



Image Credit: Think Pacific

GO GLOBAL WITH UWTSD

Summer Placements and Group Trips



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

**Work, Internships, Volunteering,
Summer Schools and Group
Trips Abroad**

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GLOSSARY OF USEFUL TERMS

HOME UNIVERSITY

This is the university you will be leaving to work, study, or volunteer abroad. In this case, your Home University is UWTSD.

INTERNATIONAL MOBILITY TEAM

The International Mobility Team is made up of UWTSD staff who oversee all International Mobilities. They assist with interviews, applications, and more to help you go abroad.

TAITH FUNDING

This is funding that comes from the Welsh government to help cover a portion of staff and/or students' costs when they go abroad. This funding is sent directly to UWTSD where it can then be dispersed to students and staff by the International Mobility Team and the Finance Office. This funding supports inbound and outbound students on work, study, and/or volunteer placements. There is no need to apply for this funding, the International Mobility Team will automatically consider you for it if you are successful in your International Mobility application.

TURING FUNDING

This is funding that comes from the UK government to help cover a portion of staff and/or students' costs when they go abroad. This funding is sent directly to UWTSD where it can then be dispersed to students and staff by the International Mobility Team and the Finance Office. This funding supports outbound students only on work, study, and/or volunteer placements. There is no need to apply for this funding, the International Mobility Team will automatically consider you for it if you are successful in your International Mobility application.

WIDENING PARTICIPATION

Widening Participation or 'WP' is a term used to describe those who may have additional financial needs. It is used in regards to Taith and Turing funding. Students who qualify may receive an additional 'top up' to their funding allowance, e.g. additional funding to help cover travel costs. To qualify, students must provide evidence for one (or more) of the following:

- An annual household income of £18,370 or less (Wales) or £25,000 or less (England).
- Receipt of Universal Credit or income-related benefits because they are financially supporting themselves or financially supporting themselves and someone who is dependent on them and living with them, such as a child or partner.
- Care leavers and students who are care experienced.
 - This refers to anyone who has been or is currently in care or from a looked after background at any stage of their life, no matter how short, including adopted children who were previously looked after or those who access the Care Experienced Bursary in Scotland.
- Students who have caring responsibilities.
 - A carer is anyone who has a commitment to providing unpaid care to a family member or friend who could not cope without their support.
- Estranged students. - Those who are irreconcilably estranged from their parent(s). To be considered irreconcilably estranged, the student won't have had any written or verbal contact with either parent usually for 12 months or more - and this is unlikely to change.
- A refugee or an asylum seeker. E.g. The first page of Alin's student loan shows that he has been awarded £6,250, so he will receive extra Taith funding to help cover his travel expenses to work in Fiji over the summer.

If you think you may qualify for Widening Participation, it is important to note this in your application so you don't miss out on additional funding!

GETTING STARTED

Travel, immerse yourself in a new culture, meet new friends, and try new foods, all while working towards your degree or gaining valuable work experience! This guidebook is here to give you a brief overview on going abroad while answering many of your questions about the process along the way. We'll cover applications, programmes, funding, and more!

I AM INTERESTED IN A SUMMER PLACEMENT / GROUP TRIP, WHERE DO I START?

1. Education shouldn't be confined to the classroom. Students often learn more effectively when they step out of their comfort zones and expand their horizons. However, many students are unable to pursue such opportunities due to financial constraints or commitments outside of university, such as work or caregiving responsibilities. At UWTSD, our academic staff have designed incredible 14-day programs in fantastic locations like Paris, Vancouver, the USA, Spain, and many more, to make these experiences accessible to all students. Alternatively, UWTSD offer the opportunity for students to embark on fantastic summer placement with companies such as BUNAC, Think Pacific, Camp America, and Absolute Internships.
2. Speak to the International Mobility team on goglobal@uwtsd.ac.uk or h.clayton@uwtsd.ac.uk regarding your plans to go abroad. They can help you find suitable study programmes that may be a good fit with your degree or assist you in finding the right work/volunteer placement to build up the skills you are looking for.
3. Do some research. Read this handbook, look at our website or our volunteering / internship partners' websites, join an online information session with one of our partners, and ask other students who have been abroad previously what their experience was like.
4. Talk to your personal tutor regarding your plans. They will be able to offer course specific advice like whether or not there are group trips or placements abroad for your programme.



DEADLINES

Please note the following submission deadlines for International Mobility applications. Applications submitted outside of these dates may not be considered or may miss important visa and funding deadlines.

15 March - Work, Internship, Study, or Volunteering Placements

For group trip deadlines, please contact the trip leader.

I'VE CHOSEN WHERE I WANT TO GO, NOW HOW DO I APPLY FOR THE PROGRAMME?

1. Make sure you have a current passport. You will need this to make your visa application, so apply for one as early as you can.
2. Complete an **International Mobility Application**

I'VE SUBMITTED MY APPLICATION, WHAT'S NEXT?

Once you have completed your application, you will be called for interview with the International Mobility Team and relevant representative members of academic staff. If you have applied for summer school, work or volunteering, you will need to apply to the relevant organisation/institution for acceptance. Once you are accepted at the relevant organisation/institution, you will be able to apply for a visa (if relevant), book flights, look at accommodation, etc

FUNDING

The amount you will need varies on the programme, institution, and country you choose to work, study, or volunteer at. All students who apply for an international opportunity will be automatically considered for funding through either Taith or Turing funding streams. You will not need to make a separate funding application. There is additional funding for students from a Widening Participation background (e.g. those with low income, students with caring responsibilities, student refugees, etc). Visit our Funding Opportunities Page and/or email Hannah Clayton (h.clayton@uwtsd.ac.uk) for more information on costs.

WHAT ARE THE ELIGIBILITY REQUIREMENTS?

- You must be a current UWTSD student on any programme (excludes distance learners) or
- A recent UWTSD graduate - if you are planning on taking part in a work placement (in which case you must complete your placement within twelve months of graduating).
- You must have an average grade of 60 or higher by the time you begin your placement.

APPLY NOW:



INTERNATIONAL MOBILITY TEAM

goglobal@uwtsd.ac.uk

KATH GRIFFITHS

International Regional manager
(North America and Outward Mobility)

k.griffiths@uwtsd.ac.uk

HANNAH CLAYTON

International Mobility Officer

h.clayton@uwtsd.ac.uk

INTRODUCTION

Ever wanted to experience new places and cultures, make friends from around the world, and gain a global perspective? With UWTSD International Opportunities, you can!

Taking part in an international experience will allow you to develop highly-valued skills such as intercultural communication, foreign languages, adaptability, and problem-solving.



VOLUNTEER PLACEMENTS

THINK PACIFIC



FIJI

Think Pacific's projects promote the Fiji National Development Plan and UN Sustainable Development Goals. They offer you the opportunity to support and work in partnership with the Fijian Government and over 70 organisations.

You will work in partnership with the local municipality while experiencing complete cultural immersion in a rural village as you live with a traditional Fijian family and work on community and local building projects.

You will be able to contribute to education, youth, sports development, health, mental health promotion or building programmes during your time volunteering.

WHICH PROGRAMME EXCITES YOU MOST?

NEW: 16-Day Projects -

Bali & Thailand – £1,200 all-inclusive

Community Build –

Construct a Requested Village Health Clinic

Youth Empowerment –

Collaborate with Fijian Youths

Mental Health –

Promotion & Advocacy Initiative

Sport Development –

Community Sport Coaching & Engagement

Global Team Internship –

Social Enterprise & International Development in Fiji

BALI

Think Pacific's newest placements are located in Bali, Indonesia. These are 1-month, professional placements - the Mental Health Placement, Global Team Internship, and Education and Youth Project.

Each placement includes over 120 hours of learning, mentoring, and international work experience with one of Think Pacific's trusted partners, and allows participants to experience true cultural immersion, living in a traditional village with a Balinese family.

Three Uniquely Different Professional Experiences

MENTAL HEALTH PLACEMENT

Join a 1 month immersive mental health placement and learn from local professionals as you develop your understanding of mental health in a global context. Take your classroom learning into real world situations and collaborate with inspiring local initiatives. Work as part of a team to deliver psycho-social group activities at a selection of our trusted partner projects. Our aim is to support both individual and community mental health and wellbeing through the delivery of this professional placement. More

GLOBAL TEAM INTERNSHIP

Bali is one of the most exciting, vibrant and innovative places to learn from small businesses and social enterprises. It is Asia's most popular startup hub and has become one of the world's thriving digital nomad locations. Join a 1-month team based internship and explore a new culture by immersing yourself into Balinese life. Create work for up to 3 different local businesses, charities or startups and tackle real world & impactful projects, across a range of sectors. Prepare for the future of work and develop the skills and attributes, which can boost your employability.

EDUCATION AND YOUTH PROJECT

Join a team, live together in a Balinese community and immerse yourself in a project, aimed at increasing local opportunity. Each day you will work in small groups to support and supplement English language learning. We do this through non-formal techniques and interactive sessions, using games and creative activities to establish fun learning environments.

In addition, and at the request of local communities, we provide small group adult conversational English lessons. Developed by educational professionals from local schools, youth projects and kindergartens, this project facilitates international development by empowering local Balinese communities through capacity building and language skills, connecting our local partners with global opportunities.

The project fosters cross-cultural collaboration and the sharing of ideas, cultures and perspectives and also brings useful financial resources and economic benefit to areas outside the direct tourist hubs."



THINK PACIFIC'S REMOTE FIJI INTERNSHIP SCHOLARSHIP PROGRAMME

Think Pacific is a registered Fijian Charity and UK social enterprise with over 15 years' experience supporting Fijian Government Ministries, NGOs, local enterprises and business partners to achieve ethical, responsible and sustainable development, whilst allowing students to have a self-developing and rewarding experience.

Think Pacific's Remote Internship programme means students can contribute to international sustainable development and gain unique practical experience, whilst working from home. This internship supports the achievement of the Fiji National Development Plan; a 20-Year Development Plan with the vision of "Transforming Fiji" towards an even more progressive, vibrant and inclusive society.

Working on behalf of a Fijian organisation (across a choice of 10 sectors), interns complete a 'Social Action Project' that tackles real problems in the South Pacific, whilst learning about the fascinating Fijian culture and developing global citizenship.

WHAT UWTSD STUDENTS HAVE TO SAY ABOUT VOLUNTEERING ABROAD:



Joshua Todd
University of Wales Trinity Saint David

Joshua Todd

Energy and Environmental Engineering student, Joshua Todd, spent two months in Fiji over summer 2023 with Think Pacific, between his second and third year of study. This is what he says to people who might be considering the scheme:

"If you're worried about village life, or adapting, or being far away from home, don't be too concerned. In this village we've been very fortunate, we've been quite connected, but also the village is so welcoming that you don't feel left out or not at home. If you do come, take the opportunity to ingrain yourself in local life – everyone's so welcoming you'll probably have to tell five people that you can't come to lunch because your [village] mum has got lunch waiting for you!"

For more information, visit:
www.thinkpacific.com



Bethany Sexton

BA Youth work and Social Education student, Bethany Sexton is volunteering with Think Pacific during Summer 2024

"I am involved in a Think Pacific Youth Empowerment project in the Fiji Islands. The experience has been challenging but absolutely incredible. I am studying Youth Work and Social Education at UWTSD, and this seemed to fit right in and would be a unique experience for me to have going forward into the field of youth work. I have really enjoyed being immersed in a different culture, living in a rural Fijian village for 24 nights, and also the mutual learning aspect between the Think Pacific volunteers and the Fijian youths has been awesome."

I am looking forward to taking what I have learnt back into my professional practice and personal life in the UK. I am very grateful for this opportunity that I have been given and for the Taith funding which helped me get there".

CESI SUMMER SCHOOLS

CESI's five Summer Schools are aimed at students pursuing their studies in the field of engineering. These short programmes allow participants to develop and enhance their knowledge of Green Innovation, BIM for sustainable construction or Generative artificial intelligence for industry GenAI, Smart innovation, Smart health care & AI.

GREEN INNOVATION

Do you want to get involved in the ecological transition?

This theme will address all topics related to sustainable development such as the fundamentals of innovation, the eco-design approach, and even technologies in the service of ecology and decarbonisation.

Projects common thread:

- Fundamentals of innovation
- Eco-design approach
- Marketing strategies
- Technological innovation for ecological transitions

SMART HEALTH CARE & AI

Would you like to specialize in the world of e-health?

You'll be taking part in the new challenges of the hospital of tomorrow thanks to innovative solutions and the latest healthcare innovations and technologies based on immersive technologies, AI, robotics and IoT.

Projects common thread:

- Ethics, cyber security and inclusion in smart health care
- Robotics in health care
- Basics of Machine Learning for healthcare
- Visit Caen city: Mont-Saint-Michel UNESCO, WWII Memorial of Caen

BIM FOR SUSTAINABLE CONSTRUCTION

Do you want to innovate and are you sensitive to environmental challenges?

This engineering-linked theme immerses the student in the heart of sustainable construction challenges in a smart city by addressing essential subjects such as BIM, eco-neighbourhoods and decarbonisation, in connection with sustainable development.

Projects common thread:

- BIM for sustainable construction Project
- Fablab 3D, AR/VR
- Practical work at the wastewater treatment plant (Impacts of climate change on urban water management)
- Diving into Parisian architecture

SMART INNOVATION

Would you like to understand and master AI so you can innovate more effectively?

Whether you are a young student, researcher or even an engineer, you'll come into contact with AI as part of your job. Learn how to master and understand the potential of this new tool to bring innovation to your projects.

Projects common thread:

- Introduction to AI and innovation
- Concept ideation and generation
- Discovering key tools and technologies to innovate
- AI in scientific research Collaborative innovation
- Visit to Strasbourg, European capital (cultural and technical visits)

GENERATIVE ARTIFICIAL INTELLIGENCE

Would you like to master generative AI tools in Industry 5.0?

You'll discover new approaches and technologies in generative AI and its industrial applications thanks to practical work taught by recognized experts in their field.

Projects common thread:

- Explainable and Interpretable AI models
- Responsible AI and Equity
- Prompt Engineering and Generative AI models
- Diving into Nice City

WORK PLACEMENTS



ABSOLUTE INTERNSHIP

Absolute Internship is a pioneering firm working with world-class companies to provide life-changing opportunities to their participants. In a decade, Absolute Internship has formed into a leading international internship programme, enabling university students and graduates to develop their career aspirations across the globe. Their programmes take place in Barcelona, Beijing, Hong Kong, Lisbon, London, Madrid, Paris, Seoul, Shanghai, Singapore, Stockholm and Tokyo. Absolute Internship's award-winning programmes aim to develop both the personal and professional skill sets of those who enrol, allowing ambitious individuals to follow their passions alongside other like-minded students from all around the globe.

For more information, visit:
absoluteinternship.com



CAMP KODIAK

A unique, integrated, non-competitive summer camp for children & teens with & without Learning Disabilities, ADHD, and ASD Level 1.

Their staff is comprised of teachers, child and youth care workers, social workers and other professionals, as well as college and university students.

For more information, visit:
www.campkodiak.com



WHAT UWTSD STUDENTS HAVE TO SAY ABOUT WORKING ABROAD:

Nia Moores
UWTSD Events and International Festival Management student, Nia Moores spent summer 2024 on a Yummy Jobs work placement in Universal Orlando Resorts, Florida.

"I am working on a culture exchange programme with people from all around the world to provide services for guests coming into the parks. My favourite part so far is being able to meet so many amazing people from different walks of life and I am so excited to be able to live in Orlando as a resident and experience daily life. The Taith funding has helped me a lot as it has enabled me to have a better experience in Orlando and allowed me to travel to see different areas of the Sunshine State".



Seren Jones
BA Health and Social Care student, Seren Jones worked at Camp Chen-A-Wanda with BUNAC during Summer 2023 and Summer 2024.

"I am grateful to have been able to access the Taith funding scheme which has assisted me in having the opportunity to work in another country and has helped with travel costs.

Working at an American summer camp is a fantastic experience and I've made friends from around the world.

I enjoy working with children and am able to spend my summer doing fun activities with them. I get to spend every day doing a job I love!"



GROUP TRIPS

Programme-Led Group Trips are available throughout the academic year. These are run directly by your lecturers and are typically 1-3 weeks long. Group Trips allow students to travel with their course mates and focus on course specific experiences.



Here are some examples of previous group trips:

March 2024 – I.T. and Computing students to Paris

May 2024 – International Tourism and Events students to Vancouver, Canada

June 2024 – Academy of Sport students to the USA

May 2025 – Tourism and Events students to Orlando and Miami, Florida

May 2025 – Swansea College of Art students to to China

June 2025 – MBA and Engineering students to Tokyo, Japan

June 2025 – Multi-disciplinary group trip to Beijing, China

June 2025 – Film and Media students to Ontario, Canada



To apply for a Group Trip, speak to your lecturer and then submit an an International Mobility Application.

What UWTSD students have to say about group trips:

Amy Harris

(Tourism Group Trip to Aspen, CO)

"The Aspen Academic Adventure paved the way for me to experience top-class hospitality I feel that these international trips to these world-class locations are extremely beneficial to students as it gives them the opportunity to put into practice what they have learned in the classroom and demonstrate it in these destinations. Words cannot describe the benefits it has given me, both personally, being there, and professionally, with the connections I have made."

Joshua Wilson

(Tourism Group Trip to Aspen, CO)

"The academic adventure that we embarked upon in April, 2023 proved to be one of the most thought- provoking and insightful experiences I have been a part of. This was the first time I visited the USA, something I was immensely excited for. It also showed me the strong partnership that UWTSD has and continue to have with these luxurious hotels and organisations, some of which have seen recent and past graduates work in and be a part of."

Lowri Voyle

(BA Perfformio Group Trip to Rio Grande, Ohio)

"It's been a wonderful experience and we can see how much the community here values Welsh culture. I feel that the history of the Welsh here in Rio Grande Ohio is one that cannot be forgotten, and after the trip, I would like to ensure that links remain strong between us."



Caitlin Morgan

(Tourism and Events Group Trip to Vancouver, BC)

"A once in a lifetime experience! It was amazing. I have grown so much as a person from this trip. From gaining understanding of what I want to do/ achieve in the future. To being able to live with people that we wouldn't live with normally. I have learnt things about myself and overcome fears. I would like to thank everyone that made this educational trip happen for me to gain understanding of what job role after graduation. There's only so much you can do on paper, but it's the practical stuff that matters"

Rhiannon Gratrix

(Tourism and Events Group Trip to Vancouver, BC)

"The trip to Vancouver offered me an amazing opportunity to visit the world learning about the culture, tourism and events industry which provided me with information to develop personally and professionally through the observation of hotel operations to experiencing the tourist attractions such as whale watching which was by far my favourite activity on the trip. This trip has really opened my eyes to the opportunities and potential from my degree and has helped me to grow as an individual hugely."

Elinor Haskins

(Tourism and Events Group Trip to Vancouver, BC)

"Roedd y daith i Ganada yn un byddwn i yn cofio am byth. Wnes i fwynhau pob adran ond byddwn i byth yn anghofio'r awyrgylch wrth wyllo hoci iâ - un o fy hoff teimlid rydw i byth wedi profid"

["The trip to Canada was one I will remember forever. I enjoyed every aspect, and I will never forget the atmosphere when watching the ice hockey - one of the best feelings I have ever experienced"]

FINANCE INFORMATION

FUNDING THROUGH UWTSD

All UWTSD students who submit an International Mobility application will be automatically considered for funding. The International Mobility Team will place you under either Taith or Turing funding, depending on your unique circumstances. Students going abroad will not need to apply for this funding. This funding will not cover all costs, but is meant to help supplement students' personal savings, loans, and other financial sources to go abroad. More information on Taith and Turing is listed in the 'Glossary of Useful Terms' of this handbook.

There is additional funding available for students from a Widening Participation (WP) background (e.g. those with low household income, students with caring responsibilities, student refugees, etc.) To find out if you qualify, please see the checklist in the 'Glossary of Useful Terms' of this handbook.

Bursaries may also be available through the University. For more information, visit www.uwtسد.ac.uk/bursaries

FUNDING THROUGH LOANS

Students may complete a 'Course Abroad Form' through Student Finance for additional funding after they have been accepted to study abroad. For more information, visit www.studentfinancewales.co.uk and search 'Course Abroad Form'.

YOUR UK BANK

Tell your UK bank that you are going away, to prevent them from blocking your card. You should also make sure that you replace any cards that are near their expiry dates, as this is easier to do from home. During your first few weeks in your host city, you are likely to need large amounts of money, for example for deposits for accommodation. Remember that if your placement starts before UWTSD term, you may not have your SLC money at this point. Plan accordingly. Do not take large amounts of cash, in any currency.

All grants and scholarships are paid to you after your arrival in your host country so don't rely on this money for your initial expenditures as it may not come through in time.

ACCOMMODATION

The Host organisation or academic (if on a group trip) will advise you on how to apply for accommodation in your new town/province. This may vary from on-site accommodation to an air b & b, depending on where you go. Accommodation costs may vary and you should expect to pay a bond.

PLANNING FOR YOUR VISA

YOUR VISA

Ensuring that you have the correct visa is always the responsibility of the student.

- Evidence of funds cannot be more than 6 months old
- Hong Kong requires bank statements that show a minimum balance carried for three months
- Internet bank statements are not accepted
- Finances can be from multiple sources (e.g. your savings and family savings)

- Student Loan letters are not acceptable (as they apply to the previous year)
- Overdrafts cannot be used (as this is borrowed money)
- Letters from banks are acceptable, if on headed paper, with a stamp and authorised signature
- Internet bank statements are not accepted
- *Finances can be from multiple sources (e.g. your savings and family /savings)*

PASSPORT

You will need a valid passport to travel anywhere. More importantly, many countries, for visa purposes, will require a passport that is valid until at least 6 months after the end of your exchange. So check the expiry date now, and if necessary, apply for a renewal. It can take up to 6 weeks to get a new passport, so it's essential that you apply early.

HEALTH MATTERS

MEDICAL & HEALTH INSURANCE

If you are on any sort of medication you need to take it with you. Do not forget to obtain certificates/copies of prescriptions from your doctor before you go.

Also ensure that you pack your medication in your hand luggage, so that you have it at all times, even if your luggage goes missing.

Ensure that you have purchased a valid health insurance to cover you for any accidents / injuries during the lead up to the trip and whilst abroad.

HEALTH CHECKS

Certain host countries may require you to undertake a health check upon arrival. Your host university will give you advice and guidance concerning any necessary health checks.

VACCINATIONS

Specific health requirements including vaccinations may be required to travel to certain destinations. Always check www.gov.uk/foreign-travel-advice before making any travel plans.

YOUR SAFETY

LOCAL CONSULATE/ EMBASSY

Make sure you know the location of and number of your nearest Consulate/Embassy. You can find out this information from www.fco.gov.uk. You may want to save their number in your phone or write it down in safe place. You should use this number in case of emergency, such as loss of passport. If you are arrested for a serious offence, you must insist on the British Consulate being informed.

SAFETY IN YOUR HOST CITY/TOWN

When out and about in your host city/town, take the same precautions as you would in the UK. Don't walk by yourself at night (take a safe and appropriate form of transport for your area), don't have valuables (such as phones and cameras) on display, and don't carry large amounts of cash with you.

Talk to local students/residents to ask about local trouble areas and any important local customs. Unless required by law, do not carry your passport/ national identity card with you. Many countries will accept a photocopy as legitimate identification. Many people's sensible personal safety habits can become lax whilst abroad. This is the easiest way to get into trouble, so don't let it happen to you!



TRAVEL PRACTICALITIES

FLIGHTS

Consider the following when buying flights:

- Shop around! Compare prices online and from travel agents (STA Travel are student orientated travel agents). Google Flights has a function that allows you to be notified when prices change on flights you are interested in.
- For long-haul flights, make sure you take jet-lag into consideration when choosing arrival times/ dates. Allow yourself time to settle in and get accustomed. Students flying to Australia/New Zealand may want to consider tickets that allow a few days stop in Thailand, Japan or Hong Kong en route.
- For long flights, look at seats in 'Comfort Plus' or 'Economy Plus' to ensure a bit more leg room. These seats are slightly more expensive than regular Economy but it can make quite the difference on a 10+ hour flight, especially if you are tall! You may also want to book an aisle seat for long haul flights to give yourself a bit more room to stretch and walk around.

VISA

The same rules apply to the purchasing of a visa. Visas may take some time to be issued. Therefore be aware that if you buy flights, and then your visa is not issued in time, you will lose the money spent. Conversely, should you wait to buy flights until your visa is issued, then the cost of the flights may increase. Unfortunately, there is no easy solution to this, and therefore, the order in which you purchase your visas and flights is a decision you must make yourself. Most students advise to get your visa sorted as early as possible.

ISIC CARD

It can be worth investing in an International Student Identity Card (ISIC). This is the most widely recognised form of student identification in the world. It will help you get discounts on a range of things from travel to entry fees. See www.isic.org for more information.

MOBILE PHONE

Check whether your mobile phone will work abroad. It may be locked to a UK network, so it's best to call your provider before going abroad if you plan to get a new SIM card in the host country. You may also consider buying a cheap pay-as-you-go phone on arrival in your host country. For keeping in touch with people at home, internet based systems like Skype, Google Hangout, WhatsApp and WeChat are good options.



FINAL CHECKLIST

MAKE SURE...

- ✓ Have a full passport for the duration of your time abroad.
- ✓ Check that you're covered with medical insurance.
- ✓ Have your LEA grant letter or letter from parents/ students loan confirming your finances.
- ✓ Double check that you have all your relevant paperwork – students travelling to the USA remember US and Student Visa papers before flying – otherwise you will be seriously delayed in the airport!
- ✓ Budget for travelling costs while abroad.
- ✓ Budget for making your room abroad more homely, such as bedding and everyday items.

If you encounter any specific problems during your period abroad please inform the International Mobility Team or a member of staff at The University of Wales Trinity Saint David. Using e-mail is the most reliable form of contact, a member of staff will respond as soon as they can.

LOOKING AFTER YOUR WELLBEING

One of the highlights of your University experience may be having the opportunity to go abroad as part of your studies.

Whilst this may provide a great opportunity to immerse yourself within a new culture, any change (even a positive one) produces stress – particularly in cases when you are distanced from your familiar surroundings and social networks; which makes it important to plan for how to look after your emotional wellbeing during this period.

Sometimes it feels like we should only focus on the positives and opportunities of an experience, but naturally there will be some negatives and down-sides and a coping person will notice these too, and seek help at an early stage to make sure that they do not become more problematic.

BEFORE YOU GO - PREPARE YOURSELF EMOTIONALLY!

There's a lot to do before you travel abroad and (rightly so!) there's a tendency to concentrate on all the practical issues which need to be sorted.

Nevertheless it's important to give yourself time and space to prepare emotionally for the experience ahead of you. You'll get more out of the experience if you do.

MAINTAINING SUPPORT

If you are accessing support prior to going abroad, then most likely you will need it also during your period abroad. If you are accessing professional support, it's advisable to talk through your plans with the professional concerned to come up with pro-active strategies, discuss possible triggers which might indicate that additional help needs to be sought, and map out a plan of how you might access this support.

LOOK OUT FOR ONE ANOTHER

Generally students will keep in touch with their friends somehow. If you're concerned about someone and feel they may be struggling during their time abroad, talk to them about this. You've probably known them longer than people they've met during their time abroad, and might well be better placed to notice a change in their wellbeing.

HOMESICKNESS

Being away from your friends, family, and normal routine can be a challenge. It's perfectly normal to feel homesick while abroad. The feeling will pass, but allow yourself the space to address your feelings when they arise.

When packing, bring along some familiar items from home to help when you're away. While away, video chat with a friend or family member, make yourself a familiar meal, or watch a film that reminds you of home. When you're feeling a bit better, take some time to explore your new surroundings and find places that feel like a new 'home' to you.





CONTACT US

UNIVERSITY OF WALES TRINITY SAINT DAVID

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INTERNATIONAL MOBILITY TEAM

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