

STUDY AWAY.

IT'S YOUR EXPERIENCE.
MAKE THE MOST OF IT.



FURMAN

OFFICE FOR STUDY AWAY AND
INTERNATIONAL EDUCATION



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A Handbook for Furman Students

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PLANNING FOR STUDY AWAY

Study away is an option you may have considered ever since a Furman admissions counselor mentioned our programs at a college fair. Perhaps a foreign language course piqued your interest in experiencing the culture and living language of that country. It might be that your parents are encouraging you to take advantage of an opportunity to grow, mature, and compete in a changing world.

Whatever your motivation, this handbook is designed to help you navigate the terrain. It's important to remember that studying away is *your* experience: you'll get out of it what you put into it, and, like any significant travel, there are some additional risks beyond those you face on Furman's campus. Familiarizing yourself with this handbook, your program plans, and your destination will help to mitigate those risks.

Furman offers a wide range of study away options. Our goal that every student who wants to study away and plans appropriately can make it happen. Opportunities include faculty-led travel study (in fall and spring semesters and May Experience), affiliated programs (coordinated by other universities or study away providers), and one-to-one exchange programs with specific universities overseas. On occasion we have faculty-led summer programs but these are not as regular. Students who desire an experience not offered through these "Furman" programs can apply to participate with any other university or provider-coordinated study away program. In this handbook, study abroad programs which aren't classified as faculty-led, affiliate, or exchange will be called "non-Furman programs."

As you think about the type of program that's right for you, and even whether you want to study away, there's lots to consider. Do you require financial aid to attend Furman? Only certain types of programs allow transfer of aid. Do you want to study away for an entire semester, or is a three-week program a better fit? Do you have room in your academic schedule to earn some GER's while away, or must you select a program that will earn major credit? Do you prefer study in a developed or developing country? English-speaking or non-? Would you thrive under a guided or more independent experience? Because admission to programs is competitive, it's important to be flexible and plan ahead so that you can pursue alternative study away opportunities if your first choice does not work out.

To help with planning, check the Office for Study Away and International Education website (www.furman.edu/international) for the latest lists of upcoming programs. Plan to attend one of the "Study Away 101" information sessions offered each fall by Office staff about navigating the study away planning and application process. If, after attending a session, you still have questions, ask for a meeting with Furman's Study Away Coordinator. Also keep an eye on the Office website and Student News for program-specific information sessions offered by directors and coordinators of Furman programs.

THE NUTS AND BOLTS, OR HOW STUDY AWAY WORKS AT FURMAN

At Furman, the Office for Study Away and International Education (www.furman.edu/international) supports study away faculty directors and coordinators, facilitates university-wide planning and communications regarding study away, and supports students pursuing non-Furman study away programs. Each Furman program has a faculty or staff director (for faculty-led travel study programs) or coordinator (for affiliate and exchange programs) who is responsible for recruiting students and planning for their program.

The complete and official university policies regarding study away are outlined in Furman University Policies and Procedures Section 112.6, *Study Away Program Administration* (<http://www.furman.edu/policies/>). This handbook is intended only to serve as an introduction to study away procedures and to answer frequently asked questions.

Finances

Studying away can be costly, but with careful planning is usually within financial reach for most students. The real cost to students vary greatly: a student on full scholarship at Furman could participate in some faculty-led semester programs with minimal out-of-pocket expense, or a student choosing to participate in an expensive non-Furman study away experience could pay more than \$30,000 in program fees and personal expenses.

Although exact costs are often only available within several months of the departure date, you should inquire with the program director or coordinator about the total program cost and additional expenses (visa fees, required vaccinations, occasional meals not covered by the program, etc.). The cost of most *Furman faculty-led semester programs* is equivalent to tuition, room and board on campus, plus a \$200 study away fee. Included in this price are course credits, international airfare, all in-country program travel, and room and board away from campus. Students participating in *exchange programs* pay a \$200 study away fee plus Furman rates for tuition, room, and/or board and receive those services abroad; all other costs are on their own. Students are billed the actual program cost for *May Experience study away*, so there is great variation in this pricing. *Affiliate program* participants are billed the actual program cost plus a \$700 billing and credit transfer fee. Finally, students taking a leave of absence to participate in a *non-Furman program* work directly through the study abroad provider and are not billed by Furman for their semester away. On any program, you should plan to have contingency funds available in case you run into unexpected travel, medical, or other costs while abroad.

Financial aid can help to bring down the overall cost of a program, but you need to do your homework. Students' general financial aid packages can be applied towards some types of programs but not others. Each spring, students preparing for certain types of programs may apply for study away-specific scholarships (see www.furman.edu/international for information and an application). The following chart overviews the eligibility of each program type for general financial aid packages or study away specific aid.

Some agencies and organizations offer funds specifically designed to support students pursuing study away. See www.furman.edu/international for a list, and let us know if you discover other aid sources during your own search!

Program Type	Eligibility for study away specific aid		Applicability of general financial aid package towards total program cost		
	Study abroad scholarship*	Short-term loan**	Furman-granted aid	Federal (Title IV), state aid	Third-party aid
FU faculty-led semester, abroad	YES	YES	YES	YES	Check with funding source
FU faculty-led semester, domestic	NO	YES	YES	YES	Check with funding source
FU May/Summer, 1 st -3 rd year	YES	YES	NO	varies; check with Office for Fin. Aid	NO
FU May/Summer, 4 th year	YES	NO	NO	varies; check with Office for Fin. Aid	NO
FU affiliate program	NO	YES	NO	YES***	Check with funding source
FU exchange program	YES	YES	YES	YES	Check with funding source
Non-FU program (leave of absence)	NO	NO	NO	NO	NO

* Awards granted through Furman’s study away scholarship program vary in amount and are decided by a committee based on that year's available aid and applicant pool. Up-to-date information and applications are available online at www.furman.edu/international.

** Students accepted to study away programs are eligible for a short-term, interest-free loan of up to \$2,000. The loan must be repaid within one year of the program end date or separation date from Furman, whichever is sooner. Visit the Student Business Center for details.

*** In order to apply federal and South Carolina aid to affiliate programs, students must submit a Furman Consortium Agreement to the Office of Financial Aid.

Academics

Regardless of the type of program, most Furman students are able to earn sixteen credit hours during an academic semester away, just as they would on campus. May Experience study away programs carry two credits, and summer programs credits vary. You should consult with the program director/coordinator and your academic advisor at least the semester BEFORE departure to ensure that the credits earned abroad will help you progress academically at Furman.

Students who commit to participate in a *Furman faculty-led program* should not participate in the course registration process to enroll for their semester away - they are automatically enrolled in a travel-study placeholder for that semester. Upon successful completion of the program, the transcript will be updated to reflect a student's coursework and grades. In most cases, the entire group takes the same four courses, which often count as major and/or GER credit.

Students who participate in *exchange, affiliate, and non-Furman programs* must obtain pre-approval for the anticipated courses to transfer in to Furman. If a student earns a passing grade for a pre-approved course, the credits will transfer in to Furman, but the grades will not be calculated into a student's Furman GPA. Furman will not award transfer credit for courses completed in a country named on the U.S. State Department Travel Warning List (available online at www.travel.state.gov). To seek pre-approval, students should complete the Transfer Course Authorization form (available online at http://www.furman.edu/registrar/transfer_course_authorization.pdf) and submit the form to Academic Records. You should identify several extra courses (in case of last-minute changes) and attach a course description and syllabus for each, if available. When appropriate, you may identify a Furman course equivalent to one you'll take abroad; if the equivalency is approved, the transfer course will carry the same GER credits that the Furman course would carry. To seek major elective credit, ask your major department chair to review the course information and sign the authorization form if they approve. All courses which are approved, but are not designated for GER or major credit, will apply as general transfer credit hours on your Furman transcript.

Students interested in *non-Furman programs* should be aware that as outlined in the Furman course catalog, the final 28 credits towards graduation must be earned through Furman courses. For most students, this means that study away through a non-Furman program is not an option in their senior year without successfully appealing this rule.

Students participating in semester-long *Furman faculty-led, affiliate and exchange programs* are credited with attendance at 4 CLP events for the semester they are studying away because they are not typically able to attend approved on-campus CLP events. CLP event attendance will be credited to the student record at the conclusion of the semester away. Students do not receive CLP event attendance credit based on their off-campus experience. No CLP event attendance is credited for participation in *non-Furman*, May Experience or summer study away programs. The Assistant Dean for International Education and Study Away will identify programs for each semester in which student participation would warrant CLP event attendance credit.

Campus Housing

It is important to consider the impact of any semester study away experience as you register for campus housing each year. The Furman Housing and Residence Life reviews its policies annually and offers students who study away several options to accommodate students' different budgets and rooming preferences. See <http://www.furman.edu/housing/studyabroad.htm> for the most up-to-date policies and procedures.

Applying

Some Furman study away programs are offered every year, some are offered in alternate years, and occasionally faculty propose entirely new programs. By late October, the Office for Study Away and International Education (www.furman.edu/international) publishes a list of approved Furman study away programs and faculty directors/coordinators for the upcoming May Experience and the following academic year semesters. As an example: by late October 2009, programs for May 2010, Fall 2010, and Spring 2011 will be announced. Faculty directors and coordinators typically hold an information session for interested students in late fall; e-mail the specific program contact for details.

The application process and deadlines for Furman study away programs vary, according to the preference of the director or coordinator. Most faculty require a program application with an essay, and some directors also interview applicants. Most application deadlines are in late fall to early spring for the coming May Experience and following academic year (i.e. application deadlines from November 2009 to January 2010 for May 2010, Fall 2010, and Spring 2011 programs). Because programs are competitive, students should treat the application with the same seriousness they would a job application. It's important to be flexible and creative in your efforts to study away; rejection from one program might mean that you need to apply again the following year, apply to another program or type of program, or even consider alternatives to studying away.

The Office for Study Away and International Education maintains a resource library of some non-Furman programs. Students who attend a "Study Away 101" session (dates available on the website, www.furman.edu/international) may then request a meeting with the Study Away Coordinator to peruse this library, and are encouraged to research programs on their own online. Larger universities' websites often recommend experienced study abroad providers, and sometimes allow students from other colleges to enroll in their own programs. Don't hesitate to call or e-mail program staff to gather information, and even ask them to refer a past participant so you can learn about the program through another student's experience. If you decide to pursue a non-Furman program, you will work directly with the external university or provider to apply and to prepare for the program. Some applications to non-Furman programs require the endorsement of a Furman university official - contact Furman's Study Away Coordinator for this approval.

PREPARING TO DEPART

The following section provides some helpful tips common to all study away programs, but of course the level and types of preparations you need to make will depend on your personal situation and program. On a Furman program, your faculty director or coordinator assists in planning your experience. Remember, however, that these individuals are trying to help many students and have their own professional responsibilities and lives outside of preparing for study away – ultimate responsibility for your experience rests with you.

Non-Furman programs provide varying levels of pre-departure support to students. If you're a veteran traveler with the time and initiative to apply for a visa, arrange housing, identify courses, obtain health insurance, and make travel arrangements on your own, then perhaps you could enroll directly in a university overseas. If you would prefer support in these tasks, then the extra costs charged by a program provider or U.S. university for guiding you through these steps will be worth the money.

Paperwork

In order to secure students' spots as program participants and ensure academic credit, Furman requires the following forms for participation in each type of program. All paperwork should be submitted by the stated deadline, or the semester before travel, whichever is earlier.

Paperwork	PROGRAM TYPE			
	Faculty-led	Affiliate	Exchange	Non-Furman
Financial Agreement	YES	YES	YES	NO
Program Deposit	YES	YES	YES	NO
Leave of Absence	NO	NO	NO	YES
Consent Form	YES	YES	YES	NO
Transfer Course Authorization	NO	YES	YES	YES

Financial Agreement and Program Deposit. For Furman programs, the Financial Agreement outlines the expected costs and payment schedule for your program, and will be provided to you by your program director or coordinator. Students and, when appropriate, their financial sponsors, must sign this form to indicate their understanding of program costs. Each Furman program requires a non-refundable deposit to demonstrate the student's commitment to participate; this deposit is credited towards total program cost for faculty-led and exchange programs, and is charged as an administrative fee for affiliate programs. The financial agreement and deposit (checks made payable to Furman University) should be submitted together to the *Student Business Center*.

Leave of Absence form: The Leave of Absence form is available in the office of the *Associate Academic Dean*. Students should only submit this form once they are fully committed to a non-

Furman program for the upcoming semester. Submission of this form will notify the relevant Furman university offices and departments of a student's upcoming absence from the university.

Consent and Indemnity Agreement: This form, signed by the student and both parents (if living), releases Furman from liability associated with your study away experience, and must be on record in the *Office for Study Away and International Education* before you can participate in any Furman study away experience. Your program director or coordinator will provide you with the Consent and Indemnity Agreement. Please read the directions for signing and witnessing the form carefully, as students often make mistakes in completing this form.

Transfer Course Authorization Form: As discussed in the Academics section, this form is essential to earning academic credit for coursework completed on affiliate, exchange, and non-Furman programs. The form should be submitted to *Academic Records*.

Passport, Visa, Trip Registration: See the website of the U.S. State Department (www.travel.state.gov) for information on all of these steps. Immediately upon acceptance to a study away program, you should apply for your U.S. passport if you do not have one, renew your passport if it will expire within six months of your travel, and begin researching your host country's visa requirements for U.S. citizens. All of these procedures can take some time to complete. Before departing, you should register your travel plans and emergency contact information with the U.S. State Department, which will then notify the U.S. consulate or embassy in your host country. This registration will provide you access to travel alerts and other health, safety, and support services offered by the embassy to U.S. citizens.

Non-U.S. citizens should consult the Office for Study Away and International Education regarding implications of study away on their U.S. visa status, and should consult their home country's government for information on visa requirements and application procedures for their anticipated host country.

Preparing to Be Away from Campus

Most administrative details related to your study away experience are addressed in the "Paperwork" section above; however, there are some other issues you should think about as you prepare for your experience.

Furman does not provide **cell phones** for students on study away. You should check with your program director to determine whether s/he permits cell phones, and also whether cell phones, SIM cards, or contracts can be easily obtained in your destination country. Some students choose to update their current cell plan for use abroad. Keep in mind, however, that in some countries it is more practical to use a prepaid calling card, internet-based phone system, or e-mail.

Seriously consider setting up an **alternate e-mail account** for your time away from campus – First Class does not work as well remotely as many web-based e-mail systems. Because you may receive important and time-sensitive e-mails to your Furman e-mail account, it's important to set up e-mail forwarding or at least check your Furman account regularly.

Consider requesting at the Furman Post Office that your **mail** be forwarded from your campus box to a parent or friend in the U.S. during your semester away. Give your overseas address to friends and family so they can send cards or letters, or plan to e-mail them that information upon arrival. Take an address book if you would like to send postcards home to friends and family.

If you must leave your **car** on campus during your travel, you should consult the Public Safety office several weeks prior to departure to determine the best spot to park your car, and to obtain a special parking pass.

You should develop a **communication plan** with your family that reflects your access to information technology overseas. Understand, and be sure that your parents understand, that it may take some time upon arrival before you are settled and have access to check in with them. It can be a good idea to touch base with home every week or two, but during periods of intensive program travel you may not have convenient access to phone or e-mail. Your parents should know that for Furman programs, faculty directors or program partners (for affiliate and exchange students) are monitoring your well-being, and Furman officials will contact them in case of an emergency.

Provide your family with the following important **contact information** in case they have questions or concerns and are unable to communicate with you during your program. You should also carry these contact numbers and any others provided by your program in case you become separated from the group and need support.

Please address *non-urgent concerns* or calls during *normal business hours* to one of the following individuals. We strive to respond within one business day.

Mrs. Terri Moore, Administrative Assistant
864-294-3274; terri.moore@furman.edu

Ms. Yancey Greene, Study Away Coordinator
864-294-3092; yancey.greene@furman.edu

Dr. Kailash Khandke, Asst. Dean for Study Away
864-294-3316; kailash.khandke@furman.edu

For *urgent or emergency concerns* in the evenings, weekends, or holidays, contact the Furman Public Safety Office, and they will be in touch with us if necessary.

Furman Public Safety
864-294-2111

Health

Preparing for Good Health Abroad: Like so many aspects of preparing for your study away experience, you should begin to think about health and safety long before you depart. Schedule a

routine physical with your physician or the Furman Infirmary several months prior to travel to identify or address any conditions that might impact you during your program. If you're traveling overseas, particularly to a less-developed country, it is likely that you will need immunizations or other preventive medications as recommended by the U.S. Centers for Disease Control and Prevention (CDC). Check out the CDC travel health website (<http://www.cdc.gov/travel>) for general tips and country-specific recommendations. If vaccinations are recommended for your destination, or if you would like to have a travel health consultation, set one up *four to six weeks prior* to your departure. In Greenville, the following centers offer travel health consultations

Passport Health
38 Boland Court
Greenville, SC 29615
864-640-8154

Greenville County Health Department
Immunizations Office, set up an appointment with the foreign travel nurse
200 University Ridge
Greenville, SC 29602
864-282-4311

The U.S. Food and Drug Administration warns that it can be difficult to fill U.S. prescriptions abroad and be guaranteed of obtaining an identical product. Plan to take a supply of all needed prescriptions for the duration of your travel, and carry with your travel documents a letter from your doctor listing these medications.

Insurance during Travel: Although most health problems that students experience during study away are short-term and easily resolved with over-the-counter medications and/or a quick doctor's visit, it's important to have a plan in place should you require serious medical treatment. Regardless of the type of program you participate in, it is imperative that you familiarize yourself with the details of the policy and the claims filing process. Your typical student or dependent health coverage may not work if you're outside the U.S., or even outside your home state. Some travel health insurance plans will only reimburse expenses, so you will still be responsible for payments to providers up front. Some plans require that you call an access number for pre-approval before seeking non-emergency medical treatment.

Participating students and faculty in Furman *faculty-led* programs are automatically enrolled in international health, emergency evacuation, and repatriation insurance through CISI (Cultural Insurance Services International). Note that this is supplemental coverage for the dates of travel only, and is not intended as primary health insurance. The policy brochure and claims form are available online and through faculty directors. Students choosing to extend their travel before or after the official program dates are eligible to self-enroll for up to one month of additional coverage, and should contact the Study Away Coordinator for details.

Affiliate and *exchange* program participants are eligible to buy the Furman CISI coverage for their program travel, and should contact the Study Away Coordinator at least one month prior to

travel in order to enroll. Other coverages are typically available through the affiliate or exchange partner.

Students planning to participate in *non-Furman* programs should carefully review their current health insurance policy and/or the coverage offered through the program, and purchase additional coverage if desired.

Health Services Abroad: The U.S. State Department publishes a great online resource specifically for students preparing to study overseas: <http://www.studentsabroad.state.gov/>. Peruse this website as a helpful starting point as you begin your preparations. The website provides a range of health and safety resources, including country-specific information and hospital and medical office lists.

If you receive ongoing health treatment for any physical, mental or other conditions here in the U.S., develop a plan with your healthcare provider for how to continue this care overseas. With proper planning, it is possible to accommodate most health needs during your study away experience. Also, be as honest as you can with your program director or external study away provider regarding your health conditions and medications. These individuals will be assisting you in case of an emergency, and they seek your health information only to help them with that goal and to avoid any potential complications of conditions or medications.

Pack

Airport and **airline** regulations are constantly changing. Before you travel, check the website of the U.S. Transportation Security Administration (<http://www.tsa.gov/>) and the website of your airline carrier for updated travel and baggage restriction and policies.

The style of dress will vary depending on your destination and planned activities, but one thing is constant to all international travel: outside of the true essentials, **less is more!** Other societies rely on car travel much less than the U.S. does, and so you will likely need to carry your luggage often and perhaps in crowded areas and while using public transportation. Pack everything up, take a twenty-minute walk around the neighborhood, and then decide whether you need that fourth pair of shoes or big bottle of lotion.

Participants on *exchange*, *affiliate*, and *non-Furman* programs should consider taking the most updated copy of their **Furman transcript** (available upon request from the Academic Records office, <http://www.furman.edu/registrar/records.html>). You may be asked to show evidence of completion of certain coursework to gain access to upper-level courses.

Deciding how to bring and/or access **money** abroad is a very personal decision. Options include a debit card to withdraw money from ATMs in the local currency, a credit card, a travel credit card with a lower limit than your regular credit card or pre-paid travel credit card to charge purchases or withdraw cash from ATMs, US dollars or travelers checks to exchange at banks or currency exchange centers abroad, or even pre-ordering cash in the local currency online for delivery to you before departure. No matter which options you prefer, it's important to develop a budget and track your spending, to carry some cash for food and unexpected expenses en route to

your destination, to prepare for access to emergency funds in case of theft, and to protect your valuables during travel.

Photocopy any important personal documents you'll take with you (itinerary, emergency contact numbers, passport, drivers' license, credit card, immunization record, prescription medication doctors' note, etc.) and carry the **copies** in a different bag than the one holding the actual documents. Leave a second set of all this information with a trusted friend or family member whom you can contact in case yours are lost or stolen.

Take a **photo album** of important people and things from home to share with your host family and friends you meet. Also consider taking several small **gifts** that are unique to your home area to thank host families and friends. Finally, don't forget to take one or two small items that will help you stay calm and connected with home while you're away – an iPod, a favorite book, running shoes – whatever it is that helps you unwind on campus.

A **basic medical kit** with over-the-counter medications. The contents are up to you, but should definitely include your preferred brand of pain relief and medication for stomach upset and diarrhea. **Prescription medications** with doctors' note and translations, if appropriate. Extra prescription **glasses or contact** lenses and their prescription.

BEING AWAY, AND BEING A GLOBAL CITIZEN

While abroad, you represent Furman University and are expected to follow the appropriate rules and regulations set forth by Furman and by your program directors. Note that faculty directors' role is to support students, but that they also have the authority to remove a student from a program at any point if the student's behavior and actions are detrimental to the student, to the program, and/or to fellow participants. In addition, you are a visitor in a new and different environment. As such, you are required to uphold any of the local laws set forth by those individual governments.

Cultural Adjustment

(information from the University of California Education Abroad Program website, <http://eap.ucop.edu/>)

Cultural Adjustment can be a difficult process and is a typical part of a student's study away experience. It is normally characterized by four stages:

The Honeymoon phase is the point in the experience where everything is new and exciting. Nothing has ever seemed more enticing. This feeling comes from being far from home and the normalcy of life left there, and also from the possibility that a new location brings. This phase may cause you to try new things, awaken curiosity, and allow you to get to know new people.

The crisis phase of the experience is known commonly as culture shock. This phase causes feelings of homesickness and fear. Often, students can feel particular disdain for anything new or different from what they have traditionally known. This can often cause students to grow increasingly introverted, and displeased with their surroundings. By pulling away from the new environment, they feel as though they are clinging to the only things they know. This feeling comes from unwillingness or sometimes simply difficulty assimilating to a new culture. Culture shock does not always come quickly as implied in the title; it can occur gradually over time by slight adjustments in mood and enthusiasm.

Commonly, students may experience the following symptoms of culture shock:

- Change in eating or sleeping habits
- Homesickness and more frequent communication with family and friends at home
- Hostility toward and complaints about host country or culture
- Irritability, sadness, symptoms of depression
- Frequent frustration
- Feelings of inferiority
- Recurring illness
- Withdrawal from group or activities

During this phase, it is important to know that you are not alone, and that opening up to new experiences will provide you with fond memories that those you miss would want you to have while abroad. The recovery phase will allow you to open up to new experiences and gain self-confidence in your new environment, by expanding your social network you can begin to accept new aspects of the culture as well as hold on to your own customs.

The adjustment period is characterized by beginning to feel at home in a new environment. Assimilating to the customs of the environment does not seem difficult but almost commonplace. This phase often allows students to spend time discovering intricate aspects of culture and developing habits that create a feeling of comfort. This phase often excites students and makes them hesitant to return home.

Help for Culture Shock: Culture shock can be frightening, and if prolonged can ruin a student's experience while on Study Abroad. A few things to remember while attempting to enjoy your experience:

- Many students who study away consider it to be their culminating experience while in college. With this in mind, know that you are not alone in your feelings, and they do pass eventually.
- Keep in touch with your friends and family. International cell phones and internet access are excellent sources of staying connected to the home that you miss. They would love to hear from you, and it will give you a chance to evaluate your experiences through someone else's eyes.
- Take care of yourself. By staying active and eating healthily, you will have the energy to participate in your own experience. You will be able to fight off illness, and you will have the opportunity to experience one of the most important aspects of any culture: the food!

- Talk to someone. It is very important not to isolate yourself from the help of the people going through the same experience. Often you will find that they have many of the same feelings and concerns.
- Have fun and simply relax! Too many worries and negative feelings can ruin an experience. Do the things you love to do, and then try something new! Explore and find something that you can identify with about your new culture.
- Practice your language skills. By attempting to learn something new in addition to your classes, you can identify with the culture and increase your self-confidence enough to begin assimilating.

Sexual and other forms of harassment and crime can happen anywhere, at any time, but are more likely when the victim feels disoriented or insecure; individuals are typically less confident when traveling abroad. To best avoid being a victim, always be aware of your surroundings. This includes knowing where the nearest police station and hospital are. Familiarize yourself local cultural customs to empower yourself to feel more confident in your environment.

Global Citizenship

The best thing you can do to prepare for your travel, both to maximize your own experience away and to be a good global citizen, is to learn about your destination. The U.S. State Department publishes country-specific background notes (<http://www.state.gov/r/pa/ei/bgn/>) and information (http://www.travel.state.gov/travel/cis_pa_tw/cis/cis_1765.html) online. The CIA World FactBook (<https://www.cia.gov/library/publications/the-world-factbook/>) is another great resource for international travel. Consider reading up on a particular aspect of your destination (food, architecture, ethnic minority group, etc.) so that you'll have some background as you explore local sites and customs. Finally, the website <http://www.abroadview.org/> has many resources to help carry you through your experience pre-departure to post-return.

Sustainability is an area in which many other countries have long led the U.S. Take the opportunity while traveling abroad to notice differences of your destination country's infrastructure, personal transportation, agricultural practices, and energy sources from what you're used to at Furman. The Green Passport Program (www.greenpassport.us) offers a wealth of resources and social networking opportunities for students interested in issues around social, economic, and environmental sustainability associated with international travel. Explore the website and consider committing to become a "Green Passport Holder" during your study away program.

Independent travel

Note that Furman does not allow or endorse students to travel to any country listed on the U.S. State Department Travel Warning List at any point before, during or after their study away experience.

Students on faculty-led study away programs should inform their program directors, and students on all program types should inform family or friends at home and in the program destination of individual travel plans prior to, during, and after travel. Give your director, family, and/or

friends as detailed an itinerary and contact information as possible as well as the Furman emergency contact information, and carry your program's and the Furman emergency contact information with you.

If you plan to travel some on your own, consider taking along a travel guide. The *Lonely Planet*, *Rick Steve's*, *Frommer's*, *Frodor's*, and *Let's Go* series are all trusted names in the industry.

Hostelling can be an excellent way to independently travel overseas. Safety, however, is of the utmost importance. It is important to choose a hostel based on its reputation, not necessarily on convenience. An excellent resource, www.hostelworld.com, allows you to read reviews as well as look into prices, amenities, locations, and booking information.

Furman Course Registration

During your semester away, you should take action in the Initial Course Election (ICE) process just as if you were on campus. Visit the Academic Records home page at www.furman.edu/registrar periodically for the most accurate and up-to-date information about course offerings, and consult your academic advisor via e-mail to complete the election process. If you anticipate that you will not have internet access during the ICE period, complete the Initial Course Election Worksheet available online at www.furman.edu/registrar/forms and submit to Academic Records by mail or electronically before the ICE period.

We encourage students studying away from campus to take action in ICE just the same way as those students on campus. If they will not have a reliable internet connection during any of the three weeks that ICE submissions can be made, they can complete a [.pdf version of an ICE worksheet](#) available on the Academic Records web site and we submit the choices for them.

COMING HOME AND REJOINING THE FURMAN COMMUNITY

Before leaving your destination university, inquire about and fulfill the steps to request a **transcript** of any coursework you've completed through a university other than Furman. Course transfers, as applicable, will be coordinated between Furman and the credit-granting institution, but it will be important that you have a personal copy of the transcript for your own records, and any future graduate or professional school applications.

Career Development: The world is shrinking with modern communications. In reaction to that trend, companies are increasingly searching for employees who can interact on a global scale. Those who have studied abroad develop cross-cultural communication skills, the ability to analyze and adjust to local customs and cultural contexts, flexibility, maturity, independence, and adaptability. Studying abroad forces you to deal constructively with cultural differences and

situations you would have never faced otherwise. Be sure to market these skills in your professional and educational experiences beyond Furman.

If you have studied another language abroad, you are going to be ahead. Furthermore, second language acquisition represents your appreciation of another area of the world and ability to adapt - extremely important characteristics in today's ever-changing workforce.

Re-Adjusting to Life at Home: Particularly if you study away for an academic semester or year and adjust extensively to your new environment, returning home can be difficult. Students often again go through the stages of culture shock as they readjust to the many ways that life is different in the U.S. from the one they've become accustomed to. Another frustration is often that students have a new perspective on the world which might not be shared by family and friends who did not have the same experience.

Follow the same advice for dealing with culture shock as you readjust at home or Furman. Stay in touch with friends from your destination country and other students who shared the experience. Share photos, stories, and/or a journal with friends and family, but be prepared for them to have a different perspective as they learn about your experience than you do, and perhaps even to get bored before you're finished with the album. Their lives have carried on while you were away, and things that may seem mundane to you right now might be an important part of their world. Finally, consider pursuing a way to capitalize on your experience and new global perspective, such as pursuing further language training, becoming involved with the Furman University International Student Association, or volunteering with immigrant communities in the Greenville area.