Preparing to be a supportive family to your study abroad student
First things first, introductions

- **FIE**: Foundation for International Education
  - Not for profit international education organization, headquartered in London
  - Founded in 1998
  - 50+ partner US universities and colleges
  - Over 1200 – 1300 students a year
  - Partnered with College of Charleston since 2014
  - FIE staff are on hand to help in every way they can, so please seek out our staff and use us as a resource!
Our Values

We Care About:

- Sustainability, Diversity & Inclusivity, and Social Justice

...and we practice what we preach!

Here’s just a taster of our values in practice!
Brief Snapshot of Study Abroad

- Teddy Roosevelt studied German and French in Dresden, 1873
- JFK, Studied at London School of Economics in Summer 1935, founded Peace Corps in 1961
- Bill Clinton, Rhodes Scholar in Oxford 1968

- NAFSA founded in 1948, Section for US students abroad in 1970
- Forum on Education Abroad incorporated 2001
Facts and figures: some stats from 2015/16 academic year

- 325,339 US undergraduates studied abroad
- 12% (39,140) students studied in the UK
- 3.4% (11,070) students studied in Ireland
- 3.6% freshman
- 12.7% sophomores
- 32.9% juniors
- 27.7% seniors

IIE Open Doors Report
Preparing Before They Leave...
(make sure you have a valid passport too)

- Set goals
- Set a budget
- Meal preparation – they will be cooking!
- Common sense
  - legal age 18
- Communication – time difference
Goals

- Have a successful first semester of college?
- Understand Brexit?
- Learn about Ireland and its history?
- Learn about the US through a European lens?
- Learn to make a proper cuppa?

- Whatever the goals, start thinking about the experience now!
Set a Budget

Dublin
$ 0.86 = € 1
€ 1 = $ 1.16

London
$ 0.75 = £ 1
£ 1 = $ 1.33

- $150 - $200 weekly (Budget depends on student life style)
- Does not include travel and nightlife
Cooking

- Recipes
- Shopping tips
- Healthy meals
- Food budget
Dublin and London Are Cities

- Remind your student to use common sense
- Be aware of surroundings, lock their doors
- Keep themselves and their valuables safe!
Have the talk again before departure

- Be aware, the legal age for alcohol is 18 in England and Ireland
- Drugs are illegal, including marijuana
- Safety above all else
Communication

- 5 hour time difference from the east coast
- Students will be busy
- Skype; WhatsApp; Facebook; Instagram…
- Old fashioned letters
- $ £ € … better than a care package stuck at customs
The Wild Ride
Culture Shock

- Definition: Anxiety and disorientation felt when people have to operate within a different cultural or social environment.

- Students studying in English speaking countries often face more culture shock because they don’t expect it.

- Feeling challenged and uncomfortable at times are all part of the process.

- Many freshmen feel this on campus too.

The Stages of Culture Shock:
- HONEymoon
- HOSTILITY
- HUMOR
- HOME
Culture Shock

Host country

1. Everything is new, interesting and exciting.
2. Differences become apparent and irritating. Problems occur and frustration sets in.
3. You may feel homesick, depressed or helpless.
4. You work your way through culture shock and begin to adapt to your host culture.
5. You see your host country as your new home.

Home

6. You are excited about returning home.
7. You may feel frustrated, angry or lonely because friends and family don’t understand what you experienced and how you changed.
8. You readjust to life at home.
9. You integrate what you learned and experienced abroad into your new life.

Based on Oberg (1960) and Gallahorn & Gallahorn (1963)
Culture Shock
Ways to Help Your Student Manage Culture Shock

- Before they go identify some goals for the semester. If they call and seem sad, suggest they revisit their goals.

- Remind them that this experience is what they make of it.

- Keep a sense of humor and lighten the mood.

- Remind them to be open-minded: our motto is, it’s not wrong, it’s different!

- Remind them to have tolerance for ambiguity. It won’t all make sense, but that is half the learning experience!
¡Charleston and FIE staff are on site!

- Direct your student to staff on the ground – we can help

- Emphasize, but push your student to move forward

- Stay engaged with their blogs

- Think support vs intervention – help them problem solve

- Remind them you are proud of them
Prepare yourself

- Your student will change and grow while abroad
- Comfort your student, but push them to explore and find the other side of the discomfort
- Be flexible with their new routine and time differences
- Enjoy the ride with them!
Erika Richards, Vice President Institutional Relations
erichards@fie.org.uk