



**STUDY ABROAD  
ORIENTATION**

# What We Will Discuss

- **Logistics**

- Passports and \*Visas
- Financial Responsibility
- Personal Finances
- International Student Identification Card
- Ring Requirements for second semester juniors

- **Health & Safety**

- Doctors
- Prescriptions
- Medications
- Safety Tips

# What We Will Discuss

- **Cultural Adjustment**
  - Understanding the host culture
  - Be aware of your surroundings
  - Educate yourself prior to departure
- **Culture Shock**
  - What is culture shock
  - Dealing with culture shock

# What We Will Discuss

- **Academic Responsibilities**

- Transfer Credit
- Registration for your return to El Cid
- Class Attendance

# LOGISTICS

- Passports

- If you have not applied for a passport, you must do so ASAP. You will need to pay the additional fee to improve your chances of your passport arriving before your departure date.
- Keep copies of your passport with you in case of emergency: wallet, luggage, shoes & be sure to keep your actual passport in a safe place.

- \*Visas

- Visas are only required when working for an extended period of time. Most graduate programs do not require visas. Most independent programs will provide the necessary guidance and material needed for you to obtain a visa if a visa is required.

# LOGISTICS

- **Financial Responsibilities**
  - Payments – Students participating in Citadel or affiliated programs will be responsible for making payment directly to the sponsoring institution or program
  - **Financial Aid** – Most students using financial aid for coursework already, can apply this to their program. If you would like to apply for separate financial aid monies, please contact the Financial Aid Office to discuss what is available for you.

<http://www.citadel.edu/root/finaid>

# LOGISTICS

- Personal Finances

- ATM card – can be used in most countries, check with your bank to see if there is a affiliated branch in your host country with lower transaction fees.
  - ***Let your bank know you will be travelling out of the country and how long you will be gone.***
- Credit Cards – Good to have in case of emergencies. Be sure they are in your name and someone pays monthly bill at home or online.
- Traveler's Check's – reimbursable if lost or stolen and can be cashed at any bank or currency exchange.
- **Budget** – plan ahead for any additional travel or experiences you want to participate in, you don't want to run out of \$\$\$.

# LOGISTICS

- International Student Identification Card
    - Offers discounts on airfare, ground transportation, hotel accommodations, and admission to tourists sites. It also carries a supplemental insurance policy
- <http://www.isic.org/get-your-card/>



# HEALTH & SAFETY

- Doctor visits
  - Please be sure to review all necessary requirements for your travel. Visit your physician prior to leaving and let him/her know where you will be traveling. Be sure that you receive all required immunizations and medical tests. Some countries require an AIDS test as a requirement for the issuance of a visa.

# HEALTH & SAFETY

- Prescriptions & OTC Medications
  - If possible, try to bring an adequate supply of any prescription drug you will need while abroad. Be sure that the drugs are in their original container. If possible, bring an additional prescription written in the native language of the country you will visit. You should also consider bringing your own over the counter drugs for various ailments, ex. Headaches, colds, coughs, diarrhea.

# HEALTH & SAFETY

- Safety Tips

- Do not impair your judgment through excessive consumption of alcohol, and do not fall under the influence of drugs
- Practice SAFE SEX
- Familiarize yourself with local laws
- Avoid crowds, protests groups or other potentially volatile situations
- Review State Department warnings and safety tips via the internet
- Register your trip with the US State Department at <https://travelregistration.state.gov/ibrs/ui/>
- [Don't Be a Pawn - A Warning for Students Abroad](#)

# HEALTH & SAFETY

Visit the [CDC Travelers' Health website](#) to learn about the health risks at your destination.

**Ebola-** Stay up to date on information by visiting the CDC's website, <http://www.cdc.gov/vhf/ebola/index.html>

## **BE PREPARED!**

No one wants to think about getting sick or hurt during a trip, but sometimes these things happen. You may not be able to prevent every illness or injury, but you can plan ahead to be able to deal with them.

[Pack smart.](#)

[Plan ahead for illnesses or injuries during your trip.](#)

[Know what to do if you become sick or injured on your trip.](#)

[Know and share important information about your trip.](#)

# What to Bring

- Purchase all full size toiletries in your host country upon arrival.
- Be sure to get a converter here before you depart (make sure it is not just an adapter.)
- Know the climate of where you will be studying for packing. Note: less is more, you can always buy things in country.

<http://www.ricksteves.com/plan/tips/packlist.htm>

- Cell Phones & Computers

- <http://www.pinterest.com/citadelstudyabr/study-abroad/>

- [http://www.buzzfeed.com/ashleyperez/25-things-you-should-know-before-studying-abroad?sub=2498643\\_1474105](http://www.buzzfeed.com/ashleyperez/25-things-you-should-know-before-studying-abroad?sub=2498643_1474105)

# CULTURAL ADJUSTMENT

- Understanding the host culture
  - Learn as much about the country you will visit prior to your departure
  - Look at current events in you host country
  - Learn about traditions and local customs in the area where you will study

# CULTURE SHOCK

## CULTURE SHOCK

9

You incorporate what you learned and experienced abroad into your new life and career.

1

Everything is new interesting & exciting

2

Differences become apparent & irritating. Frustrations occur

5

You accept & embrace cultural differences. You see the host as your new home and don't wish to depart or leave new friends.

6

You are excited about returning home.

8

You gradually adjust to life at home. Things start to seem more normal and routine again, although not exactly the same.

4

You develop strategies to cope with difficulties and feelings, make new friends and learn to adapt to the host culture.

7

You may feel frustrated, angry or lonely because friends & family don't understand what you experienced & how you changed. You miss the host culture & friends and may look for ways to return.

3

You may feel homesick, depressed or helpless

# ACADEMIC RESPONSIBILITIES

## **Transfer credit**

- Grades for participation in Citadel affiliate and approved programs will be awarded according to the policies and practices of the sponsoring study abroad institutions and organizations. These grades will then be sent to the Registrar's Office of The Citadel for evaluation. The Citadel will only accept those transfer courses with a grade of "C" or better. Credit hours will be assigned to the grades and these hours will be recorded on the student's transcript. When transferring grades to The Citadel from another institution, only credit hours are recorded on a transcript, not the actual grades
- You must get your courses approved to receive final acceptance to study abroad
- Courses abroad- in the event that courses are cancelled while students are abroad, it is the student's responsibility to communicate this information to their home institution as well as work with the host institution or their program representative to ensure all intended courses are completed.
- Athletes- If student athletes study abroad it is their responsibility to work with their coaches or the athletic department to ensure they are and will remain in compliance with the NCAA regulations during their study abroad program.



# ACADEMIC RESPONSIBILITIES

- Course Registration Abroad
  - The MSSIS Office will notify all study abroad students via their campus email of the schedule for pre-advising and pre-registration.
  - All courses and course information for pre-registration will be available in BANNER.
  - You must email your advisor at The Citadel to be advised about course selection prior to pre-registration or meet with them this semester before you leave.
- Class attendance
  - Students enrolled in a study abroad program are required to attend all regularly scheduled classes and fieldtrips.

# CONDUCT

- Study Abroad Contract & Liability Waiver
  - Inappropriate behavior reported to The Citadel by the program will be dealt with on a case by case basis & students will be subject to The Citadel's disciplinary system upon return.
  - Students are required to adhere to program providers rules/regulations during semester abroad. If you have questions about this while abroad contact our office.

# CONCLUSION

- **REMEMBER:**
  - We are an advocate for our students even while you are abroad do not hesitate to contact us at any time.
  - You are an ambassador of The Citadel and the world will hold you to the high standards of the institution.