

Study Abroad Handbook

Table of Contents

INTRODUCTION: THE WORLD IS YOUR OYSTER	5
PRE-DEPARTURE CHECKLIST	6
BEFORE YOU DEPART	7
1. Pre-departure Orientation	7
2. Fees and Payments	7
3. Financial Aid and Scholarships	7
4. Transcript and Grades	7
5. United States Passport	7
6. Visa	7
7. Travel Arrangements	8
8. Overseas Housing	8
9. General Expectations	8
ACADEMIC EXPECTATIONS	9
1. Attendance	9
2. Absences	9
3. Assignments and Syllabus	9
4. Academic Misconduct	9
5. Non-academic Misconduct	10
6. Withdrawal from Program	10
HEALTH	10
1. Assess your Health and Health-Related Practices	11
2. Identify your Health Needs	11
3. Prescription and Non-Prescription Medication	11
4. Immunizations	12
5. Water and Food	12
6. Other	12
7. International Travel Appointment	12
8. Medical Records	12
9. Medical Insurance	13
SAFETY	13
1. Study Abroad and Safety	13

2. Emergency Contact Guidelines.....	13
3. Other Emergencies	14
4. General Advice.....	14
5. General Safety Precautions	14
6. Traveling	14
7. Personal Safety	15
8. Alcohol.....	15
9. Drugs.....	16
10. Safe Road Travel	16
11. Terrorism	16
12. U. S. State Department.....	17
13. Assistance from the U. S. Embassy or Consulate	17
MONEY	18
1. How to Exchange Money.....	18
2. Safety with Money.....	18
3. Cash	19
4. ATM/Debit Cards	19
5. Credit Cards	19
6. Opening a Bank Account Abroad.....	20
7. How much Money to take	20
8. Running out of Money Overseas	20
CULTURAL ADJUSTMENT & CULTURE SHOCK.....	21
1. Educate Yourself.....	21
2. Cultural Adjustment	21
3. Culture Shock.....	22
4. Fitting-in	23
5. “The Ugly American”	23
6. Making the most of Your Stay	23
WHAT TO TAKE WITH YOU.....	24
1. Packing for Study Abroad	24
2. Copies, Copies, Copies.....	24
COMMUNICATION	26

1. Email	26
2. Postal Mail	26
3. Telephone	26
RETURNING HOME.....	27
1. Study Abroad Program Evaluation	27
2. Study Abroad Credit	27
3. Where to Live	27
4. Staying Involved.....	27
FINAL THOUGHTS.....	28
1. Useful Links:.....	28
• Packing and culture.....	28
• Getting to local airports	28
• Traveling while abroad.....	28
• Lodging abroad	28
• Online travel advice & guidebooks	28
• Health and Safety abroad	29
• Money and Banking abroad	29
• World News	29

INTRODUCTION: THE WORLD IS YOUR OYSTER

The Study Abroad Office congratulates you for taking advantage of one of the many overseas study opportunities available to Purdue Fort Wayne students. Studying abroad will bring new meaning to the global connections you make reading and watching the news, listening to music, going to foreign films, and surfing the internet daily. It will give you a firsthand perspective of a society in another country and allow you to personally witness and become involved in another culture. By studying abroad, you are opening the door to a myriad of experiences and opportunities you will remember for a lifetime.

When you study in another country, you will learn about different cultures and languages, and you will be exposed to a whole new way of living. By welcoming a different culture and embracing the experience, you will also learn to see yourself and your culture in a different light. Remember to keep an open mind while studying abroad. It will change your perspective so that you have a more personal understanding of our growing global community. As is echoed throughout the international education community, keep these two things in mind as you prepare for your journey overseas:

1. **“If you want to feel at home, stay at home.”** Just about everything will be different from what you are accustomed to throughout your time overseas. From the way classes are taught to the way you are graded to gender dynamics – nothing will be similar to what you are used to in America. Try to embrace these differences and learn from them rather than resisting and complaining. Develop a sense of humor and an ability to laugh at your mistakes as you navigate through your host country.
2. **“You will get out of it what you put into it.”** If you want to meet new people in your host country, you must make a concerted effort to form relationships. Try to limit travelling out of your host country. Instead, travel extensively within your host country. In doing this, you will learn your host country and culture extensively and appreciate it for all of its diversity and beauty.

The *Purdue University Fort Wayne Study Abroad Handbook* is designed to answer many of the common questions that arise prior, during, and after your return from overseas. The Study Abroad Office admonishes you to review the handbook carefully and attend the required pre-departure orientation. Again, congratulations on your decision to study abroad. Enjoy and treasure this experience!

- PFW Study Abroad Office
- Kettler Hall 140A, 260-481-0322
- studyabroad@pfw.edu

PRE-DEPARTURE CHECKLIST

- Apply for a passport immediately and a student visa, if required. [Travel.state.gov Passport](https://travel.state.gov/Passport)
- Read the *Purdue Fort Wayne Study Abroad Handbook* and any handbooks or information provided by your program.
- Ensure you fully understand all program costs. If you receive financial aid, schedule an appointment with a Financial Aid advisor in Kettler 103
- Know how you plan to handle money while overseas, how much to take, and how to get emergency funds if necessary.
- Notify your credit card companies and your banks of the dates you will be making purchases and withdrawals from overseas
- Attend any and all pre-departure orientations.
- Ensure you have received approvals for all overseas coursework (Transfer Credit Review Request Form found in goPFW).
- Pay all required fees and clear all registration holds.
- Register with the U. S. embassy in your host country by logging on to the U. S. Department of State Travel Registration homepage travel.state.gov/step
- Submit the following to the Study Abroad Office or faculty leader
 - Copy of your passport, visa, and flight itinerary
 - Copy of the Transfer Credits Approval Form
 - Copy of your acceptance letter (for Exchange and Provider programs)
- If you are on any medication(s), acquire enough for the duration of your trip and get generic script prescription from Physician
- If you are an international student, consult the Office of International Education to discuss your options and make sure your visa and other documents are in order
- Make copies of important documents to carry with you and leave one at home
- Discuss safety concerns and emergency contract procedures with your parents and/or loved ones
- Make housing arrangements for the term you return from your study abroad program
- Read about the history, economy, and culture of where you are going
<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/>

BEFORE YOU DEPART

1. Pre-departure Orientation

In an effort to help you prepare for your overseas study program, the Study Abroad Office will provide a pre-departure orientation for you. This session will provide basic information about studying abroad and cover specific program information. Participation is required.

2. Fees and Payments

Students on Faculty led and exchange programs pay costs directly to Purdue University Fort Wayne. Students on other approved programs are responsible for paying the relevant program fees and other expenses directly to the service provider or institution.

3. Financial Aid and Scholarships

ALWAYS consult the PFW Financial Aid Office about aid and scholarship opportunities. For more information, schedule an appointment with the Office of Financial Aid at (260) 481-6820 in Kettler 103.

4. Transcript and Grades

Courses taken overseas during the semester for credit will be recorded on the Purdue Fort Wayne transcript. The transcript will indicate the institution or program attended and transfer credit received. On non-faculty led programs, a grade of “C-” or better must be earned in order for the credit to transfer. Prior to your return to the United States, request that your program send your official transcript to: Study Abroad Office, Purdue University Fort Wayne, 2101 E. Coliseum Blvd., Kettler Hall 140A, Fort Wayne, IN 46805.

5. United States Passport

A passport is an internationally recognized travel document that verifies the identity and nationality of the traveler. A valid passport is required to enter and leave most countries. Only the U. S. Department of State has the authority to issue U. S. passports. Due to potentially long delays in processing time for new and renewed passports, for both regular and expedited services, apply for your passport as early as possible.

Passports are required for every Purdue Fort Wayne study abroad program. If you do not have a passport, apply for one immediately. Passport applications for U. S. citizens are available at many post offices and in the Study Abroad Office.

If you currently have a passport, check the expiration date. Most countries require that your passport be valid at least six months beyond the end date of your study abroad program. If your passport will expire before then, you should apply to renew your passport immediately.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Resolve all academic issues before you go. Plan what classes you will take when you return.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

6. Visa

A visa is an endorsement to a passport that indicates that the traveler meets the eligibility requirements to enter a foreign country for a specific purpose. The immigration official at

the border (port of entry) permits the traveler to enter the country. A visa is issued by the consular section of the embassy of each country. Keep in mind that the amount of time to apply and process a visa varies according to each country's requirements.

Visas are required for some Purdue Fort Wayne study abroad programs. To determine if a visa is required for your study abroad destination, visit the Embassy and Consulate Directory at www.embassy.org. U. S. citizens can consult the U. S. Department of State website at www.travel.state.gov. Go to the section entitled International Travel for U. S. Citizens, select the country you are visiting, Entry/Exit Requirements. You will also want to consult the Study Abroad Office to see if you need a visa and, if you do, whether the visa application will be sent as a group or if you will need to apply individually.

If you are not an American citizen, let the Study Abroad Office know immediately. Visa requirements are often different for non-U.S. citizens. If you are an international student, consult with the Office of International Education to have your immigration document(s) reviewed and signed before you leave the U. S.

7. Travel Arrangements

Some study abroad programs require that you make your own travel arrangements, while others arrange a group flight so that participants may travel to and from the program site together. In the event that you are responsible for making your own travel arrangements, the Study Abroad Office will give you specific instructions on when and where to arrive. If your program offers an optional group flight, you are strongly encouraged to take advantage of it.

Generally, it is a good idea to do some comparison shopping before purchasing an airline ticket. It is also beneficial to shop early for tickets. The earlier you plan your trip, the more choices you will have in terms of prices and schedules.

8. Overseas Housing

Housing varies with each study abroad program. Some programs offer on-campus dormitory accommodations, home stays with local families, or a choice of housing options. In a few cases, you may be responsible for securing your own housing. To learn about the housing options offered for your program, consult the Study Abroad Office. Our program officer should provide you with information about your housing and amenities such as telephone, internet access, meal arrangements, laundry facilities, as well as items you will need to bring with you, such as bed linens, blankets, etc. It is always a good idea, regardless of your housing situation, to take your own towels and washcloths.

9. General Expectations

Participating in a study abroad program does not give you the opportunity to be less responsible. In fact, studying abroad gives you a unique opportunity to grow and learn about yourself, frequently leading to an increased sense of responsibility. From academic integrity to tuition payments, you are responsible for knowing and complying with Purdue Fort Wayne expectations. These expectations may be expressed informally through academic study abroad planning sessions or in a syllabus from a faculty member.

Nevertheless, all Purdue Fort Wayne students must adhere to the *Purdue University Fort Wayne Student Code of Conduct*.

ACADEMIC EXPECTATIONS

All students must comply with all rules and regulations contained within the University Student Code of Conduct. The Program Director and/or Director of International Education have the right to suspend or expel a student on a program for violation of any academic or non-academic disciplinary policy pending the appropriate hearings upon return to Purdue Fort Wayne.

1. Attendance

Attendance is required and is part of the academic portion of your program. It is especially critical for short term programs. Failure to attend classes may result in the lowering of your grade, assigning failing grades for poor attendance, or in severe cases, a student being dropped from the program, thus not receiving credit for the course.

2. Absences

Generally, for a planned absence you should tell the instructor as soon as possible and make arrangements to take any scheduled quizzes, exams, or labs in advance. Permission may not be granted in all cases and should not be taken for granted. Personal travel will not be automatically accepted as an excused absence and must be pre-approved by the academic director/faculty leader.

3. Assignments and Syllabus

Assignments include required reading, course work, field trips, etc. as determined by instructors. You are required to complete all of your assignments while overseas. If you miss a class, check with other students or the instructor for assignments given during your absence.

4. Academic Misconduct

The University expects each student to be honest in academic performance. Failure to do so may result in disciplinary actions. The most common forms of academic dishonesty are cheating and plagiarism.

Cheating includes, but not limited to:

- Submitting material that is not your own as part of your course evaluations;
- Using information or devices that are not allowed by the faculty;
- Obtaining and using unauthorized material, such as a copy of an examination before it is given;
- Fabricating information;

Strive for balance. There is less hand-holding in universities over-seas. If you are studying abroad, chances are, you will not be able to rely as easily on external measures — detailed syllabi, reading assignments, or homework — to determine how well you are doing in class, or to prod you to keep up. It'll be up to good ol' you to see to it that you stay on top of things while still living it up!

- Violating procedures prescribed to protect the integrity of an assignment, test, or other evaluation;
- Collaborating with others on assignments without the faculty member's consent;
- Cooperating with or helping another student to cheat; and
- Other forms of dishonest behavior, such as having another person take an examination in your place or altering exam answers and then requesting the exam be re-graded.

Plagiarism includes, but not limited to:

- Directly quoting the words of others without using quotation marks or indented format to identify them;
- Using sources of information without identifying them; and
- Paraphrasing materials or ideas of others without identifying the sources.

If a student is charged with academic misconduct, there are specific procedures, including the right of appeal, which must be followed by Purdue Fort Wayne. Sanctions are imposed by the University in response to academic misconduct ranging from reprimands to expulsion.

5. Non-academic Misconduct

Examples include, but are not restricted to:

- Conduct which constitutes a serious danger to the personal safety of other members of the university community;
- The sale or delivery of a controlled substance;
- Conduct that seriously damages or destroys university property or attempts to do so;
- Stalking or harassment;
- Conduct that obstructs or seriously impairs university run or university authorized activities;
- Unauthorized possession of university property or property of another member of the university community; and
- Knowingly making a false statement to any university employee or agent on a university related matter.

Special Note: All participants on overseas study programs are subject to local laws and due process jurisprudence for violation of any and all regulations and/or laws within that country.

6. Withdrawal from Program

If you should decide to withdraw from your overseas program, it is your responsibility to notify the Study Abroad Office in writing. The date the notification is received will be considered the official date of withdrawal and the student will be responsible for all committed and non-recoverable programs costs up to the date of withdrawal. No refund will be given once the program has commenced.

HEALTH

Maintaining good health is of paramount importance when you study overseas. Changes in climate and the fast pace of travel may cause health problems abroad. Colds, sore throats, coughs, and

gastrointestinal disorders associated with different foods and water are inevitable. It is important to be aware of the things that can affect your health, so that you can enjoy your time abroad.

The Study Abroad Office asks you to disclose allergies, physical, and/or mental health conditions that may affect your study abroad experience. This is critical since many chronic illnesses, cyclical conditions, and/or changes in diet and schedule can trigger an acute episode. Information that you share on your Medical Form will be treated confidentially. It will not jeopardize your participation in the program and will assist the Study Abroad Office in helping you receive proper services and care while abroad.

Adjusting to life in a new country means excitement, challenge, and the unexpected. No amount of preparation can guarantee a trouble-free experience. Since you are not a citizen of the host country, you are not entitled to the same medical care as its citizens. Arranging and paying for medical care is your responsibility. Pay close attention to the international coverage of your insurance policy as all are required to have overseas health insurance during any approved overseas study program.

Before you travel overseas, pay meticulous attention to factors that contribute to your physical and emotional well-being. A trip abroad will certainly affect your health, because so many factors of your daily health are related to your lifestyle and environment. On the other hand, the state of your health will have a significant impact on the success and enjoyment of your trip.

1. Assess your Health and Health-Related Practices

“Going abroad is not a ‘magic geographic cure’ for concerns and problems at home¹.” Both physical and emotional health issues will follow you wherever you go. In particular, if you are concerned about your use of alcohol and other controlled substances, or if you have an emotional health concern, you should address it before making plans to travel. Contrary to many people’s expectations, travel does not minimize these problems. In fact, it often exacerbates them to a crisis level while you are away from home.

2. Identify your Health Needs

Be clear about your health needs when applying for a program. Thoroughly describe allergies, disabilities, psychological treatments, dietary requirements, and medical needs so that adequate arrangements can be made. In addition, resources and services for people with disabilities vary widely by country and region.

3. Prescription and Non-Prescription Medication

If you take prescription medication, carry a supply with you to last your entire time abroad. **You will need a copy of your physician’s prescription (in generic script!) for any medication and/or medical supplies you carry with you to pass through customs. Always keep prescription medication in its original container in your carryon luggage.** Carry extra prescriptions for contacts and eyeglasses. Do not attempt to have medications sent through the mail. Note: Some medicine may have different ingredients or potency overseas. Be sure to read the label and ask a pharmacist.

¹ www.jsu.edu. “Center for International Education Study Abroad Handbook.” Jackson State University 2006.

4. Immunizations

The Center for Disease Control (CDC) has information on recommended vaccinations, food and water issues, and current health problems. The information can be found at www.cdc.gov/travel/. Recommended vaccinations no matter where you are traveling include: tetanus, hepatitis, and polio. Immunizations are available at the Parkview Medical Center or Lutheran Medical Center and of course through your personal physician. Be sure to contact your doctor six-eight weeks prior to departure because some vaccinations may take up to four weeks to complete and may cause side effects. One vaccination often recommended to travelers is Hepatitis A, which is a series of two vaccinations needing a six-month period between them.

5. Water and Food

Water and food may be safe in large cities and hotels frequented by international travelers, but if it is at all questionable, stick to bottled water, canned/bottled carbonated drinks, tea, coffee, and beer or wine. Also, beware of ice cubes and dirty dishes. Changes in diet can cause stomach and other health problems. In areas with poor sanitation and hygiene, avoid street vendors, milk, milk products, and raw fruits, vegetables, and fish and meat.

6. Other

If you happen to get an infection while abroad, whether it is a virus, bacterium, or parasite, you may not get sick immediately, but weeks after your return. Some diseases can take up to six months to show up. If you get sick, tell your physician what countries you have visited and when as this information might prove helpful in making a diagnosis. Students traveling to developing countries should be especially careful. There is a greater risk of contracting diphtheria, malaria, and typhoid fever. All students should be aware of sexually transmitted diseases and take the necessary contraceptives. Depression is also a problem that must be noticed. It is common for people adjusting to a new situation. Remember 911 is only available in the United States. Become familiar with what types of help (emergency and non-emergency) are available in your host country.

7. International Travel Appointment

The Study Abroad Office strongly recommends that you make a travel appointment with a health care professional before studying abroad. This appointment is intended to help you assess any and all health issues relevant to your upcoming study abroad experience. Such issues might include vaccinations or boosters, or might be as simple as reminders about healthy living while abroad. Either way, we encourage you to take this appointment seriously and to start making arrangements for such an appointment sooner rather than later.

8. Medical Records

In the event of an accident or illness, it is wise to take a brief medical record with you in order to help a doctor give you the best possible care. A good medical record would include: all drugs you currently take (listed by generic name), instructions and dosage concerning the medication, any chronic ailments, allergies or hypersensitivities, immunization history, blood type, eye glass prescription, name of your personal physician (with address and phone number), health insurance policy, and if pertinent, your religion. For purposes of recognition/translation by foreign medical personnel, all information should be listed in appropriate and accurate medical terminology rather than in the vernacular. Another excellent

idea is to wear a bracelet or dog tag identifying any physical condition that may require emergency care.

9. Medical Insurance

While participating in a Purdue Fort Wayne study abroad program, you will automatically be enrolled in the Purdue University Comprehensive Student Health Insurance for the length of your study abroad program. You will be directly billed on your student account. Please keep all documentation from your physician visit to submit for reimbursement upon your return.

SAFETY

The Study Abroad Office is strongly committed to providing a safe, healthy, and productive learning experience for all students on study abroad programs. The following guidelines have been developed to promote the safety and well-being of every study abroad participant and to raise students' awareness of potential areas of concern.

1. Study Abroad and Safety

Students' safety, health, and well-being are the utmost concerns of the Study Abroad Office. From pre-departure orientation to on site orientation and continuing throughout the program, the Study Abroad Office and host institutions provide guidance on maintaining personal safety while overseas. In addition, the Study Abroad Office implements the following protocol for all study abroad students:

- a. All students are required to register with the U. S. Department of State for the period of time they are out of the country if not done by your program.
- b. The Study Abroad Office maintains regular email and telephone communication with the faculty directors and/or host institutions where our students are studying.
- c. Study Abroad Office staff members are available by email 24 hours a day to address concerns.
- d. Study Abroad Office reminds students to take personal responsibility for their own health and safety.

The Study Abroad Office draws upon a variety of information sources to assess the security situation in countries where we send students. We routinely monitor U. S. government travel advisories issued by the U. S. State Department and by U. S. embassies. We encourage potential and current study abroad students to regularly visit the U. S. Department of State website (www.travel.state.gov) for security updates and related information for American citizens who are abroad. We solicit information and insight from our host institutions as well as other American universities with overseas programs in the country/area.

While total safety cannot be guaranteed abroad just as it cannot be in the United States, the Study Abroad Office is committed to take the steps necessary to maximize safety for students who participate in Purdue Fort Wayne study abroad programs.

2. Emergency Contact Guidelines

- a. Contact your resident director, faculty director, host institution coordinator, or other in country contact person immediately.

- b. Contact the Study Abroad Office, (260) 481-0322, during regular office hours, Monday through Friday, 8a.m. to 5p.m.
- c. After hours and on weekends, call the Purdue University Fort Wayne Police Department at (260) 481- 6911.
- d. Contact your family or appropriate person(s) in the United States and establish a communication schedule.

3. Other Emergencies

Non-medical emergencies are situations that do not involve injury, illness, or urgent medical attention. Nevertheless, such circumstances can be upsetting and stressful and need to be promptly resolved. In the event of a non-medical emergency, follow the emergency contact guidelines above. In some cases, it may be necessary to file a police report with local authorities, particularly if you are assaulted or robbed. If your passport is lost or stolen, you will need to report it to the U. S. consulate in your host country as soon as possible. If your credit/debit cards are lost or stolen, you should immediately contact the bank or financial institution that issued the cards to have them canceled.

4. General Advice

- Do not take for granted that people are friendly and can be trusted.
- Be wary of new acquaintances just as you would in America.
- Be wary of people who rush to approach you or shower you with compliments.
- Recognize that in any country there can be both sincere and insincere people.
- Take your time and establish relationships slowly.
- If something happens, as difficult as it may be, try to remain calm/clear headed. Anger or yelling may only exacerbate a problem.

5. General Safety Precautions

- Do not bring/carry unnecessary items that can be stolen.
- Beware of date rape drugs.
- Do not flaunt phones or other technology both where you live and while traveling.
- Do not place articles near a window where they may tempt thieves or be easily taken.
- Do not lend money.
- Put valuables in the hotel safe or in the program lock box if one is available.
- Wear a money belt. It is most secure when concealed inside clothing. This is also handy for travel to the country as well as post program travels. It may also be wise to keep a limited amount of money in your pocket, so you do not have to take out your money belt in public.
- Do not tell strangers where you live. It is a good idea to be very vague with strangers in general.

6. Traveling

- Carrying excess baggage is an invitation to be ripped-off.
- Do not carry valuables, even in a backpack or in locked luggage.
- If you must carry electronics do not leave them unattended. Backpacks and other large pieces of luggage are commonly put on the roof of the bus.
- Avoid dark, unsafe places and walking alone.

- At night in the city, try to walk in groups, even if you do not know the other people very well.
- Beware of people bumping and pushing you – this is a common pick-pocketing ploy.
- Be aware of tactics used by cons, money changers, and scams. Talk to program staff if you have any concerns.

7. Personal Safety

- *Safety Precaution* - Most large cities suffer from common crimes. Use the same precautions you would in any other metropolitan area: do not carry valuables or wear expensive clothing or jewelry and avoid questionable parts of the city, especially at night and when alone.
- *Special Note for Female Students* - Women may experience some difficulties while abroad. American women have gained a reputation for enjoying a type of lifestyle which contrasts with more traditional behavior in many countries. US students may encounter people who do not understand that their familiar way with strangers as a gesture of friendship. Even a smile to a stranger may be misunderstood. Firmly say “no” to any invitation you do not want and give your address only to people you know and trust. Be cautious until you know and understand local values and customs. Learning to respect the local social rules will facilitate your relationships with host nationals immensely.
- *Racial and Ethnic Concerns* – Reports from past participants vary from those who felt exhilarated to be free of the pressure of American race relations, to those who experienced different degrees of innocent curiosity about their ethnicity to those who felt they met both familiar and new types of ostracism and prejudice. However, very few students of color have concluded that the racial and/or ethnic problems they encountered are reasons to not study abroad.
- *LGBTQ* – It is important for students to be aware of laws pertaining to LGBTQ in other countries, as well as the general attitudes of the populace toward LGBTQ foreigners. Overall, the countries visited may be more or less tolerant than America. Moreover, as in the United States, regardless of general attitudes and laws, there are likely to be pockets of intolerance. Country specific information is often available from campus offices, personnel, and student groups. Students should talk with former participants about their experience.
- *Theft* – You are responsible for your personal property. Living abroad should be no more safe or dangerous than living in the U. S. You can safeguard your personal items from damage or theft by locking your room and securing your money, traveler’s checks, jewelry, passport, and other personal possessions.
- *Personal Note* – It is very important to keep in mind that you are a foreigner while overseas. Do not become involved in the country’s internal affairs. If you should get into any kind of difficulty, the American Embassy will aid you in any way possible, but you are subject to the laws of the host country.

8. Alcohol

It is important to recognize alcohol as a potential safety risk, especially when you are not in your home country. Laws governing consumption of alcohol vary from country to country but generally set a minimum age of 18 years old. Beware of cultural differences relating to the

consumption of alcohol. Getting drunk will not only make you stand out as a foreigner, it will also make you a much more likely target of crime or harassment. Furthermore, abuse of alcohol can result in your expulsion from the program without recourse or refund.

9. Drugs

While you are visiting another university in another country or participating in a Purdue Fort Wayne study abroad program, you should realize that you are subject to the disciplinary codes of that institution and the laws of that country. Legal protections taken for granted in the United States are left behind when you leave the U. S. The principle of “innocent until proven guilty” is not necessarily a tenet of legal systems abroad. The best advice is to know the rules and laws and obey them. If you get in trouble, seek local legal assistance as quickly as possible. Please note Purdue Fort Wayne assumes no responsibility for students engaging in illegal drug activity. Existing legislation in most foreign countries regarding the use or possession of marijuana, cocaine, or other illegal drugs imposes very severe penalties. Neither the United States embassy nor the program office(s) are able to exercise effective pressure to moderate these penalties. Association with illegal drug users or possessors is considered the same as personal use or possession by authorities in some countries. Students are responsible for obeying all laws dealing with the use or possession of illegal drugs, and liability rests entirely with each student. The Study Abroad Office, host institution, and the Program Director reserve the power to require that a student withdraw without refund if there is any evidence of drug use by the student.

10. Safe Road Travel

Avoid renting a car as you are likely unfamiliar with the laws, safety and driving customs in country. Travel only in authorized public transportation, i.e., taxis, buses and trains, and avoid private transport. Driving customs vary a great deal and pedestrians are frequently not given the right of way. Find out which roads are safest and whether it is safe to travel on overnight trains and buses.

11. Terrorism

The term terrorism is usually applied to organized acts or threats of violence to intimidate opponents or to publicize grievances. It frequently involves bombing, kidnapping, airplane hijacking, the taking of hostages and assassination. Political terrorism may be part of a government campaign to eliminate the opposition, or it may be part of a revolutionary effort to overthrow a regime, a common tactic in guerilla warfare.

Terrorism is a reality today and we seem to have difficulties accepting that these acts happen when we least expect them. Our societies are extremely vulnerable and innocent people are easy targets in urban areas, particularly in major tourist sites, or on buses and trains, etc. There is no way we can foresee or avoid being where the deed is going to take place.

If you are studying in or near a country threatened by terrorism or political uprising, you will be advised by the embassy or consulate as to where to go in case of emergency. They will supply you with all necessary information. Remember to do the following:

- Always keep your personal documents and other important papers in a folder that is easy to bring in case you must leave quickly.
- Make sure that you have a medical survival kit handy in case you should need it.

- Be prepared for an eventual evacuation and make sure you know what to do and where to go in order to avoid panic.
- Always respect curfews.
- Try to listen to a shortwave radio stations like the BBC World Service or Voice of America.
- If you think you can get help from a local person, be extremely careful when making contact in order to avoid unnecessary risks.

12. U. S. State Department

The U. S. Department of State monitors political conditions in every country of the world. Students and parents with concerns about crime and security threats in a given country are urged to take advantage of State Department travel advisories. These come in three forms and are available to the public free of charge:

- Travel warnings are issued when the State Department decides based on all relevant information, to recommend that Americans avoid travel to a certain country.
- Travel alerts offer information about terrorist threats and other relatively short term or transactional conditions posing significant risk to the security of U. S. travelers.
- Country specific information sheets are available for every nation of the world. These include information such as immigration practices, health conditions, minor political disturbances, unusual currency and entry regulations, crime and security information, and drug policies. If an unstable situation exists that is not severe enough to warrant a travel warning, this is duly noted.

For current information, travel advisories or warnings, you can visit the U. S. Department of State Office of Overseas Citizens website at www.travel.state.gov.

13. Assistance from the U. S. Embassy or Consulate

Should you encounter serious social, political, health or economic problems, you might be called upon to work with program administrators to seek local assistance. Be aware that the American embassy can offer only certain kinds of assistance. It will:

- Provide U. S. citizens with a list of local attorneys and physicians;
- Contact next of kin in the event of emergency or serious illness;
- Contact friends or relatives on your behalf to request funds or guidance;
- Provide assistance during civil unrest or natural disaster; and
- Replace a lost or stolen passport.

Remember that the primary duty of U. S. embassies and consulates is to fulfill the diplomatic mission of the U. S. government – which is not always the same thing as helping particular travelers in distress. They do not provide the services of a travel agency, give or lend money, cash personal checks, arrange free medical service or legal advice, provide bail or get U. S. citizens out of jail, act as couriers or interpreters, search for missing luggage or settle disputes with local authorities. It is always recommended that U. S. citizens residing abroad for an extended period have their presence and whereabouts registered with the U. S. embassy or consulate.

In many foreign countries, it is perfectly legal to be searched and arrested without probable cause, detained without being informed of charges, and tried without a jury. Bail and access to free counsel may not be a part of the local legal system whereas self-incrimination may be. Keep in mind, U. S. due process may not be applicable in the country in which you are living and studying.

It is essential that all prospective travelers take note of the following before going abroad:

- Foreign governments are not more tolerant of drug use nor are they more permissive in drug laws and law enforcement than in the U. S. On the contrary, most countries are much stricter, and their judicial/penal systems differ greatly from the U. S. Few foreign countries can provide a jury trial.
- Pre-trial detention, which may involve solitary confinement for months in primitive conditions, is the rule rather than the exception.
- Penalties for possession or trafficking in any kind of soft or hard drugs range from two to ten years and include a heavy fine in many countries. In some countries convictions may lead to the death penalty.
- Prosecution of offenders is being intensified abroad. Arrests are being made everywhere within the territorial jurisdiction of a country, including territorial waters and airspace, as well as transit areas of international airports.
- American Consulates cannot pay for defense costs, loan money, provide bail or counsel, or intervene in the arrest procedure or the legal process.

MONEY

Access to money overseas is a topic of great concern for every study abroad participant. Your pre-departure orientation will discuss country specific considerations in regards to money; however, the Study Abroad Office offers the following general guidelines for study abroad students when dealing with money abroad.

1. How to Exchange Money

You can exchange cash at banks, airports, railroad stations, large hotels, some tourist information centers, and travel agencies. Every time you exchange money, you can expect to pay a commission or fee, which varies. In some places the commission is based on a percentage of the amount you exchange, while in others there is a flat fee regardless of the amount of the transaction. As exchange rates fluctuate daily, try to keep up with current rates to get the most for your money and always ask what the fee is to exchange money at a particular location. Unfortunately, it is not possible to exchange coins. Also, remember to bring your passport as your personal identification every time you exchange money overseas.

2. Safety with Money

No matter what type of money you take with you overseas, be careful! Use extreme caution while using public transportation, standing in a public transportation station, or in crowded areas where pick pocketing may be prevalent. A money belt worn inside your clothing or a money pouch around your neck is recommended for the safekeeping of your passport,

insurance and emergency cards, health information, credit cards, traveler's checks, and cash. Never leave a bag unattended.

Women – Consider carrying a purse with a zipper and a long strap that can go across the body. Hold on to the purse with one hand and away from the curb to avoid someone from grabbing it.

Men - Do not keep your wallet in your back pocket as this is easier for pick pockets. Consider getting a money clip for your front pocket and keep only a small amount of money.

3. Cash

For most destinations, the Study Abroad Office recommends that you carry only a small amount of U. S. cash, in case it is lost or stolen. It can be extremely helpful to obtain a small amount of foreign currency before departure to use for buses, taxis, telephone calls, etc. upon arrival. Check with local banks to see if you can obtain foreign currency before you leave. Depending on which currency you are seeking, it may take up to a week before the bank can obtain the foreign currency. Personal checks drawn from an American bank account are virtually impossible to cash overseas due to the long amount of time it takes an overseas bank to clear the check.

4. ATM/Debit Cards

ATM cards can often be used to obtain foreign currency from an ATM overseas. ATM cards are a popular option for obtaining money overseas for study abroad students because overseas ATMs are typically available 24 hours a day. ATM cards are advantageous because you can often get a low bank exchange rate and the card withdraws money directly from your checking account at home. However, most banks and/or card companies may charge an extra fee for international transactions. Before you go abroad, check with your local bank to see if it is possible to use your ATM card in your host country, if there are any added fees for withdrawing money overseas, and if your PIN will work abroad. You will also want to tell your bank to note on your account that you will be using your card abroad, so they do not “freeze” it, thinking it has been stolen. You should also be aware of your daily withdrawal limit and have your bank adjust it before you depart, if necessary.

Sometimes ATM cards do not work overseas or are “eaten” by an ATM, so make sure you have other ways of obtaining money. ATM cards can also be difficult to replace if lost or stolen. In some countries, ATMs are linked only to local banks and are not part of an international network. You should also be aware that when withdrawing money from an ATM, you may not know the exchange rate you are receiving for your transaction. If you are planning to take an ATM/debit card overseas with you, it is advisable to leave a bank deposit slip at home with a family member who can deposit money into your account in case of an emergency. For information on ATMS worldwide, visit www.visa.com (Visa/Plus card members) or www.mastercard.com (MasterCard/Cirrus members).

5. Credit Cards

Most major U. S. credit cards can be used worldwide and are extremely valuable in a financial emergency. It is highly advisable to obtain a major credit card before studying abroad. The most commonly accepted credit cards are Visa and MasterCard. Credit cards used overseas

must be in your own name as given on your passport. Be sure to record your credit card number and emergency card numbers in a separate place in case your card is lost or stolen.

You can get a cash advance at a bank using a credit card, but you will be charged interest continually until you pay back the advance. Therefore, it is important to arrange for someone to pay your credit card bills while you are gone. Typically, the amount charged to your credit card bill is based on the exchange rate on the day that your bank or credit card company processed the transaction. Be aware that some banks and/or credit card companies may charge an extra fee for international transactions. Not all overseas merchants accept credit cards, regardless of the name brand. You will also want to call your credit card company before you depart to let them know that you will be using your card overseas.

6. Opening a Bank Account Abroad

If you plan to be overseas for a semester or longer, you may wish to open a local bank account in the host country, which you will need to do in person once you arrive. This is especially helpful if you will need to make payments via wire transfer for housing. Many banks overseas will have their own bank cards, allowing you to make withdrawals from their ATMs. If you plan to open a bank account overseas, you should make your deposit with travelers checks or have your U. S. bank wire the funds. A personal check or money order can take weeks and even months to clear and will delay the ability to open a bank account quickly.

"Don't be afraid of the grocery store! I had just as much fun buying food there and cooking it in my room over going out and it saved me a bunch of money."

-Sadie King-Hoffman, IES London 2013

7. How much Money to take

How much money to take depends on your study abroad program, the cost of living in your host country, and your personal spending habits? Talk to former participants and the Study Abroad Office for advice on how much money to take. Calculate how much you will need and then add some for a cushion and possible emergency situation(s).

8. Running out of Money Overseas

First of all, try not to run out of money when you go overseas. Plan to bring enough resources along with you so that you will not be caught short. In the event that you do run out and need emergency funds, you may have money sent to you through these means:

- Western Union – If you have a major credit card, you may telephone Western Union at (800)325-6000 or online at www.westernunion.com to receive information on how Western Union transfers money worldwide. Western Union charges a fee for this service based on the amount of money sent.
- American Express MoneyGram – This is an immediate cash transfer for American Express members. Call the MoneyGram Information line at (800)543-4080 to find the nearest participating office from which money can be sent. Transactions must be initiated at an American Express office in the United States and completed at one of its branch offices abroad. Fees vary according to the amount of money sent.
- If you have an ATM card, have a family member or friend deposit funds into your account.

CULTURAL ADJUSTMENT & CULTURE SHOCK

1. Educate Yourself

It is critical to learn about the country where you will be studying abroad. The more research you do about the host country's political system, culture, customs, and language(s), the better prepared you will be for living in and understanding the host society. Some ways of educating yourself include:

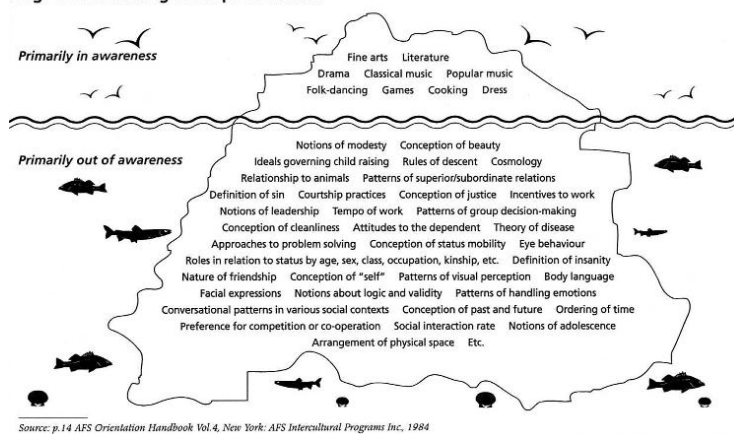
- Read pertinent foreign newspapers and periodicals at university libraries.
- Read the *New York Times*, *Miami Herald*, *Christian Science Monitor*, and other newspapers or magazines with extensive international coverage.
- Listen to radio stations that provide international news coverage such as National Public Radio.
- Visit area bookstores or your local library to explore their international travel sections.

2. Cultural Adjustment

It is very hard to know what life is really like in a country or region, but it is very easy to have the illusion of knowing what it will be like – from images furnished by popular media, from reading, or perhaps from having met a few natives. Simply knowing about another culture, however, is not the same as knowing what it feels like to be learning and living there. Every culture has distinct characteristics, some of which are quite evident, even to the unsophisticated. Other characteristics can be so subtle that while foreign visitors may be vaguely aware of them, adjusting is a complex process, and one may remain uncomfortable and off balance for quite some time.

Many student travelers have trouble adjusting to foreign life because they take abroad with them too much of their own cultural baggage. Cultural baggage consists of misleading stereotypes and preconceptions about others. As a result, suddenly feeling like a fish out of water is not uncommon among travelers. It is in fact something that you should be advised to anticipate. It is normal and it usually lasts for a while.

Fig. 1: The iceberg concept of culture

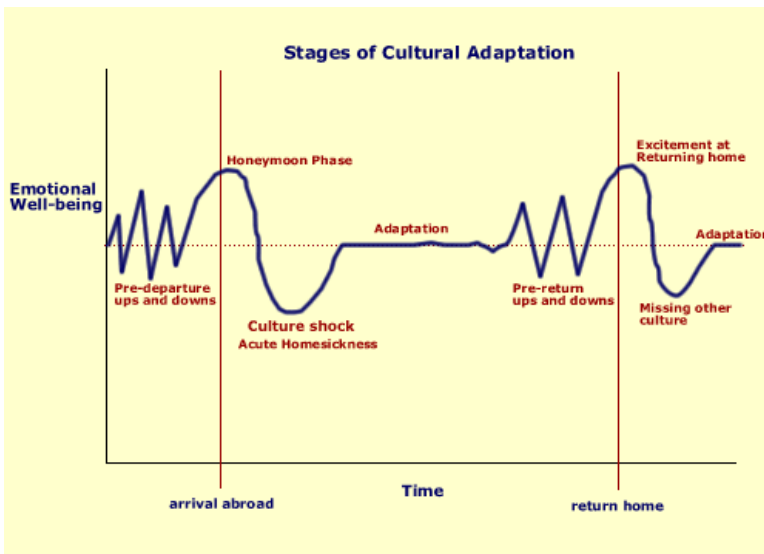


The key for you is to understand that adjustment takes time, patience and some understanding of how to deal with the shock of being a foreigner in a new social and cultural setting. Some campuses and most study abroad programs will offer you some counsel on cultural adjustment, before departure or after arrival. But culture adjustment is almost always something that has to be lived through to be understood fully.

The presence of the many layers of culture directly affects what it is like to be an overseas student, anywhere. “U. S. students abroad often find that they are treated less as Americans than as yet another species of foreign student².” Like international students on U. S. campuses, you may be viewed by locals as part of a group of short-term guest visitors, treated politely but often with distancing deference. Meanwhile, various activities may be offered to you – tours of places of cultural interest, social activities, sports, clubs and support services – all to make your stay enjoyable. That deference can be unsettling and cause feelings of not quite belonging. Although in the long run such feelings may be necessary for growth, they can cause frustration and irritation.

The discomforts of cultural difference naturally provoke self-protecting responses in students. More than a little de facto segregation takes place at many study abroad sites and friendships with host national students may be hard to make. Generally, you will not be invited to the homes of host nationals, unless family stays are part of the program (and something more than a boarding arrangement). This is completely normal! When you return to your living quarters, you may encounter a high concentration of other foreign students. When you go to the dining hall or to the local cafes, you may also meet other students from other countries, ones with similar fears and apprehensions. Make sure to capitalize on these opportunities when they present themselves.

3. Culture Shock



Many travelers, overwhelmed by the thrill of being in a totally new and unusual environment, go through an initial period of euphoria and excitement. This is the honeymoon phase of cultural adjustment and it is likely that you will convey this buoyant spirit in your first phone call and/or letters home. However, as the initial, very positive sense of adventure wears off, you are likely to become aware of the fact that old habits and routine ways of doing things no longer suffice.

You may no longer feel free to be yourself, feeling instead like a foreigner. Minor problems may quickly assume the proportions of major crises, and you may find yourself growing somewhat depressed. In short, you may feel an anxiety that results from losing most or all familiar signs and symbols of social intercourse, a kind of psychological disorientation commonly known as culture shock.

There is no clear-cut way of avoiding culture shock. Even experienced travelers report its impact every time they arrive someplace new. But simply recognizing its existence and

² IBID

accepting your vulnerability to it is an important first step. With a bit of conscious effort and patience, you will soon find yourself making adjustments that will enable you to adapt to your new environment. As long as you know in advance that you will probably experience some degree of culture shock at a certain level, you can prepare psychologically to accept the temporary discomfort and turn it into an advantage. Culture shock is a learning experience that sensitizes you to another culture at a level that goes beyond the intellectual and rational. Just as an athlete cannot get into shape without going through the uncomfortable conditioning stage, visitors to a strange place cannot fully appreciate the cultural differences that exist without first passing through the uncomfortable states of psychological adjustment.

4. Fitting-in

Social customs differ greatly from one country to another. It is therefore impossible to give guidelines that will be applicable for U. S. students in every culture. Generally speaking, you can be yourself as long as you remain courteous and dignified. As an outsider, erring on the side of being respectful will produce allowances for the things not immediately understood or fully accepted. As a guest in someone else's country, you should behave in the same manner as you would if you were a guest in someone's house. On the other hand, you will feel a great desire to fit in, to put guest status behind you, and to live and act like a native. Accomplishing this often requires learning new behaviors and adapting to different social and cultural values. Social customs differ from one country to another and there is simply no way you can fit in and feel at home unless you learn what is and is not appropriate behavior. You should expect things to be different overseas. For guidance, you should know that it is seldom inappropriate for a student to inquire politely about local customs and social niceties. "This will help carry you through to the time when life returns to normal – a 'new normal' in which you feel comfortable in your new surroundings."

5. "The Ugly American"

This term comes from the title of a book published in the early 1970s. The term "ugly American" has stuck and can be applied to you if you are not careful. You can avoid being identified as an "ugly American" by:

- Avoiding temptations to tell people that Americans do things better.
- Being a person who shares and is inclusive in relationships.
- Being genuinely interested in your host country and its people.
- Not talking a lot about your possessions or your family and friends.
- Not demanding special treatment because you are an American.
- Not drinking in excess.
- Not telling your host country's citizens how much they are behind the United States.
- Not being obvious or loud about your patriotism/nationalism.
- Not throwing your money around.
- Not talking, laughing too loud or otherwise drawing unwanted attention to yourself.

6. Making the most of Your Stay

The following information is excerpted from Syracuse University's *Study Abroad Handbook*, but is applicable for avoiding culture shock. Your first encounter with another culture will probably be exciting, stimulating, and lively. All you see will be new, strange, and rich with tradition. Sounds, smells, gestures, and movement will crowd your sensory antennae, leaving

you exhilarated and exhausted. You will be delighted to find that your language works and that you can communicate far better than most Americans.

Simultaneously, you may begin to experience the first symptoms of culture shock, that unpleasant disorientation that afflicts every visitor who enters a strange world. It is unfair, but often true, that the more eager you are to enter into the host culture and really understand what its people are like, the more severe your shock may be. Tourists who come only to gawk, taste, and move on are insulated from the shock. They use only English, live in hotels, and go home in a few weeks. You will live like a local student. The cues are wrong. Gestures, table manners, clothing, the tone or rhythm of voices, the way they touch or stand close, the time and texture of meals, the daily schedule – all are slightly out of joint. Though your language seems to be understood, you are not so sure.

Additionally, culture shock also occurs when your expectations do not match up with reality. You may be disappointed with what you see: too much noise and not enough thrills. You may be disgusted with your American classmates – naïve, rude, loud, straight, affected provincial – and you may even be disappointed in yourself and your failure to be articulate, sophisticated, and cool.

While no one can avoid that first culture shock, you do not have to endure it like a headache. Steps can be taken. Here are some which have worked for other participants:

- Explore the territory;
- Pick up the silent language;
- Do not limit yourself to your American friends;
- Get fluent in the local language;
- Keep a journal;
- Ask a friend for help and criticism; and
- Blend into the culture

WHAT TO TAKE WITH YOU

1. Packing for Study Abroad

How much and what you pack will depend a great deal on the location and duration of your study abroad program. A yearlong program in Germany calls for different types of clothing than a six-week program in the Dominican Republic. As a rule of thumb, always pack sensibly and lightly. Keep in mind that while overseas it is perfectly acceptable to wear the same outfit a few times in one week. Choose clothes that you can mix and match in order to utilize a minimum number of items. Also, the weather can vary quite a bit throughout the day and from town to town, so take clothes that are good for layering.

Remember you are going to have to carry whatever you pack, so practice carrying your bags with the items you plan to take before going overseas and adjust accordingly. When you fly, you will be limited to two pieces of checked luggage and one carry-on bag. Your carry-on bag should contain all the necessities to live for one to two days in the event that your luggage is

delayed or lost. Packing tips specific to your program will be provided at your orientation; however, here are some helpful guidelines for all study abroad students:

- Pack sensibly and lightly. You will be responsible for carrying your own luggage.
- Do not take jewelry or other items of monetary or sentimental value.
- Take comfortable walking shoes. You will be walking a lot.
- Take bedroom/house slippers. In many cultures it is unacceptable to walk barefoot in the house.
- Take an extra pair of eyeglasses and/or contacts.
- Take enough prescription medication to last the entire length of the program.
- Take your own towel(s) and washcloth(s). Some programs may require you to bring bed linens as well.
- Take a small, battery operated alarm clock.
- Take pictures of family and friends.
- Electrical service is not identical throughout the world. If you plan to bring any electrical appliances (i.e. hair dryer), you will need to take a voltage converter and a set of adapter plugs.
- Take personal hygiene products.
- Consult the website of your airline to find out specific luggage allowances. Be aware that luggage allowances for domestic flights within your host country may be less.
- Consult the U. S. Department of State website for up-to-date information on restrictions on specific items allowed in checked and carry-on luggage.
- The website www.journeywomen.com provides country specific packing recommendations for women.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Students and their families can get preoccupied with what to take that they forget to consider the things and information that should be left behind.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Many students ask if they should take their laptops overseas with them. If you are thinking of bringing your laptop, consider the following:

- Your laptop should have its own multi-voltage transformer/converter. Most laptops have this function built in. Inexpensive transformers will not work for computers and can damage your computer.
- Have your computer insured, as laptops are high risk theft items.
- Carry your computer with you on the plane as a carry-on. Do not pack it in your checked luggage.
- You may not be able to find anyone at your university who can help you with computer problems.

2. Copies, Copies, Copies!!!

Before you leave the U. S., it is vital that you make copies of the following items:

- Your passport information page (page with your photo)
- Any special immigration papers
- Airplane ticket and train tickets (if any)
- Credit/debit card information
- Any other important documents

"I wished I had not brought so many clothes because we bought clothes in most countries. I also wish I brought an empty suitcase for souvenirs!"
-Keven Sanders, 2014

Carry the copies with you in a separate place from the originals. Store the copies in a safe place, separate from the originals – in your room or in a hotel safe. Also leave a set at home with your family.

COMMUNICATION

1. Email

E-mail is the favorite and easiest way to communicate with friends and family in the United States. Internet cafes are everywhere overseas and charge minimal fees. Please share both your university and personal email with family, friends, and university staff to ensure communications is not interrupted.

2. Postal Mail

Postal mail can be quite slow. If you need to send and/or receive packages, make sure you know where the nearest post office is and how it operates. You may also want to inquire about carrier services such as FedEx, DHL, and UPS. They will be more expensive for small items, but competitive for larger packages. Check with your program for the correct personal mailing address.

3. Telephone

Should you or your parents wish to make a call from the U.S., the usual procedure is:

- Dial the International Access Code: 011
- Dial the country code (normally a 2 or 3 digit number)
- Dial the city code (normally a 1 to 5 digit number)
- Dial the local number abroad

You can get the country and city codes you need from any overseas operator or from the following web site (www.embassyworld.com/directories/global_telephone.html.) For an operator-assisted call (i.e. person to person, collect, credit card, or billed to a third number), follow the instructions listed above, but use “01” instead of “011” for the international access code. The operator will then come on the line to ask for the information needed. It is also possible to dial direct from many locations overseas to the U.S. Should you wish to make a direct dial call to America from your study abroad location, simply dial the access code for the country from which you are calling plus the U.S. country code (always “1”) followed by the appropriate U.S. area code and number.

The Study Abroad Office recommends internet-based calls using apps such as Line, WhatsApp and Viber. In essence, keep open as many lines of communication as possible. You will enjoy your experience abroad more if you are in touch with your family and friends. Research whether it is cheaper or more convenient to purchase a phone before departure or after your arrival.

RETURNING HOME

Coming home and returning to Purdue Fort Wayne is sometimes just as challenging as leaving. This section contains important information for returning study abroad students.

1. Study Abroad Program Evaluation

The Study Abroad Office wants and needs to hear about your experience overseas and learn how we can better prepare future participants. Therefore, the Study Abroad Office asks each study abroad participant to evaluate the program. Please give the evaluation careful consideration. We want to hear your suggestions, criticisms, and what to do/not do next year. The evaluation form is a valuable tool that we will use to improve our programs and preparation exercises.



Keep all course work and syllabi in case there are questions about classes after you return. Make sure to keep in touch with your study abroad advisor and your academic advisor if classes change. Transferring credit may take a little time.



2. Study Abroad Credit

If participating in a non-Faculty Led study abroad program, complete the *Student Course Transfer Credit Form* prior to departure. Before you leave your host program/institution, forward an official transcript to the following address:

Study Abroad Advisor
Study Abroad Office
Purdue University Fort Wayne
2101 E. Coliseum Blvd.
Kettler Hall 140A
Fort Wayne, IN 46805

3. Where to Live

You will need a place live after your return. The Study Abroad Office recommends that you make housing arrangements well in advance of your return to the United States. If you wish to live in the residence hall, then you should contact Student Housing before you leave for your study abroad program.

4. Staying Involved

When you return home, you will be entering the last stage of cultural adjustment called the re-entry phase. For some, re-entry may be challenging. Study abroad participants often find that they themselves have changed a great deal. For many people, the re-entry process is greatly eased by sharing the overseas experience with like-minded and/or interested people. Seek out other students who have returned from studying overseas, as well as international students, especially those from the country from which you have returned.

Your study abroad experience has also provided you with new skills that will assist you both personally and professionally. Become involved by serving as a Global Mastodon peer advisor and/or assisting the Study Abroad Office with future pre-departure orientations and study abroad information sessions. You could also contribute to the study abroad newsletter, *Mastodon Travels*, and take internationally focused courses or consider adding a minor in International Studies. In addition, visit the Study Abroad website for upcoming international events and consider how you can use what you learned abroad in your academic studies and/or

career. The Study Abroad Office, Office of Career Services, and your academic advisor can help you explore available options.

FINAL THOUGHTS

Study abroad will enrich your life in so many ways and become a part of your identity. Students frequently describe their study abroad experience as life altering. For some, the experience is an occasion for personal reflection; for others, it marks the beginning of broadened perspectives, reassessment of personal values, and new directions in career paths. The journey you make to foreign countries does not end upon your return home; rather the journey continues throughout your life and your past experiences become a part of who you are.

This document is only a guide. It was based off of the Study Abroad Handbooks of the University of Washington, Syracuse University, Emory University, Purdue University, and the University of Delaware. For more information, research your host country and institution.

Congratulations and good luck! Please contact us at any time that you have questions.

1. Useful Links:

Packing and culture

- Journey Woman [Packing advice for women](#)
- Travel Etiquette Advice and information on over 54 countries for essential etiquette while traveling
- Transitions Abroad Guide to practical information on the alternatives to mass tourism: living, working, studying, volunteering abroad, and vacationing with the host country.
- Culture Shock! book series Survival Guides to customs and etiquette. The perfect read for that plane ride.

Getting to local airports

- [Shuttle bus from Fort Wayne to area airports](#)

Traveling while abroad

- [Rail passes](#)
- [easyJet](#)

Lodging abroad

- Hostel reviews
- Internet Guide to Hosteling

Online travel advice & guidebooks

- [State Dept. "Students Abroad" page](#)
- [Lonely Planet Guides](#)
- [Rick Steves' Europe](#)
- [Rough Guides](#)
- [Moon Guides](#)
- [Fodor's Guides](#)
- [Frommer's Guides](#)

Health and Safety abroad

- [Center For Disease Control and Prevention\(CDC\) Travel Info](#)
- [World Health Organization](#)
- <https://travelregistration.state.gov/ibrs/> Register your trip with the U.S. Dept. of State prior to your departure from the U.S

Money and Banking abroad

- [Online Currency Converter](#)
- [Images of other countries' money](#)

World News

- [World Press Review](#)