STUDY ABROAD

University of Wyoming
PRE-DEPARTURE OVERVIEW

- Breakfast - Introduction and Overview

- “Recognizing Signs of Stress/Distress: How to Maintain Balanced Self-Care While Abroad”
  + Keith Evashevski, Psy.D. and Alli Brayton

- Logistics
  + Logistical Issues
    - At Home
      - Forms, Visas, Study Abroad Registration, International Health Insurance, Vaccinations, Emergency Contacts, Grades & Credits
    - Abroad
      - Packing, Traveling with Prescriptions, Immigration/Customs, Money, Communications, Electronics

- Health and Safety
- Culture
  - Mental Health and Adjusting, Differing Education Systems, How to Prepare, Tools for Reflection, Coming Home

- Photo Contest/Getting Involved
Presentation by Keith Evashevski. Psy.D.
Director of UW Counseling Center
Alli Brayton, M.S. Candidate

“RECOGNIZING SIGNS OF STRESS”
Before you go...

LOGISTICS
REGISTER FOR STUDY ABROAD

- Remove all holds from your WyoWeb Account
- Summer 2016
  - Study Abroad – UWYO 4000 - CRN 30948
- Fall 2016
  - Study Abroad – UWYO 4000 - CRN 11713
  - Exchange – UWYO 4001 - CRN 11745
REGISTER FOR STUDY ABROAD

- This is necessary to keep your student status and for your financial aid to be released.
- Full time:
  - 12 hours for undergraduate students (fall)
  - 6 hours for undergraduate students (summer)
    - Undergraduate exchange students must register for at least 12 credit hours of UWYO 4001 (fall)
  - 9 hours for graduate students
REGISTER FOR STUDY ABROAD

Enter Course Reference Numbers (CRNs) to Register

Term: Summer 2016

CRN 30948  Study Abroad UWYO 4000, 01
CRN

+ Add Another CRN  Add to Summary
# REGISTER FOR STUDY ABROAD

<table>
<thead>
<tr>
<th>Title</th>
<th>Details</th>
<th>Hours</th>
<th>CRN</th>
<th>Schedule Type</th>
<th>Status</th>
<th>Action</th>
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<tbody>
<tr>
<td>Study Abroad</td>
<td>UWYO 4000, 01</td>
<td>6</td>
<td>30948</td>
<td>Independent</td>
<td>Pending</td>
<td>Registered via Web</td>
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</table>

Total Hours | Registered: 0 | Billing: 0 | CEU: 0 | Min: 0 | Max: 12

[Summer Financial Aid Application]

[Submit]
### Summary
**Term:** Summer 2016

<table>
<thead>
<tr>
<th>Title</th>
<th>Details</th>
<th>Hours</th>
<th>CRN</th>
<th>Schedule Type</th>
<th>Grade Mode</th>
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<tbody>
<tr>
<td>Study Abroad</td>
<td>UWYO 4000, 01</td>
<td>6</td>
<td>30948</td>
<td>Independent Study</td>
<td>Satisfactory/Unsatisfactory</td>
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</table>

**Total Hours | Registered: 6 | Billing: 6 | CEU: 0 | Min: 0 | Max: 12**
Please visit Financial Aid to verify your aid disbursement

- Laurie Jaskolski
  - Federal loans/grants
  - LReh@uwyo.edu

- Christy Nordmann
  - Scholarships
  - Nordmann@uwyo.edu

- Power of Attorney
Satisfactory Academic Progress or SAP Report

- Verifies that students receiving financial aid or scholarships are making progress toward their degree
- Report is run about 2 weeks after final exams
  - Flags students who have not completed coursework for that semester
- Notification of students who have not made SAP
Satisfactory Academic Progress

What this means for you

- You will may receive an email from Financial Aid
  - Email will state that your financial aid and scholarships have been put on hold for the next semester.

- Don’t panic!
  - Once your transcripts are received from your host university or program, and you have successfully completed your program, your aid will be released.
APPLICATION FEE AND INSURANCE

Fall and Summer 2016

+ $175 Study Abroad Fee
+ Insurance (automatic enrollment)
  ✗ $50 per month (summer)
  ✗ $150 per semester
  ✗ $300 per academic year
+ Studying abroad in Australia, Austria, France, Germany, Iceland, New Zealand or The Netherlands?
+ Affordable Care Act
  ✗ You must have health insurance in the U.S. unless you will be overseas for more than 330 days
APPLICATION FEE AND INSURANCE

✖ Your UW Student Account

✖ **Charge:** Study Abroad Fee in May/August 2016

✖ **Charge:** Insurance in May/August 2016
  ✴ Unless you are using a program provider
  ✴ Unless you are purchasing national insurance from:
    ✴ Australia, Austria, France, Germany, Iceland, New Zealand or The Netherlands

✖ Financial Aid/Scholarships Released in May/August

✴ Having your refund direct deposited into a bank account is the fastest and easiest way to access your money!
✴ Set this up online on your HigherOne Account
GRADES AND CREDIT TRANSFER

- It is your responsibility to work with the Office of the Registrar.
- Your Overall and Transfer GPAs are affected, but not your institutional (UW) GPA.
- The hours transferred from SA do not count towards your 30 hour residency requirement.
- Please keep your syllabi, course materials, reading lists, papers, and exams.
  - Check your UW transcript! When your international transcript arrives, a “Need Syllabus for Review” note will appear.
  - You will need to provide these materials to the Office of the Registrar.
It is YOUR responsibility to know your host country’s visa requirements and to obtain a visa.

www.travel.state.gov

If you do not know, or are unsure, see your Study Abroad Advisor right away!
WHAT YOU HAVE IN FRONT OF YOU:

- Agreement & Release Form
- Personal Information Sheet
- Credit Transfer Guidelines
- Completion of Pre-Departure/Handbook
- Financial Aid & Scholarship Agreement
- Health and Safety Sheet
- Tips to Go
Preparing for Arrival

LOGISTICS
Packing

- Be aware of Airline Restrictions
- Research dress and cultural codes
  - Your university may require more formal dress
- First Aid Kit
- Traveling with Prescriptions
- Bringing your laptop or tablet
- See handbook for comprehensive list of suggestions
TRAVELING WITH PRESCRIPTIONS

- Do not assume that medications approved in the U.S. are approved in another country
  - Consult with your doctor about your medications
  - Get a list of comparable, generic names
    - Including dosage and composition (active ingredients)
TRAVELING WITH PRESCRIPTIONS

+ Get a letter from your doctor stating that the medications are necessary
  ❌ Translated into the host language, if necessary
  ❌ Include
    ✫ Dr.’s contact information/credentials
    ✫ Diagnosis
    ✫ Treatment
    ✫ Medication regimen (how much, how often)
    ✫ Especially important if syringes are needed!

+ The name on the prescription, container(s) and passport must match!
TRAVELING WITH PRESCRIPTIONS

- Are your medications narcotics or amphetamines?
  + Additional care and documentation may be required
- Check the International Narcotics Control Board for information on prescription drug regulations in specific countries
- Carry all medications in original packaging, in a clear bag, in your carry-on
  + Do not combine multiple medications in one container!
- Medical ID bracelets or necklaces
IMMIGRATION AND CUSTOMS

- Know an address where you will be staying
  - Have this written on a piece of paper!
- Have copies of your acceptance letter, immunization records, and proof of financial support while you are in the country
  - These must be in your carry-on!
- Carry a blue or black pen, so that you can fill out required forms
MONEY ABROAD

- Opening a Bank Account
  + Some countries will require this

- Using ATM, credit, and debit cards
  + Don’t forget to call your bank
  + Be aware of ATM and card use fees

- Converting money (not the best option!)
  + At your local bank (they need advance notice)
  + At the airport
  + At a currency exchange location
    - Fees will apply!
COSTS ABROAD

- Passport, if lost ($140)
- Visa ($0- $600)
- Daily Transportation
- ATM or bank fees
- Meals
- Airport Entry/Exit Fees (for some countries)
- Internet Cafes and cell phone minutes
- Fun Money
COMMUNICATIONS ABROAD

- Skype
  - WhatsApp
  - Viber
  - iMessaging
- Cell phones abroad
- Internet Access Abroad
ELECTRONICS ABROAD

- Magellans.com, or Amazon.com
- Most countries run on 220/240 volts
  - US runs on 110/120 volts
- An adapter makes your plug fit into an outlet in a foreign country
- A converter changes the voltage from 220/240 to 110/120.
HEALTH AND SAFETY ABROAD
VACCINATIONS

- **Center for Disease Control**
  - Vaccinations include but are not limited to:
    - Hep A, Hep B, Meningococcal, Malaria, Polio, Yellow Fever, Tetanus update, Typhoid, a flu shot

- **UW– Student Health Services**

- **Albany County Public Health**
  - 609 South 2nd Street; (307)721-2561
HEALTH AND SAFETY ABROAD

- Situational Awareness (Cooper’s Colors)
- Steps to Take Prior to Arrival
- In Country (know the laws of your host country!)
- Take Measures to Protect Yourself from Theft
- Online Cultural Training Resource
  + [http://www2.pacific.edu/sis/culture/](http://www2.pacific.edu/sis/culture/)
- Women Abroad
- Sexual Health Abroad
- What’s going on in your “new” part of the world & what not to do! Do your research!
EMERGENCY CONTACTS

- Emergency Card Template
- U.S. Department Of State: Smart Traveler Enrollment Program (STEP)
- Monitor for Emergency Situations: Travel.state.gov
- UW Study Abroad Office
  + If we send you an email asking how you are, please respond!
CULTURE AND ADAPTATION
Differing Educational Systems

- Grading Systems
- Credits
  - Talk to a Degree Analyst in the Registrar’s Office
  - Read the description in the Study Abroad Handbook
- Campus Life
- Classroom Culture
CULTURE SHOCK

- How will you respond?
  - Know how you respond to stress
  - Know the best way for you to de-stress

- If you aren’t uncomfortable, then you probably aren’t learning anything.
  - Uncomfortable vs. miserable
    - Talk to someone!
TOOLS FOR REFLECTION

- Journal
- Blogs
- Photos
- YouTube Videos
- Music
- Films
PHOTO CONTEST

- Photo submissions due in early November
- International Photo Show – International Education Week
  - November 2016

Caitlin Rams
HELPING IPO

- Blogging
- Submitting summaries
- Volunteering at resource fairs
- Speaking to student groups
QUESTIONS?

Andrea Dahill