

CALIFORNIA STATE UNIVERSITY, EAST BAY
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CSUEB Pre-Departure Information

Part of ensuring that you have a successful study abroad experience is making sure you're well prepared. Preparation includes not only learning about your host country, its politics, culture, language, but also preparing yourself for the unexpected. Below are some things you will want to think about to help in preparation for departure.

Turn into the Center for International Education (CIE) before departure:

- Participant Consent & Release Agreement
- Request for Study Abroad/NSE Course Approval for (Major/Minor/GE)
- Study Abroad Program Medical insurance Statement (*for students participating one of the CSUEB Bilateral Programs or NSE programs in Canada only – ISEP & CSUIP students exempt*)

PASSPORT & VISA

A valid passport is required to study abroad. The application process for a U.S. passport can take time, so US citizens should apply well in advance of departure. Applications for U.S. passports can be found at www.travel.state.gov or your local post office.

Visa requirements vary by country. You will need to research the visa requirements for your country of attendance by contacting the foreign consulate. Please note that processing times and procedures vary from country to country, and even consulate to consulate, and can be quite cumbersome at times. You will need your passport before submitting the visa application, and the consulate may need to have your passport in their possession for several weeks while processing the visa application, so please plan accordingly – you may not be able to make any international travel plans while your visa application is in process.

ACADEMICS

Remember to speak with your academic advisors (GE, major, minor) to see how courses abroad will apply to your CSUEB degree. Make sure you know how to get in touch with them while you are away in the event that you need to discuss some additional course offerings.

You are required to be a full-time student while abroad and maintain good academic standing. Your grades abroad will be calculated into your CSUEB G.P.A. Your host university wi

If you are participating in NSE and remaining in the U.S., it is your responsibility to be sure you have adequate health insurance coverage while you are outside California.

MONEY MATTERS AND OTHER LOGISTICAL QUESTIONS

Make plans to handle payment of bills while you are away, as well as monitoring snail mail.

Check with your local US bank to check about access to ATMs abroad and what any additional charges, if any, what they are. You should have with you a combination of cash (U.S. and foreign currency) and credit or debit cards, but take care not to put them all in the same place. You should have some local currency with you for the first few days.

Arrange how money could be sent to you in case you unexpectedly have lost access to local funds (e.g. internet stolen, emergency funds needed, etc.)

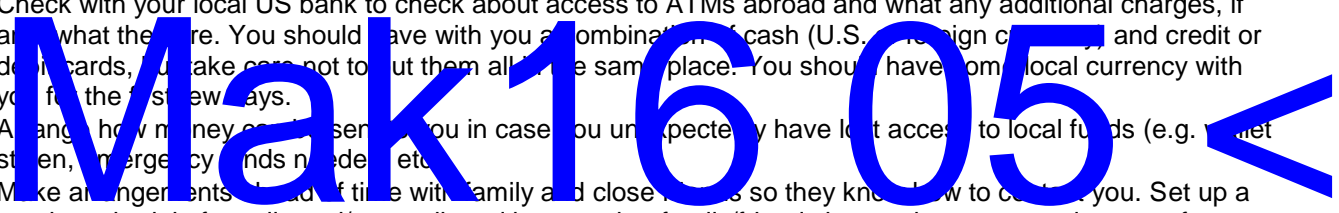
Make arrangements ahead of time with family and close friends so they know how to contact you. Set up a regular schedule for calls and/or email, and be sure that family/friends know who to contact in case of emergency if they cannot reach you.

Update CSUEB regarding with a valid mailing address at <https://my.csueastbay.edu>

Continue to monitor your **Horizon Email** for any communication from the university, including the Center for International Education. It is your responsibility to take care of payments by stipulated deadlines.

Research how to vote in state and federal elections while you are overseas: <http://www.fvap.gov/>

Pack light! Comfortable walking shoes, weather-appropriate outerwear, a dressier outfit or two, and some jeans and tops are your basics. Research what kinds of personal items/toiletries you can purchase at your destination, and which things you might wish to take with you.



SAFETY & SECURITY MATTERS

INFORM YOURSELF ABOUT YOUR HOST COUNTRY AND UNIVERSITY

Get a sense of the country and city that you will be living in by reading Travel Guides (Lonely Planet, Rough Guide), as well as YouTube vlogs and Facebook groups/blogs of students who are studying abroad.

Department of State, Tips for Students Studying Abroad: <http://studentsabroad.state.gov/>

Department of State, Travel Warning and Consular Information Sheets: www.travel.state.gov

STAY HEALTHY

Center for Disease Control – Travel guidance: [is0 0 \(m\)-21\(wi\)7\(th \)- Tf1 0 0 1 54 472.75 Tm31 0 0283 0 0-6\(er T96 T](http://www.cdc.gov/travel)

If you decide to leave the study abroad site for a weekend/vacation, let the host institution international student office know and provide them with contact information in case of emergency.

UNDERSTAND LOCAL LAWS

Obey local and national laws, including local laws re: drugs & alcohol. In many countries, penalties re: illegal drugs are very strict.

Rights of the U.S. do not apply abroad.

The U.S. Embassy is not likely to be able to assist if you are found in violation of local laws.

AVOID HIGH RISK BEHAVIOUR

Try to blend in. Tourists can be targets for crimes (pickpocketing, etc.) Be aware that speaking loudly in English in public may draw attention to yourself. Don't carry expensive jewelry or electronics.

Avoid going out alone (in particular at night), especially until you are more familiar with your new surroundings.

Be mindful that dating 'rules' and expectations are likely not the same overseas. In addition, locals may have their own cultural stereotypes about you as an American. Make friends with local students to learn more about the ins and outs of dating expectations.

If you choose to drink while abroad, drink in moderation. Drinking to excess may give others a bad