Studying abroad will almost certainly be a defining period in your son or daughter’s educational experience—a psychological journey that will transform him or her into a global thinker with international perspectives and put him or her a step ahead of the competition in the eyes of prospective employers. In spite of this, you—and your son or daughter—may have a wide range of feelings about the upcoming experience, from excitement at its potential to stress at the idea of being far apart.

By understanding each other’s feelings and supporting decisions before, during, and after the period of overseas study, you can help maximize this opportunity. Here is some advice on what to expect (we’ve been seeing study abroad transformations in action for more than 60 years).

If you want to help your student prepare, make plans to take care of the following necessities together:

- understanding program policies
- travel documents
- health preparations
- financial preparations
- insurance
- travel planning
- how to get in touch while abroad
- what to do in case of emergency
- collecting a data file

You may have to help handle some things for your son or daughter while he or she is abroad, such as:

- renewing a driver’s license
- registering to vote or requesting an absentee ballot
- filing income taxes
- paying monthly credit card bills
- preparing for the next semester at the home school
  - open mail from the college and remind your student
    - registering for classes
    - selecting a housing option
    - preparing forms to continue financial aid

Knowledge is a series of informational brochures for students, parents, and advisors brought to you by CIEE. As the leading U.S. non-governmental international education organization, CIEE develops and provides programs that allow students and educators to study and teach abroad. We believe that there is no better way to increase international understanding and establish trust between nations. Whether you choose one of our many programs or another provider’s, we’re thrilled that you’re embarking on this transforming, enduring experience.

Additional copies and displays are available upon request.
will quickly rise to a new level of independence, so avoid the temptation to become too involved. Ultimately, this is his or her learning experience.

Before your student leaves, offer your full support. Let him or her know that you will be there throughout the experience if needed, including that you can still be reached from overseas. Time abroad often begins with a honeymoon period during which students are excited to finally be in the setting that they have dreamed of. After facing realities such as unfamiliar language, commuting woes, and the absence of usual support groups, culture shock can set in. At the same time, the student is away from on-campus medical, psychological, and advisory services they may have come to rely on (a major change in university life since we attended college is the degree to which students rely on these resources). Expect to hear tales of frustration, though your student will likely be experiencing many wonderful things as well, even if you are not the first to hear about them. In most cases he or she won’t expect you to solve problems—as much as you may want to—and is just looking for an understanding ear.

If studying abroad was your idea to begin with, be sure not to push too hard. Every year, program directors hear complaints that students—regardless of where they have studied before—regress to being freshmen again, hating their own country, and that it changed them for life. If studying abroad was your idea to begin with, be sure not to push too hard. Every year, program directors hear complaints that students—regardless of where they have studied before—regress to being freshmen again, hating their own country, and that it changed them for life. Some students—typically those who have dreamed of going abroad for as long as they can remember—will likely be experiencing many wonderful things as well, even if you are not the first to hear about them. In most cases he or she won’t expect you to solve problems—as much as you may want to—and is just looking for an understanding ear.

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Discuss how you will handle any family emergencies that may arise. It’s best to have a written emergency communication plan listing the methods of communication to use and the order in which to use them. Give your student a copy of the plan, which should include: all family telephone numbers, access codes for messages on family answering machines, phone numbers for several out-of-state relatives, and several e-mail addresses, including a backup address at an overseas provider such as Yahoo! Australia.

data file

Gather all of the information you and your student might need while he or she is away, including:

• contact information for—your student (if housing has been assigned)
  – on-site Resident Director
  – home office of the program provider (ask if they have a 24-hour emergency number)
  – study abroad office at the home school
  – doctors who have treated your student in the past
  – embassy or consulate nearest your student’s program
  – U.S. State Dept. Office of Overseas Citizen Services
• insurance policy numbers and how to submit claims
• your student’s credit card numbers
• your student’s passport number
• duplicate lost passport kit (your student should take one abroad as well) containing:
  – two passport photos
  – official copy of his or her birth certificate
  – photocopy of passport’s photo, signature, and visa pages
• program calendar

practical preparations

It’s a delicate balance, making sure your son or daughter is prepared for his or her time abroad, and letting him or her take the lead at the beginning of this new experience. Here is a list of things that should be resolved before departure, and our suggestions for ways to do so:

program policies

Make sure your student understands what policies apply to him or her while abroad. Ask home schools about credit, enrollment status, financial aid, study abroad-related fees, and services the school will provide while abroad. Ask program providers for the terms of participation, which covers issues such as course load, changes to academic programs, grade reporting, fees, and refunds.

travel documents

Check that your son or daughter’s passport and any required visas are in order. You should also have a valid passport in case of emergency.

in cash

Before departure, your son or daughter should have a general physical and dental exam; women should also have a gynecological checkup. Make sure he or she packs a complete medical record and a typed copy of any vision prescriptions needed. Ask the doctor how best to handle routine prescription medications.

finances

Decide with your son or daughter how to access money for both everyday financial needs and emergencies. Certain mon- etary instruments may be preferable in certain destinations, so ask your program provider for more specific recommenda- tions. Generally, it’s important to ask your bank how (or if) its ATM card will function abroad and what extra fees there might be. A personal credit card with cash advances or travel- er’s checks could also make sense. Then, make arrangements to pay any monthly bills and, if necessary, to file your son or daughter’s income taxes.

insurance

Continue carrying your student as a dependent on your health insurance policy, even if he or she will have other coverage while studying abroad. Be aware that in many coun- tries the cost of medical services must be paid in advance by the patient (and then reimbursed by insurance). Insure valuables your son or daughter will take on the trip, such as a laptop computer, camera, or video recorder. Also consider tuition, trip, travel, and luggage insurance. Advise him or her not to bring irreplaceable objects such as family jewelry.

travel planning

Research travel costs and help book flights. Learn regulations regarding the type and size of luggage that can be carried, then help your son or daughter pack lightly. Be aware of any restrictions the tickets you purchase may have (such as a change policy). A money belt can help keep valuables safe during the trip.

contact planning

Make sure you have a telephone number where you can reach your student and know the times of day when he or she is most likely to be there. Minimize the cost of staying in touch by establishing methods in advance. Contact your phone service provider to arrange for a calling card, research interna- tional phone options, or learn the most inexpensive way to call collect or wirelessly from the destination country. You may

be able to select an international plan that has reduced calling rates to that particular country to minimize costs of calling from home. Given the cost of telephoning, it might be better to set up a regular schedule for e-mailing or instant messaging instead.

emergencies

Make sure you will be informed if your student runs into difficulty overseas. Since students are almost always adults (over 18 years of age), you will not receive that information unless you are designated as his or her emergency contact. In some cases, even that is not sufficient, so you may want to have him or her sign a release form as a precaution.