

# EDUCATION ABROAD PRE-DEPARTURE GUIDE

INTERNATIONAL PROGRAMS | EDUCATION ABROAD



EXPLORE | ENGAGE | DISCOVER

# TABLE OF CONTENTS

CONTACT INFORMATION.....	3
PREPARING TO LEARN ABROAD .....	4
WHAT IS CULTURE .....	5
STAGES OF CULTURAL ADJUSTMENT .....	5-6
ADAPTING FASTER .....	7
DIVERSE IDENTITIES ABROAD .....	7
SAFETY AND HEALTH ABROAD .....	8-10
ACADEMICS.....	11
MONEY MATTERS .....	12
PREPARING TO DEPART .....	13
PACKING .....	14
RETURN TO CSU .....	15
GET INVOLVED .....	15



# CONTACT INFORMATION

## EMERGENCY NUMBERS

CSU 24-Hour Emergency  
+1 (970) 491-6425

Education Abroad Emergency Number  
+1 (970) 219-9940

## RESOURCES

### OFFICE OF INTERNATIONAL PROGRAMS

1024 Campus Delivery  
Laurel Hall, NE Corner of the Oval  
Fort Collins, CO 80523  
+1 (970) 491-5917  
[educationabroad@colostate.edu](mailto:educationabroad@colostate.edu)

### CSU COUNSELING SERVICES

+1 (970) 491-6053  
After-hours: +1 (970) 491-7111

### CONFIDENTIAL EMOTIONAL SUPPORT

CSU Women & Gender Advocacy Center  
(WGAC)  
[wgac.colostate.edu](http://wgac.colostate.edu)  
+1 (970) 492-4242

### 24-HOUR SEXUAL ASSAULT LINE

### CSU VICTIM ASSISTANCE TEAM

+1 (970) 492-4242

### INTERNATIONAL INSURANCE

<https://international.colostate.edu/education-abroad/health-safety/international-insurance/>



# PREPARING TO LEARN ABROAD!

## EXPLORE – ENGAGE – DISCOVER!

Studying abroad is one of the most challenging, exciting, and rewarding experiences that a student can have during their college career. An international experience requires planning and preparation. CSU Education Abroad professionals will help students prepare for their experience abroad, but ultimately, pre-departure preparation requires significant initiative on the part of the education abroad participant.

Take time during your pre-departure planning to learn about your host country, including reading this pre-departure guide. Preparation is the key to a successful experience abroad.

## THINGS TO DO BEFORE YOU LEAVE

- Read this pre-departure guide.
- Complete the CSU requirements for the host program and Education Abroad, including registration in SA 482/SA 682 or the appropriate CSU courses.
- Education Abroad encourages students to meet with Office of Financial Aid (OFA) to ensure scholarships, loans, and grants are secured for your term abroad.
- If needed, meet with a travel clinic nurse from the CSU Health Network. Make sure you have all of the necessary immunizations for healthy travel to your host country.
- Photocopy important documents such as your passport, credit cards, insurance cards, etc. in case you lose these items and need to reorder them. Take one copy in your carry-on luggage and leave one copy with a trusted individual at home.
- Contact your bank and credit card companies to let them know you will be traveling abroad. Ask about exchange rates and transaction fees for international use of your cards.
- Learn the details of your international health insurance coverage and how to access it abroad. All students registering travel through CSU Education Abroad will be enrolled in international travel health insurance, whether from their program or CSU.
- Set up a communication plan with family and friends. Think about how and how often to be in touch. Establish a secondary plan in the event of an emergency.
- Develop an arrival plan so you know how to get from the airport to your new home.
- Learn as much as you can about the culture, history, language or traditions of the country in which you will be studying.

## CELLPHONE OPTIONS ABROAD

Many cell phone options exist for your time abroad. You may decide to purchase an international plan with your existing carrier. For shorter programs, this is a flexible option. Some choose to purchase a phone once they arrive in country, although usually this is done for longer programs. Another option is to purchase an unlocked phone in the U.S. and buy a SIM card once you arrive in country. This option is convenient and SIM cards are usually inexpensive. No matter what choice you make, have a plan for how you want to stay connected abroad.



# WHAT IS CULTURE

## ADJUSTING TO AND UNDERSTANDING CULTURE

In its simplest form, culture is the unique characteristics that unify a society. It is important to think about what influences a culture. How do politics, history, language, religion, and economics, for example, shape a country's values? Furthermore, it is important to recognize that within a country's borders, cultural differences exist.

Culture often manifests in two ways. The first is visible, apparent, or objective like art, music, popular culture, literature, food, and fashion. The second is often the hidden dimensions of culture that influence daily life like communication (verbal and nonverbal), values, and etiquette.

What one cannot see or understand is typically much greater than what can be seen. One is often unaware of the way things, such as religion, history, educational systems, and family dynamics affect the core attitudes and beliefs held by an individual or society.

To prepare for an education abroad experience, take the time to learn about the host culture and try to understand what cultural characteristics and influences remain hidden beneath the surface. Also, consider your own core values and beliefs and your home country's culture. How do you expect these to influence your opinions and interactions while abroad?

# STAGES OF CULTURAL ADJUSTMENT

## THE W-CURVE OF CULTURAL ADAPTATION

Students will experience emotional and intellectual ups and downs as they adjust to a different culture. It is important to understand that this process is real, normal, and an important part of the education abroad experience. Culture adaptation can occur through the gradual accumulation of anxiety, frustration, and confusion that students experience with exposure to a new culture.

There are five phases of the cultural adjustment process represented in a W-Curve. The impact of each adjustment phase varies based on the individual.

### STAGE 1: INITIAL EUPHORIA

The first stage of the cultural adaptation cycle is the excitement or “honeymoon” stage. Upon arrival, the language is different, the food is interesting, the buildings are charming, and everything is wonderful and exciting.

### STAGE 2: IRRITABILITY AND FRUSTRATION OR “CULTURE SHOCK”

After some time, the initial euphoria wears off. It could be that the language is a challenge and translation is tiring. Perhaps one longs for home, familiar foods, and the conveniences of life in the U.S. or is having difficulty accepting cultural differences. This “culture shock” may stem from the following circumstances and others:

- Being cut off from the cultural cues and patterns with which you are familiar;
- Living or studying over an extended period of time in a situation that is ambiguous;
- Questioning one's own values

# STAGES OF CULTURAL ADJUSTMENT (continued)

## STAGE 3: CULTURAL ADJUSTMENT

Most students move beyond culture shock to cultural adjustment. Within this stage, one's perspective changes over time and one begins to adapt to the culture of the host country. Students are becoming more comfortable and confident with their interactions with host nationals.

## STAGE 4: ADAPTATION

Individuals may bounce between stages 2 and 3 for a while, but hopefully they are gradually moving towards adaptation. In adaptation, students develop confidence in their ability to communicate and interact with host nationals. They are open to learning and able to ascribe meaning to experiences.

## STAGE 5: RETURNING HOME

It is common for students to experience similar highs and lows as described above as they transition back to the U.S. Be aware that this may happen and seek resources and connections to support you through the transition home.

The image below is called the “W-Curve” of cultural adjustment. It may represent your experiences at home and abroad. You may have highs and lows before, during and after your time abroad. If you experience extreme reactions to cultural differences, such as depression, anxiety, or other symptoms of duress, please Education Abroad.



Based on Oberg (1960) and Gallahorn & Gallahorn (1963)

# MOVING THROUGH THE CULTURAL ADJUSTMENT CYCLE

Below are some proven techniques to help one through culture shock and the adjustment process into cultural adaptation and enjoyment:

- Relax and be flexible.
- Acknowledge that culture shock is normal and will get easier.
- Reflect on your experiences through journaling, blogging, or talking with supportive friends.
- Set realistic goals.
- Resist withdrawing into yourself or surrounding yourself with only students from home.
- Stay open and inquisitive to your host culture. Focus on the positive side of diversity and difference.
- Keep your sense of humor and surround yourself with positive people.
- Keep setbacks in perspective and acknowledge your growth.
- Remember that you are the visitor. You are there to learn about a new culture.

## DIVERSE IDENTITIES ABROAD

CSU encourages and supports students of diverse backgrounds throughout the education abroad process, including racial and ethnic minorities, students identifying as LGBTQ+, students with disabilities, adult learners and veterans, and who are the first generation of their family to attend college. All CSU students are encouraged to take advantage of these opportunities. Education Abroad staff can answer questions and provide resources for specific locations, seek out returned students from a similar background, help find the right program for you, talk with family and others involved in your decisions, and set expectations for your time abroad.

For more information and resources, visit [DiversityAbroad.com](https://DiversityAbroad.com)

The mission of [DiversityAbroad.com](https://DiversityAbroad.com) is to ensure that students from diverse economic, educational, ethnic and social backgrounds are aware, have equal access and take advantage of the benefits and opportunities afforded through global education exchanges. The website is a wealth of information including programs, destinations, funding, student forums and more.



# HEALTH AND SAFETY ABROAD

## HEALTH INSURANCE

CSU-sponsored, affiliated, and unaffiliated programs require students to have extra international health insurance. Many programs include the cost of insurance in the program fees. Consult an education abroad coordinator if you are not certain about what additional insurance you have. Students should also maintain their U.S. insurance while abroad.

## THE CSU HEALTH NETWORK TRAVEL CLINIC

The CSU Health Network provides a comprehensive advisory consultation to assist international travelers in their preparation for healthy and safe experiences abroad. This includes any necessary or recommended immunizations and medicines for the location(s) you will travel to. Fees may apply.

## COVID-19 VACCINE

The CDC states, do not travel internationally until you are fully vaccinated from COVID-19. Vaccines make you and the communities you interact with safer. You can read about vaccinations, where to get the vaccine, and CSU's policies on [Colorado State University's COVID information and resources page](#).

## PRE-EXISTING CONDITIONS

If you have a pre-existing medical or mental health condition, consult your regular doctor to discuss how to manage your condition or symptoms abroad. You may want to inform program leadership, in case you have difficulties abroad, so they may assist you from a more informed standpoint. You may also want to work with the insurance your program provides to ensure that you can access what you need abroad or so you can make plans if the insurance will not work for your condition abroad.

## PRESCRIPTION MEDICATIONS

Bring enough of your prescription for the duration of your program. It is very important to check the [US Department of State](#) to ensure your medication is legal in your destination country; if not, discuss this with your provider. See the [CDC's Traveling Abroad with Medicine](#) page to learn more about traveling with medications.

## MENTAL HEALTH ABROAD

It's important to attend to your mental health and wellness as you plan your education abroad. Many students find that the challenges of living in a new cultural environment impact their sense of wellbeing and mental health. We encourage you to proactively plan for how you'll attend to your wellness and mental health overseas.

If you have mental health concerns, follow these steps to take to ensure you have the support you need while studying abroad:

- Proactively plan for how you will attend to your wellness and your mental health overseas.
- Create a self-care plan for yourself that includes regular communication with your support networks while you are in-country.
- Meet with your mental health professional to discuss how you plan to manage your health while abroad, including what you will do if you are having increased symptoms or concerns.
- Meet with the [CSU Student Disability Center](#) to prepare a request for accommodations, if needed.
- Disclose with your Education Abroad Coordinator if you are comfortable.

We have students with mental health concerns go abroad every year and have fulfilling experiences. By proactively planning for your mental health, you can make going abroad enjoyable and fulfilling.

## MENTAL HEALTH RESOURCES

- [Mental Health Support for CSU Students](#): Mental Health Resources provided by CSU Health Network
- [Mobility International](#): Student stories about mental health abroad
- [Maintaining Strong Mental & Emotional Health](#): Info on the intersection of mental health and traveling abroad from the Center for Global Education

# HEALTH AND SAFETY ABROAD (continued)

## GENERAL SAFETY

- Travel in pairs whenever possible.
- Always let people know where you are going and how to reach you.
- Keep all important documents such as passport, money or credit cards in a safe and secure place.
- Dress in accordance with local norms to blend in and not attract unwanted attention.
- Find out which areas are less safe than others. Avoid being alone in unfamiliar neighborhoods.
- Do not hitchhike, ride on motorcycles, or in the back of trucks, even if it is common in the host country.

## TERRORISM

Terrorism is difficult to anticipate, and each person should evaluate their own risk tolerance when selecting a program and country. For concerns related to terrorism, the U.S. Department of State recommends that students avoid large public gatherings and use caution in and around popular tourist destinations. In all circumstances, it is important to be vigilant and report any suspicious behavior to authorities.

## NATURAL DISASTERS

Check with your on-site program coordinator or international office to determine what safety procedures should be followed in case of natural disaster, and if there are any advance warning signals of which you should be aware.

## POLITICAL INSTABILITY

Do not attend protests and public demonstrations. Public protests can turn dangerous, and the protester and police responses could vary greatly by country. In the event of an emergency or potential emergency, please heed advice from local government and program leadership regarding safe behaviors and emergency response.

## SITE EMERGENCIES

Travel to another country is not inherently dangerous, but there are risks in all countries and traveling itself brings some different risks than life in your home country.

## LOCAL CONCERNS OR RISKS

Every country in the world has unique risks. This may be ocean safety, dangerous animals, or unsafe areas for travel. Research the locations you will travel, learn about the risks you may encounter, and how to mitigate those risks.

In the event of a crisis or emergency, please contact loved ones, the on-site program coordinator or international office, and CSU Education Abroad for assistance and assurance of your whereabouts.

## ALCOHOL SAFETY

If you choose to consume alcohol, you can reduce risks and harm to self by:

- Being mindful that excessive alcohol consumption lowers inhibitions and often can put one at risk
- Going out and staying out with friends to help everyone come home safer.
- Not accepting drinks (alcoholic or non-alcoholic) from strangers or new acquaintances. Also by watching the drink being poured and not leaving it unattended.

## SEXUAL ASSAULT

In the event of sexual assault while abroad, seek immediate medical attention if necessary. Anyone, who experiences sexual assault or sexual misconduct, should notify their local program leader or CSU if they would like emotional support or assistance with navigating local resources.

[CSU Women and Gender Advocacy Center](#)  
+1 (970) 492-4242

Assistance with local resources or reporting options: +1 970-491-6425

## QUICK TIP:

Register your trip with the U. S. Department of State “Smart Traveler Enrollment Program (STEP)” to receive regional updates and helpful travel tips.

[www.travel.state.gov](http://www.travel.state.gov)

# HEALTH AND SAFETY ABROAD (continued)

**Maintaining student safety are top priorities for Education Abroad at Colorado State University. The following guidelines will help ensure students remain safer abroad:**

- Take responsibility for all the preparatory elements necessary for the program. This includes participating fully in CSU pre-departure and on-site orientations.
- Read and carefully consider all materials issued by the education abroad program that relate to the safety, health, legal, environmental, political, cultural, and religious conditions in the chosen host country.
- Conduct personal research on the country(ies) you plan to visit with particular emphasis on health and safety concerns, as well as the social, cultural, and political situations.
- Understand and comply with the terms of participation, codes of conduct, and emergency procedures of the participating program
- Inform parents/guardians/families/support network about your whereabouts and activities while abroad, including plans for personal travel.
- Transportation choices can greatly affect your safety; know the safer options for your location, and use them.
- Obey host-country laws and understand these may vary significantly from the U.S.
- Never use illegal drugs and avoid excessive or irresponsible consumption of alcohol. Students are subject to the laws of the host country. If you disobey the laws, there is little CSU or the U.S. Embassy can do to help detained citizens abroad.
- Never travel internationally with any amount of medical or recreational marijuana even though it is legal in Colorado. Because marijuana is illegal federally and in many countries, students can be arrested, prosecuted, and deported, if in possession. U.S. airports and airplanes are federal jurisdictions and also do not allow marijuana.
- Become familiar with the procedures for obtaining emergency health and legal services in the host county.
- Always act as an ambassador for both Colorado State University and the United States.



# ACADEMICS

**Staying registered as a full-time CSU student while abroad provides many benefits, including:**

1. Use of institutional, state, and federal financial aid
2. Waiver of an AUCC Requirement (pending successful completion of at least 3 credits abroad)
3. Continuous registration at CSU
4. Emergency support services while abroad

## **ENROLLMENT IN CSU COURSES**

Students who participate in a CSU faculty-led program or Semester at Sea will have their credit and grades calculate into their CSU GPA.

## **ENROLLMENT IN SA 482/SA 682 FOR CREDIT TRANSFER**

Students participating in CSU-sponsored exchange programs, CSU-affiliated programs, unaffiliated CSU programs, or direct enrollment at a foreign institution will register at CSU in SA 482 (SA 682 for graduate students) for the term(s) they are abroad. Coursework completed abroad is eligible for transfer to CSU provided the grade earned is equivalent to "C-" or higher. Coursework taken on a pass/fail basis abroad will not transfer. CSU does not calculate grades earned at the foreign or domestic institutions into the CSU GPA.

## **REGISTRATION FOR SA 482/SA 682**

Students will register for SA 482/SA 682 through RamWeb using the five-digit course registration number (CRN) provided by Education Abroad.

All students must complete the Transfer Credit Form to be able to register in SA 482. Failure to register in SA 482/SA 682 will result in the deactivation of a student's CSU enrollment, which requires reapplying for admission to Colorado State University upon return. Financial aid will also not disburse until a student registers.



## **ENROLLMENT AT YOUR HOST INSTITUTION ABROAD**

While abroad, for financial aid and immigration reasons, students need to take a full course load that is the equivalent to a minimum of 12 credits at Colorado State University during the semester (9 credits for graduate students). For federal financial aid, 6 credits are required during the summer (5 credits for graduate students).

## **REMEMBER TO SAVE YOUR COURSE MATERIALS**

Bring back your course syllabi, reading lists, and copies of papers, exams, etc. This will facilitate the transfer of credit should there be any questions about the content of your courses once you return to CSU.

## **GOING ABROAD THE FINAL SEMESTER PRIOR TO GRADUATION**

If you go abroad in your final semester, there may be a delay in conferring your degree until the Registrar receives and processes transcripts from overseas institutions.

## **BE AWARE OF YOUR WITHDRAWAL TIMELINE**

Most programs require deposits and are paying expenses on a student's behalf long before going abroad. Before withdrawing from a program, be sure to notify CSU Education Abroad and your program provider to inquire about potential financial implications.

## **STUDENTS WITH DISABILITIES**

Please reach out to Education Abroad and the [Student Disability Center](#) for support.

# MONEY MATTERS

## FINANCIAL AID AND SCHOLARSHIPS FOR EDUCATION ABROAD

- To be eligible to utilize financial aid for study abroad, students must be enrolled at CSU in a degree-seeking program and be participating in a University-approved education abroad program.
- Students must complete the Financial Aid/Education Abroad Certification in their myEdAbroad account and register in SA 482/SA 682 (or coursework through CSU Online) in order to receive financial aid.
- Disbursement of financial aid for Education Abroad participants is at the same time as for on-campus CSU students (typically mid-August for fall semester, mid-January for spring semester, and mid-May for summer semester).

## ATM CARDS

Students often rely more upon cash transactions while abroad. The primary source of cash overseas will be ATMs. ATM machines will allow one to withdraw local currency, although generally there is a transaction fee. Education Abroad encourages students to research the most favorable fees on debit and credit cards before departure.

## CREDIT CARDS

Most student travelers should carry a minimum of one debit card and one credit card. Visa and MasterCard are generally widely accepted around the world. Be sure to inform the bank and credit card company of international travels to prevent security holds. Use ATMs in well-lit, well-travelled locations and go during the day or with someone else to reduce risks. ATMs in airports, banks, and hotels are often safer options.

Obtain the numbers for the global customer assistance offices for each credit/debit cards and financial institutions. Know exactly how to report a damaged, lost, or stolen debit or credit card and how to replace them if needed.

## LOCAL CURRENCY

If desired, students can order small amounts of foreign currency from local banks prior to leaving the United States (allow a several days processing) or can obtain foreign currency at an exchange booth or ATM in the airport.



# PREPARING TO DEPART

## DO I NEED A VISA?

- Check with the program sponsor to see if a visa is required.
- Depending on the country, the visa application process can take up to three months. The application process can be unpredictable so it is a good idea to start the process early.
- You MUST have a passport before you can apply for a visa.
- Travel to other countries outside the host country may also require a student or long-term visa. You find information on visa requirements at [travel.state.gov](https://travel.state.gov).

## LOST PASSPORT

Loss or theft of a valid U.S. Passport should be reported immediately by phone or in writing to:

U.S. Department of State Passport Service

[travel.state.gov/passports](https://travel.state.gov/passports)

Within the United States: +1 (877) 487-2778

Outside the United States: Contact the nearest United States Embassy or Consulate

## COMMUNICATION WHILE ABROAD

Cell phones are a great way to keep in touch with local friends. Many students choose to purchase an international sim card for their cell phones. This can be done in the U.S. or in the host country upon arrival. Others may choose to purchase an inexpensive mobile phone while abroad. Pay-as-you-go phones do not require contracts or minimum usage agreements.

FaceTime, WhatsApp, WeChat, Skype, Viber, etc. are apps that offer free or inexpensive ways to communicate internationally. Education Abroad encourages students to speak with others who have recently been abroad in the host country to determine the most efficient way to communicate.

## PRE-DEPARTURE PLANNING:

Consult the United States Department of State *Travel Safety Information for Students* at [studentsabroad.state.gov](https://studentsabroad.state.gov) and get country specific information by visiting [travel.state.gov](https://travel.state.gov) for up-to-date information on travel precautions.

## PACKING TIPS

Students returning from education abroad usually say that they took too much. Pack at least one week before departure. Several days later, go back remove half of what was packed. Moreover, remember, there may not be convenient transportation, elevators, escalators, etc. abroad, so be prepared to carry everything independently over various terrain.

Here is some advice on packing:

- Choose luggage carefully, keeping in mind cost, durability, capacity, ease of carrying/toting without assistance. Consider airline limits (and extra costs) regarding weight, size, and number of pieces for checkable and carry-on items.
- Check with Transportation Security Administration (TSA) about carry-on restrictions for liquids and other articles.
- Typically travelers can check 2 large suitcases on most international airlines.
- Take clothing that is lightweight and layerable; low maintenance and easily cleaned; and flexible in terms of fashion, occasion, and weather.
- Include footwear that is durable, suitable for wet weather, comfortable for long walks, and flexible in terms of fashion and social occasion.
- Include a scarf, tie, or similar to dress up a bit when appropriate.
- Minimize the packing of toiletry items. Plan to purchase these abroad.
- Avoid electric items that require power conversion, especially hair dryers and flat irons. These items are better off purchased abroad.
- A portable phone charger and electrical adapters are helpful purchases prior to departure.
- Do not take a lot of bedding and towels, even if they are needed. Buy them upon arrival.
- For many climates, take an inexpensive travel umbrella or buy one upon arrival.
- Below is an example of a checklist you might create for yourself, depending on where you are going, what you will be doing, how long you will be gone, etc.

# PACKING

## SUGGESTED PACKING LIST

This is a general packing list. Other items specific to program activities may be needed. Please check TSA and your airline's guidelines for packing restrictions and luggage size requirements and fees.

### CARRY-ON LUGGAGE

- ☐ Passport and state driver's license or ID
- ☐ Airline ticket(s) and itinerary
- ☐ Currency (preferably in a money pouch or belt)
- ☐ Credit and debit/ATM cards
- ☐ Copies of important travel documents and emergency contact information. Always carry an emergency card containing important emergency phone numbers, including the number of the nearest U.S. embassy or consulate and your insurance cards
- ☐ Prescription medications in their original containers
- ☐ Camera, memory cards/film
- ☐ Laptop and any small electronic devices
- ☐ Chargers or extra batteries
- ☐ Extra change of clothes and undergarments
- ☐ Wash cloth and soap in a travel case or travel wipes
- ☐ Toothbrush and travel size toothpaste
- ☐ Deodorant
- ☐ Contact lenses and travel size solution, glasses
- ☐ Earplugs
- ☐ Books/magazines
- ☐ Snacks, gum or mints
- ☐ Watch
- ☐ Reusable Water Bottle

### CHECKED LUGGAGE

- ☐ Extra copies of important travel documents and emergency contact information
- ☐ Seasonally and culturally appropriate clothes that can be mixed and matched and layered
- ☐ Undergarments, shoes and accessories
- ☐ Jacket or coat appropriate for host country climate
- ☐ Flip flops for the shower
- ☐ Poncho or rain jacket
- ☐ Work shirt and pants
- ☐ Closed-toed hiking/walking shoes
- ☐ Sunglasses
- ☐ Toiletries
- ☐ First-aid kit (including over-the-counter pain reliever and motion sickness and anti-diarrheal medications)
- ☐ Extra pair of prescription glasses or contact lenses
- ☐ Feminine hygiene products (if applicable)
- ☐ Hand sanitizer
- ☐ Small day trip bag/backpack
- ☐ Power converter/adaptor
- ☐ Small flashlight
- ☐ Combination or key locks (to secure luggage in accommodations, if necessary)
- ☐ Travel guides
- ☐ Diary or journal
- ☐ Music/photographs



# RETURN TO CSU

## REVERSE CULTURE SHOCK

At first, you may be excited to return home – seeing friends and family members, eating at your favorite restaurants and sleeping in your own bed again. This initial excitement eventually wears off, and you may find yourself feeling out of place in your own culture. This unsettled feeling is called “reverse culture shock” and is a common reaction for students coming home from abroad. Feelings can range from the sense that nobody understands how you’ve changed, to feeling panicked that you will lose part of your identity if you don’t have an outlet to pursue the new interests that were sparked abroad.

Remember that change is a positive thing — new ideas and insights give you a better sense of yourself. The trick is to figure out how to incorporate your new perspectives into your life on your home campus. Do not consider education abroad a singular experience; instead, look at it as the start of a lifetime of international experiences. Find ways to continue pursuing newfound interests; make the most of the resources that exist for you on your home campus and in your local community.

## CSU CAREER CENTER

Contact CSU’s Career Center to learn how to market your international experience and utilize the new skills gained abroad as you search for jobs. Don’t forget to include this program on your resume! The Career Center is located in room 120 in the lower level of the Lory Student Center, next to Student Media.

# GET INVOLVED

## GLOBAL 2.0s AND WORKSHOPS

When you return to campus from abroad come join our Global 2.0s. These sessions focus on strengthening the intercultural skills and competencies you will have gained as returnees and alumni, while also exploring a mixture of academic and professional opportunities around the world. We offer workshops on how to search for graduate schools abroad, finding opportunities to teach English as Second Language (ESL), and many more. Check out [Post-CSU International Opportunities](#) for additional resources. For upcoming events, check out our [events calendar](#).

## EDUCATION ABROAD FAIR

Come to one of our biggest events of the year – the CSU Education Abroad Fair! Share your experiences with some of the 1,500 student attendees. You and other students who have studied abroad are now the most informed and the best promoters of international opportunities. Students come to the fair interested in hearing about your experiences and seeing your photos. We always need lots of help spreading the word about the fair.

## EDUCATION ABROAD PEER ADVISORS

Are you interested in a paid job right here on campus? If you are energetic, outgoing, and passionate about your own education abroad experience, this is a great opportunity to share your knowledge and advise students while getting paid. You will develop your communicative, administrative, and leadership skills as well as further your international and intercultural interests. Applications open in February for the following academic year.

## PHOTOS & STORIES

The CSU community and your Family would love to see photos of you exploring your destination country, you on site visits or in scenic shots! Please share your story [here](#)!



# INTERNATIONAL PROGRAMS

**COLORADO STATE UNIVERSITY**

[educationabroad@colostate.edu](mailto:educationabroad@colostate.edu)

+1 (970) 491-5917

Laurel Hall