Because you will be participating in a direct enroll program, you will need to be self-sufficient in preparing for your study away semester. We offer you these suggestions as you look forward to leaving:

First, if you have not already done so, we strongly encourage you to connect with other Macalester students who have attended your university in a recent semester. You might ask:

- What do they wish they had known ahead?
- What suggestions can they give you for a smoother trip and transition?
- What lessons did they learn from which you can benefit?

Planning your arrival details:

- You will be on your own as you enter the country of destination, so:
  - Take hard-copies of all required documents (as listed on your university’s website) along with your Macalester letter for the port-of-entry.
  - Do not use any e-gates, but instead meet directly with an immigration officer.
  - Confirm that your passport is stamped as a student, not a visitor.
- Plan ahead for your ground travel arrangements to your university.
- Reread any and all advice on the university website and carefully review emails regarding your housing arrangements and arrival.
- Be sure to take along -- and utilize -- phone numbers of your contacts at the university; they are there to assist you.

Once you arrive:

- Be your own advocate as you navigate the services available to you and the new setting.
- Don’t hesitate to ask as many questions as needed, but also remember that you are a guest in another country.
- Attend orientation! This may be your only chance to meet your support contacts.
- Get involved in what interests you from the university offerings:
  - dorm life and/or student center activities
  - campus clubs, organizations, and/or sports
  - opportunities for community service
  - local and/or extended excursions
  - service groups and/or religious functions

Not only will this provide you the experiences of immersion in the local campus culture, this is your chance to make friends early among local and other international students.
• If you have to make changes in your schedule, stay in contact with Macalester’s Registrar, and your academic advisor(s) via your Mac email.

• Be flexible and open to a different type of higher education experience than you are used to:
  ○ various teaching methods and discussion experiences
  ○ different grading policies and criteria
  ○ far more independent-study type course expectations
  ○ ask and observe how local students succeed
  ○ explore the new resources available to you
  ○ don’t forget to ask for assistance

• Stretch the boundaries of your comfort zone and alter your expectations as needed:
  ○ rather than just travelling elsewhere every chance you get, consider spending weekends and other free time locally
  ○ read/watch/listen to local media
  ○ attend local concerts and visit nearby museums and other attractions
  ○ forge relationships with local peers

• If you get discouraged:
  ○ being so independent can be overwhelming; give yourself time to adjust
  ○ connect with someone else in your situation and, again, talk to other students who have previously participated in direct enroll programs and ask what they did
  ○ know yourself, your limitations, and your coping strategies — plan ahead
  ○ don’t hesitate to access your campus support and local mental health services
  ○ reach out to your allies at home and Mac as appropriate

Remember, while studying away, you are still a Mac student and our staff is here to support you too.