STUDY ABROAD PREPARATION

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THE STUDY ABROAD TEAM

Hazel Lander, Study Abroad & Exchanges Officer
Sophie Baker, International Support & Placement Coordinator
Sammy-Jo Foster, International Placement Assistant

Key responsibilities
• Administration of all exchanges
• Provision of information and advice
• Student support

First floor of the Registry Extension
T: +44 (0)1227 827994, 824088 or 816127
E: studyabroad@kent.ac.uk
HEALTH QUESTIONNAIRES

Health questionnaires are compulsory. If you do not complete it, you will **not** be allowed to go abroad.

**Full Health Questionnaire**

- To help Kent arrange for you to get any necessary medical/disability support during time abroad
- To ensure that you are not travelling against medical advice
- To validate your insurance
- You must return your completed form to the Medical Centre. When you receive your Fitness to Travel Certificate, forward to studyabroad@kent.ac.uk.
IT’S AN AMAZING EXPERIENCE!

Friendships: Meet people from all over the world

Challenge: Personal, intellectual, cultural; see life from a new perspective

You

Skills: Intercultural communication, new language, problem solving, enterprise,…

Self-discovery & development: Resourcefulness, tenacity, initiative, confidence
REFLECTION

This is your time abroad!

- What do you want to achieve?
- What will you need to put into it?
- What obstacles might you need to overcome?
- What skills or attributes will help you?
- What skills do you want to develop?
• Moodle
• Incoming and final year students (testimonials)
• [www.kent.ac.uk/goabroad/](http://www.kent.ac.uk/goabroad/)
• Lonely Planet guides
• Rough Guides
• Each other
• **YouTube: Kent Study Abroad**
  https://www.youtube.com/watch?v=FWUcRb_UZ4
THE SECRETS OF SUCCESS

• Be realistic
• Allow time to adjust
• Enjoy the differences
• Take responsibility
• Commit to your time abroad
• Make the most of the opportunities
• Tell us if you have a problem
EXPECTATIONS AND REALITY

• It won’t be the same as Kent
  ▪ Study and exams
  ▪ Contact with staff
  ▪ Social life

• It might not always be easy, but it will be worthwhile!

• You will need:
  ▪ Enthusiasm and a desire to make it work
  ▪ Flexibility/adaptability
  ▪ Tenacity and resilience
  ▪ An open mind and a sense of humour
  ▪ Patience!
HOW MUCH DOES IT COST?

• **Before you go**
  - You will have spoken to your sponsors/parents to confirm that you are able to afford the term/year abroad
  - Make sure you will have sufficient funds available to you on arrival at your host university or work placement, to cover the initial costs
  - Plan to budget for the remainder of your time abroad
STUDENT FINANCE

- **Student Finance**
  - It is your responsibility to organise your Student Finance provision as usual
  - Complete the application in the usual way – **the earlier the better**
  - The Course Abroad form should be signed by the Undergraduate Office (Student Reception, The Registry) and **not by International Partnerships**
  - Make sure you complete the first page of the form and include term dates
  - Maintenance loan, scholarships and bursaries will be received in the normal way
  - It is possible to receive payment in one/two instalments

- **Travel grant**
  - Means tested. Will be sent a form, if eligible.
  - Take copies of the form as only one form is issued
  - Can cover flights, visa costs, medical insurance – **keep receipts**
  - For 2016/17, students have to pay the first £303 for flights
  - Can take up to six weeks to process
    - Can claim as you spend
    - Or on your return to the UK
TUITION FEES

- You are **not** required to pay tuition to the host university.
- You are required to pay your normal annual tuition fee to Kent if you are an undergraduate student going abroad for one term only.
- You are required to pay £1,350 tuition fees to Kent if you are an undergraduate student going abroad for the full academic year.
- You are required to pay your normal annual tuition fee to Kent if you are a postgraduate student going on a term or year abroad.
- Work placements: The fee is expected to be £1,350.
OTHER COSTS

- Other costs that you will incur will vary according to the type of placement (study or work), where your placement is (country and city/town) and what you wish to do whilst on placement. Firstly, it is important that you research the following:
  - Air fares
  - Visa fees
  - Any compulsory vaccinations required by host university
  - Any medical check ups required by host university
  - Travel to and from the airport
  - Health insurance
  - Orientation fee, required by some host universities
  - Accommodation during the Orientation
  - Accommodation for your period of study
  - If accommodation is unfurnished, bedding etc.
  - Meal plan
  - Books
  - Local transportation
  - Any compulsory incidental fees charged by the host university
  - Sports facilities
FUNDING

• In addition to general student funding which you may be eligible for, there are specific sources of funding available for students spending a year or term studying or working abroad:
  ▪ UK student loans
  ▪ Travel Grant

• For more information on funding opportunities and study costs by country and institution please see our Costs and Funding and Managing your Finances pages
OTHER PRACTICALITIES

• Bank accounts
  ▪ Notify your bank
  ▪ Do research
  ▪ Find out what will work best for you

• Money for arrival

• Employment – check the terms of your visa

• Important: academic requirements
  ▪ check with your School about the level and number of credits permissible before commencing your studies!
PRACTICALITIES - DOCUMENTATION

- Passport
- Money
- Visas
PRACTICALITIES - VISAS

- VISAS
  - It is normal for a delay before you hear back from your host university
  - If the Certificate of Eligibility (CoE) has been sent to you directly, please send a copy to the Study Abroad team
  - Study Abroad team can produce a visa letter to support your visa application
These actions are **compulsory**!

- **Fitness to Travel Certificate (FTC)**
  - If you don’t return your FTC, you will **NOT** be allowed to go abroad.
  - If you are not registered with the Medical Centre, email the team.

- **Travel and Personal Accident Insurance**
  - Free! Register online using the [Travel Notification form](#).

- **Insurance of Host University**
  - Complete waiver form – **essential**
  - [Evidence of Insurance](#)

- **Student contract letter**
- **Learning Agreement**
- **Risk Awareness Form**
PRACTICALITIES - MOODLE MODULES

- **DP6100: Essential Study and Work Abroad Preparation**
- **DP6450: Essential Study and Work Abroad Preparation Part 2**
  - Student contract letter
  - Safety advice
  - Learning Agreement
  - Risk Awareness Form
- Enrolment keys:

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PRACTICALITIES - CHINA

• Do not worry if you do not hear anything until June
• Be prepared for the cultural shock when you first arrive, ‘the constant spitting, the toilets (or lack of), and the lack of English speakers!’ (J Solley, CFAU)
• You must be resourceful and self-sufficient
• The key is to make friends quickly and get yourself a Chinese ‘buddy’
• Make use of the Chinese language classes available
• If you have academic concerns you should contact Lisa Dickson (KLS) or Dr Pak Lee (Politics)
• If you have any other concerns you can contact International Partnerships and we can contact your host university for you.
• Smog in Beijing – follow local advice on the use and type of masks to filter out harmful chemicals (particularly important to those with pre-existing respiratory conditions such as asthma)
USEFUL TIPS - CHINA

- Street food – can be really good but stick to restaurants
- Beware of fake money
- Beware of fake alcohol
- Do not take black cabs or pedicabs
- Can use Uber for taxis
- Crossing the street – traffic can come from all sides. A green light does not mean it is safe to cross the road!
Essential apps

- Wechat
- Baidu Map
  - Get information about the fastest and most efficient way to get around the city. Can’t speak Chinese? Baidu maps will give the driver directions to your desired location.
- Metro Map: Explore Beijing
- English “Virtual Secretary”: GrabTalk (Order food, book taxi, search for train tickets, help on nearest metro)
- Dictionary: Pleco
- Understand Chinese writing: Waygo
- VPN: Astrill or ExpressVPN
- Beijing Guide: Y’GOCN
Once accepted you should make a visa application. You cannot do this before your acceptance pack has arrived.

Once you have received your pack, you will need to book an appointment at your local Chinese Embassy to take in all the required documents. They will then give you a return date to pick up your visa. You could also apply by post.


For British students, there is no requirement to have a medical beforehand as you will have one within seven days of arrival.
At present, there is no meet and greet service. You will need to make your own way from the airport.

2 options available: Taxi or airport train followed by tube
   - Taxi Tips: Have the full address written in Chinese characters; large font and a contact number for someone at CFAU who can speak to the driver
   - Train Tips: Operates from Beijing Airport during day time hours. Runs every 20mins costing approx. £3 and then transfer to tube. Again, have the address in large font available to ask for directions

Classes: 4 IR classes (or 3 IR and 1 Chinese) per semester from the Masters suite of classes

Accommodation
   - It is recommended that you apply for an on campus 2-bed room, but you can choose to live off campus if you would prefer
   - Room costs approx. £8 per day for a shared room which is very basic
   - Roommate will be international
• Incoming exchange students will be offered complimentary airport pick-up service
• You must take 15 credits per semester
• You are required to take a medical test on arrival at a nominal cost
• Single rooms cost between approximately £10 a day. Shared rooms are also available
• Variety of student activities: campus tour, ice-breaking party, Christmas party, sight-seeing tours, company visits
• Buddy program in place to offer one-on-one assistance throughout the semester
TONGJI

- Take a taxi from the airport to campus (200 Yuan RMB)
- By train would take over 2 hours at a cost of 5 Yuan RMB
- Exchange students are unlikely to secure on-campus accommodation
- For meals in the cafeteria, 15 yuan/meal is sufficient
- Credits – speak to KLS
The procedure varies according to which university you are attending. Your host university will provide the information you will need to complete the visa documents.

The Study Visa is only valid for entering Hong Kong; you have to apply separately for a visa to enter mainland China. You can do this after your arrival in Hong Kong. For further information, please visit www.ctshk.com/english/useful/chinesevisa.htm.

Internships are not possible on a student visa. You would need to come back and return on a work/internship visa.

Certain universities may not be able to offer accommodation for exchange students for the first semester.

Student Octopus cards – similar to the Oyster card. Can get a form from the university.

If you have academic concerns you should contact your school.

Remember, Hong Kong is a city not a country.

Crime levels are very low.
• The load for full-time students varies from 12 (minimum) to 18 credits (maximum)

• Most inbound exchange students take 12-15 credits (4-5 courses) per semester

• Each course usually carries 2 hours’ lectures and 1 hour tutorial per week

• Well-stocked library. You can download resources for free.

• Sports facilities are excellent are cheap. Olympic sized pool and well equipped gym

• Teaching is less analytical and based on memory

• Students will answer phone calls in classes and talk through lectures!!
Minimum: 9 units (3 courses) per term. Maximum: 18 units (6 courses) per term.

Note: Most CUHK courses are 3 units each. Language courses are optional – you can take 2 courses in Cantonese for free.

Drop and add period

You must pick 300 – 499 level classes
5 courses per semester = 30 credits
Maximum of 36 credits

Humanities
- Drop and add period

Business
- Try to enroll in advance
- There are restricted places for Chinese language
- 30% of students are local
- Exchange students have priority when choosing modules
- You must pick 300 – 499 level classes

Law
- Academic Resource Centre is the online resource which lists availability of classes
Before you apply for your visa, you must obtain a Certificate of Eligibility. Once the CoE has been obtained, you must go to the Japanese Embassy.

This process is set out in detail on the ‘My Time in Japan’ section of the Go Abroad website: www.kent.ac.uk/goabroad/current/mytimeabroad/mytime-japan.html

You are required to take Japanese language classes while abroad due to visa requirements. They do not contribute to your final mark.

Attendance in class is compulsory as it will reflect on your grades.

All universities offer accommodation. We recommend you do not live off campus in private housing. Kansai Gaidai: offers host family option

Follow local advice in the event of a natural disaster.

Earthquake risk: http://www.redcross.org/get-help/prepare-for-emergencies/types-of-emergencies/earthquake#After
If you have academic concerns you should contact Dr Harmonie Toros (Politics), Dr Mike Poltorak (Anthropology) or Dr Xiaofan Amy Li (Asian Studies)

**Aoyama Gakuin**
- 14/17 credits per semester but check with your School for exact requirements
- Health insurance approx. 2,000 Yen per month

**APU**
- You will be met at the airport
- You are required to purchase the National Health Insurance Average load: 18 to 20 credits in one semester (8 to 10 courses)
- Buddy program
- Can take Japanese language classes
- APU will provide off-campus housing (Oita International House) for all exchange students which is located in downtown Beppu. You will be responsible for the bus fare.
Kansai Gaidai
- Minimum of 14 credits/maximum 20 credits per semester. Check with your School for exact requirements.
- Mandatory Japanese language courses

Kyoto Sangyo
- J-CAT test mandatory
- Transportation: approx. 75 min by Airport - Express HARUKA from Kansai airport
- Live in International House
- Buddy program
- 8 classes per week, 4 of which are Japanese language classes (chosen for the student)

Musashi
- Minimum of 15 contact hours per week = 15 credits; Japanese language 6 hours per week
- Choice of housing
Okayama

- On campus housing – single rooms
- Required to apply for National Health Insurance
- You should have at least 10 hour coursework per week to maintain a "College Student Visa"

Waseda

- Minimum of 7 courses per semester (14 credits). Can take as many as 20 courses (40 credits) in SILS.
- Required to apply for National Health Insurance
- Housing – dorms/homestay/house share
KOREA UNIVERSITY

- Free airport pick-up for students living in KU residence halls
- Free Korean language classes during semester breaks
- Course load: 12 credits per semester
- On-campus accommodation is available but limited. Students are advised to apply as soon as the online application is started.
- Most rooms are shared
- KU will send you a Certificate of Admission you can use to apply for a D-2 student visa at your nearest Korean embassy
- Global KU Scholarship available
On-campus housing is not guaranteed

NTU can recommend off-campus accommodation

Rooms are shared

Course load: 16-18 Academic Units

All students are required to purchase NTU Group Hospitalisation & Surgical Insurance

If required, an Entry Visa will be included in your acceptance letter. There is no need to make a separate application for an Entry Visa.
Spring session: Jul – Nov, Autumn session: Mar – Jun. Four-month break (straddles two academic years)

A full course load for one session is 24 credits (3 – 4 courses)

Aim to arrive in Sydney at least two weeks before classes start

Free airport shuttle service

Guaranteed on-campus accommodation

Private bedrooms

UTS suggests applying for visa as soon as acceptance received – four-week processing time
• What’s included – be prepared. Your room may come furnished or unfurnished

• Choice – on campus v off campus housing

• Deadlines

• Forms & deposits

• Roommates and period of adjustment
PRACTICALITIES - ARRIVAL

• Important documents
• From the airport to the university?
• **Orientation - compulsory**
• Late check – in
• Get involved
WHILE YOU ARE ABROAD – KEEP IN TOUCH

- It is mandatory to update SDS with new local contact details i.e. mobile phone
- On arrival, tell Hazel your address while abroad by completing our Survey Monkey
- Make sure your Kent email account is not over quota
- Check your Kent email account regularly – you will be sent details regarding module registration for your return
- Students on a Tier 4 visa – monthly contact
- You are responsible for arranging your accommodation on return to Kent
  - On-campus accommodation may be available for January returners only
WHILE YOU’RE ABROAD – REMEMBER…

- Your role as an ambassador

- If you find that you are struggling in your courses, please contact your School or Hazel

- **Remember all academic advice** relating to which courses you can take should come from the University of Kent not your host university.
HOMESICKNESS, ANXIETY AND STRESS

- Don’t worry, it’s normal
- Allow time to settle in
- Eat and sleep well
- Keep active
- Take time to do things you enjoy
- Don’t envy friends at home, let them envy you!
- Don’t think you have to manage on your own
- Talk to someone about it, but not to excess!
HEALTH AND WELFARE

Support in the host country

• Medical facilities
• Disabilities and specific learning difficulties
• Mental health

Support from Kent

• Student Support
• Student Wellbeing
  • Counselling: you must be registered with a doctor in the host country
• Study Abroad team
• Your School
PERSONAL SAFETY

• Use your common sense:
  • Keep hold of your belongings
  • Accommodation
  • Avoid putting yourself in potential danger
  • Don’t accept lifts/drinks from strangers
  • Look out for your friends, particularly when out for a night

• Be aware:
  • Blending in with your peer group can help you avoid unwanted attention
  • Other cultures have different norms - find out as much as you can in advance to avoid giving offence or the wrong impression
YEAR ABROAD PHOTO COMPETITION

Take lots of photos while you’re away, and you might win our Year Abroad photo competition!

https://www.facebook.com/UniversityofKentStudyAbroad