

cross boundaries

STUDY ABROAD



pre-departure **handbook**



EASTERN
WASHINGTON UNIVERSITY



Eastern's International Education Team

Here to help make your experience a positive one.



STUDY ABROAD, INTERNATIONAL EDUCATION OFFICE

127 Showalter Hall
Cheney, WA 99004-2442

WEB: www.ewu.edu/studyabroad
E-MAIL: studyabroad@mail.ewu.edu
PHONE: (509) 359-2331
FAX: (509) 359-7869

THE HANDBOOK

This handbook outlines necessary actions that need to be taken before, during and after your study abroad experience and helpful information to accommodate a successful trip.

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IMPORTANT DOCUMENTS

- Passport
- Personal identification (drivers license, military ID, student ID)
- International student ID card
- Photocopy of passport to carry with you at all times
- Verification of enrollment letter from host institution or program
- Airline ticket(s) and itineraries
- List of important addresses and phone numbers
- Emergency contact for the nearest U.S. Embassy

TRAVEL DOCUMENT TIPS

- Make copies of all travel documents.
- Keep copies with you for the duration of your trip.
- Leave copies of all travel documents with a person you trust in the U.S. in case of an emergency.
- For city travel, keep a copy of your passport information page and stamped/visa pages with you at all times; leave your original passport in a safe (preferably locked) place.

NOTE: If you leave your host city, take your original passport with you under all circumstances.

INTERNATIONAL INSURANCE

Eastern Washington University requires all students participating in a study abroad program to have emergency medical insurance. Per the signed Acknowledgment of Health and Safety Risks form submitted with the Study Abroad Application, you agreed to purchase the International Student Identification Card (ISIC) if your study abroad program does not provide medical insurance.

did you know?

Salamanca is an ideal location for those who wish to study Spanish in its “purest” form as inhabitants of Salamanca speak Castilian (Castellano) Spanish without the regional dialects or accents that are common in many other areas of Spain.



INTERNATIONAL STUDENT IDENTITY CARD (ISIC)

The ISIC verifies your student status and is widely recognized throughout the world. With the card, you are eligible to receive discounts on travel, entrance to museums, theaters, concerts and cultural sites. The ISIC also provides emergency medical health insurance, which covers emergency medical evacuation (in case your illness or injury cannot be treated overseas) and repatriation of remains. Not only do you receive the medical coverage and discounts, but you also have access to a toll-free help line for assistance with medical, legal or financial emergencies. Please visit the ISIC website at <http://www.myisic.com> for a full listing of discounts and services offered.

EWU students may purchase an ISIC from the International Education Office for \$25 (\$22 if you bring your own passport photo). Please contact our office to schedule an appointment to have a card issued to you. A directory of additional issuing offices may be found on the ISIC website.



did you know?

Thailand means
“Land of the Free.”

HEALTH ISSUES

Your health and safety during your study abroad experience will depend on the choices you make and precautions that you take prior, during and following your time abroad. However, there are no guarantees or absolutes with regard to health and safety in any setting, especially an international one. Before your departure, make sure you are in good health and have had all required immunizations. You should also learn as much as you can about the health and safety conditions in your host country.

VACCINATIONS

Required vaccinations vary by country — visit the Spokane Regional Health District website at www.srhd.org for more information. For a list of recommended vaccinations and current outbreaks, visit the Centers for Disease Control website at www.cdc.gov/travel.

As a general rule, student travelers should remain up to date on all standard inoculations, including hepatitis and meningitis.

SEE YOUR HEALTH PRACTITIONERS

Visit your family physician, gynecologist and dentist to make sure you are in good health. These doctors may also alert you to a potential preventable emergency that could occur while you are abroad.

If you have an ongoing medical problem, such as allergies or diabetes, you need to take special precautions in preparing for the management of your condition overseas. It's a good idea to bring a copy of your medical records or letter from your doctor with you that explains how you are being treated. Carry a copy of your doctors' telephone and fax numbers in case you need to contact them.

PRESCRIPTIONS

If you take prescription medications regularly, bring a supply to last throughout your time abroad (if available). Foreign drugs are not necessarily closely related to those standard in the US, even if they have the same chemical formula. They may be marketed under different names and may not be available in the required dosage. You may want to carry a letter from your home physician or pharmacist that describes your medicines, their dosage, a generic name for them and describing the condition being treated — this could be helpful, especially in an emergency.

Make sure all drugs are in the original pharmacy containers and are clearly labeled. You should carry copies of the prescriptions to avoid problems with Customs. If you are diabetic or have another medical condition in which a syringe is needed to administer medication, bring a supply of disposable syringes as these are not available in all countries. Some

countries, however, restrict the import of syringes as well as certain medications and contraceptives, so find out if this applies to your host country before you leave.

SOME ADDITIONAL TIPS:

- For certain conditions such as diabetes, asthma, mild epilepsy or allergy to penicillin, it would be wise to carry a card to identify the condition so that you can be treated properly.
- Do not pack your medications in your checked luggage. Pack them in your carry-on so that you will not be without them if your luggage gets delayed or lost.
- Bring your prescription for eyeglasses or contacts with you in your carry-on bag. Take an extra pair of eyeglasses and/or contact lenses, if you wear them, along with extra contact lens solution.
- If you have an ongoing medical condition, tell those in your host country who can be of assistance, including program directors and housemates who can help in an emergency.
- Know the emergency telephone number for the host country by asking the program director in your country or by visiting http://en.wikipedia.org/wiki/Emergency_telephone_number

did you know?

Before 1868, Tokyo, Japan, was known as Edo.



PACK A MEDICAL KIT

It is recommended that you take a small medical kit that includes the following items for your trip:

- Antibacterial ointment
- Antidiarrheal medication
- Bandages
- Contraceptives
- Eyedrops
- Feminine hygiene products
- Insect repellent
- Pain reliever/aspirin
- Rubbing alcohol
- Sunburn ointment
- Sunscreen

STAY ACTIVE, STAY HEALTHY

Aim to stay healthy, both physically and mentally. A healthy mind enhances a healthy body. You can expect to experience a certain amount of stress during your study abroad experience. The best medicine for stress is physical activity. See the scenery by taking a leisurely bike ride, jog or walk.

DIET

You may experience stomach discomfort while acclimating to new food and/or water sources. To minimize your chances of getting diarrhea:

- Carefully wash all fresh vegetables and fruits.
- Avoid raw or undercooked foods such as beef, poultry and fish.
- Drink bottled water or boiled liquids (tea, coffee).
- Take along some type of antidiarrheal medication if you anticipate any problems.

did you know?

Sydney is the largest and oldest city in Australia and boasts an eclectic gathering of diverse people from more than 180 nations who speak more than 140 languages.



MENTAL HEALTH

As people move from one society to another and begin to deal with the cultural differences encountered, there are some specific stages encountered during the adjustment process.

Naturally, the severity and length of an adjustment period a person experiences depends on the length of time away, support available and personality of the individual.

INTERCULTURAL ADJUSTMENT CYCLE

1. Application Anxiety

Study abroad candidates often experience anxiety over their chances of selection and their ability to handle their new opportunity. During this time, many candidates anticipate cultural differences but have only a general awareness of potential adjustment problems.



did you know?

With a population of 22 million, Mexico City is the third largest city in the world.

2. Selection and Adjustment

When candidates learn that they will be going abroad, they experience a tremendous amount of elation. This excitement continues (with a small exception just prior to departure, when anxiety may crop up again) until some time after the student arrives in the foreign country. During this stage, expectations for the visit are high and predeparture proceedings, as well as arrival introduction, are overwhelmingly blissful in attention and activity. Students are shown respect and concern, which they may seldom receive in their home community.

3. Initial Culture Shock

The fascination, along with the rounds of introductions and parties, will soon fade for a visitor who is remaining in the community over a period of time. For those staying more than a quarter, the novelty of a foreign culture wears off after a few weeks and most people enter a decline known as “initial culture shock.” Characteristics of this period include possible changes in sleeping habits, disorientation about how to work with and relate to others and even language difficulties (even in English-speaking countries!).

4. Surface Adjustment

After this initial down, which usually does not last more than a few days to a few weeks, adjustment takes place. Visitors settle into the situation around them. They can communicate and learn how to navigate within a small group of friends and associates.

5. Mental Isolation

At some point, however, the novelty wears off completely and the difficulties remain. Frustrations increase and a new and more pervasive sense of isolation can set in. Many times, this period is accompanied by a boredom and lack of motivation as individuals feel little stimulus to overcome the deeper and more troublesome difficulties they may be facing. There may be unresolved conflicts with friends, hosts or peers and/or basic communication problems that continue to cause difficulty after initial language adjustment. To overcome this stage, talk honestly with friends and family and meditate on what brought you abroad to begin with. Regular exercise is also very helpful.



did you know?

Venice, Italy, is made up of 117 islands connected by 409 bridges.

6. Integration/Acceptance

When visitors are finally at ease with their professional or school interest, as with language, friends and associates, they are able to more carefully examine the new society in which they are living. Deeper differences between them and others become understandable and they find ways of dealing with them. Students may complain of the lack of true friendships, but come to recognize that this may not be deliberate on the part of the people with whom they associate. Eventually one becomes more integrated into one's surroundings and comes to accept both the situation and oneself in it. Acceptance of these two realities allows one to relax and feel at home in new surroundings.

7. Return Anxieties

Once a student is well established, the thought of leaving familiar friends, faces, lifestyles and community raises anxiety similar to those felt during the first stage. Individuals begin to sense how much they have changed because of their experiences, and apprehension grows at the thought of leaving and returning to people who will not understand them and their new feelings and awareness. They may feel guilty for wanting to stay because they know that people will be waiting for them.

8. Shock/Reintegration

Once former visitors return home, the contrast of old and new come as a shock. They will probably have changed a great deal, and it may be difficult for family and friends to accept many of the changes. Likewise, having been the center of attention in another country for a long period of time, returnees will be forced to realize after a few days that they have lost their glamour. They then face the problem of adjusting to being one in the crowd again, while longing for friends they have just left.

Students often find that no one is interested in the details of their stay abroad. They experience conflict in re-adjusting to family and friends and are frustrated by their inability to adequately describe their life abroad.

Final resolution of this stage involves a shift in perspective and an understanding of their own society and future development. The returnee must begin to become involved in new activities at home and plan a life that is built upon the future rather than the past. Once this is achieved, the student will be able to usefully integrate the experience and learning of the recent past and apply it to his or her future life.

TIPS FOR CULTURAL ADJUSTMENT

- Join the host institution's international student organization.
- Participate in activities you enjoyed at home.
- Immerse yourself in the culture. Get to know local people and try to understand their perspectives.
- Focus on positive outcomes. Know that everything you are going through is making you stronger and you are gaining knowledge.
- Try to think of one thing per day that you like about your host country.
- Talk to others who have experienced or studied culture shock issues such as advisors or friends.
- Keep a sense of humor!

did you know?

England is the most populous part of the U.K., with 49 million inhabitants. Almost one-third of England's people live in the prosperous southeastern part of the country centered on London — one of the largest cities in Europe.



COPING WITH CULTURE SHOCK

- Observe how others are acting in similar situations.
- Ask someone who has experience with the host culture how they would have handled a situation and what it means to the culture.
- Plan how you might act in similar situations in the future.
- Stay open-minded and flexible.

HANDLING ANTI-AMERICAN CRITICISM

You may be confronted because you are an American. It is important to understand what generalizations others make about Americans. You may be shocked when you are asked difficult questions about political or cultural issues and expected to answer as if you were a leading expert.

In dealing with anti-American criticism, you may take an active role and answer their questions or take a passive role and say nothing. In whatever way you do choose to respond, keep the following approaches in mind:

- Try to understand the critic's motives.
- Use personal experiences and observations.
- Don't get defensive in the presence of critics.
- Educate yourself about American facts and policies — you don't want to appear uneducated about basic facts!

SAFETY ISSUES

TIPS FOR A SAFE TRIP

- Acquaint yourself with your environment.
- Revisit the U.S. Department of State's travel information site at <http://travel.state.gov>.
- Ask program directors to point out dangerous areas.
- Note address and phone of nearest embassy.
- Locate the police station.
- Keep emergency numbers on your person at all times (check for a local 911-type phone number).

SAFETY ON THE STREET

Use the same common sense traveling overseas that you would at home. Be especially cautious and avoid areas where you are likely to be victimized.

Here are few tips to help you remain safe:

- Do not take short cuts, narrow alleys or poorly lit streets.
- Avoid traveling alone at night and in unfamiliar cities you may visit.
- Steer clear of public demonstrations and other civil disturbances.

- Keep a low profile and avoid loud conversations or arguments.
- Do not discuss travel plans or other personal matters with strangers.
- Avoid scam artists — beware of strangers who approach you offering bargains or to be your guide.
- Beware of pickpockets; try to carry valuables on the front of your person.
- Don't wear excessive amounts of flashy jewelry/ accessories.
- If carrying a backpack, don't carry money and valuable items in easily accessible places (front pockets or side pockets).



did you know?

It is estimated that 60 percent of the world's most important artwork can be found in Italy.

Statistics from United Nations Educational Scientific and Cultural Organization (UNESCO)

WOMEN ABROAD

Appropriate behavior for women varies from country to country. You may find that behavior and dress that are acceptable in major cities are inappropriate in rural areas — or the opposite.

Observe how local women your age act and dress and try to do likewise. In spite of your efforts, however, you may find that you are harassed. In some countries, women are routinely whistled at, pinched and even grabbed — especially foreign women. This may occur in some countries because Western women are sometimes culturally stereotyped as promiscuous. You can minimize unwanted attention by taking the following steps:

- Dress modestly — avoid sleeveless tops and short skirts, even in hot climates.
- Try to dress in the same style as the local women.
- Avoid making eye contact with men in the street — what may seem like simple friendliness might be interpreted as flirtation to a man from a country where women keep their eyes diverted.
- Watch the local women; see how they avoid and turn away from unwanted attention and mimic their behavior.
- Try to avoid going out at night or to unfamiliar areas alone at night.

ILLEGAL DRUGS

USE AND POSSESSION OF OR CONTACT WITH NARCOTICS IS STRICTLY PROHIBITED!!!

More than one-third of U.S. citizens incarcerated abroad are held on drug charges. Some countries do not distinguish between possession and trafficking. Many countries have automatic, mandatory sentences.

Once you are arrested, the American consular officer CANNOT get you out.

Please remember that once you leave the U.S., you are no longer covered by U.S. laws and constitutional rights.



did you know?

The city center of Cork, in the Republic of Ireland, is actually an island situated between two channels of the river Lee.

FINANCES

FINANCIAL AID

Eastern students are allowed to apply financial aid disbursements toward the cost of Study Abroad programs. Financial aid disbursements are meant to assist you with program costs and will not necessarily cover all expenses associated with your program.

Keep in mind that you will want to travel, purchase gifts and go out on the town. Financial aid is only to be used for your program costs and is not meant to cover extracurricular expenses. Remember to budget well for extracurricular activities.

ANYTHING NOT COVERED BY FINANCIAL AID IS YOUR RESPONSIBILITY

In order to receive financial aid for subsequent quarters in a multiple-term Study Abroad program, the International Education Office must be notified in writing that you are attending classes and are in good academic standing.

EWU Study Abroad assesses a concurrent enrollment fee for each quarter you are abroad. This Study Abroad fee is applied to your account at the time of enrollment prior to the start of the corresponding quarter at Eastern. Be sure to check your EagleNET account to make sure this fee has been applied. If it does not show on your account, you may not have been registered for the quarter and, subsequently, will not receive financial aid.

MANAGING YOUR MONEY

Keep abreast of current exchange rates by regularly visiting <http://www.xe.com>

Prepare a budget by first identifying what your program fees include. As you will need to cover all other expenses, you should consider the following expenses:

- Books and supplies
- Communication
- Gifts
- Health insurance
- Meals
- Rent
- Transportation
- Travel
- Tuition
- Personal expenses

RECEIVING MONEY ABROAD

You can receive money abroad in several ways:

1. Many countries have ATMs. Any deposit made to your account in the states can be withdrawn for a small fee. It is one of the safest and easiest ways to get money overseas vs. cash advances (i.e., credit cards); debit cards generally do not have a money back option at time of purchase available. Talk to your bank about foreign ATMs and your credit or debit card.
2. Cashier's checks sent through the mail (1-3-week minimum)
3. Wire transfer funds will arrive within 24 hours. The recipient must go to the bank that the money was wired to with picture identification.

Note: There may be large fees associated with wire transfers.

did you know?

The most populated city in the world is Shanghai in China.



OBTAINING FUNDS PRIOR TO DEPARTURE

CURRENCY

While it is always good to have a small supply of cash in your host country's currency before you go, you never want to carry too much. Other forms of carrying funds are less risky. If you plan to go out on the town, be sure to take cash with you as restaurants, bakeries and food stands usually take cash only.

AMERICAN EXPRESS

Students may order Euros, Australian Dollars, Japanese Yen, Mexican Pesos and other forms of international currency from the American Express website. There is a \$15 order fee for purchases of any amount (shipping fees are additional).

AMERICAN AUTOMOBILE ASSOCIATION (AAA)

For members of AAA, foreign cash is available for purchase in more than 100 different international currencies. A minimum order of \$300 is required. For more information, visit <http://www.aaawa.com/travel> and click on Foreign Currency.

Many U.S.-based financial institutions also offer customers the ability to purchase foreign currency prior to departure. Contact your bank to determine if this service is available.

DEBIT CARDS

Debit cards are the most convenient way to access funds. You can use your check/debit card at stores and restaurants abroad as long as they have the Visa or MasterCard logo on them. You can also use them like credit cards to purchase goods. This will take money directly from your bank account in U.S. dollars based off the current exchange rate. Before you leave, check with your bank about potential transaction fees and make sure the card is not limited by geography.

TRAVELERS CHECKS

In most places, they are treated the same as cash, and if they are lost or stolen, the supplying company will replace them for full value.

did you know?

Kenya is known by some anthropologists as the “cradle of humanity.”



AMERICAN EXPRESS TRAVELERS CHEQUES

A participating American Express location may buy American Express Travelers Cheques from a customer. Restrictions and service fees may apply, and this service is not available in all markets. Students are highly advised to call the office directly to verify policies and availability. Travel offices can be found in many cities throughout Europe, Australia and Mexico, as well as a couple of locations in Japan and Costa Rica.

For more information and a complete list of locations and services provided, visit <http://www.americanexpress.com/travel> and click on Find An American Express Travel Office link.

CREDIT CARDS

Although useful for emergencies, big purchases and cash advances, credit cards are not recommended because of high interest rates. If you do choose to



did you know?

In Caracas, the capital city of Venezuela, it is customary for the streets to be blocked off on Christmas Eve so that the people can rollerskate to church.

use your credit card, make sure it is one of the major cards accepted (Visa, MasterCard or American Express) and that you have someone at home paying your bill, as most credit card companies will not send it to you abroad.

ARE YOU PACKED YET?

One of the most common mistakes is packing too much. Pack what you think you must take, and then carry your luggage up some stairs. You may re-evaluate your decision about what you think is really necessary! Each airline has its own baggage weight requirements. Check with your airline for limits.



did you know?

A building in Brussels was taxed if there was a street light on it unless a statue of the Virgin Mary were placed above it. Hence, there are no buildings in the city without a statue of the Virgin Mary.

PACKING

You may wish to consider taking the following things with you:

- A dressy outfit
- Antidiarrheal medication
- Aspirin/antacid/cold medicine
- Backpack
- Battery-powered travel alarm clock
- Brush/comb
- Camera and film
- Comfortable shoes
- Converters (if needed)
- Deodorant
- Dictionary and phrase book
- Emergency sewing kit
- Extra pair of glasses or contacts
- Feminine hygiene products
- Money belt
- Pictures of your home and family
- Prescription medication(s) along with a copy of the prescription
- Seasonal clothing
- Travel umbrella
- Washcloth and towel

GIFTS

Host gifts are always a good idea and make a great first impression, whether presented to your home stay family or a friend hosting you for dinner. The gift need not be expensive — it is the gesture that is important! Gift ideas include:

- American wines or liquors
- Anything not available in their country
- Baseball hats
- Candies
- EWU logo gear
- Literature on Washington
- Postcards
- T-shirts
- Washington specialties

NEVER give food or drink that you would not consume.

did you know?

The first city in modern history to reach 1 million people was London in 1811.



ACADEMICS

We cannot stress enough the importance of completing all academic responsibilities prior to leaving for your program. Having all of your intended courses preapproved prior to departure can alleviate many hours of work and stress.

If you do not complete the required number of credits, you will be ineligible for financial aid for the following academic year. Do not assume you will be able to get courses approved when you return — you may not be able to secure the courses or credit you need to meet financial aid or degree requirements.

HOW TO GET COURSE/CREDIT APPROVAL

1. Obtain course information

A course evaluator will need specific information to assign the appropriate level, title and credits for each course. You are responsible for supplying a course description, accompanying course work (papers, projects), number of credits or class hours and types of assessment (quizzes, tests, final exams, etc.). Printed pages from the program's website or copies made from brochures are acceptable.

2. Course/credit approval

Take a Course/Credit Approval form to the chair/advisor in the appropriate EWU academic department.

Do not take a history course to your favorite math instructor — he/she does not have authorization to give approval. You may seek approval from your departmental advisor only if he/she is part of a department related to the academic discipline of the class. For example, if your advisor is part of the International Affairs Program, he/she can assign GOVT and INST credit — he/she cannot assign HIST or ANTH credit, even though this is required to complete your degree. The department chairs can approve the substitution of HIST and ANTH courses taken abroad for degree requirements, but they cannot assign the courses/credits for these classes. Only a member of the History or Anthropology department can do this.

3. Completed Course/Credit Approval form

Return completed Course/Credit Approval form to the International Education Office.

You must submit all of the signed sheets in order for the Study Abroad team to complete the transcript conversion process at the end of your program.

BE AWARE OF SOME OTHER GUIDELINES

- Courses are generally converted on a 1:1 ratio. This means you can only get one type of credit for each course. For example, if you took *History of Belgium* in Dutch, you could only receive HIST or GMNL credit, but not both. The only exceptions are for language programs and for institutions that award more than the equivalent of five quarter credits for each course.
- If there is no direct equivalent or similar course offered at EWU, a Directed Study at the appropriate level can be assigned.
- All special requests (such as “pass/fail” grading, repeats) must be made in writing before you are registered for *ITDS 395*. No exceptions.

If something unavoidable happens while abroad, such as a class becomes canceled, too full or too difficult, you must contact the appropriate department at EWU to have any new courses authorized.



did you know?

Nairobi has more species of birds living in it than any other capital city in the world.

TRANSCRIPT CONVERSION PROCESS

It is **your** responsibility to make sure the International Education Office receives an original transcript upon the completion of your program. Foreign transcriptst must include course title, level, credit hours and grade. Although many programs automatically send transcripts to our office, some do not. As all course work must be converted within six months from the end of the last quarter you studied abroad, it is extremely important that we receive your transcript in a timely manner. We will notify you via e-mail when we receive your transcript. If you have not heard from us within three months from the end of your program, contact us and the program provider to verify the status of your transcript. We can begin the conversion process with a copy or fax of a transcript but must have an original in order to complete the process.

Upon receipt of your transcript, we will submit a copy to the appropriate department (per the Course/Credit Approval forms we have on file) along with a Registration Form to be completed with the details of course ID, course title, credit and grade. Supplemental materials with information pertaining to the host institution's education system may also be included to assist the department in converting credits and grades.

We will e-mail you once all course work has been converted and taken to Office of Records and Registration for a final evaluation and posting on your academic record. We cannot submit your paperwork until we receive all Registration Forms and an original transcript.

Please keep in mind that the conversion of course work from foreign institutions is not an exact science. Just as credit and grading policies vary between institutions within the U.S., the use of different systems between other countries is also diverse. For this reason, the International Education Office staff will take all appropriate measures in order to ensure that you receive the appropriate corresponding credits and grades.



did you know?

If the population of China walked past you in single file, the line would never end because of the rate of reproduction.

ALL COURSES WILL BE TRANSFERRED BACK

If you withdraw from a course and it is posted on your transcript from the host institution/program, you will receive the equivalent “W” grade at EWU. Any courses failed will receive the equivalent EWU grade.

NOTE: *The EWU International Education Office does not assign credit or grades for work completed abroad. Although we may suggest appropriate credit and grades to a course evaluator, it is ultimately the academic department that has the authority to assign credits and grades.*

“W” GRADE FOR ITDS 395

Students who wish to withdraw entirely from their Study Abroad program after the 10th day of the quarter may do so from the 11th day of the quarter until the seventh week. The student must notify the EWU International Education Office in writing regarding his/her intentions and are responsible for any fees or charges, including disbursed financial aid, that are owed as a result of withdrawal.

GRADE APPEALS

Policies and procedures with regard to grade appeals follow the guidelines as specified in the EWU Undergraduate-Graduate Course Catalog.

For Study Abroad participants, grade appeals must be filed within 10 days of the initial posting of the grade with the chair of the department concerned. A Notice of Intent to File a Grade Appeal may be requested from the department office, the Office of the Registrar or the Spokane Center. Reasonable exceptions to the above deadlines may be made by the chair or designee. The International Education Office must also be notified of the final grade change.



did you know?

We usually think of Montreal, Canada, as a cold weather city and Paris, France, as a much warmer city than Montreal, but the fact is that Montreal is south of Paris.

COMMUNICATION

It is extremely important that you check your e-mail often while abroad as this will be our reliable method of contacting you. Even though you may not have daily access to use e-mail, you should check your e-mail as often as possible. Be sure to add both the Study Abroad coordinator's e-mail address and **studyabroad@mail.ewu.edu** to your address book so that e-mail from us does not get sent into a junk or spam filter.

It is also very important to keep in touch with your friends and family while you are overseas on your Study Abroad experience. With the technology options available today, there are many ways to stay in touch without incurring the expense of making international calls and sending letters through mail. Some of them include, but are not limited to:

MYSFACE

Myspace is a website that lets you set up a profile about yourself, put up to 10 pictures, and allows you to write blogs.

www.myspace.com

TELEPHONING HOME

After arriving in a foreign country, it is vital that you contact your family and friends to let them know you arrived safely. If you promise parents that you will call them “as soon as the plane lands,” then do it!

When you arrive in your host country, talk with friends about good calling cards in the area and the best way to call from your area. When accepting phone calls, be courteous to your hosts and ask people to not call after 9 p.m. local time. Familiarize yourself with the time difference before you go, provide your family members with an appropriate timeframe for phone calls and limit the duration of your calls.

NOTE: *It is generally easier and cheaper for people to call you from the U.S. than it is to call from overseas.*



did you know?

Because steel expands when it gets hot, the Eiffel Tower is 6 inches taller in the summer than in the winter.

ADDITIONAL INSTANT COMMUNICATION OPTIONS

Depending on your expertise with computer technology, you may also want to try alternative ways to communicate with people in the U.S.

For example, software called Skype allows you to make free calls over the Internet to anyone who also has the software. For more information, visit <http://www.skype.com>

You may also want to consider downloading free instant messenger software offered by companies like Yahoo!, AOL or MSN. These programs will enable you to send instant messages and also have video conferencing capabilities, including sound transmission accessed via your computer's camera and microphone.

did you know?

The word toast, meaning a proposal of health, originated in Rome, where an actual bit of spiced, burned bread was dropped into wine to improve the drink's flavor, absorb its sediment, and thus make it more healthful.



POSTSTUDY ABROAD

Before leaving your host institution/program, make sure that a transcript will be sent directly to the International Education Office:

STUDY ABROAD

127 Showalter Hall
Cheney, WA 99004-2442

Be sure to let us know that you have safely returned to the U.S. Also, be sure to update any directory information with our office that may have changed since returning. For example, you may use a new phone number, e-mail address or mailing address. If we cannot contact you to let you know you are missing transcripts, your course work may not get converted within the required timeframe.

Before we turn in your transcript to the Office of Records and Registration, we require all Study Abroad participants to have an exit interview. At this meeting, we will discuss your likes and dislikes of the program, information that you would like to share with future students and information that you wish you had known in advance.

Have a great Study Abroad experience!



did you know?

Abdul Kassem Ismael, Grand Vizier of Persia in the 10th century, carried his library with him wherever he went. The 117,000 volumes were carried by 400 camels trained to walk with the volumes in alphabetical order.

STUDY ABROAD, INTERNATIONAL EDUCATION OFFICE

Eastern Washington University
127 Showalter Hall
Cheney, WA 99004-2442

WEB: www.ewu.edu/studyabroad

E-MAIL: studyabroad@mail.ewu.edu

PHONE: (509) 359-2331

FAX: (509) 359-7869