

Study Abroad Orientation

What's Next?

A helpful and informational guide on things to do before you go on your adventure of a lifetime!

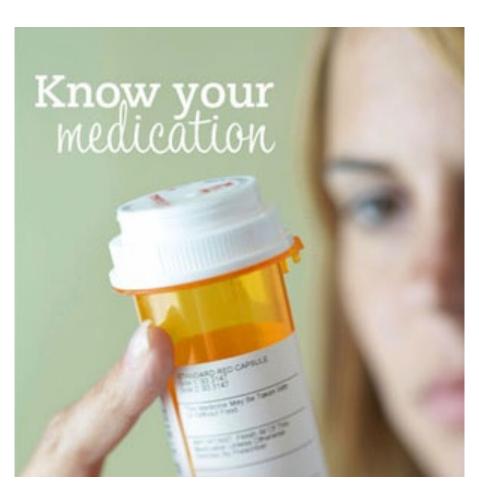
Packing Tips

- The less the better
- Bring only what you know you will wear or need. Seriously!
- Bring extra cash on hand in case of emergencies (how?)
- Camera, cell phone, adaptor, laptop, chargers!
- Passport



- One large suitcase or backpacking pack
- 2. Medium sized carry-on (check)
- 3. School Backpack
- 4. Small handbag for the ladies

Medication & Food Allergies



-Plan ahead to bring enough

-as soon as you arrive, make sure you can locate a local hospital

-make sure the CSU insurance covers your medication while abroad

-plan for 3 months

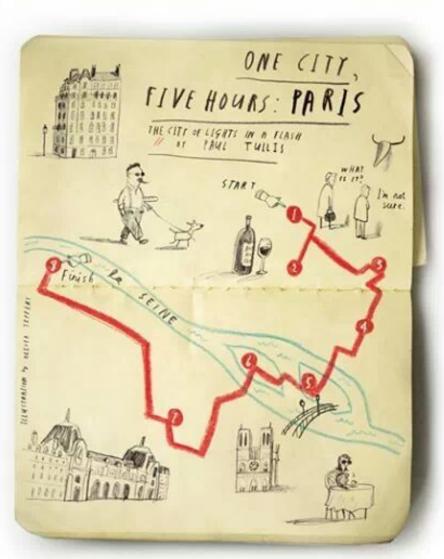
-let coordinator know

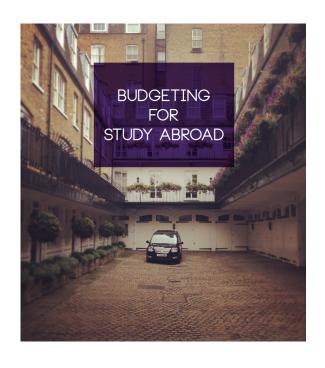
-know the translations!!!!



Set goals for your year abroad

- Sports team
- Clubs
- Try a job
- Choir/band
- Academics (GPA will transfer!)
- Adventure planning!





- calculate "big picture"
- keep currency exchange rate in mind
- distinguish difference between "wants" and "needs"

Wants	Needs
daily coffee/beershoppingexpensive travel (taxi)useless things (ex.)	 health insurance rent monthly food allowance unexpected fees emergency some clothing (weather)

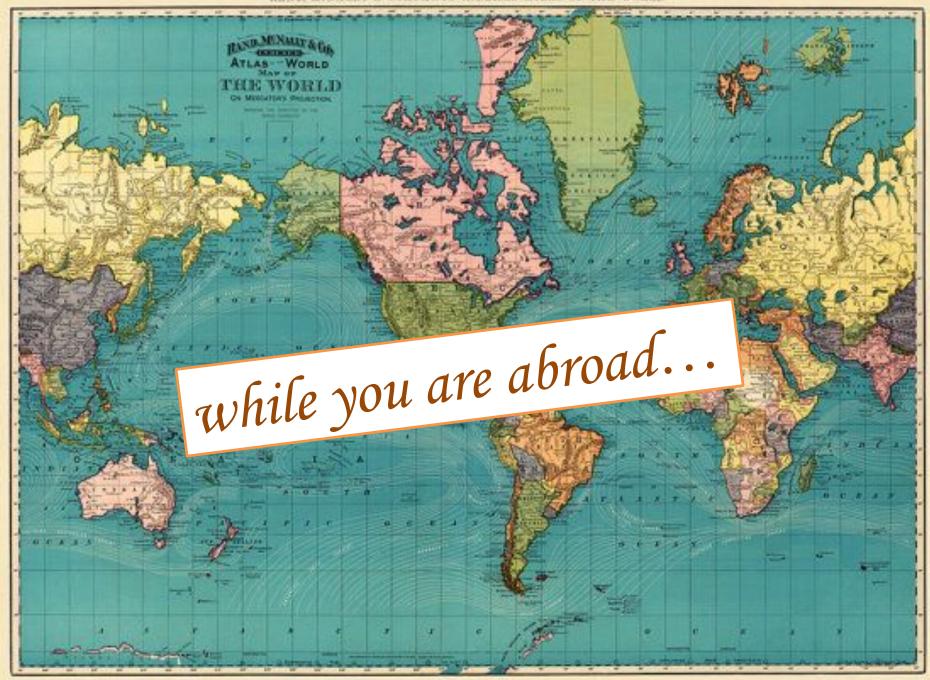


Make memories not things!!!!

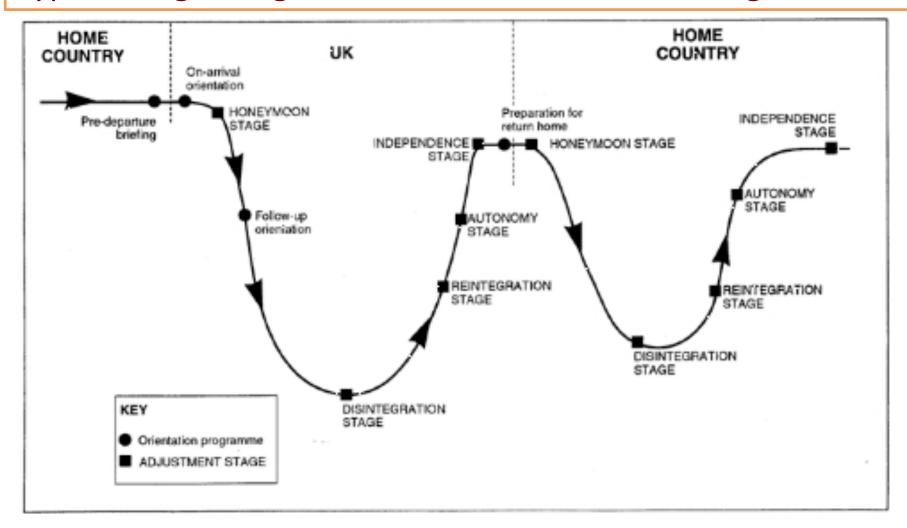
FINancial Aid

- -FAFSA/CAL Grant disbursement issues (september!)
- -make sure you have enough money in your bank account prior to leaving (\$1000)
- -Bank account tips





Typical stages of growth while Abroad and during Return



Homesickness and culture shock are normal!

Coping Mechanisms

- Language buddy system (tandem)
- Rent an American
- Youth/church groups
- Making friends
- Stammtisch!

 The worst thing you can do is sit in your room all day!





ALCOHOL

- -know your limits
- -cultural differences and norms
- -Europeans may have many more years of experience with drinking
- -don't be that American idiot!!

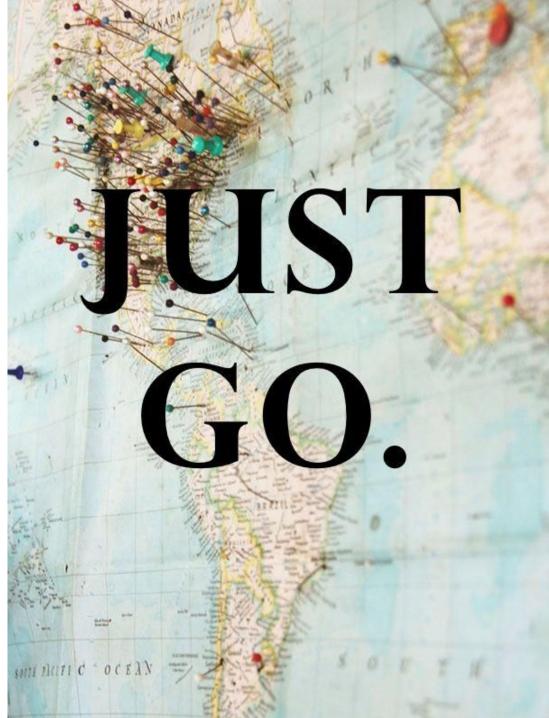


How to plan your travels

- -Traveling apps
- -Carpool apps
- -be safe!
- -Hostels
- -Camping
- -ryanair







Open Forum







We bet you have lots of questions... ©