STUDY ABROAD 301: Pre-Departure
1) Course Planning Sheets

Make sure you complete this form **before** you depart.

If you change any courses upon arrival abroad, let IPS and your advisor know **immediately**.

2) Registration at Tech

You will see a placeholder in Banweb:

- # IEX (International Exchange) credits

For spring or fall: 15 IEX
For summer: 6 IEX per track

**Actual number of credits being taken will not be reflected until **after** we receive your transcript.

Important: **you must stay full-time** while abroad, =12 credits/semester, varies in the summer

3) Final grades

- You will receive an "EP" for "Exchange Pass" or "EF" for "Exchange Fail"

- Grades earned abroad are **not included in your overall GPA**
- *Faculty-led students will receive a letter grade, and will effect GPA.*

- You must get a U.S. "D" or better to pass

- Grades are converted to the U.S. scale

- Any classes not listed on your course planning sheet must be evaluated by your advisor

4) Your bill & Financial Aid

Please refer to the Michigan Tech tuition billing deadlines.

Please consult Financial Aid for questions about aid, scholarships, and financing your study abroad

Andrew Gutierrez
aagutier@mtu.edu
Financial Aid Advisor - Study Abroad Specialist

** Remember to remain a full-time student while abroad!
Important Documents

- Pre-departure checklists
- Confirmation of full-time enrollment
- Power of Attorney
- SCOLA information
- Case studies activity
- Abroad ER Numbers
1) Course Planning Sheets

Make sure you complete this form **before** you depart.

If you change any courses upon arrival abroad, let IPS and your advisor know **immediately**.
2) Registration at Tech

You will see a placeholder in Banweb:
_____# IEX (International Exchange) credits

For spring or fall: 15 IEX
For summer: 6 IEX per track

**Actual number of credits being taken will not be reflected until after we receive your transcript
Important: you must stay full-time while abroad, =12 credits/semester, varies in the summer
3) Final grades

- You will receive an "EP" for "Exchange Pass" or "EF" for "Exchange Fail"

- Grades earned abroad are **not included in your overall GPA**
- *Faculty-led students will receive a letter grade, and will effect GPA.*

- You must get a U.S. "D" or better to pass

- Grades are converted to the U.S. scale

- Any classes not listed on your course planning sheet must be evaluated by your advisor
Michigan Technological University

Student No: [Redacted]

Record of: [Redacted]

Issued To: Mary Stevens

Course Level: Undergraduate
High School: [Redacted]

Current Program
College: College of Engineering
Major: Mechanical Engineering
Mathematics
Maj/Concentration: General Mathematics

Comments:
JCMU - Japan Exchange Student
Summer 2011
See Japan Center for Michigan Universities transcript for actual grades received.

Degrees Awarded Bachelor of Science 28-APR-2012
Primary Degree
College: College of Engineering
Major: Mechanical Engineering
Mathematics
Maj/Concentration: General Mathematics
Inst. Honors: Magna Cum Laude

<table>
<thead>
<tr>
<th>SUBJ NO.</th>
<th>COURSE TITLE</th>
<th>CRED GRD</th>
<th>PTS R</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

INSTITUTION CREDIT:

Fall 2008
College of Engineering
Mechanical Engineering

<table>
<thead>
<tr>
<th>SUBJ NO.</th>
<th>COURSE TITLE</th>
<th>CRED GRD</th>
<th>PTS R</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENG 1101</td>
<td>Engrg Analysis &amp; Prob Solving</td>
<td>3.00 A</td>
<td>12.00</td>
</tr>
<tr>
<td>MA 2330</td>
<td>Introduction to Linear Algebra</td>
<td>3.00 A</td>
<td>12.00</td>
</tr>
<tr>
<td>MA 3160</td>
<td>Multivariable Calc with Tech</td>
<td>4.00 A</td>
<td>16.00</td>
</tr>
<tr>
<td>MEEM 2100</td>
<td>Intro Matls Science &amp; Engg</td>
<td>3.00 A</td>
<td>12.00</td>
</tr>
<tr>
<td>PH 1200</td>
<td>Physics by Inquiry II</td>
<td>1.00 A</td>
<td>4.00</td>
</tr>
<tr>
<td>PH 2200</td>
<td>Univ Physics II-Elec &amp; Magnet</td>
<td>3.00 A</td>
<td>12.00</td>
</tr>
<tr>
<td></td>
<td>Total Earned Credits</td>
<td>17.00</td>
<td></td>
</tr>
</tbody>
</table>

Dean's List

Spring 2009
College of Engineering
Mechanical Engineering

<table>
<thead>
<tr>
<th>SUBJ NO.</th>
<th>COURSE TITLE</th>
<th>CRED GRD</th>
<th>PTS R</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENG 1102</td>
<td>Engrg Modeling &amp; Design</td>
<td>3.00 A</td>
<td>12.00</td>
</tr>
<tr>
<td>MA 3450</td>
<td>Introduction to Real Analysis</td>
<td>3.00 A</td>
<td>12.00</td>
</tr>
<tr>
<td>MA 3560</td>
<td>Math Modeling with Diff. Eq.</td>
<td>3.00 A</td>
<td>12.00</td>
</tr>
<tr>
<td>MEEM 2110</td>
<td>Statics</td>
<td>3.00 A</td>
<td>12.00</td>
</tr>
<tr>
<td>MEEM 2200</td>
<td>Thermodynamics</td>
<td>3.00 AB</td>
<td>10.50</td>
</tr>
<tr>
<td>MEEM 2500</td>
<td>Integrated Design &amp; Manufact</td>
<td>4.00 A</td>
<td>16.00</td>
</tr>
<tr>
<td></td>
<td>Total Earned Credits</td>
<td>19.00</td>
<td></td>
</tr>
</tbody>
</table>

Dean's List

TRANSFER CREDIT ACCEPTED BY THE INSTITUTION:

2007-08
UNIV NEBRASKA OMAHA

<table>
<thead>
<tr>
<th>SUBJ NO.</th>
<th>COURSE TITLE</th>
<th>CRED GRD</th>
<th>PTS R</th>
</tr>
</thead>
<tbody>
<tr>
<td>3100</td>
<td>General Chemistry</td>
<td>4.00 TR</td>
<td></td>
</tr>
</tbody>
</table>

Dean's List
### Spring 2009

<table>
<thead>
<tr>
<th>Subj No.</th>
<th>Course Title</th>
<th>Cred Grd</th>
<th>Pts R</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENG 1102</td>
<td>Engineering Modeling &amp; Design</td>
<td>3.00 A</td>
<td>12.00</td>
</tr>
<tr>
<td>MA 3450</td>
<td>Introduction to Real Analysis</td>
<td>3.00 A</td>
<td>12.00</td>
</tr>
<tr>
<td>MA 3560</td>
<td>Math Modeling with Diff. Eq.</td>
<td>3.00 A</td>
<td>12.00</td>
</tr>
<tr>
<td>MEEM 2110</td>
<td>Statics</td>
<td>3.00 A</td>
<td>12.00</td>
</tr>
<tr>
<td>MEEM 2200</td>
<td>Thermodynamics</td>
<td>3.00 AB</td>
<td>10.50</td>
</tr>
<tr>
<td>MEEM 2500</td>
<td>Integrated Design &amp; Manufact</td>
<td>4.00 A</td>
<td>16.00</td>
</tr>
<tr>
<td></td>
<td><strong>Total Earned Credits</strong></td>
<td></td>
<td><strong>19.00</strong></td>
</tr>
</tbody>
</table>

#### Dean’s List

<table>
<thead>
<tr>
<th>Subj No.</th>
<th>Course Title</th>
<th>Cred Grd</th>
<th>Pts R</th>
</tr>
</thead>
<tbody>
<tr>
<td>CH 1100</td>
<td>General Chemistry</td>
<td>4.00 TR</td>
<td></td>
</tr>
</tbody>
</table>

---

### Summer 2011

**IEE 2003 Exchange: JCMU - Japan**

<table>
<thead>
<tr>
<th>Subj No.</th>
<th>Course Title</th>
<th>Cred Grd</th>
<th>Pts R</th>
</tr>
</thead>
<tbody>
<tr>
<td>HU 2241</td>
<td>Japanese Language</td>
<td>3.00 EP</td>
<td>0.00</td>
</tr>
<tr>
<td>HU 2242</td>
<td>Japanese Language</td>
<td>3.00 EP</td>
<td>0.00</td>
</tr>
<tr>
<td>IS 3001</td>
<td>General Education/Distribution</td>
<td>4.00 EP</td>
<td>0.00</td>
</tr>
<tr>
<td></td>
<td><strong>Total Earned Credits</strong></td>
<td></td>
<td><strong>10.00</strong></td>
</tr>
</tbody>
</table>

### Fall 2011

<table>
<thead>
<tr>
<th>Subj No.</th>
<th>Course Title</th>
<th>Cred Grd</th>
<th>Pts R</th>
</tr>
</thead>
<tbody>
<tr>
<td>MA 4450</td>
<td>Real Analysis</td>
<td>3.00 A</td>
<td>12.00</td>
</tr>
<tr>
<td>MA 4535</td>
<td>Nonlinear Dynamics and Chaos</td>
<td>3.00 A</td>
<td>12.00</td>
</tr>
<tr>
<td>MA 4620</td>
<td>Numerical Methods for PDEs</td>
<td>3.00 A</td>
<td>12.00</td>
</tr>
<tr>
<td>MEEM 4200</td>
<td>Principles of Energy Conver</td>
<td>3.00 B</td>
<td>9.00</td>
</tr>
</tbody>
</table>
4) Your bill & Financial Aid

Please refer to the Michigan Tech tuition billing deadlines.

Please consult Financial Aid for questions about aid, scholarships, and financing your study abroad

Andrew Gutierrez
aagutier@mtu.edu

Financial Aid Advisor - Study Abroad Specialist

** Remember to remain a full-time student while abroad!
# Chengdu, China
## Cost Sheet
### Fall 2013

**Southwest University for Nationalities/USAC**

<table>
<thead>
<tr>
<th>Program Dates</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>September 2 - December 13</td>
<td></td>
</tr>
</tbody>
</table>

- *Program Fee*: $6,548
- *Study Abroad Registration Fee*: $350

**Other estimated expenses not included in the program fee:**

- Airfare*: $2,450
- Passport*: $135
- Student visa*: $140
- **Personal expenses**: $1,241
- **Textbooks & supplies**: $110
- ***Optional field study courses & tours***: $1,085
- **In-country air travel for tours**: $615
- **Meals**: $776
- ***Housing deposit**: $300
- ***Housing - shared apartment**: $840
- ***Shared apartment utilities**: $172
- ***Facility charge**: $116

**Subtotal of other expenses**: $7,980

**Total of program fees and estimated expenses**: $14,878.00

Visit the following link [http://www.oanda.com/convert/classic](http://www.oanda.com/convert/classic) to a website with foreign exchange rate information for the purpose of budgeting (rates fluctuate daily and may not include fees you would pay for an actual transaction).

*Charges will be placed on Michigan Tech student bill. Program fee is only an estimate based on the Michigan Tech 2012-2013 undergraduate resident per credit tuition rate at an average of 15 credits. Fees are subject to change. You will receive a $300 credit on your Michigan Tech student bill for USAC application deposit payment made to USAC.

**These costs will be paid abroad in local currency (CNY).**

***Charges will be billed to you from USAC and paid to USAC***

Fall 2013 bills available online: July 10, bills due: August 28. Follow the payment schedule set by Michigan Tech.
4) Your bill & Financial Aid

Please refer to the Michigan Tech tuition billing deadlines.

Please consult Financial Aid for questions about aid, scholarships, and financing your study abroad

Andrew Gutierrez
aagutier@mtu.edu

Financial Aid Advisor - Study Abroad Specialist

** Remember to remain a full-time student while abroad!
Cultural Adjustments

Pre-Departure Jitters

It is completely normal to feel...
- nervous
- excited
- scared
- guilty
...even all at the same time!

It helps to realize that you intend to change your life for the better and remember your goals

Try to stay focused on the positives

Academic Culture

The role of your professors may be very different, and there may be greater focus on independent learning

Both grading systems and study habits may be very different in your host country

Example:
In Australia, "distinction" "high distinction" are common.
Your entire grade may depend on one or two exams.

Study resources may not be as widely available, but contact your provider or IPS if you are struggling while abroad

Host Country Culture

Pre-departure research is one of the most important steps to take:
Talk to others, read blogs, visit libraries, watch videos, etc.

Things to think about:

Local Language

- Even English-speaking countries have different idioms and vocab.
- Prepare to find a difference in what you have learned here versus actual spoken language abroad.
- It will get better!
- Hand signals and gestures go a long way.

Erin Mathews
Spain 2015
Pre-Departure Jitters

It is completely normal to feel...
- nervous
- excited
- scared
- guilty
...even all at the same time!

It helps to realize that you intend to change your life for the better and remember your goals

Try to stay focused on the **positives**
Culture shock curve

- High
- Low

Satisfaction / Happiness

- Honeymoon
- Withdrawal
- Recovery
- Stable

Time / Months in a new culture
Host Country Culture

Pre-departure research is one of the most important steps to take:
Talk to others, read blogs, visit libraries, watch videos, etc.

Things to think about:

**SPIRITUAL NEEDS**
- Where/if you can attend religious services
- Make note of religious holidays
- What to wear
- How receptive the culture is to discussing religion

**RACISM & NATIONALISM**
- What is the host country's attitude towards/ knowledge of Americans?
- Towards citizens of surrounding countries?
- Towards people of different ethnic backgrounds?
- Tolerance equality?
- What is the government like?

**CULTURAL TABOOS**
- What and how much discussion is appropriate?
- Consider business/professional etiquette

**OTHER NORMS**
- What time do people eat dinner?
- How do people greet each other?
- Use of family
- Conservation of natural resources
- Personal space
- Tipping common? How much?

ANY OTHER TIPS FROM STUDY ABROAD ALUMS?
SPIRITUAL NEEDS

Where/If you can attend religious services

Make note of religious holidays

What to wear

How receptive the culture is to discussing religion
What is the host country’s attitude towards/knowledge of Americans?

...towards citizens of surrounding countries?

RACISM & NATIONALISM

...towards people of different ethnic backgrounds?

...towards equality?

What is the government like?
What and how much discussion is appropriate?

CULTURAL TABOOS

Consider business/professional etiquette
OTHER NORMS

Role of family

Food and dining etiquette

What time do people eat dinner?

How do people greet each other?

Conservation of natural resources

Is tipping common? How much?

Personal space

What about taking pictures?
Academic Culture

The role of your professors may be very different, and there may be greater focus on independent learning.

Both grading systems and study habits may be very different in your host country.

**Example:**

In Australia, "distinction" "high distinction" are common. Your entire grade may depend on one or two exams.

Study resources may not be as widely available, but contact your provider or IPS if you are struggling while abroad.
**Local Language**

- Even English-speaking countries have different idioms and vocab.
- Prepare to find a difference in what you have learned here versus actual spoken language abroad.
- It will get better!
- Hand signals and gestures go a long way.

<table>
<thead>
<tr>
<th>English</th>
<th>Spanish</th>
<th>French</th>
<th>Arabic</th>
<th>Russian</th>
<th>Mandarin Chinese</th>
</tr>
</thead>
<tbody>
<tr>
<td>How are you?</td>
<td>¿Cómo estás?</td>
<td>Comment allez-vous?</td>
<td>كيف حالك؟</td>
<td>Как дела?</td>
<td>你好吗?</td>
</tr>
<tr>
<td>Please</td>
<td>Por favor</td>
<td>S'il vous plaît</td>
<td>من فضلك</td>
<td>Пожалуйста</td>
<td>谢谢</td>
</tr>
<tr>
<td>Excuse me</td>
<td>Con permiso</td>
<td>Excusez-moi</td>
<td>عفواً</td>
<td>Простите</td>
<td>对不起</td>
</tr>
<tr>
<td>Thank you</td>
<td>Gracias</td>
<td>Merci</td>
<td>شكرا</td>
<td>Спасибо</td>
<td>谢谢</td>
</tr>
<tr>
<td>Delicious!</td>
<td>¡Qué rico!</td>
<td>Délicieux!</td>
<td>لذيذ!</td>
<td>вкусно!</td>
<td>好吃！</td>
</tr>
<tr>
<td>Where is the bathroom?</td>
<td>¿Dónde está el baño?</td>
<td>Où est la salle de bains?</td>
<td>أين الحمام؟</td>
<td>Где туалет?</td>
<td>洗手间在哪儿</td>
</tr>
<tr>
<td>How do you get to...?</td>
<td>¿Cómo se llega a...?</td>
<td>Quel est le chemin de...?</td>
<td>كيفية الذهاب إلى...?</td>
<td>Как добраться до...?</td>
<td>怎么去...</td>
</tr>
<tr>
<td>Nice to meet you</td>
<td>Mucho gusto</td>
<td>Enchanté</td>
<td>انتظرنا</td>
<td>Очень приятно</td>
<td>很高兴认识你</td>
</tr>
</tbody>
</table>

—Philip Volmar
Preparations

Finances

To-Do Before You Leave
- Research local currency conversion
- Create a budget and ensure funds
- Consider completing a Power of Attorney
- Ask your bank and credit card companies about international ATM and usage fees
- Let your bank and credit card companies know the exact dates that you will be abroad and where countries you will visit
- Make copies of all cards from back to front

To-Do While Abroad
- Create a safe plan to keep your money and copies of cards
- Make sure they are accessible
- Take a small travel wallet from the ATM
- Keep copies of important cards on you
- Know where to call for assistance

Travel

One week before you go...
- Register with the U.S. Department of State
  www.travel.state.gov/travel and stop.state.gov/stop
- Ask your safety and emergency physician about
  www.visitsafertravel.state.gov/flyabroad

The night before you go...
- Prepare all travel documents in an emergency
- Check passport and visa
- Give a friend or family member your itinerary

Communication

Your family and friends back home will want to know when you have arrived and heard about your time abroad...here are some options:

Cell phones
- SIM cards
- International calling

VOIP Options
- Skype
- WhatsApp
- Google Hangouts

Useful Apps
- Google Translate
- Uber
- Airbnb

Packing

Whatever you do...pack lightly!

Clothes
Consider the Weather
- Short-sleeved shirts and pants
- Long-sleeved shirts and pants
- T-shirts and shorts

Personal Items
- Toothbrush
- Toiletries
- Medications

Gifts
- Local souvenirs
- Local handicrafts
- Local food items

Adapters & Converters
- Use a voltage converter in your country
- Ensure voltage is safe for your appliances

Head of the University

Health

1) Contact your health care provider
- Check if you require medical care
- Determine what type of care is needed
- Call your doctor

2) Medical for travel abroad
- Travelers' health care
- Vaccinations
- Medications

Photography

Nicole Wright
Thailand 2014

Justin Batchelor
Peru 2015

Shea St Cyr
Fiji 2015
Finances

To-Do Before You Leave

- Research local currency conversion
- Create a budget and financial plan
- Consider completing a Power of Attorney
- Ask your bank and credit card companies about international ATM and usage fees
- Let your bank and credit card companies know the exact dates that you will be abroad and which countries you will visit
- Make copies of all cards front and back - one set for you and another set for a trusted family member or friend
- Take USD$100 abroad and do not touch it unless in case of emergency

To-Do While Abroad

- Devise a safe plan to keep your money and copies of cards - make sure they are accessible
- Take out small amounts from the ATM - stay out of the public eye
- Always carry some cash as cards are not widely accepted abroad
- Be aware that cards may not work abroad
- Determine what makes more sense for you:

  Keep your American bank account to use abroad
  (International ATM fees add up)
  or

  Open a local bank account to use abroad
  (Residency requirements may apply)
Health

1) Contact your health insurance provider:
   - inform of upcoming travel
   - inquire about coverage abroad
   - permission to cover advance supply of medication

2) Plan for medical needs abroad:
   - request any necessary prescriptions well in advance
   - request doctor's notes for all medication, translated
   - availability of other needs such as chiropractic and counseling services
   - administration of medication (epi pen)
   - Apply for an ISIC card with IPS
   - Let others know of allergies and pre-existing health conditions you may have
Immunizations & Exams

Make sure you research all required immunizations and medical exams

** Sometimes you need these for dormitory staff abroad or your visa

Example:
South Korea - students cannot live in dorms without proof of a negative tuberculosis exam

HEALIX TRAVEL VACCINATIONS APP
911 Abroad

"911" doesn't work abroad the same as it does in the U.S.

You want to refer to your host country's emergency 911 list

Refer to hand out
Health

1) Contact your health insurance provider:
   - inform of upcoming travel
   - inquire about coverage abroad
   - permission to cover advance supply of medication

2) Plan for medical needs abroad:
   - request any necessary prescriptions well in advance
   - request doctor's notes for all medication, translated
   - availability of other needs such as chiropractic and counseling services
   - administration of medication (epi pen)
   - Apply for an ISIC card with IPS
   - Let others know of allergies and pre-existing health conditions you may have
Packing

Clothes
Consider the following:
- local climate and season
- special occasions
- religious services
- group presentations
- special activities, such as sports, hobbies, etc.
- **master the roll technique!**

Do people dress more conservatively? What is acceptable for a man or for a woman?

Gifts
Gift giving can be a very important aspect of culture abroad, especially in Latin America and Asia.

**Gifts do not have to be large or expensive**, just a token of friendship. Some great gift ideas are:
- Collectibles, such as magnets or spoons
- A coffee mug from your hometown or state
- American candy or sweets
- Something displayable
- A book, puzzle, or game

**Personal Experience: Best Gifts We Have Ever Seen Given**

Adapters & Converters
What is the difference between an adapter and a converter?

Make sure to find the right adapter and converter/transformer **before** you leave the U.S., as they can be cheaper here than abroad.

Using a device without a converter can short the fuse or kill the battery -- a very expensive and often unfixable problem!
Clothes

Consider the following:

- local climate and season
- special occasions
- religious services
- group presentations
- special activities, such as sports, hobbies, etc.
- **master the roll technique!**

Do people dress more conservatively?

What is acceptable for a man or for a woman?
Clothes

Consider the following:
- local climate and season
- special occasions
- religious services
- group presentations
- special activities, such as sports, hobbies, etc.
- **master the roll technique!**

Do people dress more conservatively?
What is acceptable for a man or for a woman?
Personal Items

- Brands of medication, contact lenses, deodorant, extra pair of glasses, toiletries that you can’t live without

- Pack all medication in their original containers and in ziplock bags. Include doctor's notes and translations.

- Laptop + Adapter or Converter, plus chargers

- Photos, maps, U.S. magazines and books to show off your host culture. If you will be around children, you may consider a small U.S. board game and/or language learning game

- Comfort food items, such as peanut butter or macaroni and cheese
Important Tips from Tech study abroad alumni:

1) bring contact lens solution -- often difficult to find and/or expensive abroad

2) ladies -- tampons are not widely available abroad, so bring those if you want them

3) Latin America, Asia, and Africa -- carry tissues/wet wipes with you AT ALL TIMES

4) remember your holy trinity abroad: Immodium, Dramamine, and aspirin.
Smart traveler items...

1) Money belt/pouch
2) Scarves
3) Padlock
4) Internal pocket clothing
5) Pacsafe
Adapters & Converters

What is the difference between an adapter and a converter?

Make sure to find the right adapter and converter/transformer **before** you leave the U.S., as they can be cheaper here than abroad.

Using a device without a converter can short the fuse or kill the battery -- a very expensive and often unfixable problem!
Gifts

Gift giving can be a very important aspect of culture abroad, especially in Latin America and Asia.

Gifts do not have to be large or expensive, just a token of friendship. Some great gift ideas are:

- Collectibles, such as magnets or spoons
- A coffee mug from your hometown or state
- American candy or sweets
- Something displayable
- A book, puzzle, or game

Personal Experience: Best Gifts We Have Ever Seen Given
Communication

Your family and friends back home will want to know when you have arrived and hear about your time abroad...here are some options:

**Cell phones**
- Check into a local cellphone
  - [cellularabroad.com](http://cellularabroad.com)
  - [planetfone.com](http://planetfone.com)
- Call your current provider and ask about service abroad
  - AT&T has a study abroad package
  - International texting packages can be cheap
- Consider buying a local SIM card at [gosim.com](http://gosim.com)

**VOIP Options**
- Skype (invented in Estonia) calls as cheap as a few cents per minute
- Google Hangouts similar to Skype, use your MTU ISO
- Facetime (Apple)

**Useful apps**
- Melt (iTunes app - "Twitter for voice")
- WhatsApp, Viber, WeChat, and Tango primarily for messaging and sending media
- Kakaotalk for South Korea
- Google Voice
- Download before you go!

**EXPERT TIP: CREATE A COMMUNICATION PLAN BEFORE YOU GO**

**Example:** I will call/text/send an email within 3 days of arrival
Cell phones

- Check into a local cellphone
  cellularabroad.com
  planetfone.com
- Call your current provider and ask about service abroad
  -- AT&T has a study abroad package
  -- International texting packages can be cheap
- Consider buying a local SIM card at gosim.com
VOIP Options

- Skype (invented in Estonia) calls as cheap as a few cents per minute
  free pc-to-pc calls
- Google Hangouts similar to Skype, use your MTU ISO
- Facetime (Apple)
Useful apps

- Melt (iTunes app - "Twitter for voice")
- WhatsApp, Viber, WeChat, and Tango primarily for messaging and sending media
- Kakaotalk for South Korea
- Google Voice
- Download **before you go!**
Communication

Your family and friends back home will want to know when you have arrived and hear about your time abroad...here are some options:

Cell phones
- Check into a local cellphone [cellularabroad.com](http://cellularabroad.com)
- Call your current provider and ask about service abroad
  -- AT&T has a study abroad package
  -- International texting packages can be cheap
- Consider buying a local SIM card at [gosim.com](http://gosim.com)

VOIP Options
- Skype (invented in Estonia) calls as cheap as a few cents per minute
  -- free pc-to-pc calls
- Google Hangouts similar to Skype, use your MTU ISO
- Facetime (Apple)

Useful apps
- Melt (iTunes app - "Twitter for voice")
- WhatsApp, Viber, WeChat, and Tango primarily for messaging and sending media
- Kakaotalk for South Korea
- Google Voice
- Download before you go!

EXPERT TIP: CREATE A COMMUNICATION PLAN BEFORE YOU GO

Example: I will call/text/send an email within 3 days of arrival
Travel

One week before you go...

- Register with the US Department of State 
  [www.state.gov/travel](http://www.state.gov/travel) and [step.state.gov/step](http://step.state.gov/step)

- Refer to Safety and Emergency Procedures: 
  [www.mtu.edu/international/study-abroad/newly-admitted/safety/](http://www.mtu.edu/international/study-abroad/newly-admitted/safety/). 
  Share with your parents and loved ones

- Register with the U.S. Embassy in your host country

- Make a sheet of important numbers to **carry with you at ALL times -- including Michigan Tech’s Public Safety** -- and email it to yourself

- Make pick up arrangements and research the cost of transportation (normal rate for a taxi ride from the airport to your hostel, etc.)

The night before you go...

- Prepare all travel documents in an easy-to-reach folder, include: 
  - passport and visa (if applicable) 
  - proof of finances (bank statement) 
  - local address -- **very important** 
  - phone number of local contact 
  - flight itinerary (include return flight)

- Download helpful travel apps, such as Gate Guru or apps through your airline
- Download e-books and music for the trip
- Check-in online for flights and check delays
Don’t forget to set up a frequent flier program!
Health tip for long flights:
Try exercises or yoga to prevent blood clots

- Drink lots of water
- Gentle neck twists
- Arm stretches
- Slow foot circles
- Calf massage
- Knee lifts
Preparations

Finances

To-Do Before You Leave
- Research local currency conversion
- Create a budget and itemize expenses
- Consider completing a Power of Attorney
- Ask your bank and credit card companies about international ATMs and usage fees
- Let your bank and credit card companies know the exact dates that you will be abroad and when countries you will visit
- Name copies of all cards from back to front and keep set for you and another set for a trusted family member or friend
- Take USD/INR abroad and do not touch it unless in case of emergency

Travel

To-Do While Abroad
- Create a safe plan to keep your money and credit cards safe
- Make sure they are accessible
- Take a photo of all cards from the ATM – keep in the public eye
- Keep your cash in a safe place and keep it secured
- Be aware that cards may not work abroad
- Determine what makes sense for you when it comes to money
- Keep your passport and other important documents secure

Health

1) Contact your health insurance provider:
   - Ensure all necessary prescriptions are covered
   - Review health insurance policies for international coverage
2) Plan for medical needs abroad:
   - Keep a list of important medications and their dosages
   - Ensure all necessary medical supplies are available
   - Consider purchasing travel insurance

Communication

Your family and friends back home will want to know when you have arrived and when you are leaving. Here are some options:

Cell phones

- SIM cards
- International roaming

VOIP Options

- Skype
- WhatsApp
- Viber

Useful apps

- Google Maps
- Weather apps
- Language learning apps
- Local travel apps

Packing

Whatever you do…pack lightly!

Clothes

- Comfortable shoes
- Weather-appropriate clothing
- Layers for变化

Gifts

- Small souvenirs
- Local delicacies
- Spices

Personal Items

- Toothbrush and toothpaste
- Medications
- Personal care items

Adapters & Converters

- Check the voltage and plug size
- Use a universal adapter

Nicole Wright
Thailand 2014

Justin Batchelor
Peru 2015

Shea St Cyr
Fiji 2015
GUEST SPEAKER
FBI SPECIAL AGENT, MATT HELLMAN
Health, Safety & Emergency Preparedness

Drugs & Alcohol
Remember that you signed the Illegal Drug Use Form as a part of your Study Abroad Application.

Drug use during your time abroad is not permitted.

The drinking age in some countries starts as early as 16. Please drink only in moderation, or not at all.

Local Laws
While abroad you are subjected to the laws of your host country. Neither Michigan Tech or the American legal system can assist you if you have legal trouble.

Few foreign countries provide trial by jury, and consequences can be severe:

EXAMPLE: Sentences for possession or trafficking of drugs range to 25 years or more and possibly heavy fines. In some countries like Egypt, Turkey, Malaysia and Thailand – conviction may lead to life imprisonment or even the death penalty.

Sexual Harassment
Know the host culture’s attitude towards the sexual consent and interacting with the opposite sex:
- What is appropriate interaction
- What is acceptable/tolerated
- How people respond to it

Overall Well-being
An important part of adjusting to life abroad is maintaining good overall well-being. If you do not feel well:

1) Let someone know how you are feeling immediately
2) Make sure host university has list of your medication allergies, food allergies and other pre-existing medical conditions you may have
3) Contact the resident director, main contact within the international office, or mentor to help you find a hospital nearby
4) Check in with your family to let them know
Drugs & Alcohol

Remember that you signed the Illegal Drug Use Form as a part of your Study Abroad Application.

Drug use during your time abroad is **not permitted**.

The drinking age in some countries starts as early as 16. Please drink only in moderation, or not at all.
Local Laws

While abroad you are subjected to the laws of your host country. Neither Michigan Tech or the American legal system can assist you if you have legal trouble.

Few foreign countries provide trial by jury, and consequences can be severe:

EXAMPLE: Sentences for possession or trafficking of drugs range to 25 years or more and possibly heavy fines. In some countries like Egypt, Turkey, Malaysia and Thailand -- conviction may lead to life imprisonment or even the death penalty.
In many foreign countries provide trial by jury, the consequences can be severe:

**EXAMPLE:** Sentences for possession or trafficking of drugs range to 25 years or more and possibly heavy fines. In some countries like Egypt, Turkey, Malaysia and Thailand -- conviction may lead to life imprisonment or even the death penalty.
Know the laws...

- regarding driving
- if you need an international license
- regarding employment
- regarding sex and consent

There have been many highly publicized cases of study abroad students in legal trouble abroad. Think before you act!
Sexual Harassment

Know the host culture’s attitude towards the sexual consent and interacting with the opposite sex:

- What is appropriate interaction
- What is acceptable/tolerated
- How people respond to it
Overall Well-being

An important part of adjusting to life abroad is maintaining good overall well-being. If you do not feel well:

1) Let someone know how you are feeling immediately
2) Make sure host university has list of your medication allergies, food allergies and other pre-existing medical conditions you may have
3) Contact the resident director, main contact within the international office, or mentor to help you find a hospital nearby
4) Check in with your family to let them know
Emergency Preparedness

- Carry a list of all emergency contacts' names, phone numbers, and email addresses
- Keep a physical list and virtual list
- Keep copies of your health insurance cards with you at all times
- Ensure that a trusted person has your passwords to your laptop, tablet, cellphone, email, social media, and bank accounts (you can always change them later)
International Travel

Jet Lag
- Also called time zone change syndrome
- Can affect anyone who quickly travels across multiple time zones
- Caused by a disruption to your body's circadian rhythms — which tell your body when it's time to be awake and when it's time to sleep
- Usually takes about one day to adjust for each time zone traveled

Symptoms
- Disturbed sleep — such as insomnia, early waking, or excessive sleepiness
- Daytime fatigue
- Difficulty concentrating or functioning
- Stomach problems, constipation, or diarrhea
- A general feeling of not being well
- Muscle soreness
- Menstrual symptoms in women who travel often

Culture Shock

Culture shock can be an extreme emotional and physical roller coaster. Prepare yourself to ride it out.

It's okay to feel...

Before you leave
- sad
- nervous
- scared
- guilty
- anxious
- stressed

Upon arrival
- excited
- shocked
- lost
- misunderstood
- lonely
- euphoric

The first few weeks
- frustrated
- left out
- extremely homesick
- sadness
- guilty
- like a local

Before you come home
- elated
- depressed
- confused
- regretful
- relief
- nostalgic

Navigating Airports
- Note the time zone you are in (Eastern to Central, Central to Mountain, etc)
- Check monitors AND apps regularly for change in flight times, gates, or terminals
- Don't eat, shop, or rest until you have reached your gate
- Sometimes you may have to take a train or bus to reach the international terminal. This can take anywhere from 5 minutes to 20 minutes
- Sometimes you must exit the airport and re-enter

International Arrival

Travel Reminders
- Be at the airport at least 2 hours before your flight departs.
  NOTE: Even if you will be departing the US from another US city. Example: Houston to Chicago to London
- Make sure bags are checked all the way through your final destination (check the tags)
- Know bag and weight limits — and their metric limits
- Pop quiz: Anyone know the standard weight limit on flights?
  - Wear socks, put toiletries under 3.4 fluid ounces in zipped bags, and do not wear belts or other metal clothing/accessories
  - Always bring a print (or several)

vimeo.com/70660515
Jet Lag

- Also called time zone change syndrome
- Can affect anyone who quickly travels across multiple time zones
- Caused by a disruption to your body's circadian rhythms — which tell your body when it's time to be awake and when it's time to sleep
- Usually takes about one day to adjust for each time zone traveled

**Symptoms**

- Disturbed sleep — such as insomnia, early waking, or excessive sleepiness
- Daytime fatigue
- Difficulty concentrating or functioning
- Stomach problems, constipation, or diarrhea
- A general feeling of not being well
- Muscle soreness
- Menstrual symptoms in women who travel often
Culture Shock

Culture shock can be an extreme emotional and physical roller coaster. Prepare yourself to ride it out.

It's okay to feel...

**Before you leave**
- sad
- nervous
- scared
- guilty
- anxious
- stressed

**Upon arrival**
- excited
- shocked
- lost
- misunderstood
- lonely
- euphoric

**The first few weeks**
- frustrated
- left out
- extremely homesick
- sadness
- guilty
- like a local

**Before you come home**
- elated
- depressed
- confused
- regretful
- relief
- nostalgic

Culture shock curve

- Honeymoon
- Withdrawal
- Recovery
- Stable

Time / Months in a new culture
Travel Reminders

- Be at the airport at least **2 hours** before your flight departs.
  NOTE: Even if you will be departing the US from another US city.
  **Example:** Houghton to Chicago to London

- Make sure bags are checked all the way through your final destination (check the tags)

- Know bag and weight limits -- and their metric limits

**POP QUIZ! ANYONE KNOW THE STANDARD WEIGHT LIMIT IN KILOS?**

- Wear socks, put toiletries under 3.6 fluid ounces in zipped bags, and do not wear belts or other metal clothing/accessories

- Always bring a pen! (Or several)
Important notes!

Some airlines require that you show your passport and visa to staff before boarding
...even an hour before the flight departs

When you check-in you should have your boarding passes for all legs of your journey. If not, talk with the customer service agent right away.

Example: Houghton > Chicago > Tokyo
Tips & Tricks to Life Abroad

1) **Hola Better Internet**
   free Google Chrome extension that allows you to access websites blocked or censored abroad, such as Hulu, Netflix, Spotify, and others

2) Get a VPN **before** going to China
   low cost options include ExpressVPN, IPVanish, vyprvp, bolehvpn, and more.

3) Keep a blog, vlog, or travel journal
   great way to record your experience AND prevents you from retelling every adventure 10+ times

4) Check out **travel discounts** and passes **before** you leave such as Eurail passes (25 years and younger)

5) Plan trips in advance, but be flexible for last-minute deals
FANTASTIC APPS

Word Lens
Free app -- just point the app at text and watch Word Lens instantly transform it into English

Share-a-bill
Enter each expenses on the fly and keep track of who paid and how much -- you can also define several currencies and their exchange rates

XE Currency
Live rates and charts from every world currency, even stores the last updated rates so it works without Internet

SitORsquat: Restroom Finder ******
Database currently has over 100,000 bathrooms, interactive, location-based map

Flashcards Deluxe
A flashcard app with text to speech audio in 18 languages, spelling tests (listen to audio and use keyboard to answer), and the ability to include pictures and sounds -- over 4 million cards in the database

Wi-Fi Finder
Using Wi-Fi instead of 3G is often your best option abroad. With Wi-Fi Finder, quickly and easily find free or paid Wi-Fi in over 650,000 locations in 144 countries worldwide
Navigating Airports

- Note the time zone you are in (Eastern to Central, Central to Mountain, etc)

- Check monitors AND apps regularly for change in flight times, gates, or terminals

- **Don’t eat, shop, or rest** until you have reached your gate

- Sometimes you may have to take a train or bus to reach the international terminal. This can take anywhere from 5 minutes to 20 minutes

- Sometimes you must **exit the airport and re-enter**
International Arrival

Transiting through another country

- If you have to fly through another country to get to your final destination, ask the flight attendant for instructions.
- Sometimes...you will NOT have to go through customs.
- Sometimes...you will NEED to go through customs.
- Sometimes...you will need to pay an airport tax or transit tax.

Arrival cards

During your flight, you may receive an arrival or customs card. This card will be handed to customs when you land. You may need to know:
- Your Passport #
- Your Flight #
- Your local address
- Your estimated length of stay

Have a pen handy!

Going through customs

You have reached your host country. Most likely, you will be flying into the largest city or the nearest largest city. This called the port of entry.

You will need to go through customs.

Be prepared to show:
- Passport/Visa
- Proof of admission
- Proof of finances
- Proof of insurance

Final Destination

Make sure you know the time of your arrival in local time.

Find your designated meeting spot, or ask for help.

If taking local transportation, know the kinds of dangers specific to your host country -- or ask an airport employee:
- Unauthorized taxis
- Pickpockets
- Swindlers
Transiting through another country

- If you have to fly through another country to get to your final destination, ask the flight attendant for instructions.

- Sometimes....you will **NOT** have to go through customs.

- Sometimes...you will **NEED** to go through customs.

- Sometimes...you will need to pay an airport tax or transit tax.
Arrival cards

During your flight, you may receive an arrival or customs card. This card will be handed to customs when you land. You may need to know:

• Your Passport #
• Your Flight #
• Your local address
• Your estimated length of stay

Have a pen handy!
Going through customs

You have reached your host country. Most likely, you will be flying into the largest city or the nearest largest city. This called the **port of entry**.

You will need to go through customs.

Be prepared to show:
- Passport/Visa
- Proof of admission
- Proof of finances
- Proof of insurance
Even if you have one more flight to go to reach your final destination, you may still be required to pick up your luggage at the port of entry and re-check it.

Your bags might be inspected. **Do not** travel with:
- Large amounts of cash
- Food
- Plants or animals
- Weapons or anything that looks like weapons
Final Destination

Make sure you know the time of your arrival in local time.

Find your designated meeting spot, or ask for help.

If taking local transportation, know the kinds of dangers specific to your host country -- or ask an airport employee:

- Unauthorized taxis
- Pick pocketers
- Swindlers
Tech students speak out on the good, the bad, and the...

What do you consider the low point of the program?

- Disorganization, Costa Rica
- Having to say goodbye to everyone and leave at the end, Thailand
- Adjusting to a new place with new people and a new way of living all at once, Italy
- Dining hall food was not the best, not as many options as the US, South Korea
- Worrying about the final exam and trying to study for it when there are so many fun things you want to do, South Korea

What do you wish you had known before you studied abroad?

- You don’t need to bring very much... Leave room in your suitcase to bring home souvenirs, New Zealand
- Getting sick with traveler’s diarrhea, Peru
- How much drinking out costs, U.K.
- Getting a passport card, it’s way easier and safer when taking your passport everywhere, and it’s a much more widely accepted form of ID, Germany
- How stressful it was going to be, it is a huge adjustment when you first get there, and it doesn’t meet all of your expectations but it’s still worth it and tons of fun, Italy
- How to read subway maps, South Korea
- That I needed more spending money, U.K.
- How exercising here would be, England

How much drinking out costs!

- U.K.
- How London would be.
- Getting sick with traveler’s diarrhea.
- Peru

Overall, how would you describe what you gained abroad?

- I gained more abroad then I ever could have at Tech. I feel like a new person, Spain
- I’m glad I came back, South Korea
- I’ve gained a different perspective on life, Chile
- I gained so much more abroad than I could have ever gained from Michigan Tech, I learned way more being able to perform research projects in the real world and do things I couldn’t have in a lab here at Tech.
- I’ve gained an appreciation for nature, Costa Rica
- I’ve gained a different perspective on life, Chile
- It is really not comparable... mixing things up and expanding your learning experience is priceless, Ireland

I think I become more open and comfortable in new situations and talking to people, Costa Rica

It has been a great experience overall and I’ve learned a lot, Costa Rica

I’ve gained a complex and enjoyable experience, it has been truly eye opening in all aspects of our lives.

It is really not comparable... mixing things up and expanding your learning experience is priceless, Ireland
What do you consider the low point of the program?

Disorganization. **Costa Rica**

Balancing academics and cultural immersion. **Thailand**

Having to say goodbye to everyone and leave at the end. **Spain**

The low points were missing my family, friends, and the food from back home. I missed American food so much. **Costa Rica**

Adjusting to a new place with new people and a new way of living all at once. **Italy**

Dining hall food was not the best, not as many options as the US. **South Korea**

Getting sick with traveler's diarrhea. **Peru**

Worrying about the final exam and trying to study for it when there are so many fun things you want to do. **South Korea**
What do you wish you had known before you studied abroad?

You don't need to bring very much.... Leave room in your suitcase to bring home souvenirs!

**New Zealand**

Get a passport card. It's way easier and safer than taking your passport everywhere, and it's a much more widely accepted form of ID.

**Germany**

How stressful it was going to be. It is a huge adjustment when you first get there. And it doesn't meet all of your expectations but it's still worth it and tons of fun.

**U.K.**

I wish I would have saved more money ahead of time.

**Spain**

How expensive London would be.

**England**

How to read subway maps.

**South Korea**

That I needed more spending money.

**U.K.**

It is not as cheap as some other Central American countries. Prices are comparable to the U.S.

**Costa Rica**
Overall, how would you describe what you gained abroad?

I gained so much more abroad than I could have ever gained from Michigan Tech...I learned way more being able to perform research projects in the rainforest and ocean than I could have in a lab here at Tech.

Costa Rica

I explored an entirely foreign culture, became more independent by getting myself through difficult situations without my default resources - including language - to fall back on, saw so much beautiful, world-renowned art, and expanded my pallet by gorging myself on tapas.

Spain

I have gained more abroad then I ever could have at Tech. I feel like a new person!

Spain

I think I became more open and comfortable in new situations and talking to people.

Costa Rica

I believe study abroad should be a requirement to receive a degree at Michigan Tech. What I have learned about people and the world through experience will serve me leaps and bounds more than anything I could learn in a classroom.

Thailand

It is really not comparable...mixing things up and expanding your learning experience is priceless.

Ireland

Chile

I gained a different perspective on life.
PHOTO CONTEST!

#HUSKIESABROAD

#huskiesabroad  studyabroad@mtu.edu  /MichiganTechIPS