STUDY ABROAD PREPARATION

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THE STUDY ABROAD TEAM

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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 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

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

Self-discovery & development: Resourcefulness, tenacity, initiative, confidence
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?
RESEARCH

- Moodle
- Incoming and final year students (testimonials)
- www.kent.ac.uk/goabroad/
- Lonely Planet guides
- Rough Guides
- Each other
- YouTube: Kent Study Abroad Advice from Kent students
  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.
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
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
• VISAS
  ▪ Generally you will enter the country on a student visitor visa and then transfer to a student visa on arrival
  ▪ Those studying for a term may not need to change to a student visa. Check on arrival.
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](#)
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 key – Latinamerica#1
What’s included – be prepared. Your room may come furnished or unfurnished.

Host family

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
• Airport pick-up service offered. Flight, arrival date and estimated time must be provided a week before.
• No on campus accommodation, UAI will provide contacts for properties that comply with safety and cleanliness standards.
• Recommend that exchange students take 2\textsuperscript{nd} and 3\textsuperscript{rd} year classes
• 18 credits per semester (equal to four or five courses per semester)
• You must apply for your student visa in the UK. You will be sent details of how to do this.
• Buddy program
• Spanish language courses offered during the semester
• Recommended course load: 3 or 4 courses per semester
• You will enter the country as a tourist and then apply for a resident/student visa with the help of the International Programs Offices. You must change your status within 30 days of arrival.
• The purchase of a local health insurance policy is required. Students may petition to waive this requirement if their international policy meets minimum requirements
• Airport pick up available for a fee
• Limited on-campus accommodation available, San Andrés can assist students looking for apartments, host family option
• Buddy program
UNIVERSIDAD DEL ROSARIO COLOMBIA

- Credit System:
  - Mandatory courses: 3 or 4 credits
  - Elective courses: 2 credits
  - Tuition covers 18 credits
- International Medical Insurance is required for the length of the exchange
- Airport pick-up service offered. Flight, arrival date and estimated time must be provided a week before.
- Accommodation contacts are provided to students, but the university does not offer accommodation or take responsibility for it
- DP-FO-67 form must be completed to apply for visa
- Visit the Colombian consulate website for more information
- Students are required to take a Spanish test before arrival to make sure the level of Spanish is sufficient. Rosario runs a Spanish language course three weeks before arrival if level is not sufficient. Costs US$650/700 for 90 hours of tuition
• Students enter the country on a tourist visa then change their status at the Migrations Office in Lima
• Take your financial documentation translated into Spanish
• Credit requirement: 12 PUCP credits (4 classes) per semester
• PUCP does not offer on-campus accommodation but will recommend off-campus housing
• Option of staying with a host family
• Buddy program
• Latin American, European and North American students do not need a student visa to enter Uruguay. You will receive a regular tourist allowance upon arrival and can extend that after three months, without any difficulties and at a low cost.
• You may also leave the country and re-enter on a new tourist allowance for an additional three months.
• ORT does not offer on-campus residency halls but can provide a list of off-campus housing options.
• Exchange students are expected to select and to pay for their own accommodation.
• Credit requirement: five courses
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

• Be aware of unregulated taxis – particularly in Peru
• Follow local advice in the event of a disaster
• Chile and Peru earthquake risk: [http://www.redcross.org/get-help/prepare-for-emergencies/types-of-emergencies/earthquake#After](http://www.redcross.org/get-help/prepare-for-emergencies/types-of-emergencies/earthquake#After)
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