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Dear Explorer,

Congratulations on making the decision to participate in a study abroad or off-campus program. Whether you'll be away from St. Norbert for a few weeks or a few months, we hope that your #SNCadventures are unforgettable and rewarding.

In the Center for International Education, we strive to create a just, empathetic, interconnected, and peaceful global community. Our mission is to challenge and support individuals—just like you—to become ethical global citizens who collaborate for socially responsible and positive change in a diverse world. We encourage you to be mindful of our mission as you embark on your journey.

As you know, we aim to provide you with expert support before, during, and after your #SNCadventures. This handbook is just one of many tools that will help you grow personally, professionally, and academically.

Enjoy your #SNCadventures,  
Center for International Education

## I. CHECKLISTS

A. PACK + PREP		
<i>Required</i>		
<input type="checkbox"/>	Students Abroad	Familiarize yourself with one of the most helpful resources for students who study abroad. √ See: <a href="http://studentsabroad.state.gov">studentsabroad.state.gov</a>
<input type="checkbox"/>	STEP	Register with the U.S. Embassy in your country. √ See: <a href="http://step.state.gov">step.state.gov</a>
<input type="checkbox"/>	Money	We recommend debit/credit cards and some cash. ATMs are readily available almost everywhere our students go.
<input type="checkbox"/>	Luggage / Packing	Size and weight of luggage allowed on airplanes vary. Check with your airline provider for details. See section <i>VI. Packing</i> for tips.
<input type="checkbox"/>	Health Insurance	You are automatically enrolled in a study abroad plan through HTH Worldwide. Create your online account, print your card, and understand your coverage. √ See: <a href="https://www.hthstudents.com">https://www.hthstudents.com</a>
<input type="checkbox"/>	Immunizations	Check to see what requirements pertain to your country. √ See: <a href="http://wwwnc.cdc.gov/travel/">http://wwwnc.cdc.gov/travel/</a>
<input type="checkbox"/>	Prescriptions	Determine if it is legal for you to bring an adequate supply of your prescription(s) into your host country. √ Call HTH Worldwide: <b>1.800.257.4823</b>
<input type="checkbox"/>	Transportation	You are responsible for transportation to and from your program site.
<input type="checkbox"/>	Course Approval Form	Your Study Abroad Course Approval Form will assist you with registration abroad. A copy has been uploaded to your online application account.
<i>Recommended</i>		
<input type="checkbox"/>	Power of Attorney	Assign another person the power to act on your behalf in specific situations.
<input type="checkbox"/>	Lonely Planet Travel Guides	Purchase a guidebook that explores regions, countries, and cities, and offers invaluable information such as maps, recommendations, background information, and travel tips. √ See: <a href="http://www.lonelyplanet.com">http://www.lonelyplanet.com</a>
<input type="checkbox"/>	International Student Identity Card (ISIC)	Provides eligibility for discounts and benefits. Speak with study abroad alumni from your country about usefulness in your host country. √ See: <a href="http://www.isic.org">www.isic.org</a>

<input type="checkbox"/>	Passport Photos	Extras for use when obtaining bus passes, identity cards while abroad, and other program-related items.
<input type="checkbox"/>	Document Copies	Copies of the title page of your passport (with your picture and signature) and debit/credit cards. Leave copies with your family and bring additional copies with you. Alternatively, you could scan and upload/email yourself copies of these items.

<b>B. DURING YOUR #SNCADVENTURES</b>		
<input type="checkbox"/>	Manage Culture Shock	Don't worry – it's natural. See section <i>IV. Maximizing Your Experience</i> .
<input type="checkbox"/>	Course Declaration Form	After you finalize registration abroad, you must complete the Study Abroad Course Declaration Form. You will receive a reminder from your online application account with instructions on locating and completing the form.
<input type="checkbox"/>	Registration (at SNC)	Choose the courses that you plan to take next semester. Submit these courses to your advisor, and he/she will send you your PIN. Look up your registration date and time, keeping the time difference in mind.
<input type="checkbox"/>	Grades	Remember, you must earn the equivalent of a "C" or better to receive transfer credit. Do not forget to save your course descriptions and/or syllabi and keep any course approvals obtained by email.
<input type="checkbox"/>	Mailing Address	Don't forget to add your overseas mailing address to your online study abroad account.

<b>C. UNPACKING</b>		
<input type="checkbox"/>	Program Evaluation	After these materials are marked as completed on your online application account <b>and</b> your transcript is received, your transfer credit will be posted. You will receive a reminder from your online application account with the necessary instructions.
<input type="checkbox"/>	Re-Entry Survey	
<input type="checkbox"/>	Re-Entry Event	Welcome back! We will celebrate all your achievements.

## **II. ACADEMIC CONSIDERATIONS**

### **A. ACADEMIC STANDING**

Students must remain in good academic standing during the term prior to their off-campus experience. Students on academic or disciplinary probation will be disqualified from participation.

### **B. STUDY ABROAD REGISTRATION**

Before your departure, meet with your academic advisor to discuss the courses you hope to take abroad, along with the courses that you still have remaining in order to graduate on time.

In order to maintain your status as a full-time student, the Registrar has automatically registered you for two International Education (INED) courses:

1. SNC Study Abroad: (Country)
2. (Program)

For example, a student going to Rome is registered for:

<b><u>Course ID</u></b>	<b><u>Course Title</u></b>
INED 3180-A	SNC Study Abroad: Italy
INED 3184-A	John Cabot University – Rome

Please note that the country course holds your place in the system with 12 credits. Do not panic! You will be credited with the actual number of credits you earn abroad (typically 15 or 16), provided you earn the equivalent of a “C” or better in each of your courses. If you see that you are not registered in the appropriate INED courses in KnightLine, please contact Study Abroad immediately.

### **C. COURSE DECLARATION**

Once you finalize registration abroad, you must complete the Study Abroad Course Declaration Form, which can be accessed via your online account or at:

√ <http://www.snc.edu/studyabroad/transferecredit.html>

Keep records of all academic information: course descriptions, syllabi, notes, homework, exams, and contact information of your professors. Also, keep any course approvals that you receive via email. Remember, you must earn the equivalent of a “C” or better to receive transfer credit.

## **D. SNC REGISTRATION**

Study Abroad will alert you once the timetable for the new semester is released. Contact your advisor to receive your PIN. Look up your registration date and time, and be sure to keep the time difference in mind.

## **E. ACADEMIC TRANSCRIPT**

Your study abroad transcript must be sent from your program to Study Abroad. Most programs will do this automatically. Check with your program. It can take up to six weeks from the time your classes are completed for Study Abroad to receive your final transcript. The Registrar's office will then review it to award you transfer credit. Once your final transcript is received and sent to the Registrar's office, your online study abroad account will be updated accordingly.

## **III. HEALTH, SAFETY, & SECURITY**

### **A. HEALTH INSURANCE**

Study Abroad automatically enrolls you in an international health insurance plan. The insurance is paid for by Study Abroad and is **not** an additional expense to you.

The health insurance plan is organized through the Wisconsin Association of Independent Colleges and Universities (WAICU). The health insurance provider is **HTH Worldwide**. The maximum medical benefit is \$500,000 with no deductible.

#### **Coverage Dates**

Your international health insurance is active only during your program dates. If you plan to travel at all prior to or after your time abroad, you are encouraged to seek out additional international health insurance. There are several affordable, easy to use resources available: <http://www.insuremytrip.com/>

#### **Enrollment**

After SNC Study Abroad enrolls you in insurance, you will receive an email from HTH Worldwide. You will be directed to:

√ See: <http://www.hthstudents.com>

Sign in and begin managing your account. Only after registering with HTH Worldwide can you print your ID card.

With the HTH Study Abroad Parents web site (<http://www.hthparents.com>), families are able to access the same health and security resources that are available to you.

## **Appointments**

For appointments, the HTH Global Health and Safety Team will schedule your appointment and arrange for direct payment. Simply phone HTH Worldwide at:

√ **HTH Worldwide (toll free):** **1.800.257.4823**

√ **HTH Worldwide (call collect):** **1.610.254.8771**

## **Emergencies**

You are entitled to **Global Assistance Services** while traveling outside of the United States. In the event of an emergency, you should go immediately to the nearest physician or hospital without delay, and then contact HTH Worldwide. HTH Worldwide will then take the appropriate action to assist and monitor the medical care until the situation is resolved. Again, call:

√ **HTH Worldwide (toll free):** **1.800.257.4823**

√ **HTH Worldwide (call collect):** **1.610.254.8771**

## **B. IMMUNIZATIONS**

It is your responsibility to know if vaccinations are required for your country. The Centers for Disease Control and Prevention offers information to assist travelers in deciding the vaccines, medications, and other measures necessary to prevent illness and injury during international travel.

√ **See:** <http://wwwnc.cdc.gov/travel/>

You can also refer to the electronic health packet prepared for your destination by SNC Health & Wellness Services. If you have specific health questions, please contact Health & Wellness Services before your departure.

√ **Health & Wellness Services:** **1.920.403.3266** **health@snc.edu**

## **C. PRESCRIPTIONS**

If you currently take any prescription medication, determine if it is legal for you to bring an adequate supply into your host country. Check with your doctor and the consulate for your destination. You can also consult the prescription medication link on the HTH Worldwide web site after you have created your account. In all cases, be sure to take along a written, signed prescription from your doctor, including the reason for taking the drug, the generic name, and the instructions and dosage.

You will be able to locate most over-the-counter medications abroad, but if you have a favorite brand you rely on, pack it.

**Keep all medication in their original containers with the identification label attached and clearly visible,**

**so as not to cause problems when going through customs. Store medications in your carry-on luggage.**

Be sure to follow the Transportation Security Administration's (TSA) website to review current airline restrictions.

√ See: <http://www.tsa.gov/traveler-information>

√ See: <https://www.tsa.gov/travel/security-screening/liquids-rule>

## **D. HIPAA**

In the case of current or ongoing medical conditions, you are encouraged to submit a HIPAA form to your medical provider, so they can discuss with SNC faculty/staff how best to support you during your trip or in case of emergency if necessary.

## **E. HEALTH ISSUES & ILLNESSES ABROAD**

You should understand the health conditions in your host country before you leave and obtain information about appropriate precautionary measures. A few important tips:

### **Water and Food**

Water and food may be safe in large cities and hotels frequented by international travelers, but if it is at all questionable, stick to bottled water, canned and/or bottled carbonated drinks, tea, and/or coffee. Ice cubes made from tap water can also trigger stomach issues.

Changes in your diet can cause stomach and other health problems. Be wary of some street vendors, milk and milk products, raw fruits, raw vegetables, and raw fish and meat.

### **Drugs and Alcohol**

Either consumption or possession of controlled substances (by U.S. definition and that of other countries visited) will result in termination from your program.

With respect to alcohol, participants are expected to act responsibly at all times. Remember that the consumption and culture of alcohol is different in every country and every town/city. Be aware of your surroundings, be observant, and act accordingly.

### **Infections**

If you get sick upon returning home, tell your physician what countries you have visited and when. This information might prove to be helpful in making a diagnosis.

### **HIV/AIDS**

As in the U.S., students traveling abroad should take appropriate precautions to avoid exposure to the HIV virus and other sexually transmitted diseases. If you are in need of blood-related medical care, we suggest you contact the U.S. Embassy about where to go.



### **Culture Shock-Related Illnesses**

Many medical conditions related to mental health, such as anxiety and anorexia, can be exacerbated by the daily challenges of living overseas. Before your departure, be certain to speak with your health professional about these issues, and how travel may trigger pre-existing conditions. If you have had ongoing or previous mental health concerns, it may be best to revisit successful strategies before your departure, so that you are better prepared if problems arise abroad.

Even without any prior history of mental health concerns, the unique combination of travel, culture shock, homesickness, and stress tests everyone's mental state. The best way to deal with this is to be self aware, note the symptoms of culture shock, and reach out to others (e.g., friends, family, and advisors abroad; friends, family, and advisors in the U.S.) to share your experience and discuss any stressors or concerns you have as you adjust to living and traveling abroad.

### **Medical Information Form**

All study abroad participants are required to complete the Medical Information Form. This form is confidential; information is only shared if necessary and after consultation with the student. Although providing information is voluntary, participants are encouraged to be as detailed as possible. The more information regarding a participant's physical and mental health, the easier it will be for Study Abroad and program coordinators to respond appropriately and coordinate resources in the event of an emergency.

### **Sexual Violence**

St. Norbert College is committed to supporting a learning and working environment that meets the Norbertine values of human dignity and respect. The college believes in a zero tolerance policy for gender-based misconduct and all forms of discrimination and harassment including sexual misconduct.

### **Sexual Assault & Date Rape**

- Sexual assault is defined as sexual contact with another person without the consent of that person.
- It is never acceptable to use force in sexual situations. Acquaintance assault or date rape is a crime.
- You have the right to say "no" to any undesired sexual contact.
- If you feel unsafe or think you may be at risk, leave the situation immediately.
- Be aware that alcohol and drugs interfere with a person's ability to make clear decisions.

### **Responding to Sexual Misconduct or Assault**

If you have experienced sexual assault, sexual harassment, stalking, domestic violence, or gender-based misconduct, there are a variety of resources for you to consider.

1. If you need immediate help, call the local authorities, and inform your program provider/host university coordinator and Study Abroad.
2. If you have been sexually assaulted, please consider going to an emergency room for a forensic

examination as soon as possible.

3. Contact SNC's Title IX Coordinator, Dr. Amanda Kim, to receive assistance and address your current circumstances. What you share will only be shared with those who need to know in order to assist you and ensure the safety of the SNC community.

For confidential support, you can contact the local sexual of assault center and also access the confidential resources at SNC. **Confidential** means that any information you share is kept private and not shared with anyone without your consent/okay (unless your or someone else's life is in danger). All SNC faculty and staff (unless noted as Confidential Resources) are required to disclose any knowledge of Title IX concerns.

4. If you require assistance or accommodations to your current situation, please contact your local institution or contact Dr. Kim at [Titleix@snc.edu](mailto:Titleix@snc.edu).

### Protecting Evidence

5. Going to the hospital for a Sexual Assault Nurse Examiner (SANE) exam is important to consider if there is any possibility that you would consider making a police report, filing a complaint, or taking legal action either now or in the future. Time is critical in situations of sexual assault as physical evidence can only be obtained up to 120 hours after the incident. The sooner the evidence is collected, the better.

For preserving evidence, one:

- Should not bathe or douche
- Should not urinate
- Should not drink any liquids, rinse or brush teeth
- Soiled clothes should be placed in a paper bag

St. Norbert College Campus Confidential Resources		
* Counseling and Psychological Services	Mon-Fri 8 a.m.-4:30 p.m.	920-403-3045
Health and Wellness Services	Mon-Fri 8 a.m.-4:30 p.m.	920-403-3266
Ordained Clergy	Mon-Fri 8 a.m.-4:30 p.m.	920-403-3988 920-403-3155
Resource Advisors	Mon-Fri 8 a.m.-4:30 p.m.	920-403-3155

\*After hours on-call counselor available.

## F. U.S. DEPARTMENT OF STATE

When traveling abroad, there are a number of precautions that you should follow in order to travel safely. Please also consult the U.S. Department of State's travel advisories and travel warnings for current information on travel precautions.

√ See: <http://travel.state.gov>

Register with the **Smart Traveler Enrollment Program (STEP)**, which will let the U.S. Embassy or Consulate closest to your destination know that you are there in case of an emergency. You should enroll prior to leaving the U.S. and you should update your travels when you are abroad.

√ See: <https://step.state.gov/step/>

Additional tips on traveling overseas can be found on the U.S. Department of State website.

√ See: <http://studentsabroad.state.gov/>

## G. EMERGENCIES ABROAD

Learn the contact information for local emergency services (i.e., police, fire, rescue). Keep in mind that the "911" emergency number is a uniquely U.S. phenomenon. Contact your on-site coordinator first, and then once the situation is stable contact Study Abroad. In the event of a political, social, health, or natural emergency, Study Abroad will be in close contact with your institution abroad. Be sure to remain in contact with your on-site staff in an emergency situation.

## IV. MAXIMIZING YOUR EXPERIENCE

As a study abroad student, you are ultimately responsible for making the most out of your study abroad experience. Studying abroad can be one of the most exhilarating learning experiences. At the same time, it can also include frustrating incidents that may leave you longing for home.

### A. CULTURE SHOCK

#### Symptoms of Culture Shock

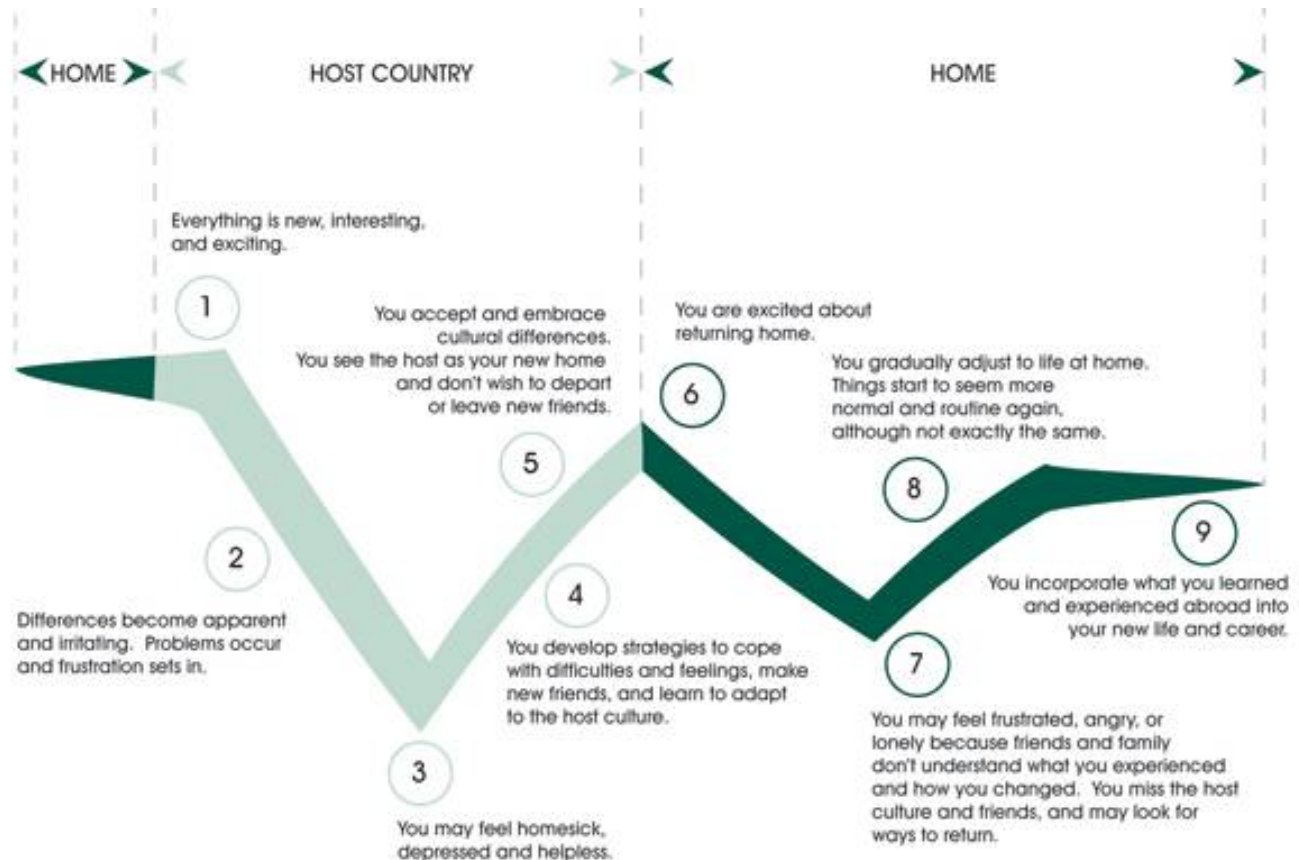
- Sadness
- Loneliness
- Aches, pains, and/or other health problems
- Insomnia and/or the desire to sleep too much
- Depression
- Anger and/or irritability
- Resentment of cultural differences
- Feelings of inadequacy
- Extreme linguistic difficulties
- Homesickness
- Difficulty concentrating

## Stages of Culture Shock

Most travelers find the first few days or weeks in a new country an exhilarating experience. Things are new and everything takes on a slight glow of unreality. But this feeling may not last and give way to something a little less positive.

### Adjusting to Life Abroad: A Culture Shock Model

International Student Exchange Programs (2008). *Adjusting to life abroad: Culture shock and racial issues*. Retrieved from: [http://www.isep.org/students/Placed/student\\_handbook3a.asp](http://www.isep.org/students/Placed/student_handbook3a.asp)



## Solutions for Culture Shock

- Maintain confidence.
- Keep an open mind.
- Remember that the problem is not with the host culture but with oneself. Do not take your frustration out on the host culture.
- Learn as much as possible from local residents about their culture. Stay involved and do not become isolated.
- Keep in touch with other international students. If you are directly enrolled in a university, find out if there is a club or organization for international students. It can sometimes be helpful to meet with them and share experiences.
- Keep yourself busy doing things you enjoy. When you have free time, visit museums, tour local sites of interest, and experience the culture.
- Keep your long-range goals in mind. Experiencing a new culture will inevitably involve some frustration

and feelings of loneliness as you leave the familiar and incorporate the new, but they shall pass.

## **Ten Transition Tips**

### **1. Know Your Destination**

Understanding something about where you are going is guaranteed to assist you in being accepted.

### **2. Prepare to be Understood and to Understand**

Knowing facts is important but so is understanding something about intercultural communication. It is essential to be aware that each culture has its preferred mode of expression and traditional ways of conducting conversations.

### **3. Learn the Language (even when it's English!)**

While functional fluency would be nice, at a minimum one should know the proper daily greetings, how to make requests, ask directions, and how to say "thank you," "please," and other verbal etiquette.

### **4. Learn Why Culture Matters**

Understanding something about how cultures work, the logic behind their behavior, and the values that inform their actions will go a long way in helping you to adjust overseas.

### **5. Get the Logistical and Practical Arrangements Settled**

Use the web and read some guidebooks but know that actually acclimating yourself to the system (e.g., purchasing tickets, rush hours, calculating fares, types of passes) may require a little on-site practice.

### **6. Find a Mentor**

Students have found that homestay parents, local teachers, classmates, and even business owners, in-country program directors, and long time foreign residents can offer good advice.

### **7. Stay Curious**

Seek out new things to do and see. Don't be afraid to do things you have not done before, try new foods, and explore the local art and music scenes.

### **8. Watch for Culture Shock**

Culture shock happens. If you are feeling "blue" for no specific reason and it continues for more than a few days, you might consider this a problem related to the stress of living and studying cross-culturally. Talk about it and work through it with those you trust.

### **9. Keep a Journal or a Notebook**

Keeping a journal can be a combination event log, emotional gauge, travel account, confessor, opportunity to safely vent, and invaluable memory aid that you may only appreciate in retrospect.

### **10. Chill Out!**

Cultivate your sense of humor; you will need it from time to time. Be flexible, and cheerful without abandoning your core values or compromising your sense of self. Your overseas adventure will seem unbelievably short in retrospect. Make the most of it!

## **B. U.S. STEREOTYPES**

In some countries more than others, there is an unflattering stereotype of a tourist from the U.S.: one who throws money around, drinks too much, is loud and rude, expects all foreigners to speak English, thinks the United States is better than any other country, and is always in a hurry. There are other countries in which all people from the U.S. are seen as happy, cheerful, carefree, and above all rich. The challenge is to go beyond misleading images and false impressions, so that mutual understanding can deepen over time.

### **U.S. Students Abroad**

Our world is reflective of a changing political, economic, and cultural landscape which is part of what makes studying abroad so enriching, exciting, and sometimes, challenging. Experiencing and learning to respect contrasting viewpoints, differences of opinion, and agreement and disagreement within and across cultures are part of expanding your comfort zone.

#### ***Tips for Encounters with Anti-U.S. Sentiment***

1. Allow for flexibility and be realistic by understanding that it may or may not be what you think
2. Remember that fairness means understanding and taking ownership of your role with the interaction
3. Respond appropriately
4. Learn from the experience

## **C. A SENSE OF PURPOSE**

It is important for you to articulate why you have chosen to study abroad. This will help you understand what adjustments (if any) you may need to make as well as how your experience living and learning abroad will help you grow as an individual. Consider the questions below to help clarify your decision:

1. Who am I? (awareness of personal beliefs and attitudes)
2. Where do I come from? (awareness of cultural beliefs and customs)
3. Where am I going? (awareness of foreign cultures, behaviors, and values)
4. Why am I going? (awareness of personal, professional, and academic goals)
5. What am I willing to consider? (awareness of intent to learn)

## **V. LEGAL CONCERNS, CUSTOMS, & IMMIGRATION**

### **A. LEGAL CONCERNS**

When you are in a foreign country, you are subject to the laws of that country. Remember to respect their laws, use common sense, and avoid areas of unrest or disturbance.

#### **Drugs**

Remember that you are subject to local laws and **not** U.S. laws. If you should be arrested, contact the U.S. consulate at once. Be aware that the U.S. officials can only visit, advise, and contact family or friends for you. They cannot intercede in the legal process, represent you at the trial, or pay legal fees.

Again, the prohibition on drug use, purchase, and/or possession is absolute. Study Abroad will recognize no extenuating circumstances for violations.

### **Power of Attorney**

Assigning power of attorney is a legal process through which you may assign another person the power to act on your behalf in specific situations. We recommend that students grant Power of Attorney to their families while abroad.

### **Voting**

If you are abroad during an election year, you can make arrangements to submit an absentee ballot.

√ See: <https://travel.state.gov/content/passports/en/abroad/legal-matters/benefits/voting.html>

## **B. CUSTOMS & IMMIGRATION**

Customs declaration forms are distributed on all types of international public carriers and should be prepared in advance of arrival for presentation to the immigration and customs officials. Whether or not you have anything to declare, you must still fill out the identification section of the form. Regulations and procedures vary from country to country.

Immigration officials will check your passport and visa (if required). You will also have to pass through customs and immigration when you return to the United States.

√ See: <https://www.cbp.gov/travel/us-citizens>

## **VI. PACKING**

Almost unanimously, study abroad returnees tell us the most important thing to remember when packing is to:

### **PACK LIGHTLY!**

Heavy bags are not only burdensome, but you will also need room to bring back all that you have acquired. You will be surprised at how easily you can get by with only the bare essentials.

√ See: <http://ultimatepackinglist.com/>

What you bring to your program largely depends on where you study (climate and culture) and who you are. Use the following list as a guide. Pack only the items that are essential to you.

**Adapter**                      A plug that adapts the U.S. flat-pronged plug to your host country's plug. Can be found at TJ Maxx, Target, Walmart, and most airport stores. Buy several as you will probably

want to have more than one appliance plugged in at the same time.

<b>Alarm Clock</b>	If you bring your smartphone, there's no need for a separate travel alarm clock.
<b>Backpack</b>	Even if you are not planning to "backpack" in the traditional sense, think twice about bringing a suitcase. A backpack encourages you to pack wisely and gives you a sense of increased security. Also, most students live out of their backpack while traveling.
<b>Bathing Suit</b>	Who knows when you will discover an untouched beach?
<b>Camera</b>	Essential unless you have a really good camera in your phone. Don't forget to bring the USB plug to upload photos to your laptop.
<b>Cards</b>	They help pass time on planes and trains. Also, you may not have a TV in your residence hall or apartment.
<b>Coat</b>	Bring one versatile, water-repellant coat.
<b>Converter</b>	Converters are used to convert U.S. 110V to your host country's voltage. We do <b>not</b> recommend using a converter since they have a tendency to blow fuses and short out electrical equipment.
<b>Credit/Debit Card</b>	They are helpful and offer many advantages. Do not forget to inform your bank, credit union, and/or credit card company that you will be traveling internationally for one semester (or more).
<b>Dress</b>	Bring wrinkle-resistant, easy-to-wash, versatile dresses.
<b>Dress Shirt</b>	These are rarely needed and can generally be purchased abroad. If you have an internship, this may be a different story.
<b>Ear Plugs</b>	Great for planes, trains, hostels, apartments, and dormitories.
<b>Electric Razor</b>	Quite inconvenient. It is time to switch to a standard razor.
<b>Flip Flops</b>	Indispensable for those hostel showers!
<b>Gifts</b>	Small, simple, easy-to-pack gifts go a long way with new friends, professors, and host families.
<b>Glasses</b>	Have you packed your regular glasses? Sunglasses?
<b>Gloves</b>	If you are in a cold climate or in Western/Eastern Europe—yes. The same goes for hats and scarves.



<b>Hair Dryer</b>	Try to do without. You will most likely be able to purchase an inexpensive hair dryer abroad.
<b>ISIC</b>	Depending upon your destination, an International Student Identity Card (ISIC) may be convenient for a variety of travel discounts. (See <a href="http://www.isic.org">www.isic.org</a> )
<b>Jeans</b>	Jeans are widely accepted abroad.
<b>Jewelry</b>	If it cannot be replaced, leave it at home.
<b>Laptop</b>	While not a requirement, most students bring one or a tablet abroad.
<b>Journal/Blog</b>	Do you want to remember your study abroad experience vividly?
<b>Language Dictionary</b>	If you are traveling to an English-speaking country, this is not terribly necessary. If you are focused on language acquisition, don't forget it. Phrasebooks are also convenient, as is the Duolingo app or the site <a href="http://www.wordreference.com/">http://www.wordreference.com/</a> .
<b>Money</b>	Credit/Debit card(s). It's always a good idea to have some cash on hand in both the local currency and USD for emergencies.
<b>Pajamas</b>	If you are living with a host family, be sure to bring something appropriate.
<b>Pants</b>	Find easy-to-wash and dark-colored (to hide stains) pants. And don't forget a belt if you are accustomed to wearing one.
<b>Passport</b>	If you forget this, forget your trip. Guard it with your life.
<b>Passport Photos</b>	Useful in a number of ways—it's always a good idea to have a few extra.
<b>Photocopies</b>	If you lose your passport, credit card, or ATM card, you will not regret bringing photocopies of your personal documents. Alternatively, you may scan and email yourself copies of your documents.
<b>Plastic Bags</b>	If it's your style of travel, why not? Uses include: carrying liquids, protecting clothes (dry from wet ... or wet from dry), and holding food.
<b>Prescription Drugs</b>	Refer to <i>III: Health, Safety, and Security – C: Prescriptions</i>
<b>Reusable Grocery Bag</b>	If you have not embraced the trend already, it is time to go green. Most grocery stores abroad require you to purchase bags.
<b>Saline Solution</b>	If you wear contacts, be aware that solution is more expensive abroad.

<b>School Supplies</b>	In most instances, do not bother packing school supplies. You will be able to find them abroad. Check with study abroad returnees from your program to see if this is something that they recommend.
<b>Shoes</b>	Bring versatile, comfortable, waterproof, and durable shoes. Keep in mind that shoes can be purchased abroad, too. Much of the enjoyment of studying abroad comes from exploring ancient sites and visiting hard-to-reach places. Also, if you are traveling somewhere warm, don't forget sandals or flip-flops. Flip-flops are also a must when staying in a hostel.
<b>Shorts</b>	If you are traveling somewhere warm—yes.
<b>Slippers</b>	Ideal if you are living with a host family.
<b>Socks, Etc.</b>	Quite standard, but we wanted to remind you. Also, do not forget: t-shirts, casual shirts, underwear, a sweatshirt, and a sweater.
<b>Sports Coat</b>	Necessary if you plan on impressing colleagues and/or dressing up every now and then. If you take one, bring something lightweight, dark in color, and versatile.
<b>Suits &amp; Ties</b>	Generally, unnecessary. An attractive sports coat is (more than) enough. However, if you are interning, suits and ties may make up the majority of your wardrobe.
<b>Toiletries</b>	Do not overstock on toiletries. Most things will be available abroad. Be sure to pack travel-size toiletries or small travel size containers to use for weekend trips.
<b>Towel</b>	A quick-dry, microfiber travel towel is very convenient.
<b>Tissues</b>	You never know when you will need that travel-sized pack. Seriously.
<b>Travel Guide</b>	Strongly, strongly recommended.

## **VII. RE-ENTRY**

Regardless of your experience upon arriving, living, and adjusting to your host culture, many students do acknowledge re-entry and a sense of feeling...well...differently. Many students feel changed upon their return home and may find that they can't exactly articulate why. Similar to the culture shock worm, many students experience similar up-and-down emotions as they struggle with reverse culture shock and readjustment to their "everyday" life.

The important thing to remember is that this is all completely normal. Whatever way you may feel about coming home—this is all part of the study abroad experience, and what travelers feel as they try to reconcile all the new things they learned and all the big things they discovered with their return to everyday life.

Suddenly, everyday life may feel very small, and this can be challenging to re-adjust.

Be on the lookout for similar emotions upon returning home as you did upon arriving. If you're feeling blue or disengaged, try to seek out new activities or teach yourself a new skill. Reach out to friends and family members, especially those who may have had similar experiences, and discuss how you're feeling. Of course, Study Abroad is always here to listen to your #SNCadventures and your re-entry experience, so don't hesitate to reach out to us when you return. Overall, you'll find that everything you experience will be completely worth it in the end.

## **VIII. CONCLUSION**

Have a clear idea of what you specifically want to accomplish by going abroad. An experienced traveler advises, "No matter what, keep in mind that you are there to enjoy yourself. If you enjoy sitting in a café watching the world go by, do that. Do whatever you enjoy and not what someone says you will enjoy or what everyone else is doing." Remember that there may be difficult and even frustrating times for you overseas. As some of our students have noted, "Bad moments are quickly forgotten, and even the bad experiences are priceless."

## **IX. USEFUL LINKS**

[wwwnc.cdc.gov/travel/](http://wwwnc.cdc.gov/travel/)

Centers for Disease Control and Prevention: Traveler's Health

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

International Student Identity Card

<http://www.snc.edu/studyabroad/transfercrredit.html>

St. Norbert College: Study Abroad Transfer Credit Form

<http://ultimatepackinglist.com/>

The Ultimate Packing List

<https://www.tsa.gov/travel>

Transportation Security Administration

<https://www.cbp.gov/travel/us-citizens>

Customs & Immigration – Re-entering the U.S.

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

U.S. Department of State: Students Abroad

<https://step.state.gov/step/>

U.S. Department of State: Travel Registration

For additional information: <http://www.snc.edu/studyabroad/resources.html>