Education Abroad

University of Wyoming
Pre-Departure Orientation
Pre-Departure Overview

- "Maintaining Mental Wellness"
  - Ty Tedmon-Jones, University Counseling Center
- Ryan Dinneen O’Neil, Assistant 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”

Ryan Dinneen O’Neil
Assistant Dean of Students
Logistics

Before you go...
Register at UW

• Remove all holds from your WyoWeb Account

• Summer 2019
  • Study Abroad – UWYO 4000 - CRN 30940

• Fall 2019
  • 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
Before You Go...

• 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 at least 24 credits in an academic year (fall/spring)
  • Notification of students who have not made SAP
Satisfactory Academic Progress

• What this means for you
  • You will likely 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 2019
  • 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)
  • Insurance is included in most Program Provider fees (ISEP, AIFS, API, ISA, Arcadia, etc.)
Study Abroad Fee & Insurance

Study Abroad Fee

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

• Financial Aid/Scholarships are released after September 13th (the UW deadline to drop classes)
  • Summer aid/scholarships are released based on the start date of the program
• 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 by the grades you earn abroad, but not your institutional (UW) GPA

• The hours transferred from abroad do not count towards your 30 credit residency requirement
  • Residency = classes you must take here at UW
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
• 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
Preparation for Departure...
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)

• Check the [International Narcotics Control Board](https://www.un.org/en/drugcontrol/) for information on prescription drug regulations in specific countries especially if your medications are narcotics or amphetamines
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!
• Carry all medications in original packaging, in a clear bag, in your carry-on
  • Do not combine multiple medications in one container!
**Immigration & Customs**

- Get the 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
  - You may need a PIN number for your credit card
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

• A converter changes the voltage from 220/240 to 110/120.

• An adapter makes your plug fit into an outlet in a foreign country
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/
- 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
- Postcard from Abroad
- Blogging
- Submitting summaries or impact statements

@uwyoabroad & #uwyoabroad
Questions?