

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/abroad/before/passport.html. If you don't have one, you may apply at the [Kansas State Student Union ID Center](#) or a [U.S. Post Office](#).
- Apply for a Student Visa**
Many countries require students to apply for a student visa. Ask an Education Abroad Advisor or find more details at k-state.edu/abroad/before/visa.html.
- Attend Pre-Departure Orientation**
For times and dates, visit k-state.edu/abroad/dates.html. Note that students on faculty-led programs are not required to participate in Education Abroad orientation.
- Prepare for Enrollment in the Education 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/abroad/current-students/before/placeholdercourse.html.
- 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/abroad/dates.html.
- Consider Health and Safety**
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. Prepare to stay safe and healthy while abroad with some tips at k-state.edu/abroad/before/healthandsafety.html.
- Plan Your Budget**
Your travel plans will include a round-trip airline ticket, ground transportation to and from your program institution, and any extra travel. To help plan your budget, visit k-state.edu/abroad/before/budget.html.
- Learn about Diversity Abroad**
Your identities travel with you. Learn about the cultural norms in your host country and their attitudes towards various populations. To get started, visit k-state.edu/abroad/current-students/before/diversity.html.
- 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/abroad/current-students/getinvolved.html.

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/ksueducationabroad), follow K-State Study Abroad on Twitter (twitter.com/KStateAbroad), add to our Pinterest page (pinterest.com/wildcatsabroad), or contact us at abroad@k-state.edu to add your videos to our YouTube channel (youtube.com/user/KStateStudyAbroad). Learn more at k-state.edu/abroad/current-students/during/stayconnected.html.

□ **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**

Before leaving your host university, be sure you know how to send your transcript to the K-State Education Abroad Office. Many program providers will automatically send a transcript to the Education Abroad Office on your behalf. Exchange and direct enroll programs require that you request your transcript be mailed. We highly recommend that you order copies for yourself as well. Please have an official transcript in English sent to:

Attn: Joe Milostan
Education Abroad
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/abroad/current-students/after/reversecultureshock.html to learn how to minimize reverse culture shock.

□ **Attend Unpacking Your International Experience: The Education 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/abroad/dates.html.

□ **Attend Putting Your International Experience to Work: The Education 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/abroad/dates.html.

□ **Go Abroad Again!**

You can study abroad as many times as your academic schedule allows, or explore other opportunities abroad at k-state.edu/abroad/current-students/after/goabroadagain.html. Contact your Education Abroad Advisor for more opportunities to **discover the world and discover yourself!**