CONTENTS

DIRECTOR’S WELCOME — 3
BEFORE DEPARTURE — 4

ACADEMICS — 4
Registration Process and Study Lists 4
Making Changes to Your EAP Study List 5
Getting Credit for Your Major / Minor GEs 5
Registration for the Quarter of your Return to UCSB 5
Graduation and Graduating Seniors 6
Tips on How to Succeed Outside of the Classroom 6

WITHDRAWING AND EXTENDING ON EAP — 7

MONEY MATTERS — 9

FINANCES — 10
Who to Contact 10
How Finances Work with EAP 10
Sample Budget Worksheet 11
Finances for Financial Aid Students 12
Finances for Non-Financial Aid Students 14
Sample Payment Coupons 14
Extended Payment Plan 15
Additional Fees 15
Power of Attorney Frequently Asked Questions 16

LOGISTICS — 17

HEALTH INFORMATION — 18

HEALTH INSURANCE — 19

SAFETY INFORMATION — 20

SOCIAL ISSUES TO CONSIDER — 21

CULTURAL ADJUSTMENT DURING YOUR EXPERIENCE ABROAD — 22
What is Culture Shock? 22

MAKING THE MOST OF YOUR EDUCATION ABROAD EXPERIENCE — 25

YOUR RETURN TO SANTA BARBARA — 26
DIRECTOR’S WELCOME

Congratulations on your admission to the University of California’s Education Abroad Program, one of the top-ranking such programs in the nation. You are among a select group of UCSB, indeed American, undergraduate students who have chosen to challenge yourselves by going to live and study in a foreign country.

Your reasons for doing this are various—wanting to develop a truly global outlook, acquiring proficiency in a second language, taking advantage of course offerings not available at UCSB, discovering your cultural heritage, exploring new places and meeting new people, as well as acquiring knowledge and skills pertaining to a desired future career. Whatever your reasons, you will soon find that your decision to travel and acquire knowledge in far off lands will entail experiences that will change you, and provide memories that will stay with you throughout your lives. I know this as a person who spent the summer of his junior year on an archaeological dig in Israel, did graduate studies in Egypt for more than two years, and directed UCEAP study centers in Egypt and India for some five years.

Our experienced staff here at the UCSB campus EAP office has been with you from the beginning, assisting you with selecting a program, successfully completing the application process, obtaining financial aid, and preparing you for your departure and return. You have also worked with our enthusiastic peer advisors and student interns, all of whom are EAP returnees who enjoyed their experience so much that they come back to campus eager to help others take advantage of the same opportunities they had. The contributions of all these people have consistently helped make UCSB one of the leading campuses in the entire UC system with respect to EAP participation. This is an especially impressive accomplishment in these difficult times for our University and the state of California.

I am confident that you will enjoy great success in your studies and travel. Please stay in touch with us in the months to come—let us know about your discoveries and accomplishments. Of course, we look forward to seeing you when you return. By your very participation in EAP you are truly helping to make UCSB a world-class university.

Professor Juan E. Campo
Campus Director
UCSB Education Abroad Program
**Before Departure**

**Things to do Before Departure**

- Update your address in GOLD and MyEAP. Make sure the University has a U.S. address for you while you are abroad.
- Make sure your BARC account is paid – BARC charges left unpaid will result in holds when you register for following UCSB terms. Unpaid charges could cause potential problems that may be difficult to resolve quickly once you are abroad, so take care of this now.
- It is highly recommended that you declare your major before leaving. Consult with your major academic advisor prior to departure if you have any questions. Keep in touch with them once abroad if you have any concerns about courses counting for your major. Make sure you have their current email address.
- Check your email frequently – you will continue to receive important information and we need to know where to send it. You must frequently check your Umail address and the email address that you listed on your EAP application.
- The UCEAP pre-departure information can be found online at [www.eap.ucop.edu/participants](http://www.eap.ucop.edu/participants). Complete all of the paperwork in the checklist by the deadline. **Students, including alternates and conditionals, could be withdrawn from the program if they do not complete forms by the deadlines.** While some documents only take a few hours to complete, others may take a few weeks. For example, getting official bank statements and forms that may need to be notarized could take a while.
- Note about visas: UCEAP has no control in this matter. Only the host country consulate can grant you a visa. We cannot make any exceptions or bend the rules for you. Your UCEAP pre-departure checklist will contain visa information for your specific country.
- Research your country – be informed about the traditions, social customs, political climate, history, and current events of the country before you go, and respect the rules of your host country and university. Remember that you are an ambassador for UCSB, the United States, and the state of California.

**Academics**

**Registration Process and Study Lists**

All courses taken abroad through EAP must be carefully described and approved for UC credit in order to be listed on the student’s academic record by the Systemwide Office of EAP. Credit for EAP course work is recorded in UC quarter units.

Before the start of the academic term, the Study Center Director or Liaison Officer will meet with the students and discuss the academic program. All EAP students, regardless of the type of program they are undertaking, must enroll with the host university and with the online EAP Registration Study List, and will earn final grades for those courses. EAP students enroll in regular host university courses, courses specifically designed for EAP or international students, independent study or a combination of these types of programs.

With the support of the Study Center, EAP students may enroll in courses that UC students have not previously taken. New courses are approved for UC credit each year. Students are also responsible for bringing home syllabi, reading lists, papers, corrected exams, and other evidence of their course work.

After the student has consulted with the Study Center and determined an academic program, the courses should be listed on the Registration Study List. The student and the Study Center Director or Liaison Officer must then sign and date the Registration Study List. The original Study List is sent to the Systemwide Office of EAP (UCEAP); one copy remains in the Study Center file; and one copy is kept by the student. Each student is responsible for completing all courses on the Registration Study List. Any change to the Registration Study List must be made by petition.
Making Changes to Your EAP Study List

If anything on your EAP Study List changes during your term abroad (grading option change, courses added/dropped, etc.), make sure you communicate these changes to your Study Center Director and get approval in writing. Do not accept verbal assurances! These will not help you if somebody’s memory fails. Keep photocopies of your EAP Study List and all revisions that are made to it. Do not confuse your registration at your host university with your EAP Study List. Any changes you make at your host university will NOT automatically change your UC registration. If you make any registration changes at your host university, make sure that they are also noted on your EAP Study List.

By the middle of each term each student should verify that the Study Center has accurate descriptions of the course work in which he or she is enrolled and that all the necessary paperwork has been filled out by both the student and the Study Center. Students must keep copies of all their work including the Registration Study List in case of a discrepancy regarding course work-related information once they return to UCSB.

Remember:
- No more than 1/3 of EAP units may be taken P/NP.
- The Intensive Language Program (ILP) must be taken for a letter grade.
- To fulfill GE requirements for L&S, EAP courses must be at least 3 quarter units.
- Whether you take courses P/NP or for a letter grade, remember that once EAP grades have been assigned, it is just as difficult to have the grading option changed retroactively as it is at UCSB, i.e. ALMOST IMPOSSIBLE!

Getting Credit for Your Major / Minor GEs

Keep in contact with the academic advisor in your department and college while abroad, and consult them when picking courses. Keep copies of your email correspondence to verify the advice you were given. Make copies of everything – coursework, grades from your classes, quizzes, tests, papers, etc… When you return and wish to petition EAP courses to count for major/minor/GE credit, be prepared to show your course information to your department and college advisors so that everything transfers.

Please Note: to fulfill GE requirements in the College of Letters & Science, EAP courses must be at least 3 quarter units

After your EAP courses are posted to your UC transcript you can petition for them to count for major, minor, or GE requirements. Please keep in mind that grades arrive SLOWLY – they can take up to 90 days to be posted to your UC transcript.

Registration for the Quarter of your Return to UCSB

Schedule of Classes

The Class Search is available at http://my.sa.ucsb.edu/public/curriculum/coursesearch.aspx. You can also use GOLD (https://my.sa.ucsb.edu/gold/login.aspx) to access the online schedule of classes and to register for classes for the quarter you return to UCSB.
Pass Times

You will need to check GOLD to obtain your pass times and registration information. Refer to the “Save your Life” flyer for the Registrar’s projected dates regarding pass times and registration. Please note that since students do not earn units until a final grade is recorded, your class standing may hinge upon the reporting of EAP grades. This has implications for courses for which senior status is required as well as for graduating seniors.

Graduation and Graduating Seniors

Residency Requirement

Of the last 90 units you take at UCSB, you must take 35 here on campus. This leaves 55 units for you to take abroad in your host country – you can graduate abroad, just make sure your units match up!

EAP Grades

Grades arrive SLOWLY – they can take up to 90 days to be posted to your UC transcript. It is not possible to obtain grades early! If you know that you need grades for graduate school applications of employment, please contact your EAP advisor. They can send a letter verifying that you participated on EAP and explain that grades take time to arrive.

Petitioning to Graduate From Abroad

It will take a minimum of 90 days after the official program end date for EAP grades to be reported to the UCSB Registrar’s office. It is not possible to ask for early grades. To satisfy requirements for graduation, official grades for EAP work must be reported to the UCSB Registrar’s office no later than four weeks after the end of the UCSB quarter that a student intends to graduate and all course work must be completed by the last day of the UCSB quarter in which a student intends to graduate.

Most graduating EAP students, therefore, will declare candidacy to graduate the quarter after they complete EAP. For example, a student completing the necessary requirements in spring of 2012 would file for inclusion on the summer 2012 list of candidates. All candidates for undergraduate degrees must announce their candidacy for graduation on GOLD no later than the second week in the quarter in which the degree is anticipated.

NOTE: If your grades are not reported to the UCSB registrar’s office in sufficient time for you to be included on the list of graduation candidates for the desired term, you must file a new petition for the following term. Your name will NOT be transferred to the following term automatically. Refer to www.registrar.ucsb.edu for more information.

If You Do Not Graduate Abroad as Expected

You are required to return to UCSB and take a minimum of 12 units. If you reach the maximum number of units allowed by your college, you may have to petition in order to be readmitted to UCSB.

Commencement Information

Available online: www.ia.ucsb.edu/commencement

NOTE: You can only attend commencement if your EAP program is officially completed (you have completed your finals etc.) in time. You may not leave your program early to attend commencement.

Tips on How to Succeed Outside of the Classroom

- Focus on cultural immersion – do not spend too much time calling people at home
- Meet the local people – it’s up to you to be proactive
- Speak in the foreign language – don’t be afraid to make mistakes
- Be more polite than usual and learn about the local customs
- Try new things – food and cultural activities
WITHDRAWING AND EXTENDING ON EAP

Withdraw on EAP

Withdrawal from EAP, either before or after departure, requires written notification to EAP.

If you decide to withdraw from your program before you depart:

- Please be aware of the withdrawal deadlines! If you withdraw after the deadline, you will be charged a fee of $500. You may also be required to pay any third-party provider fees and any EAP non-recoverable costs, if applicable.
- If you wish to withdraw before departing on EAP (whether before or after the deadline), you must come to the UCSB campus office and fill out a Pre-Departure Withdrawal Form. If you are unable to come in person, an email to your Regional Advisor will usually suffice.
- We will notify the Registrar and Financial Aid Office of your decision to withdraw from EAP, and you will receive pass times for the next quarter at UCSB.

If you decide to withdraw from your program after you depart:

- If you decide to withdraw after you arrive in your host country, you will be subject to all of the fees you have paid thus far for your program. You will also have to pay a withdrawal fee. In certain rare circumstances, you might be able to have this fee waived.
- We are aware that there are some extenuating circumstances that would cause you to want to withdraw; however, please be aware that this is a big decision and must not be taken lightly. Please note: YOU MAY BE REQUIRED TO APPLY FOR RE-ADMITTANCE TO UCSB.
- If you do decide to withdraw after you have arrived in your host country, you must go to the Study Center and discuss it with them. They will give you a Post-Departure Withdrawal Form, and you must list the reasons you have decided to withdraw. You must also attach a brief description of why you are withdrawing.
- From there, the Study Center will send the Post-Departure Withdrawal Form to the UCSB campus office, where we will notify the Office of the Registrar and the Financial Aid Office of your decision to come home early. The approval of the Dean of your college will be required for your post-departure withdrawal. Your college will determine when you will be allowed to return to UCSB with or without conditions.
- UCEAP will pro-rate your EAP fees based on the duration and costs of your participation.
- Your financial aid will be repackaged. You may owe money and your financial aid may be affected for following terms.

Note: If you decide to withdraw after you have arrived in your host country, you may need to apply for re-admittance to UCSB and pay the $60 re-admission fee. It can be a costly and lengthy process! Please consult your Study Center Director to determine the best plan of action.

Extending on EAP

For those of you with options to extend your programs (for example, a fall semester program in the UK with an option to extend to a full year), you should have filled out a DPA (departmental pre-approval to extend) at the time of your application. This form allows you to choose whether or not you think you will extend your stay abroad. We recommend that if you have any inkling you want to extend your stay, you should definitely check, “yes, I’m thinking about extending” on this form. Not all programs have an option to extend, and extension is dependent upon the availability of space.
If you did check “Yes, I’m thinking about extending” on the DPA:

✧ You would have had to meet with your department advisor to get approval to extend.

✧ Once you get abroad and decide on extending, you can activate your DPA by filling out the Request for Final Approval to Extend (RFA) at your Study Center by the deadline and asking someone there to sign it for you. You must do this by the deadline on your DPA form – pay attention to the deadlines! (If you have decided not to extend, you don’t have to do anything.)

✧ The Study Center will send the signed RFA back to the UCSB campus office, where we will notify the Registrar and Financial Aid about your decision to extend your stay abroad.

Simple! Easy! Effective! We at the campus office recommend that if you checked “no” on your form originally but are now thinking about extending, come back to our office before you leave and fill out a DPA! It takes one brief meeting with your major advisor and it will save you a lot of trouble if you decide to extend while abroad. (Exception: France and Spain have visa issues that make it impractical to apply for a long term visa unless you’re absolutely certain you plan to extend. Please talk to your EAP advisor.)

If you checked “No, I don’t want to extend” on the DPA (but want to extend anyway):

✧ You will have to go to your Study Center and arrange a meeting with your director or your liaison. From there, you will have to fill out a Petition to Extend, and you will have to attach an essay explaining why you want to extend. Your petition will have to be approved by the Study Center, UCEAP, and your UCSB Major Department(s) and College.

✧ The Study Center will send the petition to the campus office, where it will have to be approved by your major department(s), and your College. After you are approved, we will notify the Registrar and Financial Aid of your decision to extend.

✧ This is a lengthy process! It could take up to six weeks to process so you must be patient.

Note: There are deadlines that govern the extension process! If you initiate the process and then change your mind after the deadline date, you will be charged a $500 withdrawal fee and any non-recoverable EAP costs.

If you extend:

✧ Remember to budget appropriately. There may be a delay in your financial aid disbursements due to the repackaging of your financial aid.

Your UC campus may send you a BARC bill for the term to which you are extending. If you receive a BARC bill, contact your EAP UCSB Advisor for assistance.
MONEY MATTERS
(refer to the UCEAP Guide to Study Abroad for further details)

How much money do you think you will need once abroad? Budget carefully and accordingly.

Cash
- You may obtain foreign currency prior to departing the U.S. Although there will be more fees and an unfavorable exchange rate if you choose to get the funds at your local bank, it may be helpful to have local currency when you arrive at your destination.
- If you choose to exchange money in your host country, you may do so at the airport, banks, hotels, and foreign exchange offices. Banks tend to offer the best rates.

ATM
- Before you leave the U.S., notify your bank about where and when you will be abroad so they do not block your foreign transactions.
- It is possible to use ATM machines to obtain local currency. Check with your bank at home to make sure that your card can be used and that your pin number will be valid. This may need to be a certain number of digits, and pins that begin with 0 may not work abroad.
- Bank card withdrawals are debited (in dollars using the market exchange rate) from your U.S. bank account directly.
- ATM machines will generally charge you a transaction fee. The fees could come from your own U.S. bank and the bank in the host country.

Credit Cards
- Credit cards are usually accepted worldwide. However, they might not be accepted in certain locations so it is best for you to check prior to leaving.
- You should consider taking at least 1 credit card with you for emergency purposes.
- Transaction fees may apply so check with your credit company prior to departure.
- Notify your credit card company about where and when you will be abroad so they do not block your foreign transactions.

Travelers Checks
- You may purchase these at your local bank prior to departure.
- Follow the instructions on the checks for how to cash and what to do if you lose them.
- Travelers checks could usually be cashed at most banks, foreign exchange offices, and hotels. Refer to your EAP Country Specific Student Guide Book and speak with returnees to determine if these checks are widely accepted in your host country.

Power of Attorney (see Power of Attorney Frequently Asked Questions on page 16)
- Allows students to designate someone to act on their behalf regarding financial and other matters. Note: This is a different form than the UCEAP 3rd party authorization form. (see next page for details).
FINANCES

Who to Contact

UCSB Financial Aid Office for questions about:

- Award Letters
- Changes to Financial Package
- Awards—Confirm/Accept

Mischa Lopez, Financial Aid Advisor: Mischa.Lopez@sa.ucsb.edu; (805) 893-4497

UCEAP Finance Accountants for questions about:

- EAP Disbursements
- EAP Program fees
- Account Statements

Contact information for the UCEAP Finance Accountant for your program can be found at the top of your UCEAP pre-departure checklist or in the UCEAP Guide to Study Abroad.

How Finances Work with EAP

- The UCSB Financial Aid office makes changes to your financial aid and generates your award letter. UCEAP applies your financial aid to your fees, collects your payments, produces statements, and makes disbursements. Payments are NOT made to BARC. If you receive charges to your BARC account while abroad, please contact your UCSB EAP Advisor for assistance.

- eRefund (direct deposit) enrollment is strongly suggested as a method of receiving refunds and/or disbursements. To receive money via eRefund from EAP you will have to enroll through MyEAP. If for any reason there are difficulties with eRefund arrangements, a check will be mailed to the Financial Address you submitted in your application. Federal Law prohibits EAP from mailing checks abroad (this includes Stafford loans, Tate award, outside agency scholarships, Private Loans, etc.). They will be sent to your U.S. Financial Address.

- If you need further clarification regarding your financial concerns, contact your Student Finances Accountant. Please keep your Student Finances Accountant informed of any address changes by e-mailing them in a timely fashion.

- Complete the student budget worksheet (sample below). The budget worksheet and payment coupons for your program can be found at www.eap.ucop.edu/participants. Program fees assessed to your EAP student account are based on this budget.

Third-Party Authorization

- This is optional and it allows you to give someone (most likely a parent or guardian) the ability to access your MyEAP Financial Account and to submit electronic payments on your behalf.

- To activate, log into MyEAP, click on the ‘Third Party Authorizations’ menu, and enter the name and email address of the third party. There is no limit to the number of financial third parties you might have and you can remove any financial third parties linked to your login at any time.

- Third parties access to MyEAP is highly restricted. They can only access and view your financial account and submit electronic payments on your behalf. They do not have access to student personal, contact, academic, or any other sort of information not related to your Financial Account. Other than making electronic payments, third parties cannot change any information in your application, finance related or otherwise.
# Sample Budget Worksheet

## Student Budget Worksheet: Spain Immersion - Spain Universities, University of Granada Year 2010-2011

This budget reflects the cost to an Undergraduate student attending this program. The cost of participation in EAP will vary depending on the student’s EAP Study Center, UC Campus, and California residency status. The following worksheet is designed to assist in calculating the total estimated cost of participation in this program.

### 1. UC Fees (The following fees are paid to EAP).

<table>
<thead>
<tr>
<th>Fee Type</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>UCEAP Fees</td>
<td>$12,646.00</td>
</tr>
<tr>
<td>Room &amp; Partial Meals - ILP</td>
<td>$1,590.00</td>
</tr>
<tr>
<td><strong>UCEAP Fees applicable during the EAP term (A)</strong></td>
<td><strong>$14,236.00</strong></td>
</tr>
</tbody>
</table>

Your UCEAP fee covers all instructional costs and related student services including:
- Pre-departure information and advising
- On-site orientation and advising
- Program services and administration
- Cultural activities
- 24/7 emergency assistance
- Automatic transfer of credits and grades to UC transcript
- Direct application of UC financial aid or scholarships toward program costs
- Accident, medical, and travel insurance

If applicable to your program, the following costs are also included:
- Excursion(s)
- Intensive language program
- Mandatory host country insurance
- Independent study or internship opportunities

#### B. Miscellaneous Campus Fees will be collected by UCEAP and returned to your campus plus Non-Resident and Graduate fees if applicable. Please refer to each table below for applicable amounts to include:

<table>
<thead>
<tr>
<th>Miscellaneous Campus Fees</th>
<th>Non-Resident Tuition</th>
<th>Graduate Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fees assessed and returned to your campus, Add applicable amount(s) from table(s) (B)</td>
<td>$</td>
<td></td>
</tr>
</tbody>
</table>

**Total Fees Payable to the UC Regents via UCEAP. Add (A) and (B) (C) $**

### 2. Estimated Personal Expenses (The following expenses are NOT paid to EAP).

The amounts below are an estimate of minimum out-of-pocket expenses. The estimate does not include personal entertainment or independent travel abroad.

These costs are based on the following exchange rate and may fluctuate: US$1: 0.73 Euro

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meals - ILP</td>
<td>$175.00</td>
</tr>
<tr>
<td>Room &amp; Meals - Fall</td>
<td>$3,645.00</td>
</tr>
<tr>
<td>Room &amp; Meals - Spring</td>
<td>$3,645.00</td>
</tr>
<tr>
<td>Incidentals/Transportation/Books - Fall</td>
<td>$1,060.00</td>
</tr>
<tr>
<td>Incidentals/Transportation/Books - ILP</td>
<td>$210.00</td>
</tr>
<tr>
<td>Incidentals/Transportation/Books - Spring</td>
<td>$1,060.00</td>
</tr>
<tr>
<td>Pre-Departure Expenses</td>
<td>$415.00</td>
</tr>
<tr>
<td>Round-Trip Airfare</td>
<td>$1,600.00</td>
</tr>
</tbody>
</table>

**Estimated Personal Expenses (D) $11,810.00**

Total EAP Fees, UC Fees and Personal Expenses. Add (C) and (D)

Payment information located on next page.
Finances for Financial Aid Students

If you will receive student loans, grants, or scholarships on EAP, you are a financial aid student.

Financial Aid Process

1. EAP alerts the UCSB Financial Aid office that you are going abroad
2. Financial Aid packages you according to new EAP cost
3. You accept or decline award online
4. UCEAP applies your financial aid to your fees to study abroad
5. UCEAP disburses money -OR- UCEAP emails a final billing statement to your umail account approximately 30 days before the final payment due date

You DO NOT need to submit the first payment of $950. If you submit the first payment and realize later that you will get this back in the form of a disbursement, you must wait for the scheduled disbursement.

You may or may not need to make the second payment – please see the instructions below.

If you must submit any documents or letters to the UCSB Financial Aid Office, please write “EAP” on them for faster processing. Make sure that all of your loans and parent loans that require promissory notes are signed and check your mail and email frequently in case additional information is requested. Forms that are incomplete and/or missing signatures will cause delays when creating your financial aid package. Your financial aid package must be completely processed before you can receive any disbursements.

Will I Receive a Disbursement?

You will receive a disbursement if your financial aid award is more than the fees owed to UCEAP.

For example: Financial Aid Award = $10,000
- EAP Program Fees* = $6,000
Disbursement = $4,000

* EAP Program Fees are the fees in section 1 of your budget worksheet. You will be responsible for your airfare and other pre-departure expenses. You will need to pay for these expenses on your own prior to receiving your disbursement.

UCEAP cannot advance any money to you, so plan accordingly and estimate what expenses you will need to pay out-of-pocket before receiving a disbursement from UCEAP.

When and How Will I Get My Money?

The first disbursement occurs a few weeks prior to departure – the full disbursement schedule can be found in your UCEAP Guide to Study Abroad. Private scholarships and parent loans will be mailed from UCSB to your financial address.

It is strongly recommended that you enroll in eRefund (direct deposit) which allows UCEAP to deposit the disbursements directly into your U.S. bank account. This is NOT the same as your UCSB direct deposit. To enroll in eRefund log into MyEAP and select “eRefund signup” on the menu.
What if I Owe Money?

You will be responsible for the costs that your financial aid does not cover. Compare your award letter to EAP Fees to determine what amount you might owe.

For example:  
EAP Program Fees* = $10,000  
− Financial Aid Award = $6,000  
Amount you owe = $4,000

* EAP Program Fees are the fees in section 1 of your budget worksheet.

UCEAP will email a final billing statement to your umail account approximately 30 days before the final payment due date. It is your responsibility to determine whether or not you will need to submit money for the second payment.

Do I Need to Make the Second Payment? (For students participating in YEAR programs ONLY)

Year-long programs have three payments dates. If you receive financial aid, you will need to calculate whether or not you need to make a second payment – and if so, how much.

As soon as you receive your financial aid award, please follow the steps below to figure out whether or not you will need to make the second payment. You may need to get an estimate of your financial aid package.

1. Use Payment Vouchers: [www.eap.ucop.edu/participants](http://www.eap.ucop.edu/participants)  
(Money Matters tab --> EAP Student Budgets and Payment Vouchers)

2. Compare your Financial Aid Award to the amount due on the second payment coupon PLUS the first payment coupon for the full amount due.

   Example:  
   Payment 1 amount = $950  
   + Payment 2 amount = $3,000  
   2nd payment amount due = $3,950

3. If the Financial Aid Award is more than the Amount Due, you DO NOT need to make the second payment (UCEAP will apply your financial aid to the amount due)

   Example:  
   Financial Aid Award = $10,000  
   − 2nd Payment Amount = $3,950  
   2nd Payment Amount Due = $0

4. If the Financial Aid Award is less than the Amount Due, you need to pay the difference

   Example:  
   2nd Payment Amount = $3,950  
   − Financial Aid Award = $2,000  
   2nd Payment Amount Due = $1,950

Please note: if you need to make any portion of the second payment, you will need to do so by the due date in order to avoid being assessed a $50 late payment fee.

How to Make Payments

Submit a check made out to “UC Regents” to UCEAP or pay online through MyEAP by the payment due date. Include your perm number on the check. Late payment penalties in the amount of $50.00 are assessed for each payment not received by the due date. UCEAP will email a final billing statement to your umail account approximately 30 days before the final payment due date.

If you are designating someone to make payments for you, make sure they know where to find the payment coupons and that they understand the process. You can also allow someone to access your financial account and make payments on your behalf in MyEAP. To do so, select the the ‘Third Party Authorizations’ menu in MyEAP and follow the instructions.
Finances for Non-Financial Aid Students

Do You Need a Student Loan?

If you think you might need a student loan for EAP, contact the UCSB Financial Aid Office immediately and complete the FAFSA. Completing the FAFSA will make you eligible for student loans. Please keep in mind that filing the FAFSA and then getting your funds do not happen immediately…paperwork needs to get processed by the federal government and UCSB so plan ahead!

How to Make Payments

Submit a check made out to “UC Regents” to UCEAP or pay online through MyEAP by the payment due date. Include your perm number on the check. Late payment penalties in the amount of $50.00 are assessed for each payment not received by the due date. UCEAP will email a final billing statement to your umail account approximately 30 days before the final payment due date.

If you are designating someone to make payments for you, make sure they know where to find the payment coupons and that they understand the process. You can also allow someone to access your financial account and make payments on your behalf in MyEAP. To do so, select the the ‘Third Party Authorizations’ menu in MyEAP and follow the instructions.

Sample Payment Coupons

---

**Payment #1: Spain**

**Immersion - Spain Universities, University of Granada**

**Year 2010-2011**

| Payment Due Date: | May 1, 2010 | Balance Due: | $900.00 |

Send your payment, payable to the Regents of the University of California to:

Universitywide Office, Education Abroad Program, Attn: Payments, 5950 Hollister Avenue, Suite 200, Goleta, CA 93117-5823

Include student’s name and University of California ID number on check or money order.

---

**Payment #2: Spain**

**Immersion - Spain Universities, University of Granada**

**Year 2010-2011**

| Payment Due Date: | August 1, 2010 | Balance Due: | $7,118.00 |

Send your payment, payable to the Regents of the University of California to:

Universitywide Office, Education Abroad Program, Attn: Payments, 5950 Hollister Avenue, Suite 200, Goleta, CA 93117-5823

Include student’s name and University of California ID number on check or money order.

---

**Final Payment: Spain**

**Immersion - Spain Universities, University of Granada**

**Year 2010-2011**

| Final Payment Due Date: | December 1, 2010 | Amount Due Is Balance in MyEAP Account: | |

Send your payment, payable to the Regents of the University of California to:

Universitywide Office, Education Abroad Program, Attn: Payments 5950 Hollister Avenue, Suite 200, Goleta, CA 93117-5823

Include student’s name and University of California ID number on check or money order.

**IMPORTANT NOTE ABOUT YOUR FINAL PAYMENT:** The final payment amount may vary for each student depending on payments received, financial aid transactions, and program fee adjustments. Please check your MyEAP student account for the balance due. UCEAP will e-mail a notification of balance due approximately 30 days prior to the due date.

---

**YOUR FINAL EAP STATEMENT WILL BE EMAILED TO YOUR UMAIL ACCOUNT**
Extended Payment Plan

An Extended Payment Plan is designed to give students an opportunity to pay their EAP program fees over an extended period of time. There is no interest charge because the Extended Payment Plan is not a loan. Students who owe EAP money or have a history of payment difficulty may be denied an Extended Payment Plan. If you wish to sign up for an Extended Payment Plan, you must contact the Student Finance unit at studentfinance@eap.ucop.edu.

Additional Fees

Non Sufficient Funds/Returned Item Fees

If payment made by check or e-check to your EAP student account is returned by the bank for any reason, your EAP student account will be assessed a Non Sufficient Funds/Returned Item Fee. A check is only returned by the bank after two deposit attempts. EAP does not have control over the timing on these attempts.

The first time a payment is returned, the fee will be $25.00. For further returned items, the fee will be $35.00. You will be assessed this fee regardless of the amount of the check or the reason it was returned.

You may be required to make repayment with a money order or a cashier’s check.

Late Payment Fee

You must pay at least the Minimum Amount Due reflected on the Payment Coupons to avoid late payment penalties. For the Final Payment coupon, the Minimum Amount due is located on your EAP student account. Late payment penalties in the amount of $50.00 are assessed for each payment not received by the due date.

Extended Payment Plan Fee

There is a non-refundable participation fee of $25.00, which will be assessed to your EAP student account upon enrollment in the Extended Payment Plan.

Each Extended Payment Plan payment must be made by 4:30 pm on the due date reflected on the Extended Payment Plan. Late Payment Fees will be assessed for a late Extended Payment Plan payment each month. See Late Payment Fee. One Late Payment may affect eligibility for future participation in the plan. Two Late Payments may cancel the Extended Payment Plan and cause ineligibility for future participation in the Extended Payment Plan program.

UCEAP Withdrawal Fee

Withdrawal from EAP, either before or after departure, requires written notification to EAP. If you withdraw prior to departure you must contact the UCSB campus EAP Office. Students who withdraw or become disqualified to participate in EAP after the withdrawal deadline are subject to the $500 UCEAP Withdrawal fee, as well as program fees, and unrecoverable costs determined by EAP, regardless of the reason for withdrawal.
Power of Attorney Frequently Asked Questions

Do I need a Power of Attorney while I am studying abroad?

The UCSB EAP Office recommends that all students studying abroad select a person to take care of their financial affairs while they are out of the country. This is done by assigning a Power of Attorney. Some instances when a Power of Attorney may be necessary are:

1. to receive checks made payable to you for educational expenses
2. to sign and deposit checks made payable to you
3. to handle issues related to your financial aid
4. to access information in your student account/financial aid files
5. to process banking transactions
6. to process insurance questions
7. to pay bills
8. to sign a lease on an apartment for the quarter after you return

What are the steps to assigning a Power of Attorney?

Assigning Power of Attorney is a legal process that involves a document which assigns another person to act as your legal representative in specific situations. While you may meet with an attorney to draft a document, it is simpler to sign a pre-drafted form.

To arrange a Power of Attorney without a lawyer, simply fill out the Power of Attorney form, which can be found on the UCSB EAP website at http://eap.ucsb.edu/finances/powerofattorney.html, and then have your signature notarized. Note: the Power of Attorney document must be signed by you in the presence of a Notary Public.

Please submit two photocopies of the form to the UCSB EAP office. Whoever you designated as Power of Attorney should keep the original.

What is a Notary Public?

A Notary Public is a person who has been designated by the government to confirm the identity of a person signing a document or to confirm that a document is legal. Most banks and post offices provide this service. The EAP office can provide a list of nearby Notaries Public.

Who should I ask to be my Power of Attorney?

You should select a person you consider trustworthy to make decisions in your best interests and sign on your behalf. Most students select a parent, significant other, or long-term friend. A casual acquaintance is NOT recommended. University staff, including the UCSB EAP Office, may not act on your behalf. Always ask the individual before appointing them as your Power of Attorney.

For what period of time should I have a Power of Attorney?

If you plan to travel prior to and/or after your study abroad experience, the Power of Attorney should include the entire time you plan to be away.

How far in advance should I begin arranging for Power of Attorney?

You should take care of arranging your Power of Attorney well in advance of your departure (two to three months ahead of time should be sufficient). Give the completed and notarized original document to your Power of Attorney, keep a copy for yourself, and bring two copies to our office (one for us to have on hand for emergencies and one for Financial Aid to have for their records).
LOGISTICS

Packing

Do not overpack! You will be responsible for carrying everything that you bring with you once you arrive at the airport in your host country. Determine what the weather will be like at your EAP destination. Is the dress code norm usually casual or more formal? Even if it’s casual, it might still be a good idea to bring at least one nice outfit for special events. Carry on the plane with you essentials such as eye glasses, contacts, prescription medication, etc. just in case your suitcase gets lost. Remember to carry your passport with you – do not pack it in your suitcase.

Arrival Details

STUDENTS MUST ARRIVE BY THE OFFICIAL START DATE & TIME – THERE ARE NO EXCEPTIONS!

You may be dismissed from the program if you do not arrive by the program start date.

You will receive arrival details in your UCEAP pre-departure checklist. This information will include when you must arrive at your EAP site and when the EAP and/or host university orientation will take place. Directions on how to get from the airport to the EAP site will also be included. Carry this information with you – do not pack it in your suitcase.

It is recommended that you purchase changeable tickets in case the program dates or your plans change. Do not purchase your airfare until the calendar for your program is posted on the website.

Group Travel

Only a few EAP options have mandatory group flights. For most programs, students are responsible for arranging their own airfare. If you would like to travel with other students on your program, please feel free to contact them and make your travel plans together. You will be meeting the other students at your country specific pre-departure students so this is a great place to start!

Housing

While housing is coordinated for students on some programs, other programs require students to obtain their own accommodations. Research which type of housing you will have. You do not want to arrive abroad and then suddenly discover that you have nowhere to live!

This goes without saying, but if you’re staying in a homestay, please understand and respect the rules set by your host family and their culture.

Contact Your Parents / Guardian Upon Arrival

Call/email your guardian(s) back at home once you have arrived at your EAP site. Let them know that you arrived safely. Due to confidentiality reasons, EAP is not allowed to provide them with this information so it is best for you to inform them of your whereabouts.

Communication While Abroad

Students stay connected with family and friends back in the U.S. using several methods. Some will purchase calling cards and others will email. Many will use SKYPE, an online service (free for basic services) that allows you to use the computer to call long distance to another computer. Check out www.skype.com for details.

Voting

Exercise your right to vote while you are abroad by registering in advance. See www.overseasvotefoundation.org for details.
Health Information

While you are abroad, you may be exposed to unfamiliar climates, food, medicine and health care systems. Here are some tips to consider prior to leaving…

✧ Carefully review the UCSB EAP health website (www.eap.ucsb.edu/healthclearance) which includes a list of required or recommended immunizations for your EAP country.

✧ Refer to the Centers for Disease Control (CDC) “Traveler’s Health” website (http://wwwnc.cdc.gov/travel/) for useful information about recommendations to prevent illness and injury during your travels abroad.

✧ Are you currently taking any prescription medication? If yes, check with your host country’s consulate office to determine if your medication is legal in that country. Be sure to bring a copy of your prescription, and it may be best to have it translated into the host country’s language with the generic name of the drug.

✧ It is very common for students to go through an emotional roller coaster while they are abroad. If you have any concerns, go and talk to your Study Center Director/Liaison. They are there to help you if you need medical attention, feel a bit depressed, or have any other concerns. They are experienced in helping our students. They are your link to the UC so it is their job to assist you in any way possible.

✧ Take copies of your optometric records, extra contact lenses, and a pair of eye glasses even if you tend to wear only contacts.

✧ Steps to staying healthy while abroad
  Determine if it is safe to drink the water – you may need to drink only bottled or only boiled water
  Stay hydrated – drink an adequate amount of safe water
  Develop good eating and sleeping patterns
  Do not drink alcohol excessively
  Use sunscreen – the sun may be stronger in other parts of the world!

✧ Symptoms you may experience due to new foods, environment, and the stress of traveling – constipation and diarrhea. If these problems persist, it may be best for you to seek medical consultation.

✧ Be responsible regarding sexually transmitted diseases.

✧ If you are sick, visit a doctor. If you are not sure who to see or how to schedule an appointment, speak to your EAP Study Center Director or Liaison Officer.

Health Clearance

Information about the health clearance procedure for your program is emailed to you from the UCSB EAP office. Some students must get their exams done at SHS while others have the option to do this with their own physician. Some programs require a travel clinic. Details could be found on the UCSB EAP health website: http://www.eap.ucsb.edu/healthclearance/index.html. Health Clearances take time – follow the due dates in your UCEAP pre-departure checklist and plan ahead!
**Health Insurance**

*(Details are also located online at www.eap.ucop.edu/participants)*

<table>
<thead>
<tr>
<th>While Abroad</th>
<th>Before Leaving and After Your Return to the U.S.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mandatory EAP Health Insurance</td>
<td>UC Traveler Insurance</td>
</tr>
<tr>
<td>Included in EAP fees</td>
<td>Premium is paid by UC</td>
</tr>
<tr>
<td>Covers you 14 days before EAP and 31 days after EAP (Abroad and in the U.S.)</td>
<td>Covers security evacuation and provides other benefits while you are on EAP</td>
</tr>
</tbody>
</table>

*Extra cost paid directly by student to Mercer Health & Benefits, Attention: Alex Zeron, 1166 Avenue of the Americas, New York, NY 10036. Telephone (212) 345-8910. Fax (212) 345-3594. Email alex.zeron@mercer.com.

**Insurance coverage before your EAP program – Mercer**

If you will experience a gap in insurance coverage before your Mandatory EAP Health Insurance begins, you may want to purchase short-term insurance to cover you during this pre-EAP gap. You may want to consider the Short-Term Health Plans, Option One for Students available through Mercer in New York. The enrollment form is under the Insurance Information tab of the Participants page, and is due 30 days before your departure from the U.S.

**Insurance coverage while on EAP - Mandatory EAP Health Insurance**

The required EAP insurance begins 14 days prior to your EAP start date and ends 31 days after the end of your program anywhere in the world, including the U.S. Review the EAP insurance booklet that was provided to you to determine what will and will not be covered, especially if you have specific health/medical needs. There is no enrollment form for this insurance and the fee is automatically included in your EAP program fees.

**Extension of insurance while abroad - Mercer**

You have the option to extend your mandatory EAP Student Accident and Sickness Insurance Plan either pre-program, or post-program. This option is recommended if you are planning on traveling abroad before or after your EAP program. Important Note: This extension only covers you while you are abroad. It does not provide domestic (U.S.) coverage. The enrollment form is located online under the Insurance Information tab of the Participants page, and is due 30 days before the end of the program.

**UC Traveler Insurance**

UC Traveler Insurance covers a wide variety of accidents and incidents including security evacuation. In order to receive the benefits, you must register online before departing from the U.S.

**Coverage in the U.S. when you return from EAP and before your next UCSB term begins - EAP Gap Insurance**

If you will not have health insurance between terms at UCSB and on EAP either before leaving or upon returning to the U.S., it is highly recommended that you purchase the EAP GAP Insurance. For example, if the only insurance you normally have is USHIP, you will not be covered from the time you return to the U.S. until the next UCSB quarter begins. So, if you are on a Fall EAP program and return to the U.S. in early December, you will not have any health insurance from early December until the winter quarter begins.

You may purchase the EAP Gap Insurance from 2-12 weeks for continuing students and 2-4 weeks for graduating seniors. The enrollment form is located online under the Insurance Information tab of the participants page, and is due by the withdrawal deadline for your program.
SAFETY INFORMATION

EAP Safety “Triangle”

Due to the events that occur globally, the Systemwide Office of EAP has established an “EAP Safety Triangle” for safety and security reasons. This triangle consists of UCEAP, Study Center Staff abroad, and EAP Students. Their responsibilities are:

1. UCEAP carefully observes world events and has safety measures prepared.
2. The EAP Study Center Staff/Liaison Officers are experienced and familiar with local events. Should an emergency occur, they will activate the safety procedures.
3. Students must follow directions given by the Study Center should an emergency take place.

U.S. Department of State Travel Advisories

http://travel.state.gov

It is the students’ responsibility to monitor security conditions for locations where they might travel during academic breaks, weekend trips, etc. Students are strongly discouraged (see the EAP Travel Policy for full details) from traveling to areas which the U.S. State Department has implemented travel warnings and advisories. To view which countries are affected, please view the website above and keep in mind that the list is updated frequently.

UCEAP Guide to Study Abroad

www.eap.ucop.edu/participants

EAP Travel Policy

It is the students’ responsibility to review this information in the UCEAP Guide to Study Abroad. Students who choose to go to an area listed on the State Department’s travel warnings and advisories site must speak with the Study Center staff and sign a Travel Waiver prior to departure. Students who neglect to do this could face disciplinary consequences.

Student Safety Section

Topics covered include information on handling a personal emergency, fire safety, theft precautions, classic scams, alcohol, and road safety. Also, there is information on how to register yourself and your trip details with the Department of State — this action is strongly recommended for students.

UCEAP “Emergency Alerts” Website

www.eap.ucop.edu/emergency_information/current_alerts

This site includes information for parents, students, U.S. Department of State resources, and health updates.
SOCIAL ISSUES TO CONSIDER

(refer to the UCEAP Guide for Study Abroad for additional details)

Alcohol

Consumption of alcohol, including ritualistic drinking, may play a role in the social life of the country you will be living in. Here are some tips:

✧ No students should ever feel pressured into drinking more than they wish to drink (or engaging in any other potentially dangerous, illegal, or unhealthful personal behavior against their will because they think it may offend another culture.

✧ Usually a friendly but firm “no thank you” or hand-over the glass gesture does the job. “I cannot drink alcohol” or “Alcohol makes me ill” or “I would like a non-alcoholic drink” are also good standard, straightforward options. Because a glass is filled does not mean one has to drink it dry or drink at all. Remember, perspective is important.

Women’s Issues

As would be expected, the role and treatment of women varies in different countries.

✧ While women in some countries may enjoy more freedom and equality than in the U.S., others live in societies that Americans might describe as sexist and oppressive.

✧ Keep in mind that women play different social roles in different countries, and behavior you take for granted in the United States may be considered provocative or rude in other cultures.

Please inform yourself about women’s issues in your specific country by speaking with past EAP returnees and reading current literature. For tips on how to handle uncomfortable situations and for a list of references, review page 39 of the EAP General Information Guide.

Drugs

✧ Penalties for buying, selling, carrying, or taking drugs range from a lengthy stay in prison to execution.

✧ According to the U.S. State Department, “You might assume that, as an American citizen, you are immune from prosecution under foreign laws and that the U.S. Constitution follows you wherever you go. Unlike the U.S., few countries believe ‘you are innocent until proven guilty.’ It is not uncommon to spend months or even years in pretrial detention, only to be sentenced to a lengthy prison stay without parole in a foreign jail.”

Sexual Orientation

✧ According to The Chronicle of Higher Education (10/97), “Students...learn that homophobia is common in some countries, particularly in Asia, the Middle East, and Latin America, and that disclosing their sexual identity could be dangerous. They also learn that there are many other countries – especially in Western Europe – where they can express their identity.”

✧ www.indiana.edu/~overseas/lesbigay is a great resource for gay, lesbian, bisexual, and transgender issues regarding studying abroad.

Intolerance

✧ It is in your best interest to discover how America and Americans are generally perceived in your host country.

✧ While some countries generally appreciate certain American values, others view American policies and culture with scorn.

✧ Anti-American sentiments will vary by country. Keep in mind that events such as wars and economic turmoil may inflame anti-American sentiment.
**Cultural Adjustment During Your Experience Abroad**

Stage 1

Euphoria! During the first stage, foreign visitors often feel excited. The new country is interesting, the people are friendly and helpful, and the future looks promising.

Stage 2

Anxiety. School, language, shopping — everything is difficult. Things that were simple back home require more effort in the new country. It seems hard to make friends, and at this point, foreign visitors may begin to believe that the local people are unfriendly. Homesickness begins, and along with it complaints about the new country. This is the stage we hear referred to as “culture shock.”

Stage 3

Recovery. The foreign visitor begins to use the language more fluently, so communication with locals becomes easier. Customs and traditions become clearer, and slowly the situation becomes hopeful. Minor misunderstandings which were stressful in Stage 2 become manageable.

Stage 4

Stability. Eventually foreign visitors begin to feel more at home in the new country. What they do not like about their new country no longer makes them so dissatisfied and unhappy. Life has settled down, and they are now able to find humor in the situations in which they find themselves.

What is Culture Shock?

Culture shock is a common phase of adjustment to a new cultural environment; it is not a psychological disorder. Culture shock occurs when your typical way of viewing the world clashes with the viewpoints and values of your new cultural environment. Reactions to culture shock can mimic more severe psychological problems such as clinical depression and anxiety. You can also feel physical symptoms of culture shock – sleeplessness, increased or decreased appetite, and even being prone to bacterial or viral infections. Remember, your body is adjusting to a new place just as much as your mind!
Most students who experience culture shock function reasonably well under the stress and are able to keep up with
the responsibilities of school. However, any stressful situation can cause unusually strong emotions and can interfere
with everyday life. Such reactions are normal responses to a new culture and are to be expected under the circum-
stances. They are usually transitory, and do not imply mental illness or an inability to cope. Nevertheless, there are
occasions when the experience of culture shock can stir up deeper emotional issues such as suicidal thoughts. These
reactions should not be ignored; if they persist, you should seek help.

**But how does it apply to me? I don’t think I’ll have culture shock!**

Culture shock can sneak up on you – one day you’ll be experiencing the euphoria of living in a surprising, beautiful
new place, and the next you may be starting to feel miserable, lonely or homesick. Culture shock affects everyone
differently, and is triggered by different occurrences for different people. For example, you may start to miss your fam-
ily terribly right around the holidays in Japan, or the cold weather and rain may start to make you feel out of place in
England’s harsher winter. Culture shock can affect anyone, at any time in their abroad experience. Listen to the signals
your body and mind give you!

**How will I know I’m going through culture shock and that I’m not just unhappy or depressed?**

**Some Signs of Culture Shock (psychological):**

- Homesickness
- Irritability and hostility
- Boredom and withdrawal, unwillingness to interact with others
- Feelings of being lost, overlooked, exploited or abused
- Developing obsessions such as over-cleanliness
- Identifying with the old culture or idealizing the old country
- Trying too hard to absorb everything in the new culture or country
- Stereotyping of or toward local people
- Loss of ability to work/study effectively

**Signs of Culture Shock (physical):**

- Need for excessive amounts of sleep/Sleeplessness
- Compulsive eating or drinking
- Unexplained aches and pains
- Worsened allergies (particularly with the changing of seasons)
- Stomach illnesses such as gastritis or gastroenteritis
- Becoming prone to more seasonal colds, flu and bronchitis

**How you can prepare before you go – research your country!**

- What are the geographical conditions? What are the weather patterns? What seasons will you experience?
- What is/are the spoken languages? Learn some simple phrases if you haven’t taken the language before. (If
  you are going to an English-speaking country, take a few minutes to familiarize yourself with the slang.)
- What is the current political situation? Are there any dangerous areas that you should avoid?
- Do Americans/foreigners have a good or a bad reputation in the area that you will be staying in? Why?
- What is customary dining etiquette? Greeting etiquette?
- What are the norms of male/female relations?
- What is the cultural perspective on privacy? Personal space?
- What is the accepted form of dress? What is appropriate for casual/formal situations?
- Are there any religious customs that you should be aware of?
- When are the national, local holidays? What is the significance of these days?
The more familiar you are with your host country, the quicker you will be able to adapt. Rather then spending time overseas learning these answers you will be able to put them to practice immediately.

How to turn “Culture Shock” into “Culture Shift” after you get abroad:

- Consult with study center and other Americans who may be experiencing the same thing. There also may be international centers in your town where you can connect with other foreign nationals or find requests for conversation partners. These places are great ways to meet new people and start a new life in your country!
- Include a regular form of physical activity in your routine. This will help combat the effects of culture shock in a constructive manner. Join a gym or start running in the morning!
- Relaxation and meditation are proven to be very positive for people who are passing through periods of stress – make quiet time for yourself in the evenings or on the weekends. Allow your body and mind to recover from the stresses of your week.
- If applicable, maintain contact with your ethnic group. This will give you a feeling of belonging and you will reduce your feelings of loneliness and alienation.
- Maintain contact with the new culture. Learn the language. Volunteer in community activities that allow you to practice the language that you are learning, or pick up a class or hobby outside of school.
- Plan to attend cultural festivals or celebrations in your host city, or plan a trip with friends to a different area of your country. This will help you appreciate the diversity and culture of the place you have chosen to study.
- Stay alert to the signals and signs of change – keep a journal and set goals for yourself like starting an exercise routine, hobby, meeting new people or writing more emails home. With each goal accomplished, you’ll start to feel better and more productive.
- Find ways to live with the things that don’t satisfy you 100%.
- Maintain confidence in yourself!
- Remember, culture shock affects everyone differently. You might experience only a mild form of some of these symptoms, or it might be worse than you imagined. Whatever you experience, remember that it will get better!
MAKING THE MOST OF YOUR EDUCATION ABROAD EXPERIENCE

Get to know as much about your host country as you can BEFORE you depart

Make friends with an international student from the country you hope to visit – ask about how to participate in the Buddy Program with current EAP reciprocity (exchange) students at UCSB; watch movies, read books/magazines, and listen to music from your host country; know the names of the current leaders of the country; keep up-to-date with the news and current events.

Join student clubs, organizations, and sports teams

This is a great way to make friends and to work through culture shock. Take a look at your host university website to get an idea of what campus life is like – search out opportunities now so you’re prepared when you arrive.

Trade your expertise/talent for conversation practice

Offer lessons in your favorite sport, musical instrument, or English practice in exchange for conversation practice in your host language – this is a wonderful way to improve your language skills, learn about the host culture, and meet new people.

Consider an Internship or Research Project

Prepare a curriculum vitae (CV) in the language and style of your host country in addition to the English version of your resume (see examples the Going Global Guides, available free through your Gaucholink account); obtain at least one reference from a previous employer you can have on hand to document your credentials.

For more information: www.eap.ucop.edu/about_EAP/research_internships_community_service.shtm

Volunteer your particular discipline

As an alternative to finding an internship, volunteer for a local Nongovernmental Government Organization (NGO) as part of a work based project that you can use as a future resume builder. Check out organizations by going to www.idealista.org.

Meet professionals in your field of choice while overseas

Network for possible jobs. Befriend local expatriates while there. Use the American Chambers of Commerce Abroad website for the city overseas you are nearest for U.C. companies doing business in that country: www.uschamber.com/international/directory/default.

Travel regionally

Secure a flexible ticket to allow for this. Take advantage of nearby weekend travel discounts. Befriend local area students and families – get invited to join in on excursions and holiday travels.
YOUR RETURN TO SANTA BARBARA

Preparing for Your Return

- Registration: It is your responsibility to check when your pass times are on GOLD. Remember to clear your BARC account prior to leaving so that you will not have a hold during your registration time.
- Financial Aid: Remember to complete your FAFSA form and/or other financial aid applications for your return term.
- Housing: If you want on-campus housing, make sure you complete the application by the deadline. Off-campus housing resources are your friends, Craigslist, the California Housing Board, etc. We also have a housing help box on our website: www.eap.ucsb.edu.

After Your Program – stay involved with EAP!

- Apply to be a Peer Advisor or a Global Intern
- Volunteer at orientation or informational meetings
- Be a Buddy for exchange students
- Enter the Photo contest
- Contribute to our blog at ucsbeap.blogspot.com
- Like our page at Facebook.com/ucsbeap
- Follow us on twitter @ucsbeap