



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

UWTSD

Semester Abroad Handbook

Study Abroad Regulations

All Study Abroad schemes available at The University of Wales Trinity Saint David are governed by the following regulations:

- Academic Directors and discipline must support and approve the application of each student who applies for a place on one of the University's Study Abroad schemes.
- A formal interview will be arranged, which will normally involve the Programme Director (or School Representative) and Executive International Officer. Students must maintain at least 55% in all modules overall to be considered for Study abroad.
- Successful students will be asked to agree, a Programme of Study at their Study Abroad institution which is an acceptable alternative to the prescribed Programme of Study at The University of Wales Trinity Saint David.
- Relevant Study Abroad modules will be validated. Schools will have the opportunity to include additional assessment components and learning outcomes.
- On completion of the Study Abroad, a transcript of the student's results will be received by UWTSd and the Head of School (or School Representative).
- Students will be informed that the mark ranges used by institutions abroad are not always consistent with those that are used within the UK. In order to ensure that they are not unfairly advantaged or disadvantaged, in terms of their marks acquired during their Study Abroad, all assessment will be re-assessed at Trinity Saint David and marked in accordance with the University's systems. Before being allowed to enter an exchange arrangement, students will be required to sign a declaration stating that they accept that the marks awarded by the University will be the ones recorded on their transcript and used to calculate their degree classification. External Examiners shall be kept informed of Study Abroad arrangements on an annual basis and may be called upon in cases of appeal.
- On return to the UK the student will supply the Head of School (or School Representative) with all relevant assessment materials and the process described in (6) will be followed. Final marks will then be sent to the Registry for inclusion in the next relevant Progression/Award Board.



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Study Abroad Destinations



California State University Fullerton

- Performing Arts (English Medium)
- Sport, Health and Outdoor Education

For more information visit: www.fullerton.edu



University of North Carolina Greensboro, USA

Many programmes are available please discuss with the International recruitment unit.

For more information visit: www.uncg.edu



Douglas College Canada

Many programmes are available please discuss with the International recruitment unit.

For more information visit: www.douglascollege.ca

Camosun College Canada

- Social Justice and Inclusion – (Youth & Community)
- Cultural Studies
- Theology, Religious & Islamic Studies
- Archaeology, History and Anthropology

For more information visit: camosun.ca

Thompson Rivers University Canada

Many programmes are available please discuss with the International recruitment unit.

For more information visit: www.tru.ca

Quest University Canada

Many programmes are available please discuss with the International recruitment unit.

For more information visit: www.questu.ca

University College of South-Eastern Norway

- Outdoor Education

For more information visit: www.usn.no/english/academics/find-courses/sports-physical-education-and-outdoor-life/outdoor-life-culture-and-ecophilosophy

Volda University Norway

- Art and Design

For more information visit: www.hivolda.no/english

Universita Di Bologna Italy

- Archaeology, History and Anthropology
- Classics

For more information visit: www.unibo.it/it



University of Rio Grande

- Performing Arts (Welsh Medium)
- Social Justice & Inclusion
- Business & Management

For more information visit: www.rio.edu/index.cfm

Wilkes University Pennsylvania, USA

Many programmes are available please discuss with the International recruitment unit.

For more information visit: www.wilkes.edu



Presbyterian College South Carolina, USA

Many programmes are available please discuss with the International recruitment unit.

For more information visit: www.presby.edu

South Utah University

Many programmes are available please discuss with the International recruitment unit.

For more information visit: www.suu.edu

Hong Kong Baptist University

- Business and Management

For more information visit: buwww.hkbu.edu.hk/eng/main/index.jsp

University of Malaya Wales

Business and Management

For more information visit: www.uwtsd.ac.uk/iumw



What past UWTSD study abroad students have said about their experiences:

Amy Parker (UNCG)

“Studying abroad was the best decision I’ve ever made, I got to travel and not delay my studies, be immersed in a different culture and make friends from all around the globe. This place changed my life, I never left the honeymoon stage!”

Eleri Angharad (UNCG)

“I would highly recommend studying abroad in UNCG. It challenges you in terms of the variety of classes you can take, but also meeting a different culture of people and being exposed to new ideas and making new friends. I still keep in contact with the friends I made and am actually going back to visit. During our trip we also had time to explore the USA and travelled to Myrtle beach and Washington DC with the school, and making our own trips to Nashville, Chicago and New York. It was an exciting and scary experience that I feel helped me grow in confidence and gave me a wider perspective on the world and a hunger for travelling!”

Alexandra Hamer (Fullerton)

“Studying abroad in California truly changed my life. I met such an amazing wide range of people, from many backgrounds. It gave me an appreciation for the diversity of cultures and beliefs and made me a more well-rounded person. Since leaving University I’ve utilised the skills I learned there and pride myself now on my ability to work with groups of people from all walks of life, I feel that I can relate to them in a way I may never have been able to without my experience abroad. It has physically and mentally broadened my horizons, has made me who I am today and for that I am eternally grateful.”

David Brown (Universita di Bologna, Italy)

“...a great cultural experience, of learning another nation point of view on life and understanding the world, by food, views, and everyday life.”

David Charles-Hendy (BA Acting, UNCG)

“I am currently living in Barcelona and touring Europe with the English Theatre Company for 8 months. In a year or so of graduation I have co-founded a theatre company, played the lead in a Musical, done a TV commercial and toured both the UK and Europe. Studying and performing at UNCG taught me to make the most of every opportunity and was one of the best decisions I made at UWTSD!”

Sofia Mancini (Tarragona, Spain)

“Studying abroad has opened my mind by giving me the opportunity to accustom to a new language and culture. The time I have spent at the University of Tarragona, Rovira I Virgili (Spain) has been fantastic. I have met great people, lecturers and I have had the chance to live for five months in an astonishing archaeological and historical city.”

Gwyneth Sweatman (BSc Psychology, Presbyterian College)

“I absolutely love travelling, so when I learned I could study abroad as part of my degree I was so excited. I experienced my course from a new perspective and had so many life changing experiences. I couldn’t have done it without the awesome support from the International Office! I would definitely recommend applying; it’s such a simple process.”

Shintana Marie (Camosun, Canada)

“Camosun college offers a unique and community based educational experience in the heart of the beautiful Vancouver Island. Its definitely a place that I’d advise people to study abroad at!”

How to Apply to Study Abroad?

Step 1 Applying through UWTSD

You should discuss with the Programme co-ordinator that you have an interest in studying abroad for a semester; together you can explain host institution options and decide what will be best for you and \ your course.

Once you have made that decision, you should then complete the application form and return it to the International Office: **International Recruitment Office, Carmarthen Campus SA31 3EP.**

The application form must include the following;

- Two reference from University tutors, one of which must be your head of school and the other could be your personal tutor or lecturer
- A transcript of your current academic profile, this you can get from registry
- Two Passport copy photographs
- An essay, which is attached to the application form, explaining why you would like to study abroad.

Step 2 Applying to host institution abroad

When you have been successfully accepted by UWTSD to study abroad, you will then need to apply to the host institution. (UNCG, TRU, Rio Grande etc) You will then need to complete all the forms in the admission package provided by the International Office. These forms are used to create a DS2019 (if studying in the USA). This form is used when applying for your visa.



Step 3 Acceptance and VISA (if applicable)

Once the host institution receives these forms they will issue you with an acceptance letter confirming your place as an international student at their university. For those universities in the United State of America, they will issue you with a DS2019, which will enable you to apply for your VISA. You must have a VISA to study in the US.

Visa / Passport costs - USA only

- VISA (approx \$150)
- Sevis Fee (approx \$200) plus £15 admin fee
- VISA photos: These photos must be VISA size specific, check on the passport photograph booths for the correct size options.
- Travel to interview in London
- £60 to pay at the US Embassy for them to post your passport back to you once they have granted you the VISA.

(75% of the VISA costs may be recoverable from the LEA - you must contact them directly to find out more information).

Application information can be found on:

www.uwtسد.ac.uk/international/study-abroad-and-exchange/international-opportunities-for-uwtسد-students/

Finance Information

Your estimated costs for Study Abroad in the USA/Canada

Total expenditure needed to study in the US/Canada = £6,000 - £8,000 approx.
additional funding is available from student finance for study abroad.

Here is the approximate estimated break down:
(In \$ and in £, the following estimate is based on off campus housing in California).

- Flight: £550
- Transfers: \$45
- Insurance costs: \$842 for 1 semester.
- Home insurance \$11.00 per month.
- Housing: \$1220 per month approx in fullerton
(this is the highest of our partners accommodation costs)
- Meal plan: depends on campus
- Books: \$180 inc files, paper, all books needed to buy
- Entertainment (travel, going out, extras) per week on average: \$80 - \$200 depends where and what you're doing.
- Furnishings for room/apartment: \$190
- Bills for housing: included in rent.
- Anything else: weekly food shop \$35

Total average cost: £8792.
This is based on Fullerton in September 2019.
Other campsues could be less expensive.

Your estimated costs for Study Abroad at an Erasmus Institution

Total additional expenditure = £2,000 approx.
Accommodation at host institution: £1,500 approx
Flights: £300
Travel: Budget for trips and excursions
Food: £30 per week (approx)
Travel to and from University
Health insurance – this will vary whether it is provided by host institution or private.

In Addition:

1. In addition a medical check is required before you leave and you must take the Response Form with you, this is to prove that you are healthy and able to travel.
2. Flights – students are required to organise their own flights.
3. You will need to prove that you have approx £5,000 either in your bank or in-coming from Student Finance, this is your student finance confirmation letter of your loan amount.

Extra funding for Study Abroad

In order for you to receive extra funding/grants, you must notify student finance. There is a section on your student loan application form that asks whether you are studying abroad. Please email the International recruitment unit the “course abroad form” once you’ve been accepted.

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.

Initial expenditures (be sure to budget!) 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 arrive in your host country so don't rely on this money for your initial expenditures as it may not come through in time.

Student Services

There are Educational Vouchers available from student services for study abroad.

Please contact student services for further information
d.lewis@uwtsd.ac.uk.

Accommodation

The Host University will advise you on how to apply for accommodation in your host institution. This may vary from on campus accommodation to unfurnished flats depending on where you go. Accommodation costs may vary and you should expect to pay a bond.

You need to notify the UWTSD accommodation office that you will be studying abroad for a semester and arrange accommodation upon your return.

Planning for your Visa

Your Visa

Ensuring that you have the correct visa is always the responsibility of the student. Any student going on an exchange outside of the EU, or international students (i.e. non-EU) going to any destination will need to apply for a visa for their host country. You should do a web search now to look into the student visa requirements for your host country, taking into consideration your nationality as indicated on your passport. International students will need to meet with the Executive International Officer to discuss any implications of studying abroad on their UK visa. With many of these you will need to submit proof of finances (often this will also need to be submitted with your initial application). The IRU cannot advise on individual visas, however, the following is usually true:

- UK Citizens usually don't need a visa to be in Canada for six months
- 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

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, get a new one! 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.

Out-going to USA/Canada

Most U.S. institutions have their own health insurance (such as California State University Fullerton) which is a requirement of registration. We also encourage students to take out private insurance which will cover you for any accidents, additional medical cover, loss of money, passports, or baggage loss. Some companies such as Endsleigh Insurance offer special packages for students undertaking study periods 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. Students studying at XJTLU must undertake a health check as part of their visa requirements. XJTLU will arrange for all students to be taken to a local health clinic and undergo a brief health check, this will include: an echocardiogram, urine sample, blood test and x-ray.

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. You must 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!

Fire

Learn the local instructions on action to be taken in the event of a fire, especially the fire evacuation route for your accommodation. Also take note of the emergency numbers given above.

Eating and drinking

We want you to have an exciting gastronomical experience whilst abroad, so be adventurous, but be sensible. If local water is not drinkable, buy bottled, try to avoid food that has been made in clearly unsanitary conditions. And if you're not used to a certain ingredient (e.g. spicy food), it's a good idea to taste it gradually!

Hot climates

If you're travelling to a hot climate, take sensible precautions. Remember to stay hydrated and use a suntan lotion with an appropriate factor.



Travel Practicalities

The points in this chapter are a just a few for you to consider, to help make your travel to your host country as smooth as possible.

Flights

Remember that you should not buy flights until the release of the Semester 2 exam results. This is because final permission for the exchange is usually dependent on you maintaining the average set by your department. Rather more obviously, you also need to wait until your acceptance is confirmed by your host university. Consider the following when buying flights:

- Shop around! Compare prices online and from travel agents (STA Travel are student orientated travel agents). For the cheapest tickets, avoid travelling at weekends and book as far in advance as possible (bearing in mind the need to wait for exam results/acceptance from the host university).
- For long-haul flights, make sure you take jet-lag into consideration when choosing arrival times/dates. Allow some 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 people who like to take everything plus the kitchen sink, make sure you're aware of baggage.
- limits on any airline you fly with, including hand luggage. Excess baggage charges can be expensive!



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.

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. You could 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.





USA

How to Apply for your VISA

To apply for your visa online you'll need to visit the US embassy website and follow the instructions on screen.

- You'll need to keep your welcome pack from your host institution close to you as all the information you will need will be in there
- Once you've applied for the visa you will need to book an interview at the US Embassy in either Belfast or London. You'll be asked to select a time slot, and when this happens, take travel time into account as you must be on time for the interview
- You will not be able to take a bag, any electronic items or anyone except yourself into the embassy. You must provide your documents in a clear packaging. You can not bring a bag or mobile phone into the embassy for security reasons, but you can use a locker at a tube/train station.

In the acceptance pack from the host institutions there will be a letter that has a barcode and number on the right hand side. That form is the DS2019 and the number is your unique number to apply for your student visa.

- You will be applying for a J1 visa and this should be stated on the DS2019, go to the website: <https://ceac.state.gov/Genniv/> go to GET STARTED and select England, London and then start application.
- Please fill in the application correctly and save it along the way.
- Once completed you have to pay a Sevis Fee and the website is www.fmjfee.com/i901fee/index.jsp.

It will take about 3 working days for your payment to process and when you have the receipt you can attend your visa appointment. You can book your appointment straight away but please leave 3 days from the time you applied to your interview date.

Once you have received confirmation of payment you can book your Embassy appointment online by visiting: http://london.usembassy.gov/visa_contact_information.html. Ring the US Embassy on 020 36086998 if you need to re-arrange your appointment for any reason but to make an appointment it has to be done online. You will need to bring all your documents that you have received from your host institution, along with your passport. There are full details on the embassy website. Take at least £30 in cash so that you can have your passport returned to you with your visa. It will take

approximately 5 working days to process your visa once you have had your interview.

Further info

- If asked the question, Have you attended any educational institutions other than an elementary school, you should list all educational institutions you have attended since the age of 11.
- Provide accurate and complete information in answer to the questions. You will be given an opportunity to review the information before submitting the form. If you submit a DS-160 that is inaccurate or incomplete, your application will be rejected;
- Review the Department of State photo specifications before uploading the photograph. If your photo does not comply, it will be rejected;
- Select the correct location at which you will apply for the visa. If applying at the Embassy, please select London, England; if applying at the Consulate General in Belfast, please select Belfast, N. Ireland ;
- Select the correct visa category under "Purpose of Travel to the United States" in the "Travel Information Section" - the drop down list will appear in answer to the question "Are you the Principal Applicant". If you do not see your visa category, click on 'Other' for further information.

You will also need the following:

✓ Passport

✓ Visa Photo

Check the size requirements at the photo booth, since the size will vary from passport photos.

✓ Proof of Financial Solvency

- letter from bank, signed bank statement etc.

Although you are a student the bank should supply you with a letter stating that your loans grant enters your bank account – the bank will need proof of this.

See Appendix 1 for an example of a letter from the bank regarding payment of student loans. You may be required to do this before applying for US institution.

✓ Letter of home address

Academic Information

You will still be enrolled as a student at UWTSD while you are abroad, and you will gain credit for the courses you study at the host institution.

How does it work?

- You research the university you want to go to and find out whether the courses there are appropriate to your degree. The Institution must be one of the affiliated Partners. Remember it won't be an exact match and you may have the opportunity to do a range of courses – as long as your tutor feels it fits within your programme of study.
- You will be enrolled on the International Independent Study module – a 40 or 60 credit module at UWTSD which gives flexibility to study a range of modules.
- Pick between 12-15 credit hours at your host institution (30 ECTS for Erasmus institutions). You will probably be asked to do some additional work for your tutor back at UWTSD (a process workbook, journal, presentation upon return).
- Meet with your tutor to create your learning agreement. You will then enrol on the modules (usually online at the host institution).
- The learning agreement is signed before you leave and you will be asked to; send copies of your work if you can, back to your tutors at UWTSD (always keep a copy of everything for your records, when possible).
- Keep in touch with academic staff & the IRU when you are abroad.
- The learning agreement can be changed in the early orientation stages.
- If you are having any difficulty with course you must let staff at the IRU at UWTSD know as soon as possible.

You will only see 1 final mark on your transcript all marks from host institution will be collated

International Independent Study Module

This International Independent Study module is the formal Student Learning Agreement within this Programme of Study for students wishing to Study Abroad on one of University of Wales Trinity Saint David's approved exchange programmes.

Students undertaking this module will have completed the formal Study Abroad regulations as identified in the Academic Quality Handbook which include approval by Academic Schools and engagement with External Examiners.

Students undertaking this International Independent Study module will sign a Learning Agreement drawn up by the International Recruitment Unit in consultation with the Head of School(s) and the student through which agreed in-country programmes, courses and associated assessments will fulfil the aims of the appropriate UWTSD International recruitment unit. The International Office will ensure that the host institution approves the Learning Agreement.

Pre-Study Abroad Phase

A Learning Agreement will be created by the appropriate Programme Director and the International Office to include:

- the specific details of the courses which the student agrees to attend and complete assignments for whilst studying abroad;
- details of additional compulsory practical tasks to be completed during the Study Abroad (e.g. membership of appropriate societies, clubs, teams etc.)
- details of any additional assessment tasks which could be deemed necessary to fulfil the Aims of the Programme of Study. These agreed additional assessment tasks would normally involve the negotiation of:
 - specific suitable titles for additional areas of study;
 - the intended learning outcomes of the areas of study;
 - the process by which learning outcomes are to be achieved;
 - the proposed assessment tasks, designed to provide evidence that the learning outcomes have been achieved;
 - the proposed assessment criteria linked to the learning outcomes.
- In consultation with the tutor the student will negotiate:
 - a programme of reading and/or research;
 - arrangements for interaction with the tutor during the Study Abroad;
 - a date for the final submission of work.

Study Abroad Phase

During the Study Abroad phase, students will undertake all aspects of the agreed Learning Agreement. In addition, the student will maintain regular contact with relevant staff at UWTSD to monitor progress.

Post-Placement Phase

Students must ensure that a full record of all work, including copies of all formal assessments undertaken during the Study Abroad, is kept and brought back to Trinity Saint David following the Study Abroad. These must be re-presented to the Head of School and final marks will be agreed.

Assessment

Course Work 100%
(as per the Individual Learning Agreement)

This will include the associated assessments for each course studied at the host institution but could include additional assessments tasks (e.g. Study Abroad Journal) as per the agreed Learning Agreement.

Full details to be agreed and signed off by Programme Director on the Learning Agreement.



Learning Agreement

Example

Programme of Study

Name of Student:

Student Number:

Sending Institution:

Country:

Details of the proposed study programme/learning agreement

Receiving Institution:

Country:

Module Code	Module Title	Number of UWTSD Credits
Please list here the modules/classes you propose to undertake at the host institution	International Independent Study Module	60

International Independent Study

Module Learning Agreement

What do I have to do on this module?

To fulfil the learning outcomes of this module you must complete the following three elements of the module:

- Complete courses at the host institution that have been agreed with the School of XXXXXX.
 - In most cases, these courses will be finalised once you are at the host institution. It is your responsibility to liaise with your UWTSD tutor so that you inform the tutor of your proposed choices and receive agreement from your tutor to undertake them.
 - You must remember to stay in touch with your tutor when you are overseas. Any changes that may be necessary in your planned programme can only be made following consultation with the International Office and your UWTSD module tutor.
- Document and analyse your learning through the preparation and submission of (e.g Process Workbook(s)/ Report) covering all aspects of study abroad. Please note the following key points and ensure you comply with them:
 - The Process Workbook or series of emails can include any activity, curricular or extra-curricular, that might be considered as contributing to your knowledge and understanding of your course.
 - Extracts should be submitted electronically for tutorial advice and scrutiny.
 - The format and content of the Process Workbook is to be determined by you with due regard to the guidance offered for Level 5 or 6 study.
 - You must include in the Process Workbook all assessment feedback sheets and marks that you receive from tutors at your host institution.
 - You must include in the Process Workbook all module booklet(s) or course syllabi for the courses you take overseas.
 - The two points above are important since they will form a key part of your overall module assessment when you return to UWTSD.
- Prepare and deliver a 15-20 minute presentation to staff and students of the School of XXXXXX at an

agreed date upon your return to UWTSD. This presentation should identify and analyse key moments in your learning while abroad.

When do I submit my Process Workbook?

Mid-term submission to your UWTSD tutor: by XXXXXX.

Final Submission to your UWTSD tutor: by XXXXXX.

How is my work on this module assessed?

The module’s learning outcomes will be assessed through the following criteria:

- Criterion 1**
The level of your achievement, as indicated by the marks awarded for your work on the agreed host institution courses. This mark is to be determined via the conversion diagram outlined in this Agreement (See below).
- Criterion 2**
The level of your knowledge and understanding as evidenced in the Process Workbook(s)/ Report.
- Criterion 3**
Your ability to analyse, select and communicate key learning experiences through the medium of a short seminar presentation.

Grade Conversion Example North America

It is important that you understand that the grading philosophy at North American universities differs from that used at UK universities.

In principle North American lecturers are used to using a much broader range of marks and grades. This means that it is common for a lecturer to award marks in the 90% or 100% range. There is also a view that US lecturers use higher marks or grades as a means of encouraging or rewarding promising students. In contrast it is argued that UK lecturers operate in a more conservative way when looking at assessments and examinations.

You will know already that confusion may arise between English as spoken in the UK and American English. What seems identical may sometimes refer to something very different. This is also the case between marks and grades in the UK and in the US, where the numbers may look the same, but the meaning is very different.

Please note:

The assessment of your work will take into account the academic LEVEL of your USA courses. An A+ mark on a sophomore level course is not the same as an A+ mark on a senior level course. The academic levels of your USA courses will be considered in your assessment so that your work can be assessed in line with the Level 6 academic demands of the 60 credits UWTSD module on which you are enrolled. In brief, if you take a lower level course in the USA, receive an A+ mark, do not think that it automatically equates to a Level 6 Top Excellent at UWTSD.

US-UK Grade Conversion Example

The following conversion table will be used to convert the marks you gain in the USA/Canada so that they are consistent with those used at UWTSD:

UWTSD Percentage	US Grade
65+	A +
63-64	A
61-62	B +
55-60	B
53-54	B -
51-52	C +
43-50	C
40-42	C -
38-39	D
Under 38	Fail

✓ 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 Office or a member of staff at The University of Wales Trinity Saint David. Using e-mail is the most reliable form contact, a member of staff will respond as soon as they can.

Don’t forget to keep in touch, work hard and enjoy every day!



Looking After Your Wellbeing

One of the highlights of your University experience may be having the opportunity to study 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.

Whilst you’re away Don’t worry! It’s normal!

Expect to feel a mixture of excitement and apprehension – it would be unusual not to.



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. Remind them about the support available and be supportive of them. 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 friends, family and your usual routines can be challenging.

- 1) **Notice your thoughts and feelings.**
By allowing yourself time to notice what you are experiencing you can gain an understanding of it. Take a moment just to savour a moment.

It is also key to remind yourself “this will pass”. Also notice your routine. Think about how you can create a routine for yourself, this could include something like setting a morning alarm or ensuring you put an hour in your day for a relaxing activity.
- 2) **Be active:** Think about what helps you be energised. Exercise helps us combat stress, look for local sports centres or take time out to walk and explore the local area. Also think about how you can eat well.

UWTSD is available to you wherever in the world you are. Whether you are on campus, living elsewhere in the UK or on the other side of the world, you are still a UWTSD student. Whilst the method of accessing support may depend on your location, the same support is available to all. When overseas, many students continue their support from Warwick through regular sessions via Skype or phone, but do bear in mind that in many instances, it may be appropriate for you to access support locally, either as well as, or instead of Warwick services.

Contact Support Services for advice about the range of services available and the best way for you to access the most appropriate support for you.

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 **UWTSD International Opportunities**

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Application information can be found on:

www.uwtsd.ac.uk/international/study-abroad-and-exchange/international-opportunities-for-uwtsd-students/