



**Talk with your academic advisor
to see what course
requirements you need to fulfill.**



**Learn about scholarships
and other types of financial
aid to help cover costs.**



**Pay attention to costs
associated with the program
and create a budget for
personal expenses.**



**Research your host
country/community's culture/social
norms and learn some basic phrases
in the language.**





Determine your housing options (dorm, apartment, host family, etc.).



Prepare all necessary documents and paperwork (passport, visas, etc.).



Arrange flights and transportation from the airport to where you are staying.



Make a packing list and only pack what you need.





**Read up on current events
in your own country and be
prepared to talk about them
with locals.**



**Determine communication
channels with family and
friends and set expectations
for communication.**



**Know your priorities and
what you want to get out of
the experience.**



**Find out the location of the
United States embassy, the
closest police station, and the
closest hospital.**





Get all necessary medical check-ups (physical, dental, vaccinations, etc.) before leaving.



Know how you will access funds and be aware of foreign transaction fees on debit/credit cards.



Understand safety concerns in your host country.



Have a back-up plan in case your technology fails.





Meet with a study abroad advisor to discuss any personal matters (religion, identity, disability accommodations, etc.).



Adjust to your host country's laws, customs, and culture instead of expecting them to adjust to you.



Watch for culture shock (feeling "blue" or avoiding doing things for more than a few days).



Break out of your comfort zone and seek out experiences and opportunities that will make you stand out.





**Keep a journal, notebook,
or blog to document your
experiences.**



**Seek out experiences off the
beaten path and beyond the
typical tourist areas.**



**Befriend the locals and ask
questions.**



**Be conscious of your
environmental and
economic impact.**





**Continue to ask questions
and discover cultural
knowledge about your host
country.**



**Continue practicing any
language that you learned
while abroad.**



**Maintain relationships you
developed while abroad.**



**Connect your study abroad
experience with your program
of study, research, and
coursework.**





**Find a student organization
that allows you to build on
your study abroad experience.**



**Make connections with
other students who have
studied abroad.**



**If possible, go on some
weekend excursions
outside of your host town.**



**Talk to your friends and
encourage others to
study abroad.**



**Reflect on how you are
growing and changing
while abroad.**

**Consciously analyze both
similarities and differences
between your home and host
cultures.**

**When appropriate, try
behaving like a local.**

**Know how to talk to family
friends about your
experience without
overwhelming them.**



Create a scrapbook or some other art project to relive your memories.



Explore your home country and note the similarities and differences between your experiences.



Plan your next trip abroad.



Maintain a balance between your studies, extracurricular activities, and leisure time.





Remember that you must still abide by your home institution's rules while abroad.



Prepare for reverse culture-shock when you return to your home country.



Know how to utilize your study abroad experience for professionalization (resumés, cover letters, interviews, etc.).



Talk to a study abroad advisor to figure out next steps after returning home.

