culture shock will allow you to successfully operate in another culture. Knowing that you most likely will experience culture shock will help you to recognize it for what it is when it occurs.



# FOUR STAGES OF CULTURE SHOCK

1

## HONEYMOON STAGE

When you first arrive to your host country and everything is new and exciting. You enjoy observing the differences between the U.S. and your host country and learning as much as possible.

## FRUSTRATION STAGE

You have been in your host country for a while now and the differences that you first enjoyed are not as fun and exciting anymore. You might become tired of not understanding what is happening around you, either because of the language barrier or the cultural differences. Small annoyances may take on a greater importance and you may have negative feelings about your host country. Some symptoms of this stage may include homesickness, crying, exhaustion, increased worry, a desire to withdraw, or attempting to exert control on your environment through excessive organization, obsessive punctuality, etc.

2

3

## ADJUSTMENT STAGE

You will start feeling more positive about your host country because you begin to understand the differences between the U.S. and your host country. It is easier for you to navigate through your daily life abroad, you have made connections with locals, and you are getting used to the language, food, and culture. You will have friends to rely on and the small annoyances will seem small again.

## ACCEPTANCE STAGE

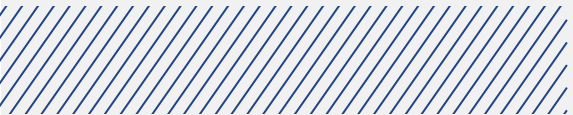
You will be able to appreciate differences. Though you still may not understand the why behind them, you are able to function and thrive in your host country. You may even realize that your host country does some things better than in the U.S. You will begin to feel at home and less like a foreigner, maybe even adopting some behavior of your host country.

4

## COPING WITH CULTURE SHOCK

There is no one way to cope with culture shock, so you may need to try several strategies to find what works best for you. Simply knowing what culture shock is and being mentally prepared for it can help you to more easily recognize that you are experiencing it. Below are some tips to help you cope.

- Make an effort to make local friends and resist the tendency to hang out solely with other Americans.
- Do not spend too much time on social media and talking with people from home because you will miss out on great opportunities in your host country.
- Establish a routine, get enough sleep, and eat healthy meals.
- Keep a journal.
- Avoid comparing everything to home.
- Engage with the culture, meet locals, and work on your language skills.
- Keep a sense of humor and realize it is okay to make mistakes. Ask questions to help you understand the things around you.
- If you continue to feel overwhelmed, please reach out to your on-site contacts or your Program Coordinator at the Office of Study Abroad.



As hard as it may be to believe, you will probably also experience re-entry shock upon return to the U.S. because you have grown and changed during your time abroad. The KU Office of Study Abroad has a [re-entry guide](#) aimed at helping you make that adjustment too.

# YOUR PERSONAL IDENTITY ABROAD

The unique characteristics of your personality, background, roles you play, groups you belong to, and ways that you define yourself are all part of your personal identity. The different facets of your identity shape your behavior and will also influence the way that you are perceived abroad. Sometimes your identity may influence your study abroad experience in unexpected ways. For example, if you are from the United States you may find that your identity as an American becomes a defining part of who you are abroad whereas it may feel like a minor aspect of your identity in your day-to-day life in the U.S.

Reflecting on your personal identity, values, and culture before you go abroad

## DIVERSITY ABROAD

Students who are members of diverse groups (for example, ethnic minorities, participants with disabilities, first-generation college students, non-traditional students, LGBTQIA students, and veterans) may face particular challenges in the study abroad setting. Before going abroad, you should contemplate culturally-based ideas and definitions of identity and consider carefully how your identity may affect your relationships with host country nationals, your adjustment to your host country and culture, and your overall study abroad experience.

Part of your preparations should include reflecting on the larger context of your identity while abroad. As a visitor,

can prepare you to better navigate intercultural exchanges, understand stereotypes, avoid misunderstandings, and integrate more successfully into your local host culture. Who are you? Where do you come from? How are these attributes likely to influence your thoughts and behavior while abroad? Studying abroad allows you the opportunity to think about your identity in a new cultural context. The more awareness you have of your own identity and the more you know about the culture of your host country abroad, the more prepared you will be to cope with any adjustment challenges you may encounter.

what role do you, or should you, have in the host culture? Do your rights in your home country conflict with your host country's religious or cultural values and traditions? How will you reconcile your human rights with the cultural values of your host society? Are there unique safety considerations that you should be aware of? Considering these questions in the program selection and pre-departure preparation stage will ensure your study abroad program is the incredible experience it should be.

We offer some resources on the subsequent pages to help you begin your research on how your identity will influence your study abroad experience.

## NEGOTIATING STEREOTYPES

In considering the different facets of your identity, you may also want to think about what stereotypes or prejudices you may encounter while abroad. You are likely to experience real cultural differences abroad, but you may also experience perceived cultural differences and assumptions about you based on stereotypes. Common negative stereotypes of people from the U.S. include:

- Informal
- Loud, rude, boastful, immature
- Wealthy
- Ignorant of other countries
- Always in a hurry
- Promiscuous
- Unaware of world events
- Materialistic
- Environmentally unconscious

Recognizing how others may perceive you abroad can help you to better negotiate unexpected or unwelcome misunderstandings and may help inform your behavior abroad so as not to live up to stereotypes. It is also beneficial to examine what stereotypes or preconceived ideas of the host culture you may hold. Keeping an open mind, being receptive to constructive conversations about yourself and your culture, and maintaining a respectful attitude towards cultural differences will increase the likelihood of positive interactions during your time abroad.

## SEXUAL & GENDER IDENTITY

It is important to be aware that cultures differ in terms of what is considered appropriate behavior when interacting with someone from another society. Cultures also vary in terms of how sexual identities are defined and understood. While LGBTQIA people are part of the social fabric throughout the world, an understanding and acceptance of such identities as they are defined in the United States may not exist in your host country. You will find that attitudes and tolerance toward gay, lesbian, bisexual, and transgendered individuals vary from country to country, and even within the US. Some countries are more welcoming

and legally protective than the U.S., while others may be less accepting and more restrictive. Before departing on a study abroad program, investigate the culture of your host country and attitudes towards the LGBTQIA community.

Should you have questions, please reach out to a staff member in the KU Office of Study Abroad. All OSA staff have engaged in SafeZone training and seek to provide a supportive, understanding environment in which to discuss any concerns you might have.

*Does the information on my passport match my gender identity?*

*How do my personal values compare to my host country's attitudes about sexuality and gender diversity?*

*Is same-sex activity against the law in my host country?*

*What is the attitude of the police or other legal authorities toward LGBTQIA visitors?*

*What are the local attitudes towards Americans, travelers, and sexual orientation and gender identity in my host country?*

*Will I have access to gender-neutral restrooms and trans-friendly housing?*

*How open do I plan to be about my sexual orientation and gender identity with my teachers, classmates, friends, host family, roommates, and others?*

*The LGBTQ community is often misunderstood by others. To what degree am I comfortable educating others and dispelling myths?*

*Will I need access to any medications, supplies, or services to properly care for my medical and mental health needs, including those related to physical transition, like hormones? Are they available in my host country? If not, will I need any additional documentation to travel with any medications or supplies? Will it be possible to travel legally with these supplies?*

### QUESTIONS TO CONSIDER

## RESOURCES TO SUPPORT YOUR RESEARCH

[KU Center for Gender and Sexual Diversity](#)

[National Center for Transgender Equality](#) (includes information on U.S. passports for transgender individuals)

[LGBT Student Guide for Education Abroad](#)

[NAFSA Association of International Educators Rainbow Special Interest Group](#)

[International Lesbian, Gay, Bisexual, Trans, and Intersex Association](#)

[The International Gay and Lesbian Travel Association](#)

[Rainbow Europe](#)

[US Department of State LGBTI Travel Information](#)

[University of Michigan LGBTQ Organizations Worldwide](#)

[Diversity Abroad](#)

[Outright Action International](#)

[GlobalGayz.com](#)

## RACE & ETHNICITY

Students of color may face unique challenges abroad because definitions of race or ethnicity can differ greatly in other countries. While in the U.S. you may be classified by your ethnicity, you might find that you are identified as American first while you are abroad. Local residents may be curious about

you, and in expressing this curiosity may produce comments which you might find insensitive or blatantly prejudiced. It is important to prepare yourself for all of these possibilities and be aware that people in other countries have different cultural norms regarding ethnicity.

*Is it likely that I will experience discrimination in my host country? Is there a history of discrimination against people of color in my host country?*

*What does it mean to be perceived as an American in my host country?*

*How is my ethnic group perceived in my host country? Are there any common stereotypes associated with members of my ethnic group?*

*Will I be able to find appropriate hair care and makeup products in my host country?*

*People may want to take photos of me, touch my hair or skin, or otherwise treat me in a way I find strange or upsetting.*

*How do I plan to deal with these situations?*

### QUESTIONS TO CONSIDER

## RESOURCES TO SUPPORT YOUR RESEARCH

[Diversity Abroad](#)

[Race Abroad](#)

[All Abroad](#)

[Center for Global Education](#)

[Office of Multicultural Affairs](#)



### STUDENTS WITH DISABILITIES

Having a disability should not preclude you from studying abroad. The key to a successful experience is researching how persons with disabilities are viewed in the country to which you will be traveling and how your destination country will accommodate your specific needs.

Remember that other countries may provide disability access in a different way - learn about what types of accommodation are typically provided in your host country and be flexible and open to different ways of accommodating your needs.

### FIRST GENERATION COLLEGE STUDENTS

Not only are you the first person in your family to attend university, but you are also unique in that you are the first one in your family to study abroad. Because no one in your family has had such previous experience, it may seem a scary endeavor.

As the first member of your family to attend college, you probably have many questions about study abroad - and we are here to answer them.

### NON-TRADITIONAL STUDENTS & VETERANS

As a non-traditional student or veteran, you may face challenges that "traditional" students do not. For example, you may have a family responsibilities, a full-time job, or financial obligations to attend to. You might feel concerned about your ability to fit in with a group of younger students, or face isolation during the

study abroad experience because of the age or experience gap. Despite these challenges, study abroad can be an incredibly valuable experience for you, especially if you have never had the opportunity to live abroad before.

#### RESOURCES TO SUPPORT YOUR RESEARCH

- [Mobility International](#)
- [Diversity Abroad](#)
- [U.S. State Department](#)

- [University of California Education Abroad Program Guide to Accessibility Abroad](#)
- [Abroad with Disabilities Facebook page](#)

#### RESOURCES TO SUPPORT YOUR RESEARCH

- [Diversity Abroad](#)
- [AllAbroad.us](#)
- [How to Figure Out Study Abroad as a First-Gen College Student](#)

- [A Different Experience: Supporting First Generation College Students Abroad](#)
- [First Generation Scholars blogs](#)

#### RESOURCES TO SUPPORT YOUR RESEARCH

- [KU Non-Traditional Student Services](#)
- [Resources for Adult Study Abroad Education Abroad for Adult Students](#)

- [KU Student Veteran Center](#)
- [VA Benefits Information Sheet on Study Abroad](#)
- [GI Bill Benefits for Study Abroad](#)

# GET TO KNOW YOUR HOST COUNTRY & CULTURE

Just as you examined yourself and what stereotypes you may face while abroad, it is important for you to take some time to learn about your host country and their culture. Doing so can help ease the culture shock that you will face upon arrival.

One of the most difficult challenges

that students face when studying abroad is the language barrier. If your host country's native language is not English, take some time to learn a little bit of their language. It is never too late to begin learning and even a few key phrases can go a long way. If the native language

is English, there will undoubtedly be a difference in dialect and vocabulary that you will be learning.

Having an understanding of your host country's culture, people, and identity will help ease your transition.

- *What is the form of government and who is the head of state?*
- *What important historical events have influenced the country and its relationship with other countries?*
- *What is the relationship like between your host country and the U.S.? What stereotypes do they hold of Americans?*
- *What is the official language or languages?*
- *What are the main religions? Does religion influence the daily lives of citizens?*
- *When are the important holidays? Why are they important? How are they celebrated?*
- *What is the etiquette? What things are taboo or considered faux pas?*
- *What is the general attitude towards drinking? Sex? Divorce? Homosexuality? Disabilities? Minorities?*
- *What are the laws that will you need to be aware of (e.g. drinking age, traffic, employment, visa, drugs, etc.)?*
- *What does the family structure look like? How are elders viewed? Who lives in a house together?*
- *What is the currency? When shopping, will you barter or will you pay what is asked?*
- *What is the geography of your host country? How easy is it to travel within your host country?*
- *Who are the host country's famous citizens? What were their accomplishments?*
- *What are some typical foods?*
- *What is their value of time? Are they punctual or is time more fluid?*
- *Is the society individualistic (i.e. the goals of individuals are most valued) or collectivistic (i.e. the needs of the group are most valued)?*
- *What is their communication style like? Direct vs. indirect? Formal vs. informal?*
- *What are the gender norms? What is appropriate dress for men and women on different occasions?*
- *What do people do for fun? What sporting events are popular?*

## RESOURCES TO SUPPORT YOUR RESEARCH

- U.S. Department of State's U.S. Bilateral Relations Fact Sheets and Country Information
- A guidebook (e.g. Lonely Planet)
- An online television or radio station from your host country
- Your host country's national tourism board website
- Newspapers or magazines from your host country
- An international student from the host country attending KU or a KU student who studied abroad in your host country
- Your program coordinator in the KU Office of Study Abroad

# HEALTH & MEDICAL MATTERS

While living abroad can present special health challenges, forward planning, country awareness, appropriate preventive measures, and careful precautions can substantially reduce the risks of adverse health consequences abroad.

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# PREPARING FOR HEALTHY TRAVEL

## 1

### EDUCATE YOURSELF TO REDUCE THE RISKS OF HEALTH ISSUES ABROAD

Prior to your departure, you should review country-specific health information for all countries in which you will study, as well as those that you may visit while abroad. TRAVAX reports are available to you through your JayhawksAbroad account and provide detailed information on the health conditions of a given country. Another good source of information for international travelers is the [U.S. Centers for Disease Control and Prevention Travelers' Health](#) website. Choose the country or countries to which you will be traveling for information on country-specific risks, localized risks and required immunizations. The CDC also offers a [special section tailored to study abroad students](#).

All KU study abroad participants are required to obtain a Travel Health Consultation from a clinician at Watkins Health Services Travel Clinic (or from a personal physician). The travel health consultation will provide you with an opportunity to discuss personal health matters as well as those particular to your host country and to international travel. It is also strongly recommended that you get a complete physical, eye exam and dental check-up before going abroad to ensure you leave for your study abroad program in the best shape possible.

Lastly, identify host country healthcare resource before your trip in case of a medical emergency. This is particularly important if you have a preexisting medical condition which may require treatment while abroad.

## 2

### ASSESS & ADDRESS YOUR PHYSICAL AND MENTAL HEALTH NEEDS

Any physical or mental health issues you may currently be managing at KU will follow you wherever you travel. If you are concerned about your physical or emotional health, including use of alcohol or other controlled substances, address your situation honestly with your healthcare provider(s) before going abroad.

Understand and communicate any health requirements that you have to the Office of Study Abroad and your program host. This includes allergies, diabetes, psychological therapy, dietary requirements, disabilities, and any other medical or educational needs. If you have been using services at KU or at home to address your health or educational needs, make sure you understand ahead of time what services might be available to you at your program site and what accommodations can (or cannot) be made.

# 3

## OBTAIN IMMUNIZATIONS

Ensure all of your routine immunizations are up to date. Locate your childhood and adult immunization records and take them with you to your travel health consultation at Watkins Health Services or with your personal physician. Watkins can review your records and administer any routine immunizations you may need.

Some countries have specific vaccination/immunization requirements that need to be fulfilled before issuance of a visa or residency permit. There may also be vaccinations that are recommended rather than required, and often times this recommendation is based on the areas of the country to which you will be traveling. Consult the [U.S. Centers for Disease Control \(CDC\)](#) or the [World Health Organization \(WHO\)](#) for specific information. Be sure to inform your health professional of any plans to travel to destinations outside of your program itinerary, so that all necessary immunizations can be administered prior to travel. Also keep in mind that certain vaccinations have to be administered several months prior to departure, so plan ahead.

# 4

## UNDERSTAND YOUR INSURANCE PROVISIONS

All students studying abroad through the KU OSA are required to provide notarized proof of major medical insurance to cover all eventualities while abroad. If you do not have major medical insurance coverage, or if this is not included in the fees for your specific study abroad program, check the OSA Info Center or the [OSA website](#) for information about plans available specifically for study abroad participants.

In addition, you should discuss with your insurance provider their preferred procedures in the event that you should need the care of a doctor or be hospitalized abroad. Most insurance providers will expect you to pay for services up-front and seek reimbursement from the company upon return. Speak with your insurance provider to ensure you understand how to file a claim and what documentation you will be required to submit (for example, verifiable receipts translated into English, physician statements, etc.) It is much easier to obtain the necessary information while abroad than to track it down after your return home.

# 5

## EMERGENCY ASSISTANCE SERVICES THROUGH THE KU OSA

Enrollment in the emergency assistance services provided by AIG and New Directions is included in the KU study abroad program fee for all students.

**AIG Global Assistance Services** - The AIG plan provides an array of services to support you while abroad, including referrals for English-speaking providers and hospitals, emergency prescription assistance, medical consultation and monitoring, and medical, natural disaster, and security evacuation. In addition, AIG provides a number of personal services including lost luggage assistance; legal, counseling, and interpreter referrals; safety and security advisories, and more. Please note that this is not health insurance and does not cover expenses associated with medical care.

**New Directions Student Assistance Program**- New Directions provides emergency telephonic counseling services to students experiencing challenges abroad. Students may speak with a certified, licensed professional 24 hours per day, 7 days per week by calling 1-309-820-3604 or emailing [universityofkansas@chestnut.org](mailto:universityofkansas@chestnut.org). Online resources are also available at [www.newdirections4students.com](http://www.newdirections4students.com) using the password kusap. Please note that this service is not intended to provide a regular and continuous treatment plan for a student abroad, but rather to provide immediate support to students experiencing an unforeseen challenge or crisis.

You can find a brochure describing the services and benefits AIG and New Directions provide in your JayhawksAbroad account.

# TRAVELING WITH MEDICATIONS

If you have a pre-existing medical condition for which you will require prescription medication while abroad, investigate any regulations that may apply to transporting medicine out of the US and into your host country. Different countries have different rules and regulations regarding the legality of medications and the maximum quantity permitted to be brought into the country. Some medications readily available over the counter in the US may be controlled in other countries and vice versa. Check with AIG's Emergency Travel Assistance Services to ensure that your prescription and over-the-counter medications are permissible in the country or countries to which you will be traveling.

You are responsible for making arrangements with your physician and insurance company to ensure an adequate supply of medication for the duration of your study abroad program. While abroad, be sure to maintain your usual dosage and pattern of taking your medication and ask your physician how to make adjustments due to time zone changes.

## PACKING MEDICATIONS

To reduce the likelihood of experiencing problems or issues with customs, follow these recommendations:

- Pack your prescription medications in your carry-on luggage.
- Carry prescriptions in their original containers with your name on it.
- Pack copies of all prescriptions, including the generic names for medications.
- Have a note, on letterhead stationery, from the prescribing physician (signed and dated) indicating your condition, treatment, and medication regimen. Carry this letter with you through Customs.
- If you are taking amphetamine-based medications (for example, Adderall), you must investigate the legality of these medications in the country to which you will be traveling.
- If you have diabetes for which insulin is required or are taking injectable hormones, you should obtain and carry a doctor's letter explaining the need to carry needles and syringes.
- Do not have medication mailed to you. Do not have your parents, or others, travel with medications that are issued to you. This is considered drug trafficking and could lead to fines and/or incarceration.

## PSYCHOLOGICAL HEALTH

Studying abroad can present unique psychological challenges to all students. These include cultural difference and adjustment challenges, maintenance of long-distance relationships, formation of new relationships, increased stress and anxiety associated with unfamiliar environments, etc. For some students, these experiences can be more pronounced and result in mental stress. Common signs of mental stress (or distress) include tiredness and sleep changes, mood swings, withdrawal from others, increased use of alcohol or drugs, loss of appetite or overeating, lack of concentration, irritability, or feelings of hopelessness. The stresses of travel and life in an unfamiliar setting can exacerbate existing mild psychological disorders or initiate the onset of new conditions. Most students are generally able to cope, however for some these experiences can become overwhelming and unmanageable.

If you have a history of mental health concerns, you should share this information on the health and dietary questionnaire submitted through your [JayhawksAbroad](#) account to the Office of Study Abroad, as well as with the Watkins Health Center clinician with whom you have your travel health consultation. This enables the KU OSA or Watkins Health Center staff to work with you to identify available resources at your study site as well as craft a plan for continued care while abroad, if necessary. Knowing the available treatment options is central to identifying the most effective support system for a healthy and rewarding time abroad.

Experiencing some level of depression or anxiety about your study abroad experience prior to departure and upon arrival in your study site can be expected for all students. However, if you begin to doubt your readiness to participate in study abroad, or you experience significant and sustained mental health challenges, please contact the OSA to discuss your concerns and connect to support services.

## SEXUAL HEALTH

If you are sexually active while you are abroad, please be aware that laws, cultural norms and risks related to sexual activity may vary widely, and therefore it is very important to consider the context of your individual situation and sexual identity and assume a greater degree of caution. Some means of safe sex and contraception may be more difficult to obtain abroad, or the quality may vary (as in the case of condoms), so take an adequate supply with you. Access to reproductive health services can vary widely as well.

Sexually transmitted infectious diseases pose serious health risks in virtually every country, yet information related to sexual activities, transmitted diseases, diagnosis and means of transmission varies widely. Individuals may not fully understand how transmission of diseases occurs, may be unfamiliar with signs of infection or may not even know that such diseases exist. Always exercise caution and good judgement in ensuring your health abroad.

# SAFETY & SECURITY WHILE ABROAD

Personal safety is important to consider when traveling anywhere, including within the United States. As a participant on a KU study abroad program, your health and safety abroad are top priorities for us. Remember that you are ultimately responsible for informing yourself and making decisions about what

is best for you and your situation. When studying abroad, you can have a major impact on your own health and safety through the decisions you make before and during your program and by your day-to-day choices and behaviors.

The vast majority of KU students will have safe experiences abroad.

However, even with the best-planned trips things can go wrong anywhere in the world. The primary goal of this section is to share information on how best to prevent problems from occurring during travel, and to prepare you to manage an issue or emergency should one occur.

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# PREPARING FOR YOUR INTERNATIONAL EXPERIENCE

## 1

### RESEARCH & LEARN ABOUT YOUR NEW ENVIRONMENT

Regardless of your destination, good preparation is critical for a safe and rewarding international experience. Before you leave for your study abroad program and upon arrival on-site, research your destination country and other locations to which you might be traveling, paying particular attention the following topics:

- **Safe/Unsafe Areas of Town:** *Where can you go safely and at what times? Can you go out only if you are in a group? Are there areas of town that are less safe as a result of your identity? Review the [U.S. State Department country-specific information sheets](#) to learn more about common crimes and the locations in which these are committed (for example, purse snatchings or pickpocketing while on the metro).*
- **Transportation:** *What forms of transportation are safe, and at what times of day? Are taxis registered/metered? At what hour do buses/subways stop operation? [The Association for Safe International Road Travel](#) offers road travel reports, seasonal hazards, safety tips and common driver behaviors for travel abroad.*
- **Pedestrian Safety:** *What are the norms for your host country? It is best to assume that traffic will not stop for you and that you do not have the right-of-way. You must be on the lookout for vehicles at all times. Even while crossing at a crosswalk, be cautious of oncoming traffic.*
- **Accommodation:** *Ensure accommodations are located in a safe area of town and near transportation options. Always review user feedback on multiple websites (such as Trip Advisor) and international travel guides prior to making a reservation.*
- **Fire Safety:** *Learning about building quality and safety standards when looking for accommodations is as important as knowing about the neighborhood or your roommates. Utilize the [Residential Fire Safety Checklist](#) when investigating accommodation options. Ask questions of landlords, and use the information provided to make sound housing choices for both short-stays and long-stays.*
- **Cultural Norms/Behaviors:** *How do individuals interact in your host country? What are the norms of dress, behaviors, interpersonal communication that you should adopt? How do your own norms of behavior align with those of your host country, and what messages may you be sending through these actions?*
- **Environmental hazards:** *Does your host city suffer from poor air or water quality? If so, how will you know when these reach dangerous levels? Are dangerous riptides prevalent at the local beach? Are there dangerous animals or poisonous plants prevalent in the region?*
- **Legal Environment:** *What are the local laws regarding consumption of drugs and alcohol or dating/sexual relationships between members of the same or opposite genders?*

### SAFETY TIP!

Make it a habit to regularly monitor the [U.S. Department of State website](#) for current information on your host country. Consult with the [U.S. Department of State – Students Abroad](#) website for more advice and guidance on good international travel practices.

## 2

### KNOW THE LAWS OF YOUR HOST COUNTRY

When you study abroad, you are subject to the laws of your host country and the regulations of your host institution. Should you break the law, you will be subject to the local legal system, which may differ significantly from the United States and may not afford the protections available to you under the U.S. constitution and corresponding law. Penalties for breaking the law may

## 3

### REGISTER YOUR TRIP WITH THE SMART TRAVELER ENROLLMENT PROGRAM

Registration with the U.S. Department of State's STEP program is free, easy, and required for participation in a KU study abroad program. By registering through the [STEP program](#), you will receive travel alerts and messages from the US Embassy in your host country should a significant event occur, such as a natural disaster, strike, or terrorist

## 4

### KNOW HOW TO CONTACT THE U.S. EMBASSY, LOCAL ASSISTANCE, AND THE OSA

As a safety measure, we also recommend that you know how to contact the U.S. embassy in each country you will be visiting. Refer to [www.usembassy.gov](http://www.usembassy.gov) for contact information. The Department of State's website is accessible on any Web enabled mobile device and requires no download of application software.

be significantly more severe than in the United States for similar offenses.

It is your responsibility to be informed about the legal system in your host country and other countries you plan to visit. If you are arrested abroad, the U.S. government can do very little to help you. You will not be granted special privileges or rights. The U.S. embassy may assist you in finding legal representation, but they cannot intervene on your behalf or assist in getting you out of jail.

attack. STEP registration can be accessed through the SmartTraveler App, providing easy access to frequently updated official country information, travel alerts, travel warnings, maps, and U.S. embassy locations.

Make this part of your travel planning and security. Remember to update your travel plans when traveling to another country during weekends, breaks, or following completion of your study abroad program.

Add important phone numbers to your contacts so that these will be easily accessible to you in the event of an emergency. This includes the police, ambulance services and the fire department in your host country or any country you travel to abroad. Be sure to also include the OSA emergency phone numbers (785-691-7608 and 785-691-7610) and those of your on-site contacts (international student office, faculty director, etc.).

## SAFETY TIP!

### UPON ARRIVAL ABROAD:

- Contact your family to let them know you have arrived.
- Participate in all required on-site orientations.
- Check your email regularly for updated information and communications from the OSA.
- Update your "Abroad Address" in the Profile section of your JayhawksAbroad account. Be sure to include a phone number where you can be reached abroad. It is essential for the OSA to have updated contact information for you, including a local cell phone number, in the event of an emergency.
- Learn what to do and which on-site staff to contact during a personal emergency.



## UNDERSTAND HOW IDENTITY, INCLUDING YOUR GENDER OR SEXUAL IDENTITY, MAY AFFECT YOUR SAFETY

Attitudes, tolerance, support, and laws regarding sexual orientation, same-sex sexual contact, and gender expression vary widely around the world. Some countries are more liberal than the U.S. on these matters, while other countries criminalize same-sex sexual activity.

To help minimize risks and avoid dangerous situations, research the laws, cultural norms, and tolerance levels of your host country regarding sexual orientation before you leave the U.S. It is important to understand the attitudes of local authorities as well as the general population. Keep in mind when traveling in rural areas that attitudes are often more conservative than in larger cities. If you are traveling in a less-tolerant country, you should avoid visiting locales that are frequented by LGBTQIA community members as they have been used by local police for entrapment. Remember that your safety is of utmost importance.

### CHECK IT OUT

The [University of California Education Abroad Program](#) provides brief summaries of tolerance levels in common study abroad destinations, as well as links to other resources. For additional resources to aid in your research, see the Sexual & Gender Diversity section of this guide on page 4.

# STRATEGIES FOR REDUCING RISK ABROAD

1

## ASSUME RESPONSIBILITY FOR YOUR SAFETY

Personal safety and security starts with the decisions you make including choice of lodging, transportation, who you hang out with, where you go, etc. Some factors which may place you at greater risk, include:

- *Being alone at night in an isolated area (travel with someone whenever possible).*
- *Being in a known high-crime area.*
- *Sleeping in an unlocked place.*
- *Being under the influence of alcohol or drugs.*
- *Carrying excessive amounts of cash or displaying visible signs of wealth*

2

## ASSESS YOUR PERSONAL RISK & EXERCISE CAUTION

It can be tempting to take risks while abroad that you would not take at home, particularly if you are trying to fit in with the locals or to experience everything your host country has to offer. Always assess if a situation is okay to do or to do alone

(for example, eating from a street vendor, hiking, ocean swimming, etc.) and exercise good judgment. Do not take unnecessary risks, particularly when your access to resources such as adequate medical care may be limited.

3

## TAKE PREVENTATIVE MEASURES

Most of us overestimate the danger of rare events over which we have no control (such as a natural disaster or terrorist attack) and underestimate the danger of common events over which we have at least some control (like traffic accidents or petty theft). Be concerned with preventing

the things you can. Practice safety by carrying only what you need for an outing (limit cash, credit cards, etc.), practicing moderation if consuming alcohol, avoiding high risk areas or events (such as political demonstrations or rallies), and always using the buddy system.

4

## MAINTAIN COMMUNICATION

Keep in contact with local friends, family at home and your university support offices (such as the OSA). Let your University colleagues, friends and family know your itinerary when traveling while abroad.

## SAFETY TIP!

### SOCIAL MEDIA USE:

Consider how you will use social media abroad. Posting your location, travel destinations, and photos could make it easy for potential thieves to know when you are traveling. You may want to consider your privacy settings and think about how someone could use information you post maliciously.

Social media can also be an excellent way to keep friends and family aware of your location, and in times of emergency, it may be one of the most accessible and quickest forms of communication.

We encourage you to find a balanced approach to using social media as you consider the implications for your safety.

# ALCOHOL & DRUGS

We want your study abroad experience to be fun and safe, so we encourage you to make responsible decisions when it comes to alcohol and drugs. Keep in mind that drinking to excess and becoming drunk can have added dangers in a foreign environment. Alcohol can complicate social interaction when it is consumed aggressively – as in binge drinking – by you or the people around you. Since alcohol suppresses inhibition, normal social rules and boundaries may be pushed to, or over, the lines of acceptability and respect. If you choose to drink alcohol to excess abroad, realize that intoxication may make you more vulnerable to predatory behaviors such as robbery, assault, or sexual violence. Alcohol can also impair your judgment and your ability to recognize risky situations. Check out this video to learn more about the use of alcohol and drugs abroad.

## LEGAL ISSUES!

- *Many countries have laws regarding alcohol and other drug use that are more severe than laws in the United States. In some countries, those caught with illegal drugs can be subject to death.*
- *Your consumption of alcohol or another drug, and/or your behavior while under the influence, might lead to a violation of local laws in addition to program and University conduct codes.*
- *You are not only representing yourself but also your program, the U.S., and the University of Kansas. Your actions will reflect either positively or negatively on many people.*

## COMPLICATIONS FROM EXCESSIVE DRINKING

Adapted from <http://umabroad.umn.edu/students/>

### ACCIDENTS & INJURIES

Accidents and injuries are common among those who consume too much alcohol. Alcohol impairs judgment, coordination, perception, and concentration. Impairment of these skills can result in a range of accidents, including falling down a flight of stairs or tripping on the sidewalk. The injuries resulting from such accidents can be minor or they can be severe. Within the past few years a number of college students have died abroad as a direct result of accidents incurred while intoxicated.

### ALCOHOL POISONING

Alcohol, when used to excess, can cause alcohol poisoning. The effects of alcohol poisoning can range from vomiting to falling into a coma and subsequent death. Too much alcohol can cause vital organs, such as the heart and lungs, to slow down and even stop, which results in death. Very often someone who dies from alcohol poisoning passes out and is allowed to “sleep it off.” This is a mistake. Anyone who drinks so much that they become unconscious should receive immediate attention.

### PREDATORY BEHAVIORS

Alcohol use can result in a number of sexual consequences, including unprotected sex and sexual assault. Most sexual assaults involve the use of alcohol on the part of the perpetrator or the victim. Alcohol misuse can result in impaired judgment, which can put you at risk for either committing a sexual assault or becoming the victim of a sexual assault. Points to keep in mind regarding alcohol and drugs:

# PREDATOR DRUGS

Designer drugs are being used in many parts of the world to take advantage of unsuspecting victims. While illegal in the United States, in many countries possession of drugs such as Rohypnol, GHB, Ecstasy, Ketamine, and Burunganda is not illegal and therefore these drugs may be more prevalent. Drinks of any type can be spiked, including water, coffee, sodas, and alcoholic beverages. You may not be able to see, smell, or taste if your drink has been spiked—the drug may be colorless, odorless, and tasteless, or it may taste salty. The effects of these drugs can be felt within 15-30 minutes of being drugged and can last for several hours.

Warning signs of being drugged include: feeling dizzy or faint, feeling sick or sleepy, feeling intoxicated or confused—even if you have only consumed a little alcohol—passing out, and waking up feeling uncomfortable and disoriented with memory blanks about the night before.

## TO MINIMIZE YOUR RISK:

- Never leave your drink unattended.
- When in bars or clubs, always get your drink directly from the bartender and do not take your eyes off the bartender or your order.
- Do not accept open drinks from anyone other than the bartender and open your own drink.
- Do not share drinks.
- Do not drink from punch bowls or other common, open containers. They may already have drugs in them.
- If you think your drink tastes funny, discard it. If you leave it lying around, someone else may drink it.
- Do not listen to anyone if they challenge your better judgment, for instance by telling you things like, “That salty taste is normal.”

# SEXUAL HARASSMENT

Sexual harassment can happen to people of all genders anywhere in the world. Knowing how to identify sexual harassment and where to report an incident can help to maintain a safe, harassment-free environment. Sexual Harassment is defined at KU as a behavior, including physical contact, advances, and comments in person, through an intermediary, and/or via phone, text message, email, social media, or other electronic medium, that is unwelcome; based on sex or gender stereotypes; and is so severe, pervasive and objectively offensive that it has the purpose or effect of substantially interfering with a person's academic performance, employment or equal opportunity to participate in or benefit from University programs or activities or by creating an intimidating, hostile or offensive working or educational environment. For more information see [www.sexualharassment.ku.edu](http://www.sexualharassment.ku.edu).

Harassment issues may be particularly difficult to identify abroad, where cultural norms are often very different from those in the United States. Trust your judgment and intuition. If a situation makes you uncomfortable, it needs to be addressed. Many people feel ashamed or humiliated as a result of the harassment. It is not your fault and you do not have to endure it. Rather, we encourage you to report any incident of harassment to your on-site contact or the KU Office of Study Abroad so that we might provide support and assist in remedying the situation.

# SEXUAL ASSAULT

Sexual assault is a traumatic experience wherever and whenever it happens, but it may be even more difficult to deal with in an unfamiliar setting. Staff at the KU OSA are here to assist and support you in navigating the options available to you should you experience sexual assault abroad. In all cases, you did not cause this. It is wrong for anyone to harass you or to have any sexual activity with you without your consent. It was not your fault. **If you are sexually assaulted, here are a few options:**

- Find a safe environment away from the offender.
- Ask a trusted friend or staff member to stay with you for assistance and support.
- To preserve evidence of the assault: Prior to the forensic exam, avoid bathing, brushing your teeth or drinking/eating. Store the clothing you wore during the assault or any bedding/material the assault occurred on in a paper bag or clean pillow case. Don't wash clothing or bedding/materials prior to giving it to law enforcement. Write down any details or information regarding the assault you may want to share with law enforcement later.
- Contact your on-site program coordinator or the OSA for assistance.
- Seek medical attention, even if there are no physical injuries (lack of physical injury is normal after a sexual assault). Even with no physical injuries, medical attention can provide preventative medication for sexually transmitted infections, HIV or pregnancy if accessed within 72-120 hours after the assault. To preserve forensic evidence, ask the hospital to conduct a sexual assault forensic examination. If you think you have been drugged, also ask for a urine test.
- Determine if you would like to report the assault to law enforcement authorities. In the event you would like to do so, the OSA will assist you in understanding the legal process in your host country.
- Your on-site coordinator or the OSA can assist in linking you with counseling and healthcare professionals. Through the OSA's emergency travel assistance providers, you also have access to English-language telephonic counseling services 24 hours a day, 7 days a week.

## SUPPORT SERVICES AVAILABLE

The Office of Study Abroad can assist you in understanding the resources available to you and your options for seeking medical or psychological support, filing a police report, filing a complaint, or seeking accommodation. Please be aware that all reports of sexual harassment/assault made to KU faculty or staff will be forwarded to the KU Title IX Coordinator for review as required by federal law. All efforts will be made to preserve your privacy; this means that only people who need to know about the incident will be given your name and other limited information as necessary. Family and friends will not be notified without your explicit and direct permission.

If you would like to speak with someone on the KU campus who can provide complete confidentiality, you may contact one of the following offices:

- Campus Assistance, Resources and Education (CARE) Coordinator – 785-864-9255
- Counseling & Psychological Services (CAPS) – 785-864-2277
- Healthcare Providers at Watkins Health Center – 785-864-9500
- University Ombudsman – 785-864-7261

If you would like to speak with someone while abroad or upon return with no affiliation with KU, you may contact the following offices:

- The Sexual Trauma and Abuse Center (formerly GaDuGi SafeCenter): 785-843-8985
- Bert Nash Mental Health Center - 785-843-9192
- Men's Domestic Abuse Helpline – 1-888-743-5753
- National Sexual Assault Hotline (RAINN) 1-800-656-7679 or live chat at <https://ohl.rainn.org/online>

# HANDLING EMERGENCIES ABROAD

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In the event of a personal emergency abroad, you should go immediately to the nearest physician or hospital (for a medical emergency) or to a safe place (non-medical emergency) and then contact your on-site faculty director or program coordinator, the KU Office of Study Abroad's 24/7 Emergency Assistance Line, and AIG's emergency assistance line. In the event of a medical emergency, AIG's emergency assistance line can provide help in securing hospital admissions, medical care monitoring, etc.

- OSA 24/7 Emergency Assistance Line: (785) 691-7608 OR (785) 691-7610
- AIG Emergency Travel Assistance Services (toll free): 1 (715) 346 - 0859

Should a significant incident occur in your host city or country while you are studying abroad (for example, a natural disaster, high profile or large-scale incident, or terrorist attack), a KU Office of Study Abroad staff member will contact you immediately via email, phone/text or social media to ascertain your welfare and to provide information, instructions, and advice. We ask that you respond immediately to all OSA communications and that you maintain open communications with your parents, guardians, or emergency contacts to reassure them of your welfare. The OSA may choose to inform a student's emergency contacts about a potential emergency abroad without the student's permission, when the student:

- is unable to speak for him/herself
- has been missing for an extended period of time
- is perceived to be a danger to him/herself or others, or
- when a significant health, safety, or security incident affecting the entire program has occurred abroad.



# ACADEMIC EXPECTATIONS & ENROLLMENT

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# DIFFERENCES IN ACADEMIC CULTURE

Just as culture impacts daily life abroad, it is important to keep in mind that it will also influence your academic experience. As a result, you may encounter academic systems that are very different from what you are used to. Doing research on this aspect of your host country and host institution before you depart, will help you prepare for the differences you will encounter.

Examples of academic differences that students regularly experience abroad include expectations related to attendance, grading, and classroom etiquette. At KU, regular attendance is expected and typically factored into course grading. Abroad, many institutions take the stance that it is the student's responsibility to learn, and therefore attendance in class is not mandatory. Although attendance may not be factored into your grades abroad, the OSA strongly encourages attending all classes in order to ensure that you do not miss valuable information critical to your academic success.

Grading scales may also differ from what you are used to in the United States. What is considered a poor grade at KU may be considered perfectly acceptable abroad. Be sure to ask your OSA Program Coordinator, your host institution, or your program provider for the grading scale

that is used in the country to which you are going. Also, while there are a variety of factors that influence grades given at KU such as papers, quizzes, mid-term and final exams, presentations, attendance, etc., it is not uncommon for courses taken abroad to be based on just one or two exams or a final project. Greater weight factored across fewer assignments means that there is less room for error in terms of your academic performance.

Classroom etiquette may also be different abroad and you may have more limited access to professors. For example, here, it is common for students to ask questions during class or stop by and ask questions during office hours. This may not be the case at your host institution. Observe your peers or ask for their insight into acceptable classroom behavior at your host institution.

For students participating in faculty-led programs, the academic component of the program will not be limited to the classroom and will consist of a variety of experiences including lectures, site visits, and group activities. These types of programs are often only a few weeks in length, which means course content will be accelerated. Your active participation in all program activities is therefore crucial to academic success.

## TIPS TO ACHIEVE ACADEMIC SUCCESS ABROAD:

- Remember, ALL grades for courses taken abroad will be posted to your KU transcript.
- Be proactive and address issues as they emerge.
- When questions arise, ask a knowledgeable source such as your OSA Program Coordinator, Program Director, or Academic Advisor for help. Do not rely on information about course attendance and grading provided to you by other students.
- Understand the KU academic rules and policies outlined in this section as they apply even when studying abroad.
- If you receive accommodations for a disability at KU, speak with your OSA Program Coordinator and Advisor at KU's Academic Achievement and Access Center about this as early on as possible. They will help you determine what level of resources and support are available abroad and the necessary steps to access them.

# STUDY ABROAD ENROLLMENT

KU students studying abroad through the Office of Study Abroad (OSA) remain enrolled at KU while abroad. Non-KU students studying abroad through the KU Office of Study Abroad are admitted to KU as non-degree seeking students and are enrolled at KU while abroad. Enrollment for study abroad follows one or both models described below. If you have questions about which model your program follows, please check with your OSA Program Coordinator.

## A) Enrollment in KU Courses Abroad:

Certain programs have identified KU courses and credits. These include most faculty-directed short-term programs, internship programs, and a few semester programs.

## B) Direct Enrollment at a Foreign Institution:

Other programs rely on direct enrollment in a foreign institution, in which case, study abroad students enroll in placeholder (FRSP) hours at KU. The official record of enrollment (transcript) is issued by a foreign institution and KU equivalent courses are determined by KU faculty. KU equivalent courses and grades are posted on the KU transcript after the receipt of official documentation from the foreign institution. Visit with your OSA Program Coordinator for information on past course equivalencies.

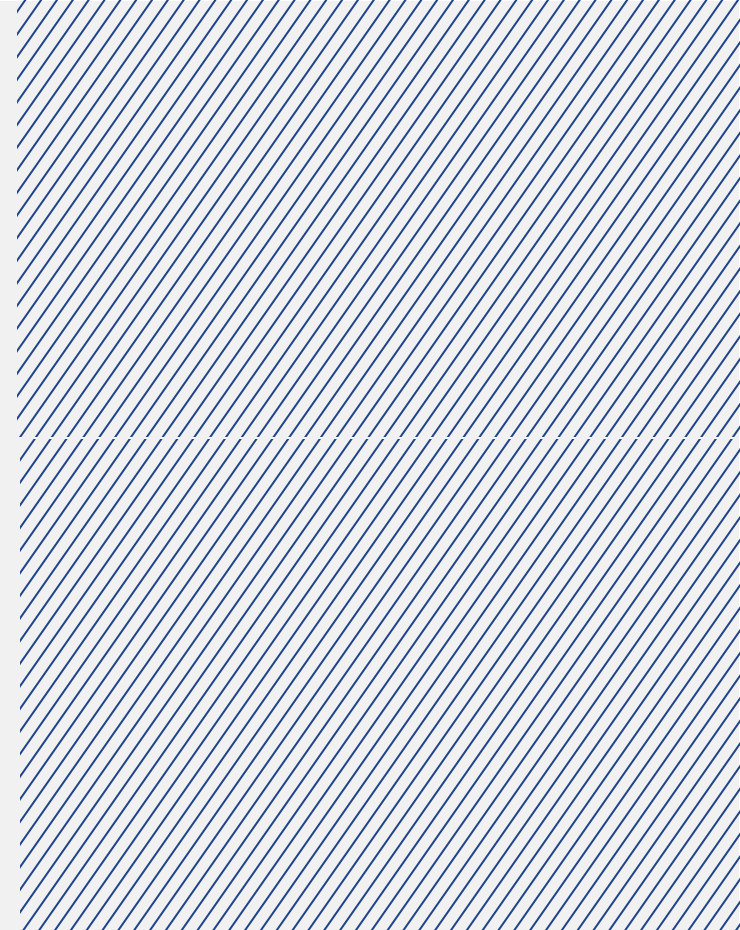
# MINIMUM & MAXIMUM ENROLLMENT

## SEMESTER & YEAR PROGRAMS

Undergraduate students are expected to enroll at the foreign university in the equivalent of 12 to 15 KU credit hours per semester, or fewer in the summer. All students are expected to maintain full-time student status while abroad. Unless special arrangements have been made in advance, study abroad participants will be granted KU credit for no more than 18 hours per semester. Graduate students will usually earn no more than six to nine graduate credits for the semester, although exceptions are possible with prior approval of the student's academic department.

## SUMMER & SHORT-TERM PROGRAMS

These programs vary in the number of credit hours offered. Generally all participants on a specified program will take the same total number of credit hours.



# ENROLLMENT IN KU COURSES ABROAD

## ADDING, DROPPING, OR CHANGING A COURSE

Special add/drop deadlines are established by the KU Registrar for each KU Study Abroad program. Your Program Director or OSA Program Coordinator will have the deadlines as well as special add/drop forms. If you wish to add or change a course, consult your program director immediately. The director will send changes to the OSA and the OSA will submit the changes to the Office of the University Registrar at KU. All participants are encouraged to carefully review and select their courses in cooperation with their academic advisor prior to program departure, as changes to enrollment once

you are overseas is not possible in most cases.

If you wish to drop a course once overseas, consult your program director immediately. In general, it is not possible to reduce the number of credit hours you are taking since all students must maintain full time enrollment. If you are allowed to drop a course, remember that reducing your credit load may affect your financial aid status. Note that KU add/drop policies will apply. If you drop a course during the designated first drop period, this course does not appear on your academic record. During the KU designated second drop

period, a grade of W appears on the student's transcript. During the third period, a student cannot withdraw from a course. The course grade is determined by the student's overall academic performance. Retroactive withdrawal from a course is not allowed. Certain courses cannot be dropped, such as orientation or foreign language grammar courses that form an integral part of the program. Be sure to carefully read the information about your program or consult your OSA Program Coordinator to know which courses fall under this category.

## CREDIT/NO-CREDIT OPTION

Most KU degree-seeking undergraduate and graduate study abroad students may elect to receive one course grade in a non-major subject as Credit/No Credit each semester under the same regulations that are in force at the University of Kansas. Always contact your school and academic advisor directly to see if you can elect the Credit/No Credit option as there are many courses that cannot be approved for the Credit/No Credit option. Once you have elected the Credit/No Credit option and it has been approved, you cannot alter your choice. Non-degree seeking students (including Non-KU students on KU study

abroad programs) are not eligible to elect the Credit/No Credit option while studying abroad. For more information regarding the Credit/No Credit policy, visit the University Senate Rules and Regulations which can be found on the KU Policy website, <http://policy.ku.edu>, under section 2.2.7.

Warning: Certain undesirable consequences may result from exercising the Credit/No Credit option. Some schools, scholarship committees, and honorary societies do not accept this grading system and convert grades of No Credit to F when computing grade-point averages for their specific purposes.

Special deadlines are established by the KU Registrar for each KU Study Abroad Faculty-led program. Your program director will have forms and deadlines by which you must sign and email or fax your request for the Credit/No Credit option to the OSA. OSA will then forward your request to your academic department for approval and processing.

# ENROLLMENT AT A FOREIGN INSTITUTION

## ADDING, DROPPING, OR CHANGING A COURSE

Be sure to follow host institution rules and deadlines for adding a course, dropping a course or changing your enrollment (for example change of course section). ALL courses and grades that appear on your transcript for study abroad will be posted on your KU transcript. It is your responsibility to stay informed about the effect of enrollment changes on completion of your KU (or home institution) academic program and graduation requirements. Keep a copy of your Academic Advisors contact information, in case you need academic

assistance while overseas. KU students who wish to know the KU equivalent of a host institution course (for courses not previously listed on their Academic Plan and Approval form for Study Abroad) must contact the appropriate KU Faculty Advisor. A list of KU Faculty Advisors is available on your JayhawksAbroad portal and the KU OSA web site at [www.studyabroad.ku.edu](http://www.studyabroad.ku.edu). Non-KU students should contact both their OSA Program Coordinator and the appropriate advisors at their home institutions when considering enrolling in

courses not previously approved.

Bring back all course information, including course description, syllabi, texts or reading lists, assignments, and your work. This is critical for establishing any KU course equivalent that was either conditionally approved or that was not listed on your Academic Plan and Approval form.

**Note: All students must notify their OSA Program Coordinator, in writing and with copies of their Academic Advisor's approval, of any changes to their overseas enrollment.**

## CREDIT/NO-CREDIT OPTION

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# WITHDRAWING FROM YOUR STUDY ABROAD PROGRAM

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If you are considering withdrawing from your program, contact your OSA Program Coordinator immediately. **Do not just walk away from your program!** Your OSA Program Coordinator will help you understand your options and the consequences of withdrawing, both academically and financially.

## KU OFFICE OF STUDY ABROAD WITHDRAWAL POLICY

1. You must notify the OSA of your withdrawal. The withdrawal will be effective the date the written notification is received at the KU OSA.
2. If, after accepting placement in the program (i.e. the financial contract has been signed and submitted to KU OSA) you withdraw from the program, you will be liable for \$300 plus any non-recoverable expenses incurred on your behalf. In most cases very little, if any, of the program fee is recoverable.
3. You are responsible for any and all costs arising out of your voluntary or involuntary withdrawal from the program prior to its completion, including withdrawal caused by illness, failure to comply with mandatory conditions of participation, or disciplinary action by representatives of the University of Kansas.
4. Withdrawal may cause immediate financial aid consequences or the need to repay scholarships.

# GRADES FOR STUDY ABROAD

## KU COURSES ABROAD

### Summer & semester programs

Summer grades are posted at the end of the summer term on the KU Lawrence campus (late July) or at the end of your program. Semester grades are posted shortly upon the return of the program. In some cases, grades may be delayed pending receipt of academic information from the host institution. If you view your grades, Advising Report, or DPR and a course is listed as WG (waiting grade) or zero credit hours instead of a grade, please

### Winter break & spring break programs

Credit for Winter Break and Spring Break programs is recorded on the Spring semester academic record. Grades and credit will appear on your spring grade report at the end of the spring term.

do not panic! Grades will be posted as soon as possible. Your program director or OSA Program Coordinator will be able to tell you whether he or she has submitted grades for your program.

**KU Students** - Soon after grades have been submitted they will appear on your Advising Report and DPR. Obtain a copy of your Advising Report and DPR through the MyKU portal.

**Non-KU Students** - One official transcript will be sent to the address you

specified on the Transcript Request form (one of the forms you filled out before departure). Additional copies of your KU transcript may be ordered online at [www.registrar.ku.edu/transcripts](http://www.registrar.ku.edu/transcripts). Do not order any transcripts before you receive the first one because if you do, the transcript will be blank.

## ENROLLMENT AT A FOREIGN UNIVERSITY

For some programs, the foreign university contact or program director will send an official transcript directly to the OSA. However, many students will have to either request that the official transcript be sent to the KU OSA or collect and bring back official documentation of their work abroad. Check with your OSA Program Coordinator if you are not sure whether you need to request the transcript yourself. Make certain

that the official transcript from the foreign university is sent to the KU Office of Study Abroad and NOT to the KU Office of Admissions. Photocopies of transcripts are not acceptable unless stamped with the official seal or mark of the university. Consult your program information to find out approximately when you can expect your transcript to arrive. Foreign transcripts generally arrive one to four months following the

end of the study abroad period. You may not eliminate classes and grades from the foreign university transcript to post. **All courses and grades will be posted on the KU transcript.** Once grades are posted on the KU transcript, changes will not be made.

## **GRADE POSTING FOR KU STUDENTS**

**1.** Once the transcript has arrived, the OSA Program Coordinator will match courses on the transcript to the Academic Plan and Approval (completed at the time of application). If all of the courses match, the grades and courses will be posted to the student's KU transcript. If the student took courses that weren't pre-approved, the OSA will email him or her a credit worksheet for approval of the remaining courses and any courses taken abroad for which KU equivalents remain to be approved.

**2.** The student will then meet with the appropriate Faculty Advisor, who will review documentation the student has brought back for any course which was conditionally approved before departure or which was not listed on the Academic Plan. The Faculty Advisor will approve KU course equivalents for each course taken in his/her academic department. The student should meet with his or her Academic Advisor to determine how the KU courses will fulfill graduation requirements.

**3.** The student will return the signed Credit Worksheet to the OSA Program Coordinator.

**4.** The OSA Program Coordinator will send all completed paperwork and documentation to the University Registrar. Course work and grades will be posted on the KU record within several weeks.

## **GRADE POSTING FOR NON-KU STUDENTS**

**1.** Non-KU students are responsible for providing the Office of Study Abroad an original syllabus (and translation, as necessary) for each course completed overseas for which no KU equivalent course has been determined. The OSA Program Coordinator will submit course information to the relevant KU academic department so that an equivalence can be assigned and the course posted to your academic transcript.

**2.** One KU transcript will be sent to your home institution to the address you specified on the Transcript Request form.

**3.** It is your responsibility to verify that the transfer of the KU credits to the home institution has been completed.



# ENROLLMENT AT KU FOR YOUR SEMESTER OF RETURN

(FOR KU STUDENTS ON SEMESTER PROGRAMS)

You will need to log on to Enroll & Pay (<https://sa.ku.edu>) during the Main enrollment period, find out when your enrollment period will begin, and enroll yourself during that time. If you choose to not enroll during Main enrollment you will need to go through late enrollment upon your return to KU and possibly pay late enrollment fees.

- *Special Permission: For those courses that require special permission, you will need to contact the department in which the course is offered to request special permission numbers.*
- *Changes and updates to your request (Add/Drop): You will be able to make changes to your enrollment online at the Enroll & Pay website (<https://sa.ku.edu>) after you are initially enrolled, or during online Add/ Drop once you return to KU.*
- *You can print a copy of your schedule from the Enroll & Pay website.*

**If you are not able to enroll yourself online** because of computer issues or you are traveling during your enrollment period, you can contact the OSA at [studyabroad@ku.edu](mailto:studyabroad@ku.edu) and request that the OSA help enroll you. The OSA will need to know what courses you would like to be enrolled in, complete with course titles and class numbers. You will be enrolled at your predetermined enrollment time by the Office of the University Registrar at KU. You must take care of any enrollment holds prior to your enrollment time or you cannot be enrolled.

- *Special Permission: It is your responsibility to provide the OSA with any special permission numbers for enrollment in courses that require special permission. Contact the department in which the course is offered to request the special permission number.*
- *The OSA cannot guarantee enrollment in all of the courses you request. It is important to always list alternative courses.*
- *Changes and updates to your request (Add/Drop): Once your enrollment has been submitted to the Student Records Center, the OSA can still request changes on your behalf. Please e-mail requests to [studyabroad@ku.edu](mailto:studyabroad@ku.edu). You will also be able to make your own changes while you are abroad or when you return to KU during online add/drop.*
- *Your class schedule: Once enrolled, you can view and print a copy of your class schedule from the Enroll & Pay website (<https://sa.ku.edu>).*

# PRACTICALITIES

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# KU TECHNOLOGY WHILE TRAVELING

Learn more at: [technology.ku.edu/study-abroad](https://technology.ku.edu/study-abroad)

## EDUROAM

Connect to the Internet with your KU Online ID by logging in to eduroam Wi-Fi networks at participating universities and institutions around the globe. Learn more and find locations at: [eduroam.us](https://eduroam.us). Check out the eduroam Companion app available on Google Play and iOS App Store.

## OFFICE 365 (MICROSOFT)

Access online versions of Microsoft Word, PowerPoint, OneNote and more anywhere, anytime you have an Internet connection. Log in with your KU Online ID at: [mycommunity.ku.edu](https://mycommunity.ku.edu)

## ONEDRIVE FOR BUSINESS (MICROSOFT)

A cloud-based storage and file sharing service that provides 1TB of free online storage. Log in with your KU Online ID at: [mycommunity.ku.edu](https://mycommunity.ku.edu)

## VIRTUAL LAB

Access some of the most popular campus computer lab applications from computers and mobile devices anywhere you have an Internet connection. Log in with your KU Online ID at: [virtuallab.ku.edu](https://virtuallab.ku.edu)

## EMAIL — ONLINE ACCESS

Access your KU email and calendar online via the KU Outlook Web App. Log in with your KU Online ID at: [mail.ku.edu](https://mail.ku.edu)

## MYKU PORTAL

Access many essential KU services all from one place, including Enroll & Pay and Blackboard. Log in with your KU Online ID at: [myku.ku.edu](https://myku.ku.edu)

# MONEY

## BANK ACCOUNTS

If you currently use a local credit union or bank, you might want to consider opening an account with a large, international bank before you go abroad (i.e. CitiBank, Bank of America, Wells Fargo). If you do, you may be able to withdraw money and even use your card in your host country as well as have access to 24-hour banking services. Large American banks often have negotiated agreements with the national banks of many other countries or have branches in other countries around the world. If you do plan to use your American debit or credit card abroad, be sure to tell your bank to expect charges in all of the countries you

## ACCESSING CASH

The easiest way to get cash in the currency of your host country is to withdraw it from an ATM once you are abroad. In bigger cities you will easily be able to find an ATM that accepts major debit/credit cards. For cash withdrawals, we recommend you use your debit/atm card. Credit cards charge high interest rates for cash withdrawals. A good place to get cash upon arrival is at the airport where ATMs are widely available. There will be a surcharge associated with these transactions, but they will often be nominal.

Depending on your destination, you may be able to withdraw the cash in the currency that you need before you travel by visiting your banking institution and inquiring if they carry the type of currency

plan to visit and keep them informed if this information changes. Most banks have automated fraud detection and when activity becomes irregular or your normal spending habits or location changes, banks often associate this with fraud and your card may be rendered inactive.

For some countries, particularly if you will be abroad for an extended period of time, it may be easier to open a checking account at a local bank and transfer money from your American account. By opening an account at a local bank, you do not have to worry about the currency conversion rate between U.S. dollars and the local currency.

you seek. Some banks may need advance notice so that they are able to order the currency you are requesting.

Another option to accessing the local currency before arrival is to visit a money exchange kiosk such as Travelex, located in most large international airports. You can exchange U.S. dollars or use your credit/debit card and receive the physical currency of your destination country. Exchanging currency through these companies may offer a less-than-favorable exchange rate, as they make money through these exchanges through commission. However, it is advisable to have at least a small amount of the local currency on hand before leaving the airport.

You can also watch rates and transfer money from the U.S. when the conversion rate is favorable, and the conversion can be done once. Lastly, debit and credit cards from other countries may be different than American cards. For example, newer cards in Europe use a chip to read the cards rather than the swipe method. It's important to take at least two cards with you abroad in case one is lost or stolen so you'll be able to access money. By opening a bank account and obtaining a new debit or credit card, this problem could easily be avoided.

## CARRYING CASH

When studying abroad, paying with cash is an easy, hassle-free method of paying. Even if you are in a country where most businesses do accept credit cards, it is a good rule is to carry a little cash with you at all times. In the case of an unfortunate loss of a card, cash can also be an important substitute.

Another reason to have cash on hand is that many cities around the world regularly feature cash-only markets where vendors will sell different types of foods, drinks, and products that you may not find in local stores. These shop stands will generally only accept cash, so you do not want to miss out on this opportunity by forgetting to have money on you. Plus, you will find that some of the best things you buy will come from street vendors who don't accept cards.

# PACKING

- Research what can and cannot be carried onto your airline provider and through TSA. The TSA has an updated list online where you can see what can, and cannot be, packed in your carry-on or check-in luggage: (<https://www.tsa.gov/travel/security-screening/prohibited-items>). You also need to check what items are prohibited to bring into your host country by checking your host country's customs website.
- Keep track of how much your luggage weighs and airplane charges
- Leave room for souvenirs
- For carry-on luggage:
  - Consider packing everything listed in the 'Core Packing List', particularly medication, documentation, emergency contact information, toiletry items, and snacks.
  - Containers with liquids must be less than 8 ounces and stored in a clear bag.
  - Make sure your carry-on luggage is the appropriate size, including the handle and wheels).
- For checked luggage:
  - To avoid extra charges, check your provider guidelines for checked bags. Usually, as long as your luggage and its contents are 50 pounds or less, there will not be additional fees.
  - Make sure containers and bottles are properly sealed and stored in a clear bag.

## CORE PACKING LIST

- Passport
- Boarding passes and copies of flight itineraries
- Extra copies of important documents
  - Including passport, visa(s), tickets, and insurance information
  - It is advisable to leave additional copies of this information with a family member and/or friend in case yours are lost
- Emergency contact information
  - Print card that lists your emergency contacts' number, the KU Office of Study Abroad emergency numbers, the faculty director's contact information (if appropriate), your provider program's number, insurance provider number, and the local American embassy or consulate number
- Luggage:
  - Backpack
  - TSA approved lock for check-in luggage
  - Luggage tag
  - Carry or check in luggage (depending on length of stay abroad)
- Cash (U.S. and foreign), credit cards, ATM card  
*(See section on Money)*
- Voltage adapter (if necessary)
- Medications:
  - Discuss your trip with your medical provider and the KU clinic during the travel health consultation
  - If possible, bring enough medication for the length of your time abroad, plus extra in case of loss or extended time abroad.
  - Copies of prescriptions
  - Pack prescription medication in the original containers
- Eye care:
  - Extra pair(s) of glasses
  - Extra contact prescriptions
  - Saline solution
- Toiletries:
 

■ Sunscreen	■ Cosmetics
■ Bug spray	■ Comb and/or brush
■ Lotion	■ Hair products
■ Deodorant	■ Tampons/sanitary pads
■ Hand sanitizer	■ Contraceptives/birth control
■ Soap	■ Toilet Paper (country-dependent)
■ Toothpaste, toothbrush, & floss	
■ Razor	
- Clothing:
 

Research the typical regional weather in your destination during the duration of your stay as well as what is culturally appropriate. Generally, you should consider packing the following:

■ Shirts	■ Swimsuit
■ Pants or shorts	■ Socks
■ Socks	■ Hat
■ Underwear	■ Gloves
■ Nicer outfit	■ Shower shoes
■ Raincoat	■ Running/hiking shoes
■ Sweaters	■ Walking shoes
■ Winter coat	
- Electronics:
  - Cell phone
  - SIM cards, etc.
  - Laptop or other device to do homework or study
  - Charger
- Other possible necessary items:
  - Water purification tablets
  - Travel wipes
  - Snacks/food (Particularly if you have a dietary restriction)
  - Protein powder

# MISCELLANEOUS PACKING LIST

- Water bottle *(needs to be empty when going through airport security)*
- Umbrella
- MP3 Player
- Snacks and favorite foods that might be difficult to find abroad
  - *Eg. peanut butter*
- Laundry
  - *Laundry soap*
  - *Clothing line*
  - *Clothing pins*
- Earplugs
- Extra bedding/sleeping bag
- Pictures from home
- Travel journal
- Sewing kit
- Small safe
- Binoculars
- Textbooks and notebooks
- Pens and pencils
- Calculator
- Extra passport photos
- Day pack
- Guides and maps
- Cards/games
- Battery operated alarm clock
- Camera and extra memory
- Batteries
- First aid kit
- Sunglasses
- Books
- Flashlight
- Additional items
  - *Depending on your hobbies, passions, and location of study, you may want to consider bringing materials to meet your needs. For example, you may want to bring a musical instrument, wetsuit, art supplies, etc.*

## THINGS TO LEAVE BEHIND

- Things to leave with a close family member and/or friend:
  - *Leave extra copies of important documents including passport, visa(s), tickets, debit/credit card(s), and insurance information*
  - *Contact information including your in-country phone number, the KU Office of Study Abroad, the local embassy, and the provider program information*
- More generally, don not bring:
  - *Any TSA prohibited items*
  - *Items that illegal in your host country*
  - *Illegal drugs and weapons*

# COMMUNICATION

The first step to outlining your communication plan while you're abroad is to research. First, check with your host institution to see if they will be providing you with a mobile device through the duration of your program. Second, search online to see what other travelers to your host country have done and what has been most successful.

You may find that it will be easiest and more efficient to use your current phone while you are abroad. If this is the case, you can unlock your phone through your carrier pre-departure. Once your phone is unlocked and you have arrived in your host destination, you can buy a SIM card and use the phone you already have.

If you are unable or would prefer not to unlock your American cell phone, there are some other options. If you own a smartphone, you can use Wi-Fi to communicate through applications such as WhatsApp, Facebook, Line, Viber, FaceTime and many others. In many countries, WhatsApp is highly used as the main way to text message. Another option

would be to buy a small international plan through your carrier.

Finally, the cheapest option is to buy a prepaid phone with a local carrier that includes a calling and texting plan in order to contact people within the country you are living. If you are in a non-English-speaking country and are not confident in your language ability, it may be necessary to bring a person with a high proficiency in the local language while purchasing these phones. Once acquired, most of these plans are easy to maintain and commonly operate on a 'pay-as-you-go' basis. Minutes can usually be loaded at malls and local convenience or grocery stores where you see your carrier logo; if not, asking company personnel where to add minutes to your phone is very important information to get. It is important to keep the information you receive from this transaction accessible as it will contain not only your cell phone number, but oftentimes a PIN number that will unlock your phone and other information regarding your plan.

## QUESTIONS TO CONSIDER

*How soon after arrival will I be able to contact my family/friends? How will I contact them? Will they be expecting to hear from me?*

*How often will I communicate with my family? What are their expectations? What are mine?*

*How will I contact my family and friends if there is an emergency situation at home or abroad?*

*How will I balance communicating with people from home and being engaged on my study abroad program?*

## SAFETY TIP!

### CREATE A COMMUNICATION PLAN

Considering establishing a communication plan with your family and friends. Set expectations about how often you will talk or contact them. Sometimes family may become concerned if they haven't heard from you in a few days--setting expectations before departure or immediately after arrival can ease anxiety.

Changes in your communication patterns may raise alarms from friends or family. If you are planning to travel or will be out of reach, make sure to update your family and friends in advance.

## GOOD TO KNOW

### USEFUL APPS

Returned students recommend the following for students with smartphones:

- WhatsApp
- FaceTime
- iMessage
- Line
- Viber
- Skype
- Google Hangouts
- Currency converters
- Travel itinerary apps
- Airline apps

# TRANSPORTATION

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Familiarize yourself with transportation around your host city, country and region. Options for transportation vary greatly depending on where you are in the world, but learning to use public and non-public transportation is a great way to become accustomed to your new surroundings. Upon arrival, don not expect to grasp everything immediately. Depending on the complexity of the transportation system in your host country, it could take some time to navigate without problem.

## **Here are a few tips to make things easier:**

1. Determine how you will get from your home in the U.S. to your destination abroad. Plan every step, and make sure you know what to do if you miss a flight or have a delayed connection.
2. If you plan independent travel, plan every step of your transportation, and make sure you have the correct currency and method of payment.
3. Stay safe! Be aware of your surroundings at bus and train stops and on public transportation, especially if travelling alone or in the early morning or nighttime hours. Protect all belongings while travelling on busses and trains. Keep any bags within eyesight, and guard your passport, wallet, and travel documents.
4. Make sure you are heading in the correct direction when you board a bus or train, and try to always carry fares for both your outbound and return trip.
5. Avoid traveling alone at night or in unfamiliar locations whenever possible.

## **GOOD TO KNOW**

### **NAVIGATING & TRAVELING TO NEW PLACES**

If you have a smartphone, you can download apps and save maps to help you navigate new places without using data. Research your options before arriving in a new place so you have the information you need. You can also take a screenshot of directions/maps you might need later.

Look for directions and transit information when booking hostels or other accommodations. Check to make sure the neighborhoods and transit routes are safe.

When booking travel, research your options and consider how you can best balance your time and money. Compare all your options, including trains, buses, and flights. You might be surprised by a cheap flight or a very long train ride. Plan ahead to maximize your travel experiences.

Official tourism offices can provide directions and may provide free maps and/or walking tours. They can also recommend restaurants and activities.



# MAKING FRIENDS & GETTING CONNECTED

Making lifelong friends will undoubtedly be a highlight of your time abroad. However, that can sometimes be hard to do in an unfamiliar place. Being open, friendly and sometimes just being the first to say “hello” (or the equivalent in the local language) can connect you to not only those from your host country, but to people from all around the world.

At your host university, attend welcome gatherings during orientation (if offered), get involved with clubs, recreation activities or program-specific groups to meet with people who share your interests. Information about these activities is usually given out during orientation or it can be found on the host university website. Look out for groups and programs that help to integrate exchange students at your host university. These programs can help you in a variety of ways; meeting new friends, navigating the campus and city, language practice if you are studying the local language, useful information about local events, and much

more. Just like the KU Exchange Friends Program, these groups may pair you with a local student who will be a mentor and friend during your time abroad. You can also use websites such as [meetup.com](https://www.meetup.com) to find both locals and other foreigners with the same interests as you.

Volunteering is also a way to get involved, meet people, and help out around the community in a variety of different ways. Universities are a great resource to find out about these opportunities; look for them through the university's website or by enquiring about these volunteering upon arrival and orientation times.

Attending an optional/mandatory orientation session is also a way to meet people. You will generally meet international students this way, but orientation sessions prove to be effective in helping you to adjust to life in the country you are studying abroad in.

## HOST FAMILIES

Moving in with a host family can be intimidating, particularly if you have been living on your own for a while prior to moving in.

Ask your family and learn what they expect from you, particularly regarding topics like curfew. Your host family might feel personally responsible for your safety, so it is good to clarify those boundaries.

Be respectful of your host family's boundaries, and set your own boundaries too. If you are not completely comfortable in a situation, or if you are experiencing a lot of culture shock and need to take an evening to yourself, try to vocalize that to your host family.

Be open-minded. Your host family will not always do everything the way you are

accustomed, try your best to learn from them and accommodate them as well.

Keep in mind that you will not always do everything right or the way that is considered “normal” in your host society, try to keep a sense of humor and learn from mistakes.

## HELPFUL TIP

### PLAN TO TRAVEL?

If you plan to do some independent traveling while studying abroad, you may want to wait until you arrive and meet other students to make your plans. You might find a travel buddy... or three! Traveling with others can be a good way to stay safe and save money. Talk to local students too--they might have recommendations for cool places to visit, restaurants to try, or activities you haven't considered.

Of course, you don't want to spend *too* much time traveling! Plan to spend time (even on the weekends) in your host city. This is a great time to hang out with locals, explore the local region, and experience cultural activities.

# DIETARY CONCERNS

While traveling abroad with a food restriction can be tricky, careful research and preparation will ensure that you have a safe and enjoyable trip. First, research your host country's popular foods before you leave in order to get a sense of which foods may be problematic for you before you leave. Secondly, be sure to learn how to express your dietary restrictions if you are going to be in a non-English-speaking country. If you have difficulty communicating in your host country's language, it would be wise to also have a translated copy of your dietary needs written in the language for you to show at restaurants and other places to help you explain. Third, pack plenty of snacks before you travel, as it may be difficult to find food that matches your needs on the plane or immediately after reaching your destination.

Depending on your study abroad location, vegetarian and vegan lifestyles can be difficult to accommodate. Research vegetarian or vegan travel

suggestions for your host country online as well as the locations of restaurants that accommodate your preferences. Depending on the reasons that you are vegan or vegetarian, it may be prudent to consume some meat and/or dairy products during your stay abroad, particularly if you live with a host family. Some cultures have traditional diets that are based heavily in animal products and denying food can be seen as offensive.

If you have an allergy, first research your airline's food allergy policy and notify them of your allergy. Once again, it would be prudent to pack food for you to eat on the plane and upon reaching your destination. Pack your copies of your prescriptions, medications, and possibly extra epinephrine auto-injectors as well. According to TSA guidelines, you should be allowed to bring epinephrine injectors on board with you but you may need to show both printed label as well as your prescription.

## HELPFUL TIP

### VOCABULARY LIST

If you have a dietary restriction, plan ahead by learning the vocabulary of countries where you will be traveling.

Learn how to ask "Does this contain...?" and how to request "No ..., please."

Suggested words below:

- Allergy
- Vegetarian
- Vegan
- Celiac
- Gluten-free
- Nut & types of nuts
- Wheat
- Gluten
- Flour
- Soy
- Dairy
- Cheese
- Milk
- Gelatin
- Casein
- Animal product
- Broth
- Stock
- Fish/shellfish
- Names of meat/animals
- Tofu
- Eggs

## MEAL PLANNING

If you have an allergy or dietary restriction, consider packing snacks and shelf-stable food to get you through a few meals. You may not have immediate access to food or groceries when you arrive or while you are in transit.

While abroad, make sure you are eating a balanced diet so you stay healthy. If you have problems finding food you can eat, talk to your on-site contacts to see if they can help you navigate the local cuisine, restaurant, and grocery options.

# YOU'VE GOT THIS!

We hope this guide has helped you prepare to have a safe, academically enriching, and personally rewarding experience. Studying abroad can be life-changing, but it isn't without its challenges. If you encounter problems, know you are not alone. The OSA is here to help you as you prepare and while you are abroad. We're happy to connect you to resources and provide guidance as needed. Feel free to contact us with your questions, and know we are here for you when you are abroad.

From all of us at the Office of Study Abroad, we wish you safe and happy travels!