EXCHANGE PROGRAMS
ORIENTATION
Program Costs

• TUITION & FEES FOR EXCHANGE
  + GSU tuition (per credit hour)
  + ALL regular mandatory campus fees

GSU Undergraduate Tuition & Fees
- NO HOST INSTITUTION TUITION
- Some hosts have a student union fee

• Make payment to Student Accounts (i.e. PantherPay via PAWS) by published deadlines in GSU Academic Calendar GSU PAWS

PAYMENT DEADLINE:
January 16 or before departure
Other Costs

• BASED ON PROGRAM, YOU PAY GSU, HOST INSTITUTION OR THIRD PARTY
  – Housing
  – Meal Plan (if available)

• ALWAYS ON YOUR OWN
  – International Airfare & other transportation
  – Insurance (mandatory; GSU plan with CISI)
  – Course supplies
  – Incidentals & personal expenses
  – Passport & Visa (and all associated costs)
Financial Aid

• Your financial aid package (including scholarships) applies directly to your tuition charges at GSU
• Plan for the timing of your refund!
  – Direct deposit set-up, NOT to Panther Card
• Must complete FAFSA to receive federal aid
• If you qualify, HOPE, Pell, and loans do apply
• Increased Cost of Attendance Form
• Consortium agreement is NOT for exchanges

[Financial Aid Homepage](#)

OFFICE: Sparks Hall 227/228
PHONE: 404-413-2600
Transfer Credit (Course) Approval Form

• *Submit completed form prior to departure*

• Only approves how GSU will give credit for a class taken at host institution

• Department chair for each course must approve the GSU course # equivalent (Consult with your Program Director)

• Complete TCAF when all courses are approved and host university class schedule is available

• Keep syllabi, course work, faculty credentials

• Update form if there are any course changes

 FOREIGN TRANSFER CREDIT APPROVAL FORM
Course Registration @ GSU

- Dual registered at GSU & host institution
- At GSU, you are registered for a placeholder, INEX **** based on # of credit hours.
  - Sections with mandatory student/campus fees
  - Wait until authorized to register by Study Abroad
  - GSU academic calendar still applies!

YOU are RESPONSIBLE for ensuring the total credits for courses registration at GSU & Host Institution are equivalent.
Course Registration @ GSU

<table>
<thead>
<tr>
<th>Example 1</th>
<th>Example 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Courses Abroad:</strong></td>
<td><strong>Courses Abroad:</strong></td>
</tr>
<tr>
<td>ENGL 4000 – 3 hrs</td>
<td>CHIN 2000 – 3 hrs</td>
</tr>
<tr>
<td>SPAN 4000 – 3 hrs</td>
<td>HIST 3000 – 3 hrs</td>
</tr>
<tr>
<td>MATH 4000 – 3 hrs</td>
<td>ENGL 3000 – 3 hrs</td>
</tr>
<tr>
<td>HIST 4000 – 3 hrs</td>
<td>ANTH 4000 – 3 hrs</td>
</tr>
<tr>
<td>MGS 8000 – 9 hours</td>
<td><strong>GSU INEX Courses:</strong></td>
</tr>
<tr>
<td>GSU INEX Courses:</td>
<td>INEX 2000 – 3 hrs</td>
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<tr>
<td>INEX 4000 – 12 hrs</td>
<td>INEX 3000 – 6 hrs</td>
</tr>
<tr>
<td>GSU INEX Courses:</td>
<td>INEX 4000 – 3 hrs</td>
</tr>
<tr>
<td>INEX 8000 – 9 hours</td>
<td></td>
</tr>
</tbody>
</table>

- In Europe, credit hour system is different!
- In Asia, credit hour system is typically the same as GSU (unless based on European model)
- ECTS credits to GSU credits is 2:1 ratio (but not always, so check with your Program Director)
Courses @ Host Institution

• Typically “register” or “enroll” for classes upon your arrival at host institution

• Anticipate differences:
  – Terminology (course = module)
  – Course timetables (i.e. full year courses)
  – Credit hour systems vary (What’s the conversion?)
  – Lectures/Exams (more independent)
  – Type of assessments/exams
  – Grade Scale
Course Transcripts

• Host institution sends transcript to GSU
  – To Study Abroad Office or Program Director
• Request a copy for your records
• After GSU receives your transcript, GSU adds transfer credit for completed courses onto your student record (based on TCAF)
• GSU will not process transcripts unless an accurate & complete TCAF is on file
• Follow-up, but can be lengthy process
Course Grades

• Course grades will count towards your cumulative GPA (NOT institutional GPA)
• Letter grades based on conversion scale
• No auditing, pass/fail or requesting no credit awarded for credit-bearing courses
• Familiarize yourself with the grading system at host university!
• Graduation may be delayed if transcripts are not received & processed by GSU deadlines
A PASSPORT?

YOU ARE GOING NOWHERE WITHOUT VISA
Official Travel Documents

• Passport (submit to Study Abroad)
  – Valid 6 months past date of re-entry.

  U.S. State Department- Passport Information
  – Dual citizens are required to depart/enter the USA with their U.S. passport
  – Bring copies with you in case of loss/theft!

• Visa/Resident Permit
  – You are responsible for application & fee
  – Do NOT delay as it can be lengthy process!

• ISIC-Student ID card
Preparing for your Absence

- Power of attorney
- Filing taxes
- Absentee ballot for voting
- How will you take care of personal affairs while away? Bills, pets, etc.?
Preparing for your Arrival

• Plan your travel arrangements
  – Best practices for booking your airfare
  – Airport pick-up? Bus, train, taxi, uber, lyft?
  – When is housing available?

• Immigration & Customs Regulations
Packing

- Luggage restrictions
- Access to laundry facilities
- Less is more (more space for souvenirs!)
- You can buy most essentials
- Electricity outlets and voltage currents
  - Adapter & converters
Housing

- Residence Halls/Dorms
- Homestays
- Apartments
- Hotels/Hostels

- Are guest/visitors allowed? Overnight?

Be respectful of cultural norms in country!

Not an accurate portrayal of your room abroad!
Meals

• Campus Cafeteria—not as common!
• On-campus eateries or restaurants
• Kitchen facilities in housing—cost effective
  – Grocery shopping more frequently
  – Cooking for yourself
• Common dishes? **Be open minded**
• What is the typical meal time?
• Dealing with upset stomach
Communication

– Telephone
  • International access code (011) + country code

– Cell phones
  • International rates are expensive! Check with your wireless provider for coverage/rates-including data
  • Rent or Pay as You Go options in-country
  • Wi-Fi calling (Your cell on airplane mode)

– Internet
  • Where do you have internet access? Home? On-campus?
  • Make sure your family knows how to use your preferred social media platform
  • *Limit your time online while abroad*
Money Matters

• Currency exchange rate
  – XE Currency Exchange Calculator
  – Download the app

• What do the coins/bills look like?

• Where/how to exchange money?
  – Bank (at home or abroad), airport, currency exchange vendors, ATM, at point of sale (credit/debit card)

• Notify your bank & credit card companies
Money Matters

• Best practices in your host country for handling money and making payments
  – Set up local bank account, ATM for cash, use debit/credit cards, int’l money card / travelers checks, NFC payments?
  – Have back-up payment options

• Make a budget (#Adulting)
  – Regular expenses + Entertainment/Travel

• Only carry what you need (#SafetyFirst)
  – (scheduled withdrawals from ATM)

• Funds for emergencies
Health Concerns

• Be proactive about your health, but also be prepared for emergencies
• What is health care like in host country?
• Adequate int’l health insurance coverage
  – Medical evacuation & repatriation
• CISI policy offered to GSU students
  – Copy of policy is in your packet!
  – How to enroll
  – How to utilize your insurance plan
CISI : Online Self Enrollment

Cost ~ $1.28/day with GSU sponsor code (ask us!)
CISI Health Insurance

In case of medical emergency, please contact CISI insurance’s emergency assistance provider AXA Assistance:
- Collect from outside the US: 001-312-935-1703;
- Toll-free from within the US: 855-327-1411;
- Email: MEDASSIST-USA@AXA-ASSISTANCE.US

In an emergency, seek appropriate medical care first and then contact CISI!
CISI: Mobile App

Access your CISI account

- Email
- Password

Login

Forgot password

Saved content
- View saved documents and favorite providers...

Have a question?
- Find out how you can contact us

Documents

Providers

Emergency

Contact

Destination

Offline Setup

- Insurance Documents
  - ID card, claim form & more
- Medical Providers
  - US & International search
- Emergency
  - In case of medical or security emergency
- Travel Destination
  - Country specific profiles & health info
- Claim Help
  - Information on how to file a claim
- Travel Notifications
  - State Department travel alerts & warnings
- Contact Us
  - Call or email us

Argentina

Found 74 :: Page 1 of 8 loaded.
- Alberto Dr. Gallagher
  - Internal Medicine
  - Echeverria 3625 - Pb 1
  - Buenos Aires, 3625, Argentina
  - Tel: 4555-7790

- Preferred provider
  - American Jet S.A.
  - Air Ambulance Services
  - Aeroparque J. Newbery Hangar 6 C. A.
  - Buenos Aires, Argentina
  - Tel: 4775-5487

- Antonio Dr. Duarte
  - Pharmacology
  - Cabildo 480 First Floor App. "A"
  - Buenos Aires, Argentina
  - Tel: 4848-5566

Cultural Insurance Services International

administers insurance covering the bearer of this card. Medical providers can call: (203) 399-5130 in the USA for verification. Your protection plan policy number is: 11 GLB 9112980 R, CISI UNIVERSITY Your participant ID is: 111111.

Participant Name: JANE DOE
Coverage Dates: 16-Jul-2012 To: 16-Aug-2012
Coverage Type: PARTICIPANT ONLY

TEAM ASSIST from TEAM ASSIST assists in emergencies. Contact numbers are: (800) 472-0006 (in U.S.), (817) 956-7541 (call collect from outside the U.S.). Email: TEAMASSIST@CULTURALINSURANCE.COM. Your Team Assist ID is 11 GLB 9112980-R
CISI Health Insurance

• Should you need any medical care abroad, typically pay upfront for costs and seek reimbursement from CISI.
  – For some health care providers, arrangements can be made for direct payment between CISI and the health care provider.

• Keep all receipts documentation for reimbursement.

• Download claim form & submit online to CISI.

• For questions on benefits or claims, contact CISI & include your policy number on all communications submitted by email or mail.
  – Calling toll-free from within the US: (800) 303-8120 ext. 5130
  – Calling collect from outside of the US: (203) 399-5130
  – Email: claimhelp@culturalinsurance.com

– CISI Health Insurance
Your Health: Be Proactive

- Student Health Clearance Form
  - Program Description required
  - Your doctor’s office submits to GSU Study Abroad
  - Disclose health concerns to your host coordinator
  - Student Health Clearance Form

- Medical & Dental Check-ups

- Vaccinations/Immunizations - CDC

- Physical/Emotional/Mental Health

- What to bring:
  - Medical Records, Prescriptions, Over-the-counter drugs, Medic Alert Emblem
Health: Prescriptions

• Take a supply of prescription medication for the duration of your travels including extra for unexpected delays.

• Keep prescriptions in their original, labeled containers and pack them in your carry-on bag since checked baggage is occasionally lost or delayed.

• Be careful travelling with medications: what’s legal here may not be there!
  – Get a letter from your physician in case you are questioned about your carry-on medication; some countries have restrictions on bringing prescription or even non-prescription medications into the country without proper medical documentation.

• Ask your pharmacy or physician for the scientific name of your prescriptions in case you need to purchase additional medication abroad.
Safety/Legal Concerns

• Trip cancellation / interruption insurance not included
• Memorize emergency numbers & contacts
• Subject to “laws of the land”
• Don’t assume laws are the same as US
  – Penalties for illicit drug use
  – Photography of govt/military buildings

TWO SAFETY FACTS
IF IT HAPPENS ON STUDY ABROAD

DOES IT STAY ON STUDY ABROAD?
Safety 101

– In general, follow same safety rules that you would at home
– Practice good situational awareness: stay on your toes, keep your head on a swivel, constantly assess risk!
– You are subject to the local laws: the law will not care if you are an American citizen or a citizen of Oceana
– Always let someone know where you will be
– Travel in pairs
– Avoid confrontations
– Avoid demonstrations & political activities
– Be hyperaware at popular tourist locations/destinations
– Keep your money close to your person and never put anything in your back pockets!
– Drugs: never, period, enough said.
– Alcohol: moderation & the laws of the land.
– DO YOUR RESEARCH ON YOUR HOST COUNTRY!
  • Utilize the resources available to you
Resources to Research Your Host Country

U.S. State Department - Country Information

Learn About Your Destination

The State Department’s Office of American Citizens Services and Crisis Management (ACS) administers the Consular Information Program, which informs the public of conditions abroad that may affect their safety and security. Country Specific Information, Travel Alerts, and Travel Warnings are vital parts of this program.

We provide Country Specific Information for every country of the world. You will find the location of the U.S. embassy and any consular offices, information about whether you need a visa, crime and security information, health and medical considerations, drug penalties, localized hot spots and more. This is a good place to start learning about where you are going.

Enter a Country or Area

To zoom in to a specific country, click the continent on the map and then scroll your mouse.

CISI Health Insurance

Quick links

Emergency Numbers:

Health Alerts In India

Alerts & Warnings

Enroll in STEP

Enrolling in this free service will allow us to better assist you in case of an emergency while you are abroad.
Resources to Research Your Host Country

- Guide books, travel blogs, local news sources
- GSU’s Alumni Reference Network
Culture Shock

- a state of **bewilderment, disorientation, doubt, nervousness, and distress** experienced by an individual who is suddenly exposed to a new, unfamiliar, or foreign social and **cultural** environment (way of life or set of attitudes)

- Before you leave
  - Feelings of anxiousness, depression, anticipation
  - Feelings of not wanting to leave/regretting your decision
  - Excitement
Culture Shock

**Host country**

1. Everything is new, interesting and exciting.
2. Differences become apparent and irritating. Problems occur and frustration sets in.
3. You may feel homesick, depressed or helpless.
4. You work your way through culture shock and begin to adapt to your host culture.
5. You see your host country as your new home.

**Home**

6. You are excited about returning home.
7. You may feel frustrated, angry or lonely because friends and family don’t understand what you experienced and how you changed.
8. You readjust to life at home.
9. You integrate what you learned and experienced abroad into your new life.

Based on Oberg (1960) and Gallahorn & Gallahorn (1963)
How to Cope with Culture Shock…

- There will be ups & downs on your culture shock continuum
- Know as much as possible about your host country before you leave
  - Read up on local cultural norms & practices, holidays & history.
- Find logical reasons for cultural differences:
  - Many norms have evolved over time for very specific purposes that are no longer apparent.
- Avoid stereotypes & criticizing the host culture:
  - Stay positive → differences and newness are challenging and help you grow!
  - Spending time with other Americans and bashing your host country will only heighten challenges and won't help you adjust!
- Self-care strategies – do what you love & what makes you feel better!
- Keep a journal or blog to document your experiences
  - Looking back can be a great way to process your feelings of culture shock & the progress you’ve made!
- Talk to someone about it! The GSU Counseling & Testing Center offers individual counseling.
  - Front office: 404-413-1641; Emergency after-hours number: 404-413-1640
Crisis Awareness

- Reassure family/university of your safety
- Develop an emergency plan
- Enrollment in Smart Traveler (STEP)
  – Department of State Travel Warnings
- Create an Emergency Contact Card
- Take Important Contacts List in handbook
- Stay abreast of local news so that you can avoid strikes, civil disorder, unrest, etc.
Consular Assistance

- US Embassy/Consulate in host country can only assist if there is a serious issue
  - Lost/stolen passport
  - Find legal representation
  - Find emergency medical care
  - If destitute/arrested, will notify family
Preparing to Return

• Don’t forget to plan for the next semester
  – Register for classes (email academic advisor)
  – Make housing arrangements
• Verify transcripts will be sent to GSU (expect to wait several months)
• Settle any outstanding affairs (bills?)
• Say goodbye & get contact information
• Study abroad program evaluation
Returned Study Abroad Students

- Just as you may experience culture shock upon arriving in your host country, you may also find yourself feeling the same anxiety/excitement to be returning home.

- One of the BEST ways to combat reversed culture shock is to stay active with the international community on campus:
  - Volunteer with international-focused organizations on campus
  - Be a buddy to incoming international students through your college or department
  - Consider joining the Global Living LLC @ the Lofts
  - Join the Alumni Reference Network
  - Inquire with Study Abroad Office about Study Abroad Ambassador positions

- Study Abroad Office events
  - Study Abroad Meet & Greet – drink coffee & meet other returned students! Be on the lookout for an invite at the beginning of the semester after you return.
  - Beyond “It Was Awesome” Study Abroad & Your Career Workshop
  - Attend the Lessons from Abroad Conference (Date TBA Fall 2018)
Study Abroad & Your Future

- Integration into your academic curriculum
  - Inspiration for research
  - Explore new topics in your field
  - Present on your experiences, research, etc.

- Integration into your career goals
  - “Beyond it was Awesome” Career Workshop

Tip: Keep a personal journal or blog to reflect on your experiences
Required Before You Go!

- GSU Study Abroad Post Decision Steps
  - Upload a copy of your passport
  - Emergency Contact Information
  - Flight Information
  - Student Health Clearance Form
  - ***Transfer Credit Approval Form***

- Enroll in INEX & pay GSU tuition/fees

Note: Your host institution may require other additional forms; i.e. medical records, housing deposit or application
Important Links

- GSU Undergraduate Tuition & Fees
- GSU PAWS
- Financial Aid Homepage
- Foreign Transfer Credit Approval Form
- U.S. State Department- Passport Information
- XE Currency Exchange Calculator
- CISI Health Insurance
- Student Health Clearance Form
- U.S. State Department- Country Information
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