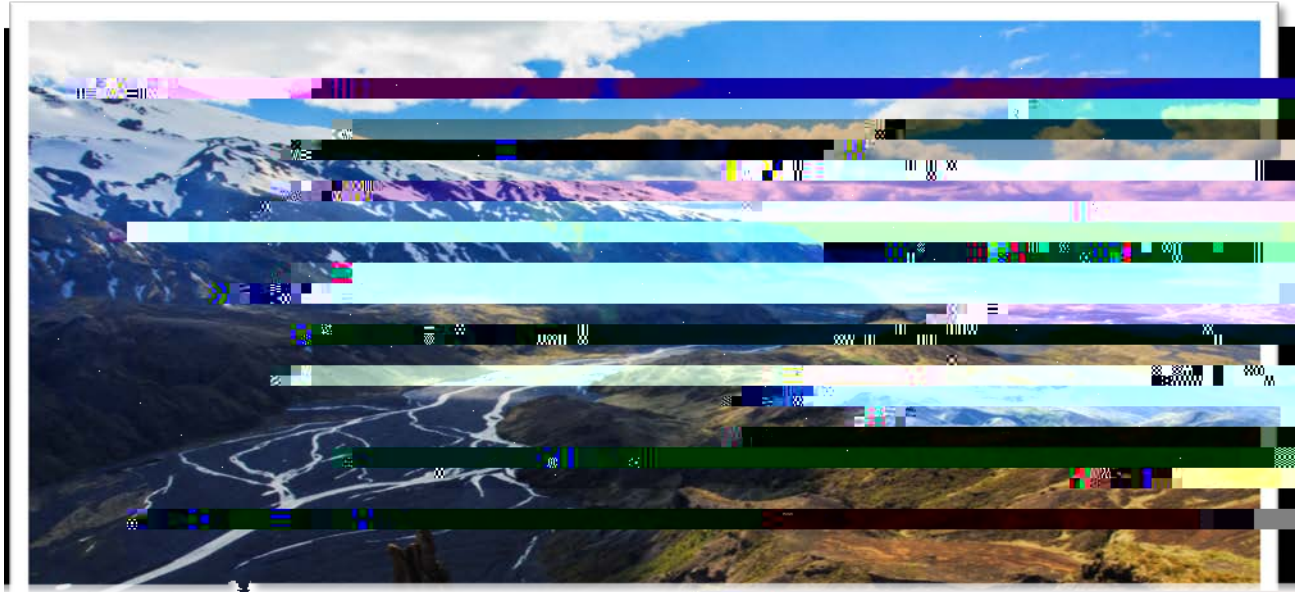


Stu  broad
Lamar University



Congratulations on your decision to study abroad!

You will soon embark on what might be the most challenging, exciting, and rewarding experience of your life. The Office of Study Abroad at Lamar University is excited to get you ready for your journey. Of course, studying abroad is academically rewarding and a great way to boost your resume, but it also gives you the opportunity to learn about a new culture and challenge yourself in new ways. Don't be afraid of the unfamiliar!

This handbook contains information that will help you prepare to make the most of your study abroad experience. If you are looking for specific information, use the Table of Contents to direct you. For further information on study abroad, come to the Office of Study Abroad and we will be happy to help.



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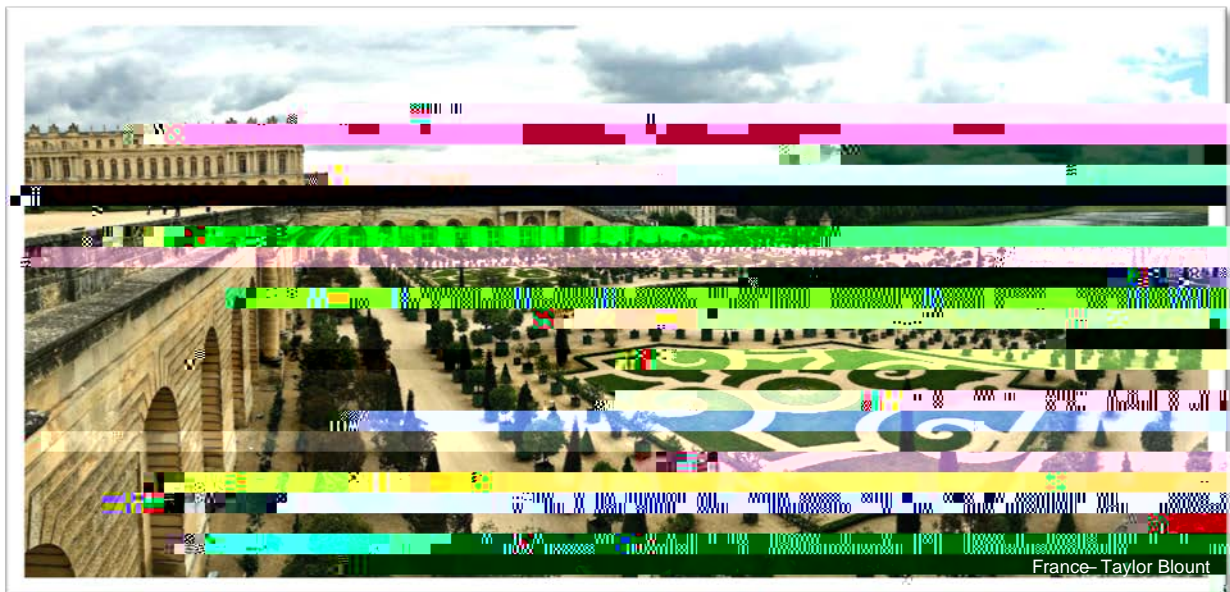
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Office of Study Abroad Contact Information

Feel free to come by, email, or call us. We will be happy to answer any questions or talk to you (and your family!) about any concerns you may have.

Office of Study Abroad: John Gray Center, Herman Iles Building, 108A
Website: <http://www.lamar.edu/studyabroad>

Acting Assistant Director
of Study Abroad
Brittney Crossley
409-880-7013
bcrossley@lamar.edu



France- Taylor Blount

I've Decided to Study Abroad, Now What?

Here's a checklist of what you'll need to do first:

1. Choose a [program](#)
2. Fill out an [Application Form](#) online
3. Pay your [deposit](#)
4. Apply for a passport

Passports and Visas

Do you have a passport?

If you do not, then you'll need to apply for one. This process can take around 6-8 weeks, so it is recommended that you apply once you have decided to study abroad.

If you do have a passport, but it is going to expire within 6 months of the end date of your travels, you will need to renew it. Most

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Will my credits transfer back?

If you are going abroad on a LU short-term faculty-led program, the credits on the program have already been approved and you will register and receive those credits as if you were taking a class on campus. If you are going abroad on a semester exchange or on a non-LU program, you will need to fill out a credit transfer approval form, which can be obtained from the Office of Study Abroad.

Who can Study Abroad?

All full-

Financing Your Study Abroad Experience

Lamar University Scholarships

LU is proud to offer several funding opportunities specifically to study abroad students.

Study Abroad Fee Grant: Available to all LU students who pay the \$2/semester study abroad fee and have been accepted on an approved study abroad program.

Carter Innovation Fund/Steinhagen Fellowship: Funding is available through the College of Business for business majors studying abroad.

McMaster Grant (Honors College): Honors students can apply for additional funding through the Honors College

Air Travel and Arrangements

Many of our short-term faculty-led programs include airfare in the program. For these programs, the

What to Pack

You'll need to pack sensibly and light, especially if you will be moving around and not staying in one location while you are abroad. Carrying around a heavy suitcase as you take buses or trains is never fun. Don't take too much stuff, you will want room for souvenirs.

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How are Americans perceived abroad?

While you need to be cautious not to stereotype cultural values of others, you may also face stereotyping of your cultural values as a U.S. American. You also need to be aware that you may experience anti-American sentiment during your trip abroad. It is important not to be naïve about the conditions you may encounter. You should be careful not to confuse critique, opinion, or fact with knee-jerk disdain for your country. Most people are not anti-American and you should not experience any obvious threats to you because you are American. Nevertheless, you may encounter individuals who are politically opposed to our government or military activity.

Remember that if you encounter someone who has a stereotype about Americans that you do not agree with, you have the opportunity to represent not only Lamar University, but also your country. Also recognize that having a different opinion does not make you or another person wrong. Sharing your ideas and opinions are great ways to gain an understanding of the way others perceive your country



with their host institution in regards to dormitory arrangements. Short-term program students will

Cardholder Tips for Travelers

How do I access money while abroad, and keep my money safe?

While abroad, use the same precautions you would while in any large city in the United States. Be aware of the potential for pickpocketing. Many ATM/debit cards can be used outside the U.S. at ATMs and you will be able to withdraw the cash in the host country's currency. However, be careful when using an ATM. Avoid using ATMs on the street and try to use one inside of a bank. Also consider carrying a money pouch inside of your clothing. Avoid putting your wallet or money in a place that is easily accessible.

Make sure you notify your bank that you will be traveling internationally and where you will be going. This way your card will not be frozen and you will be able to make withdrawals abroad.

What if I run out of money?

Remember to manage your finances while abroad and keep to your budget. In the event that you do need money transferred to you, consider the following:

ATM: If you have an ATM card, a family member can transfer funds to you and you can withdraw them abroad.

Western Union or MoneyGram: these are immediate cash transfer stations used to transfer money around the world. Depending on the amount of money sent, a small service fee is charged.

Traveling While Abroad

If you are spending a semester abroad, you may decide to travel within or outside of your host country. These costs fall on the student and it is up to the student to make arrangements. You will be required to notify the Office of Study Abroad of any out of host country travel.

You can opt to travel by air, train, or bus and you will have to find the respective information for each of these modes of transportation in the location of where you will be traveling to. Some things to keep in mind are different currencies, visa regulations, and safety. Avoid places where your safety might be in question. Here are some helpful resources.

Kayak: www.kayak.com

Student Universe: www.studentuniverse.com

Ryanair: www.ryanair.com

Eurail: www.eurail.com

STA Travel: www.statravel.com

U.S. Department of State: travel.state.gov

Contacting Home

Whether you are going for a week or a year, you will want to contact family and friends to let them know you have arrived safely and to check in. Here are some ways to get in touch with those still in the U.S.:

TM **Skype**. Allows for free computer-to-computer calling; also offers regular long-distance r

Health Insurance

All Lamar University students and faculty approved to participate on a study abroad program will receive international emergency insurance coverage through International SOS. You **MUST**

Check out the U.S. Department of State's [LGBTI Travel Information](#) for more information. If you have concerns about any of these issues, don't hesitate to contact the Office of Study Abroad and we will be more than happy to speak with you about your

Sexual Harassment and Assault Issues

In the event that you, or someone you know, experiences relationship, or sexual harassment/violence while abroad, you are strongly encouraged to seek the support of resources within your host country. Seek safety first, then speak with your faculty leader or contact the Office of Study Abroad.

Sexual assault is any sexual contact made without consent. Consent must always be freely given with words or actions that clearly communicate an individual's desire to engage in sexual activities. Consent is a clear 'yes', not the absence of a 'no'.





I'm a graduating before the start of the program, can I still study abroad?

Yes. You will either need to push your graduation date back (i.e. instead of graduating in the spring, graduate in the summer) or you will need to apply for post-bac status. This can be done by speaking with the Admissions Office.

Do I have to take courses specifically for my major?

France

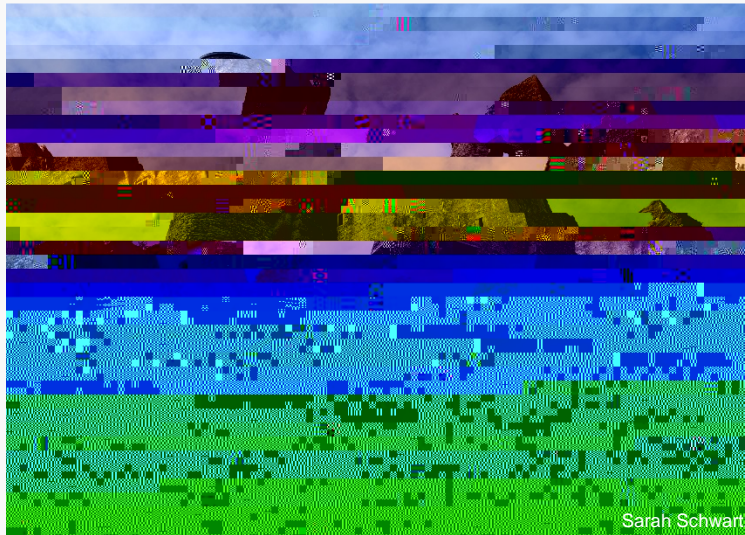
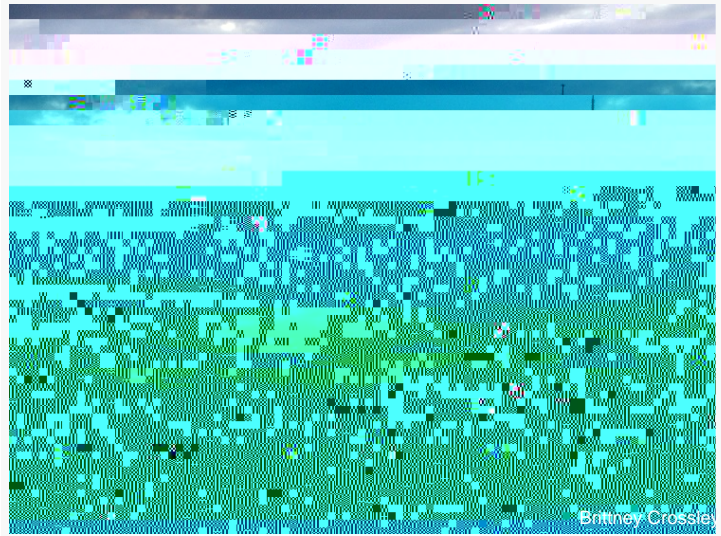
Capital: Paris

Population: 66.03 million

Currency: Euro

Language: French

Interesting Facts: France is the world's largest producer of wines. There are over 400 kinds of cheese made in France. The Louvre is the most visited art museum in the world.



Ireland

Capital: Dublin

Population: 4.595 million

Currency: Euro

Languages: English and Irish

Interesting Facts: Halloween traces back its origins to the Gaelic harvest festival of Samhain. The Titanic was built in Ireland. An Irishman designed the White House. The last time Ireland had snakes on it was before the Ice Age.

Italy

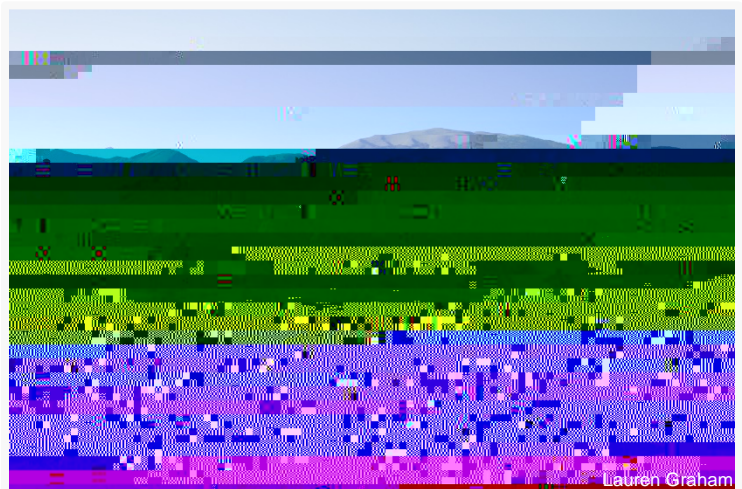
Capital: Rome

Population: 59.83 million

Currency: Euro

Language: Italian

Interesting Facts: Italy has the most UNESCO world heritage sites (50). San Marino and Vatican City are small, independent states located within Italy. Leonardo DaVinci and Galileo were born in Italy.







United Kingdom

Capital: London

Population: 53.01 million

Currency: British Pound

Language: English

Interesting Facts: The English consume more tea per capita than anyone else in the world (2.5 times more than the Japanese and 22 times more than the Americans or French). Big Ben is actually the name of the bell within the clock tower. There are more

Emergency Contact Information

Office of Study Abroad

Brittney Crossley: 409-880-7013

Emergency Contact:

LU Public Safety

409-880-8311

Mailing Address:

Office of Study Abroad

P.O. Box 10078

Lamar University

Beaumont, Tx 77710

US Embassies Contact Information:

US Embassy in Canada (Ottawa):

Tel: +1-613-688-5335

Fax: +1-613-688-3082

Website: ca.usembassy.gov

US Embassy in China (Beijing):

Tel: (86-10) 6532-3831

Fax: (86-10) 6532-4153

Email: AmCitBeijing@state.gov

US Embassy in France (Paris):

Tel: (+) 33 (1) 43-12-22-22

Fax: (+) 33 (1) 42-66-978

Email: citizeninfo@state.gov

US Embassy in Germany (Berlin):

Tel: +43-030-8305-0

Fax: +43-030-8305-1215

Email: ConsBerlin@state.gov

US Embassy in Greece (Athens):

Tel: 30-210-721-2951

Email: athensconsul@state.gov

US Embassy in Iceland (Reykjavik):

Tel: (301) 985-8645

Email: reykjavikpublicaffairs@state.gov

US Embassy in Ireland (Dublin):

Tel: +353-1-668-8777

Email: ACSDublin@state.gov

US Embassy in Italy (Rome):

Tel: (+39) 06-46741

Website: Italy.usembassy.gov

US Embassy in Japan (Tokyo):

Tel: +81-3-3224-5000 / 011-81-3-3224-5000

Fax: +81-3-3505-1862 / 011-81-3-3505-1862

Email: <http://japan.usembassy.gov/e/info/tinfo-email.html>

US Embassy in Mexico (Mexico City):

Tel: (01-55) 5080-2000 / 011-52-55-5080-2000

Fax: (01-55) 5080-2834 / 011-52-55-5080-2834

Email: acsmexicocity@state.gov

US Embassy in New Zealand (Wellington):

Tel: +64-4-462-6000

Fax: +64-4-499-0490

Website: nz.usembassy.gov

US Embassy in Russia (Moscow):

Tel: +7-495-728-5000

Fax: 728-5090

Website: <http://moscow.usembassy.gov/index.html>

US Embassy in South Africa (Pretoria):

Tel: +27-12-431-4000

Fax: +27-12-342-2299

Website: <https://za.usembassy.gov/embassy-consulates/embassy/>

US Embassy in South Korea (Seoul):

Tel: 011-82-2-397-4114