

Study Abroad Handbook

Office of International Study
Wellesley College



2025-2026



Contents

- I. [Know Before You Go](#)
- II. [Costs and Affording Study Abroad](#)
- III. [Financial Aid FAQs](#)
- IV. [Transferring Credit](#)
- V. [Travel](#)
- VI. [Your Money Abroad](#)
- VII. [Your Health Abroad](#)
- VIII. [Your Safety Abroad](#)
- IX. [Packing and Preparation](#)
- X. [Sustainable Study Abroad](#)
- XI. [Staying in Touch](#)
- XII. [Cultural Adjustment](#)
- XIII. [Planning Your Return](#)

I. Know Before You Go

The more thoroughly you prepare for your semester or year away, the more successful your time away will be. The OIS runs a series of panels, discussions and presentations throughout the year to help you plan for your time away.

Please check the [OIS calendar](#) for dates and details. Much of the information that you need is covered in our [Online Pre-Departure Module](#).

Are you approved to study abroad/away?

In order to be approved for your semester(s) away, you must submit your signed Study Away Agreement, complete the SFS clearance process, and OIS Pre-Departure Orientation Module. You can find the complete [OIS Timeline](#) on our website.

Another way that you can check to make sure that you're all set on Wellesley's end is to ensure that you are enrolled in an AWAY course in the Academics Worklet in Workday.

Planning for a Successful Academic Experience

It is essential that students work out a proposed plan of study with an academic advisor prior to leaving for the semester or year abroad, with back-up course choices for those students who will register for courses on site. Please carefully review the section on Transferring Credit before leaving campus so that there are no unpleasant surprises when you return to campus.

Financial Planning

Students who enroll in Wellesley-in-Aix, ECCO Bologna, and Wellesley-in-Iceland will continue to pay the Wellesley comprehensive fee. **All other students will be billed regular Wellesley tuition for the semester(s) away, but will make all non-tuition payments directly to the program.** Students who normally receive financial aid for study at Wellesley will remain eligible for financial aid. Please refer to the section on Finances/Financial Aid for details. In addition, students are advised to do extensive research about the cost of living on site and to develop a budget early on. It is essential that you understand how much money you will need and what the best way to access funds abroad will be. If this is not adequately addressed in the pre-departure materials you receive from your program or at pre-departure orientation meetings, you should be proactive in asking these questions to the program sponsor and/or to previous

program participants. Please review the section on Your Money Abroad for some tips that are generally applicable.

Making Travel Plans

It is the student's responsibility to ensure that they have a valid passport and the necessary visa for the semester or year away. In addition, in some cases, students will need to book flights and organize airport transfers and reserve temporary accommodations in the host city. It is important for students to look into these issues well in advance of the program's start date, as many tasks require significant lead time. Please review the section on Travel for some tips that are generally applicable, keeping in mind that information provided by your particular program or host university will be most relevant to your particular experience.

If you don't have a passport or your passport is expiring soon, apply ASAP. Check out OIS' guide on [how to apply for a passport](#) from Wellesley.

Your Safety Abroad

At home, you probably have a natural understanding of how to keep yourself safe. Abroad, you'll be in an unfamiliar environment, far away from people you usually rely on for guidance and support when things go wrong. That throws the idea of "safety" into a whole new light. The good news is that there is no evidence that a study abroad experience poses any greater risk to you than a semester on a U.S. college campus. Helping you stay safe in both day-to-day and emergency situations is something all study abroad providers and host university international office staff work hard at. However, staying safe is ultimately your responsibility. The single most important factor that affects your personal risk may be your own behavior - the one thing completely in your control. Read on to learn what you can do to keep yourself safer.

Your Health Abroad

More information regarding planning for a healthy time away are in the Your Health Abroad section. Now that you've been accepted, made travel plans, and made arrangements for your medical/mental health needs abroad, you will also need to put some thought into packing and planning for the cultural and intellectual experience on site. The pre-departure meetings at Wellesley will be one opportunity for you to get first-hand advice from previous travelers. You should also read through the section on Packing and Preparation for information gleaned from study abroad alums and personal experience.

Staying in Touch

A big part of your experience will be sharing your impressions, challenges and successes with friends and family at home and at Wellesley. It's important to know in advance what your communications options will be and also to make sure that you have contact information for those individuals you will need to connect with during your semester away. For some important tips, please review the section on Staying in Touch.

Cultural Adjustment

Whether you are studying in London or in Kunming, British Columbia or Legon, chances are that there will be a period of cultural adjustment...or at least you should hope that there is. Here again, the more you prepare in advance, the more likely you are to successfully navigate the transition. Check out the section on Cultural Adjustment for some general tips and advice.

Pre-Departure Checklist

Administrivia

- ☐ Ensure that you are cleared to study abroad
 - ☐ Have you completed the OIS pre-departure module?
 - ☐ Have you attended a Pre-Departure Meeting?
 - ☐ Have you received SFS clearance?
 - ☐ Have you submitted the Study Away Agreement?
- ☐ Make an academic plan
 - ☐ Have you made a plan of study with your academic advisor to stay on track with major and degree completion?
- ☐ Understand the process of course registration at your host institution and for transferring credit back to Wellesley
- ☐ Let your program know they should send your transcript to the Office of International Study (oistranscripts@wellesley.edu)

Travel Arrangements

- ☐ Make sure you have a passport and that it is valid!
- ☐ Apply for a student visa (if applicable to your destination)
- ☐ Make travel arrangements

Finances Abroad

- ☐ Understand your billing and financial aid obligations while abroad
 - ☐ Do you understand how you will be billed while studying abroad?
 - ☐ If you receive financial aid, do you understand how this will transfer?

- ☐ Make a budget! Research the relative cost of living in your destination
- ☐ Figure out how you will access your money while abroad (credit/debit cards, etc. and know the fees associated with withdrawing funds) or exchange currency
- ☐ Know how much cash you should have on arrival

Prepare for Life Abroad

- ☐ Research your destination's culture, customs, and laws
- ☐ Understand safety abroad (read through the "Your Safety Abroad" section of this handbook)
- ☐ Understand how to stay healthy abroad (read through the "Your Health Abroad" section of this handbook)
 - ☐ Make sure you have a plan for maintaining prescription medication while abroad (know what's legal and available in your destination)
 - ☐ If you normally seek mental health care, talk to the Stone Center about developing a plan for while you're abroad
 - ☐ Schedule an appointment to receive any needed immunizations
 - ☐ Know what to do in case of an emergency
- ☐ Familiarize yourself with how your identity may be perceived by others abroad
 - ☐ Are there any special considerations due to one's citizenship, ethnicity, religion, gender or sexual orientation?
- ☐ Understand the stages of culture shock
- ☐ Make sure you have copies of essential documents (passport, insurance card, visa, credit cards, etc.)
- ☐ Bring any adaptors or converters you might need at your destination
- ☐ Pack! And pack less than you think you need!
- ☐ Enroll in the STEP program through the U.S. Department of State
- ☐ Consider purchasing personal property insurance
- ☐ Make sure you know how to use [Wellesley Duo](#) while traveling
- ☐ Make a plan for staying in touch with friends, family, and Wellesley



II. Costs and Affording Study Abroad

The Office of International Study and Student Financial Services work together to make study abroad affordable for Wellesley students and to guide students and their families through the billing and financial aid process for study abroad. We host mandatory workshops together each semester.

See our presentation, "[Study Away Financial Aid](#)," and read additional information on the financial aid process for study abroad in our "Financial Aid FAQs" section.

Student Financial Services Clearance

Students who receive financial aid must attend an OIS/SFS Study Away Financial Aid presentation. All students should submit the [SFS Clearance Form](#) by April 1 for fall study abroad and November 1 for spring study abroad.

Details (dates, times) for the SFS workshops will be sent to all students planning to go abroad early in the semester before departure.

Wellesley Fees

All students who study abroad will continue to be charged Wellesley College tuition but not room & board, with the following exceptions: Students studying at 12 College Exchange partners will be billed by the host institution, NOT Wellesley. Students going to Spelman will be billed tuition by Wellesley and room & board by Spelman. Students who enroll in Wellesley-in-Aix, ECCo Bologna, and Wellesley-in-Iceland will be charged the Wellesley comprehensive fee covering tuition, room, board and in some cases airfare and additional expenses.

International students who enroll at an accredited university in their home country or US residents with dual citizenship who enroll in an accredited university in a country for which they hold a passport may elect to pay all fees directly to the university abroad and forgo any financial aid from Wellesley.

Your Wellesley Bill

You will continue to receive a bill notification from Wellesley when your term bill is available and be expected to pay Wellesley according to the same as if you were on campus. You will be billed for Wellesley and health insurance for every semester you

spend on studying away from Wellesley. As is the case when you are on campus, you may elect to waive the health insurance if you can demonstrate comparable coverage.

Study Abroad Program Fees and Potential Expenses

Fees you may be charged by your program	Potential Expenses
Program Deposit	Airfare
Room	Books and supplies
Board	Personal expenses (including local transportation)
Travel Insurance	Passport and visa fees
	Food in self-catering accommodation
	Misc. residence hall fees, activity fees

Wellesley Payments to Study Abroad Programs

The Office of International Study will pay tuition charges to your program upon receipt of an invoice & after you have submitted all of your confirmation paperwork. If your program charges a comprehensive program fee, the OIS will request a breakdown of this fee and pay the tuition and any mandatory fees portion. The remaining balance for accommodations and meal plan, if offered, is your responsibility. If you receive a bill that includes tuition, please contact the OIS & forward us a copy of your bill.

Financial Aid

Students who normally receive financial aid remain eligible for aid while abroad. For more information, see our "Financial Aid FAQs" section. If you do not receive financial aid and the cost of your program's room exceeds that of Wellesley's, you will be refunded the difference.

Scholarships

Many organizations and institutions offer scholarships for international study. For a list of international study scholarships visit our [Scholarship Spreadsheet](#).

[Abroad101](#) is another good resource for browsing study abroad scholarships. Please note that many of the scholarships listed on Abroad101 are through program providers that are not approved for Wellesley students.

[Money Geek](#) also outlines all the different financial aspects of studying abroad.

Program Budget Estimates

For an estimate of the total cost of attendance for your study abroad program, please refer to the [Study Abroad Budget Spreadsheet](#).

Nelnet

If you use Nelnet to make monthly payments to Wellesley you must contact them to adjust your contract to pay tuition only to Wellesley for your semester(s) abroad.



III. Financial Aid FAQs

Students studying abroad during the academic year on a program approved by Wellesley College remain eligible for financial aid. The Office of International Study creates budgets for each study abroad program, which Student Financial Services uses to adjust student awards for the semester(s) abroad.

Please review our FAQ in this section & contact us with any questions.

Financial Aid and Study Abroad: Frequently Asked Questions

- Can I use my Wellesley financial aid when I study abroad?

Yes! Students who normally receive financial aid for on-campus study will remain eligible for aid for their semester(s) abroad on a Wellesley approved study abroad program.

- What is the application procedure for financial aid for study abroad?

The application is the same, no additional forms are required for study abroad.

- How are the additional expenses for study abroad taken into account when awarding aid?

The Office of International Study creates study abroad budgets for each study abroad program, which includes estimates for the following items, which together create the total for the semester(s) abroad:

- Wellesley tuition
- Estimated Program Room & Board
- Estimated Airfare (one round-trip from the East Coast of the U.S. to the program destination)
- If your visa fee is over \$200, then the remainder of the fee will be added to your financial aid budget
- Estimated cost for Personal expenses (including local transportation costs)
- Participation Confirmation Fee and Program Deposits (if applicable)

If the total cost of attendance abroad is more than the cost of attendance at Wellesley, your Wellesley grant will be increased so that your Expected Family Contribution (EFC) remains the same.

- How much aid will I receive?

Study Abroad Budget - Expected Family Contribution = Financial Aid Package

- How does student financial services know I'm studying abroad?

You confirm to Student Financial Services that you are studying abroad when you submit the [SFS Clearance form](#). SFS has access to the Study Abroad Budgets and will adjust your aid accordingly after you've submitted this form.

- When will my financial aid be available?

Financial aid will be disbursed to your Wellesley student account on the same disbursement dates as when you are on campus. This is generally 10 days before the start of the Wellesley semester. Award information can be viewed online through Workday and you will be emailed when your adjusted award letter is available to view.

- What if I receive full or almost full financial aid from Wellesley?

If the total amount charged by Wellesley is less than your aid, the difference will appear as a credit (aka “student account refund”) on your account once your aid has been disbursed. This credit will be refunded to you if you submit a [Refund Request Form](#) and can be used to pay your study abroad program bills and expenses. Refunds will be direct-deposited to the bank you have set up in Workday.

- Who pays for my room and board costs? My airline tickets?

You must pay directly for those expenses, even if you receive full financial aid from Wellesley. You must request your refund from Wellesley and then use that money to pay for non-billed expenses. Neither the OIS or SFS will directly pay any of your non-tuition expenses to your study abroad program.

- What if I can't afford to purchase airfare before my aid is available?

In most cases students will want to purchase airfare before their aid is available to lock in the best rates. Many students will do so with a credit card. Students whose programs begin before Wellesley's semester starts should contact SFS early. You may have leftover loan eligibility from this current year to help. SFS will review what resources are available.

- What if my housing and meal charges are due before I get my aid refund?

Check in with your study abroad program. Some programs provide payment deferrals for students on financial aid. SFS is also available to assist. Students whose programs begin before Wellesley's semester starts should contact SFS early. You may have leftover loan eligibility from this current year to help. SFS will review what resources are available.

- If my program charges a comprehensive fee for tuition, room and board, and flight, how will I know what I need to pay?

The program should have a breakdown of the costs on their website, or available upon request. You can also get this information from In general, Wellesley pays the tuition only and you will pay all non-tuition costs.

- What if I owe money to my study abroad program and my financial aid is greater than Wellesley's tuition?

You should contact your study abroad program. It may be possible to request a payment deferral by supplying information from SFS about your aid and disbursement dates. It is extremely important to contact your program well before the payment deadline to avoid late fees or other issues arising from late payment. If your aid is greater than Wellesley's tuition you will probably be eligible for a refund. Once you've received notification from SFS that your cost of attendance and financial aid have been adjusted, you should submit your program's deferral request form. Please provide your Wellesley ID number and due date with all requests.

- What about work study?

It will be replaced by an optional, subsidized loan.

- What if I receive an outside scholarship?

Outside scholarships must be reported to SFS and are used to reduce the “self-help” portion of a financial aid package - that is, student loans, and student contributions from summer earnings, before making any reduction in grant aid.

- What if I have used a payment plan in the past?

Your payment plan for the semester you are abroad should be set up for the balance due to Wellesley. You will need to use other resources for your airline ticket purchase, room, meals, and personal expenses.

- What if I am participating in the 12-College Exchange?

Your Wellesley aid may be taken to all of the institutions that are part of the 12 College program. Please note, however, that you are responsible for any costs that are higher than those at Wellesley. Your Wellesley aid can not be increased to cover any additional expenses at a 12-College Exchange institution. Please contact Student Financial Services to arrange for your aid to be transferred.

- My program is asking me to provide a contact for financial aid. Whose email should I give them?

sfs@wellesley.edu

- What if I have more questions?

The Office of International Study and Student Financial Services hold joint information sessions each semester. All students planning to study abroad who receive financial aid will be invited to these sessions & required to attend at least one session the semester before going abroad. Session dates are sent to students the semester before they go abroad.



IV. Transferring Credit

Students who enroll in approved study abroad programs typically transfer back 4 units of credit per semester of work done abroad. In order to ensure the successful transfer of course work to the Wellesley degree, students should be mindful of the following...

- 1) Students must enroll in a full load of courses for each semester abroad, and cannot transfer back more than the equivalent of 4 Wellesley units per semester.

Students must register for a full load of courses as defined by the host university or study abroad program. This is typically 4-5 courses but may be as few as one or as many as 10 courses per semester. For programs with US-style credit systems, students will need to be enrolled in 15-16 credit hours. For programs or universities that use the European Credit Transfer System, students will need to be enrolled in 30 ECTS credits per semester. Where the standard course load is more than four courses, students should expect that each course will likely transfer back as less than a full Wellesley unit, as course values are calculated as a proportion of the full load, e.g., when the standard load is 5 3-credit courses, each course is worth 20% of the total course load and each would transfer back as 20% of the Wellesley course load, or as 0.8 units.

Students may earn a maximum of 4 Wellesley units for a semester abroad, and a maximum of 8 units for a year abroad. Please refer to our [Credit Transfer Info](#) document to find out what a full course is for each program, and what the equivalent of 1 WC unit is in each program.

- 2) Courses with which you hope to satisfy specific degree requirements must be approved via the Transfer Credit Request (preferably before departure).

You do not need to fill out a Transfer Credit Request form for a Study Abroad course that has an equivalent subject/department at Wellesley, falls under the category liberal arts and for which you do not wish to request distribution, major or minor credit. **If you hope to receive major, minor, distribution, or 300-level credit for a course, you must submit a [Transfer Credit Request form](#) for that course as soon as you have a syllabus for that course.** Wellesley will review the course and assign a transfer credit value to each course. Please allow sufficient time for review before the end of your

program or university's drop-add period. Only Submit a Transfer Credit Request Form if you wish to count the course toward an unmet distribution or major/minor requirement. Asking for approval for multiple requirements that you have already completed and do not need will increase the time needed to review your form as this often requires review by multiple department chairs. For example, please do not ask for foreign language requirement approval if you have already fulfilled this requirement.

3) Courses must be in a field of study offered at Wellesley or in a related field in the liberal arts.

Most of the courses available at the approved study abroad site will transfer back to Wellesley. However, the following types of courses are problematic and should be cleared with the OIS director in advance:

- Courses not considered liberal arts: Examples include communications, dance, technical subjects, cooking, business, law or criminology. If the Wellesley College Course Bulletin does not offer courses in a given field, there is a good chance you will not earn credit for that course. Please contact the OIS Director to check.
- Instrumental Music does not normally transfer back. Music majors should check with their department chair for guidelines for enrolling in music instruction courses while abroad.
- Pre-Med or lab sciences may not be approved for credit transfer, depending on your study abroad program. Pre-med and science students should check with their department chair for guidelines for enrolling in these courses while abroad.
- Short preparatory courses prior to enrollment in the semester or year program: Some programs have preliminary sessions, which you must take, but for which you will not receive additional transfer credit beyond the regular four units for a semester or eight units for the year.
- University Courses designed for Study Abroad Students in English-language destinations: If your host university does not allow its own degree students to enroll in a course, it is unlikely that Wellesley will award credit. The "Study Abroad" courses at the University of Melbourne and the University of Sydney are examples of these.
- Independent Study, Internships & Research Projects: Wellesley has specific criteria for approving this type of experience. Unless the independent study, internship or research project is a required component of a pre-approved program, please contact the OIS for more information about current requirements.

- Financial Accounting: Wellesley only accepts one unit of Financial Accounting toward the degree.
- Journalism: Wellesley only accepts one unit of Journalism toward the degree.
- Courses that substantially duplicate courses you have already taken: If you happen to take a course abroad which is similar in name to one you have already taken but which is entirely different content, you should bring all relevant materials - syllabi, written exercises, exams - back to Wellesley to demonstrate the differences between the two courses. The Registrar will require approval from the relevant department chair.
- You will need to consider that no more than 14 courses in any one subject may count for your Wellesley degree. If you are enrolling in a program that focuses in one field, you will want to carefully review your overall study plan with your class dean.

4) Courses must be taken for a letter grade, and students must earn a C or higher.

No courses for which grades are normally given may be taken on a pass-fail (credit/non) basis. Where courses are offered only on a pass-fail basis, documentation must be provided that the grade received was C or better. To see a list of grade translation scales for certain programs, [click here](#).

5) In order for a course to count toward a major, minor, distribution, or 300-level requirement, the course must be approved by the relevant department head or their designee.

Courses that are transferable toward the degree will not necessarily be accepted for credit toward the major, minor or distribution requirements. **You must submit a [Transfer Credit Request Form](#) for each course that you wish to use to satisfy specific degree requirement(s).** The request will be reviewed by the relevant department chair or program director. In order to submit the form, you must be logged into your wellesley.edu account. Typically, transfer credit decisions are made within a week. If you require a faster response, please contact the relevant faculty member directly.

If you aim to fulfill distribution requirements abroad, please note that distributions are listed as “units” rather than “courses,” so if you are taking a course that is worth 0.8 units, you will not completely fulfill the corresponding

requirement; you would need to take 2 courses in the same category (for instance, 2 courses both related to Historical Studies) to satisfy the distribution requirement. Please note that only 1 unit of distribution credit in each of the three areas may be completed outside of Wellesley.

6) Wellesley students must take final examinations in all courses for which they are offered.

7) It is the student's responsibility to ensure that, at the end of the semester or year abroad, an official transcript is sent from the study abroad or host university to the Office of International Study.

Transcripts should be sent to:

oistranscripts@wellesley.edu OR

Office of International Study
106 Central Street
Wellesley, MA 02481

Students should also ensure that they understand the process for requesting future transcripts from their semester or year abroad, as Wellesley is not able to issue copies of the original transcript to the student or to any potential graduate/fellowship programs or employers.

8) Grades from study abroad will not appear on your Wellesley transcript and will not be factored into your Wellesley GPA.

However, graduate programs, fellowship programs and recruiters will often require a copy of the study abroad transcript and may recalculate the GPA to include the study abroad grades.

9) Study abroad is an opportunity for students to experience a different academic system and academic culture.

Wellesley students often struggle to figure out how to make the most of the academic experience, which may require them to "own" the learning experience.

To prevent disappointment over opportunities lost, students should become familiar with the academic culture in advance.

Wellesley students will find, almost universally, that the academic system they encounter is very different from that at their small, liberal arts, historically women's college. And while the demands made on the student are often much less strenuous than those at Wellesley, this is more a reflection of a different approach to education than it is an indication of a poor institution. It would be inappropriate to infer that, because the approach is different and may seem less demanding, it is inferior. Your challenge is to figure out how to meet your academic and personal goals within this very different system.

Among the most frequently heard complaints by students returning from a semester or year abroad are that courses were not as "demanding" or as "organized" as at Wellesley, that the faculty tended to go off on tangents in their lectures, or that not enough attention was paid to the syllabus. From time to time, you may also feel that there is some truth to these statements. Certainly there is the possibility for stronger or weaker course offerings on any program, just as there is at Wellesley. But beyond the question of individual courses, you will find significant differences in the requirements, expectations, attitudes, and teaching styles of education. If you are able to adjust to and appreciate these differences, you will be well on your way toward a unique and rewarding time abroad. If not, you may be continually frustrated and disappointed.

10) Students who choose to study abroad in their final semester at Wellesley may not receive their degree until the following conferral date.

Transcripts from study abroad programs are generally available later than Wellesley College transcripts. This means that students will generally not receive transfer credit until after the deadline by which credit must be transferred so as to receive their diploma at the end of their final semester. In such cases, students will have their degree conferred at the next conferral date. E.g. a student whose final semester is Fall 2026 may not receive their diploma until May/June 2027.

Degrees are conferred in January, May/June, and October. For more questions, please contact the Registrar's Office (registrar@wellesley.edu).



V. Travel

A brief overview of passports, visas, travel arrangements, accommodation, and more.

Passports

All students traveling abroad for any amount of time need a passport that is valid for at least six months beyond the planned date of return. It can take up to four months to obtain a passport, so apply early for new passports or renewals. Passport applications are processed in the Wellesley Post Office at Wellesley Square. More information about applying for a passport is available at www.travel.state.gov. Passport photos can be obtained at the Post Office or at CVS. See [OIS' guide to applying for a US passport](#) for more information.

Visas

Many countries require visiting students to obtain a visa in addition to having a valid passport. Visa requirements vary from country to country and are different depending on the student's country of origin. **To determine whether or not you need a visa, you may either contact your program provider or consult the relevant consulate.** A list of consulates with contact information is available on the [State Department website](#). Some consulates require that you appear in person to submit your visa application, while others allow you to process the visa by mail or online. Allow time for any possibility. Check with the consulate where you will apply about their own application procedures (as this may vary by consulate, or by who is on duty when you call!). If you apply through the mail, keep a copy of all documents sent. It is safest to send and receive all materials via FedEx or another reliable courier service. Also, keep in mind that if you will travel through other countries on the way to your destination, you may need to obtain a visa to pass through that country. Check on this well before departure.

Travel Arrangements

Many programs will require you to make your own travel arrangements. See student travel agencies and travel sites for competitive pricing and flexible ticketing:

- www.expedia.com
- www.priceline.com
- www.studentuniverse.com
- www.travelocity.com
- www.cheapflights.com
- www.kayak.com

IES Abroad also has some [great tips](#) on buying international flights on a budget.

You may also want to consider budget airlines such as: Ryanair, Wow Air, EasyJet, Kiwi We recommend downloading the Hopper app on your phone. Hopper will monitor patterns in airfare prices and tell you when it is best to buy your ticket. Most rail or airline passes must be purchased in the US prior to departure. For information on Eurail passes for train travel within continental Europe, call 800- 4EURAIL or see www.raileurope.com. All students are advised to plan carefully for their arrival in the host country and city. Even if you are studying in a program that offers airport pickup, it is essential that you know what to do when you arrive, where to go and whom to contact in case of a problem.

Trip Cancellations

Most travel costs are non-refundable. Students/Families may want to consider optional trip cancellation insurance. This coverage is optional, offered through [Gallagher Educational Insurance Brokers](#), and is not paid for by the College.

Student ID Card

Students may wish to purchase the [International Student Identity Card \(ISIC\)](#) prior to departure. This card carries supplemental health and travel insurance, is recognized worldwide and can be used to obtain student discounts in many destinations—on everything from travel, museums and theater to haircuts, meals and movies. The cost of the card is approximately \$25.

Temporary Accommodations

If you plan to arrive prior to the start of your program or travel during breaks, check with students who have studied in your host country for recommendations, and ask your program provider or host institution for recommendations, as you will be unfamiliar with the area. It is difficult to gauge whether or not an area is

safe based on descriptions from guidebooks and on-line reservation services. If you are planning to stay in hostels while traveling, websites such as www.hostelworld.com or www.hiusa.org offer affordable accommodations.



VI. Your Money Abroad

Banking and finance recommendations for your time abroad.

Credit Cards, Debit Cards, and Cash

In most countries, the best advice is to use your credit and ATM/debit cards. These cards will allow you to access funds from your home account(s) and make purchases at the most favorable exchange rates. MasterCard and Visa are the most commonly accepted credit cards.

- Check with your bank to make sure that your ATM card allows you to access international ATM networks (e.g., Cirrus, Plus). Find out if your bank has a partner bank in the country in which you will be studying.
- Some countries do not have letters on their ATM keypads, so be sure you know the corresponding numbers if you have letters in your PIN.
- Be sure that you have a PIN for your credit card and cash advance capabilities in the event you need to get a cash advance.
- Check with your bank or credit card company about fees for withdrawals, purchases and cash advances overseas. Consider a travel rewards credit card, which will allow you to make international purchases without paying a foreign transaction fee.
- If your credit card has a high credit limit, consider asking your bank to reduce the credit limit during your travels in case it is lost or stolen.
- If you must exchange US currency overseas, beware of high commissions (often hidden in unfavorable exchange rates), and avoid changing money at airports because of high rates.
- Be sure to have \$100-200 in local currency when you arrive. You can obtain foreign currency at larger US banks or by using an airport ATM upon arrival.
- While abroad, it is useful to always have USD available as an emergency fund.

Other Finance Recommendations

- Research the cost of living in your host country. Consult travel books, web sites, OIS program evaluations and other students who have studied in that

country. This site is especially helpful for cost of living information:

<https://www.expatistan.com/>

- Make a budget, and know what you can spend.
- Expect to spend more money on arrival (compared to the rest of the term).
- Plan to spend more money on entertainment and travel than you do now.
- Decide whether you wish to open a local bank account while abroad and research what information will be required to do so (e.g., letter of good standing from your current bank).
- You might want to consider online banks (banks without any physical location) as a way to access money as well.
- Please note that requirements differ among countries, and it may not be possible to open an account in certain locations (especially if you are abroad for a single semester). It may take 5-10 business days or longer for an account to be activated. Plan accordingly.
- Leave copies of all bank and credit cards at home with your family, along with a list of customer service telephone numbers. Be sure to check with your bank about their customer service numbers abroad.
- Have a back-up ATM/credit card in case of loss, theft, or damage.
- Never put credit cards, debit cards or cash in your checked baggage- it is very likely that it will be stolen.
- Research international student ID cards that can offer discounts. We recommend ISIC (www.isic.org) and ICOMOS (www.icomos.org).

The information given above is generally applicable, but not universally so because of the wide variety of study abroad destinations. It is your responsibility to find out about financial issues as they relate to your destination and program by reviewing information provided by your host institution or program provider and by talking with students who have preceded you.



VII. Your Health Abroad

Guide to medical insurance, prescriptions, foreign medical practices, tips for a healthy abroad experience, and more.

Medical Insurance

- Unless you provide proof of equivalent or more-comprehensive health insurance to Student Financial Services, you will be required to purchase the Wellesley College health insurance as you do when you are on campus.
- Students may be required, or have the option, to purchase additional insurance plans upon arrival overseas. These plans do not replace the required coverage through an American carrier.
- **It is essential that you review the benefits and claims procedures of your policy to ensure that your medical needs will be met at your particular destination** (both where you will be based and where you might travel during your semester or year abroad). Does your insurance cover you while driving? If you lose your credit card or other valuables? In the event of natural disasters or terrorist attacks? Does it require you to declare pre-existing medical conditions?
- You should also request a card or letter from the insurer with your policy information and the contact information for questions or claims.
- If you have any medical or mental health issues that will need treatment or follow-up during your semester abroad, please contact your program's on-site staff well in advance of your departure.

Supplemental Travel and Medical Assistance Insurance

All Wellesley students who are registered to study abroad will be subscribed to a supplemental travel insurance policy through Zurich/On Call, providing 24-hour emergency medical, evacuation and repatriation assistance. For more information visit the [Wellesley Travel Assist Program](#).



Preparing for a Healthy International Experience

All study abroad students are required to complete the OIS Pre-Departure Orientation Health Module and quiz prior to studying abroad.

- Health information about your destination provided by the Centers for Disease Control at www.cdc.gov, as well as the World Health Organization.
- Keep in mind that many programs also require students to provide a medical report consisting of a physical exam, immunization records, and additional information from you on your medical history and any disabilities for which you are requesting accommodations. If your form requires a signature, please refer to your primary care physician (PCP) if you have seen them within the last year. If you have not seen your PCP within the last year, please schedule an appointment for medical clearance for travel with a provider in Health Services, and bring your form with you to the appointment.
- Certain countries may require or recommend vaccinations against certain diseases such as yellow fever, cholera, and typhoid. Health Services does not stock a full range of vaccinations, so it is recommended that you make

an appointment with the Travel Clinic at Newton Wellesley Hospital (or a similar provider in your insurance network) to obtain necessary vaccines. Note that students should register as a patient at Newton Wellesley Hospital prior to scheduling an appointment with the Travel Clinic. More information on this process is available in the Health Module.

- Remember that once you arrive overseas your resistance will be lowered (new environment, changes in eating, sleeping patterns, etc.), and it is easier to get sick.
- If possible, make a laminated card to bring with you, indicating your blood type, medications you are on, any allergies to food or medication, etc (preferably in the local language). www.selectwisely.com is a great resource for this.

Differences in Foreign Medical Practices

Be aware that the manner in which medical help is obtained, the way patients are treated, the conditions of overseas medical facilities, and how health care is afforded may be quite different from US practices. U.S. health care values, assumptions, and methods are not universally practiced, and even notions regarding illness onset or the timing of expert attention may be culturally based.

Students with Chronic Illness or Mental Health Issues

- If you have a physical or mental health condition that requires ongoing treatment or surveillance by a doctor, you should consult with your physician about the prospect of studying abroad. For example, if you are on medication, discuss the type of care you may need abroad and the best way to continue your regimen.
- Seriously consider the consequences of stress from cultural adjustment and relying on different medical practices. Any physical and emotional health issues you have will follow you wherever you travel. New circumstances can even exacerbate existing issues into crises while you're away from home.
- You are encouraged to discuss any of these matters with your program on-site staff or your primary care physician, therapist, or a clinician in Health Services or the Stone Center. All information will be kept confidential.

Prescription Medicine, Glasses, and Contact Lenses

- When traveling, bring your own drugstore supplies – such as aspirin or Tylenol, allergy medication, motion sickness medication, antacids, antihistamines, antidiarrheals, decongestants, antiseptics, and band-aids. Depending on where you are going and how long you are staying, your doctor may recommend that you take antibiotics with you in the event that you become ill abroad.
- Be sure all medications are in their original labeled bottles, and carry a copy of the written prescriptions with the generic names. Do the same with glasses and contact lenses.
- **Make a plan for prescription meds.** Request refills in advance from your primary care provider. If you use health insurance to cover the cost of prescription meds, it is possible that you will need to pay out-of-pocket to receive an advance supply of prescription medication, which your insurance company will reimburse you for at a later date.
- You may want to bring an extra pair of contact lenses. Also, be sure to bring contact solution since you may not find the kind you need abroad. If you have a serious health condition (such as diabetes or an allergy to penicillin) wear a Medic Alert bracelet.

Public Health Considerations and Advisories

Become aware of any public health service recommendations or advisories before you travel. For current health conditions abroad contact local officials, the country desk at the State Department (202-647-4000 or www.state.gov), or the Centers for Disease Control (404-639-3311 or www.cdc.gov). The US State Department's Overseas Citizens Emergency Center (202-647-5225) is also a good source for obtaining information on medical problems while abroad.

Pack Your Own First Aid Kit

Never underestimate the importance of being prepared. Always travel with basic medical supplies close at hand. Some suggestions from Wellesley College Health Services:

- Anti-Diarrhea medication
- Antihistamine
- Anti-Motion sickness medication
- Acetaminophen, aspirin, ibuprofen, or other medications for pain or fever
- Mild laxative

- Cough suppressant/expectorant
- Throat lozenges
- Antacid
- Antifungal & antibacterial ointments or creams
- 1% hydrocortisone cream
- Insect repellent containing DEET (up to 50%)
- Sunscreen (preferably SPF 15 or greater)
- Aloe gel for sunburns
- Digital thermometer
- Oral rehydration solution packets
- Basic first-aid items (adhesive bandages, gauze, ace wrap, antiseptic, tweezers, scissors, cotton-tipped applicators)
- Antibacterial hand wipes or alcohol-based hand sanitizer
- Water purification tablets
- Latex condoms
- Ear plugs
- Personal prescription medications
- Address and phone numbers of area hospitals or clinics
- First Aid Quick Reference card

Stomach Problems

One of the most common ailments for travelers is diarrhea caused by contaminated food/drink. To avoid this ailment, be very careful with food/water.

- Find out if water is safe to drink. (You should check with other travelers from the U.S. as what is safe for locals may not be safe for you because of differences in built-up immunities.) If in doubt, boil it for at least 5 minutes or use a water filter or iodine tablets to purify it. Do not avoid drinking fluids, however, as you risk dehydration.
- Ensure that dairy products are fresh before you consume them. Do not drink unpasteurized milk.
- Eat only meat and fish that has been thoroughly and recently cooked. Avoid raw or undercooked eggs and vegetables, and peel all fruit. Avoid street vendor food or food that has been left outside for a long time.
- Try to get adequate rest, and maintain a healthy, well-balanced diet. If you find this is not possible, you may want to check with a doctor about taking vitamin supplements.

HIV and AIDS

HIV/AIDS remains a serious health threat to millions of people worldwide. Rates of infection in some areas of the world are skyrocketing. HIV is a severe public health issue in sub-Saharan Africa, Eastern Europe, the former Soviet Union, China, and Southeast Asia. HIV still remains a serious risk worldwide, including Western Europe, Australia, and the Americas. Be informed of the HIV/AIDS situation where you will be going.

- HIV is spreading rampantly in many regions due to IV drug use and prostitution. Studies indicate that nearly 100% of sex workers in certain areas are HIV positive.
- ALL travelers should protect themselves when engaging in sexual activity. Latex condoms (used with water-based lubricant) are the most effective form of protection should you be sexually active. WOMEN are at the greatest risk, but these precautions apply to hepatitis and other STDs, which are prevalent worldwide.
- Sterilization and hygiene practices in some developing nations are not adequate. If you are in a developing area and need to seek medical treatment, ask for a 'western' doctor and be cautious about any use of needles.
- If possible, delay any blood transfusions until you arrive in the U.S. or at a medical establishment.

HIV Antibody Testing

Some countries require you to take an HIV test prior to arrival. Check the CDC web site (www.cdc.gov) before you depart. You will be turned away at the airport if you do not have the proper documentation proving you have had an HIV test.

Hepatitis

A recent survey noted that 20 million Americans risk Hepatitis A infections when traveling to areas such as the Caribbean, Mexico, Africa, Central and South America, and Asia. Ask your doctor about getting Immune Globulin injections to help protect you from this disease.

Malaria

Malaria is one of the most frequent problems faced by travelers to the tropics and sub-tropics. The mosquito-borne infection is most common in Central and South America, Africa, India, Southeast Asia, the Middle East, and the South Pacific Islands. Four different forms of malaria have a variety of impacts from fever and chills, to vomiting and diarrhea. Untreated, serious infection can lead to death. Students traveling to the above regions should consult their physicians and the CDC website (www.cdc.gov) regarding preventative steps.

Travel Health Online

You can also consult Travel Health ONLINE at www.tripprep.com. The site offers health and safety information on all world destinations, information on specific travel illnesses, and a resource of international medical providers.



VIII. Your Safety Abroad

Tips and resources for a safe semester or year abroad.

Wellesley Travel Assist Plan

Managed and administered through Zurich, the [Wellesley College Travel Assist Program](#) provides all Wellesley College students, faculty and staff who travel for College-related activities with medical, travel and security assistance. Some of the benefits include:

- Emergency Medical Payments, Medical Expense Guarantee, Hospital Admission Guarantee
- Emergency Medical Transport, Medical Evacuation or Repatriation
- Confidential Resource in case of Sexual Assault
- Dispatch of a Doctor or Specialist
- Security Evacuation Services
- Online Security Information
- Pre-Trip Information Services
- Mental Health Counseling & Support
- Telemedicine consultations

Coverage is valid for the duration of the program and subject to policy terms and conditions. Information provided on this website or by any Wellesley staff as respects this program does not change any policy terms or conditions on policies issued by Zurich.

All students are also strongly encouraged to enroll in the US State Department's Smart Traveler Enrollment Program (see p. 37) in order to receive advisories and alerts relevant to their study abroad plans.

In Case of Emergency

In case of emergency, students participating in academic study abroad programs administered or approved by Wellesley should first follow the emergency instructions provided by their study abroad program and/or host institution and notify the OIS as soon as possible.

Should students require additional assistance they should access:

1. Call First: The Wellesley College Travel Assist Program/Zurich:

Toll-free from U.S. and Canada: 833-808-0251

Call collect from anywhere in the world: +1-978-651-9219

2. Notify the Office of International Study: During regular office hours, call: 781-283-2320 or 781-283-3532 After hours, call Campus Police: 781-283-2121, to be connected to the staff member on call

3. Inform Primary Insurance Carrier: The student, or the student's emergency contact, is responsible for informing her primary insurance carrier.

****In the event that circumstances draw media attention, all inquiries should be directed to Wellesley College Public Affairs (781-283-2373 or mediarelations@wellesley.edu)**

Sexual Misconduct Risk Reduction While Abroad

Attitudes regarding sexuality, consent, and sexual misconduct vary worldwide. Understanding these differences is important in preparing to enter a new culture. Responsibility lies with the perpetrator, but students can take steps to reduce their risk of being targeted while abroad.

Perpetrators of sexual misconduct create or exploit vulnerability:

- Someone unfamiliar with their surroundings - Be aware of your surroundings, avoid isolated areas, have a plan, and stay in communication if not with your friends.
- Someone who is impaired by drugs or alcohol - Avoid drugs and abstain from or use alcohol in moderation.
- Someone who has developed trust - Mark your boundaries clearly. Cultural differences may increase the likelihood of miscommunication regarding sexual misconduct.

Most occurrences of sexual misconduct are in the first weeks or toward the end of the study abroad period. Be aware!

The Student Sexual Misconduct Policy governs WC students (only) wherever they are while they are enrolled - including abroad. Review the four Community Standards: Follow the law where you are; conduct sexual interactions with honor integrity & respect; be an active bystander when you can safely intervene; report sexual misconduct and get support for yourself and/or someone else.

The Student Sexual Misconduct Policy & Resources describe the many supports that follow Wellesley College students while studying abroad, including the College's Local resources such as Program Directors, area health and counseling providers, or law enforcement may ensure access to timely, effective support.

Most programs or host universities will provide you with information about other local resources that are available to you during your on-site orientation. If they do not, please ask the question and make sure you know what resources are available before you or a friend might need them.

If you are the victim of any type of crime you should immediately:

- Go to a safe place
- GET HELP
- Get a friend or someone you trust to be with you
- Call your program provider or the international officer at your host university.

In addition, in the case of sexual assault, you may wish to request advice from individuals at Wellesley College who have appropriate training and skills to help you:

- The Health Service @ 781-283-2810
- The Stone Center @ 781-283-2839
- The Boston Area Rape Crisis Center @ 617-492-RAPE
- If you can, write down everything you can remember about the rape, or have a friend write it for you.
- Pathways to Safety is another good resource: www.pathwaytosafety.org

Understanding Your Destination

It is extremely important for you to educate yourself about the risks associated with traveling to your overseas destination. In addition to official reports issued by organizations such as the State Department, you should:

- **Research your host country using resources such as travel guides, newspapers and magazines from your destination, and online information from tourist information web sites and the local embassy** (see "Packing and Preparation" for suggestions).
- Make sure you know “yes”, “no” and “thank you” in the local language.
- Talk with study abroad alumni, OIS staff, Wellesley faculty and international/exchange students who have studied or lived in that country. (A list of students who studied abroad previously is posted in the Forms & Resources section of this website).
- It is important to understand that the possibility for non-violent and violent crime exists everywhere. Use your best judgment to avoid situations that may put you in danger. Some countries or areas may have political and/or social instability. Avoid demonstrations or large political gatherings. Pay close attention to all health/safety information given by your host university or study abroad provider.
- Keep in mind that values that are generally accepted in the U.S. (such as political correctness) may not be similar in your host country. Behavior that is considered racist or sexist in the U.S.- like catcalls, suggestive remarks or touching- are a fact of life in many other countries.
- Expect to encounter smoking and pollution that is excessive by U.S. standards and difficult to avoid (don't count on non-smoking areas, even in public buildings).
- Make sure you know what to expect by asking about things like:
 - Natural phenomena that can be dangerous (like surf at beaches)
 - Dangerous animals or plants
 - Environmental hazards (like air quality or drinking water)
 - Common crimes (like purse snatchings)
 - Necessary traffic and transportation precautions
 - Street-smart behavior (where can you go safely and at what times? if you're alone? only in a group? only if you're in a group that includes men?)
 - Who can be trusted (for example, in some places the police can't)
 - Norms governing dress and behavior (for example, are assumptions made about the morals of a woman who is alone after a certain hour?)
 - What documentation should be carried at all times versus stored in a safe place



Websites to Visit Before You Go

- Enroll in the [Safe Traveler Enrollment Program](#) (STEP). By doing so you will receive travel warnings and travel alerts. In addition, the State Department will be able to assist you better in the case of an emergency, ranging from natural disasters to losing your passport.
- Visit <https://travel.state.gov/content/studentsabroad/en.html> for safety tips specific to study abroad.
- Look at safety resources for study abroad students on the FBI website.

Maximizing Your Personal Safety

Below is some general advice about safety that applies both at home and abroad:

- Always be aware of your surroundings.
- Stay in populated, well-lit areas.
- Be a smart and careful pedestrian.
- Be mindful about which way traffic circulates in countries where drivers stay to the left.
- Walk confidently as if you know where you are (even when you don't). If you feel nervous or lost, walk into a cafe or shop and check your map there, rather than on the street.
- Avoid eye contact with strangers.

- Always travel with a companion at night.
- Keep your belongings close to you; use a purse with a zipper.

Technology Safety

Keeping your devices safe and void of personal information is very important while traveling abroad. Follow these suggestions on how to protect sensitive information from being discovered:

- Update all of your security settings and software before traveling.
- Clear your phone of any personal or sensitive data before you leave. Some customs centers may need to look at your phone before entering.
- Back up personal files to a device that will be staying at your home, then delete them from your device before you travel.
- Clear all temporary caches and files before you leave.
- Enable Two-Factor Authentication (2FA) on any account that offers it.
- Make sure you have at least two methods for using Duo that will work where you are headed.
- If you are switching to a local phone number, add that number to any existing accounts that use 2FA. Set up an authenticator app, like Duo Mobile or Google Authenticator if available.
- Generate backup codes for Duo and store them separately from your devices.
- Do not leave your electronic devices unattended.
- Use a password/passcode and lock your screen when it is not in use.
- Clear your browser after each use (history files, caches, cookies, etc).
- Beware of electronic and in person phishing. Foreign security services and/or criminals may pretend to be trustworthy in order to obtain information. When in doubt, always look up an agency's phone number on your own, and do not use any number provided.
- Install the Smart Traveler app from the State Department, on iOS and Android.
- If one of your devices is stolen, report it immediately to the US Embassy or Consulate.
- Change all your passwords and security settings when you return from abroad.

Safeguarding Your Belongings and Valuables

Non-violent theft is the most common crime directed at travelers. Please become familiar with the following tips.

- Handbags, backpacks, coat/back pockets are most prone to theft.
- Do not forget a luggage lock.
- Wallets should be carried in front pocket; purses should be slung over one shoulder and under the opposite arm; backpacks should be carried in front of you in crowded places (such as subway trains)
- Be aware of groups of people (even children) who work together to distract or confuse travelers in order to rob them.
- Keep alert for ploys to distract your attention. Always watch your belongings.
- Money belts or neck pouches are best to use when traveling. Never count your money in public. Be careful with credit card numbers and receipts.
- Leave your passport in a secure place when you are not traveling, and carry a copy with you at all times. Don't leave your passport, money, tickets and other valuable belongings in a hotel room when you are not there.
- Before you go abroad, get rid of all IDs and cards you will not need (your US Social Security Card, your Wellesley ID, etc)
- Don't wear expensive jewelry.
- Travel by bus, train, local transportation, or car - but DO NOT HITCHHIKE.
- When using a cab, try to use only official cabs or well-known chains.
- Try to avoid traveling in large groups. It will be much easier to meet local people and will be less of a hassle (in terms of plans for sightseeing) to travel in smaller groups.
- Always carry a small amount of local cash. Keep the equivalent of \$50 in a hidden reserve while traveling. It is always better to have an extra cash supply in case of emergency.
- If you are mugged, do not struggle – your safety is worth more than the loss of your belongings.

The OIS recommends that you take advantage of property protection insurance. Arthur J. Gallagher has developed a [Personal Property Protection Program](#) specifically for college students.

Thinking About How You Will Be Perceived Abroad

One of the most surprising and difficult aspects of culture shock is dealing with how you are perceived abroad. Already, Americans are viewed differently in different countries; young Americans traveling as a group are almost never thought well of! Please keep that in mind. In addition, depending on your destination and your ethnic/racial background you might be treated differently. African Americans, Asian Americans, Latin Americans all have special issues abroad, as do women with light skin and blonde hair or red hair and freckles or people who are disabled or are overweight. People who are gay, or Jewish or Catholic or Republicans or Democrats! The list really goes on and on. **It is essential that you make a point to talk to other students who have studied or lived in the region you will be going to get a feel for some of the issues that might confront you and to reflect together on strategies for how to deal with situations that might arise.** It is possible that you will face some unpleasant experiences during your semester or year abroad, but you need to be prepared for them and to view them within context so that they will not negatively impact your overall experience.

Women Abroad

While it is widely recognized in our society that women are equal, capable and independent, and that it is their right to do anything and go anywhere, this American attitude is not necessarily found or accepted worldwide. Attitudes toward women vary tremendously, and awareness of this is an important aspect in preparing to enter a new culture. Before you leave the U.S., you should speak with others who have lived in the country you will visit to get an idea of how women are viewed at your study abroad destination, particularly in terms of safety or harassment issues. Here is some very basic advice:

- Women alone can encounter harassment. Pretend you don't hear or that you are preoccupied.
- What you may perceive as harmless chatting can be interpreted as sexual or inviting; be mindful and take nothing for granted.
- Dress conservatively, and never sit in empty areas. Be as aware when traveling abroad as you are when you travel at home. Be aware of yourself and your surroundings, and make smart decisions.
- Please see the "Packing and Preparation" section for some recommended reading for women traveling abroad. Also, check out the website by Marybeth Bond, author of *Gutsy Women: Travel Tips and Wisdom for the*

Road at www.gutsytraveler.com and www.sheswonderful.com, a community of women travelers around the world, founded by Wellesley alum Beth Santos!

Being an American Abroad

Given the current political climate, Americans abroad should be especially vigilant and prepared to face some form of anti-American sentiment. Please keep the following in mind:

- It is best to maintain a low profile as an “American” abroad.
- Purchase a neutral passport cover so that it is not obvious you are carrying an American passport with you.
- Travel with a luggage tag that has a flap over the name. Strangers do not need to see your American address when walking by.
- Blend in with the local culture in terms of dress and behavior. In foreign language destinations, try to use the local language as much as possible in public.
- Avoid moving around in large groups of Americans.
- Avoid places that are obviously American - American Express, McDonald’s or other American restaurants, Hard Rock Cafes, clubs or any other areas where Americans are known to hang out, as well as diplomatic areas; war memorials.
- When dealing with a U.S. embassy/consulate, try to do as much as possible by phone or online.
- Spend as little time as possible at airports and train/bus stations. Once you get your ticket, do not linger near ticket offices; go quickly to your destination.
- Limit time spent in religious buildings that are highly visited (synagogues, churches, temples, mosques).
- Be prepared for interaction with locals who will want to talk about politics. Engage in friendly and intelligent dialogue, and try to avoid arguments and confrontations.
- Try not to take anti-American sentiments or opinions personally.
- Do not participate in any political demonstrations.
- Watch/read the national, local and international press to stay informed about international events and perspectives, and local events in your host country.

- Inform yourself about U.S. local & foreign policy before you arrive in your destination. Often people in your host country will be very well informed about current events in the U.S. and abroad.

Obeying Local Laws and Customs

As a U.S. citizen in another country, you are subject to that country's laws. **It is your responsibility to learn about the local laws and obey them.** Be aware that local customs regarding alcohol and drugs are different in other countries. Local laws controlling alcohol and drugs may also be stricter than those in the U.S. (and the penalties for disobeying them more severe). Laws and practices will differ in terms of arrest, court and punishment procedures, and conditions may be harsh in many countries. You could face stiff fines or sentences if found guilty of a crime. The U.S. government can do absolutely nothing to get a U.S. citizen out of jail overseas when they have been convicted of a drug offense.

Registering with the Local Authorities and US Consulate

In many countries, you will be asked to register with the local police; please make sure to follow your program or host institution's instructions in this regard. In addition, you should register with the U.S. Consulate. You can do this. It is also extremely important that you share all of your contact information including your mailing address and local phone numbers and e-mail with the following individuals/organizations:

- Your family or close friends at home
- Your study abroad program and/or host university
- The Office of International Study at Wellesley
- Your major department
- Anyone else you can think of who might need to reach you



Preventing and Handling Emergencies

- Be alert from the moment you land in the local country (no matter how jetlagged you are). Airports are busy spots for petty crime.
- If you arrange to meet someone at the airport, do not leave unless you are 100% sure it is that person. If you find yourself in a potentially bad situation, try to walk or run away. If you cannot, try to seek assistance or attract attention to yourself.
- Know how to say 'help' in the local language, or try another word such as 'fire' in order to attract attention.
- Familiarize yourself with the local telephone system. Know the local emergency numbers. Carry a card with you that lists local emergency numbers as well as the US Embassy and State Department numbers.
- Notify your local on-site contact. Provide your family (and any others who may need to know) with emergency contact information. Keep them informed of your travel plans.
- Always have an emergency plan – e.g., letting someone know where you are at all times; arranging to call a specific person in an emergency; having a predetermined rendezvous point when traveling with friends in case of separation.
- If an emergency, politically volatile situation, or natural disaster occurs where you are traveling, be sure to contact a friend or family member as soon as possible to let them know whether or not you are safe.

- In an emergency, you can also call the Citizens Emergency Center in the U.S. (202) 647-5255.

Regarding Terrorism

Try to keep your home and your surroundings secure by being aware of suspicious activity/persons. During times of caution against terrorist activity, the U.S. State Department urges travelers to be aware of those around them - and to report to the local police anyone who seems to be following them or who seems to be hanging around the same place repeatedly. Any odd or suspicious activity near American vehicles, workplaces or hangouts should also be reported. Students studying in foreign countries are innocent targets for terrorists seeking accomplices. Terrorist activity is often planned months in advance, so be careful and smart when you meet new people.

- Do not give out your address, phone number or the location of where you study.
- Do not look after or carry any suitcase or package for anyone you do not know.
- Do not borrow someone else's suitcase - be aware that someone could plant something in your luggage. (Remember that a few years ago a bomb was found in the bag of a young woman in the Heathrow Airport in London that had been planted by her boyfriend she had known for over a year).
- Never agree to drive a car for someone - especially across national borders.
- Stay alert in public places - look up and observe those around you. Stay away from any abandoned bag or package and report it to a police officer or nearby employee.
- Do not leave your own luggage unattended; bags may be stolen, of course, but police have also been known to blow up abandoned luggage.

Traveling During Your Program

- Research your destination and check the U.S. State Department website and/or the British Foreign & Commonwealth website for travel advisories.
- Always notify on-site staff and your family when you plan to travel.
- Take your passport with you if leaving the country, and leave a copy in a safe place at your residence in your host country.
- Use only sturdy luggage that locks and be sure it is easy to identify. Avoid carrying expensive luggage.

- Never leave your bags unattended. Always put your arm through the strap of your bags while using public transportation (make sure your bags are secure if you decide to sleep).
- Use caution when driving or riding vehicles. If you plan on driving, which is not recommended, we suggest you get a AAA international driving license.
- Buy a travel guide before you leave. Often they are difficult to find or more expensive abroad.

Staying in Hotels and Hostels

- Always try to have your accommodations in advance, often you can book online.
- Don't travel with or use a hotel loyalty card. It may attract unwanted attention.
- Lock your suitcases when you leave your room and do not leave valuables lying around your room. You may want to pack a combination lock if you plan to stay in hostels, as most offer cabinets or lockers.
- Be aware that most hostels have a lockout period during the day when you will not be able to access your room or any belongings left there.

Safe Road Travel

Driving customs vary a great deal, and pedestrians are frequently not given the right of way. Find out which roads are safest and whether it is safe to travel on overnight trains and buses. Inquire about the safety record of various modes of transportation. Avoid renting a car unless you feel very comfortable with the driving habits of the locals. For more information on international road travel contact the Association for Safe International Road Travel (www.asirt.org).

Other Helpful Resources

[US Department of State](#)

[Centers for Disease Control](#)



IX. Packing and Preparation

The golden rule of packing for a semester or year abroad is to pack light! Take lightweight sturdy luggage and a backpack and/or daypack. Put a secure luggage tag on all of your luggage and a piece of paper with your contact information (U.S. and abroad) inside each bag. While what you need will vary with your destination, here are some general suggestions...

What to Take

- Paper and digital copies of your passport, visa, credit cards, insurance information and medical prescriptions in case they are lost or stolen. Leave another set with a family member or friend at home.
- Lightweight, sturdy luggage, along with a backpack or small bag for weekend trips - make sure you can lock your luggage.
- Outlet adapter and power convertors.
- External phone battery / phone bank
- As few clothes and as much money as you can. Pack light, as you'll probably buy clothes at your destination.
- Carry casual and a few dressy clothes.
- Take clothes that are appropriate for the weather.
- Money-hider (such as a money belt) for traveling.
- Travel insurance (see page 23 for more information)
- Any prescription medications (leave in labeled container) as well as prescriptions for refills.
- Spare contact lenses (with a month's supply of solution) and glasses.
- Any essential toiletries (IES has a great resource on caring for natural hair while abroad!)
- Photos of family, friends, home and Wellesley -- to enjoy and to show friends abroad (people really like to see photos).
- Lightweight decorations (postcards, posters) to make your room feel like "home".
- A small snack or two that you really like from home...for comfort food!
- A journal to write about your experiences.
- Gift, representative of something from your hometown/country if staying with a host family.

- Favorite recipe(s), esp. simple ones, as you may want to -- or be asked to -- cook something from home.
- Some cash in local currency (see finances section) and credit card specifically for traveling (some banks don't charge interest).

What Not to Take

- Too much: generally you should be able to pack all you need yet still be under your flight's luggage limit. Also, keep in mind that you'll come back with more than you take, and shipping is very expensive. **One checked bag and one carry on + personal item is the general rule!**
- Anything that is readily available while abroad (e.g., too many toiletries, school supplies, towels).
- Expensive or sentimental jewelry.
- Electrical appliances, incl. hair dryers. Standard voltage differs across countries so these may not work in your destination.
- Anything prohibited by the federal government, FAA or airline. Check www.faa.gov before packing your bags for a list of prohibited items.

Check out the <http://www.onebag.com/> guide on how to pack lightly! Marie Kondo is another helpful resource. For more destination-specific info, view evals from past study abroad students on Abroad101, as well as our Google Drive containing resources from past students: <http://bit.ly/OISResources>

Preparation

Learning about your Destination

It may seem obvious, but it is essential to find out as much as possible about the city, country and local culture before you arrive. You want to find out about the laws, customs, dress, gift giving, politics, religious practices, etc. If you have a pre-existing health condition, such as asthma or diabetes, you need to inform yourself how you will treat this condition while you're traveling abroad. The following are some resources:

People

Returned Study Abroad Students (in person & written evaluations, available in the OIS and/or on our list of Current and Past Study Abroad Participants.

International Students on campus (check with Slater International Center).
Faculty whose teaching and research interests focus on the region.

Websites

There are thousands of websites that will provide you with information on your study abroad destination. A few very general sites are listed below, but you should do a search for sites dealing with your specific destination. Let us know which sites are of most use to you, and we'll add them to the next edition of the Handbook!

- [U.S. Department of State](#)
- [U.S. Center for Disease Control](#)
- [Wanderful](#): Community of 40,000 women travelers around the world, started by Wellesley alum Beth Santos '08
- [GoinGlobal](#): great for country specific cultural information
- [Diversity Abroad](#)
- [GoAbroad.com](#)
- [StudyAbroad.com](#)
- [Abroad101](#)
- [Verge Magazine](#)
- [Wandering Educators](#)
- [CIA World Fact Book](#)
- [IES Intercultural Competency Reading List](#)
- [Languages.state.gov](#)

Book Resources

Books About Study Abroad

- A Student Guide to Study Abroad- Stacie Nevadomski Berdan, Allan Goodman, William Gertz (2013)
- Prepare for Departure: A Guide to Making the Most of Your Study Abroad Experience- Shelley Story (2016)

About living in a new culture

- Losing North: Essays on Cultural Exile- Nancy Huston (1999) **France**
- Americanah- Chimamanda Ngozi Adichie (2013) **Nigeria** → **US** (could be helpful for reverse culture shock)

- Me Talk Pretty One Day- David Sedaris (2000) **France**
- In A Sunburned Country- Bill Bryson (2000) **Australia**
- Notes From A Small Island- Bill Bryson (1995) **UK**
- Italian Ways: On And Off the Rails From Milan To Palermo- Tim Parks (2013) **Italy**
- Kinky Gazpacho: Love, Life & Spain- Lori Harps (2008) **Spain**
- The Good Girl's Guide to Getting Lost: A Memoir of Three Continents, Two Friends, and One Unexpected Adventure- Rachel Friedman (2011) **Ireland/ Australia/ South America**

General Travel Writing

- Wild- Cheryl Strayed (2012)
- A Fly Girl- Amanda Epe (2014)
- Go Your Own Way: Women Travel The World Solo- ed. Faith Conlon, Ingrid Emerick, Christina Henry de Tessa (2007)
- Around the World in 50 Years: My Adventure to Every Country on Earth- Albert Podell (2015)
- Expat Women: Confessions: 50 Answers to Your Real-Life Questions About Living Abroad- Andrea Martins, Victoria Hepworth (2011)
- Before You Go Abroad Handbook: Over 127 Secret Tips & Tools for International Travel- Shyla Esko Bare (2017)
- Going Abroad: The Bathroom Survival Guide- Eva Newman (2000)

Books about your Destination

- My Invented Country: A Nostalgic Journey Through Chile- Isabel Allende (2003) **Chile**
- The Cape Town Book: A Guide to the City's History, People and Places- Nechama Brodie (2015) **South Africa**
- China In Ten Words- Yu Hua (2010) **China**
- The Ornament of the World: How Muslims, Jews and Christians Created a Culture of Tolerance in Medieval Spain- Maria Rosa Menocal (2002) **Spain**
- The Argumentative Indian: Writing on Indian History, Culture and Identity- Amartya Sen (2005) **India**
- The Penguin History of New Zealand- Michael King (2003) **New Zealand**

List of book and movie recommendations for several countries, as recommended by their ambassadors to the US:

<https://www.babbel.com/en/magazine/expert-picks-books-and-films-you-should-check-out-before-traveling-abroad/>

Blogs

Study Abroad

- The Study Abroad Blog
- Beyond the Bubble
- Student Universe

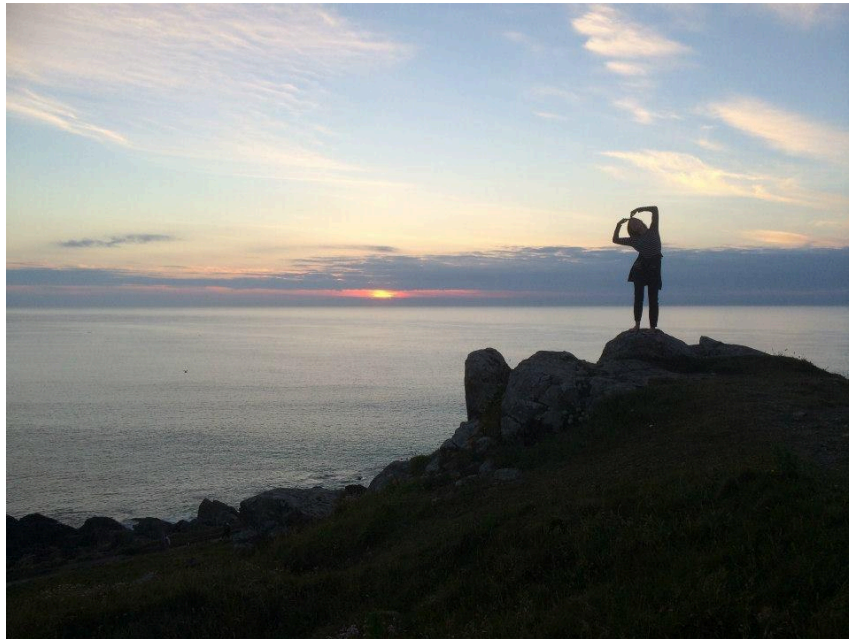
General Travel

- <http://thepinthemapproject.com/> (tips, advice, including budget travel)
- <http://www.oneikathetraveller.com/> (solo travel advice/stories, especially for people of color)
- <https://www.adventurouskate.com> (solo travel advice/stories)
- <https://floratheexplorer.com/> (not a “how to” so much as stories from her travels)
- <https://www.bunchofbackpackers.com> (travel advice/stories)
- <https://thesavvybackpacker.com/> (seeing Europe on a budget)

Women Abroad

- Expat: Women’s True Tales of Life Abroad, Henry de Tessen, Christina, ed.
- Maiden Voyages: Writings of Women Travelers, Morris, Mary, in collaboration with O’Connor, Larry. New York: Vintage Books, 1993.
- Safety and Security for Women Who Travel, Swan, Sheila and Laufer, Peter. San Francisco: Traveler’s Tales Inc., 1998.
- Are You Two...Together? A Gay and Lesbian Travel Guide to Europe, Van Gelder, Lindsay and Brandt, Pamela Robin. New York: Random House, 1991.
- A Journey of One’s Own: Uncommon Advice for the Independent Woman Traveler, Zepatos, Thalia. Portland, OR: The Eighth Mountain Press.
- East Toward Dawn: A Women’s Solo Journey Around the World, Nan Watkins. 2002, Seal Press, NY.
- Without Reservations. The Travels of an Independent Woman, Alice Steinbach, 2000, Random House, Inc., NY.

- Women in the Wild, True Stories of Adventure and Connection, Lucy McCauley, 998, Travelers' Tales, Inc., CA.
- Gutsy Women-More Travel Tips and Wisdom for the Road, Marybeth Bond, 2001, Travelers' Tales, Inc., CA.
- Women Travel: First-Hand Accounts from more than 60 Countries, Natania Jansz, 1999, Rough Guides, London.



X. Sustainable Study Abroad

Wellesley wants you to get as much out of your study abroad experience as you can, so in this section we have provided you with resources to travel with economic, socio-cultural, and environmental sustainability in mind.

Did you know?

- Traveling 2,000 miles in an airplane emits ONE TON of Co₂ per passenger (Middlebury College, 2015).
- Carbon emissions from air travel increased by 87 percent between 1990 and 2006, and airlines are now estimated to cause 3.5 percent of all global warming. By the year 2050, experts fear this figure will have climbed to 5 percent (ThinkGlobalGreen, 2008).
- The GOOD news is, according to a report published in 2009 by the World Tourism Organization (UNWTO): "Tourism and travel are effective ways of redistributing wealth and a catalyst for gender equality, cultural preservation and nature conservation."

Wellesley wants you to get as much out of your study abroad experience as you can, so we have provided you with resources below to travel with economic, socio-cultural, and environmental sustainability in mind. Some tips to remember include:

- *Modes of transportation.* Consider walking or cycling during your trip, using public transportation, renting hybrid vehicles, and traveling by train rather than plane whenever possible.
- *Dollars spent locally.* Ensure that local people benefit from your trip by spending money in community or locally owned businesses and working with tour operators and lodges that employ local people.
- *Environmental conservation.* Choose a trip that strengthens the conservation efforts for and enhances the natural integrity of the places you visit, including protected areas and wildlife habitats.
- *Respect for local culture.* Immerse yourself in and accept the differences of other cultures...learning about their customs and social norms before you visit, and speaking their language when possible.

- *Natural resource use.* Reduce, reuse, and recycle...and consider the efficient use of water, energy, and building materials as well as the method of waste disposal used by your tour operator or lodging establishment.
- *Visit smaller cities and towns, not just major capitals.* Gain a greater appreciation of fewer places rather than "collecting" a list of places visited and slow down to try to get to know the place, people, and culture.

Sustainable Air Travel

- When determining which airline to fly with, consider which airlines are most eco-friendly. Resources like Greenopia measure the sustainability practices of many businesses and organizations.
- Business and first class seats tend to be larger, heavier and less fuel-efficient. Consider traveling in economy in order to be a more sustainable traveler.
- Spend a longer time away in order to lessen your impact on the environment. Avoid a multitude of short trips.

Offset your carbon footprint!

The first step is calculating the amount of CO₂ that will be generated by your travel to your study abroad site. Many travelers choose to purchase carbon offsets to compensate for the CO₂ emitted by their flights. In a nutshell, offsets are monetary contributions to projects designed to reduce greenhouse gasses in proportion to the amount of carbon generated by an individual activity (in this case, flying to an overseas destination). Projects supported by offsets may be dedicated to the development of biofuels, wind farms, and solar power projects; reforestation, which helps reduce CO₂ concentration since plants build their biomass from atmospheric CO₂; and methane gas collection (produced by landfills and farms, methane is less abundant in the atmosphere than CO₂, but it is a more potent greenhouse gas). The carbon offset industry has grown rapidly in recent years, and the efficacy of some offset programs is under debate. However, many offset providers have been carefully reviewed and sanctioned by well-known environmental groups (Georgetown University, 2014).

We recommend using these sites to calculate your carbon emissions and consider purchasing carbon offsets from highly respected programs:

- Sustainable Travel International

- TerraPass
- Native Energy

The MOST important offset!

Your experiences overseas and your actions when you return to the U.S. may be the most important carbon offset of all. If you make new discoveries about environmental sustainability while abroad and begin to challenge your local community to develop more ecologically sound practices after your return to the U.S., the environmental costs of your travel will become a valuable investment in our collective future. We hope, therefore, that in addition to purchasing carbon offsets and volunteering your time, you will begin as soon as possible to consider how best to maximize your learning about environmental sustainability while studying overseas. And when you return to Wellesley, we ask that you continue working with the Office of Sustainability and to promote sustainability issues on campus and in our community (Georgetown University, 2014). Additional Resources:

- [350.org's](http://350.org) guide to building the climate movement while traveling
- [Sustainable Travel and Study Abroad](#)



XI. Staying in Touch

A guide (including contact information) to staying in touch with...

...The Office of International Study

Emergency Information

Prior to your departure, you will have provided the OIS with your emergency contact information on the Assumption of Risk and Release form. Should your emergency contact person get a new telephone or cell phone number or change email addresses, please let the OIS know. In addition, you will need to submit your local contact information to the OIS within a week of your arrival on site. Please use the Travel Tracker Form.

Email Contact

The preferred method of contact with the OIS is by e-mail (ois@wellesley.edu). Your wellesley.edu account will be the primary means of communicating information to you while you are abroad, so it is essential that you forward your Wellesley e-mail to any other account you may use while you are abroad.

By Phone

The Office of International Study is normally open from 8:30-4:30 pm Monday to Friday.

Telephone: 781-283-2320 or 3532

Please leave a message if we do not pick up with the best way to reach you. As we are a small office, we do not have a dedicated receptionist.

In the event of an emergency, you may need to reach the Director of International Study or other administrator outside of regular business hours, in which case you should call Campus Police at 781-283-5555.

...Your Major Department

Make sure you leave your overseas mailing address with individuals in your major department to ensure that you do not miss out on any opportunities to do honors or apply for seminars, etc. during your senior year.

...Each Other

While you are out, you may well wish to stay in touch with some of your classmates who are also out in the world, and perhaps make arrangements to meet up with them during holidays or for long weekends. To facilitate this, a list of students who are currently abroad is available. Do chat with each other about what you are experiencing; you'll be a great support network and resource for one another.

...Your Family and Friends at Home

Please do not forget to call home upon your arrival, and make sure your family always knows how to reach you. Keep in mind that telephone calls are much more expensive abroad than in the U.S. Many students work out a regular time each week for their family members to call them. You may also wish to obtain a phone card from a U.S. carrier—these generally work well in even the most remote destinations. Different arrangements will work best in different countries, so ask returnees and the locals for advice.

How to stay in touch:

- Video conferencing platforms (Skype, Zoom, Google Hangout, FaceTime)
- Mobile phone apps (Whatsapp, Groupme, Messenger)

Cell Phones -- Many students find that the best way to communicate with other students in their host country is via cell phones. Text messaging is often the preferred method of communication. Consider buying a cell phone when you arrive overseas. Often, international cell phones do not work and buying a local and less expensive cell phone is best.

...Mail Services

While you are abroad, mail will not be delivered to your mailbox at Wellesley. Instead, mail will be forwarded to your permanent address. You should ensure that your family is aware of this and request that they monitor your mail for you if necessary.

An easy way to share your thoughts and experiences with friends and family back at home is a blog posted online that you can edit and update whenever you like. Some popular sites are:

- Wordpress.com
- Tumblr.com
- Studyabroad.com
- Wix.com
- Weebly.com
- Blogger.com

We would love for you to share your blog with us so that we can make it available on our website!

****Managing Duo while abroad****

Before you depart, please read this webpage including information on how to use Duo when traveling: <https://www.wellesley.edu/lts/duo/traveling>

One quick thing you can do is to text yourself 10 one-time use passcodes before you cancel or switch from your current phone plan: Open a browser where you don't have Duo saved for 30 days, or a private browsing window. Go to <http://mail.wellesley.edu> and login with your Wellesley account.

At the Duo prompt, click the green Enter a Passcode button. In the blue bar, click Text me new codes. You will get a text message with 10 one-time use codes that don't expire. Write them down and keep them in a secure and safe place that is not near your password. Once in your new location, use our add a new device directions to add your new number or phone:

<https://www.wellesley.edu/lts/duo/addnewdevice>

Voting while Studying Abroad

Please don't forget that you can still participate in elections while you are studying abroad!

For U.S. Citizens:

Voting while studying abroad can seem like a challenge but there are several ways to ensure that students are able to exercise their democratic rights by being registered and able to vote in their Federal, state and local elections!

Registering or updating your registration to vote from abroad differs from voting as an in-state absentee voter. By registering as voting from abroad, voters can receive their ballots 45 days before the election and via email, rather than by post – this greatly eases the return process and any potential delays in the international postal system. Receiving a ballot by email, which can then be returned by mail, fax, email attachment, or online upload (depending on state law), reduces the time and stress of receiving the ballot and returning it on time.

Requesting an overseas ballot isn't hard to do and it only takes a few minutes. Voters just need to fill out the one-page Federal Post Card Application. We encourage voters to use our platform <https://students.votefromabroad.org>, a user-friendly English and Spanish language non-partisan service that offers FAQs as well as state-by-state registration guides. The site also offers a photo signature option that allows most voters to submit the form via their phone or computer without having to print it out. Alternatively, students can fill out the Federal Post Card Application at www.fvap.gov.

Volunteers at www.votefromabroad.org are trained as Voting Assistance Officers through the Federal Voting Assistance Program which is run by the US government. This is the same training that military officers and members of the Foreign Service undergo.

(From VoteFromAbroad.org)

XII. Cultural Adjustment

Culture shock: what it is, tips for dealing with it, and resources.

Culture Shock

Talk to almost any student who has studied abroad and you will hear glowing accounts of the wonderful experience they had, stories that may have inspired you to go abroad yourself. The fond memories that students relate, while demonstrating the profound impact of study abroad, often mask the challenges

that accompany this great learning experience—and may give the impression that you will be able to easily adjust to your new environment. The truth is that everyone, no matter how seasoned a traveler they are, who leaves to live abroad can experience “culture shock,” the symptoms of which may include:

- Homesickness
- A sense of being lost and out of place
- Frustration
- Fatigue

The degree and duration of culture shock can vary for each person and depends on a number of factors, such as the length of time you will be abroad, your flexibility and tolerance for ambiguity, the degree of difference between your home and host cultures, and your expectation of culture shock. It is important to realize that culture shock is a normal, and very important, part of study abroad. It shows that you are grappling with the differences between your cultural worldview and that of your host country. The best way to get through culture shock is to embrace it:

- “Plunge” into the host culture and wrestle with the differences.
 - Try to keep an open mind.
 - Get to know students/faculty at your host institution.
 - Find a “cultural informant,” a local person with whom you can discuss your frustrations/encounters with difference.
 - Learn as much as you can about your host culture.
 - Maintain some support structure with other Americans who may be going through the same experience, but don’t fall into the trap of retreating into an American clique to avoid the discomfort of culture shock.
 - Keep a journal that records your impressions of new experiences and the transformations that are occurring in your own mind and spirit.
 - Remember that learning and insight will come from sustained and direct contact with your host culture, not from observation at a safe distance.
- Your study abroad experience provides the opportunity to reevaluate the way you view yourself and others. Being in a new environment and culture will present challenges of many kinds, and how you deal with these challenges will ultimately help shape the person you become.

There are some excellent online resources designed to help students prepare for cultural differences. Such as the Culture Shock Page on

www.studentsabroad.com, and also the interactive “What’s Up with Culture?” site (<http://www2.pacific.edu/sis/culture/>), a useful tool for dealing with cultural differences before, during and after study abroad.



XIII. Planning Your Return

Logistics to keep in mind as you plan your return to Wellesley.

Navigate your Career Journey while Studying Abroad — Planning your Return

Study Abroad is a valuable form of Experiential Learning— a way to gain a new perspective on the world and a fresh outlook on your career journey. Wellesley Career Education has useful online tools and virtual resources that will help you to remain active in your career journey from anywhere in the world.

Handshake

Handshake is a robust online resource offered through Wellesley Career Education, which helps you to identify opportunities for internships, fellowships, or your job search — and provides resources to support your next step. Through Handshake, you'll find ways to:

- Make an appointment to talk with your Career Community Advisor or Mentor through video chat. Simply specifying that you are abroad when scheduling your meeting
- Browse internship resources and listings offered through Wellesley Career Education and other College departments. Keep in mind that deadlines for several Wellesley-sponsored internship programs occur in the Fall semester, and the deadline to apply for grants to support unpaid internships is March 1st. All information about stipends and non-academic transcript for summer internships can be found Starting in Fall 2020, most (if not all!) off-campus internship opportunities sponsored by the College can be found on the The Tanner Conference archives are another great resource to identify opportunities. If you anticipate extending your time abroad through an internship placement, it's never too early to plan for any visa limitations for doing so.
- Explore Fellowship opportunities and (many fellowships for after graduation have late summer/early fall deadlines for the following year).
- Access resources on how to write a winning resume, cover letter, personal statement, and fellowship proposal, and book an advising appointment via Handshake for feedback on drafts or for interview prep.

- Availability for virtual interviews is based on the individual company. Some companies will be open to meeting over video chat. Keep your eye out in Handshake for companies specifically open to study abroad students.
- Access GoinGlobal - a great resource about living, working, and interning in destinations all around the world..

Login to Handshake using your Wellesley ID to bring Wellesley Career Education to you— wherever you may be.

