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?
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](http://travel.state.gov) for additional information.
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).

GRADINGS & 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**

**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
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

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

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.
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?
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.
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
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.

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

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

[Graph depicting the cultural integration process with stages such as Home, Abroad, and Home, including phases like Adjustment, Acceptance, and Reintegration.]
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](http://travel.state.gov)

Smart Traveler Enrollment Program (STEP) [https://step.state.gov/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](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.
ZSR Library services are available while abroad
http://zsr.wfu.edu/abroad

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

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
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.