Before, During, and After Your Program

Before Your Program

☐ **Apply for a Passport**
   Learn about how to apply for or renew your passport at [k-state.edu/studyabroad/before/passport](http://k-state.edu/studyabroad/before/passport). If you don’t have one, you may apply at the [Kansas State Student Union ID Center](https://www.k-state.edu/studentunions/ids) or a [U.S. Post Office](https://www.usps.gov).

☐ **Apply for a Student Visa**
   Many countries require students to apply for a student visa. Ask a Study Abroad Advisor or find more details at [k-state.edu/studyabroad/before/visa](http://k-state.edu/studyabroad/before/visa).

☐ **Attend Pre-Departure Orientation**
   For times and dates, visit [k-state.edu/studyabroad/dates](http://k-state.edu/studyabroad/dates). Note that students on faculty-led programs are not required to participate in the Study Abroad Office orientation.

☐ **Prepare for Enrollment in the Study Abroad Placeholder Course**
   All students who will be transferring credit to K-State will be enrolled in the MLANG 001 placeholder course. This allows you to maintain your active student status at K-State. Find out more details at [k-state.edu/studyabroad/before/placeholdercourse](http://k-state.edu/studyabroad/before/placeholdercourse).

☐ **Attend Information Sessions**
   We offer information sessions each term on issues like health care, safety, and finances. For times and dates, visit [k-state.edu/studyabroad/dates](http://k-state.edu/studyabroad/dates).

☐ **Consider Health and Safety**
   Help prevent illness or crime with some tips about health and safety abroad at [k-state.edu/studyabroad/before/healthandsafety](http://k-state.edu/studyabroad/before/healthandsafety). Call the Lafene Health Center at (785) 532-6544 to set up a free consultation with a travel health specialist, discuss prescriptions and immunizations, and learn about regional health issues.

☐ **Plan Your Budget**
   Your travel plans will include a round-trip airline ticket, ground transportation to and from your program institution, and any other side travel. Plan your budget by reading tips on how to use money abroad at [k-state.edu/studyabroad/before/budget](http://k-state.edu/studyabroad/before/budget).

☐ **Learn about Diversity Abroad**
   Minimize culture shock by thinking about cultural differences for students with diverse backgrounds with resources at [k-state.edu/studyabroad/before/diversity](http://k-state.edu/studyabroad/before/diversity).

☐ **Get Involved in International Activities**
   Join a student group to find opportunities to socialize and serve with international and returned study abroad students. Find more information at [k-state.edu/studyabroad/getinvolved](http://k-state.edu/studyabroad/getinvolved).
During Your Program

- **Stay Connected**
  Share your experiences while abroad! Consider taking pictures or videos and posting them on a blog. Join Wildcats Abroad on Facebook ([facebook.com/ksustudyabroad](http://facebook.com/ksustudyabroad)), follow K-State Study Abroad on Twitter ([twitter.com/KSUStudyAbroad](http://twitter.com/KSUStudyAbroad)), add to our Pinterest page ([pinterest.com/wildcatsabroad](http://pinterest.com/wildcatsabroad)), or contact us at abroad@k-state.edu to add your videos to our YouTube channel ([youtube.com/user/KStateStudyAbroad](http://youtube.com/user/KStateStudyAbroad)). Learn more at k-state.edu/studyabroad/during/stayconnected.

- **Contact Your Academic Advisor**
  - If you are transferring credit back to K-State and have enrolled in any courses not listed on your Academic Approval Form, contact your Academic Advisor to complete a new form.
  - If you are studying abroad for a semester or year, you may need to contact your Academic Advisor and enroll in K-State classes from abroad for the next semester.

- **Request Transcripts**
  Don't leave your host university before obtaining your transcripts or ensuring that they will be sent directly to the Director of Study Abroad, Karli Webster ([karlis@k-state.edu](mailto:karlis@k-state.edu)). Request copies of your transcripts for your own records, and make sure that the transcripts are written in English. University transcripts should be mailed to the following address:

  Attn: Karli Webster  
  Office of International Programs  
  Kansas State University  
  304 Fairchild Hall  
  Manhattan, KS 66506 – U.S.A.

After Your Program

- **Prepare for Reverse Culture Shock**
  Believe it or not, it’s common for students to experience difficulties readjusting to American culture. Visit k-state.edu/studyabroad/after/reversecultureshock to learn how to minimize reverse culture shock.

- **Attend Unpacking Your International Experience: The Study Abroad Re-entry Event**
  This event allows you to share your experiences, meet other students, and work through reverse culture shock. For times and dates, visit k-state.edu/studyabroad/dates.

- **Attend Putting Your International Experience to Work: The Study Abroad Professional Development Workshop**
  Hosted jointly with Career and Employment Services, this workshop helps you highlight your international experience on your resume, in cover letters, and during job interviews. For times and dates, visit k-state.edu/studyabroad/dates.

- **Go Abroad Again!**
  You can study abroad as many times as you want, or explore other opportunities abroad at k-state.edu/studyabroad/after/goabroadagain. Contact your Study Abroad Advisor for more opportunities to discover the world and discover yourself!