

Study Abroad Office  
University of Illinois Chicago  
502 UH  
601 S. Morgan, Chicago IL 60607

Phone: (312) 413-7662  
Fax: (312) 996-9492  
E-Mail: sao@uic.edu

## **Study Abroad Pre-Departure Self-Orientation Worksheet**

ARE YOU READY TO STUDY ABROAD?  
YOU'RE GETTING THERE IF YOU CAN ANSWER THESE QUESTIONS ...

### Registration and Classes

- What University/Program will you be attending? When does the term begin? When do classes start? When do they end? When are final exams/papers?
- How will you be registered at the University of Illinois for your term abroad?
- How will you get the courses you want to take abroad approved for UIC credit?
- If you decide to take different classes once you're abroad, how do you get them approved for UIC credit? What is the timeline for this?

### Money

- How much will your program cost? Do you know how you will pay for it?
- If you will be applying for financial aid, have you taken a budget to the Financial Aid Office?
- How much money will you take? Will you take U.S. or foreign currency, traveler's checks, credit cards? How will you get additional money if needed?

### Medical Issues

- What health risks are there in your host country?
- Do you need to get inoculations before you leave? (If you're not sure, you might want to check out the Centers for Disease Control website: [www.cdc.gov/travel/travel.html](http://www.cdc.gov/travel/travel.html))
- Will you need any prescription medications while you are abroad? Do you have enough to last you the entire time you are abroad?
- Have you received your CISI health insurance card? Will your insurance cover you directly, or will you need to pay up front and get reimbursed? Who will you contact if you have questions regarding insurance while abroad?
- Do you wear eyeglasses or contacts? What is your prescription? Can you take an extra pair of glasses with you?

### Host Institution and Country

- Will someone meet you at the airport/train station when you arrive? Who? What will you do if that person is not there?
- Where will you be living while you're studying abroad?
- How are students usually evaluated academically in the country where you will be studying? Tests? Essays? Papers? Discussions? Participation?
- What kind of visas, if any, do you need to enter your host country? How do you get them?
- What is the political situation in your host country?
- What are the dominant religions in your host country? What are the local views about sex, birth control, and homosexuality? Are you comfortable with these views?
- What are the customs regarding drinking alcohol in the host country?
- While abroad, you will be under legal jurisdiction of the country you will be in (or traveling in). Do you know the penalties in your host country for taking or smoking illegal drugs?

### Travel and Current Events/Views

- Where would you like to visit while you are abroad? (i.e., adjacent countries, different parts of your host country.)
- Will you need any other visas where you want to travel? If so, how will you get the visas?
- Do you have a good guide book about your country? If not, take a look at "Lonely Planet", "The Rough Guide", and "Let's Go".

### Packing

- What specifically will you pack? Could you carry this luggage by yourself if you need to walk 10 blocks with it? Should you take appliances, or can you buy them overseas?

### Staying in Touch

- How will your parents and friends contact you? Do they know your phone number (and how to dial it)? Do you have the phone numbers/email addresses you will need/want?
- Do you know how to contact the Study Abroad Office?