

Savvy Student's Guide

2025-2026



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Congratulations on being accepted to your study abroad program! You are part of a community of students who have decided to expand their academic experience beyond Purdue's campus. Your study abroad experience will be one of the highlights of your time as a Purdue student, and its influence will likely stay with you long after you leave the university. Over the course of this experience, you will be challenged to make adjustments and adapt to diverse surroundings. You are encouraged to learn from taking a different look at your environment, at other students, and most importantly, at yourself.

We understand that taking on such an endeavor can be daunting, but don't worry, because we have designed a series of pre-departure tasks to guide you in the right direction. This Savvy Guide, in addition to your orientation sessions, will set you well on your way for your experience.

A diverse, inclusive community is an integral part of the Purdue experience, and Purdue University is committed to maintaining a community which recognizes and values the inherent worth and dignity of every person. Whether you are studying on the West Lafayette campus or on a study abroad program thousands of miles away, you are a valued part of this community and a key contributor to its success. Information, resources, and support are available to ensure that all Purdue students can pursue their study abroad goals, so don't be afraid to contact your study abroad advisor or program leader if you have questions or concerns. We are more than happy to help.

On behalf of the Purdue Study Abroad Office, we wish you well on your international and intercultural journey. We are excited for you to discover where Purdue will take you!



CONTACT INFORMATION

PROGRAMS FOR STUDY ABROAD

155 S. Grant St. Phone / Voice Mail: (765) 494-2383
Young Hall, 5th Floor Fax: (765) 496-1989
Purdue University Email: studyabroad@purdue.edu
West Lafayette, IN 47907 Website: www.studyabroad.purdue.edu
Study Abroad Emergency Number (Purdue Police) : (765) 494-8221

FINANCIAL AID

Division of Financial Aid General Phone: (765) 494-5050
128 Memorial Mall Dr Fax: (765) 494-6707
Stewart Center, Rm G18 Email: facontact@purdue.edu
West Lafayette, IN 47907 Website: <http://www.purdue.edu/dfa/>

PASSPORT APPLICATIONS & INFORMATION

Closest Application Center: U.S. Post Office, 3450 South St, Lafayette, IN 47905
Passport application requirements, printable application and other information: <https://www.travel.state.gov/passport>

ISIC (International Student Identity Cards)

<http://www.isic.org/>

NOTE: will not have the same benefits in all countries so check if the card is really going to be useful for you before purchasing.

STUDENT TRAVEL WEBSITES

[BYOjet](#)

[ScholarTrip](#)

[Omio](#)

U.S. DEPARTMENT OF STATE RESOURCES

STEP Smart Traveler Enrollment: <https://step.state.gov/step/>

Country-specific alerts and information: <https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/>

USEFUL INFORMATION

TIME ZONE CONVERTER

<https://www.timeanddate.com/worldclock/converter.html>

EXCHANGE RATES

<https://www.oanda.com/currency/converter/>

<https://www.xe.com>

COUNTRY CALLING CODES

<http://www.countrycallingcodes.com/index/php>

HOSTELS

<http://hostelworld.com/>

<http://www.hihostels.com/>

PHONE APPS

Mobile Passport Control (MPC)

Whatsapp

Groupme

Zoom

Google Translate

Google Maps

Citymapper

Academic Matters

The “Study” in Study Abroad

While we know you may be more focused right now on practical matters involved with studying abroad, it is important to remember that you will be studying as well, so you can't forget about academic matters. While we certainly want you to have a wonderful time, we also want you to do well in your studies and make progress toward your degree. It is possible to do both, but you will need to take steps to ensure that everything goes smoothly. You also need to know the “rules of the game,” i.e., maintaining full-time status, securing course equivalencies, working with a study abroad liaison, and others so you don't overlook any crucial academic tasks.

This section focuses on study abroad academic matters, including addressing your most common concerns. Many of the following topics will also be covered in your accepted meeting and required orientations. If you have additional questions not covered in this handbook, feel free to email your study abroad advisor.

Academic Policies and Regulations

It is important to note that by default you will receive direct Purdue credits and letter grades for courses you take abroad, as long as your courses were approved by the appropriate academic area. For these reasons you hopefully selected a program that (a) has approvals in the academic areas in which you wish to receive credits and grades, and (b) has a selection of courses that will work for your plan of study. There are also academic policies you need to be aware of, so that there are no surprises when it comes to academics. These will be covered during your meeting with your advisor and in orientation sessions, but it is also important to read them now to make sure you understand.

- **Academic Integrity:** While abroad, you are subject to the academic regulations of both Purdue and the host university or program provider. Any acts of academic misconduct (cheating, fabrication, plagiarism, interference, violation of course rules, academic dishonesty) will be handled by the academic officials at the overseas site and will also be reported to the Purdue University Office of Student Rights and Responsibilities.
- **Full-time Status:** Students are required to maintain the equivalent of Purdue full-time status while studying overseas. Students studying for a semester must take the equivalent of at least twelve credit hours, while summer students must take the equivalent of six credit hours. In addition, if the host university or program defines full-time status above the minimum requirement of Purdue, students are required to meet the program's definition of full-time status as well.
- **Grading:** Grades and credits for all courses that appear on the host university or program provider's transcript will be posted to your Purdue academic record regardless of whether the course is needed to meet your degree requirements. Grades earned overseas are translated to Purdue letter grades using nationally-recognized scales provided by WES (World Education Services). These scales are not a mere adaptation to the U.S. grading system but are designed to match the spirit of the host country grading system in comparison to the U.S. system. The same variation that occurs between the differing demands of professors at Purdue is likely to occur with professors abroad. Purdue Study Abroad does not make adjustments to grades from overseas transcripts.
- **Grade Adjustments:** There shall be no grade adjustments for courses earned abroad unless the host university or study abroad program acknowledges that a student was given an incorrect grade and a revised transcript is sent to Purdue Study Abroad.
- **Grades for Courses NOT Approved for Direct Credits:** Students will receive Pass/Not-Pass for courses in academic areas that have not been approved for direct credit for that program. It will be up to the student's academic department to decide how the credits will be used to satisfy graduation requirements.

... continued Academic Policies and Regulations

- **Pass/Not-Pass Option:** A Purdue student accepted into a Purdue-approved exchange, co-sponsored or direct-enroll study abroad program may choose the P/NP option for courses approved for direct credit that are completed overseas. If a student chooses to take one or more courses P/NP then they must first discuss the matter and secure approval from their academic advisor. The procedures for this are found on your My Study Abroad Page. The deadline for making the decision to take a course P/NP is no later than the 8th week of the study abroad semester or, for shorter programs, prior to 50% of the program's duration. Once the Pass/Not-Pass Approval Form is signed and submitted to your My Study Abroad Page, a P/NP grade will be recorded on the Purdue transcript for the academic coursework, and the decision cannot be reversed. More information about this option can be found on Page 12 of this handbook.
- **Academic Notice:** Students on academic notice are not eligible to study abroad. Your status was checked before you were accepted to the program. It is important to note that if you find yourself on academic notice between acceptance and departure for your program, that your acceptance will be revoked and you will be responsible for any non-refundable fees owed to your study abroad program.
- **Course Equivalencies:** Study abroad participants must obtain course equivalencies for ALL courses they wish to take. The steps involved in securing course equivalencies are discussed later in this guide.



Registering for Study Abroad at Purdue

You will remain enrolled at Purdue for the duration of the time you are studying abroad. This ensures that you will receive Purdue credits for courses you take at your host institution, will be eligible to apply for a Study Abroad scholarship, and will be able to apply financial aid to your overseas studies. Thus, it is imperative that you know the procedure for registration if you are a study abroad participant. Study abroad registration takes place during the **Open Registration Period** and involves the following:

- 1. Consent for the Study Abroad Office to register for you:** After acceptance, a consent form will appear on your My Study Abroad page. By giving your consent you agree to allow the study abroad office to register for you and to remove your registration should you withdraw or be removed from the program. You also agree to confirm your registration and pay all fees due to the university.
- 2. Register:** Once you have consented and during the open registration period, the Study Abroad Office will register you for the appropriate SA course number. This may be well into the open registration period, but do not worry!
- 3. Confirm your registration:** Don't let your Purdue registration get cancelled, or you will have to pay a late fee before you can be reinstated. You are not able to do this immediately following registration, but if you forget to do it the Bursar will send a reminder before they cancel your registration.
- 4. Make sure you pay your balance in full:** The financial tab on your My Purdue page will show the amount you owe Purdue. This will appear only after you are registered, as that tells the system what to charge you. The fees may take a little while to appear after we register you.

The SA course number will remain on your Purdue academic record for the duration of your time abroad. This holding number will be replaced by specific Purdue course equivalents, credits, and grades after the Study Abroad Office receives your official transcript from the host institution at the end of your overseas program and the grade transfer process is initiated.

NOTE: This section describes Purdue's registration system only. Your host university or study program will have its own registration procedure. You will receive registration instructions in the acceptance materials from the host institution. Pay attention and make sure you are registered at both Purdue and at your overseas program.

NOTE 2: You are registering for a HOLDING NUMBER only! The SA number will remain on your Purdue academic record until we receive the transcript from your host institution and Study Abroad can start the grade and credit transfer process. Eventually, the SA number will be replaced by specific course numbers, course titles, credits, and grades.

Assessments and Grades

Students participating in an official Purdue University study abroad program will receive direct credits (credits and grades) unless arrangements for Pass/Not Pass have been made (see page 13).

The good news: everything will count, and you should make appropriate progress on your degree program.

The “bad” news: you will have to work, possibly harder than usual, in order to maintain your desired GPA. Even if your program uses the U.S. grade scale, courses may be structured differently. There may be no quizzes, homework, or attendance checks. It is possible for a course grade to be based on one comprehensive final exam. Because of this, students often find that they have to put forth more effort in order to get good marks.

Exams: Each student on a study abroad program is required to take **all** examinations as scheduled by overseas faculty. **Under no circumstances may students shorten the length of their program by making special arrangements with overseas professors or program coordinators.** Only illness, with accompanying evidence of a health official, is considered a legitimate excuse for missing a final examination, and even then students must arrange with the professor for an alternate exam time.

No grade adjustments: There are no grade adjustments! Grades you receive for your overseas program transfer to Purdue according to an internationally recognized standard grade conversion scale. Your study abroad advisor will share with you the conversion scale for your intended destination; make sure to save this so you know what to expect on your transcript.

You should know also that in many cases, receiving an “A” from an overseas university is going to be difficult. For example, students who earn a 65 at a university in the UK will earn an A on their Purdue academic record once the conversion to the U.S. scale is completed. However, do not be lulled into thinking that earning a 65 in a UK university will require the same effort to get a 65 in a course at Purdue. The grading standard is much more stringent in the UK than it is at Purdue.

Choosing the courses you will take overseas

By now, you should have a general idea of the courses you want or need to take, and the degree requirements these courses will fulfill (major, minor, elective, general education). If you have yet to work out a plan of study for your time overseas, then now is the time to start!

The first step is to discuss your study abroad plans with your **academic advisor**. Together, you can go over your Purdue degree requirements to determine specific courses or categories of courses you should take overseas. Your advisor can also inform you of department policy governing studying abroad. For example, some departments do not permit students to take core or upper-division major courses overseas. Make sure you are aware of departmental restrictions.

Next, consult your host institution or study program’s course listings. You will be able to find the course descriptions of the courses you think correspond to the Purdue courses on your list. Ask your academic advisor if he or she is willing to offer guidance in helping you develop a tentative study plan. While you should confer with your academic advisor about your plans to study abroad and work out a tentative study plan, he or she is not authorized to designate the Purdue course equivalents of overseas courses. For official course equivalencies, you will have to consult the appropriate Study Abroad liaison(s).

Study Abroad Liaisons are faculty members or academic advisors who can designate the Purdue equivalents of the courses you wish to take abroad within their academic area. You may need to be in contact with more than one liaison. Even if you are a Management major, if you wish to take a Math course, you will have to consult the study abroad liaison for Math.

When you reach out by email or meet with a liaison, be ready to discuss the Purdue requirements you hope to complete and the courses offered by your study abroad program. Bring or attach copies of the course descriptions and syllabi for the courses that interest you. Many liaisons cannot review a course without a syllabus, so you’ll want to gather this information to provide to them. If you cannot find a syllabus, reach out to your study abroad advisor or your on-site program contact for assistance.

NOTE: In some cases, your academic advisor is also the study abroad academic liaison for the area in which you wish to take courses, but not all academic advisors are also liaisons.



Examples of study plans

Proposed study plan for a Management major who plans to take major courses and complete a Spanish minor while participating in the CIEE-Seville Business and Society Program in Seville, Spain.

Purdue University Courses/Requirements	CIEE-Seville Business and Society Program courses
SPAN elective	Intensive SPAN for Students of Bus and Econ (required of all participants)
SPAN 302	SPAN 3002 Advanced Spanish
SPAN 241	LITT 3501 Short Stories in Spain and Latin America, or LITT 3104 Cervantes and El Quijote, or LITT 3103 Women Writers in 20th Century Spain
SPAN minor electives (300-level and up): take any 2	HISP 3001 Flamenco in Andalusia: Culture, Language, Music, and Dance, or CINE 3101 Contemporary Spanish Film, or HIST 3101 20th-Century Span Political History, or SPAN 4002 Art and Fiesta: Andalusia and her Popular Traditions
OBHR requirement	ECON 3008 Euro Corporate Org, or BUSI 3104 Managing Multinational Workforces
International Marketing requirement	BUSI 3101 International Marketing
Economics requirement	ECON 3002 European Economy
Management elective (open)	BUSI 3106 Leadership and Power in the International Business Environment

Proposed study plan for a Communications major, who plans to spend the spring term at Uppsala University, Sweden.

Purdue University Courses/Requirements	University of Uppsala (Sweden) courses for spring
Global Perspectives	Conflicts: Regional Contexts (SOC 342: Sociology of Peace and War?) New History of Central and Eastern Europe (HIST 327: Central Europe 1500-2000?)
History Requirement	Nordic History Swedish History The History of Empire... 1500-2000
Natural Sciences	Structure and Evolution of Stars (Phys 220: General Physics?)
Social Ethics	Political Philosophy and Christian Social Ethics
Com 324: Intro to Organizational Com	Organizational Communication
Com 352: Mass Communication Law	Regulating Media and Communication

In these examples, the student has identified possible courses offered by the program which may meet requirements. This list is now ready to be taken to a study abroad liaison for confirmation that these courses will work for the listed requirements.

THESE EXAMPLES MAY NOT REFLECT CURRENT COURSE OFFERINGS at these programs.

Securing Course Equivalencies

Students must secure course equivalencies for all courses abroad, whether or not the courses they are taking will count towards their degree. It is crucial for all students to obtain course equivalencies as early as possible. The course equivalency process is how we translate overseas courses into Purdue course numbers and titles that will appear on your Purdue transcript when you return. **Students who take this process seriously and obtain course equivalencies will have no surprises on their transcript when they return and will know exactly how their courses abroad will work into their plan of study.** Ideally, you will choose courses that enable you to make progress on your degree, and obtaining course equivalencies early will help you decide which courses to take in order to do this.

ALL courses taken abroad must appear on your Purdue transcript, even if you are just taking it for fun. Therefore, a course equivalency must be obtained for every course and not just the ones you know will count towards your major. There are no exceptions to this rule, so make sure to get course equivalencies for all courses taken abroad and make sure you understand what will appear on your transcript!

How to fill out the Course Equivalency Form

First things first – we assume you know what kind of academic program you are getting yourself into and have a general idea of the courses that are offered. You may have already completed some of the steps during the application process, but if not, you should get started now.

If you haven't already, you should discuss your study abroad plans with your academic advisor. Make a list of specific courses (SPAN 214, MGMT 200) or categories of courses (technical electives, gender studies, aesthetic awareness) that you can or should take abroad and discuss what types of classes may meet these requirements.

STEP 1: Research program course offerings. Go to the program's website to find information about the courses you want to take. Check the semester availability and suitability of courses as appropriate substitutes for your Purdue requirements. If you're unable to find upcoming course lists, you may need to use the current or past semester's list.

STEP 2: Complete the "Study Abroad Course Information" section of the form. Include the host institution course codes, titles, and credit amounts. If you are taking courses in multiple academic areas, complete separate forms for each area. Do not include courses from separate areas on the same form.

STEP 3: Reach out to the study abroad liaison(s) by email. Include course descriptions and syllabi when requesting course equivalencies. The liaison will complete the 'Equivalent Purdue Course Information' section and sign the form.

It is a good idea to ask questions to make sure you fully understand what the courses equivalencies are being assigned – do not assume anything. It is not official until you have a course equivalency form filled out with the appropriate signatures.

NOTE: Study Abroad Liaisons can only assign equivalencies for courses in their academic area. If you are taking courses across multiple areas, you need to speak to multiple liaisons. For example, a student wanting to take a language course, and a business course will need to obtain equivalencies from CLA for the language course and from DSB for the business course.

STEP 4: Send the signed Course Equivalency Form(s) to your academic advisor. Confirm with your academic advisor that the courses and equivalencies work for your plan of study. Also confirm whether letter grades are required for any courses to meet degree requirements. The academic advisor will sign the Course Equivalency Form(s).

STEP 5: Upload the completed and signed form to your MySA page. You must submit the form(s) to ensure you receive the correct credit.



NOTE: The academic liaisons **will not** simply tell you what classes you can take. You are expected to be an active participant in the course equivalency process.

Sample of Course Equivalency Form



Study Abroad

Study Abroad Course Equivalency Form

Student Information (completed by student)

Name: Bob Purdue PUID: 011111111 Email: bob's email address
 Study Abroad Program: Mars Flagship University Location: Capital City, Mars Term Abroad: Fall 3043

Study Abroad Course Information (completed by student)				Equivalent Purdue Course Information (completed by study abroad liaison)			
Subject	Number	Title	Credits	Subject	Number	Title	Credits
<i>if avail</i> MAR	<i>if avail</i> 101	Classical Theatre of Mars (EXAMPLE ONLY)	6 ECTS	THTR	12345	Intro To Martian Theater (EXAMPLE ONLY)	3
HS	1020	Settling of Mars	6 ECTS	HIST	20100	Intro To Martian History	3
MUS	2200	Classical Instruments of Mars	6 ECTS	MUS	37500	Classical Martian Instruments	3
CLT	2301	Martian Culinary Traditions	3 ECTS	IDIS	49100	Martian Culinary Traditions	1.5
DNC	3004	Advanced Martian Ballet	6 ECTS	DANC	20200	Ballet	3

I acknowledge that I have examined the content of the overseas course(s) and have approved the corresponding equivalent Purdue course(s). I also acknowledge that I have reviewed the above course(s) with my advisee, and I agree they are appropriate for the student's plan of study.

CLA Liaison's Name: _____ Date: _____/_____/21/4_____
 Study Abroad Liaison (name in print) _____ Date _____ Academic Advisor (name in print) _____ Date _____
 Study Abroad Liaison (signature) _____ Academic Advisor (signature) _____

Notes: (optional) _____

ONLY Graduating Seniors
 Retro Award Approval (completed by Associate Dean)
 I acknowledge this student will be eligible for retro award approval if they meet all requirements for degree and the transcript is not received in time for standard clearance for degree.
 Associate Dean (name in print) _____ Associate Dean (signature) _____ Date _____

Updated 8/15/25

A note on taking School of Business Courses

It's important to note that the School of Business has a slightly different process for obtaining course equivalencies.

While you should still follow the steps on the previous page, they have an online system where you submit requests and the liaison reviews them. If a course has already been requested by another student, you can simply add it to your own form. If it hasn't been assigned an equivalency yet, you can request an equivalency. Instructions and access to the online form can be found at [this link](#).

Please note when filling out the online form, it asks you to identify the Purdue course you want to receive credit for. If you enter an inappropriate course number, your request for an equivalency may be denied. It's usually best to consult with your academic advisor before submitting to ensure what you are requesting is realistic. For example, if you want a course to count for Macroeconomics, but it doesn't cover anything the Purdue course covers, Purdue will not be able to assign an equivalency for Macroeconomics. If you'd like to take a course abroad, but do not see a similar Purdue course, you can try requesting MGMT 390 or MGMT 490, as these are variable title courses and can be used for courses that Purdue does not offer.

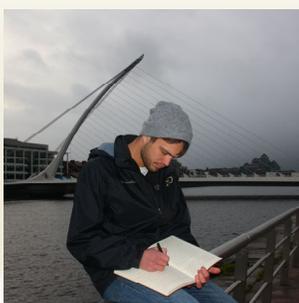
At the end you'll be able to download a form that looks similar to the form above, which will already have the liaison's signature on it. You'll then need to get your academic advisor's signature and turn it in to the study abroad office.



The Importance of Securing Course Equivalencies

There are several reasons why you need to secure course equivalencies for courses you plan to take abroad, but in short, it's your insurance policy.

- The courses you take abroad will appear on your Purdue transcript and may replace requirements in your Plan of Study. Therefore, you'll need to know what requirement they will meet and how they will appear on your transcript in order to stay on track. If you do not obtain equivalencies for courses BEFORE enrolling in the course, there is no guarantee it will fulfill a certain degree requirement.
- ALL the courses you take abroad—regardless of whether you need them to graduate or not—must appear on your Purdue transcript upon return. Therefore, the study abroad office needs to know the designated Purdue course number and title for each course.
- Obtaining proper course equivalencies means there will be no delay in posting your grades and no surprises on your transcript when you come back.



Obtaining Course Equivalencies While Abroad

You may arrive at your destination with only a partial list of course equivalencies (as in the case for students participating on programs where final registration occurs after arrival). More commonly, students may arrive and find a course they wanted to take was canceled or is full, or you may find a course you had not seen before you would now like to take. If you find yourself in this situation, contact your study abroad advisor, academic advisor, and the appropriate study abroad liaison. You'll want to determine if the replacement course will work for your plan of study, and what Purdue course number can be assigned to it. In your email, be sure to include the full course name, description, and the syllabus if you have access to it. Be patient in case the liaison can't get back to you immediately, and be ready to provide additional information if requested.

You can ALWAYS obtain course equivalency after arrival if there are changes to your schedule, but you must let us know about changes in order to get them approved. We cannot read your mind, and if you wait until you've finished the course to tell us, you may not end up with what you expect on your transcript.

Don't say we didn't warn you!

If you do not secure equivalencies for your courses, then there is no guarantee that the courses can be applied to your degree.



What to do if a Course Equivalency was Never Obtained?

What if you just don't get an equivalency for a course? Then there is no guarantee that the Purdue equivalent assigned to it later will satisfy one of your degree requirements or that it will be what you wanted.

You should **avoid this situation as much as possible**. However, if you didn't or couldn't secure course equivalencies for whatever reason prior to departure or while you are abroad, here's what you can do:

- Make sure you bring back the course syllabus/syllabi and other evidence of coursework.
- Send an email to the appropriate study abroad liaison(s) to discuss the non-approved courses. Include the course syllabus and be prepared to schedule a meeting if requested.

This extra step leads to additional delays in posting the grades and credit to your Purdue record. Liaisons might not be too accommodating if you are seeking their assistance for a task you should have completed weeks or months ago. Lack of planning ahead on your part is not an emergency for others. Be patient, but be sure to follow-up if you do not get a response.



The Pass/Not-Pass Option

By default, students will receive letter grades for courses in a subject area approved for direct credit for that program. However, a study abroad student may choose the P/NP option for courses **approved for direct credit** in that subject. This option is only available on exchange, co-sponsored and direct-enroll program types. In other words, a student can choose to receive P/NP grades instead of a letter grade for courses that would normally translate back to Purdue in the letter-graded mode. Credits for these courses will appear on the student's transcript, but P and NP results will not affect GPA.

A study abroad student may take unlimited courses for Pass/Not Pass as long as the following conditions are satisfied:

- The student must first discuss the matter with **and** seek permission from his or her academic advisor.
- If the advisor grants permission to take a class(es) as P/NP, the advisor must complete, sign and date, and return the Pass/Not-Pass Form to the Study Abroad Office. Only signed and dated forms will be honored — **a simple email will not do.**
- The completed form must be submitted to the Study Abroad Office or uploaded to the student's My Study Abroad page **no later than** the deadline listed on that page, which is based on the program's official start date.

NOTE: the official start date is often different from Purdue's official term start date as listed in the Purdue registration system. Please note this date may include orientation, so does not always reflect the first day you attend class. **Forms submitted beyond the deadline will not be accepted.**

The following should also be understood before opting for P/NP:

- If the student's academic advisor does not grant permission, the student must take the course for a letter grade.
- Once the P/NP Form is submitted, the decision **cannot be reversed!**
- It is up to the student's academic department to decide how the courses taken for P/NP will be used to satisfy the student's degree requirements.
- It is up to the student to inquire from the academic advisor how the courses taken as P/NP will affect his or her academic progress.
- If a Purdue Pass/Not Pass form is on file students do not also need to obtain permission to take a course P/N from their host university or program.
- Students need to be aware that for courses taken P/N, they must earn at least the equivalent of a C- on Purdue's scale in order to receive the grade P. If students earn less than C-, the grade N (Not Pass) will be posted to the students' Purdue academic record. You should know what grade scale your program uses and how it compares to Purdue's.
- Once the official transcript from the host institution or program arrives at Purdue, the Study Abroad Office will post the credits and grades according to what is listed on the student's course equivalency form and the P/NP form.
- Do not take advice from students from other schools who are on your program as their school may follow different policies.

It is YOUR responsibility to know how the courses you took for P/NP will be used to satisfy your degree requirements. If you take a course for P/NP that shouldn't have been taken that way, you may have to take it again at Purdue for a letter grade— costing you extra money and potentially delaying graduation.

Taking a Course Not Approved for Direct Credit

All study abroad programs are approved for direct credits (credits and grades) by one or more colleges at Purdue.

For example, the University of Southampton offers degree programs in multiple areas. At Purdue however, the University of Southampton has only been approved for direct credits by College of Engineering and College of Liberal Arts. Courses within these academic areas will come back to Purdue with credits and grades. Since the College of Science and the Daniels School of Business have not approved the University of Southampton for direct credits, a Purdue student who takes courses in these academic areas will earn credits only and P/NP grades.

Students need to be aware of the Purdue approvals granted to their study abroad program and the consequences of taking a course in an unapproved area. It will be up to the student's academic department to decide how and if those credits can be applied toward degree requirements.

Students do not need to submit a P/NP form if the course or courses in question are in subject areas that have not been approved for direct credit.

Just the same, students need to get course equivalencies even for courses in subject areas not approved for direct credits. The Study Abroad Office needs to know how the courses will be posted on the student's academic record.

Bottom line: It's best not to take courses in unapproved areas. If your plan of study is not very flexible and you need to graduate on time, do not take a course in an unapproved area unless you have a firm statement from your academic advisor that those credits will count toward degree requirements.

Note: Some overseas universities offer the option of auditing courses, as does Purdue. If you choose to audit a course or courses while studying abroad, be aware that they will **not** appear on your Purdue transcript or count towards your minimum number of required credits. Therefore, any audited courses should be **in addition** to the minimum required courses in a given term.

Understanding direct, transfer, and pass/not pass credit

It is important to understand the difference in the terms **direct credit**, **transfer credit**, and **pass/not pass credit**, as the type of credit you receive can affect how the courses fit into your plan of study. We know this can be a bit confusing, so we have broken it down for you below:

Direct credit: Credits that come back just like you took them here at Purdue - you receive credits, a letter grade, and they can be used for applicable requirements in your plan of study. This is the **default option** for study abroad programs, but there are some exceptions. Direct credit occurs when you take courses within an academic area that has approved the program you participate in. For example, taking a liberal arts course at a university that has College of Liberal Arts approval.

Transfer credit: This type of credit is NOT awarded for approved study abroad programs, though people commonly use the term “transferred” when referring to how credits come back. Transfer credit counts differently in your plan of study, and will not be the type of credit you are awarded for any of your classes abroad. You would have this kind of credit if you transferred classes to Purdue from another institution or if you had dual-credit classes in high school, but will not get true transfer credit for studying abroad.

Undistributed credit: If you’ve transferred classes to Purdue you may see course numbers such as 1XXXX, 3XXXX, etc. This is considered undistributed credit. Because study abroad courses aren’t transfer credit, undistributed credit cannot be used for study abroad courses.

Pass/Not Pass credit: You receive this type of credit when you take a course on your program that has not been approved by the appropriate Purdue college **or** when you request Pass/Not Pass for one or more courses. For example, say your program has been approved by the College of Engineering and the College of Liberal Arts. You take two engineering courses, a liberal arts course, and a math course. Since your program wasn’t approved by the College of Science, you will automatically receive pass/no pass credit for the math course, and letter grades for the rest of your courses.

Pass/Not Pass credit appears similar to direct credit on your transcript in that it is translated to a Purdue course number and title; however, the difference is that instead of a letter grade you can only receive a Pass or Not Pass for this course, and it does not calculate into your GPA. This difference is important because courses taken for Pass/Not Pass might not count towards degree requirements. **Use extreme caution and do your research before taking any courses this way.**

We’ve created a handy chart on the next page to help you decide what type of credit is right for you. When in doubt be sure to consult with your academic advisor and the study abroad office for help.

BOTTOM LINE: If you need courses to count for degree requirements and want to graduate on time, do not take courses in unapproved areas unless you have a written statement from your academic advisor that the course(s) will still count towards requirements. Never assume!

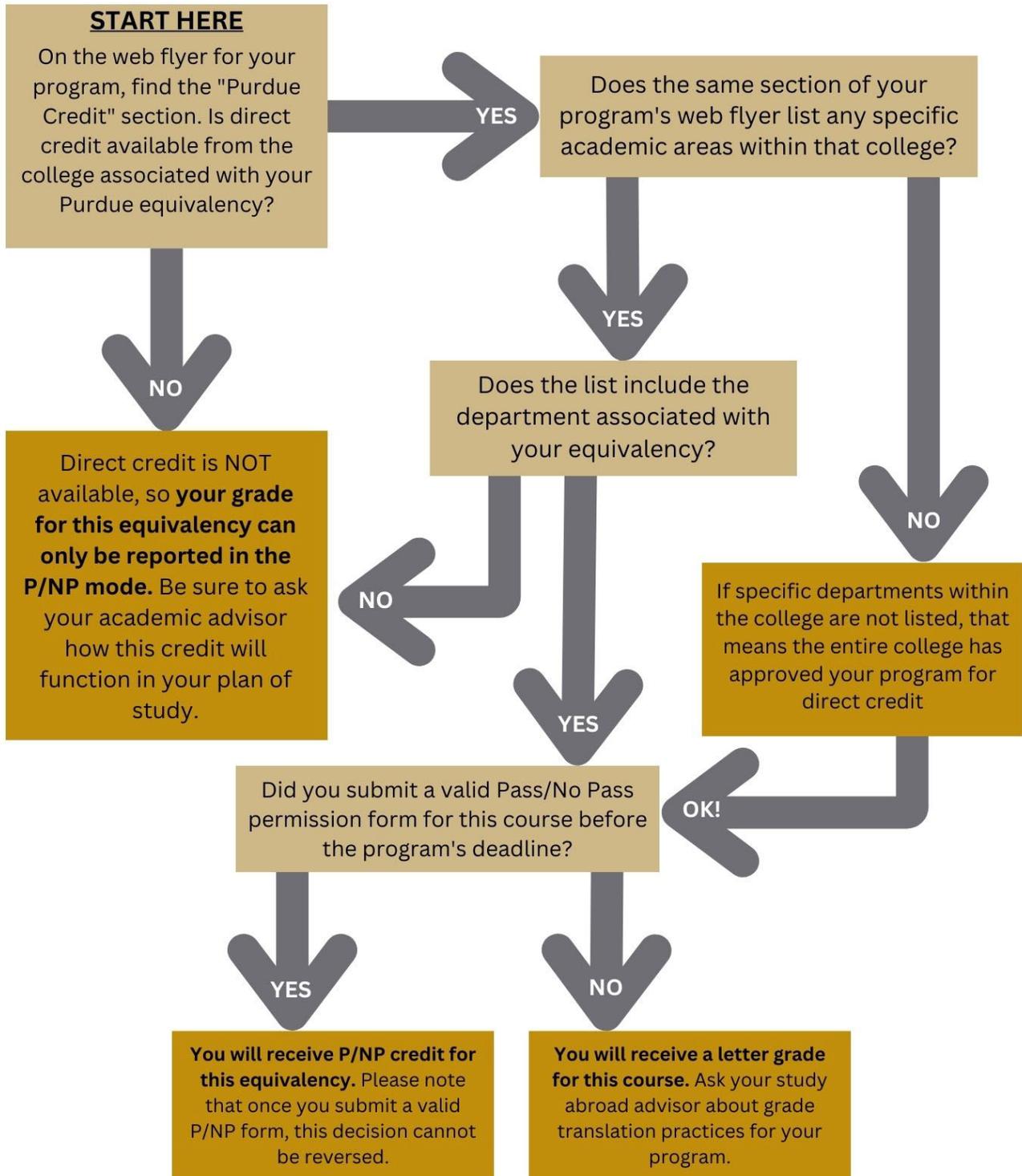
Still confused? Ask your academic advisor and study abroad advisor for clarification before making decisions on taking courses unapproved for direct credit or before deciding to opt for pass/not pass for any courses.



"Will I get PASS/NO PASS or LETTER-GRADED credit at Purdue for this course I'm taking abroad?"

Use this flow chart to find out! You will need access to your program's web flyer, which is available on the Purdue Study Abroad website. You will also need to know which Purdue college is providing your equivalency for the course you are taking abroad. For example, if you receive a SPAN 302 Purdue equivalency for a Spanish language course taken abroad, the college providing your equivalency will be Purdue's College of Liberal Arts.

If you have any questions, please contact the Study Abroad Office.



Taking online or hybrid courses while overseas

A huge part of a successful study abroad program is participating in the local culture and academic system. Because of this, the ability to take online courses while abroad is restricted. You can do online coursework from anywhere but spending your valuable time abroad doing this will detract from your overall experience.

Students studying abroad for a full semester must take in-person classes while abroad. However, if a necessary class for the plan of study is not offered in-person, but is available remotely, students may take up to 3-4 credits of fully online/remote coursework via Purdue. Students are expected to work carefully with their academic advisor to understand their degree requirements, and to craft a plan that hopefully does not involve online coursework while overseas. However, students must still meet the minimum on-site enrollment requirements of the host university, program, and/or country (and in many cases this is required by law due to their visa). Students should be aware that an online course through Purdue will not count towards on-site enrollment requirements.

Students on summer study abroad programs should not plan to take an online course that overlaps with their program dates. Summer programs are shorter and more intensive by design, and online coursework during the program can be challenging. Students often find it hard to do well in both their program classes and the online class by juggling too much. If the online course you want to take overlaps by only a few days, this is typically not an issue, but more than that can really cause problems. Students should also note that taking an online course in addition to a study abroad program may result in needing a credit limit override for the summer.

If you take an online class, a few specific considerations:

- 1) Online courses do not count toward minimum credit requirement to be a full-time student at the host program or university.
- 2) Students participating on co-sponsored, direct-enroll, or departmental programs will be charged the appropriate Purdue tuition fee for the online credits in addition to their program cost as tuition for this course is not included in the program fees you pay for the program.
- 3) Students should consider if the course has synchronous meeting times or assignments as these may be hard to meet in a different time zone. In addition, students cannot miss class on-site to participate in an online class.

Bottom line: Taking online courses while overseas may not be allowed, and in cases where it is, students should carefully consider if it is in their best interest and understand the limitations as well as any extra tuition they may need to pay.

Course Changes in a Student's Study Plan

If there are any changes in your academic program — no matter how trivial — inform the Study Abroad Office, your academic advisor, and the study abroad liaison. Delays in posting the grades can occur if the course listed on the course equivalency form does not match the course title on the transcript from the host university.

Let us know if the following happens:

- You decide to take a course that has not received prior approval
- If a course equivalency had a course title or number change at the host institution.
- If a course equivalency had a schedule change, i.e., contact hours increased or decreased.

BOTTOM LINE: You must report any changes to your study plan no matter how seemingly minor. Purdue takes your overseas coursework very seriously.

Some Advice

Settle all academic issues before you leave your host institution.

Complete all course requirements before leaving your program site and find out your grades, if possible.

Contesting grades will be difficult to do once you are back at Purdue.

Posting Grades and Grade Equivalents

When will your grades be posted? After your overseas studies, your host university or study program will send a copy of the transcript to the Study Abroad Office. This may happen automatically or you may need to request this. The timeline for programs will vary and we cannot demand a date by when transcripts must be received. Sometimes, it takes time for our overseas partners to send us your transcript.

When we receive your transcript, the Study Abroad Office consults your course equivalency form. When everything is settled, the SA office sends the information to the Registrar's office so they can record your credits and grades on your Purdue transcript. This process can be delayed if you do not have your course equivalencies in order, or if you owe money to your program as they will not release the transcript if you do.

Posting your grades from abroad will not be immediate. The Registrar's Office manually posts each course taken overseas by each Study Abroad student. Once they have processed your grades, the SA course number you registered for will disappear and the credits and grades you received will take its place.

If you need your grades posted sooner for graduation, employment, or graduate school purposes, please inform the SA Office staff as early as possible and the overseas program director before you return to the United States. Rush transcripts cannot be guaranteed, so please keep this in mind.

What if I need my grades to be posted quickly? Purdue Study Abroad cannot guarantee an exact date when grades will be posted. If you think you will need grades posted quickly because you are a graduation candidate or for another reason, alert your study abroad advisor well before you leave. They will be able to give you a general timeline of how long it takes to post grades for your program so you can plan accordingly. Students especially need to take special consideration of timelines when studying in their last semester at Purdue. Students who are studying abroad in their last semester before graduation must understand that an exact date for grade posting and degree conferral *cannot be guaranteed in advance*, and should consider post-graduation plans before signing up for a program.

I am back from studying abroad, but my Purdue Plan still shows the course number with "SI" for a grade, should I be concerned? This simply means that your grades haven't posted yet, and the SA course number and grade of SI will disappear once grades do post.

How do I know when my grades post? The Purdue Registrar does not send a notification of posting grades, but you can log into your MyPurdue account to check. Your My Study Abroad page will also show the date Purdue received your transcript, but this is simply the day it arrived at Purdue and not the day it was posted as there is some processing time. When in doubt, you can contact the study abroad office for an update.

FAQ Courses and Grades

Will I receive grades for courses taken abroad?

Yes. By default, students will receive direct, letter grade credit for courses taken in approved academic areas. The credits and grades will be recorded on your Purdue transcript and **will be factored into your GPA.**

NOTE, there are 2 exceptions to the rule: (a) if a student was able to secure permission to take courses for Pass/No Pass and (b) if a student takes a course in an area that has not been approved for direct credits.

What courses can I take abroad?

So you can make progress on your degree program while abroad, you should try to choose courses that are suitable equivalencies for your Purdue degree requirements.

Students must consult their academic advisor and the appropriate study abroad liaison to determine (a) which courses to take while overseas, and (b) how many credits will be assigned to each course.

How many courses should I take while studying abroad?

Purdue requires all students to take the equivalent of at least 12 credits for the semester. Typically, that will be between 4-6 courses. The host institution may have a higher minimum credit requirement and, if that's the case, you must meet their minimum as well.

Can I take less than the required minimum credits?

No. If students take less than 12 credits in a semester, they could lose their financial aid, study abroad scholarships, and insurance coverage.

What about students on summer programs?

Credits and number of courses will depend on the program. **HOWEVER**, if a summer student is receiving financial aid

then he or she must be taking 6 credits for the summer.

My program's minimum requirement is higher than 12 Purdue credits. Should I comply?

Yes, absolutely! It is Purdue policy to abide by our partner's regulations. If the program's credit requirement exceeds Purdue's, you'll have to comply with the host institution's policy.

I found some interesting courses after I arrived. Can I take these courses instead of the ones that had been pre-approved for me?

Yes, but don't forget to get equivalencies for those new courses as soon as you can. Contact the study abroad liaison and provide as much information as you can about the new course. Do not forget to copy your academic and study abroad advisors on the email.



I've had to make changes to my study plan and am now taking a course that has not been approved. Can I still get course equivalencies?

Absolutely! See answer to previous question.

I am a year ahead and studying abroad just for fun. Can I be exempt from securing course equivalencies and getting direct credits?

No. All courses listed on your host university transcript will be posted on your Purdue academic record, no exceptions. Therefore, a course equivalency is re-

quired for all courses.

I'm only taking courses for electives and GenEds, do I still need to get course equivalencies?

YES. **All** courses you take abroad, whether for grade, transfer, or P/NP, whether to satisfy degree requirements, or just for fun, will be recorded on your Purdue academic record.

I need to return home earlier than the program's end date. Can I ask permission to take my exams early?

No. Students are expected to stay for the duration of the program and are prohibited from requesting early exams or special exceptions. Plan ahead accordingly.

I received a "C" for a class I took abroad. Will Study Abroad bump up my grades and give me an A – the grade I probably would have received if I took the class at Purdue?

No. We do not make grade adjustments. You will just have to redouble your efforts and give every class your best shot.

How will I know what Purdue grade I will get for my study abroad courses?

Ask your study abroad advisor for the grade equivalency scale used for your program. Also see Page 7 Assessment and Grades.

Can I take courses for audit?

You can take a course or two for audit if you like, but these will **not** count towards your minimum credit requirement and should be taken only in addition to classes that do count towards your credit minimum.

FAQ Courses and Grades

Can I take at least half of my courses for Pass/No Pass?

You can take as many courses for P/NP as you like. However, you must secure permission from your academic advisor and submit the P/NP Form by the deadline. It will be your responsibility to know how those credits will count toward your degree requirements. Review the conditions for taking courses for P/NP discussed earlier in this chapter.

Can I request that grades be optional?

Grades must be posted as earned unless a Pass/No Pass form has been completed for a course or courses. Then, only courses with this approval will be posted as P or N instead of a traditional letter grade.

Can I request that the grades I earn overseas not count toward my GPA?

If you have to take courses for direct credits, then those will count toward your GPA. If you took a course in an area not approved for direct credits or were granted permission to take as P/NP courses approved for direct credits, and YOU PASS THE COURSE, then the grades will not be posted and your overall GPA will not be affected.

My classmates from other universities are taking courses for credits only (pass/no pass). Can I do the same?

Yes, but you must secure permission from your academic advisor, and the completed, dated, and signed Pass/Not Pass Form must be submitted before the deadline,

I missed the P/NP deadline, what can I do?

Unfortunately, there are no exceptions to the deadline, and you should proceed with your course knowing you will receive a letter grade. Be sure to reach out to your instructor or other resources availa-

ble on your program if you are concerned about your final grade and would like to see if extra support is available.

I don't think I'm doing well in a class, how can I get help?

Just like at Purdue, it's good to start by talking with the professor. Check to see if any study sessions or groups are available, and reach out to your program staff or study abroad office for help finding additional resources available to you. Do not wait until you are in over your head to seek help!

I thought I turned in my course equivalency or P/NP forms, but don't see them on my study abroad page as checked off?

Reach out to your study abroad advisor. We cannot make deadline exceptions for students who forgot to turn forms in, but we can confirm if we have your forms and what you still need to submit.

Can I drop a course on my program?

If you are enrolled in more than the minimum number of credits, then you may drop a course if necessary. Keep in mind your program will have a deadline for this, and dropping a course at certain points in the semester may result in being reported differently on your transcript. Be sure to understand what will appear on your transcript if you do drop a course, so you do not have any surprises later.

If you are only enrolled in the minimum number of credits you may not fall below full-time status and will not be able to drop a course.

Dropping a course may not be an option on summer or shorter programs.

Can I change my course selection after I've selected classes, but before the semester starts?

This would be determined by the host

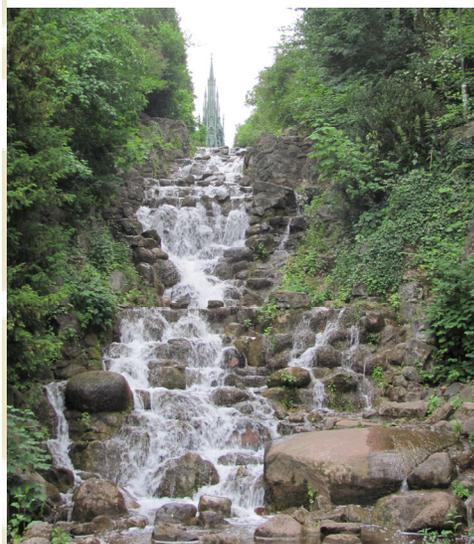
university or co-sponsor program, so you'll want to reach out to your program advisor for assistance. Like at Purdue, changes may be considered if there is available space in the new class and you meet any necessary prerequisites. However, some requests may not be possible.

Can I take online courses through Purdue while abroad?

Students are permitted to take up to 3 credits online, either through Purdue or through the host program (if offered) but this should only be done in cases where the class is required for graduation and not offered in an in-person format.

Note: Depending on your program type, an additional tuition charge may be necessary for an online course and this may not be included in your fees for your program.

In general, online coursework is discouraged as it takes away from your cultural immersion and program experience.



It is your responsibility to know how your courses and grades are coming back to Purdue. When in doubt, seek information directly from the study abroad office to make sure you are getting the right answer.

Academic Success while Studying Abroad

The academic system overseas could be different from what you are used to at Purdue. Returned students say that courses are not necessarily harder at their host university, just different. You may have to get used to not having detailed syllabi, homework, quizzes, or attendance checks. You may have to assume primary responsibility for integrating a semester's worth of course material for a final paper or exam that will determine your grade. You may have to develop new study skills, modify expectations, and make a good effort to balance work and play.

While you should certainly make the most of your time abroad, you must make sure you do not neglect your studies. You need to pay attention to your class performance because ...

1. Your grades will come back to Purdue
2. If you want to brag to a job interviewer that you studied abroad, you certainly want to show evidence that you actually did
3. You are making a hefty investment by participating in this program, so you might as well have something to show for it
4. You want to represent Purdue well to the host institution

What can you do to ensure you will do well academically?

Prepare before departure. Attend all pre-departure orientations. Take advantage of the sessions, particularly the regional orientation which will give you an opportunity to meet Purdue students who have participated in the same program. They will serve as excellent resources for what you can do to gain academic success.

Attend class regularly. The level of academic support that exists at Purdue will probably not be as readily available abroad, so make it a policy to attend every class. Miss class and you could miss vital information. How will you catch up if there is no syllabus, no recorded lectures, and no classmates from whom to borrow notes? This is especially important for students participating in a program in which instruction is given in the local language. It is a given that you will likely miss things simply because the class is conducted in another language. Don't make the situation worse by missing class.

Strive for balance. There is less hand-holding in universities overseas. If you are studying abroad, chances are you will not be able to rely as easily on external checks — 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 you to stay on top of things and maintain a balance between work and fun.

Know the key to academic success. Ask professors and classmates what you need to do to be successful. In some countries, classes are often less structured, but the students know what is expected of them and are used to studying with less guidance. In others, classes are quite structured and students can be quite competitive. Local students fully understand the system and how to navigate it, so even if it seems they aren't putting in the work, they're probably studying more than you think. Several of your classes may include a reading list. Be sure to read the materials on the list; it is not optional like it is at Purdue.

Even on programs that appear similarly structured to Purdue, small things matter. Some programs may award points for attendance, or have penalties for missing class that can quickly affect your grade.

Be prepared for the final exam. Final exams are typically weighted much more heavily in universities abroad than at Purdue. In many host universities, the final is worth much more, sometimes accounting for 100% of your grade, so know what final exams are like for each course. What are the typical questions asked? What does the professor expect? Are there old or practice exams you can obtain?

Get to know local students. Try to connect with the degree-seeking students at the host university. They will likely know the ropes, shortcuts, and easiest and best ways to do things. In the process, you could even gain some new friends! If you're attending a program at a study center, ask program staff or instructors for tips on how to do well.

Work hard. There is no grade inflation or curving overseas. Don't expect your usual A and B grades unless you put effort into your schoolwork. If your classmates seem content to simply pass, don't be lulled by their casual attitude. If your classmates take their studies very seriously, you will have to do the same to hold your own. The effort you put in affects your performance in class. Many students may find it tempting to skip a day here or there to make a long weekend trip work, but this often has a negative impact on your grade and is frowned upon by professors.

Many former study abroad participants have thrived while studying abroad in different academic environments abroad. There's no reason why the same thing won't happen for you. Make Purdue proud!

Make sure you know what the academic system is like at your host institution. Do not assume the grading system will be the same or that you can put in the same effort you did at Purdue to earn and still earn As and Bs. In many universities overseas, only a truly exceptional student earns top marks.

Practical Considerations



A good study abroad experience begins at home!

This means that the amount of time you put into preparation before leaving the United States will contribute to a productive and enjoyable time while you are overseas. You are not really going to be away for long, and don't want to waste valuable time "getting the hang of things." What you want is to hit the ground running, when you arrive– so be prepared to meet the opportunities and challenges that come your way.

You should arrive at your destination already knowing the important facts, cultural norms, historical events, and current political, social, and economic situation of your host country and city. The Study Abroad Office will share some general information on this in the orientation sessions, but you'll need to do some research on your own, too, to be best prepared for the new experiences you'll have abroad!

So, before you pack your bags and go, we hope you will prepare thoroughly and conscientiously. This section focuses on the logistical matters, as well as the mental and emotional preparations involved in studying abroad.

What this section is about:

- **What documents do you need for your overseas journey?**
- **How should you handle finances and access your funds?**
- **What items do you need to pack?**
- **How should you preserve your memories?**
- **How will you stay in touch with family and friends?**

TRAVEL DOCUMENTS

Protect your Passport

While traveling, the most important thing is to keep your passport secure at all times! Before you leave, scan or photocopy the main page so that if you lose it, you have a back-up copy to speed up the replacement process. Save the scanned copy on a flash drive or email it to yourself and keep it separate from your passport.

Don't store your passport in an outside compartment of your bag or just slip it in your pocket. Your passport is a very valuable item– keep it on your person at all times. Do not pack it in your checked luggage– keep it in an inside compartment of your backpack/personal item.

Getting your passport stolen is not your only concern. If you lose your passport while traveling and then cannot prove your citizenship, you may experience problems or delays.

During school days, you should leave your passport safely hidden in your room. When traveling to another city or outside your host country, carry your passport but don't take it out until requested.

Don't give your passport to anyone. You may be approached by people claiming to be "officials" who need to verify your identification, but before surrendering your passport do the verifying yourself! These people may not be who they claim to be.



Student Visa / Residence Permit / Entry Clearance



Many governments require a student visa if foreign

nationals wish to study in their country. A visa is official/legal permission to enter a country for a stated purpose and specified period of time and is granted by the government of that country. Visa requirements differ from country to country. Your study abroad advisor will let you know if you need to apply for a student visa and what the general entry requirements are.

Students participating in study abroad programs that do not require a visa may receive a letter from their program for entry purposes stating that they are participating in an official study abroad program. (Be sure to keep either the original or a copy of this letter with your passport.) Even if the country does not require a student visa, the student must be ready to present certain documents when going through Passport Controls at the point

of entry. These could include: the official acceptance letter from the host institution, housing contract, proof of finances, and others. In many cases, no-visa students will have to secure a resident permit. The staff at the overseas site will help students secure official student or resident status.

For countries that require U.S. students to obtain a visa to enter the country: Applying for visas to some countries is a lengthy process and must be done carefully.

It is important to begin the visa application process as soon as possible, i.e., as soon as you receive the acceptance letter from the host institution. Some consulates require personal visits to the appropriate consular office to submit the required application materials and/or to retrieve the visa. The process could take from several weeks to a couple of months.

WARNING: Visa requirements change often and may even differ from consulate to consulate (e.g. the French

consulate in Chicago may have different requirements than the French consulate in San Francisco). Therefore be careful when accepting advice from other students! This advice may be inaccurate or outdated.

If you need a student or entry visa, contact the consulate or embassy of the host country directly, or consult the [Americans Traveling Abroad](#) website for a list of countries and the visa requirements for U.S. citizens.

If you are not a U.S. citizen, you should contact the appropriate consulate or embassy immediately for instructions, as visa requirements can be more complicated and can take considerably longer to process. Also, you may need permission from the U.S. authorities to exit and re-enter the United States. Check with ISS for assistance.

If you arrive without a visa, you will not be allowed to board your connecting flight or you may even be deported immediately upon arrival.

Applying for a Visa

If you have to apply for a visa, know that you cannot do so without first receiving official documents from your host university or study program. Nevertheless, you could get started on some preliminary tasks:

- Determine if you need to secure a student visa based on where you will be studying abroad.
- Determine the foreign consulate or embassy that has jurisdiction over your state of permanent residence or studies (Indiana).
- Complete the visa application

obtained from the appropriate consulate or downloaded from the consulate's website.

- Compile the required information and submit **all the documents** to the consulate for processing. If you are asked to submit additional information or documentation, **do so immediately.**
- You will most likely be required to send your passport with your visa application; therefore you should send it by express or certified mail. In addition, make a copy of your

passport and any accompanying information, in case these materials are lost.

- If you plan on traveling in and out of your host country, you may need to request a "multiple-entry" student visa.
- You may be required to obtain a tourist visa for the country or countries you wish to visit while traveling. It is a good idea to research the entry requirements of these countries before you leave the United States or your home country. In many cases you cannot apply for a visa outside the U.S.

Financial Issues



Studying abroad will always involve an expenditure of money.

In addition to stated program costs, you will also be expected to shoulder travel and miscellaneous expenses. Your immediate concern will probably be how to set up your funds now for easy access while you are overseas.

With exceptions, the overall cost of living abroad can be higher than at home. You will be in an unfamiliar environment, with costs stated in the

local currency that you may not fully understand. You may be surprised the next day to find out how much that something actually cost.

You may also be confronted with an almost endless array of entertainment possibilities and attractions. Taking a cautious approach to buying makes the most sense. There is nothing more frustrating than running out of funds overseas, with no easy or quick means of replenishment. In general, students' spending habits vary depending upon the funds available, personal spending allowance, and the amount devoted to

eating out, shopping, and travel. You will probably spend more during the first month or so, but as you become more accustomed to life in your host city, you should be able to do more with less.

In this section, you will get a rundown on the financial issues associated with studying abroad, as well as tips on handling funds and stretching your dollars. By wisely managing your funds, you should be able to study abroad without much financial setback.

Study Abroad Deposit and Program Cost

Students on all study abroad programs are required to complete and return a Participation Form to the study abroad office. Read your form carefully; it will indicate whether you need to pay a deposit to Purdue, or if you will pay a deposit directly to your overseas program. You will not be nominated to the host institution or program until the participation form is turned in and the deposit (if required) is paid.

Please note that the deposit is non-refundable, meaning that if you voluntarily withdraw from the program (due to reconsidering plans, accepting an offer of employment, or some other personal reason), do not apply for your visa in time, or are removed from the program due to academic or disciplinary notice, the deposit will not be returned or credited to your Purdue account. The deposit will only be returned if the application is denied by the host program.

Students participating in exchange

programs will be billed their regular Purdue tuition and fees (resident, non-resident, differential fees, special fees) plus a fee for mandatory overseas health insurance. The fee must be paid by the date determined by the Purdue Bursar's Office. Please note that installment plans are not available for the period students are participating in a study abroad exchange program.

Students participating in co-sponsored or direct-enroll programs will be billed a *Study Abroad Fee* by Purdue, plus a fee for overseas health insurance, except on programs which already include insurance in the program fee. The remainder of fees (tuition, etc.) will be paid to the sponsor (host university or program) directly for the cost of the program. Consult your study abroad advisor if you have questions about the billing process.

If a student is receiving financial aid, U.S.-based co-sponsored programs will typically have a payment deferral plan. Ask your study abroad advisor if your

program has this option.

Many non-Purdue based scholarships and tuition remission plans do not apply to co-sponsored programs; therefore, students receiving these benefits need to discuss payment of fees for co-sponsored programs with the appropriate administrative office or agency. Please note that installment and deferred payment plans are not available at Purdue for study abroad, but some co-sponsored programs may offer installment plans.

Payment of the bursar fee statement (full tuition or the study abroad fee) must be made in full by the requested deadline; failure to pay on time will result in the cancellation of a student's registration at Purdue University, and reinstatement involves paying a late registration fee.

Paying for Accommodations

If students are participating in a co-sponsored, Purdue-administered, or departmental program, the fee for guaranteed accommodations is typically included in the program fee. Students could live in apartments, residence halls, or with a host family.

With a few exceptions, students participating in exchange or direct enroll programs can apply for housing at the host university or off-campus

housing suggested by the university. Accommodation fees for exchange programs will be paid directly to the university housing office, the residence hall management, or landlord, not to Purdue University.

Exchange program accommodations are usually at an on-campus residence hall or off-campus apartments. In only a very few cases can homestays be arranged.

A few programs are unable to provide accommodations. Students in these programs must look for a place to live on their own, sometimes with assistance or resources from the host institutions.

Some programs will require the students to pay their semester housing in full prior to the start of the semester. Ask your advisor if you have questions about housing charges.

Payment of Fees at Overseas Site

In addition to housing costs that some students must pay to the host university, some institutions also charge a mandatory student services fee, national health plan premiums, or a social programs fee which will be remitted by a bank transfer from the United States or paid onsite during registration.

Study Abroad participants are

expected to settle all debts overseas before returning to the United States. If a student has an outstanding financial obligation overseas, the transcript will not be released by the host institution.

Any outstanding accounts will be brought to the attention of the Study Abroad Office and we will place an encumbrance on your Purdue account until the balance is paid. This will block

your registration for the upcoming semester and access to your academic records. In addition, your study abroad academic credits and grades will not be posted until the debt is resolved.

Scholarships and Financial Aid

Financial aid can usually be applied to study abroad. However, students will not receive their funds until about a week prior to the start of a student's overseas program. If you are a financial aid recipient, you need to be prepared to shoulder initial expenses like program deposits, travel arrangements, and others which must be done months before your program start date.

If you are participating in a U.S.-based co-sponsored program and plan to use financial aid to cover your fees, notify the program provider immediately! You may be granted a grace period to pay your fees at a later date. You will most likely have to prove you are receiving financial aid and can print proof from your MyPurdue page. You may be required to fill out a form to alert the program provider that you will pay the balance of your payment after you receive your financial aid, which is usually just before your program's start date.

For co-sponsored programs– Aid is disbursed through your Purdue account – which means that it will first apply to any fees you owe to Purdue. If you have not paid your study abroad fee to Purdue, it will automatically be deducted from your aid amount. If your aid exceeds what you owe Purdue, the remainder will be issued to you as a refund. Ensure you have eRefund set up through the Bursar so it can be sent directly to your bank account as this is the fastest and most secure way to receive your refund. To set up eRefund visit [this link](#). Any aid will not be automatically sent to the co-sponsor – you must use your refund to pay them directly.

Understanding Study Abroad Costs & Financial Aid

It is **very** important to understand the following points:

- There are many different fee structures and billing arrangements among Purdue's 400+ study abroad programs
- Each student has different financial aid eligibility and options
- Each student is responsible for learning whether the aid they have while on campus can be used for study abroad

Furthermore, **please note:**

- If you already received financial aid for your education costs while studying at Purdue West Lafayette, you'll need to work with the Division of Financial Aid (DFA) to determine the costs you must pay for your program and which aid opportunities are open to you.
- Budget sheet for spring semester study abroad programs are sent to DFA around October 15th and for summer, fall and academic year programs around March 15th. You cannot determine your final aid package until after those dates.
- Students not receiving aid currently may be able to get loans from DFA for their overseas program, although filling out the FAFSA is required for this.
- Study abroad advisors are not experts on financial aid, and they will refer you to DFA for definitive information about how your aid will cover your overseas study costs.
- It is not wise to accept information about financial aid from friends or previous program participants.
- When meeting with a study abroad advisor to discuss your program, you will be given a preliminary budget for your program. These budgets list the education costs of the program and other estimated costs you will need to budget for.
- Installment and deferred payment plans are NOT available at Purdue for the period students study abroad, though some co-sponsored programs may offer installment plans for their fees.

Students participating in Purdue-approved programs are eligible for aid through the [Purdue Division of Financial Aid](#). DFA has prepared guidelines concerning the financial aid process for study abroad; these are available on their website. If you cannot find answers to your questions, contact the DFA with the information found on page 3 of this guide. To receive accurate information about your aid for a study abroad program, you must have an estimated budget sheet for that program on hand. This budget will be given to you at a study abroad advising session after you've been approved to study overseas.

Costs Depend on Program Type: The three basic program types and how aid may be applied to them are explained on our website and can be found here: <https://www.studyabroad.purdue.edu/FinancialAid/>. If you are unsure of your program type, please ask your study abroad advisor for clarification.

Scholarships

Scholarships available through the Purdue Study Abroad office and their eligibility requirements can be found here: <https://www.studyabroad.purdue.edu/programs/aid/>. Please be sure to refer to the information according to the program type you are doing, as scholarships may be treated differently depending on your program type..

For private scholarships, confirm with the appropriate office if those benefits apply to study abroad. If you require additional financial assistance, look into scholarship opportunities **as early as possible**. The Purdue Study Abroad website has a list of scholarships. These non-Purdue scholarships can be competitive so work on the application early. Be mindful of application deadlines and service requirements associated with a scholarship.

If you are receiving financial aid or expect a Purdue study abroad scholarship, we recommend that you have a **direct deposit arrangement** with the Purdue Bursar. You can authorize the Bursar's Office to deposit the refunds directly into your personal bank account.

Establish a personal study abroad fund! Be frugal prior to departure. Pass on a spring break trip. Prepare meals at home rather than dining out. It is always better to have

Accessing Your Funds from Overseas– How Much Do you Need?



The estimated expenses listed on the program's webflyer should give you an idea of the costs you will incur for the term that you spend overseas and allow you to set a budget. Whatever your budget will allow, the most basic thing is to determine how you will access money.

ATM/Debit Cards: The easiest and most economical way to have cash for daily expenses is to have a debit/ATM card and its 4-digit Personal Identification Number (PIN). With this card, you can withdraw local currency directly from your US bank account at favorable exchange rates. Be sure to leave your bank account information with your family so funds can be deposited or transferred into your US account if needed.

The biggest advantage of exchanging money with your debit card is that transactions are based on the wholesale exchange rate, which is often 2-5% better than what you can get from exchanging cash at a local exchange counter.

Inform your bank that you will be going abroad, and make sure that your PIN will work for ATM withdrawals. Many ATMs abroad, particularly in Europe, do not accept PINs that are longer than four digits. Key pads also may not have letters, so you need to know your 4-digit PIN numerically.

TIP: Note that there may be a daily **limit** on how much you can withdraw from your account and a **transaction fee** every time you withdraw cash. Ask your bank about charges for withdrawing money or using your card overseas. The fee could be as much as \$5 per transaction, which can add up over time.

Make an attempt to negotiate to have this fee reduced or waived.

TIP: If the fee cannot be waived, consider requesting an increase in your daily limit so you could make fewer, larger withdrawals rather than frequent small withdrawals. Another thing you can do is to consider opening an account with a bank like Chase that have branches overseas and will not charge a fee if you use your ATM card.

TIP: Avoid using debit cards for everyday purchases, and instead use cash you withdrew at the ATM or a credit card which offers more protection. This gives less chances for your debit card (connected directly to your bank account) to be hacked or compromised.

Credit Cards: We recommend that all study abroad participants carry a major credit card in their name. Visa and MasterCard are accepted in most places in the world. Discover and American Express are not widely accepted.

TIP: Cards with a chip or better yet, with tap technology are preferred overseas. Almost all countries have set-ups for chip or tapping and you can still swipe this if somewhere does not have the newer technology.

You should notify your debit and/or credit card company that you will be using the card abroad. You should also note the phone number to call if you have issues with your card or if it is lost or stolen.

TIP: Many credit cards are accepted for purchases and services, and can also be used to obtain cash advances. Avoid using your credit card to obtain cash. The exchange rate will not be as favorable as using your debit card and you could end up paying high interest.

Opening a local bank account: Some students opt to open a bank account overseas for these reasons: (1) students get a local debit card that can be used all over the region with no transaction fee, (2) local payments, either by cash or bank transfer is easier, (3) no transaction fees need to be paid to the U.S. bank. If you plan to do this, be sure to set up the fund transfer procedure before departure and bring all required documentation with you when you go to the local bank to open your account. Please note this process may be more difficult in some locations than others and is not always worth it if you are staying less than one semester.

Cash: Although cash, once lost and stolen cannot be replaced, it is easy to use and almost always accepted. You should always have a cash reserve on you for small purchases or emergency expenses. Even today, when most places prefer cashless payments, you may find yourself at a restaurant, coffee shop or tour vendor that doesn't accept card payments.

The importance then is how to carry your money and ATM and credit cards safely and conveniently. Refer to the safety section for suggestions on carrying your money while abroad.

Apple/Samsung/Google Pay: In some locations, this will work exactly as it does here in the U.S., but in others you may find it's only accepted in limited places. Remember it is connected to a credit or debit card you've set up—so the same information about debit or credit cards still apply.

Traveler's Checks. While common in the past, these are no longer widely accepted and should not be used.

The Frugal Student

Of late, the US dollar is faring rather well against other currencies. Still, no matter how strong the dollar is or isn't, it pays to be money savvy so you don't end up spending more than you have to. What you should do is hone your budget skills and spend your hard-earned money more carefully. **For the most part, this is simply common sense, and you don't have to spend a lot in order to have a terrific study abroad experience.** You can be frugal and still have an enjoyable, productive, and absolutely memorable experience.

Here are some [money saving tips](#) from travel guru Rick Steves:

- Seek out free entertainment. City parks, town squares, pedestrian districts, and downtowns offer interesting sights and sounds. Visit churches. Know which museums are free to the public. Mingle with the locals!
- Walk as often as you can. Most Americans think of walking as an exercise rather than something to get them somewhere, but people in many parts of the world think nothing of walking a few miles to work or school everyday. There's no need to pay for public transport for a few blocks when you can easily walk.
- Preparing your own meals is probably more nutritious and certainly cheaper. Can't cook? Write down some favorite recipes on note cards to take with you, or learn to prepare a few simple local dishes.
- If you do go out, avoid touristy locations with "We speak English" signs. Go where the locals eat. You get better food for less money.
- Going with the local specialties gets you the best quality for the best price and allows you to enjoy the tastes of where you are. Drink tea in England, beer in Prague, and red wine in France. Eat fish in Portugal and reindeer in Norway.
- Picnic. Buy a loaf of freshly baked bread, a hunk of cheese, some fruit and voila – an elegant lunch in a city park!
- Do your souvenir shopping in cheaper countries where gifts are more interesting and your dollar stretches the farthest. Don't be afraid to haggle! In many parts of the world, this is expected.
- Look up friends, relatives, or other contacts who you may be able to stay with or share a meal.
- Know what deals are available. Passes like Eurail or Britrail can only be purchased in the US and are often pricier than passes available to the locals.
- Know your travel options. Things like Eurail passes can offer big savings, but only if you are traveling a lot over several days. For short trips, point-to-point tickets are cheaper. Sometimes, a basic bus ticket can get you somewhere faster and cheaper than a train.
- Buses, while usually slower, are cheaper than trains. Weigh the pros and cons of cost versus speed.
- Always ask if there is a student discount available and keep your student ID handy to receive it.
- Wear a money belt or safely store your money. You'll save money by not losing it.
- Always take a moment to review any transaction. Assume you might be short-changed and count for yourself. Always ask how much. Don't let a cashier rush you. Smile but be savvy.
- Travel with a buddy to share and save.
- Take the roads less traveled. The more popular the city, the more expensive it is. Look for where the locals go, or smaller cities.
- In some places, and common in Europe, meals are cheaper at the bar than at a table. If you only need a quick bite, just go to the bar. A caveat: that could mean you will be eating standing up! Ask locals for similar tips in the country you're in.
- With some basic precautions, staying at a youth hostel rather than a hotel can save you money. Always read the reviews.
- Stay healthy and be mindful of your safety at all times. You don't want to be saddled with medical bills.
- Stay in touch cheaply by using wifi. There are many free video calling, text or voice options. If you don't have access to wifi, look into calling cards you can purchase locally, which are typically cheaper than buying something ahead of time in the US.

COMMUNICATING AND SHARING YOUR OVERSEAS EXPERIENCE

Regular communication with friends and family is one way of sharing your study abroad experience and allowing the important people in your life to vicariously live the study abroad experience.

Study Abroad participants are thus eager to get information on cell phones and staying connected while they are overseas. This next section should give you a good handle on how you can preserve your memories and share your adventures with the folks back home.

Cell Phones & Staying Connected

Cell phones: For regular use and access to help in an emergency, you should plan to have a working cell phone with data service during your program. Many programs even require you to have this. **This may not be as simple as taking your current phone abroad; there are a few things you'll want to consider.**

Ask your service provider if your phone will work in your destination, as well as if your phone is unlocked. Many US phone providers “lock” the phones so they can only be used on their network. If your phone is locked, your only option to use it abroad is to purchase an international plan through your provider, which is often expensive. Phones under a payment plan often cannot be unlocked. Phones are almost impossible to unlock from overseas, **so this is something you should check in advance.**

You may have an older phone laying around that can be unlocked, and could consider using that while overseas. In many countries, newer model smart phones can be targets for thieves, so using an older phone may not be a bad idea in any case. You could even take it as a “back up” phone, just in case.

When unlocked, the SIM card inside can be removed and replaced with a local SIM once you arrive at your destination. This allows you to select the plan that best fits your needs, often as

“pay-as-you-go.”

You may also purchase an unlocked phone to use while abroad. Look for an unlocked GSM quad band phone. Dual SIM phones can also be handy, which can hold your US and a local SIM. This is an affordable option if you'll be making lots of calls or texts. This option does require a willingness to do a bit of shopping around, but can save lots of money. Savvy travelers who routinely buy separate SIM cards swear by this tactic.

You can also buy a cell phone in most countries, which typically includes some call time and data that you can “top-off” as you get close to your limit. Unlike typical cell phones in the US, GSM world cell phones do not come with phone numbers programmed into them and the actual service is not even tied to the phone itself. Instead, it is the SIM card that determines the cell phone number and data plan.

A pre-paid SIM card for each country you visit gives you a local phone number and local rates. It is easy, convenient, and cheaper for you to call other people in the country you're visiting, and easy for them to call you, too. You can replenish your minutes/data on the SIM card by purchasing a voucher. They are available at phone stores, newsstands, kiosks and convenience stores.

Just know how to make overseas calls from your host country. You'll need to know country calling codes. Be sure your

family and friends know how to dial from the United States to call you as well. Check if your phone company has a special rate between the US and the country where you will be studying.

Internet Calling: Taking advantage of this option can help you stay in better touch, and spend far less. All you need is a smart device, a strong Wi-Fi signal; and an app for making [free online phone calls](#) (Zoom, WeChat, WhatsApp, etc.) If the person you want to call isn't tech-savvy, many Internet calling programs also work for making calls from your computer to telephones worldwide for just a few cents per minute.

Email: E-mail is by far the cheapest form of communication.

Want to update a lot of people without being in contact with each? Try creating a mass email list or blog to update a group of people at the same time.

This may strike you as a strange suggestion, but **try not to contact home too often, because that can really slow down the adjustment process.**

Set up a communication schedule: a specific time of the week when family and friends can call or video chat with you. Many returned students suggest a phone call at regular intervals, planned in advance, and we think that's a great solution.

... continued Cell Phones & Staying Connected

Sometimes a situation can arise which we call "*destructive dialing/texting*" when a student gets upset about something and texts/calls home; then the parent gets upset and calls back later, making the student more upset, and so on until the situation reaches a crisis point. You'll want to avoid that, and regular, limited calling can help.

We also tend to discourage constant texting, emailing, or communicating through your favorite app. The problem is that if you are able to log on and chat electronically at will, the incentive to integrate with the community abroad is decreased. Instead of exploring your host country or making friends with the locals, you are spending valuable time online. If you are participating in a language program, it's obviously better if you are not communicating extensively in English when you're trying to improve your fluency by immersion in a foreign language. So occasionally send email updates or post online, but don't feel compelled to chat with family and

friends all day, everyday. Let them know what to expect from you, so they aren't worried.

Apps for smartphones and tablets. Apps for smartphones and tablets can be useful both before you leave and while you're traveling. Most devices are preloaded with apps that can come in handy on a trip (such as an alarm clock, compass, calculator, and so on) but you can greatly extend your device's usefulness by downloading [apps](#) such as restaurant reviews, translators, and transportation apps. There are lots of useful apps out there, so look out for ones relevant to where you are going!

While it's convenient to be able to access this type of information, there is a catch: For many mobile apps, you need to be online to download the latest information or doing so will incur data charges. You can incur outrageously high data roaming fees if you try to access these apps while not on WiFi, so pay attention! There are many online resources you can use for tips on how you can text, make calls, and

access the Internet without breaking the bank.

Caution: Apps make it a bit too easy to stay in constant contact with those back home, so pay attention to how much you are communicating and if it's helping or harming you.



Documenting your Experience

Digital cameras and phone cameras are invaluable for ease of use, and for the speed with which students can share photos with family and friends.

Showing your photos to family and friends is one way to share your experience, and years from now, you will be able to look back and relive your wonderful semester abroad! However, **know when to draw the line and just let the experience happen.** Sometimes things are better experienced with your full focus.

If your experience is being hindered by the constant need to take photographs and post online, you may want to take a break from social media and your camera. Don't sacrifice the experience you can have in

the moment for some photos to look at later. Over-use of the camera and social media can take away from your travel experience by removing some of the spontaneity while you look for the perfect shot.

Don't get caught up in doing things for the perfect Instagram or TikTok post - remember that you should enjoy the experience in the present. These will be your memories to look back on later, so take photos of what you want to remember, not just what will get the most likes.

Consider opening an account with an online photo site or social network of your choice. This way, all you have to do is upload your photos on the web and your family and friends from back home can view them at

their leisure.

HOWEVER, don't just indiscriminately upload hundreds of photos and then expect your family and friends to appreciate them all. Either edit the photos before uploading them, or just upload a few photos at a time. Don't forget to include descriptions! A sentence or two about a photograph is what will make it come alive to the viewer.

There's a difference between a photo of you without any context and a photo with a strong caption that makes the reader feel like they were there! Don't expect everyone to recognize the famous monument behind you; tell people where you are and describe a bit of your day!

Keeping a Journal



You will visit many places and see many wonderful things, but most certainly, the greatest journey takes place inside of you. It is for this reason we strongly suggest that you keep a journal, either in book or electronic form.

You might think you have a good memory, but many of the things that you will experience will only be kept in your short-term memory. A few weeks after the event, you will forget many of the details unless you jot down a sentence or two in a journal, on a blog, or alternatively, in the photos you take.

Writing is thinking. Keeping a journal gives a record of events, activities, and thoughts. It engages you in your personal overseas experience through thinking, interpreting, and analyzing cross-cultural situations.

Making regular entries will certainly take some time and energy. Whether you

make daily entries or write only when the urge hits will be up to you, but get into the journaling habit! It is one of the best things you can do to enrich your study abroad experience.

While many students agree that keeping a journal while studying abroad is a good idea, many end up getting bogged down with the recording and writing task and give up, but almost everyone regrets not keeping a journal.

One of the main reasons people give up on writing a journal is that they find the process of writing down every detail overwhelming and tedious. Many journal entries go something like this: “First we went to [place] and then we saw [thing] and then we went to [other place] and then...” This type of writing stifles your creative juices and does not encourage good writing technique.

We suggest keeping a journal in which you **place less emphasis on the chronological details and more on your vivid descriptions, impressions, feelings, and ideas**. Certainly jot down names and places, and include narratives as much as you can. Even short descriptions and keywords will provide a way of remembering the amazing people, places, and events that you encountered.

When you look back in ten years, you’ll

appreciate these notes and thoughts much more than a simple caption or emoji you posted on Instagram.

Purchase a sturdy but portable notebook, diary, or journal and use the pages to record daily events, paste or tape mementos (tickets, menus, maps, candy wrappers, postcards, newspaper clippings) from your time abroad, doodle or draw interesting objects you observe, or jot down names, phones numbers, addresses, impressions, ideas.

You can also go the electronic route by setting up a blog. Post photos of your experiences and escapades along with mementos like the ones listed above. While you may be writing for the people following your blog, you will also realize that your blog has successfully captured and tracked your personal journey while studying abroad.

Reviewing your writings later, you can read about your early impressions of your new environment, the people you meet, your classes, where you are living and how these impressions changed over time. You will likely be astonished and impressed at your transformation from a bewildered new student to a confident traveler by the time you return home.

Packing Pointers

The key to packing for your time abroad is to pack light.



Since you will be carrying your own luggage during the trip, often for long stretches in airports, bus and train stations, and from the station to your residence hall or apartment, you must pack sensibly. Do not bring items that will distract you from the multitude of interesting experiences awaiting you.

No student has ever complained about packing too little, but **we definitely hear groans from those who packed too much!**

Here's what we suggest: Pack what you plan to take, then walk around the block with it two or three times and go up and down a few flights of stairs. If you can't make it, you've over packed! **The lighter your bags, the better!**

Besides, you should expect to purchase a few items while overseas. Fashion at your host city could be different, or the weather may surprise you. You'll also probably want to purchase a souvenir or two (or many!). So here are some general suggestions that apply to travel anywhere in the world.

Checked Luggage and Carry-on Bags

Airlines will allow passengers up to two suitcases for international travel. The fee for bringing an extra bag is hefty, and it would be difficult to manage more than two bags by yourself anyway. Invest in some well-made, rugged, versatile, lightweight luggage that will hold all your stuff for the time you are studying abroad. Here are a few other things to remember:

- Label your luggage on both the outside and the inside with your name, address, and destination. If you do not know your overseas address, give the program or university address.
- Take a photo of your packed luggage in case of damage or delays, you may need to describe it later.
- Attach a bright tag or ribbon to your luggage handle so it will be easy to distinguish from similar bags on the airport conveyor belt, or better yet, get a colorful, conspicuous bag.
- Suitcases could be searched by TSA agents. You can secure your bags with twist ties or locks that are TSA-approved, but consider taking other locks with you so you can secure your bags when you arrive at your destination or at hostels, which often provide lockers but no locks.

- If you'll be taking most of your belongings in a duffel bag or backpack, you should have at least one bag that can be locked so you can use it for your valuables.
- Luggage can occasionally go astray. **Don't pack your passport, medication, or other valuables in checked suitcases.**
- In your carry-on bag, pack only essentials (passport, prescriptions, personal hygiene items, a change of clothes) and valuable items (computer, camera, jewelry, tickets, arrival instructions, and other important documents). Pack everything else in your checked bags.
- If you plan to do a lot of traveling, make your carry-on a backpack that you can also use for your weekend travels. Budget carriers like EasyJet or RyneAir will allow passengers to bring only a small bag onboard and a checked bag can be very expensive.
- Your backpack should be light, durable, and comfortable; you'll be using it a lot!
- If purchasing a larger backpack, try it on and adjust the straps, pads, and internal frame. Make sure the pack fits your body contours. Check out the quality of the suspension system. Play with the adjustments to fine-tune the fit. If a pack does

not feel right now, it won't feel right after several hours of walking around.

- Take a small but durable and **secure** bag with you for your weekend travels. You can use a daypack, sling bag, or cross-body bag for daily outings while you leave the large backpack in a locker at your hostel or the local train station. Make sure your day bag is secured with zippers or flaps. Tote bags with an open top are not secure! Pickpockets are prevalent in many major cities. You don't want to lose your money, passport, tablet or camera, so bring a travel bag that will make it difficult for anyone to sneak inside.



Packing the Essentials in your Carry-On



Pack your travel documents in your carry-on bag, **not** in your checked bags. In addition to tickets and your

passport, you should also have important documents like acceptance letters, financial statements, and others.

While you may want to exchange a small dollar amount for the currency at your host country through your local bank, you do not have to exchange a very large amount. You need only to have enough for emergencies and to tide you over for a day or two until you can get to a local ATM. Chances are, you can immediately find one at your arrival airport. Below are a few more pointers:

- Pack your medication in your carry-on luggage. If these are prescription or a heavily regulated type of medication,

bring a doctor's note or your medical records as well.

- Consider purchasing a money belt or neck pouch for cash, plane tickets, and passport. Wear this inside your clothing when traveling. If you have to take out money, do so in private.
- Scan and store as pdf files or make copies of the information page of your passport, airline tickets, rail pass, and other important documents. Keep somewhere safe and give a second set to a trusted person for safekeeping.
- Clean out your wallet before you leave. Take out what you won't need while abroad. However, you should pack your driver's license (if you have one) as a second form of ID. Your student ID may help you get student discounts at places like museums.

- Remember to pack a change of clothing in your carry-on to get you through at least a day. Airlines do sometimes lose luggage.
- Board the plane with water and snacks for emergencies. You never know if the plane will sit for hours on the runway.
- Bring a small pillow or eye mask if you have a long flight ahead. Test any travel pillow for comfort before committing to lugging it around.
- Remember the 3-1-1 rule for how much liquid travelers can take on an airplane in their carry-on bags: 3.4 oz or less inside one clear quart-size plastic bag. A second bag is not allowed.
- Use compression bags when packing extra clothes to save room.

Updated Travel Guide

Consider purchasing the latest issue of a travel guide in print or an electronic version: *Let's Go*, *Lonely Planet*, *Rough Guide*, *Insight Guide*, or any other travel guides that appeal to you. These books give lots of practical info, useful phrases, even a brief history of your host country, plus some customs and traditions you need to be aware of.



guide covers. Some guides include many countries, yet you may only be going to one or two of them. If you will be traveling in only one country, purchase a guide that focuses on that country alone. You will find more detailed information relevant to you. If you are traveling to several countries, purchase a

multi-country guide, but rip out the pages of the countries that you won't be going to. This may seem excessive, but every pound counts when carried on your back.

If you know other students participating in the same program, you could collaborate with them so that each person purchases a different travel guide to share. This way, you will have more resources to use when you are planning vacation or weekend travels while you are abroad.

Travel guides cater to specific types of travelers, so purchase the type that meets your needs. For example, *Let's Go* guides are

written for college students on a budget, so don't expect high-end hotels on the list of accommodations. If you want information about unusual places to visit, you might want to purchase a *Rough Guide* or *Moon Guide*.

If you'd rather not carry books, you could instead download electronic versions on your e-reader, tablet, or laptop.

Isn't a travel guide in book form terribly old-fashioned? A travel guide in book form is convenient to be able to flip pages when you are in a hurry, mark or make notes on the written page, or quickly slip the book inside your backpack without worrying about an expensive electronic device. Plus, you don't need wifi or data to access a book, and it never needs to be recharged.

Of course, if this isn't in your budget, you can find lots of great information online for free—you may just need to do some digging!

Consider how many regions your travel

Clothing, Footwear, and Other Personal Items

With only two suitcases and a whole semester ahead, deciding which clothes and shoes to bring overseas is a big deal.

Our suggestions:

- Choose clothing and accessories that can be mixed and matched, allowing you to create a variety of outfits while carrying a minimum number of items.
- Bring clothes that are easy to care for. In some countries, laundromats may not be as readily available. In many countries, dryers are not common and air drying is normal. Be prepared to do laundry by hand if needed. Don't bring clothes that need to be dry-cleaned or ironed.
- Some countries may be humid and clothes will take longer to dry. Clothes made with tencel, microfiber, jersey knit, microfleece, microsuede, or other modern fabrics are great for traveling because they are light and easy to care for. Denim jeans and cotton sweatshirts are comparatively heavy and bulky, dry slowly, and do not wick sweat away from your body.
- Pack dark-colored pants or bottoms so dirt won't show easily. Going black is always a good idea.
- You DO NOT have to pack whole term's worth of clothes. Pack about two week's worth and do laundry. Chances are you will also go shopping for new clothes while you are there.
- Pack items you can dress up or down. You'll find in many countries students may dress a bit nicer for class, and certainly for going out at night. While you may not need super formal wear, having some items that could be worn for a formal class presentation or nice dinner is always a good idea.
- Consider packing clothes in space or compression bags to reduce the bulk. Fleece pullovers and winter coats can

take up a lot of space. Note however that compression will only reduce volume, not the mass.

- If you are going to a cold place, the key to staying warm is to layer your clothing. Rather than packing bulky or heavy items, take a few lighter items that can be worn together.
- If you plan to do some vacation travel while overseas, especially staying in hostels, consider investing in a quick-dry travel towel. They are super-absorbent, very lightweight, and, as advertised, dry quickly. In a pinch, they can also be used as a beach towel, cushion for your head against a bus window, and more!
- Leave expensive and dearly loved items at home. Don't take the heirloom jewelry or items that have great sentimental value. Leave them at home so you will be sure they will not be lost or stolen. In fact, you shouldn't pack anything you can't afford to lose.
- In all likelihood, anything you might need can be found at your destination, so you don't have to pack absolutely everything! Some items (like bed linens, towels, and toiletries) are best purchased overseas!
- If you can't do without your regular hair products or make-up bag, pare down your grooming routine to the basics. The last thing you need is a ton of cosmetics and grooming products weighing you down as you board planes, trains, and buses.
- **Invest in good footwear.** It is important to buy high quality shoes that are going to last you a while so you don't get stuck paying double for a new pair in another country. Shoes may be the cheapest thing you can buy in the US.
- Bring only broken-in, comfortable shoes! You will do a lot of walking on campus, within your host city, and while traveling. Aching, blistered feet are a nightmare while abroad! Pack band aids and blister

relief just in case.

- Consider the climate and your priorities, both for clothes and shoes. Nothing is worse than filling up half your bag with bulky items you don't end up using, but that worn-in comfortable pair of hiking boots may be worth the space if you plan on lots of hiking.
- Place your shoes in plastic shopping bags so that when they are packed with clothes, dirt from the soles don't touch your clean clothes. When packing, place your shoes at the bottom and fill in any gaps using socks and underwear.
- Create an immediate positive first impression by offering your overseas academic advisor, host parents, exchange student coordinator, or resident director with a little souvenir from Purdue or your hometown. The present doesn't have to be extravagant: a small item such as a key-chain, T-shirt, pen, or calendar would be quite appropriate. A gift is a small token of your appreciation to the hosts for accepting you to the school or their home. It's a very gracious gesture that will establish goodwill between you and the other person. An added bonus: it will make them more likely to remember who you are!



Gear and Gadgets



Electrical systems are different around the world. In some places you need a power converter and/or plug adapter to use U.S. appliances. Even with a converter, some U.S. appliances still might not work properly.

- American appliances and gadgets run on 110 volts, while most of the world is on **220 volts**. Newer travel accessories and electronic gadgets are often “dual voltage,” which means they work on both American and world current. If you see a range of voltages printed on the item or its plug (such as “110–240”), you’re OK. If not, you will need a power converter or to purchase a version that can work overseas.
- Power converters are bulky, need to be used correctly, and may not last for a long time. We recommend opting to not get a converter and instead purchase dual-voltage devices or a local device when you get there.
- A small plug adapter allows American-style plugs (two flat prongs) to fit into other countries’ outlets. Make sure not to leave adapters behind in outlets! These are always cheaper in the U.S. so buy a few before you leave.
- Many students find that it is easiest to buy hair dryers and other appliances at the program site. If you take battery-operated gadgets, be aware that batteries are more expensive abroad!
- If you find you must take valuable items such as laptop computers, smart phones, or DSLR cameras, consider insuring them before you leave. Check with your insurance company to see how to insure it against damage or theft overseas, and check with the manufacturer for instructions about using a converter to deal with the voltage or cycle differences.
- There is no guarantee you can carry musical instruments in the cabin of the plane. If you intend to take one on your flight, be prepared to ship it in the hold. Insure it and have your name and address on the case.
- You can usually buy or rent bikes, skis, or other large items at your program site. If you insist on taking your own, be sure they are properly packed and insured for the trip. Check with your airline regarding fees and

packing restrictions.

- If you are planning to stay in hostels, you should buy or make a sleep sack. You can make one simply by sewing two flat sheets together, or you can buy one at a travel store. Hostels will sometimes charge for renting sheets and you can save by using your own. Your sleep sack will also protect you from “suspicious” sleeping surfaces.
- If you’d like to see what handy travel gadgets are out there, you can find great suggestions and information with a quick Google search. You don’t have to pay an arm and a leg for good travel gear; you can often find affordable versions at Target, TJMaxx, and many online stores!
- Packing cubes or compression sacks can be helpful for organizing your luggage or fitting more in your suitcase and can be purchased fairly inexpensively.

Camera considerations

Do consider paying more for image stabilization, or "anti-shake" technology. Many new cameras now feature image stabilization (look for the letters "IS" or "AS" in the name) that compensate for shaky hands or long lenses. You'll pay a bit more for the feature, but it's worth it for travelers who are frequently shooting in low-light conditions, like a cathedral or museum interior.

Do choose a camera that accepts a common battery format or don't forget to pack the charger. If your camera has a special battery, you may want to pack an extra in case something happens to it and you cannot find a replacement abroad (or it is much more expensive).

Do make sure you have an adapter so you can plug it in to charge. You just need a plug adapter, not a voltage converter. You can buy these pretty much anywhere electronics are sold. Make sure you get one that works for the country you are going to, or you can buy a set of adapters that will work in multiple countries.

Don't skimp when it comes to buying extra memory cards. The price of memory cards has gone down considerably in recent years, so buy more than you think you'll need. If you run out, you'll stop shooting or be forced to erase other pictures. So don't run out!

Don't get the biggest unless you really need it. Size, weight, and bulk are serious issues when buying a camera. If you're someone who hates hauling a load through airports and in and out of hotels, don't get a big camera. There is a lot to be said for the less-is-more theory. Remember that you'll probably want to take your camera out to dinner sometimes, and you'll be carrying it with you on those day-long field trips, so don't buy what you don't feel good about carrying.

Sticking to your cell phone as a camera? Pay attention to how much storage space you have for photos and consider paying a bit extra for more cloud storage just in case—you don't want to get a storage full message. Oftentimes, this is as little as \$0.99 a month.

Packing List

This list is designed to be a general guide and is not intended for a particular country. As such, the list would be altered depending on your destination, time of year, amount of money you will have, and the length of time you will be away.

BEFORE YOU GO:

- Passport
- Visa
- Appts. with Dr/DDS
- Insurance information
- Credit Cards with PINs
- Currency of host country (to tide you over for a day or two)
- U.S. cash (dollar bills come in handy)
- Plane tickets
- Health Documentation
- Extra ID
- International Student ID card (ISIC)
- Course materials and books
- Emergency information
- Ensure self-recovery is set up for Purdue accounts

ELECTRONICS:

- Laptop or tablet
- Kindle or E-book reader (if wanted)
- Mobile phone that will work
- Camera and accessories
- Adaptors
- Chargers and USB connectors

IMPORTANT BASICS:

- Luggage
- Travel pack or Daypack
- Belt bag, money belt or neck pouch
- Sewing kit

- Good padlock/keys
- Luggage Tags
- Toiletries and cosmetics
- Pens, pads, notebooks
- English-Host Country Dictionary
- Watch
- Pictures from home
- Small gifts for host family and new friends
- Diary or journal
- Travel Guides

PAPERWORK:

- Name, email, phone number of your advisor
- Your program handbook and other materials
- Travel documents
- Important documents (prescriptions, medical information, insurance card and policy statement, acceptance letter)

HEALTH CARE NEEDS:

- Prescription medication/Contraceptives
- First Aid Kit with band aids
- Moleskin (for blisters)
- Antiseptic cream
- Sunscreen
- Tweezers and a small pair of scissors (pack in checked luggage)
- Painkillers and decongestants
- Antacid
- Diarrhea Medicine
- Bug Spray
- Malaria Pills (where needed)
- Other OTC medication you take
- Spare set of glasses or contact lenses

CLOTHING:

- Minimum care clothes
- Layerable clothes for weather changes
- Waterproof jacket
- Comfortable shoes
- Flip-flops for communal showers
- Socks
- Hat or visor
- Gloves/scarf
- Pants
- Tops
- Swimsuit
- Underwear
- At least one nice outfit (for social or cultural events)

MISCELLANEOUS:

- Duct tape (wrap around a pen)
- Towel & washcloth (for travel)
- Leisure reading in English
- Umbrella
- Sunglasses
- Plastic zip-lock bags (various sizes)
- Small pocketknife (pack in checked luggage)
- Maps
- A sack, garbage bag or pillowcase for dirty clothes
- Lots of patience, a good attitude, and a sense of humor

Information at your Fingertips

Gather all of the information and documents you might need while you are overseas. When possible, also leave a copy at home for your family and friends.

- Contact information for:
 - You (street address and cell phone number)
 - On-site resident director
 - Home office of program provider or host university study abroad office
 - U.S. State Department Office of Overseas Citizen Services
 - Citizen assistance section of the U.S. embassy or consulate nearest your student's program site
- Insurance policy number and how to submit claims (Purdue insurance or insurance from the program provider)
- Emergency and communication plan
- Your U.S. bank account, and credit card numbers and contact info in case of loss
- Your passport number
- Duplicate lost passport kit (in case your passport is lost or stolen) containing:
 - two passport photos
 - Official copy of your birth certificate
- Copy of your passport information and visa pages
- Program calendar
- Name of local physician—if you require medical supervision while overseas
- Personal Emergency Action Plan—plan what you will do in case of an emergency!

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

Planning your Departure: The Strategy

- _____ Research travel information and determine travel documents you need.
- _____ Compare airfares and make airline reservations.
- _____ **PURCHASE ROUND-TRIP AIRFARE!** You may not be allowed to board a plane, or worse, may be denied entry at your destination if you only have a one-way ticket!
- _____ Purchase an International Student ID card if desired or required.
- _____ Attend to all registration, financial aid, and academic matters at Purdue.
- _____ Determine how you will handle your finances and make arrangements accordingly.
- _____ Attend to healthcare issues (take prescriptions with you, get dental and eye exams, and others).
- _____ Know some basic arrival information (useful phrases, airport transportation, etc).
- _____ Use various resources to get as much information as you can about your host country.
- _____ Purchase a good travel guide.
- _____ Plan what items you will pack.
- _____ Do a “dress rehearsal” with your bags. Carry them around the block like you would in an airport or train station. Unload items you can do without and repack.
- _____ Repeat above as often as necessary. Remember – you must remain mobile!
- _____ Know what to expect the first three days of orientation at your overseas site.
- _____ Begin the mental shift, for you won't be in Indiana (or Kansas, or Illinois ...) anymore!

Travel Tips

What this section is about:

Planning your study abroad travels — flying to your host city, various weekend jaunts, in-semester vacation travel, and perhaps even a more extensive backpacking trip at the end of the semester — will be a significant part of your study abroad experience. It is important therefore to have the resources to plan sensibly, get more bang for your buck, stay healthy and safe, and have a fabulous time!

Planning Your Itinerary

Planning your itinerary to your host city is an important first step on your journey. While some programs offer a group flight, most students are responsible for purchasing their own airfare.

If this is the case for you, then it makes sense to comparison shop as fares can vary from one airline to another. You may be entitled to a discounted student fare, if available. In any case, be sure to look for an option to select you are a student when booking online; sometimes lower student fares are available, but not always. To compare prices, check out various internet travel sites such as Orbitz, Travelocity, Expedia, or student travel sites like Student Universe <http://www.studentuniverse.com> and ScholarTrip <https://scholartrip.com>. There are also websites like www.kayak.com, flights.google.com, or www.momondo.com that allow you to compare fares as well.

Be aware that when purchasing through discount sites, customer service may not be all that great. Pay attention to if your ticket is refundable, what the charges are if you need to change it, and if baggage fees are included. Discount sites are often not very helpful if something goes wrong or you need to make changes. **If possible, book directly with the airline for better customer service.**

When arranging your flight, it'll be cheaper and safer to **PURCHASE ROUND-TRIP AIRFARE** even if you are not sure when you want to return to the U.S. You may not be allowed to board your plane or could be denied entry into your host country if you are holding a one-way ticket. Some airlines may also have open returns or changeable tickets that allow you to change the return date for no extra fee.

Don't focus solely on the cheapest airfare. Pay

attention to layover time between connecting flights, how many connections, and your arrival time at your final destination. Choose flights with reasonable layover times to avoid missing connecting flights if there is a delay. A good rule of thumb is to avoid layovers of less than two hours. Traveling overseas can be exhausting and bewildering, so the fewer connections you have to make, the better off you are. If a nonstop flight costs just a little bit more than another that has several connections, opt for the former. The additional price will be worth it.

When purchasing your tickets, make sure the ticket is under the exact name that appears on your passport. You may prefer to go by your middle name or a nickname and have used this on many documents all your life, but you will be denied boarding if there is a discrepancy between the name on your passport and the name on the ticket.

Unless directed otherwise, it is better to arrive at your destination on a weekday and during work hours. In an emergency, you can call the onsite program or study abroad office at your host institution and are likely to reach someone who is in a position to help you.

If traveling on your own, you are expected to be at your program site before the program begins or in time to participate in an orientation. If you are arriving before the recommended arrival date, note your program accommodations may not be available yet and you may need to book accommodations for extra days.

Finally, inform the Study Abroad Office of your travel plans by completing the Travel Itinerary form on your My Study Abroad page.



There's more to travel planning than finding the cheapest airfare. Pay attention to layover time between flights, the number of connections you have to make, and your arrival time.

Before Your Overseas Flight

If you have not flown in the past year or so, you may not remember some of the basic things that you need to do. You may also be unfamiliar with new protocols or security changes.

Identification. When you check-in, you will be asked by the counter and gate agents to present your passport and your ticket or boarding pass. Do not forget your passport – you cannot leave the United States without it.

Airport Code. Know the 3-letter airport code for your destination and make sure your bags are tagged properly. This will help ensure your bags are going on the same flight as you!

Security checkpoints. Depending on the security procedure in place, the security agents at the checkpoints near the gates may insist on searching every carry-on luggage or bags you bring on

board. Many airports even insist that all passengers remove their shoes. In Amsterdam, every passenger gets a personal interview from a security officer. Just relax, answer truthfully, and you'll soon be on your way.

Know the 3-1-1 rule for carry-on liquids (including creams and pastes) and pack your bag accordingly. These security precautions can take time, so be sure you arrive at the airport at least two hours before your scheduled departure.

Baggage. These days, passengers are asked not to lock their bags in case they are randomly or deliberately chosen for inspection by TSA agents. Use a twist-tie or a sturdy piece of electrical wire to “lock” your checked luggage zippers. Do not leave your baggage unattended on the curb or in the terminal because it may be considered a suspicious package and confiscated

by airport security. Also, if you are taking presents to friends or your host family, leave the gifts unwrapped so that security personnel can inspect the contents.

Also keep in mind that you are limited in the amount of carry-on and checked baggage you are allowed. Paying for oversized or overweight baggage can be expensive. The amount can be up to \$100 per pound over the maximum allowed weight. Travel light. Do not stuff your carry-on bag to the point you cannot lift it. Also, a very heavy carry-on bag may fall out of the overhead bin and cause severe injuries to you or another passenger. Find out what the limits are for carry-on and checked baggage for your airline and plan accordingly.

Arrive Early. Check-in and security lines can be LONG. Arrive around 3 hours early to make sure you get through in plenty of time.



If possible, make travel plans with the other students who are on your program! A long flight is more fun with a travel buddy. Plus, navigating customs, airport security, and public transportation at your destination is less daunting if there are at least two of you. Two, or three, heads are better than one!

During the Flight

No one enjoys long flights, but there are a few things you can do to make yourself more comfortable. If you plan ahead, you won't have to spend a whole day recovering from jet lag.

Clothes. Make sure you dress appropriately. Being uncomfortable can make a long trip seem even longer. Wear stylish but non-binding clothing as you may experience some swelling during the flight. Wear layers so you can remain comfortable even if the temperature varies during the flight. Comfortable shoes are

a must for navigating airports. Bring along a heavy pair of socks or slipper socks so you can take off your shoes during the flight and still be able to keep your feet warm and clean.

Diet Eat a light meal on the day of your flight and bring snacks. Fruit and granola bars are great options. Flying causes dehydration so make sure you drink plenty of fluids but avoid alcohol or coffee if possible. Bottled water is the best choice. Consume around 8 ounces for each hour of flight time. Adequate water consumption also helps reduce jet lag.

Medication If you have a tendency toward motion sickness, Dramamine could help this condition. Sinus medication may also be needed as the air pressure can be difficult to adjust to when going from lower to higher altitudes and vice versa. Relieve any pressure in your ears by simulating a yawn or chewing gum. You may also want to have good moisturizer and eye drops. Try not to wear your contact lenses for the flight. Use moisturizer liberally every few hours to prevent dry skin.

Passing the time. Exercise throughout the flight to prevent



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the condition known as deep vein thrombosis (DVT) caused by prolonged immobility that could occur during long journeys by air. When someone is sitting down for a long time their blood tends to pool in their lower leg veins causing swelling and increasing the chance that the blood will clot. While the condition is rare and risk to you is small, do some basic stretches in your seat and walk the length of the plane when possible. The longer the flight, the more you should make an effort to move about.

Entertain yourself with games, or movies on your phone, tablet or computer. Get a few new books for your Kindle. Read literature about your host country or browse your guidebook. Another distraction is the onboard entertainment. Even if it isn't a great cinematic gem, it will pass two hours or more in no time. Bring back-up entertainment in case your seat back entertainment system does not work.

If at all possible, try to nap for a couple of hours. You will feel more refreshed on arrival if you can sleep. You may want to buy a travel pillow, but give it a test run to make sure it's comfortable before you lug it around. An eye mask will also help block out the sun or cabin lights. Do not bring a cumbersome pillow from home!

Arrival Strategies: How to hit your stride A.S.A.P.

The Host University or program organizer should have provided arrival information in the acceptance materials sent to you. Know what you need to do so you can swing into action after passing Customs and Immigration at your terminal destination.

Yes, you have come a long way, but resist the urge to spend the rest of the day napping. Instead, try to get into the swing of things immediately! Get out and get as

much sun exposure as you can. Exposure to sunlight helps your body adjust to the new time zone in your host country. Take a walk. Investigate your new surroundings and discover where some crucial places are. Introduce yourself to other students. Go to bed at the normal time, or try to stay up until at least 8:00 p.m. You will wake up the next day feeling refreshed and ready to go!



How not to pack! This luggage may be on a cart now-but what happens after you exits the airport and have to take a train to your housing?

Arrival Scenarios: Have Plans B...C...D...

The first day at the host country is very important and we would like you to get off to a good start. Thus, make sure you know the following:

- What to expect at the airport (layout, immigration and customs procedure, location of ATMs, ground transportation, etc.)
- Directions to your apartment, residence hall, program office, or the university's study abroad office
- What form of transportation to take and where to get it
- Who to contact or where to go in case of emergency
- How to say a few key expressions and questions in the host country's language

- Contingency plans in case Plan A goes awry

Have a plan in place in case your flight is delayed and you don't arrive at your destination until very late at night.

Family members and friends may ask you to call home immediately after arrival. Their concern is understandable, but please be aware that it may not be always possible to have access to a phone or computer immediately after arrival. You may need to catch an airport shuttle immediately after retrieving your luggage and going through Customs and Immigration. Other times, you may have to board a program bus, go through formalities, and into your accommodations where you may become preoccu-

pled meeting other students, or are not immediately in a position to make special arrangements to call home. Or, you may be arriving late at night or after having traveled for a day to reach your destination are too exhausted to even think about calling home. Ask your family to give you at least a day to call and to not panic if they don't hear from you immediately.

Worried about flying and everything to consider? Attend the optional Flying 101 orientation, which is also recorded if you can't attend live!

Vacation Travel During Weekends and School Holidays

Studying abroad gives you many opportunities to travel. Your program will have sufficient breaks to enable you to visit neighboring countries or travel all over your host country.

Mode of Transportation.

By train. In Europe, traveling by train is the best way to travel. Unfortunately, Americans who are accustomed to relying on cars and planes remain reluctant rail travelers, even abroad. Traveling by train is so



much fun! In most countries, trains are punctual, clean, comfortable, inexpensive, and they go nearly everywhere. Trains also travel directly between city centers and sometimes could actually be faster than going by air. Eurostar, for instance, has a high-speed Chunnel rail route which links London, Paris, and Brussels. In Spain, the AVE can travel between Madrid and Seville in two hours. To check out fares and schedules, log on to: <http://www.raileurope.com>.

A caveat Rail passes are convenient but weigh the pros and cons before investing in one. A rail pass does give you the freedom to roam as you wish without having to spend time at the ticket window. On the other hand, these passes are not cheap and you have to use them within a specific time frame. Determine the kind of traveling that you will do to determine if getting a rail pass makes sense. A rail pass only makes sense if you will be doing several long trips within a brief time window. You may find that purchasing round-trip tickets for individual trips is a better option especially if you will only travel on weekends during your time abroad. If you do purchase a rail pass, consider the policy on what will happen if it is lost or stolen.

By coach. If time is not an issue, consider taking coach (bus) trips especially if the distance between cities is not that great, or if the difference between taking

a train and taking the coach is only an hour or so. Traveling by bus is even cheaper than taking the train. In some countries, like Ireland, Spain, Australia and New Zealand, traveling by bus is the way to go as the bus system is more extensive than the train system. Remember though to compare the money you will be saving and the state you will be in when you arrive at your destination. If you arrive exhausted and have saved only a little, take the more expensive but faster route to get to your destination. A bus service used in Europe is [Flixbus](#), which has cheap fares and extensive routes.

By air. As enjoyable as it is to travel by train or bus, it does take time. If you are traveling between countries or between distant cities, consider air travel. Flying saves time for longer distances, especially if you only have a long weekend to complete your trip. There may be low-cost airlines like EasyJet, Ryanair, Tiger, and AirAsia offering reasonable flights. In Europe, check out fares offered by Ryanair (www.ryanair.com) and easyJet (www.easyjet.com). You can also book internal flights in Europe at www.openjet.com, or www.vueling.com/. Ask locals for the best options!

Many websites sort through fares on many major low-cost carriers but some may not appear on these searches. There are also student charters to numerous destinations (especially at break times) at bargain prices. Visit travel agencies at your host city to learn about available student deals. You can also sign up to be on the mailing list of airlines so you can get announcements for special deals. Deals sometimes pop up only for an hour - if you find tickets for 5 euro they won't be there for very long!

By (rental) car. Renting a car is often one of the worst options. Many programs prohibit students from renting cars during your program and you could be violating the student code of conduct if you do so. If

your program allows it, keep in mind that unless several of you are sharing the car, renting can be expensive and gasoline in many countries costs more than in the U.S. Parking is often a nightmare and expensive, too. Extra fees often add up to a much higher bill than you originally anticipated.

Warning if you are thinking of renting a car: If you think you may do some driving while abroad, look into age and insurance requirements and the appropriate documents you need to be permitted to drive. Your U.S. license will not be valid in all places. Also acquaint yourself with that country's traffic rules and regulations. Unlike in the United States where driving is deemed a right, driving is considered a privilege in many countries abroad so the minimum skill level that drivers must possess is much higher than the level expected of a US driver, and many cars may be manual transmission. Driving violations are also punished more severely in many countries than here. **Before you drive, make sure you can meet that country's expectations of what it takes to get behind the wheel of a vehicle. Students can and have been involved in tragic accidents while abroad because they did not fully understand the rules of the road where they were.**

Accommodations. OK, so you can get from Point A to B. Where will you stay? Students usually consider cost first so staying at a youth hostel is a way to be frugal. Hostels provide clean, inexpensive, albeit spartan accommodations in many places around the world. A good resource to utilize is www.hostelworld.com. Always check reviews and location before staying at a hostel—not all are created equal.

The travel guide [Let's Go](#), written by students for students lists inexpensive but well-run establishments in its accommodations section. You can also try living with locals who open their home to travelers on such websites like [Airbnb](#) or [Couch Surfing](#). In many cases, you will stay in an extra room in the house apartment. Sometimes, all you will have is a couch or mattress. Use your judgment when it comes to accommodations. If you value privacy and it will only take a few dollars more

... continued School Vacation and Weekend Travel

to book a room in a budget hotel, then don't even bother with youth hostels. On the other hand, if you want to meet other young travelers and backpackers, don't mind staying in dorm-type accommodations, and really want to save money, then youth hostels are a very good option. If you want to meet friendly locals who are often willing to introduce you to the local culture, the home sharing option might be ideal for you. Be sure to check website reviews however especially if you are traveling by yourself.

Destinations. Sure, see the great sights — but try to be more adventurous and travel to up-and-coming destinations as well! These places are cheaper, less crowded, friendlier, and you'll be able to brag about being there before the place becomes overrun with tourists in a few years. These places also have authentic souvenirs for much lower prices than the ones you can buy at major cities.

Language Barrier. You will most likely travel to other countries where English is not spoken by many people. And so what? There's much you can do with simple words, gestures and even photos. Make it a point to speak slowly, clearly and with carefully chosen words. Avoid slang terms and idiomatic expressions which can be baffling even to some people from your home country. Keep your messages grunt-simple. For instance, rather than asking if someone could please take your photo, just hold up your camera and ask "photo?" See if the locals are more familiar with a certain English word over another. For example, saying you're on "vacation" will baffle many Europeans. The term they are familiar with is "holiday" because this is what British tourists say. Be creative and dramatic to the point of being goofy. Need an airmail stamp? Mime a flying plane. Need a room? Do the sleeping gesture. If Get a translation app or show pictures of what you want. Have written directions or have someone write translations of common statements.

Foreign Travel Etiquette. Read up on your destination and know the host country's customs, especially on how to be a polite visitor. Be aware of nonverbal communication and gestures that might be considered rude in the local culture. When traveling in countries where English is not the first language, learn how to say five expressions in the local tongue: hello, goodbye, thank you, please, and excuse me. It's amazing how far these words will get you when spoken in a person's language, even if he or she knows the English equivalent. Before you leave, do an online search for travel etiquette to your country of destination.

Asking for Directions. Ask more than one person for directions. In certain cultures, particularly Asia, it is impolite for



locals to say "I don't know." It can be a cause of embarrassment to a local if he or she can't give you an answer. So the end result is this person saying something, anything, even if it isn't correct. All cities and even the smallest of towns, particularly in Europe have a **Visitor Information Center**. See if where you are has one and make this your first stop for maps, information about the city and recommendations for places to see, eat, or stay. You can also ask the front desk staff of a hotel, or see if your Airbnb host has left recommendations for you.

Shopping Savvy. Buy items that the area or city is noted for. In Oaxaca, Mexico, purchase handmade pottery; in Hong Kong, buy custom-tailored clothing; in Florence, bargain for leather goods. Compare prices in several locations and avoid shops near train stations and heavy tourist areas.

Waterborne bugs on tap. There's no end to the trouble that a little dirty water can cause you. You don't always have to buy water bottled, but be cautious. Check the bottle cap to see that it hasn't been opened at all. And reconsider that request for ice — ice from bad water can carry bacteria too. Steamed vegetables are safer than raw veggies and salads. When in doubt, go for bottled until you can confirm tap water is safe. Even if safe, it may take your body time to adjust to differences in water and food overseas. Give yourself some time to adjust and take it slow!

Attend to your health needs. If you plan to do much traveling and you have a chronic condition, make sure you bring your medication and other necessary accoutrements. You do not want to have an emergency in a strange place. Be mindful also of the environment of where you are going. For example, American students with allergies or asthma sometimes find that even if they are able to easily control their condition with medication in the U.S., they are not always able to do so in Asian cities like Beijing (severe pollution) or Singapore and Hong Kong (high humidity).

That said, even if you don't have a chronic condition there are many ways you can go wrong with your health while traveling on the weekends. Stay hydrated, especially in hot weather, or you may find all you remember from Rome is that it was really hot and miserable the whole time. Even not in hot weather, staying properly hydrated can ward off headaches and a host of other inconveniences. Get some sleep, you can't make sound travel decisions if you are exhausted. If you're going to drink, do so sparingly.

Be reachable. Have a working cell phone and tell someone where you are going. Many programs may ask for you to fill out a travel form so they know where you are and when you'll be back. Rather than trying to track you, they want to be in the best position to help you if something goes wrong. If they don't know where you are—that's a lot harder for them to do!

Ten Tips of Travel

- Don't expect to find things that you can find at home, since you've left home to find different things.
- Enter into your study abroad with a carefree mind– don't take anything too seriously, to start the trip off on a good note.
- Don't let other travellers get on your nerves– you've put time, effort, and money into this experience, so enjoy yourself.
- Take half as many clothes as you think you'll need and twice the money you think you'll need.
- Know where your passport is at all times.
- Remember that if we had been expected to stay in one place we would have been created with roots.
- Try not to worry– you'll find greater joy when you're taking things one step at a time.
- When in Rome be prepared to do somewhat as the Romans do.
- Don't judge the people or the country by a specific person who's given you trouble.
- Remember you are a guest in these other countries, and you should to treat these new cultures with respect.



Your Safety is our Concern

When Chinese speakers use the expression “May you live in interesting times,” they mean it as a curse. As evident from current events, we are indeed living in interesting times. While the Study Abroad Office believes that students are in no more danger by studying abroad than by staying in the United States, we take safety concerns seriously.

You can be assured that the social and political climate in the area in which you will be traveling is conducive to studying. Our approach to safety includes careful monitoring of U.S. Department of State travel alerts and advisories, regular consultations with colleagues around the country who are involved in the administration of study abroad programs, with onsite resident program directors, with responsible officials of foreign host universities, with contacts in the U.S. Department of State and other agencies, and with other experts who are well informed on international issues and events. We have also implemented an emergency preparedness and crisis response plan for our overseas programs by providing key individuals (on-site faculty and host institution administrators) with guidelines to follow under a variety of circumstances. The response plan calls for working with overseas contacts as well as Programs for Study Abroad, the Dean of International Programs, the Dean of Students' Office, and ultimately the Provost and President of Purdue University.

We cannot, however, guarantee the absolute safety of each study abroad participant or ensure that risk will not at times be greater than at home. Similarly, we also cannot monitor the daily personal decisions, choices, and activities of individual participants any more than is the case on the home campus. We can only hope that you will use common sense when going about your daily life abroad.

To offset safety concerns, we encourage you to go through the safety tips listed in this study abroad handbook and discuss them with your family, study abroad advisor, and program leader on arrival at your overseas site.

In this section:

Attending to one's safety, health, and well-being will ensure that illness or mishaps will not negatively impact one's enjoyment of the study abroad experience.

This section offers suggestions for how you can stay healthy and safe while overseas, and what to keep an eye out for when you're out and about to stay out of harm's way.

Insurance Coverage

Per Purdue University policy, all study abroad participants will have insurance coverage. **Your exact plan depends on your program type. The FAQ below applies to the Purdue insurance coverage and information may be different if your program has different insurance coverage.** The medical insurance that covers your family is not always valid outside the United States. U.S. Medicare and Medicaid programs also do not cover medical services outside the country.

What is the Purdue Study Abroad Insurance? The Purdue insurance is provided by Gallagher Insurance and underwritten by ACE American Insurance Company. The coverage is designed for Purdue University study abroad participants and provides a comprehensive package of medical benefits and emergency services specifically addressing the risks associated with study abroad. The coverage is primary.

How do students get the insurance? Students on exchange, Purdue-administered, some co-sponsored, departmental, and direct enroll programs will be included in the Gallagher group policy coverage for Purdue University. Students do not need to file an application or complete an enrollment form, the Study Abroad Office will do all the necessary paperwork. If getting insurance coverage through a co-sponsored program, the co-sponsor will give instructions.

When does my coverage start and end? Coverage duration varies by program location and term, but will generally start a day or two before the official program orientation or arrival date and terminate within a week of the program's conclusion.

How much does it cost? The 35-day premium rate is approximately \$32 and the fee for a semester or summer's worth of premiums will be included in the Purdue Bursar invoice.

How does the Purdue insurance work? Study Abroad students who are under its blanket coverage file claims directly with the insurance claims administrator. For routine medical services while overseas, students are expected to **pay the physician, clinic, or hospital directly and then file a claim** within 30 days of treatment. Doctors and hospitals overseas often expect immediate cash payments for medical services. Fortunately, health services in many parts of the world are not as exorbitant as they are in the United States, so paying for services directly should not present undue hardship. Be sure to save the physician or clinic invoice for filing an itemized claim at a later date. If you will require more serious or extensive medical services, please contact Gallagher's Travel Assistance Program provider at the number found at the link below. The company will work with your family and the overseas medical facility on your behalf.

We are aware that some countries require the student to buy into the country's national health plan. In this case, you will still need the Purdue insurance, even if you have already purchased the host country's insurance. Coverage for travel outside the host country or benefits for medical evacuation or repatriation are not provided by country insurance.

Purdue's insurance only covers health and medical matters. Coverage will not cover theft or loss of valuables. We ask

students not to bring valuable items overseas, but if you do, it's up to you to purchase insurance for your computer and other expensive gadgets. You might also want to check if your family's homeowners insurance extends to loss of property while overseas.

Personal liability insurance is coverage to protect yourself against claims alleging your negligence or inappropriate action resulted in bodily injury or property damage to another person.

Your home family insurance most likely has a personal liability clause. Typically, umbrella liability coverage extends to a policyholder's spouse, children and any relatives living in the household, under the policyholder's care or under the care of a relative living with the policyholder. BUT – make sure to ask your insurance company if you will be covered as a study abroad student.

If your home insurance's umbrella coverage includes you while studying abroad, bring a statement from your family insurance that you **are** covered by a liability insurance. If not, then ask if you can get special coverage while you are overseas.

Is this insurance ever waived? No, unless you are participating in a co-sponsored program like IES, CAPA, CIEE, UMN or other programs in which the program fee includes insurance that meets or exceeds Purdue's requirements.

Can I get additional coverage? If you have plans to stay overseas past your program dates or you would like to insure an expensive equipment, you can contact [Gallagher](#) about special student insurance coverage.

International Health Insurance Program

Full program information, including contact information and instructions for filing a claim:
<https://www.gallagherstudent.com/students/view-brochure.php?idField=1103>

Emergencies Abroad

In an emergency, always contact the authorities and study abroad staff at your overseas site first! Do not call your family or the Study Abroad Office and expect us to come to your aid. We are thousands of miles away – we cannot do anything to recover your stolen money, bring you to the hospital, or contact the local authorities.

Instead, be prepared for emergencies and plan ahead on how you will handle them. Have your local emergency contact information handy at all times, especially the country's emergency number (the equivalent of our 911). The local police and overseas staff will be in a much better position to come to your assistance.

Once the furor has died down and the matter has been attended to, then contact your family and if necessary, Purdue University. You can contact the Study Abroad Office. Non-emergency calls may be made to the Study Abroad Office at **+1 765-494-2383** during normal working hours, 8am – 5pm Eastern Standard Time.

If the emergency occurs during off-hours and you need to reach the Study Abroad staff, please contact the Purdue University Police

Department at **+ 1 765-494-8221**. This number is active seven days a week, 24 hours a day. If the police department determines that the call requires the attention of Purdue personnel, the appropriate Study Abroad staff will be contacted. This number should be used for emergencies only, such as serious accidents or illnesses.

Special Contingency Planning. We strongly recommend doing some contingency planning before you leave your home. Should a family emergency occur, decide now what steps should be taken. If you have to return home, who do you need to notify on-site? If the matter does not require your immediate departure, consider ways to lend emotional support while you remain overseas. Who will relay information about the emergency to the extended family? Your parents might also consider getting a passport in case they have to attend to you in an emergency.

Know Local Emergency Numbers.

While 911 works in the US, the local emergency number might be different. For example, the telephone number **112 is the international emergency telephone number for**

GSM mobile phone networks. In all European Union countries it is also the emergency telephone number for both mobile and fixed-line telephones. GSM telephone users who make calls to 112 generally have their calls redirected to the local emergency telephone number, if it exists. This is valuable for foreign travelers, who may not know the local emergency number. Similar to 911 in the US, most phones can still call the emergency number even if the screen is locked or the phone is out of minutes.

Make sure to look up and put local emergency numbers in your cell phone so you will have quick and easy access to them.

In addition to the main emergency number, it is also good to know a non-emergency police number and the contact information for your local program staff or representative who you should call in an emergency.

Students With Special Needs

An effort will be made by the Study Abroad Office and the Office of Disability Resource Services to reasonably accommodate students with special needs while abroad.

Before going abroad, students who require accommodations (wheelchair access, extra test time, assistive listening devices, note-taker, and more) should contact their Study Abroad advisor or a Program Specialist in the Disability Resource Center to discuss what accommodations may be needed while abroad.

<http://www.purdue.edu/odos/drc/>

Special needs may include disabilities (physical or learning), significant medical conditions, temporary disabilities (i.e., broken arm in a cast) or other conditions that may impact an overseas experience. The accommodation may include simply bringing a helpful gadget to help the student. More frequently, the Study Abroad Office may have to coordinate efforts with the host institution.

Many institutions overseas are equipped to accommodate stu-

dents with special needs.

In cases where the host institution could not do so, the Purdue DRC is willing to step in if resources are available. Occasionally, despite our best efforts a accommodation may not be possible in a specific program and the student may have to choose a program that can accommodate them.

The study abroad office will make every effort to find a suitable location that can offer appropriate accommodations.

NOTE: If you have special needs, let the Study Abroad Office know as early as possible so that we will have time to work out matters with the overseas partner. We may have to come up with a contingency if the host institution will not have the means to assist you.



Staying Healthy: Taking Care of Yourself!

We are sure you want to remain healthy while overseas. To get sick in another country where you don't know very many people and Mom's chicken soup won't come to the rescue, is not going to be fun.

Of more importance, if you are in good health, you can maintain a sunny disposition and are able to regard your overseas experience in a positive light. You are likely to be energetic, optimistic, and happy, rarely troubled by fatigue, stress, or apprehension.

Taking care of yourself starts by eating right, exercising, getting plenty of rest, staying hydrated, and keeping drug and alcohol use to a minimum – regardless of the host country's laws. So plan to live a healthy lifestyle while you are abroad. Eat nutritious food while abroad to keep up your energy and help boost your immune system.

Sleep is also important—many students get colds simply because they are wearing themselves out.

Studying abroad will drastically change your daily routine. As a result, your physical or mental health can be

affected. You may experience jet lag, culture shock, emotional reactions to changes in diet or lack of exercise, anxiety, homesickness or loneliness. Prepare yourself for the potential of these emotions and determine how best to handle them if they do arise. See also the information on Culture Shock in the "A Successful Study Abroad Experience" section of this handbook.

The next few pages will detail common ailments and more specific information about food restrictions, allergies, chronic medical conditions and mental health abroad.

An apple a day keeps the doctor away! In the excitement of trying new things and seeing new places, you might neglect the healthy lifestyle you practiced at home.

Try not to tax yourself too much, take the time to stop and smell the roses, and to leave time for quiet reflection. A balanced diet and adequate sleep can help you stay healthy.

To fully appreciate the study abroad experience, you need time to absorb and ponder on your new experiences.

Common Causes of Ailments

The most common health problems for newcomers abroad are related to the different bacteria found in food and drinking water, often leading to short-term digestive problems. Infections from insect bites, small cuts, and wounds are also quite common. It is best to treat such small injuries with much more care than you would at home.

Another health risk for newcomers comes from insect-borne diseases which may be prevalent in your new environment. Your best tool of prevention is information. Learn about how to avoid exposing yourself to insects. You will find the locals to be highly informed about insect-borne

diseases. Their advice will be extremely valuable, be sure to follow it.

When abroad, consider food safe to eat if it is served steaming hot and is thoroughly cooked (not cooked, cooled, and moderately reheated). Other things considered safe include that which you can peel (oranges, avocados, etc.); processed beverages which you pop open (bottled water, carbonated soda, beer, etc.); piping hot coffee and tea. Exercise your judgment on other foods: those sitting at room temperature, and/or uncovered foods requiring refrigeration, or foods sitting out in the open sun (such as items in an open air market). Food poisoning can happen anywhere, so when

in doubt opt for something else.

Another common cause of ailments is exhaustion—students who stay up late every night and spend each weekend on whirlwind adventures will find themselves more susceptible to the common cold or flu-like symptoms. Adequate rest and good hydration can help avoid this.

Open air food stalls in many countries are very popular with locals and tourists alike. Yes, the food will look delectable (if not strange at times). Fortunately, they should be safe to eat if you follow simple guidelines. Eat only food that appear to have been thoroughly cooked in an open flame. Go to the stalls where there is a line; there is high turnover and food does not sit out too long. Choose food you can eat on a stick—avoid silverware and plates. Drink bottled water, no matter how refreshing the juices might look. Avoid ice in your drinks. Barbecued scorpions and chicken feet, anyone?



Physical Exams and Immunizations

We recommend you have a dental, eye, and physical checkup before going abroad, particularly if you will be studying for a semester or an academic year. The first few weeks overseas are stressful enough without you having to deal with an ailment or illness. So make sure you are in tip-top shape. Ask your physician for recommendations to pack in your emergency medical kit and if he or she may be inclined to pack you off with emergency antibiotics like Cipro or a Z-pack before you go, particularly if your destination is a developing country.

If a physical and X-ray exams are required for your visa, this may be done by your healthcare provider or at PUSH for a fee.

The [Centers for Disease Control and Prevention](#) (CDC) advises travelers of any required or recommended immunizations for the countries they will visit., we recommend each student check out their website for country-specific information to be aware of.

If you wear glasses or contact lenses, take the lens prescription with you as well as an extra pair of glasses and enough contacts to last for your program duration. The same contact lens solution you use is probably going to be available overseas so you do not need to bring a large supply with you. However, you have to be prepared for the possibility that the cost may be quite prohibitive or the brand you prefer is not available in the country where you are studying, so you should take a good supply with you until you know the situation.

Immunizations are available at PUSH or your local health clinic for a fee., if needed. Appointments should be made at least two months before departure.

Prescription and OTC Medications

If you take prescription medication, it is a good idea to meet with your doctor before leaving to determine if you can get a full supply of your medication to take with you. For most medications, it is possible to get enough to have for the entire program, but it may require what is called a "vacation override" for insurance to pay for it, so you'll want to ask soon to allow enough time for everything to be sorted out. You may also be able to adjust the timing of your refill to be sure you refill it just before leaving.

In some cases, medications you take may not be commonly prescribed abroad, may be subject to strict regulations, or could potentially be illegal. Your doctor can help you determine if this would apply to your medications. This is particularly relevant if you are taking medications for ADHD/ADD. If this applies to you, you may also find [this information](#) useful.

In addition, we recommend students also speak with their physician to discuss plans and strategies for what to do if they feel their medication is becoming less effective while overseas, if you notice side effects, or if you are having other issues related to it or to the condition it is treating during your time abroad. Discussing strategies you can use while abroad is always a good idea, as change in routine and location may affect your normal self-care routine.

In addition, there are a few other tips we have for students who will be taking prescription medication abroad:

- Speak with your prescribing physician **early**. If any issues are identified, this gives you more time to figure out a solution.
- **You should not plan to have medications mailed to you while overseas**, in many cases this is illegal and they may be confiscated by customs and never arrive.
- If a refill is necessary during the program, a visit to a local doctor to get a local version of the prescription will be required. You will not be able to take your U.S. prescription to a pharmacy and get it refilled. You'll want to schedule an appointment for soon after arrival to ensure you'll have your medication (or a suitable alternative) before you run out. Most programs have protocols in place to help students with this, and please let us know if you'd like assistance in connecting with a program staff member overseas for more assistance.
- On-site staff will be able to help you locate a doctor or find a counselor to speak with should you want to do so. It will be important that you speak up and talk to them should you find yourself in need. Please do not wait until you are in a dire situation before seeking help, it is better to seek help at the first sign of needing it.
- Make sure to keep all medications (prescription or OTC) in original bottles in your carry-on baggage when traveling
- It is advised that you carry a letter from your physician explaining your need for any prescription drugs in your possession, especially if the drugs are narcotics. It is also advisable to carry a readable (preferably typed) copy of the prescription. If possible, ask the physician to write a prescription for the generic name of the drug, not the brand name as it may be called something different abroad. Walgreens will write prescriptions in 14 different languages, if needed.
- If you have a serious ailment, consider bringing your medical record with you. This way, an overseas physician will know how to care for you in the event you become too incapacitated to talk.

Dietary Restrictions & Food Allergies

If you have significant dietary restrictions or food allergies please make sure to discuss these with your study abroad advisor before departure. Most programs are happy to accommodate dietary restrictions and food allergies, but you must be upfront about what you cannot eat. It is also important that you do some research on how your restrictions are viewed in your host country, and how you might be able to successfully navigate your restrictions in a new culture. Though dietary restrictions such as gluten intolerance and allergies are becoming more widely known around the world, in some areas you may find local knowledge can be somewhat limited. Therefore, you need to know a variety of ways to explain what you cannot eat.

Especially if you do not speak the local language well, investing in an allergy card that clearly states your allergy or restriction and the severity of it in the local language can be very helpful—you will be able to show it at a restaurant or to other food vendors to ensure they understand what you are saying. If you are planning to travel to multiple countries where you do not know the language, a set of multiple cards in different languages is essential. These are available online, sometimes for a fee, and are well worth the cost. When in doubt, you may need to opt to cook for yourself or pack your own lunch or snacks for outings. If your allergies are severe make sure to have an EpiPen and research where the nearest medical center is. Research this information even for cities you plan to visit on the weekend. Ensure those you are traveling with are aware of your allergy and give them instructions on what to do in case of a severe allergic reaction.

Vegetarians and vegans may face challenges as well, and need to also research information on how readily available vegetarian or vegan options will be or if they'll need to do a lot of their own cooking. Be wary of cultural considerations around food, for example in Spain someone may say it is vegetarian because it contains no meat, but it may have been cooked in pork fat.

Students with dietary restrictions and allergies can and have had wonderful semesters abroad, but you will need to be proactive and do your research. Study abroad advisors are happy to help you research or to answer any questions you have.

Managing Medical Conditions Abroad

If you have a medical condition, you've likely developed ways to manage and/or treat your symptoms. However, sometimes students find that when studying abroad a new environment may affect their condition differently than what they are used to. For these reasons, it is important to identify a plan to continue any current care as well as to anticipate how you will continue to manage your symptoms while abroad. Many students have successfully navigated studying abroad with a chronic medical condition, but it is important to practice self-care and to let others know when you might need help.

You will need your current physician to fill out our Physician's Report as part of your medical form, but do not simply just have them fill out the form. Have a conversation with them about accessing any medication you may need, and ask for suggestions on how to manage your condition in an unfamiliar environment. Work with your physician to get enough medication to take with you to last for your entire program, and if this is not possible, have them help you develop a plan to access it while abroad. In addition, bring a copy of your medical records with you, translated into the local language if needed. In the event you suffer a relapse or an attack, the local medical staff will know how to deal with your condition.

If you will need to see a doctor, counselor or other health-care provider in person during your time abroad, alert the study abroad office who can put you in touch with contacts abroad to help you find a suitable health care provider before you leave. That way, you can arrive knowing that you already have a care plan in place and will not have any interruption in your care. Think about all health conditions that could affect you while abroad, including seasonal allergies, recurring migraines, mental health concerns, or anything else that will have you at less than your best without medication or treatment.

If you find yourself struggling to manage any kind of medical condition, do not be afraid to seek out help. Local study abroad staff can help you find a doctor, counselor, pharmacist or other appropriate contact to get you back on your feet.

Mental Health Abroad

Attending to your mental wellness abroad is just as important as looking after your physical health. As with your physical health, you may find that the increased stress, disruption of usual self-care routines, and separation from familiar places and people make it more challenging to maintain your mental wellness while abroad. Fortunately, there are proactive steps you can take to promote your mental health during your program.

Making friends, especially with other students and your neighbors or host family, will help you develop a local support system and give you a feeling of belonging. Participate in community events when you can, and consider getting involved with a club or a team. Additionally, try identifying a few local places to visit often, like a favorite park, library, or coffee shop. This can help foster a sense of place, and you might even get to know some of the other “regulars.”

Unfortunately, with physical and mental health alike, not all problems can be avoided with a preventative approach. As mentioned in your orientations, culture stress and the adjustment process are normal and can be constructive for study abroad students. However, it is also important to recognize the difference between this productive stress and more acute or persistent problems. If this describes anything you or a friend are experiencing while abroad, don't hesitate to reach out for support.

While the types of assistance available at your study abroad site may differ from what is available at Purdue, the Study Abroad Office and our international partners will work to connect you with resources that can help. If you have any questions or concerns about mental health abroad before departing for your program, be sure to speak with your study abroad advisor or program leader.

For students who already experience anxiety, depression or any other mental health conditions, it is important to identify strategies for self-care while abroad and to seek to continue any existing therapies, medications, or strategies that work well for you. If you currently see a healthcare provider on a regular basis, make sure to set up a plan for continuing this. Sometimes, your current provider can continue to speak with you over phone or video chat, but if this is not possible the study abroad office can put you in touch with people in your host country that can help you find a local health care provider.

For some students, mental health conditions may present themselves while abroad when you did not have any reason for concern at home. If you find yourself struggling more than what you feel is normal or are concerned, please do not hesitate to reach out for help. The study abroad staff both at Purdue and at your program site can help you find resources or simply be someone to listen to you and help you determine what steps to take next.

Therapy Assistance Online (TAO)

Did you know that while abroad you still have access to many of the resources available to on-campus students? This includes access to Therapy Assistance Online. TAO offers free and confidential well-being resources and is a self-guided program informed by psychotherapy research. It may help with anxiety, depression and other concerns.

For more about TAO or to access it go to <https://www.purdue.edu/caps/resources/tao.html>

Bottom Line: Do not be afraid or ashamed to seek out help when you need it!

Alcohol

Cultures view alcohol and consuming alcohol in differing ways. Depending upon the culture in question, alcohol may be seen as a complement to a meal, a privileged drink, an element of a sacred rite, a socially-acceptable way of unwinding, or in various other ways or combinations.

The legal drinking age abroad is frequently lower than it is in the United States. Nevertheless, while the drinking age may be lower, the drinking laws more lenient (i.e., no open container laws), or the cost of alcohol cheaper, it is important to remember the risks involved. Even in countries where social drinking is the norm on a daily basis, it is never safe or acceptable to “binge” drink.

In some countries, people who become drunk are considered uncouth and are looked upon with disdain. Please do not give other American students a bad name because of your raucous behavior.

Of more importance, remember that your inhibitions and defenses are down when you

have been drinking. This could lead to you to perform some acts that would be considered absolutely mortifying had you been sober. Finally, don't forget that you are representing Purdue while you are abroad. We certainly hope that all students we send abroad will do the university proud. In all matters concerning alcohol, please keep in mind the following points:

- You do not have to drink. Period. If people compel you to do so or regard you with contempt when you don't imbibe, you are in the wrong crowd.
- It is culturally appropriate to decline the offer of an alcoholic beverage, particularly if you do so in a gracious manner. You should never feel culturally pressured to do anything that makes you feel uncomfortable.
- If you do choose to consume alcohol, please consume it responsibly and safely.

- You do not have to drink like there's no tomorrow because there will be.
- Do not drink and drive – the laws governing drunk driving in many foreign countries are far, far harsher than DUI laws in the United States.
- Use the buddy or group system—keep an eye on yourself and those you are with and have them keep an eye on you too.
- If you go out drinking, go with a group and agree to watch out for each other.
- Keep an eye on your drinks and your belongings if you choose to drink in public, crowded spaces.
- Avoid walking home alone or taking public transportation alone while intoxicated.

Sexual Harassment

Sexual harassment can be defined as any unwanted sexual advances from anyone with power over any aspect of your stay overseas, including your living arrangements and your educational or work environment. Sometimes it is difficult to evaluate whether or not you are being harassed or if it is a matter of cultural differences.

For example, Americans sometimes react with discomfort to the normal conversational distance between people in a particular country, and you should be aware of your own feeling within that context. Female students who studied in Spain, Italy, and Latin American countries have also reported receiving catcalls from males in the streets (*priopos*). While they are, for the most part, harmless, they can be disconcerting to the uninitiated. However, no one, male or female, studying abroad should have to suffer from unwelcome sexual pressure.

Should you be the object of unwanted overt sexual advances, say “NO!” firmly. Should the situation persist, inform the appropriate officials, university or onsite program staff, and contact Purdue's Study Abroad Office.

If the situation involves a homestay or someone who shares your living arrangements, immediately report it to the person in charge of housing assignments so different arrangements can be made, if necessary.

If you find that you are the target of what are clearly repeated sexual advances, then you should go to the appropriate person to report it. If a student experiences any form of harassment she/he should contact the on-site program staff and the Office of Programs for Study Abroad.

Remember that respect and communication are key in any culture. No sexual activity of any kind should ever take place in the absence of clear, active and mutual consent. Consent can be withdrawn at any point. Incidents of sexual misconduct, harassment, and violence are never the victim's fault, and resources are available to support any student affected by these events. Do not be afraid to report harassment, assault or concerns to study abroad staff or local authorities. Even if you are afraid you will be in trouble because the situation occurred somewhere you weren't supposed to be or you were participating in activities you probably should not have been, you do not need to suffer alone.

Tips to Help You Stay Safe

- Pay attention in orientations and other sessions provided by your program that cover cultural differences and ways to protect yourself
- Talk to local students and learn about their experiences
- Learn the stereotypes about American students and avoid behaviors that are frequently misunderstood—especially those related to sexual advances
- Observe how locals dress and act, but do not compromise your personal safety
- Do not assume that sexual harassment laws and resources in your host country are the same as in the United States
- Never sacrifice your safety for the sake of politeness
- Go out with a group and do not leave anyone behind
- Know your transportation options
- Carry a charged cell phone, but do not talk on it to feel safe as this can make you more of a target
- Know local emergency and program contact numbers
- Tell someone where you're going and when you'll be back
- You are safest when you are sober

If you will be sexually active ...

If you are going to be sexually active when you are overseas, or think you could be, it is important to be prepared. Take responsibility for your own health and use preventative measures to prevent yourself from sexually transmitted illnesses and unplanned pregnancy. Be sure to account for ways in which your host country may differ from your home country. This can include anything from STI rates and the availability of preventative or emergency contraceptives to behavioral practices and cultural attitudes toward sexuality and gender identity. Do your research ahead of time so you have a plan for managing your sexual health, and feel free to speak frankly with your study abroad advisor or program leader if you have questions.

Above all, remember that respect and communication are key in any culture. No sexual activity should take place in the absence of clear, active, and mutual consent. Consent can be withdrawn at any point. Incidents of sexual misconduct, harassment, and violence are never the victim's fault, and resources are available to support any study abroad student affected by these events.

Illegal Drugs and Crime

Each year 2,500 Americans are arrested overseas. One third of the arrests are on drug-related charges. Many of those arrested **assumed mistakenly** that as U.S. citizens, they could not be arrested. From Asia to Africa, Europe to South America, U.S. citizens are finding out the hard way that drug possession or trafficking equals jail in foreign countries. If you choose to use illegal drugs abroad, there is very little that anyone can do to help you if you are caught. You are operating under the laws of the host country and the regulations of the local institution. Neither the U.S. government nor Purdue University will be able to secure your release should you be detained/arrested.

It is your responsibility to know the drug laws of a foreign country before you go, because "I didn't know it was illegal" will not get you out of jail. Some laws may be applied more strictly to foreigners than to local citizens. Don't assume that just because local people are using drugs, it's acceptable for you to use them.

U.S. citizens have been arrested abroad on drug charges for possession of an ounce or less of marijuana. The risk of being put in jail for one marijuana cigarette, or for other illegal substances, is not worth it. **If you're arrested for violating a country's drug laws, the American consular officer CANNOT get you out!** You may say "it couldn't happen to me" but the fact is that it could happen to you if you find yourself saying one of the following:

"I am an American citizen and no foreign government can put me in their jail."

"If I only buy or carry a small amount, it won't be a problem."

If you are arrested on a drug charge it is important that you know what your government CAN and CANNOT do for you.

The U.S. Consular Office CAN:

- visit you in jail after being notified of your arrest
- give you a list of local attorneys (The U.S. Government cannot assume responsibility for the professional ability or integrity of these individual or recommend a particular attorney.)
- notify your family and/or friends and relay requests for money or other aid - but only with your authorization
- intercede with local authorities to make sure that your rights under local laws are fully observed and that you are treated humanely, according to internationally accepted standards. Protest mistreatment or abuse to the appropriate authorities

The U.S. Consular Office CANNOT:

- demand your immediate release or get you out of jail or the country
- represent you at trial or give legal counsel
- pay legal fees and/or fines with U.S. government funds

And if that's not enough to scare the living day-lights out of you . . .

Once you leave the United States U.S. laws and constitutional rights do not cover you. Instead, you will be subject to the laws of your host country, or the country where you are having legal trouble.

- ◆ Bail is not granted in many countries when drugs are involved.
- ◆ The burden of proof in many countries is on the accused to prove his/her innocence.
- ◆ In some countries, evidence obtained illegally by local authorities may be admissible in court.
- ◆ Few countries offer drug offenders jury trials or even require the prisoner's presence at his/her trial.
- ◆ Many countries have mandatory prison sentences of seven years to life without the possibility of parole for drug violations.
- ◆ Prisoners in many countries may not be treated well. The experience could very well be a mental, emotional and physical ordeal for a prisoner.
- ◆ The police and customs officials have a right to search your luggage for drugs. If they find drugs in your suitcase, YOU will suffer the consequences.
- ◆ You could go to jail for years with no possibility of parole, early release, or transfer back to the United States.
- ◆ You could be KILLED in a country like the Philippines where the president has given citizens the freedom to kill a suspected drug user or pusher.

-Adapted from the U.S. Department of State's Travel Warning on Drugs Abroad

Staying Safe Abroad

When you travel abroad, the odds are in your favor that you will have a safe and incident-free trip. However, crimes do take place overseas, and you should always be prepared for unexpected events. You will probably be doing a lot more traveling than you would normally do at home. This means, by definition, more public transportation such as trains, buses, metros, taxis and planes. Most provide convenient and inexpensive transportation for you as a student. However, there are a number of safety issues you should keep in mind, especially in urban settings. "Better safe than sorry," goes the old saying. As a foreign student, you can be an easy target for thieves because you stand out in a crowd, are unused to the surroundings, and are generally perceived to be carrying money, credit cards and valuables like cameras. So be cautious—but not fearful. You must learn to walk the fine line between safety and paranoia! Exercise the same precautions that you would in any U.S. city; in unfamiliar surroundings where you may not know the real concerns. You can reduce your risk of being mugged or robbed by taking a few simple precautions outlined below.

Safety in the Streets

- Use the same common sense traveling overseas that you would at home. Be especially cautious in areas where you are likely to be in busy areas in which you are in close contact with other people. These include crowded subways, train stations, elevators, tourist sites, market places, or festivals.
- Don't use short cuts, narrow alleys or poorly lit streets. Try not to travel alone at night.
- Use ATMs during the day, when there are people around. No matter how safe it may seem, do not withdraw money from an ATM located in a deserted area at night by yourself.
- Put your money in a money belt or neck pouch BUT ... put some money in your front pocket too! If you do get approached by a mugger, surrender the money in your front pocket and then plead poverty. Having easy access to money also will prevent you from having to pull out your money belt in public.
- If you do need to get cash from your money belt – do it in private. Never remove anything from a concealed money belt while you are in public. Someone could be tracking your movements.
- Avoid public demonstrations and other civil disturbances.
- Keep a low profile and avoid loud conversations or arguments. Do not discuss travel plans or other personal matters with strangers.
- Try to seem purposeful when you move about. Even if you are lost, act as if you know where you are going. When possible, ask directions only from individuals in authority.
- Make a note of emergency telephone numbers you may need: police, fire, your host family, the program's resident director, and the nearest U.S. embassy or consulate.
- Beware of pickpockets, especially in train stations, churches, and town squares where there are throngs of people. Always keep your hands free. Keep straps of shoulder bags close to body. In restaurants and bars, loop straps around chair or table legs.
- If you are using a zip-on daypack while wearing your full-size backpack, do not keep anything valuable in your daypack if it is zipped onto the back. Thieves can easily remove your daypack without you even noticing. Keep your valuables inside your full-size backpack or put your daypack inside the backpack if space permits.
- Wear the shoulder strap of your bag across your chest and walk with the bag away from the curb to avoid drive-by purse-snatchers. Motorbike snatchers can operate in any city.
- Do not put your wallet in an outside pocket of your backpack, your back pocket or in a bag that does not close securely. If feeling particularly vulnerable, wear your money belt somewhere other than around your waist. Thieves know all about money belts too. Consider carrying a 'dummy' wallet holding a small amount of cash. If a mugger directly confronts you, you can hand over the dummy wallet and avoid further distress.
- If you are confronted, don't fight back. Give up your valuables. Your money and passport can be replaced, but not you. Students have been injured trying to resist.



Safety During Weekend and Holiday Travels

- Before booking a hostel or an AirBnB, read the reviews and pay attention to the location.
- Keep track of your hostel/hotel/AirBnB keys, especially if they clearly display a room number or hotel name—if you lose it thieves can easily see which room to rob.
- Keep your hotel door locked at all times (as well as balcony or patio doors). Do not leave money and other valuables in your hotel room while you are out. Use the hotel safe.
- Your money and passport should never leave your body if you are staying at a hostel. When you sleep, wear your money belt or slip it inside your sleep sack. When you shower, hang the money belt or neck pouch IN the shower (slip in a plastic waterproof Ziploc bag).
- If you leave your luggage in the hostel, lock your bags and take anything valuable with you. Pack a padlock to you can easily lock your items up. Some hostels provide lockers, but no lock.
- Let someone know when you expect to return if you are out late at night.
- If you are alone, do not get on an elevator alone, or if there is someone inside who looks threatening to you. Follow your gut feeling.
- Read the fire safety instructions in your hotel room. Know how to report a fire. Be sure you know where the nearest fire exits and alternate exits are located. Count the doors between your room and the nearest exit. This could be a life saver if you have to crawl through a smoke-filled corridor.
- If you get lost, duck into a café, sit down, and consult your map without looking like you are lost. This way, you avoid being a target for pickpockets.
- If you see your way being blocked by a stranger and another person is very close to you from behind, move away. The people may have intentions of robbing or assaulting you.
- Pay attention to your surroundings and what is going on around you at all times.
- Do not leave belongings unattended for any reason. It may be a hassle to lug everything into the restroom with you, but it is better than it being gone when you return.

Safety while on Public or Private Transportation



- Only take taxis clearly identified with official markings. Beware of unmarked cabs.
- Know the safest way of securing taxis. In some places it is not safe to flag a passing cab. It is better for the hotel or restaurant to call for a cab from a reputable firm. If you have to, make it known that you are expected at your destination.
- Do not accept food or drink from strangers. Criminals have been known to drug food or drink offered to passengers.
- Pay attention to your surroundings—crowded public transport is a prime location for pickpockets. Pull backpacks to the front of your body and keep bags close.
- If you rent a car, choose a type commonly available locally instead of something flashy. Make certain you understand local driving laws and that the car is in good condition before driving. You cannot afford to have the car break down in a strange place. When in doubt of your or your companion's driving abilities, opt for public transportation.
- Thinking of using Uber or Lyft? Don't do it if you are by yourself! Uber drivers are hardly monitored and a stranger in a strange land is a tempting target. Taxis are typically more regulated than Uber or Lyft, though this may vary in some locations.
- Don't leave valuables unattended. If you must bring valuable items with you, keep them out of sight.
- Don't get out of the car or bus if there are suspicious looking individuals nearby. Drive away, or stay on the bus until the next stop.
- At the airport, watch for your suitcase as it appears on the carousel. Don't hang back and wait for the crowds to disperse - you might find that someone else has already taken your bag.
- Avoid sleeping on public transport. If you must sleep unprotected, tie down your luggage, strap your valuables to you and sleep on top of them as much as possible. Take turns sleeping if you are traveling with others.
- Avoid being absorbed in your phone or listening to loud music with headphones, you'll make yourself a more attractive target to thieves. Listen to music at a volume where you can still hear what is going on around you.

Safety for Female Travelers

While all travelers should plan carefully to ensure their health and safety, women have extra concerns. While these tips are also useful for males, females should especially take note:

- Be cautious traveling alone! A woman traveling alone is often an attractive target. Do not tell others you are alone.
- If you have to travel alone, sit with other female passengers or join other female students traveling to the same destination.
- Take a doorstop in your luggage and jam it under your closed hotel room door.
- Avoid ground level hotel rooms. Concierge floors often offer extra security.
- Walk with purpose as if you know where you are going, even if you don't.
- Be cautious of who you ask for directions if you become lost.

Instead of just anyone on the street, look for someone in authority, duck into a café to consult a map, or go into a hotel or local business to ask for directions.

- Don't leave your drink unattended in a restaurant or bar.
- When registering, use only your last name and first initial, if possible.
- Many countries have different ideas about how women should dress and behave. People will make assumptions about you based on what you are wearing. Take cues from the women around you and try to blend in. Even if you don't agree with particular customs, it will make your trip more enjoyable if you respect local expectations. If you don't, you may have to endure unpleasant attention.
- In many areas, you may receive catcalls. It is best not to engage or call out the person (no matter how much you may want to).

Beware of These Common Scams!

The odds of becoming a victim of a terrorist attack are small (1 in 9.7 million). You stand a far better chance of becoming a victim of a street crime. Increased threat of terrorism has meant there's more police presence in airports, train stations, bus terminals – but fewer outside. Indeed, airport crime has gone down in many places.

Street crime, on the other hand, is alive and well. The good news is: violent crime is rare because unlike in the United States, guns are banned in many countries of the world. The bad news is: pick-pockets are creative, and are very skilled! They can lift your wallet without you noticing until much, much later. Here are a few scams to which you need to be alert:

- **Splash or splat:** one thief squirts, spills, or throws something at you. An accomplice distracts you by helping to clean off, causing enough of a commotion for a third to grab your belongings.
- **Rigged ATM:** a machine is rigged so that your card gets stuck inside. A kind observer offers to help and gets close enough to actually see you enter your pin or asks for your PIN to “fix” the machine. Your card remains stuck and you give up. As soon as you are out of sight, the thief extracts your card. The person enters your PIN and withdraws a sizeable amount. If your card gets stuck, enter false PIN 3 times. If ATM has not been tampered with, it will retain your card and you can notify the bank later. If the machine has been rigged, the scam artist won't have your correct PIN.
- **Mock street fight:** a group of boys make a show of beating up



each other. You become distracted. An accomplice snatches your bag or picks your pockets.

- **Sympathy scam:** a crying child approaches you for money to go home. Ignore the kid! Many kids have been trained to be pickpockets. Keep your wallets stashed away. Keep small bills in various pockets so you never have to take out your wallet in public.
- **Baby toss:** a woman hands you a baby or tosses you a doll with the intention of startling you so you drop your bag. The accomplice snatches your bag and runs away.
- **Whirlwind:** a group of women and kids rush in, bustling and fussing, and in all the commotion, someone swipes your wallet without you noticing. If the people leave the train or bus before it starts, someone, hopefully not you, may have lost money already.
- **Photo-op gone wrong:** someone volunteers to take your photo and then won't return your camera until you've paid a ransom. Yell “POLICE!” in the local language if this happens. Or make a commotion.
- **Pretend bump:** someone accidentally bumps into you, slaps your derriere, or may sidle up next to you. Beware! They are probably interested in your wallet.
- **Free gift:** someone offers you a small item, such as a bracelet or flower for “free” but then tries to demand payment. Their aim is to confuse and upset you while an accomplice pickpockets you. Say no and walk away, it is ok to be rude.

BOTTOMLINE: Be aware of your surroundings at all times. A distracted person makes for an easy pickpocketing victim.

Purdue Policy on Safety and Security for Study Abroad

Purdue University is committed to developing a wide variety of international study, research, and work opportunities for its students. At the same time we recognize that there are times and places where personal security issues may outweigh the advantages of exposure to international experiences. We therefore have developed a very careful and considered approach to the safety of our students.

At a minimum the following always applies:

- 1) Purdue University's Office of International Programs will **not** send students to **any** location for which a U.S. Department of State Travel Advisory of "Level 2—Exercise Increased Caution—Contains Areas with Higher Security Risk" or higher has been issued, unless approved in conjunction with the Purdue Risk and Assessment Committee.
- 2) The Office of International Programs and Programs for Study Abroad also reserve the right to cancel any program when we believe that the security of our students may be threatened, even if the United States Department of State has not yet issued a travel warning or a public announcement.
- 3) The following information is provided to participants and their parents regarding the range of aspects of participants' overseas experiences that are beyond Purdue's control.

It is important to note that Purdue University:

- a) Cannot guarantee or assure the safety of participants or eliminate all risks from the study abroad environments.
- b) Cannot monitor or control all of the daily personal decisions, choices, and activities of individual participants.
- c) Cannot prevent participants from engaging in illegal, dangerous, or unwise activities.
- d) Cannot assure that U.S. standards of due process apply in overseas legal proceedings or provide or pay for legal representation for participants.
- e) Cannot assume responsibility for the actions of persons not employed or otherwise engaged by Purdue, for events that are not part of the program, or that are beyond the control of Purdue and its subcontractors, or for situations that may arise due to the failure of a participant to disclose pertinent information.
- f) Cannot assure that home-country cultural values and norms will apply in the host country.

To read more about how Purdue uses Government Advice:

<https://www.purdue.edu/IPPU/SA/HealthSafety/purdueSecurity.html>

The United States Department of State has developed a set of reports to inform travelers of potential risks.

Country Specific Information is available for every country of the world. This includes such information as the location of the U.S. Embassy or Consulate in the host country, unusual immigration practices, health conditions, minor political disturbance, unusual currency and entry regulations, crime and security information, and drug penalties. [Country Information documents](#) generally do not include specific advice but present information in a factual manner so the traveler can make his or her own decisions concerning travel to a particular country.

Travel Advisories from the U.S. Department are available for all countries using seven (7) differentiations of four levels. See [seven \(7\) differentiations](#) on world map.

Level 1 - Exercise Normal Precautions: This is the lowest advisory level for safety and security risk. There is some risk in any international travel. Conditions in other countries may differ from those in the United States and may change at any time.

Level 1 - Exercise increased Caution - Contains Areas with Higher Security Risk.

Level 2 -Exercise Increased Caution: Be aware of heightened risks to safety and security. The Departments of State provides additional advice for travelers in these areas in the Travel Advisory. Conditions in any country may change at any time. Also, note that individual Level-3 locations/regions sometimes exist within Level-2 countries which are referenced as containing areas with higher security risk.

Level 2 - Exercise Increased Caution - Contains Areas with Higher Security Risk: This level of Travel Advisor is not considered by Purdue-WL as "2" but "2+" for purposes of reference. Students may travel to locations on this level or higher levels with approval of the Purdue Risk and Assessment Committee.

NOTE: Purdue-WL students are permitted to travel to "level 1 and (mere) 2 locations without additional approval processes, providing that students sign the Statement of Responsibility (form RM-55) which references related expectations to follow advice of all Travel Advisories.

A Successful Experience

What this section is about:

You are studying abroad and will be gone for several weeks or months. Make your time overseas as memorable as you can make it. Take advantage of the opportunities and challenges that come your way. Do not pass up the chance to learn about the people and culture of your host country. All the things you gain now will come in handy as you make your way through life. As noted French biologist Louis Pasteur asserted: “Chance favors only the prepared mind.” Dumb luck is rare. Good things are more likely to happen if you are receptive to change and new ways of thinking and doing.

Carpe Diem! Seize the day! After the first few weeks abroad, many of you are probably still doing fine, but some may already be reeling from the very different environment, or from university protocol that’s very different from how we do things at Purdue.

But that’s OK! Yes, you will feel homesick. Yes, there will be many frustrating experiences. Yes, you might decide that you are miserable. But look at how far you’ve come! Think of all the enriching, unique, exciting challenging moments that you have already gone through and you’re still standing. From here on out, things could only get easier.

So take things one day at a



time. You do not need to get everything done in a day. Be mindful of the here and now. Before you know it, the chips will fall into place as you become more familiar with how tasks and activities are done at your host country and university. Sometimes, doing nothing — for the time being — may solve the problem. One thing for sure — be open to doing things in a different way.

As you begin to establish new routines, relish your new ex-

periences. Welcome change. Be open to other perspectives. See the world as a psychedelic mix of various colors rather than one that is painted in black and white only. Appreciate your host culture. Be humble. Hang on to your sense of humor.

Make it your goal to return to the US with more knowledge about the world and some of the fascinating people that inhabit it. Supercharge your study abroad experience and enhance your professional credentials. Come back as a person who can live and work comfortably in a society that has become very multicultural. You’ll be *glad you did*.

Managing on Your Own

One thing that you will quickly realize when you get to your overseas site — especially if you are on an exchange program — the staff at **Purdue** are all very helpful. Really! How many times have you had a bad experience with an unhelpful, grouchy, indifferent Purdue staff member? Hopefully hardly ever.

So be prepared – it could be different at your overseas university where the university staff’s responsibilities focus on administrative responsibilities and therefore do not consider it their job to assist clueless students. Thus, you should not expect immediate assistance for things like academic advising, grade disputes, housing issues, or directions for where and whom to go for what. University staff overseas will treat

you as an adult and a mature person does not usually wring his or her hands in despair if help is not forthcoming. Learn to fend for yourself and work on being more independent. Make an effort to figure out possible solutions to problematic situations. Be resourceful. If you have to ask university staff for instructions, be prepared to do the task yourself. Talk to the local students and ask what they do. You certainly do not want people to regard you as a helpless American. Use this chance as an opportunity to cultivate resilience and assertiveness.

While you are not entirely on your own, getting used to figuring things out for yourself will be a big part of your study abroad experience.

But if Nothing Works ... Ask for Help!

At the same time, while we encourage you to be as self-sufficient as possible and to avoid running to the International Programs staff at the host university at the drop of a hat, we also urge you to seek help if you are unable to solve a problem by yourself. You must recognize when you can't go at it alone and seek the assistance of people who can help.

A suggestion about requesting help from others: Do not behave as if you are entitled to assistance. Even if you are, the right approach is crucial. A student who spent a term in France said that a sure-fire way to get people to help her was to assume a very respectful tone and say some-

thing like: *"I beg your pardon, I was wondering if you could ..."* or *"I am sorry for bothering you, but I ..."* And once she received assistance, she was always profuse in her thanks. Not a bad idea – if you are requesting assistance from others, the more apologetic and grateful you sound for taking up people's valuable time, the more likely people are willing to come to your aid.

Of course, sometimes, there really are problems that will require onsite staff intervention. This is especially true if you are trying to deal with medical, emotional, psychological, or academic difficulties. If you are not



getting anywhere – then please seek assistance from the people in charge of your program. They have some responsibility to ensure your well-being and the knowledge for dealing with emergencies and other pressing matters.

Do not call or email your family or the Purdue Study Abroad office first to ask for instructions. We cannot help with your emergencies unless we are on-site, and we are not.

Feeling Right at Home

Make a genuine effort to learn as much as possible about the host country and its people, preferably before you leave for your study abroad destination. This way, your host culture will already feel a bit familiar when you arrive. The more information you possess, the easier you can engage your hosts in conversation. If you are in Barcelona and you just read that Barcelona FC is battling England's Chelsea for the Champions League Cup, your hosts will be genuinely delighted that you share their enthusiasm for *futbol!*

Your expectations should be realistic - remember that you are only going to be in this new culture for a pre-determined amount of

time. Ask yourself what you can accomplish, given the amount of time you have in the host country.

It may be helpful to reflect on how you deal with everyday and occasional stress even before you depart for your program. Being aware of how you handle anxiety and pressure, and knowing that you can use those same methods overseas, will further help you deal with the physiological and psychological effects of transitional stress.

Take care of yourself. Engage in a daily exercise regimen, eat healthy, get enough sleep, take long walks. Be adaptable! Go out of your way to meet people. Don't wait for

them to seek you out; make the first move yourself. Don't worry about not speaking the language perfectly - the fact that you are making a genuine effort to communicate with people in their own language is always appreciated, and you make friends quicker this way. Value the people you will meet in the first two weeks – they could introduce you to others and before you know it, your circle of new friends has grown larger!

A study abroad experience is mostly going to be *what you make of it*, so do what you can to become engaged and immersed in your new environment.

Focus on Making New Friends

For some students, studying abroad means doing as much international travel in the time they have. If you have the same idea, then we hope you will reconsider. While traveling to see places you've always wanted to

see is a commendable objective, getting to know your host country and forming friendships with locals and other international students will be priceless. We certainly



hope your memory of Madrid/Florence/London/etc. will not consist of knowing the train station or airport intimately. Julie Casper, a former study abroad participant, wrote that *"Life is truly the people you encounter and your experiences with them."*

A great study abroad experience is not merely seeing the Eiffel Tower or the Great Wall of China in person. The interaction you

have with people while seeing the tower or the wall is what will make the experience even more memorable. Make people the focal point of your adventures. Long after the memory of the places you visited has faded, what you will remember are the meaningful interactions you had with classmates, flat mates or host family, the grocer, bartender or pastor. We guarantee, you will have fonder memories of your host city if you associate the place with people who have become dear to you!

Incorporate Quiet Moments into your Experience

We've known some students who seldom injected their time abroad with quiet moments for contemplation. They're always doing something with other people: traveling and sightseeing, partying, or hanging out with other Americans or new friends. While these are certainly worthy endeavors, quiet moments by yourself are useful too. As much as you may like being on the go all the time, also take some time to sit back and reflect on events you experienced or witnessed, comments made by people you met, or unusual actions you observed.

So for you, we hope you will complement active learning with reflection. Regard these quiet moments as a time to recharge and rejuvenate. Assess how much you have learned thus far and what other things you can do to make your time abroad even more memorable and productive.

Look back on lessons learned, the small victories, the leaps of faith you took and rewards that often came with them. Think of the future and how you can enhance career prospects with en-

riching overseas activities. And hey, people watching is really a lot of fun! So take the time to sit at a café or in a park, go to a museum by yourself, explore a small town on your own, eat at a restaurant patronized by locals, ride your bike around the city. Much can be gained from these solitary activities.



Quiet times in the park or in a café, observing, reflecting, contemplating will enable you to gain valuable insight about your host country and your experiences abroad. Really, you don't need to be on the go all the time.

Brace Yourself: Culture Shock Will Happen

Leaving home and traveling to study in a new country can be a stressful experience. Even though it may be something you have planned and prepared for, the extent of the change and the effects studying abroad can have on you may take you by surprise.

"Culture shock" is a term that refers to the emotional and physical reaction to a new environment aggravated by the lack of the usual support system. In most cases, it is caused less by one single incident and more by the gradual accumulation of anxiety, frustration, and confusion from living in an unfamiliar environment.

The effects result from not knowing enough of the society's norms and unwritten social rules, meeting lots of new people, learning the language and being unfamiliar with the basics of daily living. Culture shock also can come from the ordeal of being separated from your friends, family, colleagues, and other people you would normally talk to in times of uncertainty. When familiar sights, sounds, taste, and smells are suddenly no longer there, you may find yourself missing them very much and feeling miserable in your new surroundings.

The good news is: as far as culture shock is concerned, you really can act yourself into new ways of thinking and feeling. If you feel it setting in, take prompt action! Make an effort to do something productive like redoubling your efforts to get to know other students in your residence hall, joining an *intercambio*, befriending your host parents or a classmate, becoming a patron at a local café, chatting with a neighbor, participating in a traditional ceremony, whatever you can do to get out of your funk! No matter how bad the situation you are in may seem, never ever give in to the negative feeling! Keep your chin up! Be prepared to laugh at yourself. Accept all of your cultural faux pas with grace and humor.

Surely, you must have witnessed an international student committing an embarrassing cultural or social error at Purdue. No? Can't remember? Precisely!! If the same thing happens to you, remember that before long, no one will remember what you did – even if you were mortified at the time.

You should inform your family and friends about culture shock.

They need to know that this is a common consequence of a study abroad experience, and one that gets resolved with time and effort. Assure them that it is a natural reaction and that they should not be alarmed if you start whining or badmouthing your host country. Insist that they not go into a panic if you sound distraught and hysterical on the phone or online. Tell them in no uncertain terms that if you start crying and making plans to return home, that they should tell you calmly to reassess the situation, to ask if the feeling may be due to culture shock, to remind you of how far you have come, and to advise you hang in there and to deal with the situation by counteracting the negative feeling with positive action.

Your family and friends will be doing you a big favor by being supportive and encouraging you to keep your chin up and to soldier on. We promise, this feeling of utter despair will pass and before you know it, you have gotten used to the ways of your new environment and are happily chugging along.

Culture Shock is an interesting phenomenon. If it happens to you, your counter-measures will determine how quickly you get over the negative feeling. Even if it feels like the whole world is collapsing around you — keep your chin up! Be determined to stick it out and do something productive rather than wallow in self-pity or frustration.

Strategize: You can get over the Culture Shock hump

“Culture shock” describes the impact of moving from a familiar culture to one which is unfamiliar. It can even affect people who are just overseas on a brief holiday.

Getting over culture shock, thankfully, is not as daunting as you might think. It will pass eventually as you become more comfortable in your new environment. The best way to beat culture shock blues? Take action! Be proactive in acclimating yourself to your new environment. Anticipate and then develop coping strategies that will help you deal with and overcome the negative thoughts and feelings. Some examples:

Daunting situation 1:

You're extremely aggravated. The university system is so unlike Purdue! It's chaotic. Disorganized. You don't know how things work. Nobody seems willing to help. You're feeling very frustrated, annoyed, angry ...

Coping Strategy:

Stay away from other clueless new international students. They won't know any more than you. They're probably whining as well and while you could vent, the situation isn't going to get any better.

Instead, befriend a local student who

knows the ropes or ask a program staff member for help. Think positive and assume your new friend would be happy to show you how the system works. A bonus: you also would be initiating the first contact with students from the host culture who, for all you know, are eager to be friends but do not know how best to approach you.

Daunting situation 2:

Your classmates don't seem to like you. They don't talk to you in class or include you when they study together.

Coping strategy:

Hang on a minute! Have you ever done the same to a foreign student in your classes at Purdue? Did you go out of your way to talk to this person? It's not that your classmates abroad don't like you. Chances are, they simply aren't sure if or how they should approach you. So consider making the first move. People are usually receptive to overtures of friendship from a new student. If you talk to your classmates first, they'll realize that you are an OK person and most likely start acknowledging your presence in class.

Daunting situation 3:

You're losing your self-confidence. You

can't understand anybody. They speak so fast. Your foreign language skills seem inadequate.

Coping strategy:

Relax! Give your auditory system time to get used to the foreign language. In the meantime, you can seek a language partner with whom you can practice your expressive skills, sit at a café or park or watch local TV and get used to hearing the language. Read out loud the local paper.

Try to anticipate other potentially challenging or problematic situations and develop a coping strategy for each. You'll quickly realize that if you have a plan of action in place for alleviating the problem rather than succumb to the frustration, you'll not only feel happier and empowered, you'll also learn more about your host culture in the process.

Play nice: Your actions abroad will have an effect on those who will come after you!

We have been very fortunate and extremely pleased that the students we have sent abroad have demonstrated exemplary behavior. We hope you will continue the trend. At a time when the image and reputation of the United States is taking a beating, every positive interaction between you and your overseas host is a brownie point not only for you personally, but for the university you represent. You will be an ambassador while you are abroad.

On a more basic level, your actions will always have an impact on the Purdue students who will come after you. Remember that

our relationship with exchange partners will continue long after you return to Purdue.

What we would like is to get messages from our partners describing an excellent group of Purdue students, lauding their participation in the program, and assuring us they are looking forward to the next group.

We would be very disappointed to hear from partners complaining that our students misbehaved, disregarded policy, or got in trouble with local authorities. We certainly would be worried if partners started accepting Purdue students only reluctantly, or worse, not accepting our students

at all because of something you did during the semester you studied abroad.

So please be gracious, polite, personable, reasonable, and engaging when you are abroad. Your commendable behavior while studying abroad will help determine the extent to which subsequent groups of Purdue students will be perceived in a positive light.



Your actions overseas will have consequences for Purdue students who will come after you!

Always act with dignity and honor. The impression you make will go a long way toward maintaining our good relationship with our program partners.

Supercharging Your Study Abroad Experience

Interviewers will often ask about the study abroad experience you listed on your resume. Don't miss the opportunity to showcase yourself as a valuable, internationally-informed job candidate. Sure, you made an investment in your future by studying abroad – but trumpeting this fact is not enough. Instead, you must plan how to best highlight relevant aspects of your study abroad experience on your resume and during the job interview.

A former associate director of Purdue's Center for Career Opportunities (CCO), observed that quite a few returned study abroad students who later interview for jobs are not as prepared as they should be. They don't seem to know how to seize the opportunity to demonstrate to prospective employers that they are highly desirable because of their international experience. Rather than simply regaling the interviewer with their overseas travel adventures, the interviewee should be prepared to expand the conversation by subtly mentioning or describing the unique skills learned in and out of class, citing examples of how they successfully dealt with challenges during their time living in another country, demonstrating how they adapted to different cultural norms, i.e., academic success despite a different academic system or social interactions with people who spoke a different language.

The following suggestions will go a long way toward enhancing your professional credentials and making sure you stand out during your job search:

First, before leaving for your overseas site, plan on completing a few extracurricular tasks or projects that can enhance the "International Education" or "International Experience" section of your resume. As stated previously, it is not enough to simply list that you have studied abroad on your resume. You have to have something concrete to market to prospective employers. So months or weeks prior to departure, investigate educational, work, volunteer, cultural, and social opportunities at your destination. Look into volunteer organizations, research work, internship options, companies in your field, experts in your major area, student academic groups, university and local events, and a host of other op-

Though impressive, it is not enough to simply list that you have studied abroad on your resume. You've got to know how to make yourself stand out even more.

portunities at your host city in which you could be involved. Isolate a few that are interesting, feasible and can be accomplished within a reasonable time frame. Then commit to completing whatever task or tasks you set out to do.

Second, keep a list of notable accomplishments during your time abroad. Since there will be many memorable experiences and significant victories during a student's time abroad, it is not surprising that some outcomes, experiences or situations, especially those that happen early on, could be forgotten. And what if it's one that could prove really impressive for one particular employer? This is why we encourage you to keep a list or diary of what you've done and other notable facts and refer to them when planning your interview strategy and revising your resume. The latter should list the relevant courses you took abroad, the assignments you completed or the job-specific knowledge you gained. Include any organizations you joined, the local events or volunteer groups in which you participated, or the special projects you initiated. In short: make explicit how your overseas study experience was more than just taking courses.

Finally, tie in your study abroad experience with common interview questions. Common interview questions include asking the interviewee to describe how he or she is able to:

- solve problems creatively
- accept responsibility
- communicate across cultures
- appreciate diversity
- take risks
- learn a new task
- achieve goals despite obstacles
- handle difficulties and stress

- manage, organize, and multi-task
- adapt to new environments and negotiate transitions
- learn through listening, observing, and making mistakes

Before the interview, anticipate likely job-related interview questions, then *rehearse* and be ready with specific examples and anecdotes to showcase the skills and personal attributes you honed while you were studying abroad.

At the interview, don't leave it to the interviewer to make the connections between what you listed on your resume and why you should be considered for the position. Describe the skills or expertise you used or learned. Illuminate how these relate to the job for which you are applying. Emphasize the intercultural nature of these experiences and how your cross-cultural competence will be an asset to the company. Enumerate the specific contributions you can make to the company. In short, portray yourself as a highly coveted job prospect.

So Bon Voyage! We look forward to meeting you after your term abroad and hearing about the exciting, educational, and culturally-enriching experiences that either came your way serendipitously or intentionally after reading this inspiring guidebook.

Take advantage of this terrific opportunity to impress an interviewer!



There and back again

You're b-a-a-c-k!! The good news is: you've arrived home to the warm embrace of family and friends. The bad news is: you will most likely deal with conflicting feelings of being happy to be home, yet longing for the country in which you lived for a semester or a year, the friends you made, and the sense of adventure you felt while studying abroad. You may even feel like you are on a roller coaster— one minute excited to be home and proud to share all you've learned, and the next bored or frustrated and feeling out of sync with those people who have always



been closest to you. Having ups and downs is common, and whether you see your glass as half-full or half-empty may depend on whether you are having a good day or a bad day. Relax -- this feeling too will pass and in no time, what you will focus on will be to build on your study abroad experience and use it to speak out and encourage other Purdue students to study abroad, to use the new knowledge and unique experience you've had to liven up your remaining classes at the university, and enhance your career potential by further honing the interpersonal and communication skills you learned overseas.

Re-entry Challenges

Upon returning home, you will probably experience stress similar to how you felt during your first days or weeks overseas. "Reverse culture shock" is most pronounced in those who expect everything at home to have stayed the same. You must realize that some time has passed since you left, and that standards of living, the political climate, and even family relationships may have changed. You have grown during your time overseas and your family and friends have grown too. You may feel uncomfortable with what once were familiar circumstances, and may experience subtle forms of rejection if family and friends show less interest in your adventures than you had hoped. In general, you may go through some or all of the following situations:

There Are Not Enough Words to Describe Your Whole Study Abroad Experience

When given a chance to explain the sights you saw and feelings you had while abroad, it may be a bit frustrating to relay them coherently. It is difficult to convey this kind of experience to people who do not have similar frames of reference or travel backgrounds, no matter how sympathetic they are as listeners. You can tell people about your trip, but you may fail to make them understand exactly how or why you felt a particular way. It's okay -- regard your experience

as your special memory and for all you know, you may encourage others to go overseas too since your excitement is palpable.

Boredom

After all the newness and stimulation of your time abroad, a return to family, friends, and old routines (however nice and comforting) can seem very dull. It is natural to miss the excitement and challenges that characterize study in a foreign country, but it is up to you to find ways to overcome such negative reactions.

"No One Wants To Hear About It"

One thing you can count on upon your return: no one will be as interested in hearing about your adventures and triumphs as you will be in sharing those experiences. This is not a rejection of you or your achievements, but simply the fact that once others have heard the highlights, they won't be as interested in the details. Be realistic in your expectations of how fascinating your journey is going to be for everyone else. And if they ask for details, remember that not everything must be shared at once -- ration out your juicy tidbits.

Reverse Homesickness

Just as you probably missed home for awhile after going abroad, you may miss the people, places, and things that you grew accustomed to in your host country. While sending emails, texting, or communi-

cating via social media can reduce reverse homesickness, feelings of loss are an integral part of international sojourns and must be anticipated and accepted as a natural result.

Relationships Have Changed

It is inevitable that when you return, you will notice that some relationships with friends and family will have changed. Just as you have altered some of your ideas and attitudes while abroad, the people at home are likely to have experienced changes themselves. These changes may be positive or negative but expecting that no change will have occurred is unrealistic. The best preparation is flexibility, openness, minimal preconceptions, and tempered optimism.

People See the "Wrong" Changes

Sometimes people may concentrate on small alterations in your behavior or ideas, and seem threatened or upset by them. Others may ascribe any unfamiliar traits to the influence of your time abroad. These incidents may be motivated by complex emotions: jealousy, fear, or feelings of superiority or inferiority. To minimize these incidents, it is necessary to monitor yourself and be aware of the reactions of those around you, especially in the first few weeks following your return. This phase usually passes quickly if you do nothing to confirm their stereotypes.

... continued Re-entry Challenges

Feelings of Alienation / Seeing Home with Critical Eyes

Sometimes the reality of being home is not exactly what you had anticipated. It is natural to feel some alienation when daily life is less enjoyable than you remember. You may also see faults you never noticed before, or even become critical of everything. These feelings are a result of learning. Not only have you learned firsthand about other countries and customs, but you may have even grown used to them. Sometimes it's hard to go home. These mental comparisons are fine, but keep them to yourself until you regain both your cultural balance and perspective.

Inability to Apply New Knowledge and Skills

Returnees are often frustrated by the lack

of opportunities to apply their new social, linguistic and practical skills. While adjusting back to your old surroundings, join an international awareness group, follow current events from your host country or continue studying your favorite foreign language. You must be creative in finding outlets for your new interests and talents.

Loss of Experiences

Returned students often worry that they will lose the memories of their unique international experience. The easiest way to keep your memories vivid is to stay involved. Maintain your contacts. Talk to people who have had similar experiences. Practice your skills. Remember and honor both your hard work and the fun you had while abroad!

If you find yourself going through the situations described above, then take action! Find other returned students with whom to share concerns and memories, and become involved with Purdue's international community. Let awareness be your ally: if you anticipate the strains of re-entry, you will minimize its impact and severity. The next section offers more suggestions on what you can do to avoid "reverse culture shock" and to keep your study abroad experience relevant.

Continuing Your Study Abroad Experience



Now that you have returned to the U.S. and Purdue, there are many opportunities to share the interests and skills you gained while abroad! The Study

Abroad Office organizes callouts, information tables, orientation meetings, and others for prospective Study Abroad participants. Be creative in applying what you learned overseas so your growth can continue.

Email studyabroad@purdue.edu with questions about the following opportunities:

- Volunteer to share your story with prospective SA students at the annual Study Abroad Fair or various orientation sessions.
- Apply to become a Study Abroad Ambassador and serve as liaison between Programs for Study Abroad and stu-

dents and faculty in your academic unit.

- Join PASSPORT: a social organization for returned Purdue study abroad students and exchange students spending the academic year or semester at Purdue.
- Participate in Student Voices

Other Ideas:

- Pass it on! Encourage your friends to study abroad.
- Talk with students from your program or others who have studied abroad.
- Create a website about your experiences.
- Talk about your experience to clubs and groups, including adults and children.
- Work with international student group activities on campus.
- Volunteer at the annual West Lafayette Global Fest celebration
- Join international organizations and clubs and other multicultural groups on campus.
- Continue your foreign language training or take courses with an international

focus.

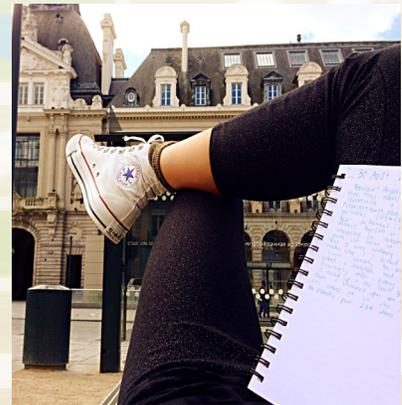
- Write about your experiences for the Purdue Exponent.
- Continue studying your host country by taking related courses, reading international papers, viewing films and videos, writing research papers, etc.
- Volunteer to work in the community or on campus. Look for groups working with immigrants, refugees, or the aged that can use your skills of listening, patience and empathy.
- Start thinking about when and how you'll return to your host country. Some students have applied for Fulbright Scholarships to study and conduct research in the host country, have found employment possibilities during program, have joined the U.S. Peace Corps, or have just returned to visit their host family and friends.
- Serve as a buddy for an international exchange student. Each semester, the Study Abroad Office welcomes

..continued Continuing Your Study Abroad Experience

several students from our institutional partners. You must remember what it was like the first week at your host university, and how great it would have been if you had somebody who can show you the ropes. Here's your chance to be that somebody for a new student. Contact your Purdue Study Abroad advisor for information.

- The Office of International Students and Scholars (ISS) at Purdue organizes various activities that involve both domestic and international students. Contact ISS for more information.
- Seek the support of fellow returned students.
- Recruit other Purdue students to study abroad! Hey, after a few months, your friends and family won't want to hear about your Seville, Sydney, Singapore, or Sussex stories anymore. So seek out fresh ears! You never know – you may be directly responsible for another student having the experience of a lifetime!

Your study abroad experience does not have to stop when you board that plane for the flight home. There's much you can do right here at Purdue to put into words and action everything you learned when you spent a term abroad.



Handling the “How was Study Abroad?” Question

Study abroad consumed four months to a year of your life. You may have made a completely new set of friends, lived with a new family, traveled on weekends, survived communicating in a new language, tried foods you hadn't known existed, and grown in ways you hadn't expected. And now everybody—your uncle, an old professor, a high school Facebook friend you haven't talked to in person for at least three years—wants to know, simply, “How was study abroad?” Looking for a response that can squeeze the complexity of your experience into a short small-talk point can be tricky. Try these approaches instead:

1. Be honest. Explain that your time studying abroad was a lot like your life at home—you had good days, bad days, exciting days, and stressful days. It wasn't a vacation, and it would be impossible to sum it up as if it were.

2. Get specific. Ask the inquirer to nar-

row down his or her question. Say something like, “I was there for four months [or a year]. There were so many different aspects of my experience. Is there anything in particular that you're curious about?”

3. Set up another time to talk. Talking about your experience can be a great way to deal with reverse culture shock and re-ignite the friendships you left at home while you were abroad. Try to schedule a coffee or lunch date with a friend to catch up. You'll have enough time to explain your experience, and he or she can better understand how your time abroad may have affected you.

4. Settle for the spiel. Sometimes you just can't do your experience justice. It helps to have a spiel prepared for the many questions you'll get about study abroad, but that doesn't mean you have to settle for an “it was great.” Try mentioning a few of your major activities abroad. Was there something you learned that was surprising? How does it feel to be back? People ask about

study abroad because they think it's interesting. Don't disappoint them. Even if you can only mention a point or two, your friends, family—and yes, even your Facebook friends—can still learn from your time abroad if you're willing to share.

*Sarah Kessler
Abroad View Magazine*



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The contents of this handbook are current to the best of our knowledge. Any information to the contrary is inadvertent and should be brought to the attention of the Study Abroad staff.

We welcome your contributions! Please send corrections, comments, updates, or content suggestions to studyabroad@purdue.edu.



Study Abroad
