

WELCOME MESSAGE

Welcome to Acadia University's Student Exchange Program. Congratulations on your selection!

You are about to embark on the experience of a lifetime. The first step to any great experience is being well informed and prepared. We are here to help. This guide book is intended to help you navigate through some of the things you will have to do in order to make your exchange experience run smoothly and be as meaningful as possible.

Please read this book in full to ensure you are fully informed about your responsibilities as an exchange student. An online version of this book is available at the study abroad website at:

<http://exchangeprogram.acadiau.ca>

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DISCLAIMER:

This handbook is intended to assist you in your preparations to study abroad and it serves as a guide to some of the many resources available to you. Every attempt is made to verify the accuracy of the information contained in this guide book at the time of publication. For obvious reasons, however, it is impossible for the International Centre to guarantee the accuracy beyond that time.



Due to changing political, health and security situations around the globe, it is the student's responsibility to check with the appropriate authorities to be certain that they have the most up-to-date information at their disposal prior to their departure.

EXCHANGE PROGRAMS

Acadia University has agreements with universities in other countries for the exchange of students. Such exchange programs are available for those full-time students for the third year of a four-year degree program who are carrying a cumulative grade point average of 3.00 or better.

Participants of the study abroad exchange program pay their normal tuition fees to Acadia while studying at one of our partner institutions. Moreover, any scholarships or bursaries you have earned are applied to your tuition fees at Acadia. Transportation, accommodation, meals, and health insurance are the student's direct responsibility but are comparable in cost to those in Canada.

Michael Holmes, the International Admissions and Exchange Officer, is the main contact for the Study Abroad Exchange Program at Acadia University. He is located in the Admissions Office in University Hall.



EXCHANGE PARTNER UNIVERSITIES

For a complete listing of exchange partner universities visit the study abroad exchange website at:

<http://exchangeprogram.acadiau.ca>

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THINGS TO CONSIDER

Should I really go abroad? By now you have probably already made the decision that you are definitely going abroad. However, you should still take the time to reflect on why you have made this decision and what you want to accomplish. You may simply want to travel to a foreign country, improve your language skills, challenge yourself with a new experience, or just have an opportunity to take a few courses you cannot take at Acadia. Whatever the reasons, you should be clear about what you want to get out of this experience. Are your goals realistic and obtainable? Think of three or four objectives you have for studying abroad. Write them down and during your time away reflect on whether you are accomplishing them. It is important to be realistic about your expectations and really think about the decision you have made. Your success abroad will most definitely be affected by your objectives and expectations so be sure you are clear about them.

Personality How well do you know yourself? Think about your personality and character traits. Are you the type of person who can handle uncertainty, new kinds of food, changes in plans, interacting with people from different ethnic and religious backgrounds from your own? Are you relatively independent and a bit of a risk-taker? Are you flexible and open to new experiences? Most types of study abroad programs are suited to students with these qualities. Reflecting on your own personality and needs will prepare you for the many challenges you will face during your time away from Acadia. Take some time to consider which of your personal traits may be suitable or unsuitable for overseas travel. Are you up for the challenge at this time? Don't be afraid to conclude that this may not be the right time to go abroad. You may want to reevaluate your goals and plans or acquire more skills and independence before you take this step. It is perfectly fine to come to a decision that study abroad is just not suited to you at this point in your life. Knowing yourself is essential to a positive experience whether you are in Canada or overseas.

Homesickness Whenever or wherever you travel, you encounter new experiences, new ways of doing things, new attitudes and approaches to daily life. These differences can sometimes make you feel like a fish out of water and homesickness sets in. Think about your first days at Acadia or another place you have travelled. How did you feel those first few weeks or months? How did you cope with being in a new environment? What strategies have you learned to deal with change and loneliness? Think about your parents, friends, boy or girl friend and your relationships with them. Are you comfortable with long-distance relationships? Can you handle communication by e-mail or phone? Are you willing to take the time and effort to stay close to your friends and family while still making new friendships and having new experiences? Are you prepared to feel like a stranger for awhile until you settle in to your new life in a new country?

Costs While you will be paying your usual tuition and health insurance fees to Acadia, you will be responsible for all other costs including transportation, housing, food, books, etc. Accommodation and meal costs may be higher than you are paying now and travel at Christmas or between sessions will add considerably to your budget. You should also consider fees for visas, passport, long-distance phone calls, postage, local transportation, entertainment, shipping, etc. Make a list of the costs you can expect to incur and the funding you will receive (loans, bursaries, scholarships, family contribution, etc.) Have you been realistic in your estimated costs? Do you need more time to save for funding?

After considering your goals, expectations, personality type, finances and your reactions to homesickness, take a deep breath and ask yourself again: Is this really what I want to do at this point in my life and my academic career? Am I ready to face the excitement and challenges this will bring? Be honest with yourself. This is one of those decisions you will look back on much later in life. Be sure you are comfortable with it. If you are still unsure, discuss your concerns with your academic advisor, your parents, or international advisor.

YOUR RESPONSIBILITIES

Pre-departure Preparations There are many responsibilities and things to take care of as soon as you reach the decision that your next academic year will be abroad. It is time to start preparations and although it may seem like a long time away, you will be surprised how quickly the time goes and how much there is to prepare. We will divide your tasks into two parts: 1) What to do from the time you apply to the exchange program at Acadia up until you receive your acceptance letter from your new host university abroad; and 2) what to do once you have the letter in your hand.

► Plan your trip so that you arrive in your host country during weekday business hours, when taxis, banks, and other services are available. Avoid arriving on national holidays and weekends when businesses may be closed.

1. AFTER YOU APPLY TO THE ACADIA EXCHANGE PROGRAM

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You will receive an e-mail from the Admissions Office in early February if you have been selected for the exchange program. This means that the Admissions Office has “nominated you” or forwarded your name as a recommended student to the exchange university.

A) APPLY TO THE EXCHANGE UNIVERSITY

As soon as you are notified by Acadia that you have been recommended to study abroad, you should go to the exchange university website and follow the application procedures. It is then up to the exchange university to decide if they will accept you and send you confirmation of this acceptance. This can take several weeks or months but in the meantime there are plenty of things for you to do.



NOTE: Depending on the semester in which you are going abroad and on the application procedures at the host university, you may not be able to submit your application until a later date. The host university will indicate the date after which applications can be submitted for each semester as well as the deadlines for each session.

Keep in mind two important things when applying:

- 1) Unless otherwise directed by the host university, you must apply to the university's main campus and not to its surrounding colleges or language schools. If you apply to an external entity of the university, such as a language school, you will not be considered on exchange.
- 2) Ensure when you apply to your host university that you apply as an "exchange student".



Language students and "Canadian Year in Freiburg" students: Please check with your Department to see if there is a different application procedure.

(Please check off once this step is completed)

B) AFTER YOU APPLY TO THE EXCHANGE UNIVERSITY

Meet with your Academic Advisor to discuss the courses you hope to take while abroad. It will be helpful if you look at a university calendar or go online to make yourself familiar with the courses. Ask your advisor if there is a faculty member or student in the department who has been to this university. Ask to meet them and discuss your questions and program.

Find your Academic Advisor at:

<http://academicadvising.acadiau.ca/academic-advisors.html>

(Please check off once this step is completed)

C) PASSPORT APPLICATION

For Canadian students: Apply for a Canadian passport if you do not already have one or renew your old passport if it will expire within six months after your planned return from your exchange country. Passport Applications are available at:

- The local post office
- Online via the Passport Canada website: <https://www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html>
- Passport Office (Halifax)
Maritime Centre, Suite 1508, 15th floor
1505 Barrington St., Halifax, NS;
Office Hours: 8:30 a.m. – 4:30 p.m.

For Other Students:

If you are not a Canadian citizen, be sure your passport is up-to-date. Check with the respective authorities in your home country regarding passport requirements.

(Please check off once this step is completed)

► Before leaving Canada, you should make two photocopies of the identification page of your passport and all other important pieces of identification. Leave one copy with your family, or a friend or relative at home. Bring the second copy with you on your trip. Carry this photocopy separately from your passport when you travel. This can help with the replacement process if your passport is lost or stolen. Lost or stolen Canadian passports need to be reported to the local Canadian Embassy immediately.

D) PREPARE A REALISTIC BUDGET OF EXPENSES

Ensure your funding is in place and all loans, bursaries, etc. have been applied for. Discuss budget with your family if they are helping with costs.

(Please check off once this step is completed)

E) MAKE AN APPOINTMENT WITH A HEALTH CARE PROVIDER

Discuss immunizations and any health issues you may have with your physician and a travel health clinic. Find out if there are any vaccinations or medication you will need for your specific areas of travel. Be sure to mention the country you are visiting on exchange and any others to which you are planning to travel. Discuss medications you are currently on and how you will have prescriptions filled in the exchange country. Discuss any health concerns you may have.

(Please check off once this step completed)

F) BEGIN TO RESEARCH VISA REQUIREMENTS FOR THE EXCHANGE COUNTRY

Will you need a visa? How much will it cost? If you need a visa you will apply for it once you have your official letter of acceptance from your exchange university. Find out what documents, photos, etc. you will need now so you are prepared when the time comes to apply. **For the most official visa information you should contact the nearest foreign government office of the country you plan to visit.**

****Please note that acceptance letters (required for the issue of a study visa) from some host universities (particularly those in the United Kingdom) will not be sent to applicants until late June because in some cases study visas are not issued until three months prior the start of classes at your host institution.**

Learn more about visas at:
<http://travel.gc.ca/travelling/documents/visas>

(Please check off once this step completed)

YOUR RESPONSIBILITIES *continued*

2. ONCE YOU RECEIVE ACCEPTANCE FROM THE EXCHANGE UNIVERSITY

A) APPLY FOR A VISA IF REQUIRED

Start the visa application process immediately. Visas take time to process and for those countries that require a visa you WILL NOT be allowed entry into that country without one. If you will be traveling through another country to get to your exchange country you may need a transit visa even if you will not be leaving the airport. Check with the embassy of the country you will be traveling through to see if a transit visa is required.

(Please check off once this step completed)

It is YOUR responsibility to apply for a visa. Visa regulations can change without notice, therefore it is YOUR responsibility to keep up-to-date with visa requirements. Be sure to check the websites periodically to see if regulations have changed since you first looked. Check again several weeks before leaving to make sure there are no changes.

****Please note that acceptance letters are required for the issue of a study visa. Some host universities (particularly those in the United Kingdom) will not send these to applicants until late June because in some cases study visas are not allowed to be issued until three months prior the start of classes at your host institution.**

It is highly recommended to visit the government website of your host country's respective embassy or consulate in Canada (or respective country of origin) :

Australia:
<http://www.homeaffairs.gov.au/trav/stud>

Brazil

<http://www.vfsglobal.com/brazil-evisa/>

France:

<https://ca.ambafrance.org/NEW-Applying-for-a-French-visa-in-Canada>

Germany:

<https://www.daad.de/deutschland/nach-deutschland/bewerbung/en/9199-visas/>

Norway:

www.udi.no/en/

Spain:

<http://www.exteriores.gob.es/Consulados/TORONTO/en/Consulado/Pages/national-visas.aspx>

Sweden

www.migrationsverket.se/info/studera_en.html

United Kingdom:

<https://www.gov.uk/apply-uk-visa>

United States:

<https://travel.state.gov/content/travel/en/us-visas/study/student-visa.html#howtoapply>

China: Hong Kong

http://www.cityu.edu.hk/gso/ies_stdvisa.htm

Japan

http://www.mofa.go.jp/j_info/visit/visa/index.html

YOUR RESPONSIBILITIES *continued***B) MAKE CONTACT WITH THE EXCHANGE UNIVERSITY**

Most universities will have a study abroad/exchange office or contact person who you should immediately begin to establish contact with. Send an e-mail and introduce yourself. If you cannot locate a contact person at the exchange university, contact your exchange coordinator at the Admissions Office at Acadia University for assistance at 902-585-1300 or exchangeprogram@acadiau.ca.

► If you are on a language exchange your department may provide you with a contact name.

(Please check off once this step is completed)

C) ARRANGE ACCOMMODATIONS

Some universities ask you to apply for residence with your program application while others want you to do this separately. Some universities may not have residence space available and may require you to rent a room or apartment. If you have not applied for housing at the same time as you applied to the university you must arrange accommodations right away. Ask the contact to provide you with a map and some suggestions of where to live. Accommodations at exchange universities differ from place to place. You should also find out what is included in the residence or in an apartment, i.e. furniture, linens, etc.

Just as in Wolfville, apartments are in high demand in university districts so the sooner you arrange your accommodation the more relaxed you will be. Be aware that contact by e-mail may not necessarily elicit an immediate response. It may take several weeks to get a reply to an e-mail and the longer you postpone making contact and establishing housing, the less likely you are to be satisfied with your arrangements. Being prepared leads to a positive and less stressful experience.

► Electricity adaptors may be required if you want to bring any items that require a power source i.e.: hair dryer. **Note: Voltage is 220 V, 50 Hz in European countries.**

(Please check off once this step is completed)

D) ARRANGE YOUR HEALTH INSURANCE

All students should look into whether they will need supplemental health insurance to accompany their provincial plan or the ASU (Acadia Students' Union) health plan. Your parents may also have a health insurance plan that will cover you while you are abroad. Be sure to discuss this with them.

Many Acadia students are covered under the ASU Health Plan. If you wish to be covered under this plan while studying abroad you are required to inform the ASU Health Plan Administrator in person. If you are currently not covered by the ASU Health Plan and wish to travel under alternative health insurance coverage please consult your health provider to ensure you will have adequate coverage while you are studying abroad.

The institution you are traveling to may require you to purchase health coverage through their student health care provider. If you wish to opt out of the ASU health insurance plan, you must inform the Acadia Health Plan Administrator in person.



Regardless of your current health coverage provider, it is highly recommended you consult the ASU Health Plan Administrator concerning health coverage for your study abroad experience.

► All students should acquire a health insurance card from their health insurance provider prior to departure and keep it on them at all times.

The following information is provided by the ASU Health Plan Administrator:

Acadia students who are going on Exchange are not automatically enrolled in the ASU Health Plan. However, those students who are eligible may choose to sign up for coverage because the ASU Canadian plan provides extended travel insurance for up to 365 days for students traveling for educational purposes.

If you would like to sign up for travel insurance through the ASU Health Plan, please contact the Health Plan Administrator and provide your departure date, return date and destination to ensure you are covered while you are away. You will be given a travel insurance card which lists emergency telephone numbers to contact in the event of an emergency.

Remember, the educational institution you are traveling to may require proof of insurance when you enroll. Make sure you request a letter from the ASU Health Plan Administrator verifying your insurance policy before you leave.

Cindy MacDonald, ASU Health Plan Administrator

ASU Box 6002, Wolfville, NS Canada B4P 2R5

Office: Acadia Students' Union, Room 610

Phone: 902.585.2167 | Fax: 902.542.3901

E-mail: cindy.macdonald@acadiau.ca

► The ASU Health Plan (Fees, benefits, etc.) can be viewed at: <http://studentbenefits.ca>

(Please check off once this step is completed)

E. ARRANGE POWER OF ATTORNEY

Power of Attorney gives a representative, such as a responsible close friend or family member, the right to sign papers on your behalf. If there are any documents that may need your signature while you are away, such as income tax forms or medical forms, you should arrange for power of attorney. You will need to write out the duties in detail that the chosen person will be authorized to do for you and take it to a notary to have it notarized. Some offices may have their own power of attorney forms, so ask first.

(Please check off once this step is completed)

F. ARRANGE TO PAY TAXES

(If you will be away during the tax season)

You can ask someone to file your tax return for you (see power of attorney information above) or you can arrange to have your T4 slips from your earnings mailed to you. If you are going to be abroad during tax season you should contact the Canadian Embassy or High Commission in your host country when you arrive. Information is available online at:

<http://www.cra-arc.gc.ca/tx/nrrsdnts/ndvdl/tmpry-eng.html>

(Please check off once this step completed)

G. PURCHASE INSURANCE (if necessary)

You may want to consider purchasing trip cancellation insurance, property insurance or credit card insurance to cover unexpected emergencies or changes in plans. If you or your parents have property insurance it may cover your personal property worldwide but you will have to inquire about the coverage from the insurance company.

(Please check off once this step is completed)

H. ARRANGE YOUR FINANCES

Before leaving, order \$50-\$100 worth of foreign currency through your bank. This process normally takes a few days. You will need foreign currency upon arrival for a cab, train ticket, food or hotel. When you reach your destination don't ever carry large amounts of cash.

ATM Machines: Many overseas ATMs do not accept a PIN of more than four characters (you may consider changing this limit). Ask your bank if you need to change your PIN number **BEFORE** you leave.

ATM Cards and credit cards: You should **ALWAYS** bring two ATM debit cards with different card numbers or two different credit cards with you when you travel. Check with your bank for the best way to access a second source of money in case one of your cards is stolen. Keep one with you and one in a secure place and be sure to call the bank right away to report stolen cards so they can be deactivated. Be sure you have photocopied the cards so you will have all the relevant information if you have to report a theft.

(Please check off once this step is completed)

I. BANK ACCOUNTS

Most students will wait until they arrive in the exchange country to open a bank account. You should take credit cards, travelers cheques and a debit card with you and then open a bank account near where you will be living. You may be able to get a bank card from your new bank which will allow you to make withdrawals without paying large service charges.

Inquire at your bank about having money sent to you abroad. Most banks will offer foreign currency drafts which can be sent to you in the exchange country.

If your family needs to send you money they can inquire about American Express money transfer. This is a relatively quick process and they can send a money order from a Canadian branch of an American Express office. **You should research this and discuss it before you leave so you have an emergency plan in place.**

(Please check off once this step is completed)

J. Register with Canadian Embassy or Consulate in your Host Country (Foreign Affairs Canada)

Foreign Affairs Canada offers a registration service for Canadians travelling or residing abroad. This service is provided in the event there is a need to contact Canadians to offer urgent advice during a natural disaster or civil unrest, or to inform them of a family emergency at home.

<http://travel.gc.ca/>

(Please check off once this step is completed)



Hong Kong



A) Pre-Departure Information Session

It is mandatory for all students accepted to Acadia's Exchange Program to attend the Pre-Departure Information Session.

Students are notified of the date and place of the first Pre-Departure session shortly after receiving confirmation of their participation in the Exchange program. This session will occur in March. Students attending this session will receive the Study Abroad and Exchange Programs handbook. Checklists will be reviewed and crucial information relevant to the program and necessary for preparation will be provided at this time.

► We invite Acadia students who have been on exchange in the past and students currently visiting Acadia on exchange so that you may have an opportunity to meet with them to learn more about the Study Abroad Exchange program. These students are a great resource and will be able to answer many of your questions.

B) Personal Computers

Students are welcome to take personal computers during their exchange; however, they must be aware that not all partnering universities have unlimited internet access as is available at Acadia University. Students should contact their exchange university for more information regarding internet access and compatibility.

C) Tuition

Tuition deadlines are the same for on-campus and exchange students. The deadlines are printed in the Acadia University calendar. Students with Acadia University scholarships may continue to use these toward their tuition fees while they are abroad.

D) Scholarships

Renewable entrance scholarship funds are credited to a student's account as always—half in September and half in January. When a transcript is received from the host university following the period abroad, it is assessed to ensure that the student has met the academic requirement to renew the scholarship.

E) Transfer Credit

Transfer credit is assessed based on a full course load. Grades from institutions outside North America are now recorded on the Acadia transcript and therefore they do affect the CGPA.

In many cases the courses taken abroad do not have direct Acadia equivalents. This is not a bad thing as one of the reasons for studying abroad is to have exposure to courses that are not locally available. In these cases, generic course numbers will be used that indicate the field of study if it exists here and the level of the course taken. For example, Chem 9303 would be a chemistry course at the third-year-level with no direct Acadia equivalent.

PREPARE FOR TAKE-OFF

Now go over the following lists and make sure you have checked off everything and are ready for take-off. Most importantly, make sure you have all your documents in order.

You will need to carry the following with you:

- Valid passport (also see 'Passport Application', page 8)
- Four current passport-sized photos (at a minimum)
- Visa (if required)
- Letter of Acceptance from host institution
- Letter from Acadia University indicating you are on exchange (if applicable)
- Power of Attorney
- Proof of sufficient funds
- Proof of health insurance
- Medical certificate (if required)
- Any important medical information
- Proof of immunizations
- International Student Card (<https://isiccanada.ca/> for Canadian students) or see the International Advisor at Acadia for the forms. The International Student Identity Card (ISIC) is the travel card designed especially for students. You may save money on travel, accommodation, sports rentals, and admissions to museums and cultural attractions. The ISIC World Travel Handbook, available free with an ISIC, provides discount information on more than 90 countries.
 - ▶ For more information visit the Travel Cuts Office website at: www.travelcuts.com
- Driver's license
- The emergency contact card provided by Acadia University

Other things you will need to bring:

- A domestic phone card in case you have to make an emergency phone call.
- A list of addresses from home (E-mail and street addresses).
- Contact info for Acadia University, Registrar's Office, International Student Advisor, and the host university campus contacts.
- A record of your credit and debit cards numbers and the phone number to call in case of loss or theft. Keep this information separate from your cards.
- Travelers cheques in the exchange country currency or in US dollars. Keep a separate record of the serial numbers in case of loss or theft.
- A small amount of the local currency for transportation or food.
- Emergency fund (We suggest \$200 minimum)
- Prescriptions and a letter from your doctor
- A medic alert bracelet if you have allergies.
- First-aid kit
- A copy of your eyeglass prescription and an extra pair of glasses or contacts.
- One set of formal clothing
- Guide books and language books
- Canadian goods for gifts (Maple syrup, T-shirts, pens, etc.)



YOUR TIME OVERSEAS**CULTURE SHOCK**

Changes in culture can be exciting, interesting, and a wonderful part of your experience at your host university. Learning to see the world from a different point of view will benefit you in your future workplace and in your personal life for years to come. Getting used to living in a different culture will make you a stronger person, but the process can at times be confusing and aggravating.

You may start to question your values and the values of those around you. You may feel that you don't really understand the social and cultural rules that people live by. You may find it difficult to understand why people behave and communicate the way they do. You may feel frustrated and even depressed. These feelings are all normal. Everyone will experience some degree of culture shock. We all handle it in different ways.

Culture Shock Symptoms

- spending excessive amounts of time alone
- avoiding contact with people from your host country
- wanting to sleep a lot
- compulsive eating and/or drinking
- irritability
- hostility and criticism towards fellow students
- loss of ability to study effectively
- physical ailments such as headaches, stomach-aches, etc.

Culture Shock – What can you do?

- Recognize the causes and symptoms of culture shock. Make friends with other international or host country students. Join clubs at your host university. Ask your International Advisor if you need suggestions.
- Talk to friends or your International Advisor about your stress. Recognize that anxiety is normal, and that you must be open, take risks and laugh at your mistakes.

- Do not be quick to judge your host country's culture. Give people another chance. Be honest. If you are confused or do not understand something, admit it instead of pretending that the situation is fine.
- Become actively involved in your new environment. Learn to do something new like a sport or dance of your host country. Spend time with people who are positive. Look for logical reasons behind things that seem strange, confusing, or threatening.
- Have faith in yourself. It is natural to experience differences between cultures and to take some time to get used to them. You are learning valuable lessons that you will use for the rest of your life!

There are several stages people go through when they move into a new cultural environment.

Common Stages of Culture Shock

1. The Honeymoon Stage (The first few weeks or even months)

You have just arrived and everything is new and exciting. You are meeting new people, getting your classes organized, learning about your host country and generally feeling excited about your new life.

2. The Frustration Stage (This is the stage where symptoms of culture shock often appear)

Some of the things about your host country are starting to bother you. You sometimes feel quite negative about the people and the culture. You don't understand why your classmates behave the way they do. You can't always express yourself as well as you want to and you feel people misunderstand you. At times you question why you are even here. You are often homesick and think constantly of home, friends, and family.

YOUR TIME OVERSEAS *continued*

3. Cultural Adjustment

You are starting to feel more comfortable here. You still miss your friends and family but there are things about your host university and your new life that you really enjoy. You have a sense of humour about some of the things that used to upset you. You try to understand the reasons behind some of the things that confuse you. You have friends and you are starting to feel "at home."

CULTURAL AWARENESS

Canadians – Observations from the rest of the world!

Do you know how people from other countries perceive Canadians? It is not always the same as the way we perceive ourselves! Here is a list of observations that may surprise you! Canadians:

- Smile a lot and are very friendly
- Accept differences and are truly multicultural
- Love pets, sometimes more than people
- Are so polite it is hard to know what they really mean or really think
- Always think they are busy
- Live in a beautiful and clean country
- Are time keepers and rule followers
- Talk a lot and interrupt other people
- Finish our sentences even though it's not what we meant
- Avoid disagreement or argument
- Stick together and speak English
- Don't like to be mistaken for Americans
- Think that if they don't tell you something you won't know it: They talk a lot about their own abilities and accomplishments
- Ask lots of questions to fill up the silence
- Expect others to make choices (i.e. "Do you want to open the window? I'm wondering if you want to go to the movie?")
- Are not REAL friends: their work and private lives are separate
- Play really boring sports alone: i.e. jogging, hiking, biking, rowing, skiing

TIPS FOR STAYING IN TOUCH

- Take some time before you leave and show your parents how to use social networking sites and other communications tools if they are not already familiar with them (e.g. Facebook, Skype, Twitter, FaceTime, etc.).
 - Make sure everyone back home has your updated email and mailing addresses before you leave
 - Check your Acadia email regularly.
- Remember you remain an Acadia student while studying abroad; therefore, any important communications from Acadia University will be sent to your Acadia email account.



BACK IN CANADA

Returning home can be very exciting but it can also be difficult. Many people are not prepared for the adjustment they must face when the exchange program is over and it is time to return home. Just as there are stages you go through when adjusting to a new culture, there are stages involved in re-entry too. You must familiarize yourself with friends and family and a lifestyle that may suddenly feel very different. It may actually be difficult for you to reintegrate into Canadian culture.

You may experience some of the following feelings:

- A sense of not belonging to your own culture.
- The feeling that friends and family are not that interested in your experience abroad.
- You miss your friends, culture and way of life in the exchange country.
- The pace of life in Canada is not what you are used to anymore.

What can you do?

- Keep track of what's going on with friends, family and in the news so you do not feel like a stranger when you return to your home country.
- Try to have a plan for when you get back. Choose your courses for next semester, apply for a job, think of an organization or club you may like to join.
- Allow time to get used to being back home. It may take some time to feel at home and comfortable again in Canada.
- Once you are back home give presentations to schools or community groups about your time abroad. Talk to students who are interested in going abroad. Write about your experience for the local or university newspaper.

- Visit the International Centre at Acadia and volunteer your services. You are a valuable resource for students going abroad and for students coming here on exchange. Your experience as an exchange student will be greatly appreciated.
- Look at Canadian culture and consider what you like about it and what you want to keep from the culture in the exchange country. Observe life in Canada and enjoy reflecting on it.
- Stay positive and get involved in things. You will soon start to feel at home again.
- If you find re-entry extremely difficult and need someone to talk to, you can get support from:

Acadia University Student Resource Centre

ASU Students' Centre—Old SUB (Lower Level), Acadia University,
 Wolfville, NS, Canada, B4P 2R6
 Office Hours: Mon-Fri 8:30a.m.— noon and 1:15-4:30p.m.
 Phone: 902.585.1246 | Fax: 902.585.1093
 E-mail: counselling@acadiau.ca

or

Wong International Centre

27 Acadia St, Acadia University, Wolfville, NS, Canada, B4P 2R6
 Phone: 902.585.1690 | Fax: 902.585.1038
 E-mail: international@acadiau.ca



RESOURCES (Tools and Suggested Readings)

Foreign Affairs Canada

This is the single best resource for Canadians traveling to other countries. It includes a comprehensive 'Before You Go' section with frequently asked questions about foreign travel and a list of relevant publications posted online. Among them: *Bon Voyage, But... Information for the Canadian Traveller*, which looks at such issues as vaccinations, health insurance, a Traveller's Checklist that itemizes things to do before leaving Canada, seeking assistance abroad, foreign laws and customs, and a list of other publications and useful contacts. www.travel.gc.ca

Register online with the Canadian Embassy or Consulate in your Host Country (Foreign Affairs Canada)

Foreign Affairs Canada offers a registration service for Canadians travelling or residing abroad. This service is provided in the event there is a need to contact Canadians to offer urgent advice during a natural disaster or civil unrest, or to inform them of a family emergency at home. <http://travel.gc.ca/travelling/registration>

Country Travel Reports (Foreign Affairs Canada)

Travel reports on specific countries, from Afghanistan to Zambia, where Canadians could encounter difficulties. <http://travel.gc.ca/travelling/publications>

Her Own Way: Advice for the Woman Traveler (Foreign Affairs Canada)

This publication includes information on lessening the effects of culture shock, steps to follow for extra security (carry items in a purse that "you can afford to lose or have stolen"), avoiding harassment ("avoid wearing provocative, form-fitting clothing") and being cautious when alone after sundown. A list of other related publications is also provided. <http://travel.gc.ca/travelling/publications>

Pre-Boarding Information (Foreign Affairs Canada)

Avoid delays passing through security at airports. Understand luggage limitations and what items are NOT permitted onboard aircraft.

<http://travel.gc.ca/air>

Visa (Foreign Affairs Canada)

Countries have special requirements for persons intending to visit for extended periods (usually more than 90 days) or who plan to reside, work, study or engage in non-tourist activities.

Find out if you need a visa.

<http://travel.gc.ca/travelling/documents/visas>

Travelers Checklist

<http://travel.gc.ca/travelling/publications/travellers-checklist>

Citizenship and Immigration Canada

www.cic.gc.ca

Time Zones and International Dialing Codes

By far the best resource for knowing what time it is in every country and dialing codes for every country

www.timeanddate.com

CIA online World Factbook

Another good source of information on individual nations, from an American perspective, is the CIA's online World Factbook.

<https://www.cia.gov/library/publications/the-world-factbook/>

RESOURCES *continued*

Rail Travel

RailEurope: www.raileurope.com

Air Travel

Student travel and discount air tickets: www.travelcuts.com

RyanAir (affordable flights from Europe, UK and Ireland):

www.ryanair.com

Discount airfares online: www.travelocity.ca or www.expedia.ca

Health

Health recommendations and travel advice:

www.phac-aspc.gc.ca/tmp-pmv/index-eng.php

Safety Issues for Canadians Abroad

<http://travel.gc.ca/travelling/health-safety>

First-Aid Kit

A list of what to put in your first-aid kit:

<https://travel.gc.ca/travelling/health-safety/kit>

Comprehensive travel site for student travelers

www.travelcuts.com

Jet Lag

Tips for handling jet lag: www.nojetlag.com

Telephone Calls

How to make a phone call and be charged in Canadian funds at the Canadian long-distance rate:

www.infocanadadirect.com/eng/4_0/index.asp

Automobiles

International Drivers Permit:

<https://www.caa.ca/international-driving-permit/>



CONSULAR ASSISTANCE



The information below was current at the time of printing; however it is your responsibly to visit www.travel.gc.ca for the most current information.

This list identifies where to seek consular assistance in each country.

This offices provide a wide variety of services to Canadians abroad, but there are some limitations, and in some instances there may be a fee. Hours and days of operation of Canadian government offices abroad vary from country to country. Not all offices provide the same type and level of service. The telephone numbers list the country code first and then the city/area code. The city/area codes (in parentheses) are those you use when calling from within the country where the office is located. Also, when calling from one country to another, you must use the local code for international calls before the country and city/area codes of the number you wish to reach. For example, if you are calling overseas from Canada, you must press 011 before the country code.

United Kingdom - LONDON

- All services offered at the High Commission in London

High Commission of Canada

Address: Canada House, Trafalgar Square, London, SW1Y 5BJ

Tel.: 0207 004 6000

Emergency toll-free to Ottawa: 00-800-2326-6831

E-Mail: LDN.publicaffairs@international.gc.ca

http://www.canadainternational.gc.ca/united_kingdom-royaume_uni/index.aspx?lang=eng

Honorary Consul of Canada in Edinburgh

Tel.: 0770 2359 916

E-Mail: canada.consul.edi@gmail.com

Honorary Consul of Canada in Wales

Tel: 01656 662413

E-Mail: canadaconsul.wales@merthymawr.com

CONSULAR ASSISTANCE *continued*

Spain - BARCELONA

Consulate of Canada

Address: Plaça de Catalunya, 9, 1º, 2ª - 08002, Barcelona, Spain

Tel.: 34 932 703 614

http://www.canadainternational.gc.ca/spain-espagne/offices-bureaux/consul_barcelona.aspx?lang=eng

Emergency toll-free to Ottawa: 00-800-2326-6831

Fax: 34 933 170 541

E-Mail: bclnag@international.gc.ca

Spain - MALAGA

Consulate of Canada

Address: Plaza de la Malagueta 2, 1º, 29016 Málaga, Spain

Tel.: (34) 952 223 346

Emergency toll-free to Ottawa: 00-800-2326-6831

Fax: (34) 91 382-8490

E-Mail: espana.consulaire/consular@international.gc.ca

United States - BOSTON

Consulate General of Canada

Address: 3 Copley Place, Suite 400, Boston, Massachusetts 02116

Tel.: (617) 247-5100

Emergency toll-free to Ottawa: 1-888-949-9993

Fax: (617) 247-5190

E-Mail: bostn@international.gc.ca

Internet: <http://www.boston.gc.ca>

United States - WASHINGTON

Embassy of Canada

Address: 501 Pennsylvania Avenue, N.W., Washington, D.C. 20001

Tel.: (202) 682-1740

Emergency toll-free to Ottawa: 1-888-949-9993

Fax: (202) 682-7726

E-Mail: washington@international.gc.ca

Australia - CANBERRA

High Commission of Canada

Address: Commonwealth Avenue, Canberra ACT, Australia 2600

Tel.: 61 (2) 6270-4000

Emergency toll-free to Ottawa: 0011-800-2326-6831

Fax: 61 (2) 6270-4081

E-Mail: cnbra@international.gc.ca

Internet: <http://www.australia.gc.ca>

Australia - SYDNEY

Consulate General of Canada

Address: Level 5, 111 Harrington Street, Sydney, NSW 2000

Tel.: 61 (2) 9364-3000

Emergency toll-free to Ottawa: 0011-800-2326-6831

Fax: 61 (2) 9364-3098

E-Mail: sydney@international.gc.ca

Internet: <http://www.australia.gc.ca>

France - PARIS

Embassy of Canada

Address: 35, avenue Montaigne, 75008 Paris, France

Tel.: 33 (1) 44-43-29-00

Fax: 33 (1) 44-43-29-86

E-Mail: parisconsulaire@international.gc.ca

Internet: <http://www.canadainternational.gc.ca/france/offices-bureaux/contact.aspx?lang=eng>

France - LYON

Consulate of Canada

Address: 3, place de la Bourse 69002 LYON

Tel.: 33 (0) 9 62 56 59 01

Fax: 33(0) 4 78 84 39 19

E-Mail: Lyon@international.gc.ca

CONSULAR ASSISTANCE *continued*

Germany - BERLIN

Embassy of Canada

Address: Leipziger Platz 17, 10117 Berlin

Emergency toll-free to Ottawa: 0011-800-2326-6831

Tel.: 49 (30) 20 31 2-0

E-Mail: brlin-cs@international.gc.ca

Internet: <http://www.Germany.gc.ca>

Germany - DÜSSELDORF

Consulate of Canada

Address: Benrather Strasse 8, 40213 Düsseldorf

Emergency toll-free to Ottawa: 0011-800-2326-6831

Tel.: 49 (211) 17 21 70

Fax: 49 (211) 17 21 771

E-Mail: ddorf@international.gc.ca

Internet: <http://www.Germany.gc.ca>

China - HONG KONG

Consulate General of Canada

Address: 5th Floor, Tower 3, Exchange Square, 8 Connaught Place,
Central Hong Kong SAR

Tel.: 85 (2) 3719 4700

Fax: 85 (2) 2847 7561

E-Mail: hkong@international.gc.ca

Internet: <http://www.hongkong.gc.ca>

Japan - TOKYO

Embassy of Canada in Japan

Address: 7-3-38 Akasaka, Minato-ku Tokyo 107-8503, Japan

Tel.: 81-3-5412-6200 (International)

Tel.: 03-5412-6200 (Domestic)

E-Mail: tokyo-cs@international.gc.ca

Internet: <http://www.canadainternational.gc.ca/japan-japon/>

Sweden—STOCKHOLM

Embassy of Canada

Address: Klarabergsgaten 23, 6th Floor

111 21 Stockholm

Tel: 46 (8) 453 3000

Fax: 46 (8) 453 3016

E-mail: stkhn-cs@international.gc.ca

Internet: <http://www.sweden.gc.ca>

Norway—OSLO

Embassy of Canada

Address: Wergelandsveien 7 (4th floor), N-0244 Oslo

Tel: 47 22 99 53 00

Fax: 47 22 99 53 01

E-mail: oslo@international.gc.ca

Internet: <http://www.norway.gc.ca>

EMERGENCY CONTACTS - General

Regardless of the destination, students should have the contact number for their embassy in their destination country. Students may also refer to the Emergency Contact Card provided by the International Centre at Acadia University.



IN THE EVENT OF AN EMERGENCY:

If you are in a situation that deteriorates to the point that your welfare is threatened, you should either:

LOCAL EMERGENCY AUTHORITY

Contact the **local emergency authorities** for assistance. Ensure that you know the emergency phone numbers in your host country – i.e. do not assume 911 works everywhere in the world.

HOST INSTITUTION CONTACT

Speak with the **contact person at your host institution**, if applicable. Contact the Acadia Admissions Office for current contact information.

LOCAL EMBASSY/CONSULATE

Contact the local **Canadian** (or their country of citizenship) **Embassy/Consulate** for assistance. For a complete list of Canadian Government offices abroad visit:
<http://travel.gc.ca/assistance/embassies>

After-Hours Emergency Contact Call collect from any country to (613) 996-8885 to reach the Emergency Operations Centre. Telephone: (613) 944-1310 E-mail: sos@international.gc.ca

EMERGENCY CONTACTS - Acadia University

ACADIA SAFETY & SECURITY

Contact **Acadia University Safety & Security** using the EMERGENCY NUMBER

+(902) 585-1103 *
(collect calls will be accepted)

Use this number to report your emergency and request them to contact either the International Student Advisor

Office: +(902) 585-1690 / 1865
8:30 a.m.– 4:30 p.m. (AST)

or

Registrar's Office at +(902) 585-1222
8:30a.m. – 4:30 p.m. (AST)

*** Note:** Acadia's Safety & Security department operates year round, 24 hours a day.

IMPORTANT: When you contact Acadia's Safety & Security in an emergency provide the operator with the following information about yourself:

1. Name / student number / that you are an Acadia exchange student
2. Location [country / specific location]
3. The period of time you will be in your current location
4. Nature of emergency
5. Assistance needed
6. Phone number where you can be reached
7. For what period of time you can be reached at this number

EMERGENCY CONTACTS - Foreign Affairs Canada

24-7 Emergency Operations Centre

The information below is dated March 11, 2019 from:
<http://travel.gc.ca/assistance/emergency-assistance>

- Canadian citizens outside Canada can call collect to **+1 (613) 996-8885**.
- For calls originating in Canada, call **1 800 387-3124** or **(613) 996-8885**.
- In a number of countries, you can also call the 24/7 Operations Centre toll-free:
<http://travel.gc.ca/assistance/emergency-assistance/toll-free-numbers>
- You can also communicate with us via TTY by dialing **1 800 394-3472** (in Canada and the U.S.) or **(613) 944-1310**
- Contact us directly via our secure online e-mail form
<http://travel.gc.ca/assistance/emergency-assistance/emergency-contact-form>

After-Hours Emergency Contact Call collect from any country to (613) 996-8885 to reach the Emergency Operations Centre. TTY: (613) 944-1310 E-mail: sos@international.gc.ca

The Operations Centre of Foreign Affairs Canada operates 24 hours a day, seven days a week. An experienced officer is always available to respond to emergency calls from anywhere in the world.

The Operations Centre receives approximately 190,000 calls a year, and is busiest in the early evening, Eastern Time. The Centre uses a modern Automatic Call Distribution system.

Your call will be automatically sequenced and will be answered as quickly as possible in the order in which it entered the call-waiting queue. It may be necessary, due to a large number of incoming calls, to request that you leave a message. Please do so by listening carefully to the instructions on the voice-mail system and ensure you provide the area code and telephone number where you can be reached. An Operations Officer will return your call within 15 minutes.

► Please note that if your message for the Operations Centre is a question about Canadian immigration or how to obtain a Canadian visa or the status of your visa application, please address your queries to Citizenship and Immigration Canada. Foreign Affairs Canada does not deal with Canadian immigration issues.

Toll-Free 24-7 Emergency Numbers

The information below is dated March 11, 2019 from:
<http://travel.gc.ca/assistance/emergency-assistance/toll-free-numbers>

Brazil	0-800-891-6614
Australia	0011-800-2326-6831
France	Not available
Germany	00-800-2326-6831
Norway	00-800-2326-6831
Spain	00-800-2326-6831
Sweden	00-800-2326-6831
United Kingdom	00-800-2326-6831
United States of America	1-888-949-9993



Register online with the Canadian Embassy or Consulate in your host country. Foreign Affairs Canada offers a registration service for Canadians travelling or residing abroad. This service is provided in the event there is a need to contact Canadians to offer urgent advice during a natural disaster or civil unrest, or to inform them of a family emergency at home. Find the link at: <http://travel.gc.ca/travelling/registration>

CHECK LISTS - Things to do

After you apply to the Acadia Exchange Program

- Apply to the exchange university (Language Students: Please check with your Language Department to see if there is a different application procedure).
- Meet with your academic advisor
- Passport application (if required)
- Prepare a realistic budget of expenses
- Make an appointment with a health care provider
- Begin to research visa requirements for the exchange country

Once you receive acceptance from the exchange university

- Apply for a visa (if required)
- Make contact with the exchange university
- Arrange accommodations
- Arrange your health insurance
- Arrange Power of Attorney
- Arrange to pay taxes
- Purchase insurance (if necessary)
- Arrange your finances
- Bank accounts
- Register with Canadian Embassy or Consulate



Swansea Bay



New York

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