



diversityabroad

2021–2022 Academic Year

Latinx Student Guide to Global Programs



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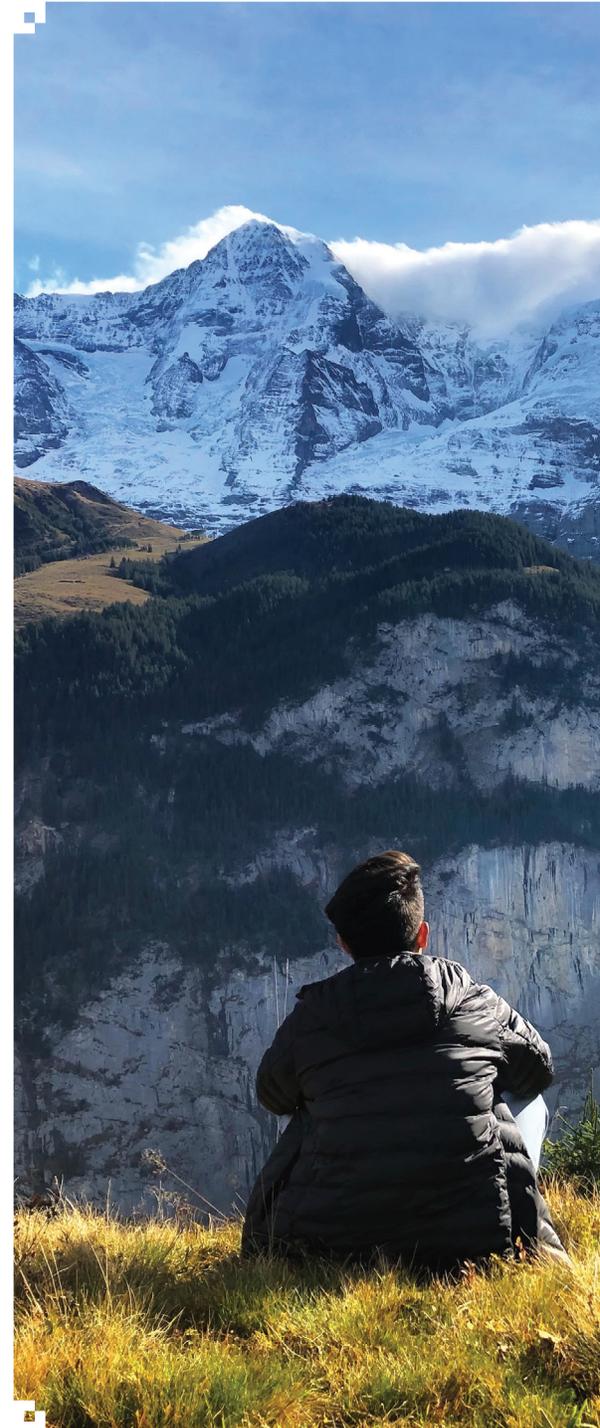
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Please note, this publication is not all encompassing of the Latinx Student experience but helps to shed light on some of the more common questions and experiences shared by Latinx students who have participated in international programs.

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Introduction

As an increasing number of diverse students study abroad, the need for inclusive support and resources also grows.

[Diversity Abroad](#) was founded to address these gaps and to encourage students and future professionals like you to take their education global.



In this guide, we are focusing on [Latinx](#) students (a gender-inclusive term referring broadly to those of Latin American heritage) and what it can be like to go abroad with this identity. We've created this guide for Latinx students based on [real experiences](#) of living, working, and studying abroad while being part of the Latinx community. We hope this guide will be informative, thought-provoking, and, most of all, help you feel prepared to take on the challenge and opportunity of going abroad.

Disclaimer: With the unpredictability of COVID-19 and the impact it has had across the world, please be mindful to take into consideration how COVID-19 protocols and restrictions may impact you and the country you hope to explore abroad.

Studying Abroad Will Change Your Life

ACCORDING TO NEARLY 4,000 STUDY ABROAD ALUMNI*:



Indicated that studying abroad increased their self-confidence



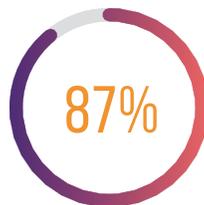
Stated that study abroad has had a lasting impact on their view of the world



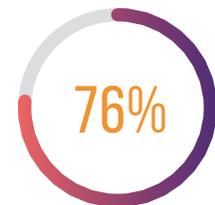
Stated that the experience continues to influence their interactions with people from different cultures



Said that studying abroad influenced them to seek out a greater diversity of friends



Claimed that studying abroad influenced subsequent educational experiences



Reported that they acquired skill sets that influenced their career path

*Findings from the IES Abroad Alumnae/[i 50-year Longitudinal Study](#).

What Are International Programs? Are They for Me?

Throughout this guide, you will come across the term *international programs*, which refers to academic or non-academic international experiences. We will describe programs such as study abroad, internships, teaching, and volunteering opportunities abroad. The most important thing to keep in mind is that you have options; you can make an informed decision to pursue the experience that fits your personal, academic, career, and financial needs. Diversity Abroad partners with organizations who are committed to supporting students of diverse identities in their success through international programs.

STUDY ABROAD is the most widely known international opportunity available at U.S. colleges and universities. However, there are different types of programs to consider in order to identify a good fit for you. Programs can vary by location, language of instruction, length, academic focus, and housing type, and more. Some programs will allow you to directly enroll and take courses at local universities with local students in the local language, while other options allow you to take courses taught in English and learn the local language as an elective.

You can explore participating in a short-term program (2+ weeks) or even venture into staying for a semester or academic year. Some programs offer the option to stay in dorms or apartments, while other students enjoy staying with a host family.

In short, there are so many opportunities to explore! Be sure to reach out to your college or university's study abroad office to discuss your personal and academic needs to identify the right program for you.



INTERNSHIPS ABROAD

If studying abroad for an academic term does not appeal to you, perhaps exploring an internship abroad can be a good fit. Internships allow you to have hands-on experience in a specific industry, which can be a great résumé-building opportunity and allow you to delve deeper into a work environment outside of the United States. In some cases, you can participate in a full-time internship directly with an organization, or you can add a part-time internship to your study abroad experience. Sometimes you can earn academic credit through your internship that fulfills graduation requirements for certain majors/minors. Most often, internships abroad are unpaid because of visa restrictions for visiting students.

TEACH ABROAD

For some students and graduates, the chance to teach abroad is very appealing because they can earn income while living abroad. This is a good option if you want to have an international experience after graduation.

There are a variety of opportunities to teach English abroad. You may like the idea of going to a country where you know the local language and culture, or you may want to explore a new cultural environment and learn the local language. Some options require you to have completed a certificate program such as TEFL (Teaching English as a Foreign Language), CELTA (Certificate in Teaching English to Speakers of Other Languages) or TESOL (Teaching English as a Second Language). It is best for you to explore which organization you plan to teach abroad with before committing to completing a teaching certification program.

VOLUNTEER ABROAD

An additional option to consider is volunteering abroad. Volunteer opportunities will be unpaid; however, some organizations offer financial incentives, such as free lodging and meals. Volunteering abroad opportunities can allow you to have hands-on experience in a specific work environment, which can also be added to your résumé. Most importantly, you will have the opportunity to work with locals and gain a deeper knowledge of the community and culture.



GRADUATE SCHOOL & FELLOWSHIPS ABROAD

Many students believe that international opportunities are only available to undergraduate students, but this is not the case at all! There are many opportunities for you to make your graduate experience an international one. Scholarships and fellowships, such as the Foreign Language and Area Studies (FLAS) Fellowship and the Fulbright U.S. Student Program, are specifically geared toward graduate students who want to study abroad as a part of their program. Reach out to the staff at your local institution's career services or fellowship/ scholarship office to explore international programs available for graduates.





What Are the Benefits of International Programs?

We hope that you now have a better understanding of the variety of international programs available. This guide will also help address any obstacles and concerns you may have. Keep in mind that no matter the program(s) abroad you choose, you will enjoy the opportunity to develop skills such as adaptability, problem solving, and cross-cultural communication; explore and/or acquire a language; and overall gain career-enhancing experiences. International programs provide students with global skills that will allow you to stand out when you look for jobs. According to [IES Abroad's 2016 Career Outcomes of Study Abroad Students Survey](#), over 50% of participants reported that studying abroad helped them develop confidence to deal with new job skills.

ADAPTABILITY

International programs allow you to explore a new culture or gain a deeper understanding of a culture that you might have been exposed to. No matter the case, you will be challenged in various ways, ranging from language barriers and culture shock, to general communication misunderstandings. Yes, you may experience challenges abroad, but these temporary obstacles can provide you with opportunities to become adaptable in unexpected ways! It is important to recognize that while engaging with a new cultural environment may be difficult at times, becoming more adaptable will aid you in your personal growth as a skill you can use continually in your personal and professional life.

PROBLEM SOLVING

As you step outside of your comfort zone and adjust to your new life abroad, you will undoubtedly experience situations that push you to think outside the box. Whether you are trying to figure out the local transportation system, banking practices, or simply ordering food at a restaurant, with each new experience you will strengthen your ability to problem solve without feeling discouraged. At the beginning some things may seem intimidating, but you will begin noticing that, with time, you will gain confidence because you'll feel comfortable in your ability to solve whatever challenges come your way during your time abroad.

CROSS-CULTURAL COMMUNICATION

Another skill you will gain while living abroad is the art of cross-cultural communication. Many Latinx students might already be familiar with this concept because they are used to navigating school, work, family, and friends through more than one cultural lens. For example, you may have been used to eating certain types of food and speaking Spanish/Spanglish at home and having to code-switch when you interacted with other Americans outside of your home environment. You will learn that, based on people's cultural backgrounds, they may communicate and approach life in different ways. This is not to say that one culture is better than another; instead, each culture is unique. The ability to communicate with people from various cultural backgrounds allows you to be more flexible and understanding, which is a skill that will serve you well in your personal and professional life.

LANGUAGE EXPLORATION/ACQUISITION

As you consider living abroad, you may want to learn or improve your Spanish speaking and writing skills. Perhaps you grew up speaking some Spanish words at home or even mastered the art of Spanglish! By participating in an international program, you can choose to live in the country of your family's heritage or in another Spanish-speaking country. There you'll have the opportunity to work on your grammar and writing skills!

However, you may choose to be exposed to a new language or go to another English-speaking country. The opportunities are endless, and you can choose the best option for you. No matter what you decide, studying abroad is a great way to dive deep into the host culture and build your résumé!

CAREER BENEFITS

Living abroad is a valuable experience to include on your résumé. Sometimes students forget all the impressive things they accomplished abroad. In addition to learning a new language or mastering Spanish, they may have gained other skills that are important to highlight on their résumé, such as problem solving and navigating unfamiliar situations. It is important to include all of the skills you gain abroad and to share specific examples, which you can also highlight during interviews. Essentially, after going abroad you are poised to discuss ways the experience sets you apart from your peers!

Calling in

“La Familia”



Perceptions

STARTING WITH “LA FAMILIA”

Because the Latinx community is often closely-knit, with family, or “La Familia,” playing a central role, it may be critical to include your family in the decision-making process as you think about studying or interning abroad.

First, it’s important to highlight some of the perceptions (or misconceptions) related to international programs. Given that higher education is already expensive, you may worry about how funding a global experience may add to your existing expenses. It is valid to be concerned about increasing your debt, so you will find later sections of this guide offer a number of scholarships and other aid options to help make these programs abroad more affordable.



LATINX STUDENTS: DIVERSE EXPERIENCES

Latinx students have a wide range of experiences when it comes to traveling. You may have traveled occasionally or frequently to visit countries where you have familial roots. Or perhaps you haven’t left the United States. No matter the diversity of experiences among Latinx students, it is not unusual to question whether global experiences are right for you.

For instance, if you or your parents are immigrants, your family may travel to your country of origin from time to time, and your family may believe that further travel elsewhere is simply not necessary. For those with little to no travel experience, you may wonder if traveling outside the United States is too far outside your comfort zone (i.e., your city, state, or region).

You may struggle with seeing the practical value in studying abroad whether you are travel savvy or not. This may lead you to ask yourself if you should risk going abroad to an unfamiliar country to learn the same subjects offered at your college or university in the United States.



This guide will help you understand why studying abroad is worth it – worth the personal growth that happens when we explore and immerse ourselves in new cultures.

THE INTERSECTION OF IDENTITY & STUDY ABROAD

How your Latinx identity will play a role in your experience abroad is another important component to consider when making the decision to study abroad. You have a chance to encounter individuals with a diverse set of identities across race and ethnicity, socioeconomic status, gender, country of origin, and those who are the first generation in their families to go to college.

While more students of diverse identities are participating in international programs in recent years, it's important to note that Latinx students are still considered underrepresented in these types of academic experiences. Knowing this, you may believe that you will be the only Latinx student in your study abroad program. Though many Latinx students find they are not alone in this aspect of their identity while abroad, for those who do, a sense of homesickness may feel exacerbated, especially if being part of the Latinx community is an integral part of your identity.

Though these are valid concerns, always remember that you will have a support system throughout every stage of the study abroad experience – both with your school/provider and your program location abroad. Whether it's the multicultural or study abroad office at your home campus; a study abroad provider that assists you before, during, and after your study abroad experience; or organizations like Diversity Abroad, you can count on an extensive network to lean on.

Reality

The Latinx student participation has been growing in international programs. According to the Institute of International Education (IIE), Latinx student enrollment in these programs grew by 4.5% between 2009–10 and 2018–19. Nevertheless, barriers persist when it comes to inspiring greater numbers of Latinx students to participate in international programs.

From community colleges to liberal arts institutions, and public to private colleges and universities, schools provide varying types of resources to support participation in international programs for Latinx students. For example, each of the nation's Hispanic-Serving Institutions (HSIs) enroll a minimum 25% Latinx students, but only account for about 7% of all Latinx students going abroad (IIE, 2017). So, though you may be attending an institution with low Latinx student participation in international programs, keep in mind there are organizations like [Diversity Abroad](#) and the Hispanic Association of Colleges and Universities ([HACU](#)), external scholarships, and other special initiatives designed to help you leverage resources to make study abroad possible.

Regardless of your institution type, the reality is that Latinx students are a resilient group because many of you have navigated different cultural settings growing up. For transfer students, you are adept at navigating different spaces in higher education. You should keep this in mind as you speak with family members, and use it to your advantage in your quest to participate in international programs.



Support

EDUCATION ABROAD OFFICE

Remember, you have various resources available to support you in your journey of participating in a global experience. Prior to departure, you can reach out to your education abroad office. More specifically, you can ask your study abroad advisor to put you in touch with other Latinx students who have lived abroad. These students can be a resource for you and shed light on concerns or questions you may have about being Latinx abroad.

DIVERSITY ABROAD RESOURCES

You can check out some great resources through [Diversity Abroad](#). There you will find information on programs abroad, alumni stories from Latinx students, and Destination Guides focused on diversity and inclusion.

PEER NETWORKS

Also, think of other students you may know within your circle of friends, student organizations/networks, classes, etc. who have had an international experience. You will see students are usually quite eager and happy to share their abroad experiences.

Many schools and providers offer opportunities to speak with peers to get a better sense of what study abroad is like. Most have study abroad ambassadors, students who volunteer to share their study abroad experiences and offer one-on-one advice.

FAMILY NETWORK

Securing support from La Familia may be difficult. A great place to start is to ask your education abroad office if they offer any parent information sessions or if they can provide a one-on-one parent advising session. Many offices may even offer these services in Spanish in the event that it helps your family feel more comfortable. The most important thing is to ensure your family support system has all their questions and concerns answered.



Covering the Cost

EDUCATE YOURSELF ON FINANCIAL RESOURCES

Many students report that finances are the top barrier preventing them from having an international experience as part of their college education. As you discuss the options for international programs with your education abroad office, it's important for you to understand the various ways you can finance your international program.

UTILIZE YOUR FINANCIAL AID PACKAGE

In many cases, you can use your current financial aid package to cover the costs. For example, you can often use your state/federal aid to cover some of the program costs. If the international program is administered by your local college/university, you may even be able to use your institutional aid as well. Additionally, some program provider organizations may offer additional funding resources.

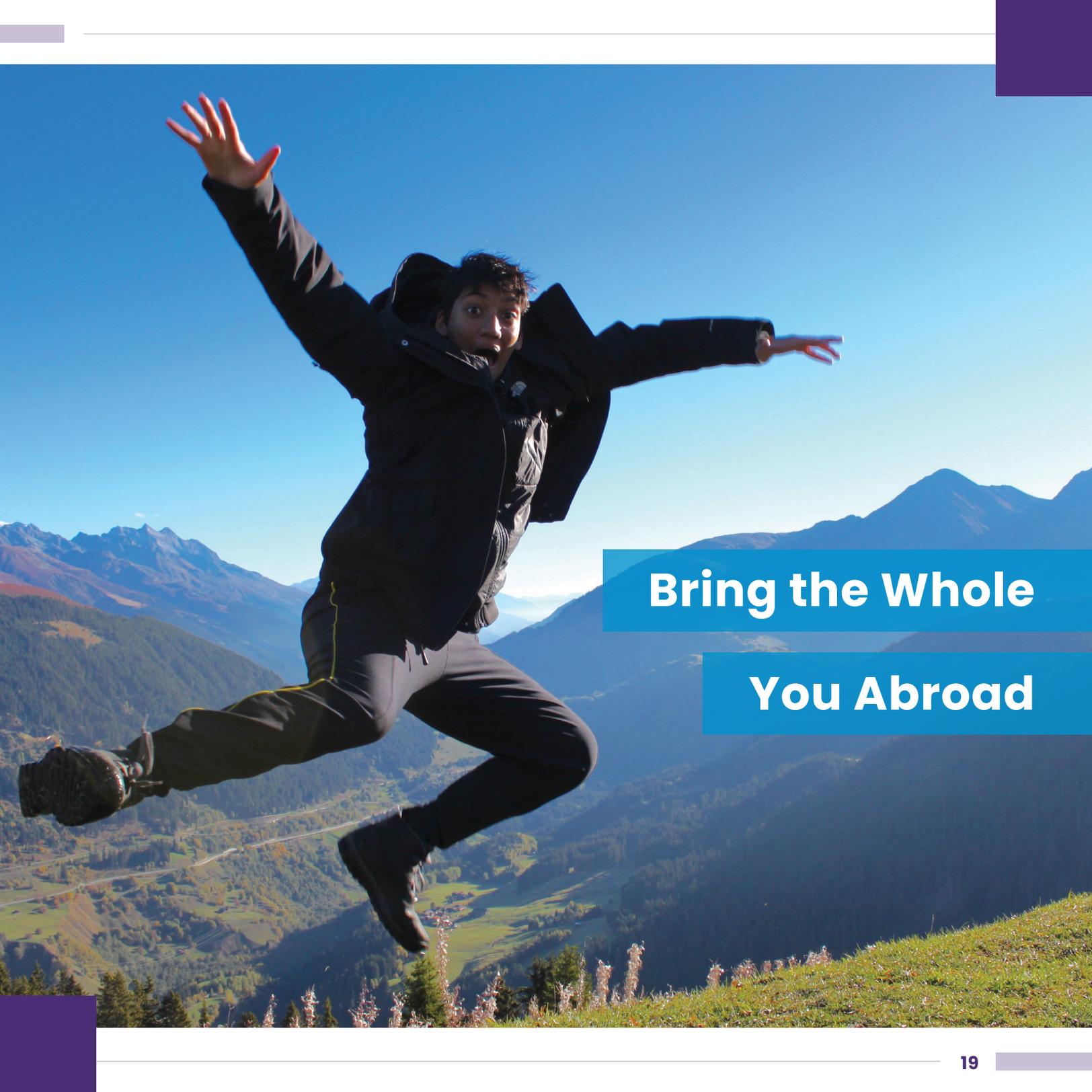
SCHOLARSHIPS & FELLOWSHIPS

There are plenty of scholarships available to fund your international program, ranging from merit to need-based. It is recommended you apply to as many scholarships as you meet the eligibility requirements for in order to maximize your funding sources. [The Study Abroad branch of the Bureau of Educational and Cultural Affairs](#) also offers scholarships and fellowships for undergraduate and graduate study abroad.

In addition to discussing scholarship opportunities at your college or university, you can also find scholarship opportunities at [Diversity Abroad](#) and [IES Abroad](#)! If your college or university is a Hispanic-Serving Institution (HSI) or any type of Minority-Serving Institution (MSI), you may be eligible for additional scholarship opportunities.

Lastly, explore if your academic department offers additional scholarship opportunities. For example, if you are a STEM (Science, Technology, Engineering, and Mathematics) major, you may find there are scholarships you can apply for that you can use to fund your international program.

Don't be discouraged by finances. Explore your financial resources, and then determine which opportunity best fits your financial needs!



Bring the Whole

You Abroad

SOCIAL ENGAGEMENT

When you go abroad, your family and friends back home will continue to be a great support system for you. Make sure to keep them updated on your whereabouts and keep the lines of communication open. This might entail carefully planning when to schedule phone or video calls and responses by email due to time differences. It may be morning in your host country, for example, but loved ones back home may be asleep. In general, you may need to be patient when communicating with family, friends, or your home college/university because connections may not always occur as spontaneously as you're accustomed to.

Even though technology allows you to easily keep in touch with people, try not to be solely dependent on that social interaction with those at home. Sometimes you might be so eager to answer that phone call or video chat from

back home that you choose not to accept an invitation from new friends to do and see new things and places locally, which will prevent you from fully enjoying your new life abroad. On the other hand, you might also experience FOMO (fear of missing out) while not being part of an important event or milestone back home. It's understandable for you to feel this way, but remember to shift your focus and engage in your new life abroad. This will allow you to share stories of your new adventures with your community back home!

Have a plan for how you will communicate with your family and friends back home. Roaming fees on your phone can easily pile up! You will want to explore which platforms of communication make the most sense for you to use while connected to WiFi (ex: WhatsApp, Facebook Messenger, iMessage, etc.).

You could also start a blog or document your experience on social media for everyone back home to enjoy and feel like they are a part of your experience. Named for its Initiative to Diversify Education Abroad, IES Abroad's IDEA Correspondents are students of diverse backgrounds, in regard to race, ethnicity, sexual orientation/identity, gender identity/expression, non-traditional major, physical/mental health/learning ability, socio-economic status, and/or as first generation in their family to attend college, who share how their identities intersect with their study abroad experience.



IDENTITY

Oftentimes, higher education professionals may lump together all Latinx students through a one-size-fits-all-approach in advising for study abroad programs. This may become an issue if school administrators overlook or misunderstand nuanced needs, concerns, and interests unique to students from various ethnic and cultural Latinx backgrounds. While similarities do indeed exist, there is a great deal of diversity among this group too, as you know.



Due to the multiplicity of identities Latinx students possess, you may experience a sense of frustration that international programs administrators and staff may only consider one aspect of your identity (in this case, race and/or ethnicity). Whether it's socioeconomic status, national origin, gender identity, immigration status, or status as a first-generation college student, these are all important components of identity and can be especially relevant for you as a Latinx student while preparing to go and while studying abroad.

Though those around you may not consider these many intersectional parts of their identities relevant, you should always feel you can display and share as much of your personal experience as you are comfortable sharing. Simply put, feel free to be yourself!

While you should never have to feel like you need to suppress a certain part of your identity just to “fit in,” it's important to be conscious of how your identity may be perceived by others while you are abroad. For example, the experience of a darker-complexioned Afro-Latinx student may differ from that of a student with a lighter complexion in the host culture. Considering such perceptions and the historical context and media influences that may drive those perceptions may help you prepare for how you might navigate related conversations and experiences.

Another critical identity-based factor you may be thinking about is reconciling a hyphenated identity. This can include examples from students like you identifying as Afro-Dominican, Cuban-American, or even a Colombian immigrant who is also a member of the Muslim-American community.

Another way to consider this is by exploring the “world between the hyphen.” Acknowledging that you are part of the diverse Latinx diaspora but also now firmly from the United States may help you reconcile dual or hyphenated identities, and prepare you to speak about your related personal story. Doing so can prepare you to respond to questions (if you feel comfortable doing so) like, “Where are you/your family *really* from?”

LATINX

Being abroad may give you the opportunity to feel free from the pressures society or your family may place on you in the United States as a Latinx person. Perhaps you are the first in your family to attend college, and you are aware of all the sacrifices your family has made for you. Of course you want to do your best in college, but at the same time it can be a lot of pressure – to feel like you need to maximize your time in college and be an example for your siblings or Latinx community. By being in another country, you may feel like you can reinvent yourself and explore new and different parts of your identity, which can bring exciting new opportunities.

On the other hand, you may also come across people abroad who have certain perceptions of Latinx people. For example, with the proliferation of *telenovelas*, people may perceive Latinas as hypersexualized and exotic, while Latino men may be viewed as possessing a strong machismo, or masculine identity. It can be difficult to counter or address these stereotypes abroad, and you may not feel inclined to even discuss them.

Although you want to give people the opportunity to be curious about your Latinx identity and cultural background, it is important to differentiate whether a person is saying something negative due to ignorance or intentional rudeness. Some interactions can be quite nuanced and difficult to navigate. If you feel comfortable, you can simply share that you don't appreciate their perception/stereotype and help them see you and other Latinx students through a more accurate lens. You may not have the bandwidth or energy to have such conversations, and that is completely okay too! Whatever you decide, know you can reach out to other Latinx students in your program, staff members, or community back home if you need to connect about how you're feeling. It's important to remember that you're not alone. Try not to allow negative or confusing interactions, should they occur, to shape your entire experience abroad.

IMPOSTOR SYNDROME

In some instances, you may be the only Latinx student in your program. You may even experience impostor syndrome, which is a non-discriminatory feeling of self-doubt, insecurity, or fraudulence. Feeling like you don't belong while you're studying abroad can be isolating and lonely. It may help to focus on the things you share in common with the culture abroad and/or your new group of friends. New friends may value things that are important to you such as family, community, and preparing food together. In spite of cultural differences, the more you travel, the more you will begin to see that we all have more things in common than differences.

It is understandable to feel isolated in a place that is primarily homogeneous, if no one looks like you or understands Latinx culture. People in the local culture may not have met many, if any, Latinx people!

Instead of viewing this as a hindrance, it can be your opportunity to shine and share some of your rich cultural attributes that you value the most. You could cook a traditional dish that reflects your culture and home life as a way to share your Latinx roots. If music is your jam, perhaps showcase a song or dance that is important to you and expose local friends to a new musical genre, such as bachata, banda, cumbia, reggaeton, rock en español, or salsa.

RACISM

While the Latinx community is characterized by a great deal of diversity — from various races, ethnicities, and countries of origin — this demographic is in no way shielded from blatant forms of racism or microaggressions. Whether navigating racially offensive comments from locals or experiencing discrimination from the students in your program, you may face on occasion the need to defend your identity.

The concept of *colorism*, which refers to the preferential treatment of those with lighter over darker skin, is steeped in the Latinx and African diasporas. Cultural impacts of colorism are not uncommon in the United States, and may be particularly prevalent in other parts of the world. Keeping this in mind can aid in your preparation to confront any related challenging moments abroad.

When it comes to physical appearance, the notion of colorism is especially relevant for Latinx students because complexion may play a significant role in your identity. As previously mentioned, Latinx students with darker complexions may be more likely to have a racialized experience than those of a lighter skin tone. You may be familiar with terms like *mestiza/o*, *morena/o*, *criolla/o*, or *mulata/o*. Whether or not you consider a mixed-race identity central to who you are, considering the implications of colorism in specific cultures can help you understand how strangers in some places abroad may perceive you.

Remember that you should never tolerate abuse, threats, or violence, no matter the cultural context. Be smart, pay attention to what your gut is telling you, and be cautious in new situations. In non-threatening situations, it may be helpful to try to keep an open mind and assume good intent while also being aware. This will enable you to respond accordingly in possible instances of racism or microaggressions that refer to statements or actions – while they may be unintentional in nature – that discriminate against marginalized populations.

HOW TO “BRING THE WHOLE YOU” ABROAD!

As with any new or different experiences in our lives, participating in an international program can seem like a challenging endeavor. While there may indeed be bumps along the road, this transformative time during your academic career is truly a life-changing journey. From immersing yourself in a foreign culture to meeting individuals from diverse backgrounds, this is an opportunity for you to “bring the whole you” abroad as you navigate new spaces.

Always remember that your roots and background are an important part of who you are. Whether you are a first-generation immigrant or an Afro-Latinx student who speaks Spanish, you should always feel free and be proud to share any aspect of your identity. From family stories that shaped who you are to your previous experiences as a Latinx student at your college/university, these are also parts of your life you may consider critical elements of your identity. It’s always an individual choice as to what parts of your personal life you reveal to others. As such, it’s a good exercise to think about what you are comfortable sharing with people and what you would rather keep private.

Though it’s essential to allow the major parts of your identity to “travel with you” abroad, you can also intentionally commit yourself to leaving room for personal growth. Be open-minded to this new experience, and stay curious! International programs will, without a doubt, teach you things in the classroom and beyond that will influence who you are for the rest of your life.





**Staying Healthy
and Safe Abroad**

Wellness Tips

SELF-CARE

Taking care of yourself as a whole is of the utmost importance when you are abroad. Being in a new environment can be rather stressful as you are adjusting to a lot of new things, such as time differences, new foods, language, etc. Try to maintain some regular habits as much as possible to keep you balanced and healthy!

MIND

It is especially important that you take care of your mental well-being while abroad. If you have encountered any mental health challenges before or feel like you will need extra support while abroad, make sure you share this information with your study abroad advisor or the program staff abroad. They are there to help you and are able to provide you with resources prior to departure as well as on-site.

While abroad, check in with yourself periodically. A great way to do so is through journaling, blogging, vlogging, or whichever outlet allows you to express yourself and your emotions. Not only is this a great way to identify any patterns and triggers that may make you feel sad, homesick, or anxious, it's also a great way to document your time abroad! If you follow a specific spiritual practice, seeking out a place of worship is a great way for you to maintain some balance and stability while

abroad. Plus, it will give you the opportunity to find a new community of people that share values close to yours.

Homesickness abroad can be particularly challenging for those who are not used to being away from home. Some Latinx students choose higher education institutions close to home, so they may be used to seeing their families quite often. Depending on the length of your international program, you may go through a long stretch of time without seeing your family and friends. The most important thing to remember is that the feeling of homesickness is normal but also temporary. Try to keep busy and reach out to your new friends and community abroad. Honor your homesickness by making a quick phone call, watching your favorite TV show on Netflix, listening to a song, or eating that special meal that reminds you of home. But remember to keep on moving and stay busy!

BODY

In addition to your mental and emotional well-being, make sure you look after your body. If you require any prescription medications, have a discussion with your health care provider prior to departure to ensure you have enough medication for the duration of your stay in your host country or to understand whether you can refill prescriptions while abroad.

One more thing to keep in mind: Laws vary from country to country, and some prescriptions may not be legal or readily accessible abroad. Beyond talking to your healthcare provider, you can research whether certain controlled substances used for medical purposes are legal in the destinations you plan to travel to by visiting the [Center for Disease Control and Prevention](#), as well as the [U.S. State Department Country Information](#).

If you have allergies or specific dietary restrictions, make sure you research whether the country you are traveling to will have the foods you need. You can also communicate with your study abroad advisor prior to departure for any support you may need. Some program providers will also be able to help you locate stores that carry the types of foods you require.

If you menstruate and enjoy using particular feminine hygiene products, please keep in mind that some products may not be as easily available abroad, such as tampons (with or without applicators). Depending on your location and product preference, it is often best to bring enough supplies to last you for the duration of your international program.

Because the Latinx community is quite diverse, there is also a variety of hair textures and types and related styling needs. Depending on the destination of your international program, you may have a difficult time finding a salon that can cater to your hair needs. You may need to explore adopting a low-maintenance hairstyle or enjoy the beauty of braids, tight ponytails, or buns. Also, if possible, make sure you bring along an ample supply of hair care products from home to use during your international program.



Stay in tune with your body's needs: Make sure you are eating properly, staying hydrated, exercising regularly, and getting the right amount of sleep. Try some form of exercise regimen, whether it is through an organized sport, gym, jogging in your neighborhood, or practicing yoga in your room. Remember, walking around and taking public transportation is a great way to get to know your local surroundings and sneak in some exercise!

CULTURE SHOCK

No matter how much you research and plan, nothing can truly prepare you for the experience of being immersed in a new country and cultural environment. Because of this, culture shock can either be instantaneous or a more gradual experience that takes a while to process. Sometimes, students may experience culture shock in the midst of multiple small occurrences during their new daily routine rather than one major traumatic event. For example, you may begin to feel frustrated that the everyday comforts and habitual tasks of life at home are not the same abroad. Many factors can trigger feelings of culture shock, from differences in food or the realization that water isn't free at restaurants in some countries as in the United States, to more complex issues like a lack of personal space or privacy or struggles with understanding the host language.

A big part of culture shock can result from the difference between expectation and reality. Perhaps you are traveling to a country where you have familial roots. You may assume that since you're going to the Motherland, so to speak, that the people will embrace you and the culture will

feel familiar. It's possible, however, to actually find yourself feeling like those around you perceive you as an outsider. Perhaps you'll begin to wonder if the location of your international program is right for you. One way to cope with these kinds of feelings is by considering how you might be more adaptable and open to the differences around you. Remember that traveling to another country and immersing yourself in a different culture presents an enormous opportunity for learning — about the world and about yourself!

Though there's no magic solution to prevent culture shock, there are certainly proactive ways to deal with it. You can begin by anticipating varying degrees of culture shock, recognize and validate your feelings, and process them as part of your overall experience and learning abroad. Navigating a new environment as a Latinx student from the United States can pose certain unique challenges that may heighten culture shock. At the same time, you can transform these instances into learning experiences as you encounter individuals with different perspectives and distinct cultural norms.

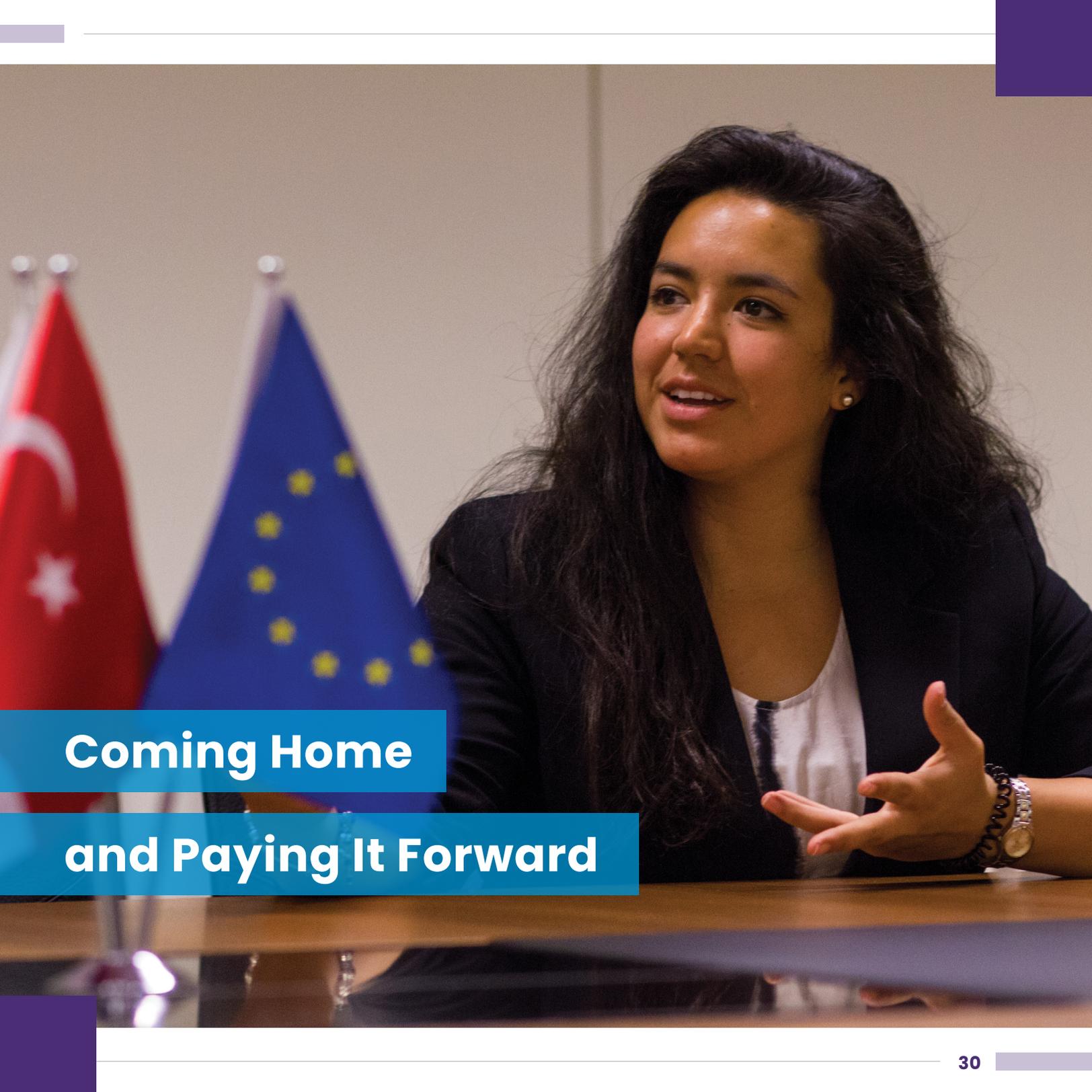


SAFETY

While participating in international programs, it's important to understand real (and/or perceived) fear and anxiety abroad. For example, consider the fear of being unsafe. You may ask yourself if it is safe for Latinx students to travel anywhere abroad, especially when some areas in the United States may feel unwelcoming of Latinx culture. While the sociopolitical dynamics for the Latinx community in the United States are contained within a specific geographic area, some related issues around immigration, culture, and bilingual education discussed at home may be at play in some cultures abroad, too.

Simply put, sociopolitical climate can extend beyond national borders. Considering the proximity of the United States to Mexico and other Central American countries and the growing population of Latinx individuals (who are now the largest and fastest-growing ethnic minority in the country, according to the 2010 U.S. Census), conversations around immigration in the United States have been closely associated with the Latinx population. Similar debates around the general topics of immigration and refugees are ongoing in other parts of the world as well. As such, host-country debates around immigration can have an impact on the student experience. Play it smart and familiarize yourself with the general social and political environment in your host country of choice. Remember that perceptions about immigrants in the United States vs. those abroad will vary.

For instance, in Spain there have been instances of those who appear to have an indigenous background being discriminated against, in addition to the derogatory term *sudaca/o* being used to disparage South Americans in particular. Even though you may never experience this, in any situation where you feel threatened and your safety is at risk, simply remove yourself and report to the appropriate authorities.



Coming Home

and Paying It Forward

Once you have completed your experience abroad and you return home, you may have a difficult time going back to your “old” life. Perhaps your family and friends have not had the opportunity to leave the United States, and you want to be respectful about sharing your adventures and experiences. Remember, don’t feel ashamed of all the wonderful things you have seen and experienced; simply practice gratitude for having had the privilege to travel.



In addition to sharing your travel stories with your family, visit your study abroad office to inquire about ways you can share your adventures and encourage other students to pursue international programs. Your provider or school may have opportunities to volunteer or get paid to share your study abroad experience. You may even consider partnering up with your local community or student organizations to showcase all the wonderful pictures you took and videos you made during your travels. You could also try connecting with international students on your home campus since now you will know what it’s like to be far away from home.



- 夏の富士登山をされる方へ
- 1 強風雨等悪天候の時は登山しないこと。
 - 2 天候が急変したら近くの小屋等へ避難すること。
 - 3 登山道以外の場所を歩かないこと。
 - 4 下山中は走らないこと。
 - 5 落石には十分注意すること。
 - 6 体調は十分整え無理な登山をしないこと。

キャンプ禁止地域
NO CAMPING AREA
 富士山五合目以上(山梨県分)
 は適地がなく、また落石等による危険もありますのでキャンプを禁止いたします。

TO THE CLIMBERS
 ...ing during bad weather.
 ... at nearby huts when lightning,
 ... or heavy rain occurs.
 ... y from the route.
 ... when descending.
 ... falling rocks.
 ... b when tired.
 ... and enjoy a safe climb.

吉田市 FUJUYOSHI
 YOSHIDA FUJIYOSHI
 CITY POLICE S

山梨県
AMANASHI PREF.

**Next Steps Toward
 Studying Abroad**

1 TALK WITH YOUR ACADEMIC ADVISOR

Discuss your academic goals and graduation requirements with your advisor to ensure that you can successfully fit study abroad into your academic plan.

2 VISIT YOUR STUDY ABROAD OFFICE

Meet with your on-campus study abroad advisor to find the right program for you — one that fits your academic, personal, and career goals.

3 RESEARCH AND SELECT YOUR PROGRAM

Select the location, program, and time you want to go abroad. Inquire about the diversity-related support on-site and what types of scholarships are available. Make sure you feel comfortable with the student services provided and that safety and crisis management are high priorities for the program provider.

4 RESEARCH FUNDING OPPORTUNITIES

Visit DiversityAbroad.com, as well as your study abroad office, for information about the many diversity-, merit-, and need-based scholarships available for study abroad.

5 RESEARCH HEALTH & SAFETY PROTOCOLS

Ensure that you are aware of what actions need to be taken to ensure that your health and safety is supported in the host country. Check out the [US Department of State](https://www.state.gov) website for special considerations for different identities, vaccination requirements and/or evacuation policies for the country you are interested in visiting.

6 APPLY FOR YOUR PASSPORT

Make sure you apply for your passport as soon as possible. Passport processing is taking longer than usual due to recent changes in regulations.

7 CONTACT YOUR FINANCIAL AID OFFICE

Verify whether all of your financial aid will support your study abroad experience. Federal and state aid may usually be used toward study abroad, but some schools place limits on what campus scholarships will cover.

8 PLAN YOUR BUDGET

Use the estimated fees and student expenses that the program provider offers to determine in advance how to maximize your budget abroad. In addition to program cost, you must think about your lifestyle and what other fees you may incur abroad (e.g., traveling, souvenirs, dining). These estimates will help you anticipate the cost of living while you are abroad.

9 PREPARE FOR AN ADVENTURE

Get ready for a life-changing experience with study abroad!



Various resources exist to help guide you through the process and various stages of going abroad: pre-departure orientation, on-site support, and re-entry activities.

Boren Awards for International Study

BorenAwards.org

DAAD – German Academic Exchange Service

DAAD.org

Diversity Abroad Scholarships

DiversityAbroad.com/scholarships

FAFSA (Free Application for Federal Student Aid)

StudentAid.gov

Fund for Education Abroad

FundforEducationAbroad.org

Gilman International Scholarship Program

IIE.org/gilman

HACU Study Abroad Scholarship Programs

HACU.net/hacu/study_abroad.asp

IES Abroad Scholarships

IESabroad.org/scholarships-aid

IES Abroad Navigating Identity Resource

IESabroad.org/student-diversity-access/navigating-identity-diversity-abroad

IES Abroad Additional Funding Resources

IESabroad.org/scholarships-aid/additional-funding-resources

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DIVERSITY ABROAD strives to equip the next generation of young people from diverse and underserved backgrounds with the skills and experience to compete in the 21st century global marketplace by having equitable access to meaningful global education opportunities. In addition to developing and advancing diversity and inclusive good practices in international education and cultural exchange, Diversity Abroad recruits, supports, and matches young people from diverse backgrounds to global education programs, graduate school programs, and career opportunities.

Learn more at DiversityAbroad.com.



IES ABROAD offers more than 140 study abroad programs in Africa, Asia Pacific, Europe, and Latin America for college students, and has educated more than 150,000 students since 1950. From our headquarters in Chicago to our 85+ locations, we work toward the common goal of providing once-in-a-lifetime educational adventures. As a not-for-profit organization, IES Abroad is known for superior student services, quality academic programming, and an active Initiative to Diversify Education Abroad (IDEA) to attract more underrepresented students to study abroad. We are dedicated to enabling as many students as possible to study abroad, which is why IES Abroad commits more than \$6 million in aid each year, including diversity scholarships. We are proud that our students are as diverse and exciting as the countries where they study.

Learn more at IESAbroad.org.



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