

Pre-Departure Briefing

NTU Global

NTUGlobal@ntu.ac.uk

Prepare for what awaits you...

- Speak to students who have been already
- Read up about the country, its people and the lifestyle
- Research academic guidance on the host institution website
- Read orientation materials from your host institution and attend any orientation sessions
- Buy a phrase book



Academic Culture

Be prepared for:

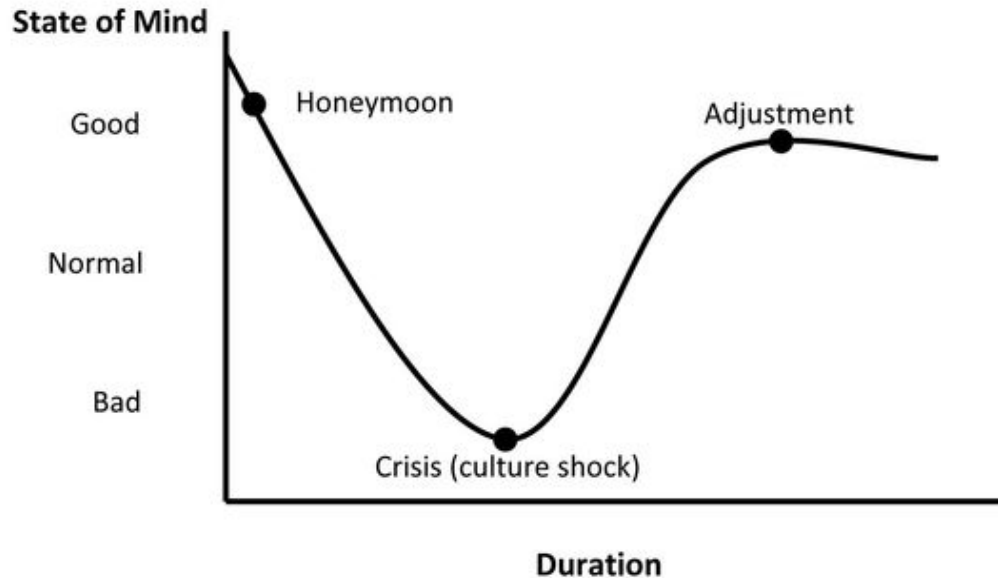
- Different styles of teaching and learning
- Different expectations with regard to written work
- Different class types and sizes
- STAFF contact - more or less contact time depending on destination
- Study and exams - different modes of assessment



Academic Recognition

- Your academic work abroad counts towards your degree.
- You'll make your choices on a Learning Agreement document before the start of your exchange. This needs to be approved by yourself, your Exchange Co-Ordinator and your host institution.
- While you are away if you need to make any changes to your courses you should contact your Exchange Co-ordinator for advice/approval.
- When you return to you bring your grades at host institution will be transferred into academic credit.
- Students who fail exam(s) and do not meet required/approved credit criteria are advised to make arrangements with your Exchange Coordinator ASAP.

Cross cultural adjustment



You will need:

- Enthusiasm and a desire to make it work
- Flexibility/adaptability
- Tenacity and resilience
- An open mind
- Patience

Cultural adaptation curve
(www.bve.ulaval.ca)

HOMESICKNESS, ANXIETY AND STRESS

- Everybody may experience different degrees of culture shock at different times
- Take care of your mental health
- Use NTU and in-country support services when needed



NTU Student Exchange Buddies

- Former study abroad and exchange students
- SEB's offer support, guidance and advice to NTU students interested in the international opportunities
- You can contact them by emailing SEB@ntu.ac.uk
- Facebook – **Student Exchange Buddy – NTU 2018**



VISA - Do you need one?

- Check if entry visa is required for your destination country
- Apply for the VISA to the appropriate Embassy or High Commission
- Visa requirements vary depending on country, length of stay, purpose of visit
- Seek VISA guidance from your host institution

Check visa information for specific countries:

www.gov.uk/foreign-travel-advice

www.gov.uk/government/publications/foreign-embassies-in-the-uk



VISA – please research

Seek answers to the following questions:

1. What type of student visa do you need?
2. What evidence do you need for the visa application?
(examples: Formal letter of admission, evidence that you support yourself for the period of exchange, passport photos etc.)
3. How long is the application process?
4. What are the VISA fees?
5. When is the appointment likely to be?
6. How long is VISA processing time?
7. Can you work on your study VISA?

Apply Early! Many Embassies quote six weeks as the minimum processing time

BANKING

- Make sure your UK bank knows you are leaving the country and for how long
- Account opening procedures vary between countries and in some parts of the world
- Seek the advice of your primary contact (international student support officer at your host institution etc.)



INSURANCE

- NTU students travelling on University approved activity, are usually covered by the University's travel insurance.
- University travel insurance provides emergency medical cover only. If health or medical insurance is required, as is often the case for any non-Erasmus exchanges (particularly in North America) then this will need to be purchased separately.
- Review the Travel Cover Summary (e.g. the insurance will not cover your holiday travel outside of the exchange country)
- Copy of the Travel Cover Summary is available on the Mobility Tool, or you can request it from NTUGlobal@ntu.ac.uk
- If you study in EEA country, you will need to apply for the European Health Insurance Card (EHIC).



FINANCIAL MATTERS

- Speak to your sponsors/parents to confirm that you are able to afford the term/year abroad
- Make sure you will have sufficient funds available to you to cover the exchange costs
- Plan to budget for the remainder of your time abroad



Additional sources of funding:

NTU Travel Scholarships:

www.ntu.ac.uk/mobilityfunding

Loans and grants for living costs: [NTU Student finance pages](#)

To find out more email

NTUGlobal@ntu.ac.uk

STUDY ABROAD– Working while abroad

- Discuss employment opportunities with the International Office at the host institution.
- With a student visa it may be possible to work, but unfortunately this is not the case in all countries. Check the terms of your visa.

Study exchange element must be prioritised



University's Health and safety Learning Room

- Visit [University's Health and Safety Learning Room](#)

Listen to the Health and Safety briefing and undertake online test

Health and Immunisation Advice:

- www.nathnac.org or the www.fitfortravel.nhs.uk websites provide helpful guidance on immunisations and travel health
- Find out what immunisations you need and visit your GP to arrange prescriptions and any necessary immunisations
- Explore how you will access healthcare and dental services in your host country
- Travel Aware - staying safe and healthy abroad
<https://www.gov.uk/travelaware>

IN CASE OF AN EMERGENCY

- Familiarise yourself with any evacuation or emergency procedures at your host institution.
- Find out who should be your first point of contact at your host in the event of an emergency (Safety and Wellbeing Officer)
- Crucial to check NTU email account and get in touch with your primary contact at NTU should an emergency occur in your vicinity
- Stay up-to-date with the latest news and local events in your host country.
- If you need any assistance due to an emergency while abroad, you must contact the consulate of your home government
- [Foreign Travel Advice](#) keep up to date with country-specific travel info and travel warnings

PERSONAL SAFETY

- Take note of health and safety advice offered by the partner institution
- Don't take risks – adopt a common sense approach to your health and safety
- Other cultures have different norms: find out as much as you can in advance to avoid giving offence or the wrong impression
- Report any problems to your host and NTU.



YOUR TIME ABROAD

- Making new friends, sightseeing and travelling are important part of the exchange experience
- BUT: You are primarily going abroad to study

Your responsibilities abroad

- NTU ambassador abroad
- Respect local laws (such as legal drinking age), customs and culture.



CHECKLIST - Before you go

- Shop around for an airline tickets (use for example <https://www.skyscanner.net/>)
- Sort out VISA, immunisations, host accommodation
- Leave copy of your passport, flight information & itinerary with your family and friends
- Be aware of baggage restrictions when travelling. Don't over pack!
- Medical and Dental - have a check up before you leave
- Safety and Emergencies - what is the host emergency procedure in your host country?
- Trip planning - research transfers to your accommodation
- Contact Student Exchange Buddies SEB@ntu.ac.uk for advice!

CHECKLIST - Arrival

- Register with your host organisation and attend all possible induction or orientation sessions
- Notify NTU that you arrived safely
- Check your NTU email regularly and respond accordingly
- Register with a local doctor
- Register with local in-country embassy
- Post photos, videos, blog links on your social media channels with **#NTUGlobal** hashtag
- If you have any problems or concerns during your time away you can contact us on the NTUGlobal@ntu.ac.uk

CHECKLIST - Return to NTU

- Provide us with feedback about your experience - if you received funding through NTU Global this is a compulsory requirement.
- We will ask you to one of the following: a case study, a blog or diary, photos or videos, or social media postings.
- Become a Student Exchange Buddy



Bon Voyage

