Education Abroad

University of Wyoming

Pre-Departure Orientation
Pre-Departure Overview

• Introductions
  • “Maintaining Mental Wellness”
    • Ty Tedmon-Jones, University Counseling Center
  • Dr. Kimberly Chestnut Steich, Associate Vice President and Dean of Students

• 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
“Maintaining Mental Wellness”

Ty Tedmon-Jones
UW Counseling Center
“Title IX and Your Conduct Abroad”

Dr. Kimberly Chestnut Steich
Associate Vice President and Dean of Students
Logistics
Before you go...
Register at UW

• Remove all holds from your WyoWeb Account

• Spring 2019
  • Study Abroad – UWYO 4000 - CRN 21446
  • Exchange – UWYO 4001 - CRN 21447
Register at UW

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

• Full time:
  • 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
Release from UW Housing Contracts

• Contact your AC or RC to be released from the contract
• Education Abroad has provided a confirmation letter to Residence Life
• Bison Run residents – Speak to someone in the Community Center
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

• Spring 2019
  • Insurance (automatic enrollment)
    • $150 per semester / $300 per academic year (charged in January)
    • 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, Arcadia, etc.)
  • Study Abroad Fee
    • $215, charged in January
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 full-time in UWYO 4000 or UWYO 4001
Grades & Credit Transfer

• It is YOUR responsibility to work with the Office of the Registrar to transfer your earned credits
• Grades will transfer as A-F
• Your Overall and Transfer (cumulative) GPAs are affected, but not your institutional (UW) GPA
• The hours transferred do not count towards your 30 credit residency requirement
  • You must complete 30 upper-division credits at UW to earn a degree
Grades & Credit Transfer

• Please keep your syllabi, course materials, reading lists, papers, and exams
• Your transcript will be sent to our office from your host university/program
  • We will scan the transcript for our records and give the original to the Office of the Registrar
  • We will email you to let you know when this is done
  • Check your UW transcript! Watch for “Need Syllabus for Review” to appear
    • It is your responsibility to provide the Office of the Registrar with course syllabi
    • They will package your syllabi and send them to the appropriate departments for review
• Once the credit transfer process is complete, course titles and grades will appear on your transcript
• You have 1 year from the end of your abroad program to complete this process!
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!
- NO permissions to enroll in UWYO 4000 or UWYO 4001 will be given until ALL requirements are completed!
Logistics

Preparing for Arrival...
Packing

• Be aware of Airline Restrictions
  • Your university may require more formal dress
• 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
  - Check with your service provider
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
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
  - Early September 2019

- “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
• Postcards from Abroad
• Blogging
• Submitting summaries or impact statements

@uwyoabroad & #uwyoabroad
Questions?