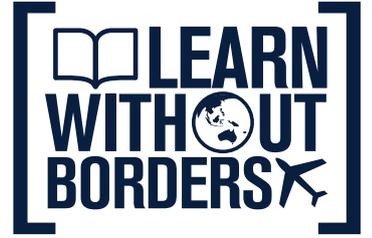




Flinders
UNIVERSITY



Predeparture Guide

GET READY FOR THE ADVENTURE OF A LIFETIME



Introduction

Congratulations! The time has arrived for you to embark on an unforgettable overseas experience that will enrich your life in many ways.

This booklet will provide you with information and advice to help you prepare for your departure, transition to your new environment and, finally, to return home.

We hope you have the time of your life and encourage you to make the most of every opportunity. Don't be afraid to try new things and meet new people – there is a big world out there and this is your chance to start exploring it.

Contents

03	Final checklist
04	Before you go
05	Travel arrangements
06	Accommodation
07	Enrolling for exchange
07	Enrolling for independent study abroad
08	Money matters
09	Health tips
10	Useful health tips for travellers
11	Arrival
11	While you are overseas
12	Cultural adjustment
14	Changes to your enrolment
14	Coming home
15	Checklist
15	Important contacts

Final checklist



- Travel documents:** Print copies to leave at home and have airline/agent contact details in case changes need to be made
- Health:** consult with your local doctor about any medical concerns and arrange prescriptions before you leave
- Visa:** Ensure that you hold any relevant visas required, for all countries you may visit during your time abroad
- Passport:** Ensure that your passport does NOT expire within 6 months of your return to Australia
- Insurance:** Register for Flinders travel insurance and Chubb Assistance
- Centrelink:** If you are currently receiving Centrelink payments, find out if you are eligible to receive payments while you are overseas
- Contact Details:** Before you go, update your contact details in the student system
- Learn Without Borders Facebook Group:** Join the Learn Without Borders Facebook group so that you can connect and ask questions to exchange students
- Smart Traveller (DFAT):** If you are an Australian Citizen, register your travel with smartraveller.gov.au
- Bank cards:** Notify your bank of your intended travel, find out about fees associated with using your bank cards abroad and carry bank contact numbers separately to your cards
- Phone:** If using your existing network abroad, you will need to activate global roaming on your phone. If using an international sim card, ensure your phone is unlocked.

There is a big world out there and this is your chance to start exploring it

Before you go

Check out your destination

Before you pack your bags, grab your passport and head for the door, we recommend that you do some research on your new host country. Knowing what to expect on a daily basis will ease your transition into your new environment. We suggest you read up on the following:



Culture



Time difference



Language



Climate



Cost of living



Transportation



Exchange rates, currency and shopping



Health and safety
(making note of any required pre departure vaccinations)



Seasonal sports and cultural activities

Book your travel

You are responsible for making your own travel arrangements to and from your host university.

You can book your travel arrangements, including any extra travel before or after your study, through a travel agent or online. We recommend you search flights through a third party comparison website to ensure you get the best priced flight. You can also get the International Students Identity Card (ISIC), which gives you great discounts worldwide.

Before you leave, check smartraveller.gov.au for the relevant country's airport authority for the latest airport security requirements.

Passport

You will need a passport that is valid for at least six months after your return date. If you do not have a valid passport, you should apply as soon as possible. Many countries will also require immigration documentation for entry.

Visa

Prior to travelling, you must check if you are required to apply for a visa or student permit, especially if you are planning on visiting a number of countries while abroad. At this stage it is a good time to check your work rights if you intend on working overseas.

Ensure that you apply for any visas as soon as you receive your acceptance from the host university. It can take up to 8 weeks or longer to receive a visa so ensure that you have all the relevant supporting documents ahead of time. These may include a health check-up or proof of vaccinations or a police check.

If you are applying by mail, be sure to send your visa application via registered mail or through a courier service as you may have to include your passport. You may be required to travel interstate (e.g. Melbourne, Canberra) to apply for a visa.

Specific visa questions should be directed to the Embassy/Consulate office of the country you are travelling to.

Websites such as Lonely Planet and TripAdvisor can be helpful in providing a snapshot of a given city or country.

Dual citizenship

An increasing number of Australians are migrants, children of migrants, or were born overseas. This means that many Australians are dual nationals, or could be regarded as dual nationals by another country.

If you are a dual national, you need to know that your dual nationality may have implications for you if you travel to the country of your other nationality. For example:

- You might be liable for military service
- You might be liable for prosecution for offences under the laws of that country, even if they were committed outside the country.

If the government of that country does not recognise dual nationality, the ability of Australian officials to provide you with consular assistance may be limited.

To avoid delays at airline check in and again at the border entry point, Australian citizens who are dual nationals are advised to leave and return to Australia on their Australian passport. An Australian citizen cannot be granted a visa for Australia. Dual nationals may find it easier to enter the country of their other nationality on that country's passport, but leaving can sometimes be more difficult. For example you may need an exit visa if you entered on a passport of that country.

If you have any queries regarding the effects of dual nationality on Australian citizenship, contact the Department of Foreign Affairs and Trade (DFAT) on 131 232 or their website at dfat.gov.au

Travel arrangements

Insurance

Flinders University offers travel insurance for Flinders students who have been approved to travel for and on behalf of the University.

You must register for insurance before you leave. You cannot do this overseas.

Your host university may require that you purchase their insurance policy (this is often the case in the United States and Canada). Check with your host university on their insurance requirements to ensure you comply with their policies.

If you are intending extended travel before or after your exchange period, you should seek advice from the Risk and Insurance office prior to departure (flinders.edu.au/integritygovernancerisk/insurance/travel-insurance). In some cases, you may be required to purchase additional travel insurance. Students who are undertaking any private travel to another continent at any time during their exchange will also need to purchase additional personal insurance.

Flinders International Students

International students must advise International Student Services (ISS) iss@flinders.edu.au of their plans to study overseas to ensure they remain enrolled for the duration.

Before you leave Adelaide ensure your Australian Student Visa is valid for re-entry to Australia. You should check this with Department of Home Affairs.

If you are an international student with a valid Overseas Student Health Cover (OSHC) policy and leave Australia for more than 30 days, you may be able to claim holiday credit for time spent outside of Australia. If you are successful in your application, the time spent outside of Australia will be credited to your membership.

To be eligible to apply for holiday credit you must:

- Have a valid policy which will not expire while you are overseas. If your policy expires while you are overseas, you must backdate payment to the date of expiry to be eligible to apply
- Claim for holiday credit within 30 days of your return to Australia
- Have your passport, boarding passes or airline ticket to be able to make a claim for holiday credit.

For further information visit oshcworldcare.com.au/fact_sheets.aspx.

Tickets

Research your flight options and obtain quotes **but don't confirm or pay for your booking until you have received:**

- Your host university acceptance; and
- Your visa.

Finalising your travel arrangements without a visa can be risky. If you cannot obtain a student visa, you cannot study in that country! You will still need to pay for the flights even if you can't obtain a visa in time, which can be expensive.

When you are ready to book your flights, think about the following:

- A round-the-world ticket (if you plan on more travel) or a student fare, as they are generally cheaper
- Check with your travel agent to ensure your ticket includes departure taxes
- Arrange transportation to arrive at the airport with time to check in and relax. We recommend between 2-3 hours for international travel.

Adelaide Airport charges departure and other taxes that are included in the cost of your ticket. If you stop over in other countries on your way, you may be liable for a departure tax in that country, so check this with your travel agent. If you book online it is likely that it will be included in the price of your ticket.

Check with your airline regarding the luggage weight limit for your destination – you don't want to get charged for over-weight luggage!

Check with your airline regarding the luggage weight limit for your destination – you don't want to be charged for over-weight luggage!



Try something different!

Accommodation

Accommodation

On-campus Accommodation

Check with your host university about accommodation options. On-campus housing is often in high demand and there are no guarantees that you will be offered a place. If you have not heard about your housing application within two weeks before you leave for overseas, it is recommended that you contact the housing section at your host university directly or approach the Learn Without Borders (LWB) team for advice.

Off-campus Accommodation

Off-campus housing is a great option if there is no housing availability on-campus or if it suits your budget.

We recommend you check if your host university's Housing Office has an off-campus service or check the internet for rental options. Don't rush into a rental agreement as your rights and responsibilities may be different to those in Australia – check this out before you sign.



Accommodation Pros and Cons



On-campus Accommodation



Off-campus Accommodation

On-campus Pros	On-campus Cons	Off-campus Pros	Off-campus Cons
Lease lasts for semester/ academic year	Not as independent	Greater independence	Long lease agreements
Close to campus	Shared bathrooms and cooking facilities	Can be a good option for mature age students	Large bond down-payments
Room will be ready on arrival	Not as much control over your surroundings	Experience being part of a local neighbourhood	Need to arrive early and secure accommodation
Utilities may be included	Sharing your private space with others	More food options	Additional costs to set-up house e.g. utensils, linen
Wi-Fi usually included	Typically, lots of rules	More space and more privacy	House cleaning and maintenance
Opportunity to meet people from around the world	Can be distracting and noisy – just when you want peace and quite	Deeper taste of independence and adulthood	Can be more expensive – particularly if living alone.
Access to shared recreation areas and facilities			You may feel isolated
Often most meals can be included			Commute time and costs
			Paying bills
			Shopping and cooking

Most universities will have a website devoted to housing options. It is a good idea to spend some time browsing through this information to familiarise yourself with the housing facilities at your host institution.

As you can see, each option comes with its own set of pros and cons. It's a decision that truly comes down to individual needs and preferences.

Enrolling for exchange

Semester/year exchange students and short term study at a partner university

If you are heading overseas for a semester exchange program at an exchange partner university, you do not pay fees to your host institution. You will need to:

- Withdraw from any Flinders topics for the duration of your studies overseas
- Maintain your tuition payments via FEE Help (for domestic students) or international student fees (for international students)
- Re-enrol in topics upon completion of your overseas study
- Following receipt of your formal acceptance, Flinders International will:
- Enrol each student into the relevant Exchange (XOTH) topic code based on information in your credit letter(s)
- Advise the Student Finance Office
- Prepare and email a Flinders Confirmation Letter that can be used for Centrelink purposes.

Please note if you are deferring your payments to FEE HELP, you will be charged an amount equal to 18 units of credit and receive a Commonwealth Assessment Notice to confirm this. If you choose to pay your tuition fees up front, you will receive an invoice from Student Finance requesting payment for an amount equal to 18 units of credit.



Enrolling for independent study abroad

Semester/year independent student and independent short-term study

If you are heading overseas for an independent semester/year program or an independent short term program that is not through a University exchange partner, you will need to:

- Withdraw from any Flinders topics for the semester you will be abroad
- Ensure you have a valid credit approval letter from your Course Co-ordinator and relevant College Administrative Officer
- Maintain your tuition payments via FEE Help (for domestic students) or international student fees (for international students)
- Re-enrol in topics upon completion of your overseas study
- Following receipt of your formal acceptance and credit approval letter, Flinders International will prepare and email an Independent StudyAbroad Confirmation Letter that can be used for Centrelink purposes.



Money matters

Government Loan: OS-HELP

You may be eligible for OS-HELP assistance, a government loan that financially assists eligible exchange students. Further information is available at studyassist.gov.au

Budgeting

We recommend having several sources of money: ATM, credit card, traveller's cash card/cash. Most returned exchange students recommend that you open up a bank account in your host country when you arrive and use ATMs and a debit or credit card to pay for daily expenses. This may save on account fees and make it easier to access your money. Be sure not to get cash out on a credit card as this can incur high interest and bank fees.

Banking

Remember to advise your bank and credit card company that you are travelling overseas and will be using your Australian accounts. This will help to avoid having your account frozen and card cancelled if unusual transactions are noted.

Talk to your bank about overseas transaction fees – many banks and financial service providers offer cards with no overseas transaction fees.

Centrelink

If you are eligible for Austudy, Youth Allowance or Abstudy while studying at Flinders, you may be eligible to continue receiving payments while on exchange. You must provide an official letter confirming your participation in an exchange program to the relevant authority. A confirmation letter will be provided to you after your host university acceptance is received..

Tax

If you have been working, don't forget to lodge a tax return with the Australia Tax Office (ATO) before you depart. If you plan on working overseas (remember you may need a work visa) find out the about the tax arrangements of your host country.

Power of Attorney

Consider arranging "Power of Attorney" which allows someone you trust to transfer, withdraw funds from or deposit funds into your account. This person will also have the authority to pay credit card bills and carry out other legal matters. You **MUST** notify Centrelink of who will be acting on your behalf.

Health tips

Register for DFAT Smart traveller

Ensure you register with DFAT at smartraveller.gov.au to assist you in gaining access to consular services easily and quickly if you encounter a problem during your time abroad.

Students who are not Australian citizens may use the DFAT website to check travel information, but should register with consular officials from their home country.

Flinders University acts on advice from DFAT so, if they issue a warning on deferring all travel or non-essential travel, your exchange will be suspended until the recommendation has improved. If you are in country and a warning is issued go to the nearest safety spot as designated by the host government.

Medical tips

It is recommended that all students have a general health check-up before they depart. The University Health Service is available to Flinders students travelling overseas, providing expert advice and a range of onsite travel related vaccines. For some travel immunisation is not compulsory, but it is important for all travellers to be up to date with your routine vaccinations. Your doctor can provide more information on this.

Separate from the issue of health insurance, some universities have specific requirements regarding medical information to be provided to the university.

If you are taking medication, check there are not restrictions on specific medication. To assist the process, obtain written confirmation from your doctor about your requirements to take with you.

Effective Management of Health Conditions/Disabilities

If you have an ongoing physical and/or mental health condition, disability or disorder (including substance abuse or dependence) you should make an appointment with your treating professional in order to discuss the management of your condition whilst travelling.

If you do not have a regular treating professional, services can be accessed via the Health, Counselling & Disability Services to assist you to further explore any potential needs whilst overseas and away from home.

- It is important for you to identify (i) what supports and services are available to you, (ii) when these are able to be accessed, and (iii) how you can access them, in order to assist you with accessing support should the need arise.
- For students who currently have an Access Plan, it is important to note that an Access Plan at Flinders does not guarantee the same arrangements at another university. You should advise your exchange coordinator of any access or support needs, take any relevant assessment or verification documents from your treating professional with you, and meet with a Disability Advisor or equivalent at your host university. Contact a Flinders Disability Advisor prior to departure for more detailed advice (disability@flinders.edu.au).

Refer to the World Health Organisation's (WHO) website for information regarding health risks for travellers who.int/ith/en/



Useful health tips for travellers

- Ensure you are covered by an appropriate level of insurance for the whole time you are away, especially if you have any special health requirements
- Monitor your vitamin D levels – if travelling to a cold climate with short daylight hours
- Eat and drink safely
- Practice safe sex
- Be especially aware of motor vehicle and recreational water hazards
- Ensure your vaccines are up-to-date
- Carry your own travellers' medical kit
- Avoid mosquitoes, ticks, flies and other biting insects
- Don't go near or touch local animals, including domestic cats and dogs
- Apply sunscreen and repellent regularly
- If you are prescribed anti-malarial medication, take it as prescribed, for example prior to leaving, while in risk areas and when you return
- Take enough routine medication to cover the length of your trip
- In some countries supplies of feminine hygiene products, nappies and contraceptives, including condoms, can be unreliable or unavailable
- Research your destination and also find out whether essentials are readily available.



Arrival

You should plan to arrive at least two weeks before the study period starts. Find out if your host university offers an arrival reception service and inform them of your arrival time. If not, you will need to research the local transport and have local currency to pay for it. Be sure to attend any included orientation programs, as this is a great time to meet other students and to start getting involved in campus life. When you arrive plan a visit to the international office.

While you are overseas

So you have just landed and you feel excited and ready for every adventure that comes your way.

Things to do when you first arrive:

- Contact your family – save them the anxiety of wondering if you have arrived safely
- Visit the International Centre at your host university
- Update your Flinders University contact information
- Attend the Orientation Program and all the social activities to meet new people.

Things to do in the first 2 weeks:

- Open a bank account
- Enrol (register) for classes if you have not already done so
- If required, apply for additional topic approval via AskFlinders, askflinders.microsoftportals.com/current-students/
- Obtain a student card and concession cards
- Adjust yourself to the new weather/time zone
- Apply for Health Insurance or for Waiver if appropriate
- Join a club or activity.

Enrolment at your host institution

While on exchange you must retain a full time enrolment status at Flinders (no less than 13.5 units per semester) and register for a standard full-time academic load at your host university. Your enrolment at your host university must be in units which count for at least 18 Flinders units (per semester), unless otherwise approved by your College.

Things to note

- Take a copy of your credit letter with you
- Previously approved topics may no longer be available; do final checks before you depart and request approval for additional topics if required
- If you want approval for a topic after you depart, apply for additional topic approval via AskFlinders, askflinders.microsoftportals.com/current-students/
- Keep copies of all emails relating to approval of topics.

Remember that even if you enrol and successfully complete a topic, your College Administrative Officer is not required to grant credit if you have not previously sought approval.

Combined Degree Students

You will need to confirm with your College Administrative Officer if you are required to enrol in an overload during your period of exchange and advise Flinders International accordingly.

You may receive advice from the host university that contradicts advice received from Flinders University. Please confirm with the Learn Without Borders team all advice you receive from the host university, as each university has different academic systems.





Make friends with a local

Cultural adjustment

Going on exchange will likely be one of your most exciting, challenging, and life changing experiences. We encourage you to read about our past students' experiences or discuss your upcoming trip with returned students about all the amazing things they have done and the wonderful friendships they have made.

- Not having easy access to email or a telephone so that you can call home when you desperately need to
- Not being able to socialise because the workload is too high and you're not used to it
- At home, I'm the same as other people, but here I stand out.

Mostly you'll be able to handle all these challenges, feel great about doing so and laugh about it in hindsight. But sometimes when coupled with other factors like missing family and friends it can be overwhelming. You might find yourself having mood swings ranging from anger to depression to panic and it can be difficult to relate how you're feeling to others who have never experienced it.

So how does it feel?

It's hard to describe it unless you've been through it before but these are some common signs:

- Sleep disturbances, physical complaints
- Lack of concentration
- Boredom or fatigue/exhaustion/depression – you don't feel like getting out of bed, going to classes, socialising etc
- Loss of sense of humour
- You find yourself complaining or criticising just about everything
- Increased use of alcohol or drugs
- Changes in eating habits – too much or too little
- Feelings of rejection, feeling alone – "no one likes me, I can't make friends here".

The feelings generally tend to sneak up on you and nearly everyone experiencing a new culture will be exposed in varying degrees. Prepare yourself for these down times. Acknowledging that what you are feeling is natural and that other students are likely also experiencing the same thing will help you to avoid discouragement. Culture shock (sometimes known as homesickness) has its ups and downs, good days and bad—but you will get through it.

Many students on exchange experience times when they feel depressed. However, the overwhelming majority come away stronger and better adapted for the experience. Contact Flinders International for more information on how to deal with homesickness: lwb@flinders.edu.au.

Tips for coping

- Make friends with a "local" – learn about the local culture and lifestyle through their eyes
- Be a tourist – do all the incredibly cheesy (but fun!) things that a tourist does
- Try something different – each day will present new opportunities and challenges; try something that you would never do at home. Join the soccer team, volunteer around campus, go snowboarding, hiking or white water rafting
- Do something familiar – make your favourite food or watch your favourite movies or sporting event. Invite friends to share the experience with you
- Ask family and friends for packages from home – little things from home can make a big difference.

Sometimes just talking things out with another person about how you're feeling, can help to get some ideas around what steps could be helpful in tackling any situations that may arise.

Talking with other students can be a great support, but also having a discussion with your Exchange Coordinator might assist.

We recommend that you contact your host university Health Service and/or Counselling Service in the first instance if you are struggling personally, and have not been able to resolve the issue rapidly.

You can also arrange to book confidential support through the Flinders Health, Counselling and Disability Service (phone, video Skype, or Skype web chat)

Phone: +61 08 8201 2118

9am – 5pm Australian Central Standard Time (ACST)

E: counselling@flinders.edu.au

Additional support resources

blogs.flinders.edu.au/student-health-and-well-being/

No matter where you are it is your responsibility to keep yourself safe. At home it is easier since you know your friends, neighbourhood and city. In your new home you will need to take on new safety measures.

Staying safe

In your home or room

- Keep all doors and windows locked while you are out or asleep
- Do not allow anyone you do not know into your home/room
- Request identification from all trade persons seeking access to your home
- Introduce yourself to your neighbours as soon as possible; this way if you do have any problems you will feel more comfortable asking them for assistance.

Going out

- Do not accept transport from strangers
- Try not to walk alone at night; make use of campus security
- Do not take "shortcuts", especially if you do not know the area well
- If you think you are being followed, cross the road and go to the nearest well lit house/business for help, or approach someone for help
- Walk facing the on-coming traffic; this avoids having a vehicle following you
- Sit near other passengers or the driver when travelling on public transport
- If you feel threatened while travelling on a train, push the emergency stop button to obtain immediate attention from the guard.

Sexual assault

Sexual assault is a crime. If someone is assaulted sexually there are two ways of dealing with it. One is to report it to the police who will pursue prosecuting the alleged offender. Police usually have a unit that is trained to relate sensitively and appropriately to victims. The other option is not to report it formally but to seek support and counselling from a sexual assault centre. Usually there is a service on campus that will be able to provide this help.

Stolen or lost passport

If your passport is stolen or lost, you can either report it online or contact the nearest Australia Embassy/Consulate/High Commission immediately and report it to the police. Be sure to get a copy of the police report or the report number.

To obtain a replacement you will need to complete an application form, produce written evidence of your Australian citizenship (e.g. birth certificate or citizenship certificate), provide a copy of the police report or number, present new passport photographs and pay the required fee.

Remember your passport is your most important legal document while travelling overseas. As a visitor, some countries require you to carry your passport at all times. Guard your passport carefully and do not travel away from your host institution without it.

Communication

Regularly check your Flinders email account and provide these details and other contact details to the International Centre at your host institution. It is very important that you also inform us if any of your contact details change, especially your primary email account, as this will be the only way we will be communicating with you.

Communicating with home

When phoning home, check out different options to determine the best for you i.e. international calling cards, Viber, Skype, and FaceTime. Telephone calls from landlines and mobile phones can be extremely expensive so don't get caught out.

Once you have a local phone number and address tell the following people:

- Your family and friends
- Flinders International
- Your host university.



Changes to your enrolment

Withdrawing

If you decide to withdraw from the Exchange Program after your arrival at the host university, you must notify Flinders International immediately to inform us whether you intend to return to study at Flinders for the semester, or will be deferring from Flinders.

When withdrawing from the program, consider the following implications:

- Local (domestic) students – your FEE HELP liability and academic status may be affected if you withdraw after the formal withdrawal date. Further information is available at www.flinders.edu.au/current-students/dates/critical-enrolment-dates.cfm
- International students – withdrawal during Flinders' second semester presents significant issues. If withdrawal occurs after the period of grace allowed in the Refund Policy, refund of tuition fees may not be available. Withdrawal may also have Australian student visa implications.

Returning early

If you were approved for exchange for two semesters, but decide to return after one, you must notify the Learn Without Borders office immediately.

Extending

If you wish to extend your period of study for an additional semester, you must notify Learn Without Borders office immediately. Flinders will make the final decision on all requests for extensions. Approval must be granted in writing, and copies kept for your own reference.

Coming home

If you are about to head home you are probably experiencing mixed emotions about leaving your host country. You have likely formed a unique bond with the culture and people at your university, however you are probably looking forward to returning home. Coming home will have its challenges, so here is some advice to minimise those challenges.

Saying goodbye

Take time to say goodbye to the International Centre at your host institution – remember all those people who helped you through the semester...a little appreciation goes a long way.

Travel and living

There are many practical issues to deal with before you head home. Remember to confirm any travel plans and check how to get to the airport. Be sure to wrap up any housing details, especially if you rented an off-campus apartment and work out how to close your bank account.

Transcript

Generally your academic transcript from your host institution will be mailed directly to the Learn Without Borders office.

Transfer of credit cannot be processed until an official copy of your transcript is received by LWB. The results of your overseas study (the topics, grades and university where you studied) will show on your Flinders academic transcript.

The grades you receive at your host university will not be translated into Flinders grades. You will receive an Ungraded Pass (UP) or an Ungraded Fail (UF) for all the topics that you enrol in.

Make sure you have paid all your bills (even the small ones – like library fines!), otherwise you won't receive your host university academic transcript.

Cultural re-adjustment

After you return to Adelaide, you might feel a bit lost. You have just experienced a whole range of new, exciting and challenging things and, upon return, could be surprised to find that Adelaide hasn't changed in your absence.

Your friends and family will be excited to have you home, but might tire of your endless tales of fun and discovery. You will probably only be home a couple of weeks before you find you are frantically planning another trip overseas!

But don't worry; it's normal to have any or all of these feelings.

The Flinders Learn Without Borders office runs social gatherings throughout the academic year. Returned exchange students are invited along to socialise with students about to embark on an exchange experience. Be sure to take up this opportunity, as it will give you a chance to relive your experiences and pass on all the things you learnt to others. It will also be an opportunity for you to stay involved, discover different ways you can travel overseas through the university (e.g. Australian Youth Ambassadors for Development [AYAD]) and give something back by helping with orientation for incoming exchange students and counselling prospective exchange students. All of these opportunities will help you get the most out of your student exchange experience.

Once you return, you will be required to complete an online survey that Flinders International will email to you. Completing this survey is compulsory and is a condition of participating in an overseas exchange.

Graduation

If you are completing your Flinders degree whilst on exchange there may be implications for when you are able to graduate. Check with the Graduation Office at Flinders for closing dates for application to graduate.

Due to differences in examination periods, completing your Flinders degree while on exchange may prevent you from graduating at the ceremony immediately following your exchange.

More information at: www.flinders.edu.au/graduation/

Deferring your studies at Flinders/leave from study

If you wish to defer your studies after your exchange and not enrol in a full academic year at Flinders, you may need to apply for leave from study (check with Enrolment Services). More information about approved leave can be found at flinders.edu.au/enrolling/enrolment-andregistration/leave-from-study.cfm

Perhaps most importantly, remember to always stay safe and have fun!

Checklist



- Say goodbye and thank your International host institution and colleagues
- Confirm travel plans and check how to get to the airport
- Check your transcript mail details
- Pay all your bills including library fines
- Complete the Flinders International online survey
- Check with the graduation office at Flinders for closing dates for the application to graduate
- If deferring your study – apply for leave from study (check with enrolment services).



Important contacts

Emergency contacts

24-hour Consular Assistance by the Australian Government

Within Australia: 1300 555 135
Outside Australia: +61 2 6261 3305
SMS: +61 421 269 080

Register your travel plans on: smartraveller.gov.au and download the app

Chubb Assistance

Phone: +61 2 8907 5995
Flinders University policy no: 03PP006831

Flinders contacts

Flinders Travel Insurance

Risk and Insurance office
P: +61 8 8201 3793
E: riskandinsurance@flinders.edu.au

flinders.edu.au/integritygovernancerisk/insurance/travel-insurance

College Contact

Submit an online enquiry form via [AskFlinders](http://AskFlinders.askflinders.microsoftportals.com/) askflinders.microsoftportals.com/

Health, Counselling and Disability Services

P: +61 08 8201 2118 9am – 5pm Australian Central Standard Time (ACST)
E: counselling@flinders.edu.au

In the event of a serious personal crisis that cannot be resolved locally you should contact the Flinders Out of Hours Crisis Line via **TEXT** only on **+61 488 884 103** and request a call back for support. This is only available weekdays 5pm – 9am (ACST) and 24/7 on weekends and on public holidays. During working hours (9am – 5pm ACST) call the office number: **+61 08 8201 2118**

Learn Without Borders

Flinders International
Phone: +61 8 8201 2727
E: lwb@flinders.edu.au

Scholarships Office

Submit an online enquiry form via [AskFlinders](http://AskFlinders.askflinders.microsoftportals.com/) askflinders.microsoftportals.com/





More information

Visit the Learn Without Borders
drop-in desk at Flinders Connect
Tue, Wed & Thurs 11:00 - 1:00pm

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