

# leave&return study abroad checklist

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EDUCATION

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## get ready, get set ... : 1 week prior to departure

### ★ Pack (see our list for inspiration)

- Download helpful travel apps to your phone
- Give family members and key friends your itinerary, emergency contact information, and your contact information in host country

### ★ Confirm flight

### ★ Copy important documents to bring with you and leave copies with family members: passport, visa, student ID, driver's license, credit/debit cards

- Call your family members when you arrive safely

### ★ Attend orientations, excursions, group meals, and other events offered by the host institution

- Be aware of your surroundings
- Be open to making local friends
- If you need assistance, ask for it

- Keep the stages of culture shock in mind, practice good self care, and ask for assistance if you need it

### ★ Share your contact information with a local friend when you go away (e.g., day trips, weekend excursions)

### ★ Continue monitoring your Stout email account and StoutAccess account, and be sure to pay any fees and complete any forms or processes (e.g., registering for classes for the semester you return) by the deadlines

### ★ Keep your grades up and avoid conduct issues that could jeopardize eligibility

### ★ Pack

### ★ Pay all remaining balances to the host institution/housing

- Buy small gifts for family members and friends at home

### ★ Check on the process to receive your transcript from the host institution

- Say your thank you's and get your friends' contact information
- Bring a little local currency to the airport, in case you need it during a layover

- Notify host family members and/or host country friends when you arrive safely
- Keep in mind reverse culture shock can be harder than you expect

### ★ Follow up with your Advisor, Transfer Coordinator, and Study Abroad Advisor when your transcript arrives from the host institution on the transfer of credits

- Update your resume, with help from Career Services
- Promote study abroad to your peers (see our website for ideas)

readjust: 1 month and beyond the return home | key: ★essential ●optional