



Study Abroad for Students

The field of athletic training is constantly evolving and expanding. Coupled with your athletic training curriculum, a study abroad experience will prepare you for the growth of our profession.

Taking the first steps:

- Start planning your study abroad experience early. In order to properly plan for your global experience start planning no less than one year prior to the semester you wish to travel abroad.
- Determine if you would like to travel as a part of a group or independently.
- After determining a) where you would like to study abroad and b) if you would like to complete an individual or group experience discuss your plan with your parent(s)/guardian(s). Be sure to discuss where and when you would like to travel and your rationale.
- Discuss your desire to study abroad with your Athletic Training faculty and/or advisor about the feasibility of completing a study abroad program. Completion of a study abroad program may or may not be feasible based on your athletic training curriculum. Completing a study abroad program may necessitate the need to take a semester off to complete your desired program.
- Seek out and contact your university's international student affairs office to explore any pre-existing programs that may interest you. Contacting your international student affairs office will also put you in contact with individuals who specialize in studying abroad and who may provide you with invaluable insight.
- Explore programs offered through domestic universities in the country you wish to study; such information may be found via each university's website and/or websites such as www.wfatt.org or the countries athletic training/therapy governing body.
- Upon reviewing each program carefully evaluate the details to determine if it fits your professional (discuss with your faculty advisor) and personal (discuss with your family) goals.
- If you have not already done so, create a résumé and cover letter to send to the host site and/or study abroad program director. Make sure you have 2 to 3 faculty and/or friends review your materials prior to sending them. Remember, this is your initial contact with your potential study abroad host or program. Take your time and pay attention to detail to ensure your cover letter and resume represent you as a student and clinician.
- Make your initial contact by e-mailing the host site with a PDF of your cover letter and résumé with potential references or "references upon request."



I've made contact! Now what?

- After making the initial contact, discuss your pre-contemplated time frame with the host site representative to determine the feasibility of your study abroad program. Keep in mind different countries may have a different academic and sport season calendars which will directly impact your study abroad opportunity.
- To formalize your goals and to receive course credit (if applicable), work collaboratively with your faculty to create a syllabus. Consider sharing this syllabus with your host site. Make sure you discuss what you are hoping to achieve while studying abroad with your host site. The site may or may not be able to accommodate your goals for studying abroad during a specific time frame. Share your pre-developed syllabus with your host site to further ascertain the feasibility of accomplishing your personal and professional goals

How do I fund my study abroad?

- Determine the cost of your elected program. When creating a budget be sure to include:
 - Housing
 - Plane ticket(s)
 - Living expenses (e.g. food, necessities and additional costs)
 - Costs associated with transportation and possible alternatives (e.g. bus, train and/or subway)
 - International insurance
 - Leisure activities or sight seeing
 - Additional costs as discussed with your host site coordinator
- After creating your budget, determine how to cover the costs of your experience. Funding possibilities may include a variety of sources such as:
 - Scholarships
 - Financial Aid
 - Family
 - Fundraising
 - Your international office may also have ideas on funding your experience abroad. The international office may also provide helpful insight on any costs you are not accounting for in your estimated budget as well as ways to reduce the cost of your trip.
 - After securing the necessary funds to complete your study abroad, contact your site host and ask for the pertinent information/documentation (i.e. visa, passport, immunizations, bank statements, etc.) needed to travel to their country. Your international office may also help you with this information. Most pre-arranged programs will provide you with a checklist needed for the country of interest. It is important to start to gather the requisite documentation early due to the length of processing various documents. For instance, a passport may take up to six months to obtain. Also, various immunizations may need to take place over several weeks or months.
 - While obtaining all of your needed documents, it is important to maintain contact



with your host site by updating them on your status. Your updates will also serve as a means to let your host site know you are still interested in working with them.

Preparing for your study abroad:

- Once all funds, documents, immunizations and other paperwork have been obtained and or completed, do your best to educate yourself on your host country. This can be done by:
 - Visiting your international office and asking for any information they may have on your country of interest
 - Purchase books your country of interest, especially one which offers advice on proper etiquette and cultural idiosyncrasies
 - Enroll in a course pertinent to the history or current events of the area
- Enroll in a course pertinent to the history or current events of your country of interest
- Reaching out to other students, faculty, or alumni who have visited your country of interest
- If needed, enroll in a foreign language course
- The more you know about the area you are visiting, the more you will receive from your experience. Finally, after all of your hard work and months of anticipation, complete your study abroad program!!