

GO GLOBAL
WITH UWTSD

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

Semester 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.

HOST UNIVERSITY

The ‘Host University’ is the university you will be studying at on your exchange. The term ‘exchange partner’ or ‘partner institution’ may also be used to represent the university that will be hosting you. E.g. ‘Shara is contacting their Host University in Norway about updated visa requirements.’

INTERNATIONAL MOBILITY OPPORTUNITY

This is a term used to represent all study, work, or volunteer placements that take place anywhere other than your Home University. e.g. Priya is taking part in an International mobility opportunity and will spend a semesterstudying Outdoor Education in Canada.

INTERNATIONAL MOBILITY TEAM

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

TAITH FUNDING

This is funding that comes from the Welsh goverment 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 recieve 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) - For example, having £8,100 awarded by Student Finance Wales, or £10,227 awarded by Student Finance England (rates differentiate for students living at home or living in London) maintenance loan of over £9,000).
- 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.

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 GOING ABROAD. WHERE DO I START?

1. Decide whether you would like to work, study, or volunteer abroad. Some students may choose to go abroad on a work or volunteer opportunity if they have other commitments during the academic year as placements are typically of a shorter duration (e.g., 1 week - 2 months), or if they are keen to develop their CV. Please see the International Mobility with UWTSD: Summer Placements and Group Trips handbook for more information. Other students may choose to study abroad to gain additional credits towards their degree or to spend a longer time immersing themselves in a new culture. **Please note: To embark on the Semester Abroad opportunity, the International Mobility Opportunity must be available on your degree programme. To check whether your course offers the International Mobility Opportunity module, please refer to Page 5.*
2. Speak to the International Mobility Team on goglobal@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 the host university's website, join an online info session with one of our volunteer 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 exchanges available for your programme.



INTERNATIONAL MOBILITY OPPORTUNITY
YOUR CHANCE TO STUDY ABROAD – BROADEN YOUR HORIZONS!

Please enquire with your programme manager
Level: 5 | Credits: 60

Turn Your Degree into a Global Experience

Are you ready to take your studies beyond borders? The International Mobility Opportunity offers ambitious students the chance to gain a unique academic and personal experience by studying at an approved host institution outside the UK.

This isn't just studying abroad — it's a chance to enhance your knowledge, grow your cultural awareness, and develop highly valued transferable skills that set you apart in today's global job market.

Why Take Part?

- Experience a new culture, new perspectives, and new challenges
- Broaden your academic and professional horizons
- Build global friendships and connections
- Boost your confidence and independence
- Stand out to future employers with international experience

What You'll Gain

- Study an agreed programme at a host university abroad
- Compare and reflect on how your subject is approached internationally
- Critically reflect on how the experience has shaped your knowledge and personal growth
- Develop enhanced communication skills for diverse audiences
- Return with a richer understanding of your subject and yourself

Who Can Apply?

- You must successfully apply to the International Mobility Programme
- You need a Level 4 average of 60 or above
- A DBS check may be required

How It Works

We'll work closely with you to create a personalised Learning Agreement, outlining:

- The courses you'll study at your host university
- Any additional tasks like joining clubs or teams
- Research and reading tailored to your academic development
- Assessment tasks to showcase your achievements

Throughout your time abroad, you'll stay in touch with your tutor or Discipline representative, ensuring you stay on track and get the most from your international experience.

Ready to Transform Your Future?

Studying abroad isn't just about academic credit — it's about building confidence, independence, and a global perspective that lasts a lifetime.

Don't miss this exciting opportunity to study, grow, and explore the world.

Contact the International Mobility Team today to find out how to apply!

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 a Go Global Application

HOW MUCH MONEY WILL IT COST? HOW MUCH FUNDING CAN I GET?

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 info on costs.

IF I CHOOSE TO GO ON A STUDY EXCHANGE, DOES THE ACADEMIC CREDIT TRANSFER BACK TO MY DEGREE AT UWTSD (MY HOME UNIVERSITY)?

Yes, all credit transfers back to UWTSD and counts towards your degree. Students on a semester exchange will be enrolled in an 'Mobility Opportunity' module which is worth 60 credits. This module allows students to take an equivalent of one semester of classes at any of our partner universities and have the credit transfer back towards their degree at UWTSD.

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 been provisionally accepted by the International Mobility Team, you will then be 'nominated' to the university you'd like to study abroad at (the 'Host University') by the International Mobility Team. The Host University will contact you with further application details and accommodation info. If you have applied for summer work or volunteering, you will need to apply to the relevant work or volunteer organisation for acceptance. Once you are accepted at the Host University or relevant organisation, you will be able to apply for a visa (if relevant), book flights, look at accommodation, etc.

WHAT ARE THE ELIGIBILITY REQUIREMENTS?

- You must be a current UWTSD student or
- Be a recent graduate if you are participating in a traineeship (in which case you must carry out and complete your traineeship abroad within twelve months of graduating) and
- You must have an average grade of 60 or higher by the time you begin your study abroad placement.

APPLY NOW

Scan this QR code or visit our website by searching **'Global opportunities at UWTSD'.**

GO GLOBAL 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

WHERE CAN I STUDY ABROAD?

STUDY IN CANADA



LAKEHEAD UNIVERSITY

Thunder Bay and Orillia, ON

Dynamic, modern, and highly learner-centred, Lakehead prioritizes students as valued leaders of tomorrow. Lakehead provides a blend of academic excellence and opportunity with a rich variety of social and recreational activities. Lakehead also promises excellence in research.

Housing: on and off campus

For more information, visit: **www.lakeheadu.ca**



BISHOPS UNIVERSITY

Sherbrooke, Quebec

Located in the beautiful Eastern Townships region of the province of Quebec, Bishop's is a unique English-language university that offers its students an undergraduate university experience like no other. Bishop's boasts some of the smallest class sizes in the country, and passionate, supportive professors who truly care about the success of their students. The result is that all BU students receive personalized attention and valuable support throughout their studies.

Choose Bishop's for: A mid-sized city with vibrant urban culture and rich history, museums, art galleries, and festivals, walking and biking trails, stunning natural vistas, nearby autoroutes which provide easy access to Montreal and Quebec City, snowboarding / skiing, and Sherbooke's Winter Carnival.

Housing: On and off campus

For more information, visit: **www.ubishops.ca**

STUDY IN CANADA



DOUGLAS COLLEGE
Vancouver, BC

Founded in 1970, Douglas College is the largest degreegranting college in British Columbia, Canada, educating close to 25,000 students per year across two campuses. With both campuses directly on SkyTrain lines, Douglas is one of the most accessible post-secondary institutions in Metro Vancouver, drawing students from across the region. Douglas is known for its vibrant campus life, small class sizes, and diverse student body.

Choose Douglas for: surf and ski in the same day, mild weather, multicultural cuisine, city immersed in nature, and lush forests.

Housing: off campus

For more information, visit:
www.douglascollege.ca



CAMOSUN COLLEGE
Victoria, BC (Vancouver Island)

Founded in 1971, Camosun College celebrated its 50th anniversary in 2021. Over five decades later, the college remains true to its roots as a place where students feel supported, included, and where they can gain real skills to transform their lives and the future. The name “Camosun,” pronounced “Cam-O-sun,” is a Lekwungen name meaning “where different waters meet and are transformed,” which is fitting for this diverse, deeply connected campus.

Choose Camosun for: surf and ski in the same day, island living, Nanaimo bars, artsy vibe, hiking, camping, and outdoor activities.

Housing: off campus

For more information, visit: **www.camosun.ca**



THOMPSON RIVERS UNIVERSITY
Kamloops, BC

Thompson Rivers University is situated in the heart of BC. TRU is known for its hands-on learning experiences, accessible faculty, and network of services to support student success. Of 14,000 students on campus, more than 3,000 are international students from over 90 countries.

Choose Thompson Rivers for: mountain living, indigenous integration, snowboarding/skiing, affordability, close to Kelowna, Sunpeaks, and an hour flight to Vancouver.

Housing: on and off campus

For more information, visit: **www.truworld.ca**



MACEWAN UNIVERSITY
Edmonton, AB

Founded in 1971, MacEwan University provides a transformative education in a collaborative and supportive learning environment in downtown Edmonton. The low student-to-faculty ratio allows students to form close working relationships with their professors and classmates. Students will find a safe, supportive, and inclusive environment in classrooms, the campus, residence, and the city.

Choose MacEwan for: snowy winters, metropolitan living, endless prairie skies, pierogies, wildlife, and the Rocky Mountains.

Housing: on and off campus

For more information, visit:
www.macewan.ca

STUDY IN ASIA AND THE SOUTH PACIFIC



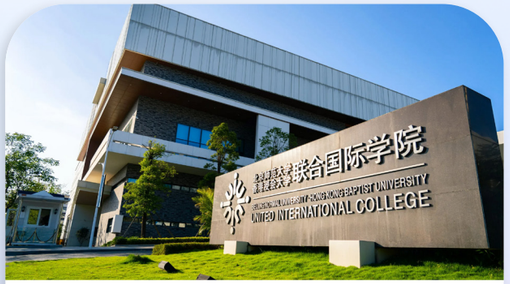
RIKKYO UNIVERSITY
Tokyo, Japan

Rikkyo University is a private, liberal arts and research university situated in Tokyo, Japan. Rikkyo is part of MARCH universities, a group of elite private universities in the Kanto region. The university is internationally oriented and involved in numerous international programmes and projects. Rikkyo maintains contact with more than 140 educational institutions abroad for the purpose of exchanging lecturers, students and projects. With more than 700 students from outside Japan, the institution has 20,000 students, and 2,700 teachers and staff members. Rikkyo is also known as one of the six leading universities in the field of sports in Tokyo.

Choose Rikkyo for: prestigious university, leading sports teams, traditional japanese culture, campuses situated within the vicinity of the Tokyo metropolitan area.

Housing: on and off campus

For more information, visit:
english.rikkyo.ac.jp



HONG KONG BAPTIST UNIVERSITY
Hong Kong, China

Hong Kong Baptist College was founded by the Baptist Convention of Hong Kong in 1956 as a post-secondary college committed to the provision of a whole person education. In 1983, it became a fully-funded public institution. By 1994, it gained university status and was renamed Hong Kong Baptist University. HKBU blends teaching and research with service, and which instils a sense of value extending beyond the mere acquisition of knowledge.

Choose HKBU for: Dim Sum, Sino-Christian studies, Causeway Peak, skyscrapers and centeries-old temples, night market, and egg waffles.

Housing: on and off campus

For more information, visit: **www.hkbu.edu.hk**



STUDY IN THE USA



CALIFORNIA STATE UNIVERSITY AT FULLERTON
Fullerton, CA

California State University, Fullerton (CSUF) is located in Southern California. CSUF students will learn from experienced professors, study with U.S. students, and enjoy other program benefits. CSUF is a nationally ranked public university that offers a wide array of opportunities for international students: 109 majors offered from eight different colleges; 2,400 international students from 78 countries; over 350 student clubs and organizations, and more.

Choose Cal State Fullerton for: sunny weather, large campus, true ‘American University’ experience, proximity to Disneyland, great Mexican food, and diverse campus life.

Housing: on and off campus

For more information, visit:
www.fullerton.edu



CALIFORNIA STATE AT LONG BEACH
Long Beach, CA

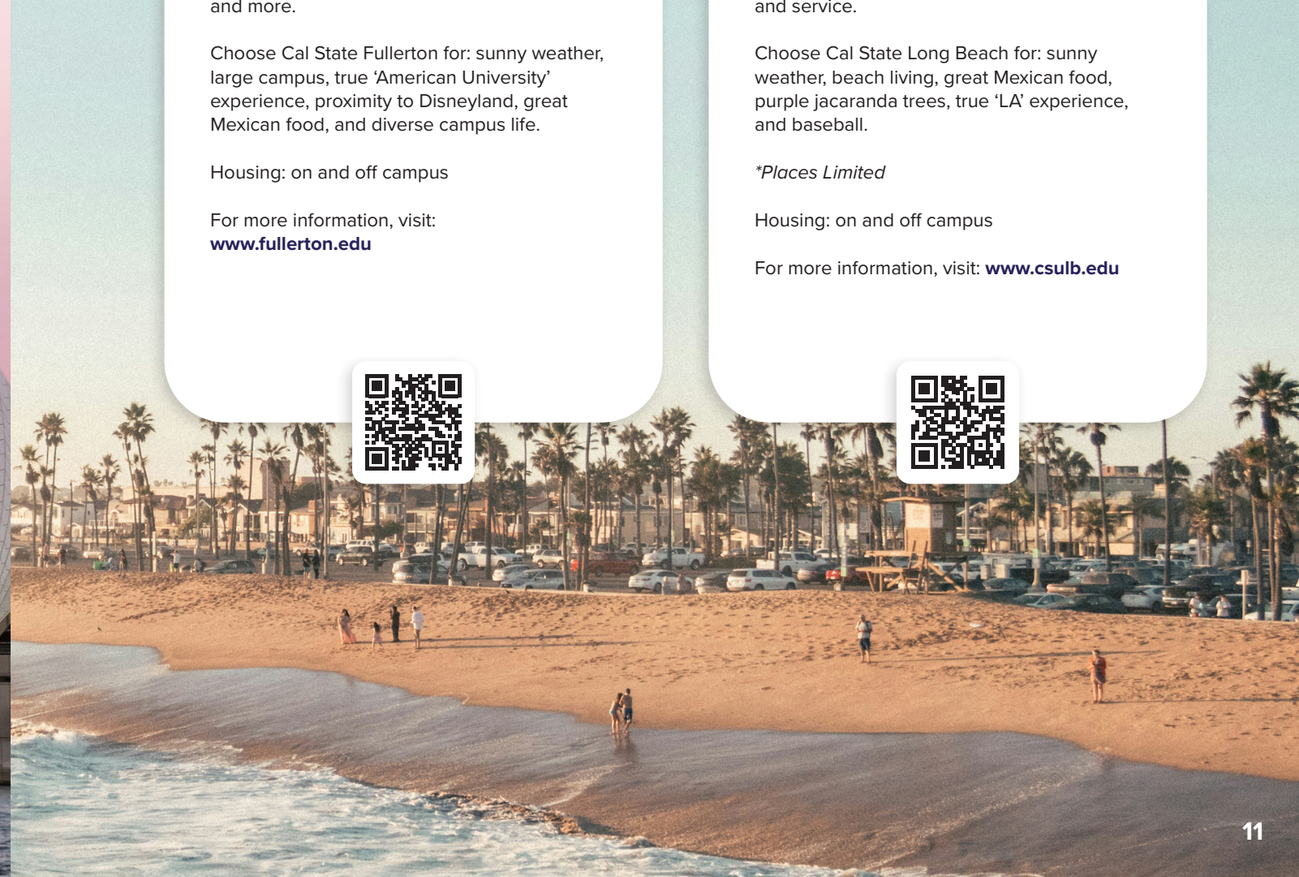
Located by the ocean, California State University, Long Beach (CSULB) is a diverse, student-centred and globally engaged public university. Situated on the border of Orange and Los Angeles Counties, CSULB is home to beautiful beaches and attractions that enrich your experience at The Beach. By choosing to attend CSULB, you will receive highly valued educational opportunities through superior teaching, research, creative activity and service.

Choose Cal State Long Beach for: sunny weather, beach living, great Mexican food, purple jacaranda trees, true ‘LA’ experience, and baseball.

**Places Limited*

Housing: on and off campus

For more information, visit: **www.csulb.edu**



STUDY IN THE USA



UNIVERSITY OF NORTH CAROLINA AT GREENSBORO

Greensboro, NC

UNC Greensboro was founded in 1891 in the Piedmont Triad region of North Carolina. UNCG is one of the most diverse universities in the state with 20,000+ students, and 3,000+ faculty and staff members representing 90+ nationalities. UNCG is consistently recognized nationally among the top universities for academic excellence and value, with noted strengths in health and wellness, visual and performing arts, education, and more.

Choose Greensboro for: E-sports arena on campus, cultural diversity, true 'American University' experience (frats and sororities), chicken and waffles, community feel in a big city, arts, museums, and athletics programmes.

Housing: on and off campus

For more information, visit: **www.uncg.edu**



SOUTHERN UTAH UNIVERSITY

Cedary City, UT

Southern Utah University, located in a rural town in the heart of the American Southwest, is surrounded by some of the most beautiful landscape on earth. SUU students enjoy rock climbing, mountain biking, and skiing, as well as hiking in Zion National Park, Bryce Canyon, Arches, Canyonlands, and the Grand Canyon. The student population is 12,000, over 700 of whom are international and come from over 60 countries.

Choose Southern Utah for: hiking in the red rocks, soda shops, dinosaurs on campus, Shakespeare festival, hot/dry summers, cold winters, and vast campus activities (rock wall, greenhouse, etc.)

Housing: on and off campus

For more information, visit: **www.suu.edu**



SAINT MICHAEL'S COLLEGE

Colchester, Vermont

Saint Michael's is a liberal arts university where you have the academic flexibility to explore multiple interests and pursue more than one field of study. Faculty and staff will work closely with you to help ensure your success, as you pursue your studies and build your CV through research and internships with local entrepreneurial companies. Our community is welcoming to every faith tradition and has proudly hosted international students for most of our history.

Choose St. Mike's for: faculty connections, a global alumni network, and a campus with proximity to both outdoor adventure and a culturally vibrant small city.

Housing: on campus

For more information, visit: **www.smcvt.edu**

STUDY IN SOUTHERN EUROPE



ALMA MATER STUDIORUM – UNIVERSITÀ DI BOLOGNA

Bologna, Italy

The University of Bologna is considered to be the oldest university in the Western world. UniBo has at least nine centuries of history from as far back as 1088, through the founding of the the Alma Mater Studiorum. With history winding through the bustling Middle Ages and the eclectic Renaissance to the stagnation of the modern age and its revival in the contemporary era, it is a keystone for European culture.

Choose UniBo for: ancient architecture, seaside living, rich foods, night life, vibrant music scene, and delicious tagliatelle al ragù.

Housing: on and off campus

For more information, visit: **www.unibo.it**



LLOTJA ESCOLA D'ART I DISSENY (SCHOOL OF DESIGN)

Barcelona, Spain

The Escola de la Llotja (officially the Escola d'Arts i Oficis de Barcelona) was founded in 1775. Llotja is an arts and design university that took its name from its initial location in the Llotja de Mar palace before it was moved in 1967 to its current location. The first director of the school was Valencian engraver Pedro Pascual Moles, who oriented the school towards academic art advocated by painter Anton Raphael Mengs.

Spanish required

Choose Llotja for: Catalonian arts and culture, sunny beaches, stunning architecture like Basilica Sagrada Familia, the Gothic Quarter, and vibrant night life.

Housing: off campus

For more information, visit: **www.llotja.cat**

STUDY IN THE NORDIC COUNTRIES



OSLO METROPOLITAN UNIVERSITY

Oslo, Norway

Oslo Metropolitan University evolved from a former state university college, Oslo and Akershus University College, which was established in 2011 through the merger of Oslo University College and Akershus University College. Oslo Met is located in the city centre of Oslo along the Pilestredet street, with subsidiary campuses in Sandvika and Kjeller in Akershus. It has around 1,400 academic employees, 20,000 students, and 800 administrative support staff.

Choose Oslo Met for: Viking and nautical history, museums, seafood, eco-conscious harbour living, and eclectic architecture.

Housing: on and off campus For more

information, visit: **www.oslomet.no/en**



VOLDA UNIVERSITY COLLEGE

Volda, Norway

Høgskulen i Volda , or Volda University College, was founded in 1994. With its 4500 students and 350 staff/faculty members, Volda University College is one of the largest institutions of higher education between Bergen and Trondheim. Volda is known for its active student environment and the university college is also known for the top study programmes in media and journalism, as well as, long traditions for teacher training.

Choose Volda for: nature immersion with warm springs and cold snowy winters, northern lights, skiing, hiking, and small classes.

Housing: on and off campus For more

information, visit: **www.hivolda.no/en**



UNIVERSITY COLLEGE OF SOUTH-EASTERN NORWAY

Bø, Norway

University College of South-Eastern Norway is Norway's fourth largest University with approximately 18,000 students and 1,800 staff spread over eight campuses. USN has divided its educational operations across four faculties: health and social sciences, faculty of humanities, sports and educational sciences, USN school of business and faculty of technology, natural sciences and maritime sciences. Each faulty offers courses taught in English.

Choose USN for: Snowy wonderlands, cosy small-town vibes, watercolour sunsets, lush green springtime, and Kvikk Lunsj bars.

Housing: on and off campus For more

information, visit: **www.usn.no/english**

STUDENT EXPERIENCES

WHAT UWTSD STUDENTS HAVE TO SAY ABOUT GOING ABROAD

MOLLY AUSTIN

BA Film and Media Production student Molly Austin spent a semester one of Level 6 at California State university Long beach.



JACK CRAFT & WILL ROBERTS

BA Outdoor Adventure Education students Jack Craft and Will Roberts studied at the University of South – Eastern Norway (USN) in Bø for a semester.

Jack said:

"The scenery is breath-taking and every trip with classmates is time for a new discovery both external and internal. The rate at which I learnt to ski and develop was amazing, as it was with most of us. All of the lecturers couldn't believe that some of us had never skid before let alone tried Telemark skiing [...] This semester has not only taken me to a beautiful part of this world, allowed me to meet so many like-minded people, learn new skills and develop knowledge key to a career in the outdoors, it has made me realise the importance of continually assessing my own abilities and how I need to proceed to becoming a well rounded leader in the outdoors."

"I knew of this opportunity before choosing to come to this university and it was one of the reasons I chose to apply to come here. This was an opportunity that could not be missed". "I have always wanted to visit Norway and thought what better way to do it - spending 5 months living and learning with not only Norwegians but many nationalities as part of an exchange."

"It has helped me understand so much about myself when in outdoor settings. Being confident in this exchange provided me the perfect opportunity to develop those skills in a true winter environment that we never experience here in the UK. This opportunity taught me the value of organisation, expedition planning, camp craft, prioritising tasks and leadership skills."



CELESTE TURNBULL

(BA Acting, California State University, Fullerton)

"Stepping into a different culture has been truly eye-opening. It opened my mind to new traditions and activities that I would not have had the opportunity to explore before. From food to sport to cultural celebrations,

there are a variety of things that would be of interest to anyone. I have developed a huge amount of respect for people and their interests more so than before, and have enjoyed getting to know the history behind it all."





FINANCE INFORMATION

FUNDING THROUGH UWTSD

All UWTSD students who submit a 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.uwtsd.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 arrive 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 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.

Once you have notified the accommodation office of your plans, your UWTSD accommodation will be put on hold during your time abroad so you will not need to pay for it when you are away.

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

If applying for a Norwegian visa, you will need to contact your Host University in Norway to transfer your funds into a Norwegian bank account before applying for your visa.

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.

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.

Students on semester exchanges will also be covered by university insurance. A copy of this will be provided for you to review before you go abroad. Please note, this insurance only covers students for accident/injury related to their studies (e.g. if a student sprains their wrist in a dance class) but does not cover for activities outside of their course (e.g. if a student sprains their wrist snowboarding on the weekend).

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

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 your 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). 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 make 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.



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.

- 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 Mobility Opportunity module – a 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 EU institutions). You will be asked to do some additional work for your tutor back at UWTSD (a process workbook, essay, journal, presentation upon return). It's always a good idea to choose 3-4 backup modules in case your first choices aren't available.
- 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 wil be asked to send copies of your work (if possible) back to your tutors at UWTSD. Always keep a backup copy of your assignments for your records upon returning.
- Keep in touch with academic staff & the International Mobility Team 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 International Mobility Team 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 MOBILITY OPPORTUNITY MODULE

Students going on a semester exchange will be enrolled in an International mobility module. This is part of the formal Student Learning Agreement and allows students to study abroad for a semester and return to UWTSD with the appropriate credits. 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 module will sign a Learning Agreement which they complete with their lecturer and guidance from the International Mobility Team.

PRE-STUDY ABROAD PHASE

A Learning Agreement will be created by the appropriate discipline representative and the International Mobility Team 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.
- 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

REGULATIONS FOR STUDY EXCHANGES

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

- Programme Manager (or Discipline Representative) 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 Discipline representative (or School Representative) and International Mobility. Students must maintain at least 60% in all modules overall to be considered for Study abroad.
- Successful students will be asked to agree to 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 through the University's validation procedure.
- On completion of the Study Abroad, a transcript of the student's results will be received by the student and the Institute.
- 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.
- On return to the UK the student will supply the Discipline Representative with all relevant assessment materials. Final marks will then be sent to the Registry for inclusion in the next relevant Progression/ Award Board.



- 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 Discipline representative 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 Manager on the Learning Agreement.

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 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 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 student services' 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 as you'll need to register at the host institution.

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

www.uwtsd.ac.uk

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

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Y Drindod Dewi Sant
University of Wales
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