



Mesa State Study Abroad Checklist (ISEP)

MSC Specific

- Attend an ISEP information session.
- Meet with the ISEP coordinator.
- Fill out the MSC study abroad form at least one semester before you plan to go abroad. This will need to be completed prior to the ISEP application.
- Talk to an advisor to make arrangements to register for classes while you are abroad.
- Meet with financial aid to find out which scholarships and grants will apply abroad.

ISEP Specific

- Complete ISEP application and submit application fee.
- Enroll in required ISEP health insurance.
- Make sure you have a copy of the *Institutional Information Sheet* (IIS) for your host institution. Ask your ISEP Coordinator if you need a copy. Be sure to take this document with you abroad!
- Use the online Country Handbook for your host country to learn about the education system, daily life, visas and culture.
- Read the ISEP Student Handbook for all the information, benefits, requirements and resources you need.
- Read the information sent to you from your host institution thoroughly. There may be additional steps you need to follow such as completing housing or class registration forms.

Logistics

- Apply for a passport. If you have one, make sure it is valid for six months past the end of your program.
- Make a photocopy of your passport and pack it with your luggage.
- Apply for an International Student Identification Card (ISIC)
- Apply for a visa if needed. This can be a very lengthy process, so **do not wait!**
- Register at your home country's Embassy so they know you're abroad. U.S. students can do this online at http://www.travel.state.gov/travel/tips/registration/registration_1186.html.
- Make multiple copies of travel documents
- Share your travel arrangements with your family and your host institution, and make sure you know where to go once you arrive at the airport or station.
- Memorize the address and telephone number of your residence abroad. Write down important phone numbers from home-- your study abroad office, relatives, etc. Swap information with your emergency contacts.
- Set up a power of attorney so a parent or relative can help with finances or emergencies.
- If possible, register to obtain absentee ballots so you can vote in your home country's elections while abroad.
- Make sure that your family or guardians at home are aware of your wishes in the case of serious injury or death while you are away.
- Establish how you will pay your bills for school and personal affairs while you are away.
- Purchase an international calling card, as it can be more expensive to purchase abroad.

Host Country Specifics

- Make your own Personalized Study Abroad Handbook. (Find out more at http://www.isep.org/students/Placed/student_handbook2d.asp).
- Purchase a guidebook about your host country to read and bring with you. See the Resources section of the ISEP Country Handbook.
- Research the cost of living and quality of life in your host country.
- Learn the location of your home country's embassy in your host country.
- Research the postal services in your host country-- cost, efficiency, etc.
- Familiarize yourself with the customs, social norms, and laws of the host country and other countries you will be visiting.
- Practice speaking, reading, and writing in your host country's language. Look up and learn vocabulary that you will specifically need for a university setting.
- Finally, be prepared for **culture shock!** No matter what country you are traveling to, you are about to enter a culture very different from your own. You can adjust and adapt, but this will take time, so be patient and open minded!