



LESSONS FROM ABROAD

Study Abroad Returnee Conference

Dear Study Abroad Returnee,

Welcome back to the United States and to the *Lessons from Abroad* returnee conference! We hope you had a wonderful experience studying and living in another country.

How does it feel to be back? We understand, all too well, that coming home may be more difficult than you anticipated. While some students make the transition back with ease, many others find the adjustment upon return to the United States to be a bit trying and confusing. While it is great to be reunited with loved ones and hang out in all the old, comfortable places, you may still feel a little disoriented and miss many aspects of your time abroad. It could be that you are finding your friends and family cannot relate to your experience abroad, or perhaps it is difficult to be back in an American classroom. No doubt your usual routine may seem a tad boring after the excitement and novelty of Madrid, Hyderabad, Cape Town, or Buenos Aires. We are here to assure you these feelings are quite normal. Re-entering your home culture can be just as difficult as adjusting to your host culture. For some students it may be even more challenging.

Today's conference and this booklet are replete with tips and tools designed to facilitate the most common stages of reverse culture shock and guide you towards ways to apply and utilize your abroad experience in future endeavors. Read on for information and resources on surviving the perils of re-entry "shock," embracing the return to your home culture, further work, volunteer or study abroad opportunities, and utilizing your "lessons from abroad" in your career development.

Today you will hear from a wide array of speakers who all understand the ups and downs of returning home after studying, living and working abroad. Many of our speakers have made a career out of their passion for travel and exploring new cultures. We hope that after today's conference you will be equipped with new ideas and resources for how to continue pursuing your own passions as a global citizen.

This conference is made possible through the collaborative efforts of international education professionals. These colleagues know firsthand the power of a study abroad experience and with this conference, seek to provide students with resources to carry that transformative experience far into the future. We look forward to spending the day with you and inspiring the life-long learning and application of your "Lessons from Abroad!"

Warmest regards,

The LFA Conference Planning Committee

LFA Conference Objectives

- Meet other recent study abroad returnees from your regional area
- Explore various perspectives on the meaning of your study abroad experience
- Learn how to convey your newly-acquired international skills in a job interview
- Discover how you can teach, work, volunteer or study abroad after graduation
- Network with professionals in internationally-focused jobs
- Stay connected to and share stories about your study abroad experience

Table of Contents

Ten Top Immediate Re-Entry Challenges.....	2
Soundbyting Exercise: Reflecting on your study abroad experience	4
Reflection Questions.....	4
Possible Outcomes of a Study Abroad Experience	6
Leveraging Your International Experience	7
Sample Resumes	9
Cover Letter Guidelines & Suggestions	11
Preparing to Highlight your Study Abroad Skills in a Job Interview	12
Ways to Go Abroad Again	13
Funding Graduate School, Work, or Research Abroad	17
Life-Long Learning After Study Abroad	19

*The world is a book,
and those who do not travel
read only a page.”*

– St. Augustine

TEN TOP IMMEDIATE REENTRY CHALLENGES

As Rated by University Students

Dr. Bruce La Brack

There are lots of reasons to look forward to going home, but there are also a number of psychological, social and cultural aspects which can prove difficult – often because they are unanticipated. The following list was generated by interviewing students like you who have been through the experience and survived nicely. However, they say you should take the process seriously by being realistic and thinking about it and your possible reactions. They offer the following thoughts on reentry for your consideration in the hope they will make your return both more enjoyable and more productive.

1. BOREDOM

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

2. “NO ONE WANTS TO HEAR”

One thing you can count on upon your return: no one will be as interested in hearing about your adventures and triumphs as you will be in sharing those experiences. 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 audiences’ part is probably unlikely. Be realistic in your expectations of how fascinating your journey is going to be for everyone else. Be brief.

3. YOU CAN’T EXPLAIN

Even when given a chance to explain all the sights you saw and feelings you had while studying 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. It’s okay.

4. 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 as a student overseas. To an extent it can be reduced by writing letters, telephoning, 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 study abroad.

5. 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, openness, minimal preconceptions, and tempered optimism.

6. 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.

7. 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.

8. 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.

9. 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 reentry.

10. LOSS/COMPARTMENTALIZATION OF EXPERIENCE (SHOEBOXING)

Being home, coupled with the pressures of job, family, and friends, often combine to make returnees worried that somehow 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 cross-cultural skills; continue language learning. Remember and honor both your hard work and the fun you had while abroad.

Soundbyting Exercise: *Reflecting on Your Study Abroad Experience*

Note your top memory in each area.

Biggest Cultural Mistake:
Funniest moment:
Scariest experience:
Most thrilling memory:
Most moving experience:
An important relationship:
A trip I took:
Other:

Choose ONE Memory and Give the Highlights

Focusing on one memory, write down the top 3-4 highlights or points you want to make.

1.

2.

3.

4.

Summarize and Generalize

Summarize and generalize about the experience. Explain what you took away from the experience and what you learned about yourself, human nature, and/or interacting across cultures.

--

REFLECTION QUESTIONS

◆ What values, beliefs, and behaviors have I learned from my host country that I want to try to maintain while back in the U.S.?

◆ In what ways might these values, beliefs, and behaviors conflict with U.S. culture?

◆ How can I find support for these new values?

POSSIBLE OUTCOMES OF AN INTERNATIONAL EXPERIENCE

This sheet provides a handy reference of skills you may develop as a direct result of your experiences abroad. Use this to spark ideas for creating a resume, preparing for an interview, and reflecting upon your experiences.

Skills

- Understand cultural differences and similarities
- Adapt to new environments
- Learn through listening and observing
- Establish rapport quickly
- Function with a high level of ambiguity
- Take initiative and risks
- Utilize time management skills
- Identify problems and utilize available resources to solve the problems
- Accept responsibility
- Communicate despite barriers
- Learn quickly
- Handle difficult situations
- Handle stress
- Manage/organize
- Lead others in formal/informal groups
- Conduct research despite language and cultural differences
- Cope with rejection

Qualities

- Self-reliance
- High energy level/enthusiasm
- Appreciation of diversity
- Perseverance
- Flexibility
- Open-mindedness
- Assertiveness
- Inquisitiveness
- Self-confidence
- Self-knowledge
- Independence

LEVERAGING YOUR INTERNATIONAL EXPERIENCE

Students who have international experience are different than those who have not. Your unique set of skills and experiences set you apart from the average American student.

Have people assured you that your experience abroad “looks great on a resume?” They're right! However, potential employers or members of graduate or professional school admissions may lack these experiences themselves. That’s why it’s up to you to effectively communicate the skills and proficiencies that will benefit their organization, convince them of the value of your experience, and demonstrate how this experience sets you apart from other applicants. You will have the opportunity to do this in your resume, your cover letter and even during your interview.

Skills

What skills or proficiencies have you acquired or enhanced while you were abroad? Take some time to reflect and write down those that come to mind. To get you started, some of the skills that professionals with international experience cite as being particularly useful in their careers include:

- Enhanced cultural awareness and sensitivity to customs and cultural differences
- Foreign language proficiency
- Nonverbal communication skills
- Adaptability
- Greater flexibility and receptivity
- Tolerance, sensitivity, listening and observing skills
- Ability to identify and achieve goals
- General improvement in communications skills
- Increased confidence, initiative, and independence
- Ability to deal with personal stress
- Sense of humor
- Awareness of global economic and political issues and realities
- Ability to maintain an open mind and be tolerant of others
- Clarification of goals and improved self-awareness
- General travel skills
- Resourcefulness
- Diplomacy and tact
- Organizational and people skills
- Problem solving and crisis management
- Patience
- Listening and observation
- Specific professional skills or knowledge base

“I think I have my current job because of my experiences abroad. Those experiences gave me greater self-confidence and a greater understanding of myself, which led to my willingness to uproot myself and try new work in a new location.”
-Higher Education Administrator

“A global point of view is a critical skill set that is not easily come by in the US, and it is a skill set that facilitates creativity, diversity of thinking, and better skills for working with a variety of individuals with varied backgrounds, interests and capabilities.”
- Advertising Executive

Articulating transferable skills is not a simple process. Be sure to enlist the help of friends, alums, fellow professionals, your study abroad office and careers services office to help you determine which experiences produced relevant skills for the job search.

Resume

The goal of the resume is to demonstrate to potential employers that you would be valuable to their organization and to generate an interview. Research indicates that an employer spends approximately 30-40 seconds reading a resume, so keep these simple formatting tips in mind to start with:

- **Font** - Use standard non-serif fonts such as Courier, Arial, or Times New Roman in a readable font size.
- **Margins** - Use ½-inch to 1-inch margins for top, bottom, right, and left.
- **Style** - Highlight important facts and headings by bolding, underlining, indenting, capitalizing and/or using bullet points.
- **Action Verbs** - Use action verbs to begin statements describing skills and responsibilities.

- **Length** - Be concise; a one-page resume is often adequate unless you have extensive applicable experience
- **Paper** - Use white or off-white resume paper only.
- **Errors** - Be grammatically perfect and free of typographical errors. Proofread!

Aside from the resume format, consider the content. Where are you locating your experience on your resume and how are you highlighting it? Consider listing your study abroad program in your education section rather than under activities or other experiences.

- B.A. Chapman University, Orange, CA
Bachelor of Arts, Art History - May 2015
L'Université de Paris IV, France, Fall 2013

*"My experience in Russia and Ukraine differentiated me from the masses of "standard" college grads hunting for the most desirable jobs. I heard it time and again from employers."
-Advertising Account Planning Manager*

If you completed an internship abroad, list it as work experience instead of an activity.

- Communications Intern, CNN Hong Kong
Hong Kong, Hong Kong January 2014-May 2014

If you did a work program but the work was not particularly related to your intended profession, list it as work experience but concentrate more on the cross-cultural learning aspects and transferable skills of the job and less on other tasks.

- Forrester's Arms Pub, Cape Town, South Africa
Served patrons in a local restaurant, worked as the only American in a South African business, trained co-workers in American-style customer service.

Be sure to include any research you conducted abroad and the topic you focused on.

- Directed Research Topic: The Right of the Child: Children and Conflict in Sri Lanka

Cover Letter

How does your experience relate to your field? What field do you intend to work in? How might your international experience uniquely benefit a professional in that that field? Work to specifically address this in both your cover letter and resume while also demonstrating the links between your acquired skills and the company's needs. For example:

- My experience living in Nicaragua strengthened my Spanish language skills and enhanced my ability to adapt to various communication styles and interact effectively while working closely with the local Latino population.
- My education in Taiwan provided increased my cross cultural competence as I learned about the cultural differences that influence consumers and will improve my ability to contribute to international marketing initiatives.

The Interview

Consider in advance where and how you will refer to your experience abroad. While it is important, you should not use it as your only point of reference. Before the interview, think about various ways you can naturally incorporate the experience into your responses. If your interviewer remarks or asks about your international experience, take it as an opportunity to expand. Don't let the opportunity pass by with a simple "Yes, it was great!" Prepare specific examples. Did you:

- Do a specific project or research applicable to your field of interest while abroad?
- Travel independently?
- Learn to work with a more diverse group of people than you had previously been exposed to?
- Resolve a conflict based on misunderstandings or cultural differences?
- Learn new activities, languages, hobbies, or skills?

*"I usually bring up my international experience when asked, 'tell me something interesting about yourself'."
-Clinical Research Coordinator*

*"My international experience is always asked about, whether it is relevant to the position or not."
-Director of Conferences for a Professional Association*

STUDY ABROAD RESUME EXAMPLES

Allison Hernandez
766 Blythe St, Pasadena, CA 91107
626.555.9999 | allisonh@gmail.com

OBJECTIVE

A position in a public relations or advertising firm

EDUCATION

B.A. Communication emphasis in Advertising and Public Relations, May 2015 (anticipated)

University of California, Santa Barbara, CA

Minor: Sociocultural Linguistics

Study Abroad, August 2013-May 2014

Chinese University of Hong Kong

- Academic courses incorporated world issues from US and HK perspectives
- Developed familiarity with local customs and gained proficiency in spoken Cantonese
- One month of independent travel to six countries following year of study

RELATED SKILLS

- Created multimedia presentation using slides, music, and narration to brief incoming UCSB students during orientation
- Developed sales presentations and assisted with advertising campaigns including radio spots, newspaper ads, billboards, posters, brochures
- Coordinated informational sessions for perspective study abroad students as a Global Intern
- Networked with students and faculty from Hong Kong and other international destinations

EXPERIENCE

Advertising Intern

AdMax Media, Inc., Santa Barbara, CA

July 2013-Present

- Provide integral support of strategic pr and marketing campaigns for existing and new projects
- Create and maintain detailed media lists, track press coverage and update website's press highlights page
- Update and maintain press pages on company website as well as update company blog
- Proof read and edit press materials
- Assist in fulfilling timely media requests
- Internet and media research

World News Editor

Daily Nexus, University of California, Santa Barbara, CA

August 2012-May 2013

- Managed world news reporters and designated assignments for the publication
- Worked cohesively with *Daily Nexus* staff and assisted with layout design

Senior Teller

Bank of America, Goleta, CA

August 2011-June 2012

- Processed customer deposits, cashed checks, managed cash box, sold products and services
- Resolved customer service issues and trained new tellers
- Insured customer satisfaction measured by monthly customer delight score

ACTIVITIES & AWARDS

University of Santa Barbara, California: Dean's List, fall 2012-spring 2014

Lessons from Abroad, Study Abroad Returnee Conference: attended, November 2007

Rocky Mountain Leadership Conference: attended and presented, July 2007

Boys and Girls Club, Santa Barbara: volunteer, August 2005-June 2006

Jerod Lautrec

711 Euclid ♦ Fort Collins, CO 80524 ♦ (970) 555-0022 ♦ bru@hotmail.com

OBJECTIVE

Seeking employment with an organization focused on watershed science utilizing interpersonal relationships and analytical skills

EDUCATION

B.S. Watershed Science, May 2014

Minor: Spanish

Colorado State University
Fort Collins, CO

A.S. Environmental Technology, May 2010

Colorado Mountain College
Leadville, CO

Study Abroad

Centrolinguistico Latinoamericano

May 2013-July 2013

Heredia, Costa Rica

♦ Attended an intensive Spanish Language and Latin American Culture School

♦ Lived with a Costa Rican family, allowing me to gain a greater understanding of the culture

Semester at Sea

Spring 2012

University of Pittsburgh Institute For Shipboard Education

♦ Attended a university program involving living on a ship for 3 ½ months and traveling to 10 countries

♦ Course content incorporated cultural study of the countries visited

RELATED FIELD and CULTURAL SKILLS

Cultural Skills

- Fluent in spoken and written Spanish
- Basic understanding of Chinese
- Easily adapt to changing circumstances

Hydrologic Techniques

- Water Balance
- Discharge Measurements
- Stream Classification
- Floodplain Estimates

Computer Knowledge

- GIS (ArcView 3.5)
- Minitab Statistical Package
- MS Word & WordPerfect
- HEC-1 Modeling

RELEVANT EXPERIENCE

Editorial Assistant

Colorado Water Resources Research Institute

August 2013-present

Fort Collins, CO

♦ Write nomination for Colorado State University faculty for awards in hydrology

♦ Write articles for the bi-monthly newsletter

Hydrologist (SCEP Position)

USDA Forest Service

May-July 2012

Bly, OR

♦ Conducted water quality sampling to determine the cause of phosphorous loading into the Upper Klamath Lake in Klamath Falls, Oregon.

♦ Attended a training course on stream assessments in Region 6

♦ Assisted the wildlife biologist locate Goshawk nests and GPS Aspen stands for elk habitat

♦ Educated school-aged children about water quality and conservation

LEADERSHIP EXPERIENCE

President, Student Chapter of the American Water Resources Association

January 2013-present

Member, Natural Resources College Council

January 2012-present

COVER LETTER GUIDELINES & SUGGESTIONS FOR THE STUDENT WHO HAS INTERNATIONAL EXPERIENCE

Do not underestimate the power of a good cover letter. A well-written cover letter can make a critical difference in an employer's estimate of your qualifications. An applicant with average qualifications may gain many interviews with a good cover letter, while a well-qualified candidate may defeat him or herself with a poorly written cover letter.

NOTE: If an internship or job you want requires writing skills, you must have a superior letter.

A COVER LETTER SHOULD:

- Demonstrate your writing skills and professionalism
- Show that you have researched your field of interest and the specific company/organization to which you are applying.
- Convey a sense of who you are - your personality.
- Summarize your qualifications (skills and education) that are relevant to the specific internship position.
- Communicate your interest and enthusiasm for the position and the company/organization.
- Use positive word choices like "I will," "I can," "I look forward," as opposed to "If selected," "I hope," etc.
- Note the skills and knowledge you acquired as a result of your study abroad experience(s).
- Proofread your cover letter very carefully – it is an example of your writing ability.

EACH COVER LETTER MUST BE SPECIFIC – NO FORM LETTERS PLEASE!

Each cover letter must focus on the particular internship position and organization or company to which you are applying.

Do not use a form letter that varies only in such details as name or the organization or position title. Employers recognize these form letters very quickly.

Employers are much more impressed with someone who has taken the time to research and write a letter specifically directed to their internship or job opening and their organization.

EXAMPLE

John G. Student

A-Z University, Box 0001, Los Angeles, CA 90000
(301) 123-4567 (cell)
Email: jstudent@a-z.edu

November 1, 2015

Mr. Noah Gray
Human Resources Manager
TBWA/Chiat/Day
1111 Wilshire Blvd.
Los Angeles, CA 90046

Dear Mr. Gray:

Jennifer Greenleaf from A-Z University's Internship Office informed me that TBWA/Chiat/Day is accepting resumes for summer 2011. I would like to be considered as a candidate for the Summer Advertising Intern position.

I am a double major in Marketing and Advertising at A-Z University. My long-term career goal is to work for an international company in the advertising arena. This internship will be the beginning of my career path. I am President of the Advertising & Communications Club. I am also the editor of our campus student newspaper, "The Student News." My education has helped me develop a strong understanding of interpersonal communication as well as thorough organizational skills. Being active on campus while maintaining a 3.5 grade point average has enabled me to develop abilities in: managing team members, engaging with the public, reaching long- and short-term goals and multi-tasking – skills that match the requirements for the Advertising Intern position.

During the spring of 2010 I studied with the Danish Institute for Study Abroad in Copenhagen, Denmark. During breaks in the academic program and the months of June and July, I traveled extensively throughout Europe and particularly in Scandinavia, Turkey and Russia. The knowledge and skills I acquired during those six months – independence, problem-solving, the ability to build relationships with individuals from a wide variety of culture – will be an asset as a TBWA/Chiat/Day intern.

My resume is enclosed for your review. I believe I am fully qualified for the Summer Advertising Intern position and I look forward to meeting you and discussing the opportunity in more detail. Should you need additional information, I will be happy to provide it. You may reach me at (301) 123-4567.

Sincerely,

John G. Student

HIGHLIGHT YOUR STUDY ABROAD SKILLS IN A JOB INTERVIEW

First, think about some of the skills you may have gained/developed through study

Ability to establish rapport	Diversity appreciation	Motivation
Ability to handle stress and unfamiliar situations	Familiarity with local customs	Open-mindedness
Ability to make transitions	Flexibility	Perseverance
Adaptability	Goal establishment	Positive outlook
Adventurous spirit	Independence	Research experience
Analytical experience	Initiative	Resourcefulness
Assertiveness	Intercultural Competence	Responsibility
Creativity	Language proficiency	Self-confidence
Cross-cultural communication	Listening and observation	Self-reliance
Curiosity	Managing, organizing, or leading others	Teamwork
		Time management

Second, reflect on the following prompts to help you identify and articulate specific indicators of the skills you learned abroad:

Identify an experience that would demonstrate that...

1. You have a basic command of the local language, and be able to use it in a practical situation (Student in Spain, apartment, work, took classes)
2. You can take personal risks and act independently
3. You can creatively solve problems by applying familiar concepts to unfamiliar situations
4. You can contribute to an ethnically diverse team
5. You can be self-confident, yet able to listen and learn from people whose value systems are different
6. You can be flexible and adaptable to rapidly changing situations

Third, use the experiences and situations described above to answer behavioral questions asked in an interview.

These interviews are based on the premise that your past performance is the best predictor of future performance in similar circumstances. Interviewers seek specific examples to get as detailed an understanding as they can about the way candidates have responded in similar situations and challenges. They are looking for proof that you can demonstrate the desired capabilities in the real world. There is a three-step process to answering these questions:

- Situation: Describe a challenge you faced similar to the example posed by the interviewer.
- Action: Explain the actions that you took to resolve the situation.
- Results/Outcome: Detail the beneficial and positive outcomes that came from your initiatives.

Below are some questions commonly asked in the behavior-based interview:

- Tell me about a time when you changed your approach to a project after starting it. Why did you feel it was necessary to make the change? What was the result?
- Give me specific examples of several projects you were working on at the same time. How did you keep track of their progress? How did they turn out?
- Describe a time when a team member openly criticized you for something. Why were you criticized? How did you respond? What could you have done differently?
- Give me a specific example of a time when you had to meet a deadline, but your professor wasn't available to answer a question and you were unsure how to proceed. What did you do? What was the outcome?
- Tell me about an interpersonal conflict you have had with someone and how you dealt with it.
- Tell me about a time when you were a leader of a group. What was the most difficult thing about that experience?
- Tell me about a time when you were working as part of a team and someone else wasn't pulling their weight. How did you handle it?

Source: Adapted from Bay Area Lessons from Abroad & Matherly, C. (2005). *Effective Marketing of International Experiences to Employers*. In M. Tillman (Ed.), *Impact of Education Abroad on Career Development (9-10)*. Stamford, CT: American Institute for Foreign Study.

WAYS TO GO 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. The information below is intended to provide an overview of some of the options and provide you with resources to start the search. It is by no means an exhaustive list.

Before researching any opportunity, you should consider the following:

- What do you hope to gain from the experience?
- Where would you prefer to go?
- Would you like to utilize any language skills? Are you proficient enough to work in that language?
- How long would you like to stay abroad?
- How important is it to be paid? Can you support yourself financially?
- How will the experience relate to longer-term academic or career goals?
- What types of travel documents (visas etc.) are required and how will you obtain them?

Internships Abroad: Just like at home, some internships pay, others do not, and some even require you to pay for the arrangements of the internship. You may find leads on internships abroad through: 1) your study abroad office 2) your Career Services Office 3) various work or volunteer abroad resources.

Volunteering Abroad: Volunteering provides a flexible schedule and varying time commitments. You may choose to participate in a work camp in France for two weeks, volunteer with street kids in Peru for three months, or teach school in Nicaragua for two years. Not only that, but volunteering can be a good resume builder in terms of getting that job you eventually want abroad.

Short-term Work Abroad: If you are unsure about the length of time you want to work abroad, you might consider looking for short-term projects, such as youth exchanges, internships, work-and-learn programs or working holidays. A short-term placement may give you the experience and background you need to decide whether you want to work abroad for an extended period.

Working Abroad & International Careers: It is important to understand the difference between working abroad and having an international career. Working abroad means you have a job in another country. Most companies are looking for engineers, computer experts, scientists or medical personnel. More and more companies are hiring host nationals to work in their offices abroad. In order to successfully work abroad it is helpful to have extensive experience in the country you plan to work.

- What passport do you hold? If you have dual citizenship it will be much easier for you to find employment. For example, if you have a French passport, you can legally work in any country within the European Union.
- Sponsorship - If you don't have the proper passport to work in your target country, you often need sponsorship from a company. This means lining up a job before you leave or working for an American company for a few years then transferring overseas.

International Careers are typically based in the United States. While working in the US, these jobs usually involve travel, allowing you to see different parts of the world. For such internationally focused jobs, consider looking into the foreign service, international education, international business, international relations, international development agencies, non-profits with a global focus, or working for an airline, travel agency, or tourism board.

RESOURCES TO GET STARTED

A number of organizations are specifically dedicated to fighting global issues and improve education, health and social and economic development for individuals around the world. Consider working for agencies such as

- www.accion.org - whose goal is to send dedicated workers to the field to document the impact of microfinance loans
- www.crossculturalsolutions.org - with volunteer programs dedicated to community impact.
- www.fdsinternational.org - supports community development programs and internships,

- www.fhi360.org/careers/ - is another nonprofit with a social justice bent
- www.vso.org/uk - works through volunteers to fight global poverty
- www.rescue.org/how-you-can-help - focuses their workers on like issues.

Many of these organizations exist to help facilitate work, intern or volunteer opportunities abroad. Often, a fee associated with interning or volunteering with these organizations, but don't let that deter you. Consider going with programs like

- www.bunac.org/usa - which even includes helpful visa services
- www.amerispan.com/volunteer_intern - with opportunities in over 30 countries or www.vfp.org and www.projects-abroad.org - which have placements in over 100 countries,
- www.firstabroad.com - has opportunities from two weeks to two years
- www.geovisions.org - provides volunteer programs abroad in unique settings
- www.globalservicecorps.org - focuses on opportunities in Cambodia and Tanzania
- www.upwithpeople.org - a global education and arts organization with a goal of understanding multiple cultures through service and music.
- www.culturalvistas.org, www.volunteerinternational.org, and www.myelap.com are other organizations to consider when researching internship and volunteer abroad opportunities.

Distinctive opportunities, such as working on an organic farm (www.wwoof.net) in exchange for room and board, are ways to affordably travel abroad. Consider pursuing an internship, training or fellowship through www.amscan.org. Also, www.ccusa.com sets up summer camp, work, volunteer and travel programs in a number of locations.

There also exist a number of databases of open jobs in other countries. Check out:

- www.bumeran.com.mx - for jobs in South America
- www.cadronline.com - for jobs in France
- www.totaljobs.com - to search for openings in the UK
- www.eurojobs.com - expands the search to all of the EU,
- www.careerone.com/au and www.workopolis.com offer employment opportunities in Australia and New Zealand

There are broader search engines for work abroad such as through www.goabroad.com, or through the University of Michigan's internationalcenter.umich.edu/swt/work/. Also consider:

- www.idealists.org - with its focus on non-profit work
- www.rileyguide.com/internat/ - which allows searches in specific countries,
- www.aupair-world.net - which is one of the leading online au pair agencies.

Check out websites that provide helpful tips for scoring a job.

- www.jobera.com and www.eurograduate.com - help to familiarize individuals with different countries' various norms when it comes to résumé, CV, and cover letter writing.
- www.goinglobal.com - provides information on resumes/CV's, work permits, employment trends and job opportunities in the country of your choice.
- www.myworldabroad.com - provides quick guides, sample resumes and cover letters, information on work and living abroad for young professionals.
- Geared at young professionals and recent grads www.ihipo.com is a network dedicated to empowering international careers.

Various organizations and councils can also be potential sources for obtaining information about a career path.

- Check out your local club or www.rotary.org/en an organization of professionals worldwide who provide humanitarian service, encourage high ethical standards in all vocations and help build goodwill and peace.
- The www.worldaffairsCouncil.org is an association of independent organizations that work to engage and educate Americans on international affairs and foreign policy and often have regional chapters.
- www.nafsa.org/careercenter is an organization geared towards careers in International Education.

A number of well known non-profits also post jobs for work in many of their locations abroad, or in their US based headquarters. Examples include:

- www.worldvision.org/about-us/job-opportunities - which also has volunteer and internship opportunities,
- www.oxfam.org/en, or www.habitat.org/hr - which also has projects you can volunteer on from one day to a year.
- www.irex.org/careers - has job openings both domestically and internationally
- <http://jobs.interaction.org/home/> - is a network of organizations working in international development.

Consider pursuing a career through the www.state.gov/careers/, www.un.org/en/employment/ or the www.cia.gov/careers/ all of which also have opportunities for internships and fellowships. www.peacecorps.gov Volunteers serve in 77 countries across the globe.

Teaching Abroad: It is important to differentiate what type of teaching abroad you would like to do. There are short-term programs (summer or less than a year) & long-term (one year or more). Furthermore, certain programs will be for teaching English as a foreign language. For such options, the programs may be self-arranged or with a teaching program or language school. The teaching might consist of private tutoring, or running entire classes. The paid opportunities are largely in Asian countries, though there are options worldwide. TEFL Certificates for teaching in these programs may be required. You might also consider teaching at a K-12 international school. Such programs can require credentials, but don't always.

RESOURCES TO GET STARTED

There are many ways to teach abroad. Similar to internships and volunteer programs, there is frequently a fee associated with some of these programs, particularly if it includes TEFL certification. A good place to start might be a job-listing database, such as

- <http://www.linguistic-funland.com/tesljob.html> or www.daveseslcafe.com, A large job banks for ESL/EFL jobs.
- The University of Michigan www.internationalcenter.umich.edu/swt/work/teach/ provides a good overview of student teach abroad options, with resources for those with or without a teaching certificate.
- www.studyabroad.com and www.goabroad.com are extensive web sites listing teaching programs as well as internships and grad school programs abroad.
- www.teflsearch.com - is a comprehensive search engine for TEFL/ESL jobs abroad that includes everything from a blog to country specific budget worksheets
- www.teachaway.com - offers teaching jobs, principal and school director jobs, and opportunities to teach English overseas in 70 countries.

There are also programs that help arrange teaching English jobs in a number of locations.

- www.ciee.org/teach - arranges programs in Chile, China, the Dominican Republic, South Korea, Spain or Thailand.
- www.languagecorps.com - offers year-long teach abroad programs in South East Asia and Latin America.
- www.worldteach.org - sets up year-long or summer teaching positions in Ecuador, Costa Rica, Namibia, the Marshall Islands and China.

There are programs that cover the cost of your teach abroad experience but often require an extensive application process.

- Think about the Fulbright (<http://us.fulbrightonline.org>) English Teaching Assistantships in numerous countries.
- The www.cetp.info arranges teaching English in Hungary
- The www.jetprogramme.org is for teaching English in Japan,
- www.marshall.edu/gochina/ arranges teaching English in China.
- The French (<http://highereducation.frenchculture.org/teach-in-france>) and Spanish Embassies (<http://www.mecd.gob.es/portada-mecd/>) also arrange teaching English in their respective countries.

Graduate School Abroad: There are several ways to do post-graduate studies abroad. One option is to apply and enroll directly and another is to go through an American organization that facilitates full degree programs abroad. Also see the section about scholarship programs, fellowships, and other funding tips.

- www.acrossthepond.com A resource to help students interested in earning a grad degree in the UK.
- www.ags.edu No language requirement. Several tracks of study offered.
- www.barcelona.uibs.org 16 International Master's Programs offered at the Barcelona Business School.
- www.britishcouncil.us Figure out how to obtain your masters degree in the UK.
- www.degreesabroad-cis.com - Helps students enroll in graduate programs abroad in England, Scotland, Ireland, Australia, New Zealand, Spain and Switzerland.
- www.findmasters.com - A comprehensive database of postgraduate Masters courses along with helpful advice.
- www.fu-berlin.de/en/ - Master's Programs taught in English offered Jointly by several universities.
- www.gradschools.com - Comprehensive listing of grad schools in countless countries.
- www.gradschoolsabroad.com - Info on grad school in Australia, New Zealand, England, Scotland, Ireland and Canada.
- www.internationalgraduate.net - A website for graduate opportunities worldwide.
- www.studiesabroad.com - A U.S. provider that helps students obtain degrees in Argentina, England, France & Spain.
- www.keiabroad.org - Offers a variety of degrees including Associates, Bachelors, Masters, Doctoral, Certificate and Diploma programs in a wide range of academic disciplines.
- www.mastersportal.eu - European based search engine for masters programs.
- www.richmond.ac.uk - Earn your MA in Art History or International Relations at this London-based university.
- www.studyinholland.nl - Allows you to search for programs, scholarships and various study options in Holland.
- www.univ.cc - A searchable database of universities around the world.
- www.globaled.us/wwu/ – Resource of UCLA Center for Global Education that provides links to colleges and universities around the world.

Internationally Focused Degrees in the US: More universities are offering study abroad opportunities for graduate students. Look into this while researching grad schools! Another option is to plan to do research for your degree abroad. Be sure to ask graduate school recruiters about opportunities to intern, study or research abroad. Not only that, but there are countless grad school programs in the U.S. with an international focus, be it Peace and Conflict Studies, or International Education.

- www.american.edu/sis/ - A number of internationally focused degrees through the School of International Service.
- www.apsia.org/ - Association of Professional Schools of International Affairs. 66 schools listed worldwide.
- www.arcadia.edu - MS in International Peace and Conflict Studies, International Public Relations or International Relations and Diplomacy.
- www.cehd.umn.edu/olpd/grad-programs/CIDE/ - Graduate studies in Comparative and International Development Education with a number of areas of focus.
- www.cui.edu/academicprograms/graduate/internationalstudies/ - The MA in International Studies cultivates academic, cultural, research and language skills alongside a practical work experience in China.
- http://education.fiu.edu/academic_programs.html - MS International and Intercultural Education.
- www.gse.upenn.edu/international - A number of degrees from the Graduate School of Education at Penn that offer an international focus.
- www.ipsl.org - IPSL offers an MA or MS in International Development and Service.
- www.miis.edu/ - The Monterey Institute offers professional graduate degrees with an international focus.
- www.middlebury.edu/ls/grad_programs/ - Masters of Arts programs for 8 languages.
- peabody.vanderbilt.edu - M.Ed. in International Education Policy and Management at Vanderbilt.
- www.sit.edu/graduate/ - SIT offers programs in International Education, Peace Building/Conflict Transformation, Sustainable Development, Social Justice, Intercultural Relations, and TESOL.
- steinhardt.nyu.edu/humsocsci/international - Master's of International Education at Steinhardt NYU.

Please note: *Lessons From Abroad* does not have control of content or accuracy of the sites or references that are listed throughout this booklet. As such, we cannot and do not endorse, specifically recommend, or authenticate the accuracy of information contained within these listings; they are provided as an informational resource, and participants must evaluate them for any usefulness or purpose.

FUNDING FOR GRADUATE SCHOOL, WORK, OR RESEARCH ABROAD

Asia Pacific Leadership Program (APLP) www.eastwestcenter.org/education/aplp

The program links advanced and interdisciplinary analysis of emergent regional issues with experiential leadership learning. Option to participate in extended fieldwork in Southeast Asia, internships, self-designed projects and employment experience.

DAAD German Academic Exchange Service <https://www.daad.org/graduates>

Provides over a dozen different types of scholarships
For post graduate study, language learning and research in Germany

David L. Boren Fellowship www.borenawards.org/boren_fellowship

National Security Education Program (NSEP) David L. Boren Graduate Fellowships
Opportunities for graduate students to add a study abroad and language component to their studies.

The Davies-Jackson Scholarship www.cic.org/Programs-and-Services/

Scholarship for study at St. John's College at Cambridge in the UK
For students with exceptional academic records who are the first in their family to graduate college.

Fulbright Scholarship <http://us.fulbrightonline.org>

For study, research, or teaching abroad
Applications are to ONE specific country
If more than one semester of study in a country, don't apply to that country

Gates Cambridge Scholarship www.gatesscholar.org

Awarded to students from outside the UK to study at Cambridge
The program aims to build a global network of future leaders committed to improving the lives of others.

Marshall Scholarship www.marshall scholarship.org

Marshall Scholarships "finance young Americans of high ability to study for a degree in the U.K."
For study at any UK university. Must have 3.7 GPA to apply.

The George J. Mitchell Scholarship www.us-irelandalliance.org/

Scholarship for study in Ireland
Competitive – modeled as the "Marshall Scholarship to Ireland"

The Huntington www.nationalgridus.com/huntington.asp

Provides a \$10,000 stipend each year for a graduating college senior to pursue one year of public service anywhere in the world

Mellon Foundation Fellowships www.woodrow.org (search Fellows)

Offers support for graduate students who previously participated in the Mellon Mays Undergraduate Fellowships.
Includes dissertation grants and travel and research grants

Thomas R. Pickering Graduate Foreign Affairs Fellowship www.woodrow.org (search Fellows)

For graduate students (or students accepted to a grad school program) with an emphasis on language learning and a fast track into the state department.

Rhodes Scholarship www.rhodesscholar.org

For study at Oxford University, UK
Extremely competitive. Must have impressive grades and leadership experience

Rotary World Peace Fellowship www.rotary.org (Search World Peace Fellowship)

Rotary World Peace Fellowships fund either master's degree or professional development certificate study at one of the six Rotary Centers for International Studies in peace and conflict resolution at seven universities worldwide.

Thomas J. Watson Fellowship www.watsonfellowship.org

A one-year grant for travel and study outside the US
Must be a student at one of the 50 participating institutions
Free-formed, non-study proposals

Additional Graduate Programs and Search Engines

- Association of Professional Schools in International Affairs: www.apsia.org
- Comparative and International Education Society: www.cies.org
- GradSchools.com: www.gradschools.com
- Peterson's Higher Ed Guides: www.petersons.com/graduate/gsector.html

Alternative Sources of Funding

- Finding Funders: www.fdncenter.org/funders/
- The Grantsmanship Center: www.grantdomain.com/

International Funding Sources

- The Annenberg Foundation: www.annenberg.org/
- The Annie E. Casey Foundation: www.aecf.org/
- The Ford Foundation: www.fordfound.org/
- The Robert Wood Johnson Foundation: www.rwjf.org/
- W.K. Kellogg Foundation: www.wkkf.org/
- MacArthur Foundation: www.macfdn.org/
- The Andrew W. Mellon Foundation: www.mellon.org/
- Charles Stewart Mott Foundation: www.mott.org/
- The David and Lucile Packard Foundation: www.packfound.org/
- The Pew Charitable Trusts: www.rwjf.org/index.jsp
- The Rockefeller Foundation: www.rockfound.org/
- The Starr Foundation: <http://fdncenter.org/grantmaker/starr/>
- The Robert W. Woodruff Foundation: www.woodruff.org/

Please note: *Lessons From Abroad* does not have control of content or accuracy of the sites or references that are listed throughout this booklet. As such, we cannot and do not endorse, specifically recommend, or authenticate the accuracy of information contained within these listings; they are provided as an informational resource, and participants must evaluate them for any usefulness or purpose.

☐ ☐ ☐ **LIFE-LONG LEARNING AFTER STUDY ABROAD** ☐ ☐ ☐

Here are some suggestions from returnees on how to transform your study abroad experience into life-long learning.

☐ **CONTINUE YOUR LANGUAGE AND INTERCULTURAL EDUCATION**

Whether through formal or informal instruction, there are many opportunities to continue studying the language and culture of interest after you've returned. Universities and community colleges offer many choices for foreign language instruction, and many offer some of the less commonly taught languages as well. Private language schools also provide opportunities to practice and brush up on language skills through informal classes. Many universities and schools offer language exchange or "tandem" programs that match a native speaker, usually an international student or scholar, with someone interested in that student's home language and culture. In exchange, the partner can tutor them in English.

☐ **INVOLVE YOUR FRIENDS**

Invite your friends to a dinner once in a while where you have potluck international parties. Use this as a chance to learn not only about the food, but to have your friends share their experiences with other cultures and what they are doing now to keep an international perspective alive.

☐ **WRITE ABOUT YOUR EXPERIENCES**

Magazines and newsletters, both on campus and off, will be interested in reviewing and possibly publishing accounts of your overseas experience and the unique perspective you now have. This is an excellent way for you to share with others what it's like living in another country. Most of your audience will not have experienced what you did, so by sharing your stories, intercultural encounters, and travels with them, you allow them to enter into your world; and perhaps you may even inspire them to take steps toward their own journey abroad!

☐ **KEEP THE INTERNATIONAL CONNECTIONS ALIVE**

Many returnees report regretting that they did not keep in touch with their new friends after returning home. You will feel torn, like your heart and mind is split between two countries. The good news is that with the Internet, it is easier now more than ever to maintain contact with people halfway around the world. Writing letters and e-mail is also an excellent way to maintain your newly acquired language skills. As more and more nations have Internet connections, the amount as well as the variety of information available via the Web has mushroomed. Online newspapers give you immediate access to news on current events that often are not reported in U.S. newspapers.

☐ **MAKE NEW INTERNATIONAL CONNECTIONS**

Most universities and colleges have active international student organizations that tend to be organized and attended by both international students and U.S. Americans. Many professional and community organizations exist that have cultural exchange and learning as one of their goals. Find out when the next meeting is and check it out.

☐ **SEEK OUT INTERNATIONAL VOLUNTEER AND EMPLOYMENT OPPORTUNITIES**

There are a multitude of opportunities for you to volunteer or find employment that let you utilize your bilingual and bicultural skills:

- Become a homestay family to an international student. Agencies and universities are always looking for suitable homestay families for students, and this is perhaps one of the best means of keeping connected internationally. Be willing to accept a student outside of your own experience and expand your cultural horizons.
- Volunteer or intern in a study abroad office. Your international skills and knowledge about living overseas can be put to valuable use by advising prospective study abroad students and by participating in pre-departure and re-entry orientation programs.
- Volunteer at an office for international students. Offices that work with international students tend to be understaffed and can use volunteers to do a number of vital tasks such as transporting students from the airport, or organizing a drive to collect used household goods and winter clothing for international students, or organizing events or volunteering at orientation for new students.

- Become a buddy or tutor for international students. Already knowing how it feels to go through cross-cultural adjustment in a foreign country, you have a unique perspective and can better understand the needs of international students studying in the U.S. Use those cross-cultural skills to help others and, in turn, deepen your own learning and make valuable international connections.
- Seek out volunteer or work positions at international organizations located in your area. You might be surprised at the number and breadth of international linkages that already exist in your area.
- Volunteer to work with refugees or immigrants in your community. The needs and backgrounds of refugees and immigrants in this country vary tremendously, but they typically do not have the kind of resources that international students have. More and more communities around the country have refugee communities that could use the support of culturally sensitive volunteers.
- Act as a tour guide for visitors from your host country. Many companies now have in-house opportunities for bilingual/bicultural translators and interpreters.
- Seek out opportunities through work, school, or other means to go abroad again. Use your cultural and linguistic fluency to accompany a delegation or tour to your country of interest. They do need you and your skills, even if they might not be aware of it yet!
- A wide variety of materials are available dealing with how to find an international job, whether you want to travel abroad again or be based in the U.S.
- There are also many opportunities for interning or volunteering overseas, which may be a great next step for you. Some of these experiences are longer term (1 to 2 years) and some are available for a few months or less.
- Keep in mind that as more and more connections worldwide are formed, there will be even greater need for your international skills and perspectives. As someone who has experienced another culture first-hand, you are well equipped to contribute to the growth in international and intercultural awareness happening at home and throughout the world.