DEAR ALUMNI,

Congratulations on completing your study abroad experience! This may have been your first time abroad or one of many international adventures, but we’re sure that your study abroad experience has had a lasting impact on you. We hope to help you cultivate your international experience into something that can be continuously rewarding, even after your return stateside.

Now that you’re back, the readjustment may take some getting used to. This handbook is a great resource to help you cope with reverse culture shock, as well as provide ways to expand on your time abroad back home.

Study abroad may have ended, but the lessons learned and skills developed from international experiences will provide lifelong benefits.

Cheers,

The ISA Alumni Relations Department

contents

Welcome .................................................. 1
ISA By The Numbers ................................. 2
Global Ambassador Program ................. 3
Experiential Learning Cycle ................. 4
Returning Home ................................. 6
Reverse Culture Shock ......................... 8
Stories And Experiences .................. 10
Blog Posts ................................. 14
Share Your Stories .......................... 15
Career Resources .......................... 16
Career-Building Internships ............ 18
Degree Programs Abroad ............... 19
Work Abroad ............................. 20
Teach Abroad ............................. 21
Volunteer Abroad ......................... 22
Additional Information .................. 23
You are now a member of the ISA Alumni Network, a global association of semester and year abroad, degree, internship, and short course alumni over 40,000 strong.

We look forward to hearing about what you discovered while abroad and helping you inspire other students who are thinking about going abroad. This handbook will show you all of the great benefits of being an ISA alum. We encourage you to take advantage of our alumni programming to keep your international experience alive and make the most of your time abroad now that you’re back home.

STAY CONNECTED
Be sure to “like” our Facebook page and connect on our LinkedIn page where you’ll find an Alumni Association subgroup with content just for you.

CONTACT US
We are here to answer any questions you have, so please don’t hesitate to contact our office. Even if you just want to share your stories and pictures with someone, we love to get those, too!

e: alumni@studiesabroad.com
p: 512.480.8522

studiesabroad.com/alumni
ISA BY THE NUMBERS

With less than 9% of U.S. students studying abroad each year, you are now part of an elite group of students who share an amazing experience.

Below is a snapshot of ISA alumni:

**TOP 10 MAJORS**

1. Business
2. Spanish
3. Communications
4. Psychology
5. Biology
6. Art
7. Management
8. Marketing
9. Political Science
10. International Relations

**PROGRAM TYPE**

- Summer: 45%
- Spring: 28%
- Fall: 26%
- Year: 1%

**PARTICIPANT GPA**

- 3.50 - 4.00: 36%
- 3.00 - 3.49: 31%
- 2.80 - 2.99: 7%
- 2.50 - 2.79: 7%
- Below 2.50: 19%

**TOP 10 PARTICIPANT STATES**

(includes ISA and all of its divisions)

1. Colorado
2. Texas
3. California
4. Florida
5. Ohio
6. New Jersey
7. Arizona
8. Pennsylvania
9. Kentucky
10. South Carolina

MAKING THE GRADE

ISA has assisted more than 40,000 satisfied alumni in realizing their study abroad dreams since 1987. On average, our alumni have given our programs an 9.53 out of 10 rating via goabroad.com. Be sure to share your feedback so that we can continue to provide the best possible experience for all of our students!
GLOBAL AMBASSADOR PROGRAM

We are seeking enthusiastic alumni to share their international experiences on campus. Think back on questions you might have had before you went abroad, and help us share your advice with others.

As a Global Ambassador, we want you to connect with prospective students to teach them about the value of study abroad, while highlighting your personal experience and the benefits of going abroad with ISA.

PROGRAM STRUCTURE

We offer you a variety of ways to get involved on your campus to share the benefits of international education. We’re always looking for new and creative ways to spread the word to future study abroad students!

As a Global Ambassador, some responsibilities include:

• Attending a study abroad fair on your campus with an ISA staff member

• Becoming an alumni referral

• Contributing to our blog and other social media

• Hanging posters on your campus

• Connecting with organizations and clubs on your campus to talk about study abroad

• Any other promotional activities that have been approved by ISA

PROGRAM REQUIREMENTS

APPLICANT MUST:

• Be currently enrolled in a U.S. or Canadian university

• Be an alumna/alumnus of an ISA program or a GlobaLinks program

• Have a minimum 2.75 cumulative GPA

BENEFITS OF THE PROGRAM

• Get paid for all approved and documented work*

• Gain valuable experience for your resume

• Interact with the ISA headquarters

• Receive a $250 summer or $500 semester or year-long grant to go toward future ISA programs if you decide to study abroad again

• Earn the chance to attend an all-expense paid three-day workshop at the ISA headquarters in Austin, TX

learn more at: studiesabroad.com/alumni/ga
You know that your study abroad experience was powerful. It impacted you. It changed you (yes, it did). You experienced emotion. It created space for you to learn and grow. You now know things you did not before. You have new memories. Your study or internship abroad was an experience.

**THE EXPERIENTIAL LEARNING CYCLE**

**THE EXPERIENCE: THE “WHAT”**
Your entire time away studying or undertaking an internship abroad was “the experience.” The moment you stepped off the plane was the experience. The day you cried at the beach by yourself was the experience. The moment you realized your culture was bumping up against and not fitting with that of your foreign host country was the experience. Any one moment or longer event could be the start of this cycle.

**EMOTION: THE “GUT”**
Humans tend to have named and unnamed emotions to most situations, whether they realize it or not. Waiting to jump out of the plane for your skydiving experience – anxiousness, excitement. Walking into your student housing – anticipation, trepidation. Meeting your internship mentor – nervousness, anxiety. Realizing that a Coca-Cola costs an extreme amount of money – anger, sadness. Not being able to find a good cup of coffee – defeat.

Because the excitement of the experience or the emotion it evokes may be all consuming, it is easy to just stay stuck here. To give your experience meaning, keep going!

**REFLECTION, AND CONCLUSIONS: THE “SO WHAT”**
The start of translatable learning happens here. What happened? What did you see? How did you feel about it? What did you like and not like? Was it satisfying, frustrating? How did you react? Was it what you expected? What does it mean? What do the results of this imply? What is one thing you want people to know about it? What did you learn about yourself?

**APPLICATION: THE “NOW WHAT”**
Here is where you take what has happened to you, and use that knowledge to affect your future. What would you change about what happened? What is one thing you would like to try differently in the future? What skills have you gained and how might you apply them? How have you changed? What will you do differently now that you know what you know?

**MOVING FORWARD**
Although this process may not come naturally to you, we promise it will deepen your experience. It is never too late to write about your experiences; via journal, blog, notes to others, or in an assignment. The next page will give you additional ideas for integrating your experience into your daily life. This process is exactly what you need to undertake in order to be able to express the value of your time abroad to others in your life. This could include your parents, faculty and staff at your school, your significant other, and your current and/or future employers. This reflective process helps you to move from “what happened to me” into “what am I able to do because of it.”
THE EXPERIENTIAL LEARNING CYCLE
YOUR TICKET TO GETTING THE MOST FROM YOUR STUDY ABROAD EXPERIENCE

Now that you have a better understanding of how the experiential learning cycle works, we’ve listed some ways that you can integrate your experience into your daily life below. The main goal should be to continue learning, keep challenging yourself, and find ways to meet new and interesting people.

**STAY IN TOUCH WITH YOUR FRIENDS ABROAD**

- Video chat via Skype
- Connect on Facebook, Twitter, and Instagram

**JOIN CLUBS OR ORGANIZATIONS**

- ISA Global Ambassador Program
- Community service group
- International or multicultural club
- Student/social/political awareness group
- International Student Association on your campus

**CONTINUE STUDYING A NEW LANGUAGE**

- Continue studying at your home university
- Find native speakers in your community
- Join a language club in your community or on campus

**STAY CONNECTED TO THE EXPERIENCE**

- Read your journal
- Make a playlist of songs that remind you of your time abroad
- Create a photo album of pictures from your time abroad
- Watch movies or read books about your host country
- Add your experience to your resume and practice how you might talk about it in job interviews
- Write a review of your time overseas online

**STAY MOTIVATED TO TRAVEL AND EXPLORE**

- Subscribe to the local online newspaper from the city, region, or country in which you lived
- Read online blogs of current travelers
- Subscribe to travel magazines such as Glimpse, Transitions Abroad, and Abroad View
Recently, I helped run a pre-departure meeting for students at my university, and I realized that I was still experiencing a bit of that ‘reverse culture shock’ people tell you about offhandedly, even though it’s been about a year since I returned home from China. And suddenly it struck me: when I was that student, sitting in a pre-departure meeting, no one really told me what it would be like to come home. Sure a few study abroad veterans mentioned the term, shooting one another furtive glances. But nothing more was said, and no one asked. It just didn’t seem important at the time. But it is SO important. So I decided to take the initiative, and give them a bit of early advice that I’d also like to share with you:

You will be very excited to come back and see your family and friends, and you will want to tell them EVERYTHING. It doesn’t matter if you blogged, emailed, or updated pictures on Facebook, you will still have the irresistible urge to recount hilarious nights and amazing day trips. You’ll even want to describe your favorite food abroad in exact detail. GO FOR IT! Your family and friends will want to hear these things…however, they will probably only want to hear them once, maybe twice. And they probably won’t ‘get it’. That last part was the hardest for me to deal with. It felt almost impossible to convey the emotions I experienced over the course of my time abroad, because they were a lot like that inside joke – “you just had to be there”. I became frustrated, and then withdrawn.

America is so…American. That looks like a stupid statement, but believe me, after being in Asia for three and a half months, I finally started to understand where some of the common misconceptions that foreigners have of this country come from. I think this is probably one of the more uncomfortable parts for study-abroad returnees to talk about, because America is a really great place, and no one wants to run the risk of sounding ungrateful or, perhaps worse, snobbish. It’s hard to explain to people that you’ve spent a good amount of time adjusting to the sights, smells, tastes, sounds, and culture of another country, and therefore are simply unaccustomed to the ‘American lifestyle’. Personally, I had a hard time appreciating the American food I loved before. Things tasted odd, or too strong for me. I got sick a lot, and spent a long time wishing I could go down to the corner dumpling store near my Chinese university. This was sort of problematic since I came home just after Thanksgiving, and my family and friends were all set to prepare delicious American holiday meals for me. I ended up apologizing a lot.

You have changed so much, intellectually and emotionally, while abroad. Maybe you had to learn a new language and learn how to get around without being about to communicate well, or maybe you overcame a fear of heights by skydiving. Whatever it was, it changed you for the better and you’re seeing things a lot differently now. But your friends have been at home these past few months, and while they have probably changed as well, it’s not going to feel the same to you. It might be hard to reconnect with friends, because you’ve been out of each others ‘loops’ for a while now. They weren’t a part of the major changes you made, and you weren’t a part of theirs. I remember thinking to myself from time to time that if a certain friend had ‘done what I’d done, they’d understand.” This seems pretty silly to me now: of course it’s true, but that’s part of the spice of life: variety.

I told this group of eager, nervous students that despite all these feelings, reverse culture shock is actually a good thing. It gives you time to reflect, recharge, and realize just how much you have changed and how much you can accomplish if you put forth the effort. I took my feelings and used them to fuel my passion for study abroad: I pushed myself to meet new people and volunteer talking to students about opportunities abroad. I became an Alumni Ambassador, which is an amazing opportunity to use everything I gained while in China and inspire others. So yes, I experienced reverse culture shock, and I spent a few weeks feeling sorry for myself. But then I picked myself up and thought: it’s not goodbye, it’s see you later.
Traveling. Some call it an art. Others call it a hobby. I call it an education. Because no matter where you go, no matter the length of time, you are bound to learn something. After deciding I wanted to add a second major in Spanish, I realized that one of the requirements was studying abroad. So study abroad I did. I packed my bags, triple-checked my paperwork and boarded the plane to Santiago, Chile. It was New Year’s Eve and the fireworks that shot off over Cuba as midnight struck described how my study abroad would be to a T: colorful, exciting, and when it ended, I was shocked by how quickly time had passed.

One of my favorite memories from Chile was the adventure of returning to my host city of Valparaíso after a weekend excursion to the Atacama Desert. I was in a group of three, the only girl. We left at 4 p.m., expecting to be back by midnight. Yet on the six-step process to return, our bus broke down on step one. We were in the middle of nowhere with a bus driver who laughed at me every time I asked him where we were.

Eventually, one of the boys talked to him and got us a taxi. Upon arriving at the tent and tarmac, which they called an airport, we found out our plane had been delayed. We begged the airline to get us on the next flight to Santiago so that we could catch our prepaid bus home. Our fear and frustration heightened when this flight was also delayed, meaning that we would miss the last bus of the night to Valparaíso and be stuck in this “airport” with no food or phones.

By the time we arrived back in Santiago at 2 a.m., we had been awake for about 23 hours. All I knew was that we had to be in class at 9 am and our host families had no idea where we were. I was worried, annoyed, and beyond exhausted. I just wanted to go home, but I knew that meant arguing with the airline so they would pay for a taxi to take us to Valparaíso at 2 am. Imagine everyone’s surprise when a little sleep-deprived blonde girl began feistily speaking like a native. Somehow we made it back to our host homes by 4 a.m. - I still can’t believe the airline paid for our taxi! I felt so accomplished despite all that had gone wrong. It was in that moment I knew my study abroad had paid off.

I studied abroad in order to better my Spanish so that one day I can work internationally. I learned one thing very quickly – fluency doesn’t come without immersion. Immersion pushed my language skills in ways classroom learning could not. Though studying abroad pushed my limits, I survived and learned to flourish. Studying abroad has been the most beneficial asset to my education thus far.
REVERSE CULTURE SHOCK

Studying overseas was undoubtedly one of the most academic and culturally enriching experiences of your life. It is an experience that will forever change how you view the world and how you interact with it. It is vital that you find ways to use this experience in your life at home, both to make the most of your own experience and to share your experience with those around you in order to change their lives.

Now that you’re back stateside, you should feel right at home, but some things are a bit off. Learn the signs of re-entry shock, how to cope, and how to keep your international experience alive.

The following is a list of re-entry challenges for study abroad alumni created by Dr. Bruce La Brack from the University of the Pacific. He is a leader in the field of International Education and we are grateful for his support in sharing this information.

BOREDOM

After all the newness and stimulation of your time abroad, a return to family, friends, and the old routines (however nice and comforting) can seem very dull. It is natural to miss the excitement and challenges which characterize time in a foreign country, but it is up to you to find ways to overcome any negative reactions.

NO ONE WANTS TO HEAR

One thing you can count on upon returning home is that no one will be as interested in hearing about your personal adventures and triumphs as you will be in sharing them. This is not a rejection of you or your achievements, but simply the fact that once they have heard the highlights, any further interest on your audience’s part is probably unlikely. Be realistic in your expectations of how fascinating your journey is going to be for everyone else. Be brief.

YOU CAN’T EXPLAIN

Even when given the chance to explain all the sights you saw and feelings you had while abroad, it is likely to be at least a bit frustrating to relay them coherently. It is very difficult to convey this kind of experience to people who do not have similar frames of reference or travel backgrounds, no matter how sympathetic they are as listeners. You can tell people about your trip, but you may fail to make them understand exactly how or why you felt a particular way.

REVERSE “HOMESICKNESS”

Just as you probably missed home for a time after arriving overseas, it is just as natural to experience some reverse homesickness for the people, places, and things that you grew accustomed to overseas. To an extent, it can be reduced by writing, calling, and generally keeping in contact, but feelings of loss are an integral part of international sojourns and must be anticipated and accepted as a natural result of living abroad.

RELATIONSHIPS HAVE CHANGED

It is inevitable that when you return you will notice that some relationships with friends and family will have changed. Just as you have altered some of your ideas and attitudes while abroad, the people at home are likely to have experienced some changes. These changes may be positive or negative, but expecting that no change will have occurred is unrealistic. The best preparation is flexibility, minimal preconceptions, and tempered optimism.

PEOPLE SEE “WRONG” CHANGES

Sometimes people may concentrate on small alterations in your behavior or ideas and seem threatened or upset by them. Others may ascribe “bad” traits to the influence of your time abroad. These incidents may be motivated by jealousy, fear, or feelings of superiority or inferiority. To avoid or minimize them it is necessary to monitor yourself and be aware of the reactions of those around you, especially in the first few weeks following your return. This phase normally passes quickly if you do nothing to confirm their stereotypes.

Source: What’s Up With Culture?. School of International Studies, University of the Pacific, Bruce La Brack, ed. (2003) available at: www2.pacific.edu/sis/culture/
FEELINGS OF ALIENATION

Sometimes the reality of being back “home” is not as natural or enjoyable as the place you had constructed as your mental image. When real daily life is less enjoyable or more demanding than you remembered, it is natural to feel some alienation. Many returnees develop “critical eyes,” a tendency to see faults in the society you never noticed before. Some even become quite critical of everyone and everything for a time. This is no different than when you first left home. Mental comparisons are fine, but keep them to yourself until you regain both your cultural balance and a balanced perspective.

PEOPLE MISUNDERSTAND

A few people will misinterpret your words or actions in such a way that communication is difficult. For example, what you may have come to think of as humor (particularly sarcasm, banter, etc.) and ways to show affection or establish conversation may not be seen as wit, but aggression or “showing off.” Conversely, a silence that was seen as simply polite overseas might be interpreted at home, incorrectly, as signaling agreement or opposition. New clothing styles or mannerisms may be viewed as provocative, inappropriate, or as an affectation. Continually using references to foreign places or sprinkling foreign language expressions or words into an English conversation is often considered boasting. Be aware of how you may look to others and how your behavior is likely to be interpreted.

LOSS/COMPARTMENTALIZATION OF EXPERIENCE (SHOEBOXING)

Being home, coupled with the pressures of job, family, and friends, often combines to make returnees worried that they will “lose” the experience. Many fear that it will somehow become compartmentalized like souvenirs or photo albums kept in a box and only occasionally taken out and looked at. You do not have to let that happen: maintain your contacts abroad; seek out and talk to people who have had experiences similar to yours; practice your crosscultural skills. Remember and honor both your hard work and the fun you had while abroad.

INABILITY TO APPLY NEW KNOWLEDGE AND SKILLS

Many returnees are frustrated by the lack of opportunity to apply newly gained social, technical, linguistic, and practical coping skills that appear to be unnecessary or irrelevant at home. To avoid ongoing annoyance: adjust to reality as necessary, change what is possible, be creative, be patient, and above all, use the cross-cultural adjustment skills you acquired abroad to assist your own re-entry.

STORIES & EXPERIENCES
EXPAND ON EACH TOPIC AND THEN CHOOSE ONE ON WHICH TO FOCUS

BIGGEST CULTURAL MISTAKE?

_________________________________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________

MOST MOVING EXPERIENCE?

_________________________________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________
HOW DID YOU MATURE FROM THIS EXPERIENCE?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

NAME A PROBLEM YOU OVERCAME.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
STORIES & EXPERIENCES
EXPAND ON EACH TOPIC AND THEN CHOOSE ONE ON WHICH TO FOCUS

WHAT WAS YOUR BIGGEST “WOW” MOMENT?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

WHAT WAS THE BEST LANGUAGE EXPERIENCE YOU HAD?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
WHAT WAS YOUR BIGGEST MISCONCEPTION ABOUT YOUR HOST COUNTRY?

SKILL SETS
FOCUS ON THE EXPERIENCES ANSWERED IN THE STORIES & EXPERIENCES WORKSHEET: SELECT ONE AND IDENTIFY 3-4 SKILLS YOU POSSESS AND HOW THEY HELPED YOU NAVIGATE THIS EXPERIENCE.
A great way to combat reverse culture shock is to share your experience by submitting photos or writing stories and articles related to your time abroad. Writing is an ideal way to process or reflect upon your international experience, personal growth, and adjustment to coming home. It also allows you to build relevant content that you can use to enhance your resume. As a returnee, you might find that writing about your experience can be enlightening, therapeutic, and a wonderful way to share your international experiences with others.

**BLOG POSTS**

We are always looking for new students to feature on our blog. Here are a few topic ideas:

- **Top foods in (destination)**
- **What are classes/academics like abroad?**
- **How to study abroad on a budget**
- **Top things future study abroad students should know**
- **Culture shock in (destination) and how you dealt with it**
- **Top things you miss about (destination or program)**

If you’re interested in writing about something else, please send it our way! All blog submissions can be emailed to alumni@studiesabroad.com.

**PHOTO CONTEST**

We consistently use student photos in our catalogs and other promotional materials and would love to feature some of yours! Photos considered will be those that are creative and highlight your unique experiences of studying and volunteering abroad with ISA, GLA, and ELAP! Keep up with our Facebook page and website to see when deadlines are!

**DON’T WANT TO WAIT FOR THE PHOTO CONTEST?**

We will always take photos from alumni that can be used on our different social media platforms. We particularly love photos of you and your friends doing fun things abroad, but we’ll take whatever you’re willing to share!

If you have great photos to share, please email them to alumni@studiesabroad.com.
SHARE YOUR STORIES
WE WANT TO HEAR FROM YOU!

PROGRAM FEEDBACK ONLINE
Remember when you were searching for a program? Alumni program reviews are a great resource for students looking to study abroad in the future, and creating one allows you to reflect on your experience. Below are websites that allow you to write about your time abroad and rate your particular program:

- studyabroad101.com
- gooverseas.com
- goabroad.com

ADDITIONAL WRITING OPPORTUNITIES
The following organizations publish articles from international returnees:

- ABROAD VIEW MAGAZINE
  abroadviewmagazine.wordpress.com
- GLIMPSE
  glimpse.org
- GO NOMAD
  http://blogs.gonomad.com/
- WORLD IN FOCUS
  worldinfocuscontest.com
- GO ABROAD
  goabroad.com/blog/writer-contest
- STUDY ABROAD SCOUT
  studyabroadscout.com/write-a-post
- TRANSITIONS ABROAD
  transitionsabroad.com/information/writers
In today’s job market, it can sometimes be difficult to make yourself stand out from a pile of prospective applicants. However, individuals that have studied abroad have an immediate competitive advantage over applicants that may not have any international experience. That is why it is imperative to learn how to communicate and present your study abroad experience on your cover letter, résumé, and during an interview.

Below are skills and qualities you may have developed as a direct result of your experience abroad. Use these to spark ideas for creating a resume, preparing for an interview, and reflecting upon your experiences.
Your home university has valuable job searching and resume building resources via the Career Services office. If you have not visited the Career Services office on your campus, do so! It is never too early to engage.

Career Services is not only for resume support, interviewing support and job hunting. Most Career Services offices start with helping you better understand who you are and exploring career options. Although some lucky souls are born knowing their career calling, most of us figure out the best career for ourselves with help from others, spending time reflecting on who we are and what fits our personality and work style.

There are many steps to figuring out what you want to do, so we have compiled some great resources to help you make that first jump toward career exploration:

**ONLINE CAREER APTITUDE TESTS**

- BETTERWEEKDAYS.COM JOBSCRIPT
  ISA has a partnership with Better Weekdays, whereby all alumni can use their assessment tool and job search database for a discounted price (code: 3170543360).

  Visit studiesabroad.betterweekdays.com for more information

- CAREER SHERPA CAREER TEST
- SKILL COW
- WHAT CAREER IS RIGHT FOR ME

**ONLINE CAREER ARTICLES AND RESOURCES**

- CAREER BUILDER
- CAREER ROOKIE
- GOOD.CO
- CAREER REALISM
- MY WORLD ABROAD
- GLASS DOOR

**CAREER RESOURCES**

INCORPORATING YOUR INTERNATIONAL EXPERIENCE INTO YOUR CAREER
Study abroad returnees looking for hands-on career experience in their area of study benefit from international internships. Interning internationally will further increase your exposure to worldwide experiences, develop your professional skills, and help you gain knowledge for your intended career.

**PROGRAMS INCLUDE**

- High-quality professional development
- Personalized program based on individual goals
- Global Personal Brand Discovery and Toolbox
- Excursions and adventures
- Academic credit & academic supervisor
- Resume & cover letter advising
- 24/7 on-site support
- Online career counseling resources
- Guaranteed housing
- Health insurance
- Pre-departure services
- Language lessons in Shanghai and Spain (optional - for additional fee)
- Flight advice and booking options
- Cell phone or sim card (minutes purchased at an additional cost)
- Pre-paid public transport card

**DESTINATIONS**

- Australia
- New Zealand
- Hong Kong
- Shanghai, China
- Singapore
- Valencia, Spain
- Santiago, Chile
- London, England

**PLACEMENTS AVAILABLE IN ALL FIELDS OF STUDY**

Alumni have done placements in the following areas:

- Agriculture, Animal, and Vet Sciences
- Architecture, Landscape, and Planning
- Arts, Humanities, Languages, and Social Sciences
- Business and Management
- Communications, Advertising, and Journalism
- Education and Teaching
- Engineering
- Environment and Natural Resources
- Health Professions
- Information Technology and Computer Science
- Law and Criminal Justice
- Music, Dance, and Performing Arts
- Psychology and Social Work
- Sciences, Biological, Physical, and Mathematical
- Sports, Recreation, and Exercise Science
- Tourism and Hospitality
- Visual Arts and Design

**PROGRAM OPTIONS**

- 10-Week Internships
- 6-Week Internships
- Custom Date Internships

learn more at: gointernabroad.com
If you are considering going back abroad to further your education, we can assist you in applying to a degree program at the undergraduate, postgraduate, or professional level. Universities in Australia, New Zealand, and the United Kingdom are well-respected, and provide high-quality, internationally recognized degree programs. Their faculty and facilities are among the best in the world. With 25 universities, the range of study options is limitless; from accounting to zoology, every field of study is available.

DEGREE PROGRAMS AT A GLANCE

- Services for degree programs are FREE
- Bachelors, Masters, or PhD programs
- Financial aid is available
- Over 25 internationally-recognized universities
- Assistance with application, enrollment, and student visa process

UNIVERSITIES

AUSTRALIA
- Australian National University
- Bond University
- Deakin University
- Griffith University
- James Cook University
- La Trobe University
- Macquarie University
- Monash University
- Murdoch University
- University of Adelaide
- University of Melbourne
- University of New South Wales
- University of Queensland
- University of South Australia
- University of Sydney
- University of Western Australia
- University of Wollongong

NEW ZEALAND
- AUT University
- Massey University
- University of Auckland
- University of Otago
- Victoria University of Wellington

UNITED KINGDOM
- Kingston University
- Queen Mary - University of London
- University of Stirling

OTHER GRADUATE SCHOOL RESOURCES

ASSOCIATION OF PROFESSIONAL SCHOOLS IN INTERNATIONAL AFFAIRS
GRADSHOOLS.COM
INTERNATIONAL GRADUATE SCHOOLS

learn more at: degreesoverseas.com
WORK GOING ABROAD AGAIN

There are a variety of ways to go abroad again after you have graduated. Even on a tight budget, work, volunteer, and independent study opportunities are readily available to you. Here is an overview of some of the options.

SHORT-TERM WORK ABROAD

Short-term work abroad (less than one year; typically a summer) usually involves working in a job where you can earn enough to cover your food, lodging and day-to-day living expenses. This type of job probably will not pay enough to cover air transportation, but it may help provide some extra money after you leave your job. Short-term work experiences include positions such as “au pairs,” farm workers, administrative assistants, wait persons, and youth camp leaders.

LONG-TERM WORK ABROAD

Long-term work abroad opportunities can be career-focused opportunities. Usually obtaining a longer term work visa requires sponsorship by an employer. For more information on obtaining work visas, visit the immigration website of the country in which you would like to work.

WORK ABROAD RESOURCES

Below you will find a number of other organizations that offer work abroad opportunities:

BUNAC
EURO JOBS
GLOBAL CAREERS
IDEALIST.ORG
INTEREXCHANGE
JOBS ABROAD
MONSTER
OVERSEAS JOB WEB
RILEY GUIDE
TRANSITIONS ABROAD
There are many opportunities to teach abroad through established programs. Most programs prefer a commitment of one academic year, though some offer summer or semester possibilities. In general, a Bachelor's degree is required though some programs may also require U.S. or Canadian teaching certification. Volunteer and paid teaching opportunities can be found throughout the world.

**ISA TEACHER EDUCATION INTERNSHIPS**

These programs are extraordinary opportunities for Education majors to complete the student teaching portion of their degree in an international setting or just gain an international perspective on education through additional practicum experience. Applicants are able to specify which level of education is preferred and will be placed at a school in Australia, New Zealand or Shanghai, China for a period of 10 weeks (other durations may be available). Accommodation is provided, and participants can earn six academic credits upon successful completion of the 10-week program. Completing a Teacher Education Internship abroad offers the chance to interact on a daily basis with locals of all ages within the school environment, while gaining valuable teaching experience.

*learn more at: gointernabroad.com/career-fields/education-internships*

**OTHER TEACH ABROAD ORGANIZATIONS**

Below is a list of a few websites for anyone interested in teaching abroad:

- TEACH ABROAD
- DAVE’S ESL CAFE
- TEFL PROFESSIONAL NETWORK
- WORLD TEACH
- TRANSITIONS ABROAD
- THE JAPAN EXCHANGE AND TEACHING (JET) PROGRAMME
- EDUCATORS OVERSEAS
- THE INTERNATIONAL EDUCATOR
- TEACH AWAY
Restoration projects, literacy campaigns, and teaching are just a few examples of the many different volunteer programs abroad. Some programs charge a fee and provide services such as insurance coverage, meals and even housing. Some provide free room and board in exchange for your work, and others pay a small stipend. Volunteer work opportunities may range from a few weeks in length to two or three years in duration. If you’re interested in development work, want to meet other foreigners and host nationals, and don’t mind simple living conditions, you might want to consider this type of program.

**VOLUNTEER ABROAD RESOURCES**

- ELAP
- CROSS-CULTURAL SOLUTIONS
- INTERNATIONAL VOLUNTEER PROGRAMS ASSOCIATION
- PEACE CORPS
- VOLUNTEER ABROAD
- VOLUNTEER SERVICES OVERSEAS
- WORLD ENDEAVORS
- WORLD VOLUNTEER WEB
- GLOBAL VOLUNTEERS
- UNITED NATIONS VOLUNTEERS
- ISV
- GLOBAL VOLUNTEER NETWORK
- TRANSITIONS ABROAD
- WORLDWIDE HELPERS
ADDITIONAL INFORMATION

CONFIRM YOUR PERMANENT ADDRESS

It is very important to make sure that the permanent address in your Student Portal account is up-to-date so that we have a mailing address where we can send you materials. We ask that you use an address that is unlikely to change where you can receive mail, such as a family member’s mailing address, and not a campus address. Official transcripts and deposit refunds are all mailed to your permanent address, so please ensure that you have the correct address listed in your account.

TRANSCRIPTS

Transcripts generally arrive at the ISA office two to four months after semester programs and about one month after summer programs. The transcripts are then sent via UPS to your U.S. university, and a photocopy of your transcript is sent to your permanent address via standard mail.

This copy will be accompanied by a Welcome Back letter containing the following information:

- Recommended grade equivalencies
- UPS tracking number to view progress of transcript to home institution
- Instructions on requesting additional transcripts

Check the current status of your transcript here.

TRANSCRIPT RE-ORDER

Should you need additional transcripts sent in the future (for jobs, graduate school, etc.) you must complete the Additional Transcript Request Form (ATRF) and submit it in with the required payment amount.

HOUSING DEPOSITS

This deposit will be returned to the student after the end of the program, provided the apartment is left in proper condition. The residents will be charged for missing items or for any damages to the premises. If a student is evicted for any reason there shall be no refund of unexpended rent. Residents who fail to occupy or leave the apartment at any time before the end of the program for any reason, whether due to eviction or not, forfeit the entire rental charge. Transcripts will not be released until any remaining charges are paid.

EMAIL ADDRESS CHANGES

If your Student Portal account is currently linked to your university email address, please consider changing the email in your account to a general email (Gmail, Hotmail, Yahoo, etc.) if you do not plan to continue using your university email after graduation. We continue to share event information, job opportunities, and networking information with our alumni, so we want to ensure that we are sending information to an email account you will continue to check beyond graduation.

ALUMNI UPDATE FORM

ISA alumni go on to do great things and we would love to keep in touch! You can fill out the Alumni Update Form on the ISA website to let us know what you’ve been up to. If you no longer have access to your Student Portal and would like to update your email address, you can also do so through this form.
THANK YOU

for being a part of our fabulous alumni group!
Your stories help inspire other students to study abroad, so be sure to stay in touch.