

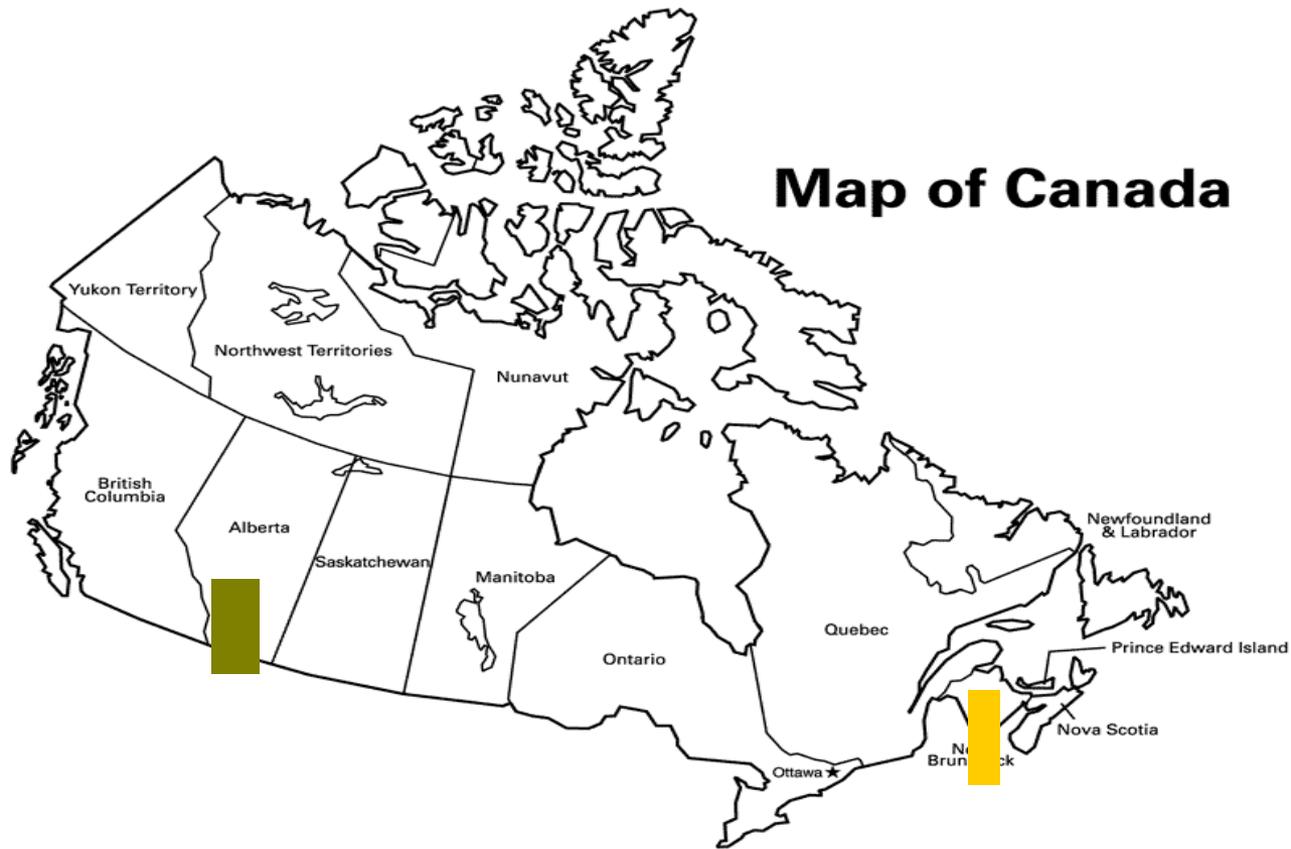
Pre-departure Preparation

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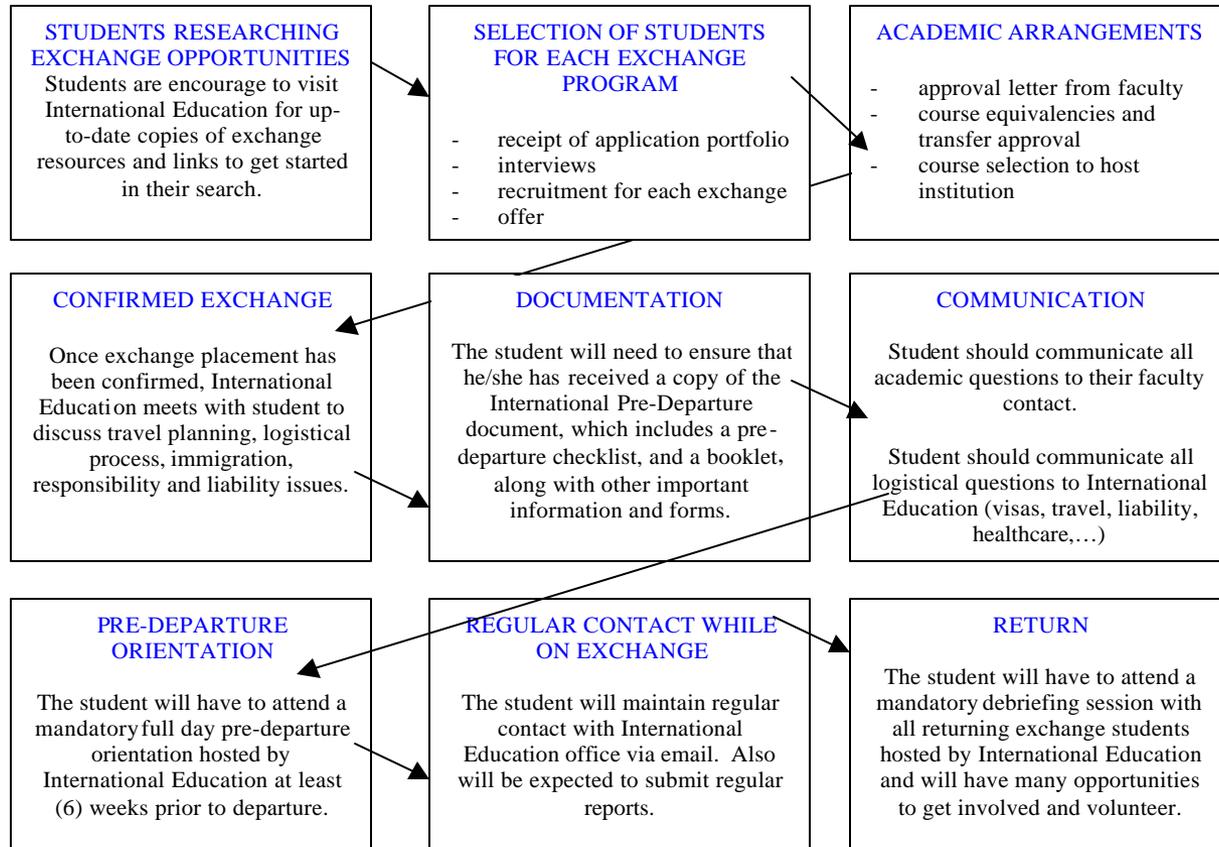
and

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Pre-departure Preparation



Exchange Process



Academic arrangements

- **Recruitment of exchange students**
- **Verify academic performances (minimum GPA 3.0)**
- **Obtain approval letter and the necessary equivalences with the Dean of the faculty or Director of the program**
- **Signature of agreement, waiver and code of ethic**

Intercultural awareness

- **How to overcome culture shock**

- Honeymoon (ups and downs)
- Understand the situation
- Revise one's expectations
- Keep your mind open
- Develop hobbies
- Communicate with parents and friends
- Benefit from the experience

- **Language preparation**

- 2 Spanish courses to prepare for Mexico
- Documents, CD's and video tapes to improve foreign language

Travel formalities

- **Citizenship**

- Passport
- Student visa procedures

- **Health**

- Refer to the health clinic for vaccination
- Health and accident Insurance
- Prescriptions and medication

- **Lodging**

- Reservations of student residences in the host institution
- Host families
- International Youth Hostel Membership Card

Travel Formalities

- **Finance**

- **Scholarship**
- **Loan**
- **Clear debts (library parking, residence..etc.)**
- **Power of attorney (bank deposit, transfers and any other legal matters)**
- **Bring cash (local currency + \$US), traveler cheques and credit cards**

- **Telephone**

- **Canada Direct service**

Travel preparation

- **Transportation**
 - **Flight booking and itinerary**
 - **Plan arrival abroad so that services such as Taxis, buses...etc are available**
 - **Driver's license (check if it's valid for abroad)**

Travel formalities

● **What to pack**

- **Passport and visa**
- **Airplane tickets**
- **Money, traveler's cheques, credit card**
- **Student ID**
- **Addresses of host institution, host families, hotels...etc.**
- **Insurances (health, luggages and cancellations)**
- **Vaccination card**
- **Electrical devices adapted to the voltage in the host country**
- **Letters and all papers of importance for host institution**
- **Clothing adapted to abroad climate and legislations**
- **Emergency numbers to call Staff at home**
- **Presentation on Canada and your province**
- **Check list**

Abroad

- **Supervision**

- **Regular communication (by phone, e-mail and fax)**
- **Visit of students abroad**
- **Inform us of changes to itinerary, travel, medical emergencies or legal infractions**

Abroad

● Security

- Registering with Canadian embassy or the nearest consulate upon your arrival
- Refer to embassy or nearest consulate in case of accident, theft, illnesses, loss of passport, if you are arrested
- Respect security rules of your environment abroad
- Women traveling alone (avoid going out alone; short cuts)
- Avoid surgery if possible
- Always carry identification cards, health insurance details
- Always carry emergency contacts (host and home institution, Canadian diplomatic mission, host family...etc.)

Return from abroad

- **Prepare for departure**
 - Return « HOME »
- **Official transcript**
- **Evaluation questionnaire for the student**
- **Awareness of administrative formalities related to return**
 - Tax at the airport
 - Canadian Food inspection Agency
 - Canadian customs and control of imports
 - Illegal souvenirs
- **Debriefing**

Questions???

Thank you