

Study Abroad Long-Term Orientation

Office of Global Engagement

Let your
curiosity be
your compass.

-Atlas Obscura

Who are you in relationship to where you are going?

Set *realistic goals* for yourself:

- I want to be able to _____.
- I want to learn _____ while abroad.
- I will support the group by _____.



**We are
not all
the
same...**

**...change your
worldview
and outlook
on life**



Cashier's Office

- Confirm you have paid your Student Bill.
- ISEP Exchange students pay tuition & fees, room and board at UNCP!
- Other Exchange students pay only tuition & fees to UNCP.



Did you talk to a
UNCP [Financial
Aid Counselor](#)?

Financial Aid

- You MUST have the proper forms filed with Financial Aid before you depart.
- MUST complete the program.
- MUST take courses needed for degree.

If you receive an usual refund check amount while on Study Abroad, contact the Study Abroad Coordinator at UNCP immediately!

Keep a list of important #'s:

- Family/Emergency Contacts
- U.S. Consulate/Embassy
- Hotel / Accommodations
- Put your phone into **AIRPLANE** MODE



Keep track of documents/have copies:

- Passport / Student ID (helps with student discounts)
- Visa (if applicable)
- Housing/Hotel
- Flights (review names on itinerary)
- Immigration (farm example)
- Entry and Re-entry Documents (are you a US Citizen?)

- Share your contact information with your family, friends & OGE.
- Include your host school Study Abroad Coordinator on your plans.
- The more you share the better off you will be.



- **REQUIRED** – Check-in with UNCP once a month.
- Check with your cell phone provider, if you plan to take it.
- Know how an international plan may affect your plan.
- Keep your info. safe.
- Hacking & monitoring in some countries is common. Pay close attention to your information- how, where, and when to share it.



Smart Traveler Enrollment Program ([STEP](#)):

- Complete the enrollment from the link above and get notified of travel alerts and warnings while abroad
- Review the [Travel Warning](#) for your destination

[US State Department Country Specific Information](#)

Sign up for this online app to be more efficient at US Customs:

<https://mobilepassport.us/>

U.S. Department of State country specific info.

<https://travel.state.gov/content/passports/en/country.html>

- Assistance for U.S. Citizens
- Destination Description
- Visa requirements
- Safety & Security
- Local Laws & Special Circumstances
- Travel & Transportation

Did you
register for
[STEP?](#) 😊

Are You Prepared for an Emergency?

Make sure you have the contact information for the nearest U.S. Embassy or Consulate.

Emergency assistance 24 hours a day, 7 days a week.

If your family needs to reach you because of an emergency at home or if they are worried about your welfare, they should call the Office of Overseas Citizens Services in Washington, D.C. at 1-888-407-4747 (during business hours) or 202-647-5225 (after hours).



Did you...?

- Get your visa stamp in your passport *prior* to departure?
 - Often you have to mail your passport to the foreign consulate/embassy!
 - The process can take 3-4 weeks to complete, so plan ahead!
- Get immunizations & prescriptions?
- Make photocopies of important documents, like passport?



- Understand the [exchange rate](#) .
- SECU offers a [global](#) debit card for travel.
- Before you leave, **notify your bank**, credit card company, or other financial institutions that you are going overseas.
- Avoid carrying large amounts of cash and don't flash your money in public.
- Do not get pre-paid Visa cards. They typically only work in the US and not abroad.





**SAFETY
FIRST**

Personal

Know where you are. Use common sense.

Health

Trust your gut when it comes to food & diet. If you are home sick, having difficulty adjusting, etc. ask for assistance.

Anti-American Sentiment

Not everyone you meet will like that you are American. Be respectful but remain alert.

Buddy System – Travel with others, when possible, and let people know where you are going.

Know your surroundings.

Keep belongings with you & keep your expensive items safe.

Report any issues to UNCP's OGE and your host coordinator!



Do You Need Any New Vaccination?

Vaccinations & Entry to Some Countries

Before you travel, check the Country Specific Information & contact the foreign.

Health Experts Recommendations

The U.S. Centers for Disease Control (CDC) & the World Health Organization (WHO) can provide you their recommendations.



Prescriptions or Other Medication?

- Pack enough to last your entire trip, including some in case you are unexpectedly delayed.
- Carry your medications in their original labeled containers, & pack them in your carry-on bag since checked baggage is occasionally lost or delayed.
- Print off and have your GeoBlue medical card!



Medical/Physical Form

- Take a copy of your completed form with you during your trip.

Sexual Harassment & Sexual Assault

- [CAPS](#) support, even overseas.
- If you feel comfortable, let the host Study Abroad office or UNCP's IP office know.
- If you want anonymity, you can contact UNCP's CAPS office directly.

Important things to remember overseas

- Trust your gut
- Look out for your peers
- Be aware of your surroundings
- Watch & learn
- Know the [country](#) you are visiting



Attitudes & tolerance toward LGBTI persons, and other travelers with special considerations, vary from country to country. It helps to be prepared and research your destination.

Before You Travel

- Research online about your particular concerns.
- Be prepared by reviewing accurate sources:
<https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations/lgbti.html>.
- Local LGBTI groups are an excellent source of information about local laws & attitudes.



- Create an account on the GeoBlue student website and register your trip:
<https://www.geobluetravelinsurance.com/>
- Carry your medical information and GeoBlue card with you while traveling abroad

24/7 GeoBlue Member Services

Outside the U.S.: +1-610-263-2847

Toll Free Within the U.S.: 1-844-268-2686

customerservice@geo-blue.com

24/7 Medical Assistance and Evacuation

Collect Calls Accepted +1-610-254-8771

Globalhealth@geo-blue.com

Elaine Del Rossi

Client Experience Officer
Geo-Blue

610-389-7303 Mobile

610-254-8706 Office

edelrossi@geo-blue.com

*Please advise that Elaine is not for claims but true emergencies only.

GeoBlue also offers additional services:

- Profiles of over 4,200 carefully selected, contracted English-speaking physicians in over 180 countries outside the U.S.
- Translations of 1000s of medical terms & 100s of brand name drugs
- Notable hospitals, clinics & pharmacy practices in more than 600 destinations outside the U.S.





Keep in mind, just because you can work & study in the U.S. does not mean you are able to work & study while participating in your study abroad program overseas. Make sure to check with your host university before you 'work'.

Know what you can and cannot do.

Even though you are designated to one country, the world is a big place & you can certainly visit other neighboring countries.

Plan Ahead:

- Budget for travel
- There may be entry requirements
- Pay attention to holidays, laws, and local customs

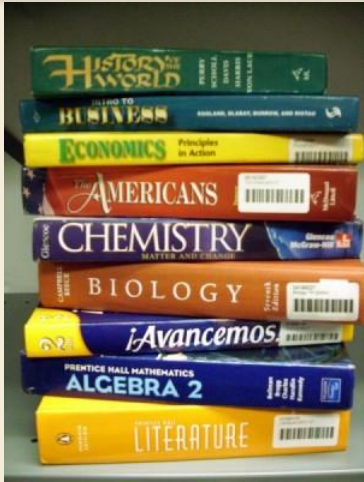


- You may want to purchase traveler's insurance.
- In case you lose luggage, have a canceled flight, etc.
- Examples
 - STA Travel -
http://www.statravel.com/?from_US=true
 - International S.O.S -
<https://www.internationalsos.com/>



You will be held accountable for your behavior & you are expected to abide by the UNCP Code of Student Conduct, all OGE guidelines, & the laws and customs that govern the host countries where you are studying or visiting.

Note that contrary to popular belief, the U.S. Embassy CANNOT get you out of jail if you are arrested. **U.S. laws or constitutional rights do not protect you once you leave the U.S.** You must abide by the laws of the country in which you are traveling.



You **MUST** earn at least a C on all courses you take at your host university in order to transfer back the course to UNCP.

Complete the [Course Authorization Form](#). This **MUST** be on file with the Registrar's office, your department & OGE. If a change is needed you **MUST** update the form and send back to the Study Abroad Coordinator.

Make sure your foreign transcript is sent to UNCP.

- Pack SMART and light! You can move more quickly & have a free hand when you need it.
- Carry a minimum number of valuables & plan places to conceal them.
- Check your bags & clothing to make sure you are not carrying any banned items or substances, such as weapons or ammunition, into your destination country. Use covered luggage tags to avoid casual observation of your identity & nationality.
- Review a suggested packing list [here](#). (Click on the Packing link and then search for the link under “General Tips.”)



Most U.S. citizens must use a U.S. passport to travel overseas & reenter the U.S. A passport is an internationally recognized travel document that verifies your identity & citizenship.

Most foreign countries require a valid passport to enter & leave. All persons, including U.S. citizens, traveling by air, must present a valid passport to reenter the United States.

If you are traveling by **land or sea**, you must provide evidence of **both** your U.S. citizenship & your identity when you reenter the U.S.

When does your passport expire? It may be required that a traveler's passport be valid for at least six months beyond the dates of the trip. Make sure to verify the requirements with the country you are visiting.

Make two photocopies of your travel documents in case of an emergency or if your documents are lost or stolen. Leave one copy with a friend or relative at home. Carry the other copy with you, stored separately from the originals.

Some examples:

- Passport ID page
- Foreign visa (if applicable)
- Itineraries
- Housing details
- Driver's license/student ID
- Credit/debit cards



Be at the airport **2** hours before your flight time or as instructed by the faculty.

When you're ready to check in, make sure all your bags are well-labeled.

Take with you prescription & over the counter medications you take regularly & occasionally. (Pack these in your carry on luggage & bring the prescription info. with you.)



The process of mentally, physically, and emotionally adjusting to a new environment is commonly known as “culture shock.”

- **Honeymoon Phase**

Everything is new, and bright. You’re excited about the new opportunities that are offered.

- **Negation Phase**

You pay attention those things that are different and start to miss what you left behind.

- **Adjustment**

The “different” parts of the culture are more familiar, and you settle into your “new normal”.

- **Re-Entry or Reverse Culture Shock**

Unexpected difficulty in readjusting to the culture and values of your home country.



SEVEN LESSONS

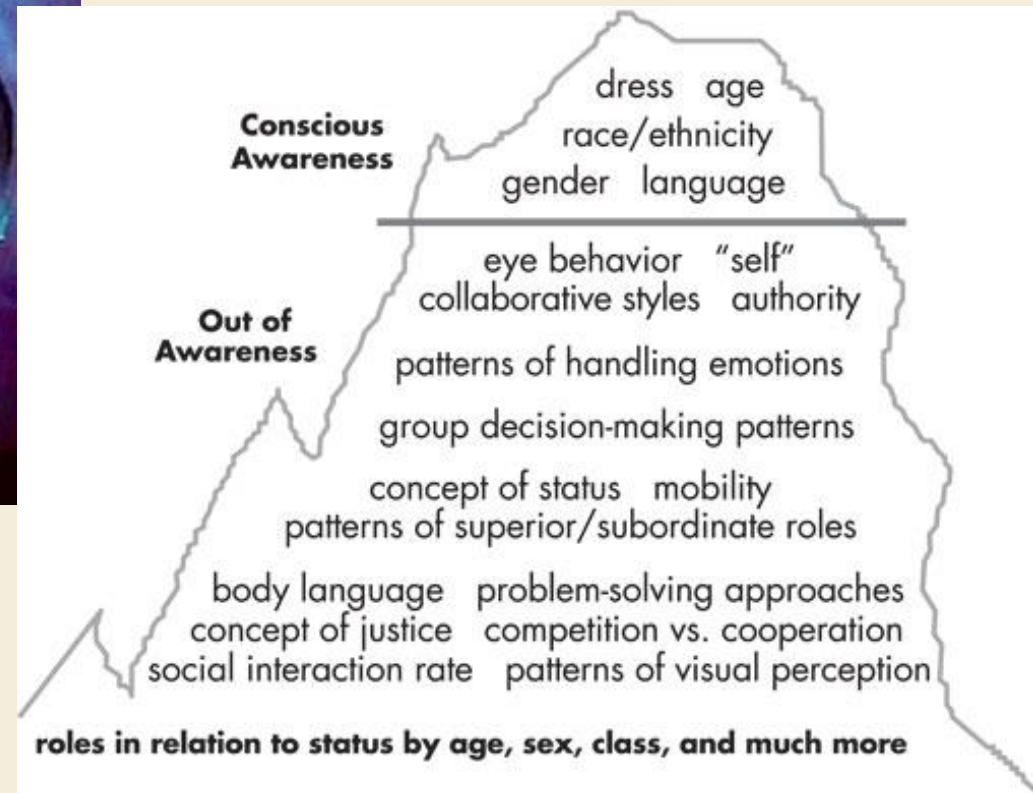
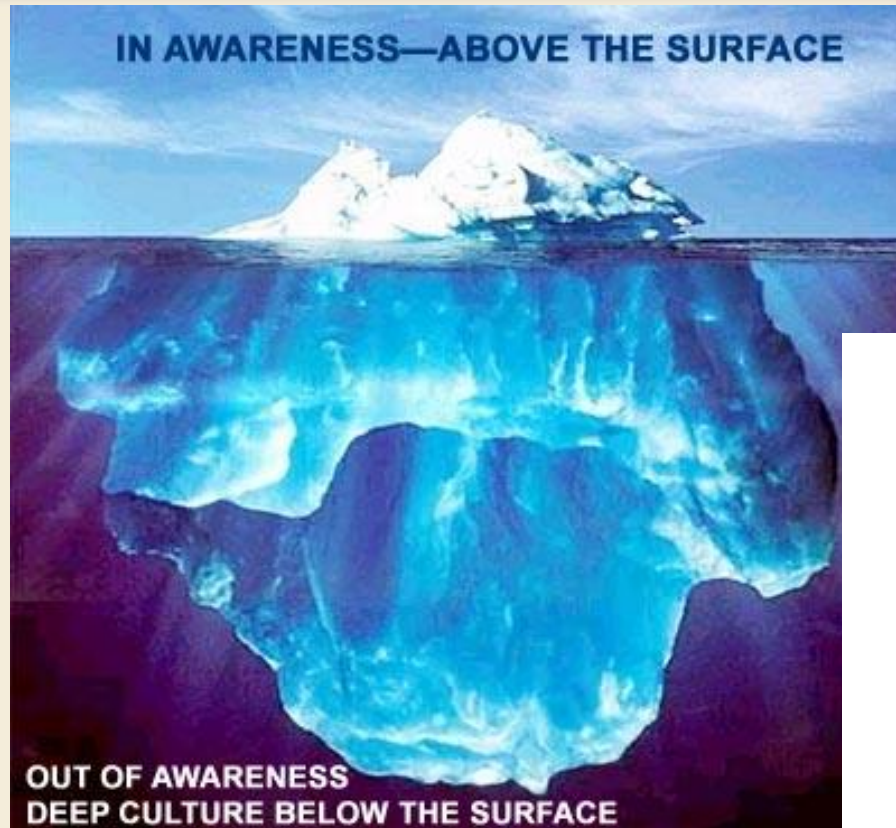
- **One:** Don't assume everyone is the same.
- **Two:** What you think of as normal behavior may only be cultural.
- **Three:** Familiar behaviors may have different meanings.
- **Four:** Don't assume that what you meant is what was understood.
- **Five:** Don't assume that what you understood is what was meant.
- **Six:** You don't have to like or accept "different" behavior, but understanding where it comes from may help you find ways to deal with it.
- **Seven:** Most people do behave rationally; you just have to discover the rationale.

Learn About Local Laws & Customs

While traveling, you are subject to the local laws even if you are a U.S. Citizen. Foreign laws & legal systems can be vastly different from our own & it is very important to know what's legal & what's not.

If you break local laws while abroad, your U.S. passport won't help you avoid arrest or prosecution, & the U.S. Embassy cannot get you out of jail.





American Cultural Values & Assumptions

- Individualism & Independence
- Privacy
- Egalitarianism
- Time
- Informality
- Future oriented
- Achievement and action oriented
- Honesty and Directness

Be flexible, Do not set your expectations too high —everything won't be perfect.

Keep an open mind & be prepared to learn.

Budget for souvenirs for yourself, family, and friends.



Share your **photos** and
stories!

Become a conversation partner or a
buddy for an international student.

Join OGE for events!

Email Global Engagement: oge@uncp.edu
to get on our Email Listserv and participate
in cool activities and programs.



Let your
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-Atlas Obscura

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