Education Abroad
University of Wyoming
Pre-Departure Orientation
Pre-Departure Overview

- Introductions

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

- 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

- Getting Involved
“Recognizing Signs of Stress”

Presentation by Keith Evashevski. Psy.D.
Director of UW Counseling Center
Logistics

Before you go...
Register at UW

• Remove all holds from your WyoWeb Account

• Summer 2018
  • Study Abroad – UWYO 4000 - CRN 30253

• Fall 2018
  • Study Abroad – UWYO 4000 - CRN 11505
  • Exchange – UWYO 4001 - CRN 11535
Register at UW

• This is necessary to keep your student status and for your financial aid to be released.

• Full time:
  • Summer:
    • 6 hours for undergraduate students
  • Fall:
    • 12 hours for undergraduate students
Register for Study Abroad

• Please visit Financial Aid to verify your aid disbursement
  • Laurie Jaskolski
    • Federal loans/grants
    • LReh@uwyo.edu
  • Christy Cunningham
    • Scholarships
    • Nordmann@uwyo.edu

• Power of Attorney
Satisfactory Academic Progress

• 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.
Study Abroad Fee & Insurance

- Fall and Summer 2018
  - Insurance (automatic enrollment)
    - $150 per semester (charged in August)
    - $300 per academic year (charged in August)
    - $25 for 2 week increments in summer (charged in May)
  - Studying abroad in Australia, Austria, France, Germany, Iceland, Japan, New Zealand or The Netherlands?
    - Insurance is included in most Program Provider fees (ISEP, AIFS, API, ISA, etc.)
Study Abroad Fee & Insurance

Study Abroad Fee

**Summer:** $215 charged in May  
**Fall:** $215 charged in August
Financial Aid & Scholarships

• Financial Aid/Scholarships Released one week before classes begin

• Having your refund direct deposited into a bank account is the fastest and easiest way to access your money!
  • Set this up online through WyoWeb
  • Financial Aid and scholarships will not be released unless you are enrolled in UWYO 4000 or UWYO 4001
Grades & 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 do not count towards your 30 credit residency requirement

• Please keep your syllabi, course materials, reading lists, papers, and exams
  • Check your UW transcript! Watch for “Need Syllabus for Review” to appear
  • You will need to provide these materials to the Office of the Registrar
Visas- Do You Have Yours?

• It is YOUR responsibility to know your host country’s visa requirements and to obtain a visa

• [www.travel.state.gov](http://www.travel.state.gov)

• If you do not know, or are unsure, see your Education Abroad Advisor right away!
Cowboys Abroad

- Signature Documents
  - Agreement & Release Waiver
  - Credit Transfer Information
  - Information Disclosure
  - Financial Aid & Scholarship Agreement
  - International Travel Insurance
Cowboys Abroad

- Learning Content
  - Study Abroad Handbook
- Assessments

- NO scholarships will be released until ALL requirements are completed!
Alert Traveler

- Country Intelligence
- Real-time Alerts
- Check-in Button
Logistics
Preparing for Arrival...
Packing

• Be aware of Airline Restrictions
• Research dress and cultural codes
  • Your university may require more formal dress
• First Aid Kit
• Feminine supplies
• Traveling with Prescriptions
• Bringing your laptop or tablet
• Learning content has recommendations
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 & 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
Costs Abroad

- Passport, if lost ($140)
- Daily Transportation
- ATM or bank fees
- Meals
- SIM Card or Cellular Plan
- Fun Money
Communications Abroad

- Apps
  - Skype
  - WhatsApp
  - Viber
  - iMessaging

- Cell phones abroad
  - Sim cards
  - International plans

- Internet Access Abroad
Electronics Abroad

• 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

UWYO ABROAD
Start here and go...ANYWHERE.

UNIVERSITY OF WYOMING
Education Abroad Office
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

- **Mosquito borne diseases**
Health & 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

• AlertTraveler!

• U.S. Department Of State: Smart Traveler Enrollment Program (STEP)
  • travel.state.gov

• UW Study Abroad Office
  • If we send you a check-in request, please respond!
Culture & Adaptation
Differing Educational Systems

• Grading Systems

• Credits
  • Talk to a Degree Analyst in the Registrar’s Office
  • Re-read the Credit Transfer Information signature document

• Campus Life

• Classroom Culture
Culture Shock

• How will you respond?
• If you aren’t uncomfortable, then you probably aren’t learning anything.

Uncomfortable vs. Miserable
-Talk to Someone!
Tools For Preparation/Reflection

• Journal
• Blogs
• Photos
• YouTube Videos
• Music
• Films
• Google Street View
• “Postcards from Abroad”
Coming Home...
Re-Entry Programming

- Re Entry Program & (Re)Entry Social
  - September 8th & February 2nd

- “Marketing Your Education Abroad Experience” Workshop Co-hosted with ACES
  - Each year in November & March
Photo/Video Contest

• Deadlines:
  • Photo submissions due in early November
  • Video submissions due in March

• International Photo Show – International Education Week
  • Each year in November
  • Displayed in halls of Cheney International Center
Spread the Word!

- UWyo Abroad Instagram Rep
- UWyo Abroad Ambassadors
- UWyo Global Buddies
- Postcard from Abroad
- Blogging
- Submitting summaries or impact statements

@uwyoabroad & #uwyoabroad
Questions?