

WFU

Study Abroad

Pre-Departure Orientation

SPRING 2017 ABROAD

Engage in a
World Class Experience

How well

DO YOU

know

your

host country?

◆ get to know your host country ◆

TOPICS TO CONSIDER

Look up information about your host country *before* you depart.

Especially consider the following topics:

Culture & Traditions

Currency

Government & Politics

Holidays

Pop Culture

◆ HOW WELL DO YOU KNOW YOUR HOST COUNTRY ◆

ACTIVITY

Flip through your travel guide.
What tip do you find most useful?

◆ ◆ ◆ REMINDERS ◆ ◆ ◆



◆ REMINDERS ◆

VISAS

Each country has its own visa requirements, no two country's requirements are the same (even in Europe).

Check with your program regarding your country's visa regulations.

It is YOUR responsibility to apply for your visa.

Check <http://travel.state.gov> for additional information.

◆REMINDERS◆

RECEIVING ACADEMIC CREDIT ABROAD

ALL courses taken abroad must be approved by WFU in order to receive major, minor, elective, and/or divisional credit.

Internships must be approved for credit.

All students must be enrolled in at least 12 hours of WFU credit.

You are required to take a course in the native language

Turn in your gold course approval forms to the Center for Global Programs & Studies 116 Reynolda Hall.

Complete all required steps in WakeAbroad (<http://studyabroad.wfu.edu>).

◆REMINDERS◆

GRADES & CREDIT ABROAD

All students will be enrolled in WIN for ABO 100 for 12 hours while abroad (even if taking 15 hours)

Courses are NOT pass/fail.

Abroad grades WILL appear on your WFU transcript but do not reflect in your WFU GPA.

You must earn a "C" or higher to receive credit.

All WFU Bulletin rules apply abroad, including Honor Code.

◆REMINDERS◆

BILLING

The WFU Study Abroad Enrollment Fee is 12% of tuition

Study abroad tuition & fees vary by program.

Tuition & fees are paid directly to your abroad program provider.

◆REMINDERS◆



FINANCIAL AID & SCHOLARSHIPS

Complete the Direct Deposit form in your WIN account.

Meet with Elizabeth Sandy in the Financial Aid office, 4 Reynolda Hall, to discuss how your aid transfers abroad.

WFU Abroad Scholarships are awarded in April.

◆ what to know before you go ◆

QUIZ

1. Who has to take a language course?
2. How many credit hours will abroad students be registered for in WIN (ABO 100)?
3. Will there be a charge to your student account for the semester?

◆ ◆ ◆ LOGISTICS ◆ ◆ ◆



◆ LOGISTICS ◆

TRAVEL DOCUMENTS

Make multiple copies of the items below. Leave one copy of each with a parent or family member in the US.

Passport (photo page and visa, if applicable)

Travel itinerary

Abroad address contact information

Credit cards (front & back)

Emergency contact information (Abroad & US)



◆ LOGISTICS ◆

CUSTOMS & IMMIGRATION

Complete your landing card on the plane, if applicable.

Always be respectful of immigration and customs agents.

Have your passport, travel itinerary, and local address available when approaching the immigration kiosk.

◆ LOGISTICS ◆

VOTING WHILE ABROAD

Register to vote!

Request your Absentee Ballot via your county's website

Be prepared to discuss the U.S. election with locals abroad

◆ ◆ ◆ PACKING ◆ ◆ ◆

◆ PACKING ◆

TOP 10 ITEMS NOT TO PACK

- Extra supply of toiletries
- Hairdryer, straightener, curling iron, electric shaver, etc.
- Items that peg you as an American (Greek letters, white sneakers, etc.)
- Jewelry or valuables
- Linens & pillows
- Pepper spray
- Personal items with high sentimental value
- Pocket knives or other weapons
- Prohibited items (fruit, spices, hiking boots, etc.)
- Too many clothes/shoes



◆ PACKING ◆

TOP 10 ITEMS TO PACK

Carry-on

- Passport with passport holder
- Black or blue pen
- Medications
- Cash: US & local currency

Checked Luggage

- Wattage & outlet converters
- Portable battery run alarm clock
- Walking shoes
- Raincoat
- Water bottle
- Contact solution



◆ ◆ ◆ FINANCES ◆ ◆ ◆

◆ FINANCES ◆

BUDGETING FOR ABROAD



◆ FINANCES ◆

BUDGETING FOR ABROAD

Study Abroad Total Cost Estimate forms available.

Make a weekly or monthly budget for yourself and stick to it.

Remember to budget for items you typically do not pay for on campus:

Entertainment ◆ Gym ◆ Laundry ◆ Meals ◆ Public transportation ◆ Travel

Expect to spend more abroad on everyday items than in the US.

◆ FINANCES ◆

BUDGETING FOR ABROAD



Take advantage of your program's activities and travel opportunities.

Opt to take public transportation instead of a taxi (walk during the day).

Look for free museums and other free venues.

Ask for student discounts EVERYWHERE.

Most students spend more money in their first two weeks abroad.

◆ FINANCES ◆

CREDIT CARDS & BANKING



Notify your bank and credit card companies that you are going abroad.

Check with your bank and credit cards regarding any fees they charge for purchases made abroad (foreign transaction fee).

If available, ask your bank for a “Chip & Pin” credit card.

Cash is typically used more widely abroad than in the US, always carry a small amount with you.

◆ what to know before you go ◆

QUIZ

1. What 2 items should you have copies of with you at all times?
2. List 3 items you should NOT pack.
3. What is the most reliable form of payment?

HEALTH AND SAFETY



◆ HEALTH & SAFETY ◆

JET LAG

Before you go

Change your sleep routine:

Going West? Start going to bed later a few days before your trip.

Going East? Start going to bed earlier.

During your flight

Time your activities: try to eat and sleep according to the local time of your host city.

Drink plenty of water.

When you arrive

Spend time outside in the sunlight.

Do not nap.

Stay hydrated.

◆HEALTH & SAFETY◆

SAFETY & SECURITY TIPS

Be aware of pickpockets; petty theft is common among students abroad

Avoid underage and excessive alcohol consumption

Don't import, purchase, use, or have drugs in your possession

Obey the local laws

Only use licensed and regulated taxis

Do not carry weapons

Avoid participating in demonstrations and other political activities

Be safe and secure in your residence

Practice ATM security

Be conscious of your verbal & non-verbal behavior

◆HEALTH & SAFETY◆

MEDICATIONS & INSURANCE

Check with the Student Health Clinic if you need vaccinations.

Some medications are banned in different countries. Check with your program regarding medications you plan to take abroad.

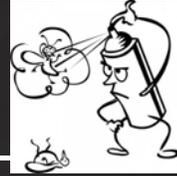
Pack all of the medication you need for the duration of your time abroad.

Pack all medications in your carry-on luggage in their original containers.

Health insurance should be provided by your program.

◆ HEALTH & SAFETY ◆

ILLNESSES ABROAD



Use your program-provided health insurance

Insect-Borne Illnesses

Just as you would in the United States, try to avoid bug bites while spending time outside or in wooded areas.

Wear long-sleeved shirts and long pants

Use mosquito netting over bedding when travelling in rural areas

Use insect repellents on bedding and netting

Use insect repellents on skin and clothing

◆ COMMUNICATION ◆



◆ COMMUNICATION ◆

ONLINE COMMUNICATION



Video chat with family online: Google Hangouts, Skype, Webex, etc.

Text with apps using WiFi connections: GroupMe, WhatsApp, Viber, etc.

Blogging is a great way for your family and friends to read about your experience abroad. We recommend using WordPress or Tumblr.

◆ COMMUNICATION ◆

COMMUNICATION WITH FAMILY

Before you depart, discuss a communication plan with your family.
Consider the following:

How will you contact them? Phone, email, Skype?

How often will you contact them?

Notify your family if your plan changes.

◆ COMMUNICATION ◆

CELL PHONES



Do not use your cell phone carrier abroad, even if they offer an international plan, which are typically more expensive.

If you take your smart phone abroad, turn off your data and use it as you would use a tablet or iPad.

Purchase a cheap local cell phone upon your arrival. Most overseas carriers offer pay-as-you-go or “top-up” plans.

◆ COMMUNICATION ◆

CONTACT YOUR FAMILY

Contact your family via email or a WiFi app as soon as possible.

If WiFi is not available at the airport, it should be available at your program’s overseas center and/or housing.



◆ what to know before you go ◆

QUIZ

1. What are two strategies for avoiding jet lag?
2. Who should you contact in an emergency?
3. TRUE OR FALSE: We recommend that you use your cell carrier's international plan abroad.

CULTURAL
INTEGRATION

◆ CULTURAL INTEGRATION ◆

GET INVOLVED



◆ CULTURAL INTEGRATION ◆

TRY NEW THINGS

Try local foods and participate in popular activities.



It is not bad, it is different.

Be flexible and open-minded.

Avoid going to American establishments that you find abroad (McDonalds, Pizza Hut, Starbucks, etc.)

◆ CULTURAL INTEGRATION ◆

BE MORE THAN A TOURIST

Make an effort to meet locals.

Join clubs and societies in your host city.

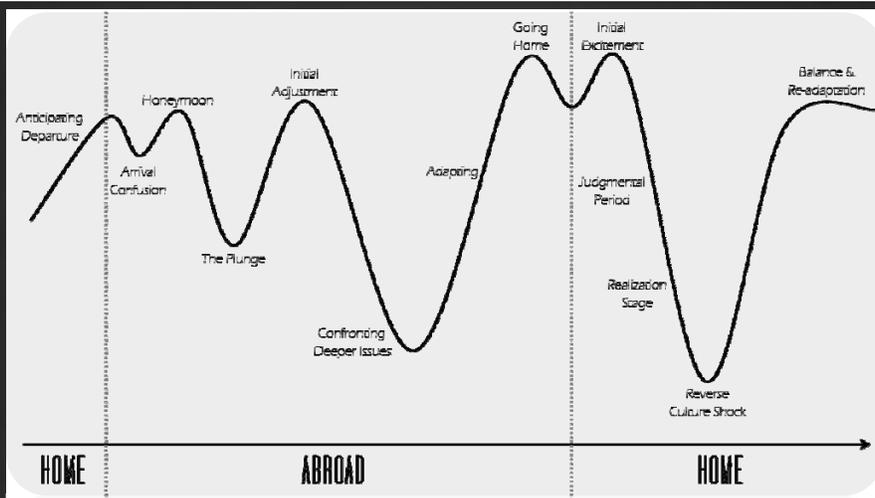
Do not expect special treatment.



Discussion of politics and government abroad is common. Educate yourself on your host country's current political issues, as well as current US topics of discussion.

◆ CULTURAL INTEGRATION ◆

CULTURE SHOCK



◆ CULTURAL INTEGRATION ◆

ACTIVITY

What are a few realistic strategies you might use to engage in the local culture?

◆ ◆ RESOURCES ◆ ◆

◆ RESOURCES ◆

HEALTH & SAFETY



On-site program staff

State Department: <http://travel.state.gov>

Smart Traveler Enrollment Program (STEP) <https://step.state.gov/step>

Sexual Misconduct Abroad document

World Health Organization Ebola document

◆ RESOURCES ◆

THE BRIDGE & YOUR LENOVO

For assistance with computer issues abroad, contact the Help Desk:
<http://help.wfu.edu/public/computers/study-abroad--technology-support>

Do not leave your laptop unattended.

If your Lenovo ThinkPad is lost or stolen while abroad, you will be responsible for the cost of replacing the computer.

◆ RESOURCES ◆

LIBRARIES

ZSR Library services are available while abroad
<http://zsr.wfu.edu/abroad>

Libraries abroad typically close much earlier than in the U.S.



RESOURCES



#DEACSBROAD



Use #DeacsAbroad to appear on our website and social media pages.

Follow Twitter and Facebook pages that provide news, politics, culture, and events for your host country.

Follow WFU Study Abroad and your provider social media pages
 Don't become too attached to social media accounts while abroad. Explore your new city and country!

Let us know if you are blogging from abroad.

Share your experience with us: Photo contest

◆ USE YOUR EXPERIENCE ◆

Nationally, approximately 1% of students study abroad for a semester compared to approximately 55-65% of students at WFU.

Use study abroad on your resume and cover letters.

Think about how your abroad experience will help you in the workforce.

Upon return, attend the re-entry events hosted by GPS to help “un-pack” your abroad experience.

QUESTIONS?
