

Pre-Departure Checklist

Academics

- Grade of C or above qualifies for transfer of credit
- Registrar Pre-Approval of Transfer of Credit form is required for all course selections/changes, submitted by email for approval
- Grades earned on study abroad are NOT factored into the GPA BUT appear on the transcript

Health & Safety

- Have a full general & dental check-up before departure
- Bring enough prescriptions for entire semester; carry in regular containers.
- Make sure all regular vaccinations are up-to-date. Carry proof of all vax docs.
- Some over the counter meds are not available or are considered controlled outside of US
- Carry Wagner EIIA info.
- Check what your policy covers abroad & for reimbursement. Do this BEFORE your departure.

Arrival-Transition

- Partner program orientation: Attend! Computer labs, phone & messaging info, food markets, etc. semester begin dates, social life.
- Make a plan to call home – notify phone/service provider, set up BEFORE departure.
- Know international calling code – calling to US 001 for international access/calling out to overseas 011 for international access followed by country code
- Electric outlet converters/know the voltage
- Provide contact info for the residence staff
- Know the location of the US Embassy or Consular office where you travel
- Visits by family should NOT be at the beginning of your trip; later in the semester allows you more of the ability to show others around.
- Research cultural dos and don'ts: clothing norms, cultural activities; try to blend into your new environment, be aware of how you dress, mannerisms can make you stand out.
- Adjust to a new time zone.
- Do not blindly trust people you would not trust at home.
- Avoid demonstrations or other political events that may turn violent and/or anti-US

Behavior

- Know the rules (Wagner/on site)
- Be aware that culture and attitudes surrounding the consumption of alcohol in other countries varies greatly from the drinking culture in the US.
- Facilities differences (alcohol, mental health)
- Most safety issues during study abroad – theft, injury, Title IX, often alcohol related.

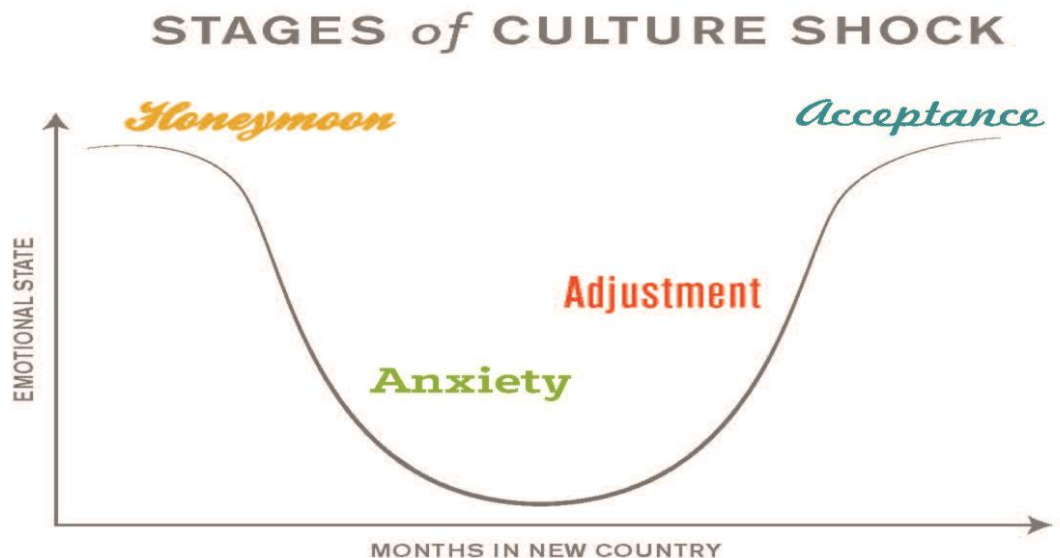
Finances

- Parents/Finances Worksheet summary/explanation
- Do not carry all your credit/ATM cards with you at once, leave one behind in case your wallet is lost or stolen.
- Notify your credit card provider you will be overseas otherwise, your card may be blocked.
- Use a money belt while traveling.

- Do not flash money or cards when traveling.
- Clean out your wallet, have a major credit card for emergencies.
- Photocopy all credit cards front and back. Keep the photocopy in a safe location with all numbers accessible to call and cancel cards.
- Email the credit card number to another holder as backup.
- Check money/conversion exchange rates (www.xe.com)
- If your wallet is stolen, let the on-site director know immediately.

Travel Tips

- Pack lightly & layers, check airline limitations on baggage, consider bringing towels & clothes you'll leave behind to create more room you acquire to return with. Typically, flights within Europe have very low weight allowance, you'll be charged. Consider a traveler's backpack.
- Shipping rate expense (to and from).
- Make sure passport is valid for entire duration of stay. Leave a copy with someone at home in case of emergency (CICA has a copy). Don't carry unless you must or have no safe/lock storage, carry photocopy.
- Emergency contact is with CICA also. Keep a copy on you.
- Save \$ on inexpensive lodging and flights but be smart and safe. All kinds of Apps developed by study abroad alum, same with messaging and social media info.
- Intercultural Competency – each culture has a certain set of patterns (values, beliefs, and behaviors) developed for years in response to the surrounding environment and by growing up in a certain culture. The inability to use old patterns to interpret a new environment; it take time to develop new patterns. Engagement/participation/reflection during study abroad strengthens new patterns. Language is “pre-wired” but needs activation from the environment.
- Know the signs and symptoms of culture shock both physical and emotional:



- Ways to navigate culture shock: monitor diet & sleep patterns. Check your identity. Rely on your knowledge & skills: be curious. PLAN exercise. Know mental health & wellness outreach. Include cultural excursions, socialization and community events.
- Academics: Teacher centered classroom, very independent students, rely on site directors and program managers, time management & appropriate cultural communication. Ask study abroad alum.