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 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?
• 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**
  Advice from Kent students
  [https://www.youtube.com/watch?v=FWUcRb_UZ4](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.
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 – if UCEAP see info on email
  - 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
- **British Consular Services guide to studying in the USA:**
PRACTICALITIES - DOCUMENTATION

- Passport
- Money
- Visas
PRACTICALITIES – VISAS (OVERVIEW)

- It is normal for a delay before you hear back from your host university
- Visa/study permit required for US and Canada (full year students only)
- Cannot apply for your visa until you have received acceptance letter
  - DS – 2019 (J1 visa) or I-20 (F1 visa) for the US (Certificate of Eligibility)
- If the Certificate of Eligibility (CoE) has been sent to you directly, please send a copy to the Study Abroad team
- Study Abroad team will produce a visa letter to support your visa application
PRACTICALITIES – CANADIAN VISAS

- [Link](http://www.canadainternational.gc.ca/united_kingdom-royaume_uni/visas/study-etude.aspx?view=d)
- MONTREAL: before applying for your student visa, you will need to apply for your Quebec Acceptance Certificate (CAQ). More details will be sent in your acceptance packet.
- ALL OTHER CANADIAN UNIVERSITIES: you must apply for your study permit before entering Canada. You should download the application form from the Canadian embassy website.
- In addition to a study permit, students from the UK are now also required to apply for an Electronic Travel Authorization (ETA). Please see here for further information: [Link](http://www.cic.gc.ca/english/visit/visas.asp)
- Those going to Canada for one semester may not need to apply for a study permit
July 06, 2016

Dear [Name],

Your application to study in Canada has been approved. A permit authorizing your studies will be issued to you on your arrival to Canada following an examination by an officer of the Canada Border Services Agency, subject to your compliance with the requirements of the Immigration and Refugee Protection Act and its Regulations. The officer will ask to see this letter, your passport and may request to see your supporting documents, such as the letter of acceptance from your educational institution. Do not pack these or other valuable papers in your checked luggage. You can find out more about which documents you will need to bring with you by visiting www.cic.gc.ca/english/immigration/study-apply.asp

As you gather your documents, please take note of the following:

- This letter is not a passport or travel document. You will not be permitted to board your flight without your passport, even if you have this letter with you.
- This letter is not an authorization permitting you to enter or remain in Canada. An officer of the Canada Border Services Agency will make that determination upon your arrival to Canada.
- This letter is important because it contains information that will be used by the Canada Border Services Agency to issue your study permit. Please do not misplace it.

You must seek entry to Canada to obtain your study permit by 2017/07/24 (YYYYMMDD). Your passport must be valid beyond the period you intend to remain in Canada. If not, the validity of your study permit will not be extended beyond the expiry date of your passport, or, for United States citizens and permanent residents, the validity date of your identity document.

Note: As an international student in Canada, it is your responsibility to ensure that you continue to meet the conditions of your study permit, including the requirement to actively pursue studies. Your study permit will automatically become invalid 90 days after you complete your study program, regardless of the expiry date indicated on your study permit. For more information, please consult http://www.cic.gc.ca/english/immigration/study-apply.asp

Sincerely,

[Signature]

CPC Vegreville
6212 55th Avenue
Vegreville, AB
T9C 1W5

www.cic.gc.ca
PRACTICALITIES – US VISAS

http://www.fulbright.org.uk/pre-departure/visas/overview

• **Step 1:**
  - Your host university will send you a “Certificate of Eligibility” that dictates which visa you can apply for. You will either apply for an F-1 or J-1 visa.
  - Check the details on the CoE carefully. Mistakes need to be corrected before an application is made.

• **Step 2:**
  - Book an interview with the Embassy as early as possible and pay your visa fees: [https://uk.usembassy.gov/visas/study-exchange/how-to-apply-2/](https://uk.usembassy.gov/visas/study-exchange/how-to-apply-2/)
  - Before your interview, pay the SEVIS (the international visitor database) fee
  - Apply for your visa on the US Embassy website by completing the DS-160 form: [https://ceac.state.gov/genniv/](https://ceac.state.gov/genniv/)
  - **Remember to keep your receipts.**
Step 3:

- The Interview: please make sure you leave your mobile phone at home;
- After you pass your interview, you will be issued with your visa.
- If you plan a trip outside of the US, you need a valid signature on your DS-2019 or I-20.
- To re-enter you must present current passport (valid for at least six months after re-entry date); valid visa + valid DS-2019 or I-20 with return authorisation signature.
- If you are registered for less than 12 credits this may affect your visa status.

[http://www.fulbright.co.uk/pre-departure](http://www.fulbright.co.uk/pre-departure)
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 study abroad team

- **Travel and Personal Accident Insurance**
  - Free! Register online using the [Travel Notification form](https://www.kent.ac.uk/goabroad/current/insurance.html).
  - Students will normally have to pay the first £100 of any claim.
  - More information: [https://www.kent.ac.uk/goabroad/current/insurance.html](https://www.kent.ac.uk/goabroad/current/insurance.html)

- **Insurance of Host University**
  - More and more North American universities will not accept Kent’s insurance - Patient Protection and Affordable Care Act (commonly known as the Obama Care Act or the Affordable Care Act)
  - Complete waiver form – **essential**
  - [Evidence of Insurance](https://www.kent.ac.uk/goabroad/current/insurance.html)
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:
  - USA – USAstudy#1
  - Canada – Canadastudy#1
PRACTICALITIES - ACCOMMODATION

- 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
- Order your books online
- Get involved

**Students going to the USA:** authorities can now demand access to passwords and digital information held in electronic devices when travellers enter US territory. Students are advised to take inexpensive, “empty” temporary phones rather than their usual smartphone.
ACADEMIC REQUIREMENTS

CREDITS – US

- **Class level – really important**
  - Please check required level of classes with your Kent School and number of permissible credits before you leave
  - Upper division classes
  - Must take a minimum of 12 credits (13 for UCB)
  - 300 to 499 for all Universities other than the University of California (for SDSU and Long Beach, take 300-499)
  - 100 to 199 at the University of California
  - Email professor in advance to secure classes
  - Drop and add period
ACADEMIC ADJUSTMENT

- Emphasis on student participation
- Attendance and participation contributes to final grade; you are expected to speak up in class so be prepared to be called on directly to answer questions
- “Easier” exams, heavier workload
- Continual assessment; weekly quizzes and daily homework
- Useful resources:
  - http://www.fulbright.org.uk/pre-departure/academics/in-the-classroom
  - http://www.fulbright.org.uk/pre-departure/academics/marks
ACADEMIC REQUIREMENTS

CREDITS – CANADA

- Brock
  - 5 credits per year (2.5 per term)

- Calgary
  - 8 credits per year (4 per term)

- Concordia
  - 6 courses per semester

- Mount Allison
  - 5 courses per semester

- Trent
  - 5 credits per year (2.5 per term)

- Montréal
  - 12-15 credits per year (6-7.5 per term)

- Ottawa
  - 30 Ottawa credits per year (15 per semester)

- Osgoode Hall
  - 26-34 Osgoode Hall credits per year (13-17 per term)
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
• Keep in contact with home, but beware the curse of Facebook!
  • 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
PREPAREDNESS PLANS

• Follow local security advice, including emergency preparedness plans
• Lock downs
• Awareness of local gun laws
• Alcohol
• Crucial to check Kent email account and keeping in touch should an emergency occur in your vicinity

• CRUCIAL TO UPDATE SDS WITH A LOCAL CELLPHONE NUMBER
TRAVEL DURING SPRING BREAK

Planning a trip during Spring Break?

• Do you have all the required travel documents?
  • You need a valid signature from the International Students Office and your DS-2019 to exit the US and reenter after your travel. Check Canadian requirements
  • To reenter the US/Canada, you must present the following at the port-of-entry (airport or land border):
    • Current passport valid for at least 6 months after the reentry date
    • Valid student visa/study permit
    • Valid Certificate of Eligibility
TRAVEL DURING SPRING BREAK

• Be aware of travel alerts and warnings
  • The US Department of State information, though designed for US citizens, can be a useful resource for your travel planning
  • Avoid travel, particularly on your own, to countries with an active US Department of State travel warning
  • Travel to Mexico is not recommended. US Department of State alerts and warnings about Mexico

• Are you prepared for an emergency?
  • If you need any assistance because of an emergency while abroad, you must contact the consulate of your home government (not the US Consulate)
  • Carry with you emergency telephone numbers (hard copies). Know who to call locally in an emergency. A charged phone with a local plan is critical during an emergency
PERSONAL SAFETY

- Refer to safety advice notes on Moodle
- 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