

LIFE AFTER STUDY ABROAD

A guidebook to help you get the most out of your abroad experience.



PREPARED BY THE
OFFICE OF PROGRAMS ABROAD
UNDERGRADUATE EDUCATION
DOWLING HALL
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WELCOME BACK

The Office of Programs Abroad realizes that the transition back to Tufts after studying abroad is not always easy. You undoubtedly have changed from your overseas experience and you may find differences in your friends and family. You may feel a bit out of sorts as you try to cope with busy course loads, making new friends, getting involved in extra-curricular activities and becoming reacquainted with life in the States. This is completely normal and has been referred to as “re-entry shock” or “reverse culture shock.”

We hope that this re-orientation guide will help you integrate your abroad experience into life at Tufts as well as your life beyond Tufts. We are always updating our re-orientation guide so if you have any suggestions, feel free to contact our office at 617-627-2000.

TAKE A LOOK AT THE FOLLOWING:

- Administrative Procedures (see p. 2 - 3)
 - Transfer of Credit*
 - World Civilization, Foreign Culture and Language, and Distribution Credits*
 - Program Evaluations*
 - Welcome back/Get involved form*
 - Update your local address with SIS-Online*

- Personal Care (see p. 4)
 - Reverse Culture Shock*
 - Mental Health*
 - Physical Health*

- Integrating the “abroad experience” with life at Tufts (see p. 5 - 7)
 - Opportunities and ideas all over campus*

- Applying the “abroad experience” to life after Tufts
 - Graduate Study & Scholarships (see p. 8)*
 - Work & Internships Abroad (see p. 9)*
 - Volunteer & Teaching Opportunities Abroad (see p.10)*

ADMINISTRATIVE PROCEDURES

While the Office of Programs Abroad realizes that you are overwhelmed as you try to readjust to life at Tufts and renew old friendships, we ask that you make sure you have completed all the necessary administrative procedures so that your credit transfers.

TRANSFER CREDIT

Non-Tufts Programs:

Students who studied on *Non-Tufts programs* must receive approval from the appropriate departmental transfer credit representatives for all courses that were taken abroad. If there are any remaining courses for which you have not yet received approval, please sign on to the *WebCenter for Students* at <http://uss.tufts.edu/registrar/Webcenter.asp> and submit your courses online for approval. In addition, make sure to have an official transcript from your studies sent to the Student Services Desk in Dowling Hall.

Tufts Programs Abroad:

While it is unnecessary for students on one of the Tufts Programs Abroad to seek transfer credit approval, you should talk with your major adviser, if you have not yet done so, regarding approval of courses that you want to count toward your major.

PETITION FOR WORLD CIVILIZATION, FOREIGN CULTURE AND LANGUAGE, AND DISTRIBUTION CREDIT

If you took a course that you wish to count towards world civilizations, foreign culture and language, or distribution credit, you may need to fill out a petition. If you had a course approved as a direct equivalent of a course offered at Tufts then you may use that course to fulfill requirements in the same way that the Tufts course would count.

In addition, any course approved as the following may be counted towards distribution requirements.

Courses approved as:

Art and Art History
Astronomy
Chemistry
Comparative Religion
Computer Science
Drama & Dance*
History
Music
Physics
Political Science
Religion

Will count towards:

Arts
Natural Science
Natural Science
Humanities
Mathematical Science
Arts
Humanities or Social Science
Arts
Natural Science
Social Science
Humanities

For other courses, the transfer credit representative will determine the distribution area at the same time the course is approved on-line for transfer credit. Make sure you petition the department as soon as you return to campus **so that you will graduate on time.**

**Please note: Dance performance and Music performance courses are not eligible for transfer credit.*

PROGRAM EVALUATIONS

In order for the Office of Programs Abroad to ensure that students have a successful time abroad, we need your feedback. Tell us about your experience abroad and what you thought of the program. This information helps us approve programs and is a great resource for other students as they select a program. The evaluation submission process is now available online, through <http://www.Abroad101.com>; please visit our website, at <http://uss.tufts.edu/studyabroad> for more information.

UPDATE YOUR CURRENT LOCAL ADDRESS

In order to ensure you receive all important mailings for your senior year, please make sure to visit SIS Online to update you current local address, especially if you live off campus. Sign into SIS Online at http://uss.tufts.edu/registrar/SIS_Online.asp and following the instructions. If you need additional assistance in the process, please contact the Student Services Desk at (617) 627-2000.

WELCOME BACK/GET INVOLVED FORM

If you want to help those students who are planning on going abroad, please fill out the Welcome Back form and return it to the Office of Programs Abroad, or just shoot an email to Melanie Armstrong at melanie.armstrong@tufts.edu. We need help with the study abroad fair, program specific information meetings, pre-departure meetings, etc.

Also, if you have any photos you are willing to share for use in the brochure and/or the Office of Programs Abroad website, please contact melanie.armstrong@tufts.edu. Digital copies are ideal, but print photos can also be accepted for scanning. All original photos will be returned, so please indicate your name and contact information on the back of all photos. *Please include your name, program and location where the photo was taken with any submission so photo credits can be noted in the publications.*

See p. 5 – 7 for more ideas on how to get involved in activities all over campus.

PERSONAL CARE

RE-ENTRY CULTURE SHOCK

It is very common for students to experience re-entry or reverse culture shock. Often students describe feeling that the friends they left behind do not understand them or that they don't have a way to maintain new interests that they developed abroad. You may experience one or more of the following:

- Feeling overwhelmed
- Boredom
- Restlessness
- Depression
- Uncertainty
- Isolation
- Reverse homesickness-missing host families, friends or places in your host country
- Negativity toward the U.S. or American behavior
- Redirection of goals or priorities



Reverse culture shock often mirrors what you felt when you first went abroad. It is normal to need time to adjust to coming home. To cope with re-entry:

- Get involved in activities that you enjoy.
- Keep your sense of humor.
- Identify other students who went abroad who understand what you are feeling.
- Be patient with yourself. It is normal to experience some form of reverse culture shock.

MENTAL HEALTH

You may want to talk to someone besides your friends if you are experiencing stress or having a hard time readjusting to life in the States. The staff at the Counseling and Mental Health Service, located at 120 Curtis Street, 617-627-3360, is available to listen. Some students find it beneficial to go to the Counseling and Mental Health Service just once while others may want a more on-going arrangement. Whatever you prefer, the Counseling and Mental Health Service is there for you.

PHYSICAL HEALTH

Experiencing a cold, diarrhea, or the flu? Upon returning home some students do fall ill. If you are ill or returning from a developing country, you will want to schedule a checkup with your doctor at home or with Tufts Health Services. Be sure to tell your doctor where you have lived and/or traveled abroad.

INTEGRATING THE “ABROAD EXPERIENCE” WITH LIFE AT TUFTS

STUDY ABROAD FAIR

Every September, Tufts holds a study abroad fair where representatives from various programs are invited to talk with students about going abroad. If you are interested in answering questions or helping the Office of Programs Abroad set up the fair, please indicate as such on your “Welcome Back” form or contact melanie.armstrong@tufts.edu.

WORKSTUDY AT THE PROGRAMS ABROAD OFFICE

Each year the Office of Programs Abroad hires two or three student employees. Part of the job includes helping others through the study abroad process. If you are interested, contact the Office of Programs Abroad, 617-627-2000 at the beginning of the academic year. To be eligible, you must receive federal workstudy.

RECRUITMENT MEETINGS

Each fall the Office of Programs Abroad conducts information meetings/pizza parties to recruit students for Tufts Programs Abroad. We need alumni from the different programs to give the “student perspective” on the Tufts programs. If you went on a Tufts Program, we will be contacting you during the year for your help.

PHOTOS FOR THE BROCHURES

The Office of Programs Abroad ALWAYS needs photos from both Tufts and non-Tufts programs to incorporate in their print and web publications. If you have any photos that you wish to share, please either email your high-resolution digital images to melanie.armstrong@tufts.edu or bring your prints by the Office of Programs Abroad in Dowling Hall. A double copy that you don’t mind donating would be preferred, otherwise you may bring in the original to be scanned. All scanned originals will be returned. *Please include your name, program and location where the photo was taken with any submission so photo credits can be noted in the publications.*

PEER COUNSELING

Many students feel overwhelmed as they try to decide on a study abroad program. If you are willing to be a resource for students planning to go abroad, please indicate so on your “Welcome Back” form and make sure to include your contact information on the last page of your program evaluation.

PRE-DEPARTURE MEETINGS

At the end of each semester the Office of Programs Abroad conducts pre-departure meetings for those going abroad on both Tufts and non-Tufts programs. We need recent returnees to speak about their experience abroad and answer questions that students may have. If you are interested in helping, please contact Programs Abroad at 617-627-2000 or indicate your willingness on the “Welcome Back” form.



INTERCULTURAL CONVERSATION PROGRAM

Did you have an “intercambio” or an “animateur” while abroad? Remember how helpful they were? Why not help an international student adapt to the U.S. or feel more comfortable speaking English? To find out how you can be a conversation partner, please contact the International Center at 617-627-3458.

CULTURE HOUSE

The Office of Residential Life sponsors culture houses (Africana, Jewish, Muslim, Latino, Asian-American, International) and language houses (Chinese, French, Spanish, German, Russian and Japanese). The houses are open to all students interested in these languages and cultures and are not limited to majors. They offer small-group living with an opportunity to enjoy an intensive culture or language experience, often with native speakers. Residents participate in many social and cultural events. For further information see <http://ase.tufts.edu/reslife/housing/special.asp> or contact the Office of Residential Life, South Hall, at 617-627-3248 or the International Center at 617-627-3458.

COFFEE HOURS

Maintain the language skills you developed abroad by participating in one of the coffee hours that are arranged through the language departments. For dates and times, please contact the appropriate language department.

ARTWORK

The International Center is always looking for creative people to contribute artwork or to help design T-shirts. If you have a talent you would like to share, please contact the International Center at 617-627-3458.

WORK AT THE INTERNATIONAL CENTER

Students interested in being a workstudy or a volunteer at the International Center should contact the International Center at 617-627-3458.

INTERCULTURAL FESTIVAL

The Intercultural Festival is held during the last week in February to the first week of March. Get involved—oversee the film series, contribute artwork, walk in the Parade of Nations, give a

slide show or talk about your experience abroad. Those interested should contact the International Center at 617-627-3458.

INTERNATIONAL ORIENTATION

Remember how it felt when you first arrived overseas? Why not help international students settle in to life at Tufts? Opportunities range from being a volunteer to a leader. For more information, contact the International Center at 617-627-3458.

INTERNATIONAL CLUB (I-CLUB)

The I-Club is dedicated to promoting intercultural understanding and exchange throughout the Tufts community. The I-Club plans events such as barbecues, semi-formal dances, film series, etc. For more information, contact the International Center at 617-627-3458.

CLUBS

There are many clubs on campus that focus on particular cultures or languages: Caribbean Club, Chinese Students Association, European Club, Filipino Cultural Society, Friends of Israel, Hong Kong Students Association, Japanese Culture Club, Korean Student Association, Italian Club, Japanese Cultural Club, Pan-African Alliance, Persian Students Association, Taiwanese Association of Students at Tufts, Thai Club, Tufts Association of South Asians, Vietnamese Students Club ...and more. What better way to maintain your language skills or meet people who have cultural ties to where you studied abroad? The full list can be seen at <http://ocl.tufts.edu/?pid=28>.

BEFRIEND AN EXCHANGE STUDENT

Every year Tufts accepts exchange students as part of our agreement with our host institutions. Remember how difficult it was to make friends from your host country when you first arrived? Why not extend some American hospitality and help an exchange student meet other Americans?

APPLYING THE “ABROAD EXPERIENCE” TO LIFE AFTER TUFTS



GRADUATE STUDY ABROAD

Those interested in pursuing a graduate degree overseas may consult the prospectus for some of the more well-known foreign universities at the Office of Career Services. Need funding for your graduate work abroad? Perhaps one of the scholarships listed below would help.

SCHOLARSHIPS

- Rhodes: Granted for graduate study at Oxford University.
- Marshall: Granted for two years of study leading to a British University degree.
- Fulbright-Hays: Granted for one year of graduate study abroad.
- American-Scandinavian Foundation: Fellowship for study in Denmark, Finland, Iceland, Norway, or Sweden.
- St. Andrews Society Fellowship: Granted for a year study in Scotland.
- Winston Churchill: Granted for graduate study at Churchill College, University of Cambridge, England.
- Monbusho: Granted by the Japanese Government for post-graduate research or teacher training in Japan.
- Dorot Fellowship in Israel: A full-year fellowship in Jerusalem for American Jewish college graduates.
- George J. Mitchell: Granted for work in Ireland on international affairs and, particularly, conflict resolution.
- Rotary: The Rotary Club in your hometown might provide scholarships for international study.

For further information on the above scholarships, please visit <http://uss.tufts.edu/undergradEducation/opportunities/> or contact Laura Doane in Undergraduate Education, Dowling Hall, 617-627-5869.

WORK AND INTERNSHIPS ABROAD

- The Office of Career Services has put together a website that lists internship, volunteer, and work opportunities abroad. You can consult their website at <http://careers.tufts.edu>. International job and internship information is available at <http://www.goinglobal.com>
- *Transitions Abroad* has directories of work abroad and internship opportunities. The Resource Library in Dowling Hall has copies of all the *Transitions Abroad*. We only have one copy of each issue, so please be courteous to others and look at them in the library. <http://transitionsabroad.com>
- BUNAC facilitates work programs in Britain. <http://www.bunac.org.uk>
- IAESTE provides paid-internships in 63 different countries for students who majored in engineering or science. <http://www.iaeste.org>
- The Japan Exchange and Teaching Program (JET) provides paid opportunities to teach English in Japan. http://www.mofa.go.jp/j_info/visit/jet/index.html
- Check out international job listings on the Monster Board. <http://globalgateway.monster.com/>
- International job listings by country can be found on: <http://www.jobware.com/>
- Purdue Center for Career Opportunities: <https://www.cco.purdue.edu/asp/JobWeb/View.asp?Section=InternIntl>
- University of Minnesota's Learning Abroad Center: <http://www.istc.umn.edu>
- More internship links: <http://www.uakron.edu/colleges/cba/institutes/globalbusiness/exchange.php>
- The Riley Guide: <http://www.rileyguide.com/internat.html>
- More links to job listings: <http://www.escapeartist.com/jobs/overseas1.htm>

VOLUNTEER OPPORTUNITIES

There are many programs which need volunteers to work overseas. The Dowling Hall Resource Library has copies of *Transitions Abroad*, which has directories of volunteer organizations, as well as the books *Volunteer*, *Volunteer Work*, or *Work, Study, Travel Abroad*. Here is a sampling of volunteer organizations online:

- WorldTeach Inc.: <http://www.worldteach.org>
- Volunteer for Peace: <http://www.vfp.org>
- Peace Corps: <http://www.peacecorps.gov>
- Institute for International Cooperation and Development: <http://www.iicd-volunteer.org>
- Rotary International: <http://www.rotary.org>
- Association of Voluntary Service Organizations:
http://www.avso.org/voluntary/voluntary_general.html

TEACHING OPPORTUNITIES ABROAD

- Teach Abroad: <http://www.TeachAbroad.com>
- CIEE Teach in Chile, China, Spain or Thailand Programs: <http://www.ciee.org/teach/>
- WorldTeach Inc.: <http://www.worldteach.org>
- I-to-I: <http://www.i-to-i.com>
- Projects Abroad: <http://www.teaching-abroad.co.uk>
- Teaching in Japan: <http://www.teachinginjapan.com>
- University of Michigan Directory of Work Abroad Web Sites:
<http://www.internationalcenter.umich.edu/swt/work/resources/workabroadmain.html>
- Linguistic Funland: <http://www.linguistic-funland.com>
- ESL Café: <http://www.eslcafe.com/joblist/>

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