

Advancing Equity in Educational Opportunity Since 1981

ADVANCING
INTERNATIONAL
ACCESS: THE
ULTIMATE GUIDE TO
STUDY ABROAD
**FOR TRIO
STUDENTS**

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ADVANCING INTERNATIONAL ACCESS: THE ULTIMATE GUIDE TO STUDY ABROAD FOR TRIO STUDENTS

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"And then I realized adventure was the best way to learn." – Anonymous



WELCOME

At the Council for Opportunity in Education (COE), we believe that study-abroad experiences can transform lives by opening doors to endless possibilities and shaping the leaders of a diverse and interconnected world. In today's global society, the ability to navigate diverse environments and understand cultural nuances is not just advantageous – it's essential. Employers actively seek individuals who have embraced study abroad opportunities, recognizing the unique skill set and perspective they bring to the workforce. From enhanced intercultural skills to heightened adaptability and problem-solving abilities, the benefits of studying abroad extend far beyond academic enrichment.

According to a report by the Institute of International Education (IIE), study-abroad experiences profoundly enhance the development of 21st-century job skills. From fostering curiosity and confidence to refining interpersonal communication and language proficiency, the skills acquired through study abroad are highly valued by employers worldwide. Whether you're considering a career in finance, healthcare, education, or any other field, the lessons learned abroad will be a cornerstone of your professional journey.

Moreover, studying abroad opens many career possibilities and opportunities for personal growth. Whether you aspire to work for an international organization or are still exploring your career path, the resilience, empathy, and resourcefulness cultivated through study abroad experiences will undoubtedly set you apart in any job market.

As you embark on this transformative journey, remember that the benefits of studying abroad extend far beyond professional advancement. From exploring new cultures and cuisines to forging lifelong friendships and discovering hidden talents, the experiences you gain abroad will shape your worldview and enrich your life in ways you never imagined.

In this toolkit, you'll find a wealth of resources and insights to guide you through every step of your study abroad journey. From selecting the perfect destination to navigating cultural differences and maximizing your academic experience, we're here to support you every step of the way. I invite you to seize this extraordinary opportunity, embrace the unknown, and embark on a journey of self-discovery and cultural immersion. The experiences you gain, the friendships you forge, and the memories you create will forever shape the person you become and prepare you to thrive in an ever-evolving global landscape.

On behalf of COE, I encourage you to consider studying abroad not just as a chapter of your academic journey but as a transformative experience that will empower you to lead with compassion, curiosity, and resilience. Here's to the adventures that await and the endless possibilities.

Warm regards,

Kimberly Jones

President

Council for Opportunity in Education

ABOUT COE

The [Council for Opportunity in Education](#) (COE) is a nonprofit organization established in 1981 dedicated to expanding college opportunities for low-income, first-generation students and students with disabilities in all 50 states, Washington, D.C., the Pacific Islands, and Puerto Rico. Its membership includes more than 1,000 colleges and agencies.

The mission of COE is to “achieve college access and success for low-income students, first-generation students, and students with disabilities.” COE first popularized the term “first-generation” as a part of the TRIO legislation in 1980. As mandated by Congress, two-thirds of the students served in TRIO programs must come from families with incomes under \$37,650, where neither parent graduated from college. The Student Support Services and Ronald E. McNair Postbaccalaureate Achievement programs are TRIO college programs. More than 3,100 TRIO programs currently serve more than 870,000 low-income students. Many TRIO programs, such as the Upward Bound and Talent Search programs, also serve students in grades six through 12.

COE's vision is that every young person and adult has an equal opportunity to prepare for, attend, and graduate from college. Graduation from any category of postsecondary institution is achievable and not limited by economic status, family background, or disability. Research shows that studying abroad increases a student's persistence toward college completion. COE has endorsed increasing study abroad opportunities for TRIO students.

In the late 1990s, Dr. Arnold Mitchem, the founding president of the COE, and Maureen Hoyler, immediate past COE president, began participating in the European Access Network (EAN). This network brought together international education professionals in Europe to address access issues. Dr. Mitchem was eventually invited to join the EAN board of directors. It became evident to Mitchem and Hoyler that equal educational access extended beyond the borders of the United States, and international experiences were essential for comprehensive education and professional growth. In 2000, COE took the initiative to cosponsor its first two study abroad experiences for TRIO college students, followed by study tours for TRIO professionals in subsequent years.

Initially, many TRIO participants were unaware of or unable to take advantage of study-abroad opportunities. Recognizing this, COE developed an international access initiative to support and create opportunities for TRIO participants. For over 20 years, COE has collaborated with organizations and universities to offer student programming in countries such as Mexico, South Africa, Senegal, the United Kingdom, Spain, Ireland, and the Netherlands believing that all college students, including TRIO participants, should have access to international experiences. Moreover, COE has sponsored study tours for TRIO professionals focused on partner countries that are part of the European Access Network.

COE strongly believes that study abroad experiences enrich students' lives by broadening their understanding of different cultures and equipping them with valuable skills for today's competitive job market. Through international programming, COE and its partners immerse TRIO students in diverse classroom settings, engaging with students worldwide to discuss pressing global issues. To enhance their college experiences, COE encourages TRIO participants to consider short-term and long-term study abroad programs. Whether it's a few weeks in the summer or an entire semester abroad, an

international education can be one of life's most rewarding and exhilarating experiences, offering opportunities to explore new cultures, confront challenges, and expand one's worldview.

COE thanks Keith Sherin, former senior vice president and chief financial officer of General Electric, for initially funding the GE international internship program in Europe for TRIO participants. Due to Sherin's ongoing commitment, COE named its study abroad program the Keith Sherin Global Leaders in his honor.

COE invites you to explore this guide and consider the life-changing opportunity of studying abroad



WHY STUDY ABROAD

Career Benefits

Study abroad experiences will change your life by opening doors for your future career. Our future leaders must obtain the skills necessary to succeed in a worldly workforce in today's diverse society. Employers intentionally seek out individuals who have had study abroad opportunities that expose them to new environments and situations that allow the student to grow personally and academically. Study abroad experiences provide students with a unique skill set that employers love.

Studying abroad develops skills that all employers value. According to an IIE report ([Gaining-an-Employment-Edge-The-Impact-of-Study-Abroad.pdf \(iie.org\)](#), pg. 5-6), studying abroad has an overall positive impact on the development of a wide range of 21st-century job skills including “intercultural skills, curiosity, flexibility, adaptability, confidence, self-awareness, interpersonal skills, communication, problem-solving, language, tolerance for ambiguity, and course or major-related knowledge.” An academic advisor may know this.

Studying abroad also expands career possibilities. The skills gained through studying abroad have a long-term impact on career progression and promotion. According to IIE, “Longer periods of study abroad have a high impact on subsequent job offers and the development of most skills.” Short-term programs have been noted as the most effective at developing teamwork skills. Career placement advisors may know this.

Even if you don't intend to work for an international employer or are still determining your career goals, developing traits through a study abroad experience, such as resourcefulness, adaptability, resilience, and empathy, will give you an edge in any job market.

There are lots of reasons to study abroad. Hence, deciding to study abroad is a big step! Here is a list of the reasons to study abroad that show why an international experience is one of your life's best and most memorable experiences.

1. **See the World:** The most prominent reason you should consider a study abroad program is the opportunity to see the world.
2. **Education:** By enrolling in a study abroad program, you can see an aspect of your major that you may not see at home.
3. **Take in another culture:** When you study abroad, you are introduced to incredible foods, customs, traditions, and social atmospheres.
4. **Hone Your Language Skills:** Studying abroad allows you to immerse yourself entirely in a new language, and there is no better way to learn than to dive right in.
5. **Find New Interests:** Studying in a different country offers many new activities and interests you might have never discovered if you stayed home.
6. **Make Lifelong Friends:** Studying abroad allows you to get to know and create lasting relationships with students from the host country.

7. **Personal Development:** An additional benefit to studying abroad is the opportunity to discover yourself while understanding a different culture.
8. **Graduate School Admissions:** Students studying abroad are committed to their education. You might even discover an opportunity to pursue graduate education abroad. Graduate schools look for candidates who bring a unique aspect to their university.
9. **Career Opportunities:** You return with intercultural skills and a new perspective on culture and language after studying abroad--skills that are desirable to future employers.
10. **Life Experience:** For most students, study abroad during your college years may be the only opportunity to travel abroad for an extended time.

Visit these sites for more benefits to study abroad: <https://www.topuniversities.com/blog/25-reasons-study-abroad> and <https://www.internationalstudent.com/study-abroad/guide/ten-benefits-to-studying-abroad/>

The places you explore, the people you meet, and your experiences will prepare you to succeed in any workplace.

Goals

To make your international experience more meaningful, COE recommends thinking about your career and study abroad goals to help guide your selection of programs. Your TRIO staff members and campus study abroad staff are two great resources to tap into to assist with aligning your goals with available programs.



Use the following template to examine your goals.

Decision Factors	Make a list of the most critical factors for you when choosing a program abroad and rank them in order of importance. This may include factors such as the length of the program course, time away, program location, cost, living arrangements, available coursework, and program types such as an internship, research, or service-learning	
Academic and Professional Learning	What would you like to say that you learned academically or professionally when you return from your experience abroad? This may include improved language skills, understanding your major from a different perspective, fulfilling general education requirements, and/or increasing the knowledge base regarding the norms and cultures of another country.	

<p>Skills and Abilities</p>	<p>What skills would you like to learn and strengthen during your experience abroad? This may include confidence, self-direction, problem-solving, critical thinking skills, intercultural communication, flexibility, working with individuals from diverse backgrounds, and adversity.</p>	
<p>Attitudes and Awareness</p>	<p>Consider various perspectives and examine how you wish to stretch your thinking to grow personally, academically, and professionally during your experience abroad. This may include awareness of global issues, the ability to examine competing perspectives diplomatically, or even an appreciation of differences.</p>	

Once your study abroad goals are determined, work with your TRIO staff member and/or campus study abroad staff to select the experience that would provide you with the opportunity that aligns best with your goals.

FINANCING STUDY ABROAD

Many international education organizations speak of the benefits of an immersive experience abroad.

As a result, a handful of institutions and organizations offer financial support through scholarships for study abroad programs. The key to success when obtaining financial support is to start asking and researching early to learn about the many opportunities for assistance and how you can use your financial aid package to support your study abroad experience.

COE Support for Study Abroad

COE is committed to increasing accessibility to study abroad opportunities through its Keith Sherin Global Leaders Program. COE, along with international partners and Keith Sherin, subsidizes the program to lighten the financial barrier of going abroad (if selected for Keith Sherin Global Leaders Program, please refer to the program guide).

Some TRIO state chapters or regional associations may provide financial support to TRIO participants so that they can experience studying abroad. Work with your TRIO director, who can engage with your regional and state associations.

COE encourages all eligible students to apply for the Benjamin A. Gilman International Scholarship. To be eligible for the Gilman Program scholarship, applicants must receive a federal Pell Grant during the experience or provide proof that they will receive a Pell Grant during their study abroad program or internship. Recipients of this award can receive up to \$5,000 to assist with paying for their study abroad experience. Get more information and apply for the Gilman International Scholarship [here](#).

Finally, your institution may have funds available within your study area, department, student affairs, or president's office.

Acquiring Financial Aid to Study Abroad

Your institution's financial aid office is a key player in your pursuit of making a study abroad experience a reality. Visit the financial aid office early in your planning process to get financing information and assistance. Consult with a financial aid advisor before applying to a study abroad program to determine the maximum additional aid you can receive.

Ask about private scholarships, as they are generally applicable to study abroad. If awarded additional financial aid, verify the conditions of your award with the scholarship office or donor directly.

Ask a financial aid advisor about federal, state, or institutional aid awarded to support study abroad. If you qualify for financial aid, you can inquire about how to submit a revision form to increase the assistance needed for your study abroad expenses. Note that some additional funds may be in the form of loans.

After selecting your program, meet with TRIO, study abroad, and scholarship advisors to talk through

financial questions and plan out your budget, including when payments will be due. Advisors can also give you tips on creative fundraising ideas and options to help you manage costs.

Study Abroad Scholarships

Some organizations award scholarship money for studying abroad through special scholarships. Read the fine print to understand the conditions you must meet to adhere to the scholarship requirements successfully.

Here are some study-abroad scholarships and additional lists of aid options:

- [The Benjamin A. Gilman International Scholarship](https://www.gilmanscholarship.org/applicants/application-overview/) - <https://www.gilmanscholarship.org/applicants/application-overview/>
- Fund for Education Abroad Scholarships - <https://fundforeducationabroad.org/scholarships/>
- Boren Awards for International Study - <https://www.borenawards.org/>
- Global Access Initiative (GAIN) Scholarship - <https://www.ciee.org/go-abroad/college-study-abroad/scholarships-grants>
- IES Abroad Scholarship - <https://www.diversityabroad.com/scholarships/ies-abroad/none-49>
- Overseas Ambassador Scholarship - <https://www.diversityabroad.com/overseas-ambassador>
- First Generation Scholarship list of Aid options- <http://www.collegescholarships.org/scholarships/first-in-family.htm>
- Academic Programs International list of Aid options - <https://apiabroad.com/financial-aid-information/>

PLANNING CHECKLISTS

Regardless of which program you select, studying abroad is an unforgettable adventure. Before traveling to another country, do more than prepare your passport and pack your suitcase. When it comes to planning a study abroad trip, timing is everything.

Pay close attention to dates and deadlines, especially when:

- Applying to programs
- Securing financial aid and financing
- Ordering your passport, visa, and/or residence permits (Research if you need a passport, visa, or residence permit before going abroad.)
- Completing all medical requirements (Arrange vaccines, prescriptions, and medical and dental check-ups before departing for study abroad.)

Additional considerations include planning for any dietary restrictions. Plan to bring protein powder, vitamins, and other dietary supplements, and inform others if you have dietary restrictions.

Finally, plan and create a list of emergency contacts. This will help ensure you can be contacted in case of an emergency while abroad, as well as ensure you can contact others to receive care.

The following chronological checklist helps you organize the steps to prepare for your trip, from one year before departure to your arrival date. Use this guide to avoid unnecessary stress and plan a hiccup-free departure!

ONE YEAR BEFORE DEPARTURE

Apply for a passport. A year before departure may seem early, but the passport application process can take several months. COE will need your passport when it comes time to make travel arrangements. To obtain a visa, you must have a passport that is valid for six months after the date you plan to return to your home country. Even if you have a valid passport, you may need to renew it. You must have a valid passport for six months after the date you plan to return to your home country.

Passport Checklist

Find everything you need to know regarding what qualifies as evidence of U.S. citizenship and personal identification and what size and quality photos you need at travel.state.gov.

According to the U.S. Department of State, here are six suggested steps.

STEP 1: Complete and Submit Form DS-11: Application for A U.S. Passport. You can get the form online, but you must present it in person.

STEP 2: Submit evidence of U.S. citizenship to include previously issued, undamaged U.S. passport, certified birth certificate, consular report of birth abroad, naturalization certificate, certificate of

citizenship

STEP 3: Present Identification at the Time of Application Previously issued, undamaged U.S. passport, Naturalization Certificate, Valid Driver's License, Current Government ID (city, state or federal), Current Military ID (military and dependents)

STEP 4: Submit a Photocopy of the Identification

STEP 5: Pay the Applicable Fee

STEP 6: Provide a Passport Photo

EIGHT TO TEN MONTHS BEFORE DEPARTURE

Pay close attention to application deadlines, as they may arrive earlier than expected.

Apply for scholarships/financial aid and build a BUDGET for your trip. Studying abroad can be expensive if you consider non-program paid dining, travel, and more. Financial aid may be needed to cover these costs. Deadlines to apply for scholarships and funding vary and require early applications.

SIX MONTHS BEFORE DEPARTURE

Start the visa application process. The process of applying for a student visa is different for each country. If you're a U.S. student, consult the website of your destination country to determine what that country requires for a student visa. A short term abroad may not require a student visa, only a passport. Check with the program coordinator.

Get student health insurance. Your visa may require you to prove that you have coverage for unexpected medical bills you might incur while studying abroad. Check to see if your primary or school-sponsored insurance or program-sponsored insurance offers coverage abroad and if it is suited to your needs and budget. Being prepared is essential.

It may be beneficial to consider an international student health plan to cover eligible costs related to injury and illness, mental health disorders, outpatient prescription drugs, and more.

Schedule a physical with your doctor. Your visa may require a physical, but even if not, this doctor's appointment is an excellent opportunity to get any necessary vaccines, obtain prescriptions for enough medication, and address any other health needs to last your entire trip.

FIVE MONTHS BEFORE DEPARTURE

Confirm housing. COE encourages you to work through trusted sources to identify your housing. For example, a trusted program partner, a trusted relative, or a trusted community member. COE study abroad housing is included in the program. Your roommate(s) will be assigned.

THREE MONTHS BEFORE DEPARTURE

Consider your preferred payment methods abroad and develop a weekly budget. Plan to have some U.S. dollars on hand and consider exchange rates and fees. Exchange rates to change U.S. dollars to the host country's currency can fluctuate daily.

Be conscientious about credit card charges that fluctuate daily with currency exchange rates and include international fees. ATMs also have withdrawal and foreign transaction fees. Remember that you must report currency and monetary instruments of over \$10,000 when traveling internationally. For more information, click here - https://help.cbp.gov/s/article/Article-195?language=en_US

As a U.S. student, you can register your trip with the local U.S. Embassy and use the free Smart Traveler Enrollment Program (STEP) to maximize safety and security. Registered travelers receive alerts about safety conditions in their destination country, including emergencies, weather, civil unrest, and more.

TWO MONTHS BEFORE DEPARTURE

If you are taking medication for a health-related problem, ensure that your medicine is legal in your study abroad country by checking with the embassy or high commission in your study abroad country. Be sure to have an advance supply and carry your prescription with you.

Ensure that your passport is in your hands or on the way. You can often check the status of your passport online.

Identify methods of communication. Look into an international phone plan or WhatsApp. Confirm your transportation. Check with COE program leads regarding airport expectations and meet up upon arrival. Review airport maps to ensure that you have an idea of where you are meeting them. Confirm your return flight.

Continue to research your study abroad country. Educate yourself on customs, transportation, sites of interest, religion, and the cost of everyday items. Read news about current events in your host country. Prepare to dress according to the region, weather, and country's cultural norms. Do your research! If the locals dress modestly, don't show up in leggings and a crop top. Be strategic about what you bring with you abroad and leave some extra space in your bag for all the cool, new souvenirs you'll bring back home.

Ask critical questions of anyone who has been to that location. For example, ask how to locate the nearest medical facility in an emergency.

TWO WEEKS BEFORE DEPARTURE

If you have not received your passport two weeks before departure, please check with your TRIO director and congressional representative to facilitate an investigation into the process. Your Member of Congress can contact the appropriate government agency, such as the U.S. Department of State, on your behalf to inquire about the status of your passport application. Representatives can seek expedited processing or provide additional information that might help expedite the process.

ONE WEEK BEFORE DEPARTURE

Make a backup electronic and/or paper copy of all important documents, including your I.D., passport, visa, acceptance letters, insurance coverage, prescriptions, and credit cards. Print a copy and email it to yourself or create a folder on an online platform that you can access quickly.

Create an "important phone numbers and addresses" document to take with you on your trip. Plan to communicate with friends and family abroad via Zoom, Facetime, WhatsApp, Microsoft Teams, Google Meet, or Facebook Messenger.

Decide whether to have your mail held or forwarded. If traveling during an upcoming election, check with your Secretary of State to ensure you can vote while abroad.

Inform your bank, cell phone provider, and credit card companies that you'll be out of the country. Make sure you know the applicable international fees.

Confirm airline and arrival arrangements twice. Make sure you know your airline luggage restrictions.

Focus on getting rest, eating healthily, drinking plenty of water, building up your immune system for the anticipated travel, and preparing yourself mentally. You may go through several ups and downs, but this is normal. Get excited about your time abroad, which will surely be a wonderful lifetime experience.

Prepare a packing checklist.

Remember the essentials: passport, prescription medicines with prescription labels, local currencies, travel-sized toiletries, power adapters, and face masks. It's essential to bring and secure photocopies of your passport and visa in case the originals get stolen.

When packing your carry-on luggage, include important documents, medications, one set of undergarments, a shirt, pants, socks, and a sweater or sweatshirt. **DO NOT PACK** razors, pocket knives, or scissors in your carry-on luggage.

Pack light! Opt for a sturdy backpack instead of large suitcases. You will have to carry your luggage; in many cases, the buses or trains cannot accommodate extra luggage. An overhead roller suitcase is useful for putting the backpack on as well.

Eliminate items that are not essential. Don't take anything you would hate to lose. Leave all unnecessary credit cards, expensive jewelry, or irreplaceable family objects at home! Leave room in your bags for items acquired abroad.

- COE Keith Sherin Global Leaders Study Abroad participants developed a packing list to assure other TRIO students are prepared for their study abroad program experience. [Get the list here.](#)

Review your packing list and purchase any last-minute items. Many travelers have suggested packing light and purchasing "extras" upon arrival. After packing, walk in and out of the house three times with all your luggage to ensure you can handle your luggage on your own (if you cannot control the weight, you may have packed too much.)

Remember that large or heavy bags may be subject to additional baggage fees. Additionally, many public transportation methods cannot accommodate two large bags.

CONCERNS

Studying abroad is a fun and safe experience, but it is essential to realize that you are subject to the laws and customs of another country. Although most trips abroad are trouble-free, being prepared goes a long way to avoiding the possibility of serious trouble. As mentioned earlier, become familiar with the basic laws and customs of the country you plan to visit before you travel. Reckless behavior in another country can land you in a foreign jail or worse! To have a safe trip, avoid risky behavior and plan.

Perceptions of American Culture

In this context, "Americans" refers to students from the United States. When you travel abroad as an American, you represent more than just a student studying overseas for a semester. You become the embodiment of the United States to the locals you meet, potentially serving as their initial exposure to American culture. Culture encompasses the traditions, arts, social structures, and accomplishments of a specific nation, people, or social group, necessitating an openness to diversity, class distinctions, and economic disparities.

Being an American abroad entails a significant responsibility that demands sensitivity and diplomacy. Various topics such as politics, popular culture, and crime may come up in conversation, and people will be keenly interested in your perspectives. In such situations, effective communication hinges on understanding the other person rather than winning debates or imposing your viewpoints. Respect for your audience and active listening skills, which involve prompting verbal responses, asking questions, and refraining from judgment, are crucial components of successful communication.

Moreover, regardless of your personal political beliefs or influence over global affairs, you may find yourself addressed as if you bear personal responsibility for the actions of the United States government. Citizens of other nations often possess greater awareness of international news and developments within the U.S., leading to the existence of preconceived notions about American citizens and their characteristics. Once again, it is essential to approach inquiries and conversations with an open mind, demonstrate respect for your audience, and engage in attentive listening. This embodies the experience of being an American abroad.

Reverse Culture Shock

Upon your return, you may experience reverse culture shock. According to the University of Nebraska Omaha, "Reverse culture shock occurs because a place that once felt entirely familiar suddenly seems strange and foreign. Studying abroad is disruptive in a good way, but it can lead to some unexpected emotions." ¹

Your self-awareness will be more important as you transition back into your home country. The

¹ Reference attribution: <https://www.unomaha.edu/international-studies-and-programs/study-abroad/students/returning-home/reverse-shock.php>

International Student Exchange Program (ISEP) lists four common reverse culture shock stages:

1. Disengagement.
2. Euphoria.
3. Dampened Euphoria; and
4. Gradual Readjustment.

ISEP also identifies “Some things that will be different” and “Tips for overcoming culture shock.” Some expected changes include friends and family, your view of the United States, and your plans.

COE recommends reaching out should you experience any of the above. Be sure to get help from your TRIO advisor and COE study abroad staff should you experience reverse culture shock. **We are all here for you.**

PUT YOUR STUDY ABROAD EXPERIENCE TO WORK

A great way to share about your experience and encourage others is to engage in the following:

- Apply to be a study abroad advocate and share your experiences within your program and elsewhere on your campus
- Serve on TRIO panels and at state, regional, and national conferences
- Share your experience with COE and others to motivate and inspire students from similar backgrounds to study abroad.
- Apply to Department of State career opportunities
- Stay in touch

Celebrate your accomplishments and reflect on your growth! COE will also celebrate your accomplishments.

RESOURCES

The Indiana University–Purdue University Indianapolis (IUPUI) study abroad office prepared this guide to help their students leverage their study abroad experience once they return home:

<https://www.mtu.edu/student-affairs/study-away-and-abroad-experiences/pre-departure/pre-departure-checklist.pdf>

Other Websites:

- Research on preparing students to study abroad: <https://files.eric.ed.gov/fulltext/EJ1074800.pdf>
- Perceptions of Americans abroad, University of Pittsburgh: <https://www.abroad.pitt.edu/diversity/americanperception>
- Study abroad packing list, IES: <https://www.iesabroad.org/study-abroad-packing-list>
- Putting your study abroad experience to work, IUPUI Study Abroad Office: <https://abroad.iupui.edu/doc/misc/career-toolkit>
- Reverse culture shock, University of Omaha: <https://www.unomaha.edu/international-studies-and-programs/study-abroad/students/returning-home/reverse-shock.php>
- How to deal with reverse culture shock, ISEP: <https://www.isepstudyabroad.org/returning-home/how-to-deal-with-reverse-culture-shock>

