



# RETURNED STUDENT RESOURCE GUIDE & HANDBOOK



THE UNIVERSITY OF  
TENNESSEE  
KNOXVILLE

PROGRAMS ABROAD

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“Why do you go away? So that you can come back. So that you can see the place you came from with new eyes and extra colors. And the people there see you differently, too. Coming back to where you started is not the same as never leaving.”

- Terry Pratchett, English author

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Dear UT Programs Abroad Alum,

Welcome home! We are excited to have you back on Rocky Top! Participating in a programs abroad experience is something that only 20% of UT Knoxville students and only 10% of students nationally accomplish. We hope that your experience abroad challenged you and helped you grow academically and personally. Although you may be back home, this is not the end of your experience. This is a time for you to reflect, adapt, and grow.

This handbook is here to guide you as you unpack and better understand your programs abroad experience. In this handbook there are resources to help you readjust to your return, to help incorporate your experiences into your academics here at UT, and to provide you with opportunities for further international experiences after graduation.

Regardless of how you use this handbook, we encourage you to find meaningful ways to integrate your experiences abroad into your life at home. We also want you to remember that your journey does not have to end because you have returned to the United States. There are a great number of opportunities here at UT to continue to develop passions or interests from abroad and to engage cross-culturally with your peers.

We wish you a smooth transition back to the US and UT Knoxville.

Best regards,



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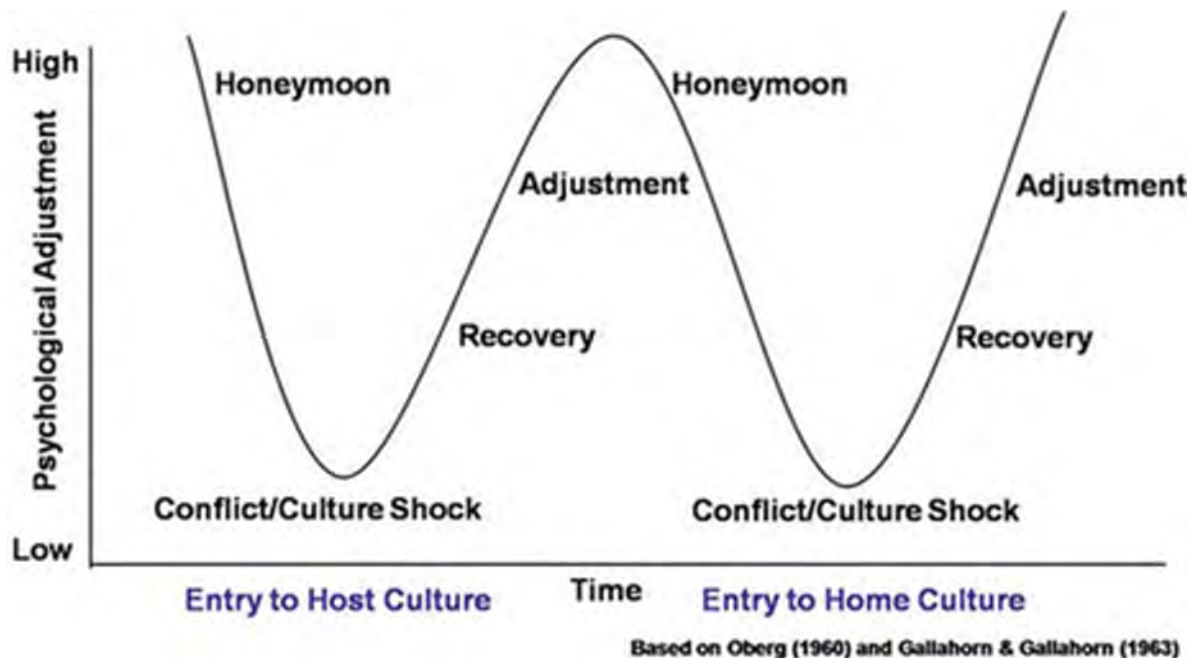
*Big Orange. Big Ideas.*

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# Reverse Culture Shock

You may have experienced culture shock while encountering the new host culture of your study abroad country. However, many students do not realize that this same culture shock can be felt when returning home. This section will help you learn more.

## The W-Curve Hypothesis Model



**Stage A: Honeymoon** - Before students arrive at school and for the first few days. Students are enthusiastic and want to meet new people. They want to get away from home and start out on their own. University faculty and staff provide a very welcoming environment.

**Stage B: Culture Shock** - New set of surroundings that make it hard to adjust. Too many or too few people around, depending on the size of the student's hometown. Expectations differ from prior experiences. Students have difficulty finding their way around and feel lost. Excitement wears off and people withdraw.

**Stage C: Initial Adjustment** - Physical adjustments occur and students feel more "at home" on campus. This stage occurs more quickly for extroverts than introverts. Gap between home and university customs/values persists.

**Stage D: Mental Isolation** - Even though students have adjusted to the physical environment, other things stand out as "different". Feeling that getting to know others is hard. Feeling that no one else feels the same way. Feeling alone, values are challenged, and cliques may form. Critical time period for many students.

**Stage E: Acceptance & Integration** - Students feel good again. Students feel more completely "at home". Students feel they are part of their new environment/community. Home values are reconciled with university values.

# Breakdown of Reverse Culture Shock

*Reverse Culture Shock* is a term associated with the phenomenon of returning to one's own country and culture. Very similar to culture shock, a person entering into their home environment will have to make adjustments to reacquaint themselves with their surroundings. Unlike culture shock, most do not anticipate feeling like a foreigner in their own home. If you have made any cultural adjustments while abroad, you will have to readjust once back home.

## EUPHORIA

Most travelers will experience some form of euphoria or high when returning home. For weeks the traveler has anticipated returning home and has now come face to face with family, friends, and double chocolate donuts. To friends and family you are nothing short of a celebrity. People want to hear about your trip, most look at your photos, and everyone is really glad to see you. This eagerness can last for a surprisingly short period of time. As can your tolerance to hearing over and over again, "how was your trip?"

## SHOCK

All those social cues that you once took for granted now have to be relearned. You feel frustrated that loved ones have so quickly put your travels into the past. You may feel similar to the effects of culture shock: anxious, irritable, nervous, unable to sleep, or oversleeping. There really is no one pattern or set list of symptoms for reverse culture shock. And unlike culture shock, there is no timetable for moving past it.

## ADJUSTMENT

Given time, the majority of travelers will come to some final state of adjustment. They will take their experience and put it into the context of their home. Homesickness for the home that you left behind gives way to a renewal of bonds with old and new friends and family. Your life begins to resemble a little of the life you left, except with a broader perspective from your journey.

Source: College of Saint Benedict Saint John's University – A Resource Guide for Returned Students. Retrieved from: <http://www.csbsju.edu/Documents/Office%20for%20Education%20Abroad/Upon%20Return/CSBSJU%20Returnee%20Handbook.pdf>





# Top 10 Challenges of Re-Entry

1. **Boredom:** After the newness and stimulation of your time abroad, a return to old routines may seem very dull. It's natural to miss excitement and daily challenges that come with study in a foreign country.
2. **No one wants to hear:** While you will be very eager to share your experience with everyone, some people won't be as interested in hearing about your adventures. Be realistic in your expectations of others and identify those who do want to hear all about it.
3. **You can't explain:** When explaining your experiences abroad, you can tell people about your trip (where you visited, lived, and things you saw) but you may fail to make them fully understand exactly how or why you felt a particular way or how exactly the experience has affected or changed you.
4. **Reverse "homesickness":** Just as you probably missed home for a time when you arrived abroad, it's natural to experience homesickness in the reverse for the people, places and things that you grew accustomed to while abroad.
5. **Relationships have changed:** It's inevitable that when you return home some relationships with family and friends will have changed. These changes may be positive or negative. Try to be flexible, open, and minimize your expectations of others.
6. **People see "wrong" changes:** People may concentrate on small alterations in your behavior. They may seem threatened or upset by your new ideas. Be aware of the reactions of people around you and try not to confirm their stereotypes.
7. **People misunderstand:** People may misinterpret your words or actions. For example, what you may have come to think of as humor (sarcasm, banter, etc.) or ways to establish a conversation or show affection may not be seen as wit, but as aggression or showing off. New clothing styles or mannerisms that are now natural to you might be interpreted as inappropriate, provocative, or artificial/unauthentic. Referencing foreign places or languages in conversation might also be considered boasting. Remember how you may look to others and how behavior that has become second nature to you might be interpreted.
8. **Feelings of alienation:** The reality of being back at home in the US is not always as natural or enjoyable as before you went abroad. Just as you remember the good aspects of your host culture from abroad, try emphasizing the good aspects of your home culture in the US. It may take some time to redevelop connections.
9. **Inability to apply new knowledge and skills:** You may be frustrated with the lack of opportunity to apply your newly gained social, linguistic, technical or practical skills that seem less relevant or necessary at home. Be patient and seek advice about opportunities to apply your skills.
10. **Loss or compartmentalization of your experience (shoeboxing):** You may worry that since you are back home and busy with school, family and friends that you will "lose" parts of your experience abroad. That doesn't have to be the case. Maintain your contacts from abroad. Seek out like-minded individuals and fellow study abroad returnees who've shared experiences like yours. Keep practicing the skills you acquired such as a foreign language, academic interests or a hobby. Learn how to best include your abroad experience in your career planning and job search.

# Side Effects of Living Abroad

- *Increased awareness of international issues and needs:* Studying abroad forces you to view the world in a different perspective. You will view other countries differently in terms of economic and political state. You will also have a larger sense of what issues appear in the United States and other countries, while seeing the magnitude of these issues increase depending on where you are.
- *More open-minded:* While studying abroad you will come in contact with cultures that are different than your home culture. Studying abroad gives you a greater understanding of how different places and people operate and live. Breaking down preconceived notions, you will now have a more globalized perspective of the world.
- *Increased independence:* No matter if you were studying abroad for three weeks or a full semester you will come back with an increased sense of independence. Whether you lived with a roommate from UT or another school, by yourself, or with a host family you have acquired skills on navigating and living in a new country.
- *More tolerance of different viewpoints:* Along with becoming more open minded you will understand how people think differently. When you encounter people who think differently than yourself, you begin to understand why they think that way and with that comes a better understanding of your own viewpoints.
- *Competence in another language:* Although some countries speak quite a bit of English, many foreign countries speak native languages as well. Studying abroad helps develop an understanding of another language, which can be used back at home and to continue relationships with people from your host country.



- *Increased sensitivity to differences in people and greater acceptance of diversity:* While studying abroad you encounter people that are different from you in multiple ways. Living in a different country helps develop a greater understanding of diversity in all of its forms that you will take back with you to your home country.
- *An increase in creativity, combining different cultural ideas:* Studying abroad develops a new sense of creativity and appreciation for other cultures and what they define as art. Coming back home these different cultural ideas can be used to decorate your apartment or pick up a new hobby.

Source: (2018). *Coping, adjusting, and getting involved: Side effects of living in other cultures*. Retrieved from: <https://international.missouri.edu/study-outside-the-us/returning-home/coping-adjusting-getting-involved.php>



# Reflection & Readjustment

## Personal Reflection

To successfully incorporate your experience abroad into your new daily routine, you need to start by taking some time for personal reflection on your experience. This reflection will add insight for you into the kinds of personal changes that may have taken place because of your study abroad program.

Think about whether your experience has changed you and how or in what specific ways (understanding, independence, skills, beliefs, values, interests, goals, career plans, etc).

Understanding how your experience has affected you will allow you to learn from it and move forward more quickly. Since your experience abroad is unique to you, personal reflection is the first key step to understanding. The following exercises will assist you in thinking about how you may have changed during your study abroad experience.

- Keep in touch with host country and friends: share photos, stories, news, observations.
- Keep journaling or blogging about your return experience.
- Build a peer support group by identifying others you can talk to about your experience who will relate to what you are going through and love to hear your stories.
- Complete three great exercises for reflection found in this article: <http://www.melibeeglobal.com/2011/10/reflection-reconsideration-and-reconnection-moving-beyond-re-entry/>

## Questions for Thought and Discussion:

- Share an example of how you had to set priorities to achieve a desired outcome in your study abroad experience.
- How did your study abroad experience enhance your knowledge, skills, understanding of your intended career field?
- What assets might international study yield as opposed to someone who studied domestically?
- Share an example of a travel situation that helped you build your understanding of human motivation.
  - How did this enhance your understanding of leadership or teamwork?
- Your international experience has improved your skills in communicating with others. How might this make you a better professional in your field?
- How did you have to adjust/adapt to your new cultural surroundings?
  - How did this influence your ability to interact successfully with others?
- Share an international experience in which you had to resolve a conflict or solve a problem.
  - What skills and personal qualities did you tap into?
  - How did the experience help you grow as a person?
- Share an example of a time when you may have been in danger or afraid.
  - What did you learn from it? Why?
- What was the most significant thing you learned about yourself through your study abroad experience? Why?

## Self-Evaluation in Fives

Complete the following self-evaluation by answering the questions as honestly and in as much detail as possible. Your responses should reflect how you are feeling right now. Take time to think seriously about these four statements as this exercise can really help you to better gauge how the process of overseas adaptation has played out for you personally.

### Self-Evaluation:

1. The five things that have bothered me most about being home are:
2. The five things that I have enjoyed most about being home have been:
3. The five international things (people, places, situations, activities, etc.) I miss the least since I have returned home are:
4. The five things (people, places, situations, activities, etc.) I miss most from abroad since I have returned home are:

# Share Your Experience

A great way to talk about your experience with others is to write in journals and online publications. Below are a few examples of publications that might interest you.

- [Abroad View Magazine](#): is a an online magazine for people from around the world to engage in the culture of countries of the Asia-Pacific. The founders felt there was a lack of cross-cultural connections and this website seeks to exchange the culture of the Asia-Pacific region with the rest of the world.
- [College Magazine](#): is a magazine written by students, for students. It features sections on campus life, majors, internships, and travel. To submit an article students can look [here](#).
- [Journey Woman](#): publishes female-centered travel-experience articles, seeking to inspire women to travel safely and to connect women travelers worldwide. There are a variety of different categories where writers can submit their articles. Each article that is published is eligible for the Annual Journeywoman Travel Writing Competition.
- [Transitions Abroad](#): is a magazine for people working, studying, traveling and living abroad. Writers talk about ways to avoid touristy isolation and speak from personal experience. Transitions Abroad also hosts a student writing contest.
- [Verge](#): is for people that are traveling with a purpose. This magazine features sections about working, volunteering, studying, and traveling abroad. Guidelines for submitting a piece can be found on their website.
- [TravelMag](#): is an online travel publication based in the UK which seeks publications on travel that highlight lesser known parts of the world. TravelMag also features travel videos.



# Suggested Readings

[The Flower-Pot Theory](#) – this post navigates the uneasy feelings of returning home and offers some tips on how to handle potential struggles.

[Three Ways to Live Abroad While Back at Home](#) – this post explores ways that you can continue your abroad experiences back at home.

[Life After Study Abroad](#) – is a website dedicated to students who have returned from international programs and explores how students can navigate the changes that occur when returning home.



[Reverse Culture Shock Videos](#) – these videos provide a unique perspective surrounding the feelings of reverse culture shock and how you might handle them on returning home.

[Where do I belong?! Thoughts on reverse culture shock](#) – this resource outlines how you fit in back at home after an experience abroad.

[A New Self in an Old World](#) – this post talks about how to include your study abroad experience in your home life when you return from abroad.

[My reverse culture shock: returning from a year abroad is tough](#) – this article provides an individual's on her difficulty returning home and how she was able to spin it into positive change.

[Almost There: The Value of an Unfulfilled Study Abroad](#) – in this article the author discusses what it was felt like to have an unfulfilling experience and why that is okay.

[Diversity Abroad: Student Stories](#) – this resource provides insight about underrepresented communities studying abroad and includes information and topics of interest for students in those communities.



# Campus & Academic Life

## Reintegration to Campus Life

To share your story, join a new on campus organization for returned study abroad students, the Study Abroad Alumni Organization (SAAO). You can find the SAAO and join at <https://utk.campuslabs.com/engage/>.

Look for a campus job that might allow you share your experience such as the Peer Advisor position in the Programs Abroad Office (PAO). Peer Advisors are hired each summer. Contact [volsabroad@utk.edu](mailto:volsabroad@utk.edu) for more information.

**Global Experiences Conference:** The Global Experiences Conference (GEC) is an event open to all members of the UT community (students, faculty, staff) with an interest in international and intercultural experiences. The conference will feature presentations and poster sessions by UT students, faculty and staff on their first-hand experiences being abroad. The conference also includes an international meal with a keynote speaker. Topics for presentations and posters may include personal international experiences and advice, benefits and making the most of an international experience, challenges, lessons learned, and opportunities to plan for future experiences. Contact [volsabroad@utk.edu](mailto:volsabroad@utk.edu) for more information.

**Volunteer Opportunities:** The PAO offers a great number of volunteer opportunities for returned study abroad students. Students can volunteer at GEC and can speak at promotional events, summer orientation, and the study abroad fair. Contact [volsabroad@utk.edu](mailto:volsabroad@utk.edu) for more information.

**Civic Engagement:** Identify international communities you might get involved with through service. Volunteer or intern with organizations or companies with international ties or that assist locals with international backgrounds such as the Knoxville Spanish Chamber of Commerce, Bridge Refugee Services, Rotary International, or local English language schools.

**Share your story:** Look for opportunities with campus or local media outlets to share your experiences such as The Daily Beacon, the PAO photo contest, the PAO Facebook page (UTK Programs Abroad), the UT Programs Abroad Instagram account, or the Tennessee Journalist. There are also national publications devoted to study abroad experiences such as Abroad View Magazine or Transitions Abroad which hold contests and publish students' articles, creative work and more.

Develop a network of study abroad peers with whom you can share your experiences, encourage and support each other, hold events, or work to encourage others to study abroad.

**Honors Global Awareness LLC:** The mission of the Honors Global Awareness (HGA) Living & Learning Community (LLC) is to develop a community of Honors & Scholars Program students devoted to studying different environments, peoples, and cultures. By exposing you to different ways of life, the HGA LLC helps you to better understand the world and your place within it. The community is open to sophomores, juniors and seniors in the UT Honors & Scholars Program.



# The International House (I-House):

The UT International House offers many great events for UT and international students. Below are some regular events that might interest you.

For more details on all International House programming listed below, please visit <https://ihouse.utk.edu/>. Domestic students are encouraged to attend all I-House events!



[International Festival](#) is the largest event hosted by the International House. Held each year outside on Pedestrian Walkway in the center of campus, this event brings together all of our international organizations who host booths with food and other artifacts representing their cultures. There are live performances all day long and it allows students to explore cultures from around the world without ever leaving campus!

[The Friendship Program](#) and PAO Buddy Program have merged into one program now coordinated through the International House. The new program will be called the Friendship Program. This program pairs same-gender students, one from an international country and one from America, in order to develop friendships and make everyone feel "at home" at UT. Apply now at the International House front desk or get the application form online at <http://web.utk.edu/~ihouse/>.

[Culture Nights](#) are great culmination of the World Showcase presented by members of different International associations at UT and organized together with the International House. Culture nights include a great meal, presentation on the featured country, music, and dancing. Culture nights are held throughout the semester and are announced on the I-House website and around campus.

[Coffee House](#) is designed to promote social interaction between everyone in the university community (students, faculty and staff) so that we can get to know each other better. These typically are associated with an international topic or support the culture nights that are occurring during the same month.



[World Showcase](#) is a program of events focused on a country of regional theme. The world showcase usually takes place during a week period and may feature a global hour on a cultural topic from that region, a cooking demonstration, a coffee house discussion focused on a country/region, and a culture night with food and often music and dancing.

# Programs Abroad and Academic Experience

Bring your lessons from abroad full circle.

Incorporate what you studied and learned abroad into your UT campus coursework, research, or projects.

Here are some of the academic benefits of an experience abroad:

- Students see **100%** greater improvement in GPA post-study abroad. Student GPAs tend to rise as they approach the completion of their undergraduate degree. Students who studied abroad saw their GPAs rise twice as quickly as a result of going abroad compared to students who stayed in town according to a Georgia study. (University of California, Merced)
- **86%** of students indicated that education abroad programs aided their ability to formulate career goals and clarify professional aspirations. (AIFS)
- Students are **19%** more likely to graduate: study abroad participants are more likely to graduate than non-participants in six years. Even at four years, study abroad participants are **15%** more likely to graduate based on a UC San Diego study. UT Austin and Georgia data show a similar trend. (University of California, Merced)

Strategies for integrating your international learning into your UT academic path:

- Where given choice focus class projects on international topics and observations from abroad.
- Write about topics that explore or reflect on your international experience in course essays.
- Allow your experience to inform class presentations.
- Continue to study an academic interest that began abroad. In future semesters, take courses that may allow you to explore these interests in more depth.
- Expand or inform your honors thesis/final project with observations and research from your time abroad.
- Ask faculty members you work with about research interests you might have and learn about what research and professional work they might have completed or be involved in abroad.
- Consider applying for scholarships/fellowships through the UT [Office of National Scholarships and Fellowships](#) (ONSF) to fund future international studies, research and projects.

# Career & Internship Readiness

## Identify Your Intangible Skills

Transferrable Intercultural Skills useful in the workplace and often sought by employers include:

- ☐ Perseverance
- ☐ Flexibility
- ☐ Independence
- ☐ Ability to work in a multicultural group
- ☐ Second (or more) language ability
- ☐ Ability to work in a multilingual environment
- ☐ Ability to solve problems
- ☐ Demonstrated initiative
- ☐ Tolerance for stress
- ☐ Adaptability without judgment
- ☐ Negotiation skills
- ☐ Self-reliance
- ☐ Motivation
- ☐ Enhanced listening skills
- ☐ Sensitivity to cultural context
- ☐ Able to establish rapport quickly
- ☐ Time management skills
- ☐ Ability to cope with difficulty and rejection
- ☐ Accept responsibility for actions
- ☐ Clear written and oral communication skills
- ☐ Can communicate across barriers
- ☐ Possess an understanding of culture's complexity
- ☐ Respect for difference and diversity
- ☐ Demonstrate self-confidence/self-knowledge
- ☐ Sense of curiosity
- ☐ Ability to "fit into" and identify with new groups of people



Think about the above skills as consider these questions:

- What are top skills you can develop further after studying abroad?
- How would you use those skills?
- How do they apply to life back at UT?
- Which skill did I develop most while I was abroad?
- What is a story that exemplifies this skill I developed abroad?
- What are the top three skills I developed abroad and why?



# Center for Career Development Resources

The UT Center for Career Development offers excellent advice on how to include your international experience in your resume and how to discuss your international experience in a job interview. The resources can be accessed anytime online and Center for Career Development Staff are happy to meet with students about these topics. Center for Career Development staff will present more on the topic of identifying your skills gained while abroad and learning how to use them in your job search in Study Abroad Alumni Workshops or at the Global Experiences Conference. See the Programs Abroad Facebook page and website announcement scroll for upcoming workshop dates.

Center for Career Development (CCD) : [https://career.utk.edu/Resumes and Cover Letters Interviewing](https://career.utk.edu/Resumes%20and%20Cover%20Letters%20Interviewing)

CCD Facebook: <https://www.facebook.com/UTCenterforCareerDevelopment>

UTK Programs Abroad Facebook: <https://www.facebook.com/utkprograms.abroad/>

Learning how to best articulate your learning abroad on your resume and in interviews helps you to distinguish yourself as you seek your next job, internship or other academic opportunity. Here are some statistics to support the benefits of international experiences in the career search.

- 97% of study abroad students found employment within 12 months of graduation, when only 49% of college graduates found employment in the same period. That means they were twice as likely to find a job. Among study abroad alumni, 90% landed a job within 6 months. A UK study supports US findings that study abroad returnees are more likely to find employment within six months. (University of California, Merced).
- 90% of study abroad alumni who applied got into their 1st or 2nd choice grad school. (University of California, Merced, IES Abroad)
- 86% said participation in a study abroad program influenced their ability to adapt to diverse workplace environments. (AIFS)
- 85% of respondents said that participating in a study abroad program broadened the range of sectors in which they were interested in working. (AIFS)
- 65% of IES alumni said that their study abroad experience helped prepare them for their first job. (IES Abroad)
- 59% of employers said study abroad would be valuable in an individual's career later on with their organization. (University of California, Merced).

# Working Abroad

Below are some resources that might interest you if you are considering working abroad including volunteering or teaching English abroad. These opportunities require time and independent research to decide if they are useful for you as you consider your next international experience. Some of the organizations listed may charge for their services and others may be free listing services for opportunities that you will need to evaluate.

## Work/Intern Abroad Resources

*Association for International Practical Training* - <http://www.aipt.org>

*Int'l Association for the Exchange of Students for Technical Experience* - <http://www.iaeste.org/>

*Idealist.org-Action Without Borders-* <http://www.idealist.org/>

*Intern Abroad-* [www.internabroad.com](http://www.internabroad.com)

*Study Abroad.com Internships* - <http://www.studyabroad.com/internships-worldwide>

*GOINGLOBAL-* <https://online.goinglobal.com/user/login>

(use your UT net ID and password to access)

*BUNAC (British Universities North American Club)* - [www.bunac.org](http://www.bunac.org)

*The Big Guide to Living and Working Overseas-* [www.workingoverseas.com/](http://www.workingoverseas.com/)

*Escape Artist* - [www.escapeartist.com](http://www.escapeartist.com)

*Euro Jobs* - [www.eurojobs.com](http://www.eurojobs.com)

*Interexchange* - [www.workingabroad.org](http://www.workingabroad.org)

*International Jobs* - [www.internationaljobs.org](http://www.internationaljobs.org)

*Jobs Abroad* - [www.jobsabroad.com](http://www.jobsabroad.com)

*Monster* - <http://www.monster.com/geo/siteselection>

*Overseas Job Web-* [www.overseasjobs.com](http://www.overseasjobs.com)

*Riley Guide* - [www.rileyguide.com/internat.html](http://www.rileyguide.com/internat.html)

*Transitions Abroad* - [www.transitionsabroad.com](http://www.transitionsabroad.com)

*NAFSA: Association of Int'l Educators-* [www.nafsa.org](http://www.nafsa.org)

*Alliance Abroad* - <http://www.allianceabroad.com/>

*Cadres Online* - <http://www.cadresonline.com/>

*Career One* - <http://www.careerone.com.au/>

*Prospects* - <https://www.prospects.ac.uk/>

*iHipo (network for young professionals looking for international careers)-*  
<http://www.ihipo.com/>

*U.S. State Department Foreign Service Office-*  
<https://careers.state.gov/work/foreign-service/officer/>



# Teach English Abroad Resources

Go Abroad.com-Teach Abroad- <https://www.goabroad.com/teach-abroad>

CIEE Teach- <https://www.ciee.org/go-abroad/work/teach-english-abroad>

Dave's ESL Café- [www.daveseslcafe.com](http://www.daveseslcafe.com)

TEFL (English Teaching Job Search)- [www.tefl.com](http://www.tefl.com)

World Teach- [www.worldteach.org](http://www.worldteach.org)

API Teach- <https://www.apistudyabroad.com/experiential-programs/teach/>

Teach in France (TAPIF)- <http://frenchhighereducation.org/teaching-assistant-program>

Teach in Spain- <https://www.mecd.gob.es/eeuu/convocatorias-programas/convocatorias-eeuu/auxiliares-conversacion-eeuu.html>

Teach in Japan (JET)- <https://jetprogramusa.org/>

English Opens Doors Program in Chile- <http://centrodevoluntarios.cl/>

Language Corps- <https://www.languagecorps.com/>

# Volunteer Abroad Resources

Cross-Cultural Solutions - [www.crossculturalsolutions.org](http://www.crossculturalsolutions.org)

International Volunteer Programs Association - [www.volunteerinternational.org](http://www.volunteerinternational.org)

Peace Corps - [www.peacecorps.gov](http://www.peacecorps.gov)

Volunteer Abroad- [www.volunteerabroad.com](http://www.volunteerabroad.com)

Volunteer Services Overseas- [www.vso.org.uk](http://www.vso.org.uk)

World Endeavors- [www.worldendeavors.org](http://www.worldendeavors.org)

World Teach- [www.worldteach.org](http://www.worldteach.org)

YMCA International- <http://www.ymca.int/>

Volunteers for Peace (VFP)- <https://vfp.org/>

The above resource lists are not exhaustive. There may be other resources you can discover through your network or through your own independent research.

*Additional note: UT does not have control of content, accuracy, or copyrights to sites that are linked outside of the handbook. We do not endorse, recommend, or authenticate the accuracy of information at linked sites. They are provided as an informational resource and individuals must evaluate linked sites for any usefulness or purpose.*

# Interested in Going Abroad Again?

## Study Abroad Again

You are not limited to one education abroad program during your UT career. However, we do not recommend that you study abroad during your graduating semester. For a second program abroad, you must meet with your academic advisor to ensure that study abroad classes will work in your degree plan and will not delay graduation (unless desired). To begin researching an additional study abroad program consult [https://](https://programsabroad.utk.edu)



[programsabroad.utk.edu](https://programsabroad.utk.edu) and begin working with Programs Abroad and your UT academic advisor to explore and select your next program. Remember to research and plan ahead.

Get started today!

## Graduate School Abroad

Many foreign universities offer graduate programs that are open to students not native to that country. You can earn advanced degrees in almost any field from

art to science to business while living abroad. If this is something you want to explore, talk with your professors and departmental advisors about finding a program that meets your academic goals. In addition, these online resources can assist you in your search:

- [Across the Pond](#) (For students interested in earning a graduate degree in the UK)
- [MastersPortal](#) (Comprehensive search of master's degree programs in countries all over the world)
- [Challenges of Earning a Grad Degree Abroad](#) (Article from Idealist with advice on grad school abroad)
- [The Expert Guide to Graduate School Abroad](#) (Go Grad online resource and tips)
- [Graduate Schools Abroad from Lessons From Abroad](#) (List of universities and resources by region)
- [Earn Your Graduate Degree Abroad](#) (Go Overseas article with advice and program suggestions)
- [Graduate Study Abroad Programs](#) (Resources from StudyAbroad.com for graduate options)

# International Scholarships & Fellowships

For information on how to apply and find current timelines for all of the scholarships and fellowships below and others that may be interest you, please consult the UT [Office of National Scholarships and Fellowships](#). The following pages list five popular and prestigious scholarships. There are many more that may apply to you. Research more opportunities at the ONSF website link above.

## David L. Boren Scholarship & Fellowship

Boren Scholars (undergraduate students) and Fellows (graduate students) represent highly motivated individuals who are interested in long-term linguistic and cultural immersion and the national security arena. Boren Scholarships and Fellowships are funded by the National Security Education Program (NSEP) to enhance U.S. understanding of foreign cultures and languages, strengthen U.S. economic competitiveness, and enhance international cooperation and security around issues such as sustainable development, environmental degradation, global disease and hunger, conflict, and population growth and migration. The undergraduate scholarship provides up to \$20,000 to study abroad in areas of the world underrepresented in study abroad; the graduate fellowship provides up to \$30,000. Preference is given to those students who propose to study abroad for 6+ months. Boren Scholars must agree to the NSEP service requirement of one year of federal service.

### Timeline:

- Campus Pre-Application Deadline: December
- Campus Application Deadline: January
- All students applying to the Boren Awards are required to meet with the ONSF for review of application materials.
- Fellowship Application Final Deadline: January
- Scholarship Application Final Deadline: February

### Criteria:

- Be a U.S. citizen at the time of application and a high school graduate
- Be enrolled in an accredited undergraduate or graduate degree program in the U.S. through the duration of the scholarship period
- Apply to a study abroad program that meets home institution standards in a country outside of Western Europe, Canada, Australia, or New Zealand, with a focus on language study and cultural immersion

### Application Process:

- All applicants must first complete ONSF's Boren Pre-Application
- Students will complete the Boren application by the UT Campus Deadline. The application covers eligibility information, educational background, overseas experience, relevant activities and awards, study abroad program information, a budget, career plans, and two essays.
- Students will participate in brief campus interviews, which will be followed by an application revision period ahead of the national deadline, by which time students must submit full application packages, including any language assessments and letters of recommendation.

*Applicants should meet with ONSF staff as they begin the application process.*

## Fulbright Scholarship

The [Fulbright US Student Program](#) is the largest US international exchange program providing opportunities for students to undertake year-long, post-graduate advanced research, graduate degrees, arts projects, or teaching in one of more than 140 countries around the world. More than 360,000 Fulbrighters from the United States and other countries have participated in the program since its inception in 1946.

The Fulbright application process begins in March each year, with a UT pre-application due in April, followed by development of drafts of materials over the summer, a UT campus deadline in August, an interview and revision period in September, and a final deadline in October. ONSF supports UT Fulbright applicants through each step of this process.

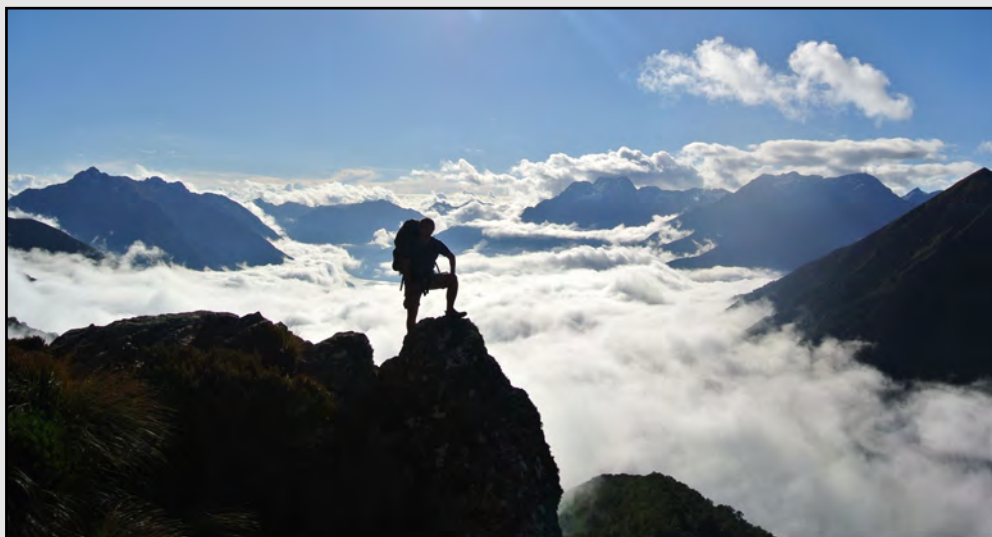
### Criteria:

- Have a baccalaureate degree by the start of the grant, be a current graduate student or professional degree student (without a PhD), or be an alumnus who holds at least a bachelor's degree but does not have a PhD,
- Be a US citizen at the time of application
- Possess necessary language skills for proposed project

### Application Requirements:

- A 1-page, single-spaced personal statement and a 1 – 2 page single-spaced statement of grant purpose
- May require language competency forms depending on the selected country. Consult the [country pages](#) for further instruction on expected language proficiency and required forms
- Completion of the online Embark application
- Three confidential letters of recommendation, or recommendation forms in the case of the ETA. Click [HERE](#) for guidance on writing Fulbright recommendations.
- Transcripts from all credit or degree-granting institutions
- Creative & Performing Arts candidates have [required supplementary materials](#)
- Study/Research applicants must submit a Letter of Affiliation from the host country, submitted with the formal application by the stated national deadline

*ONSF is available to meet and correspond with all UT undergraduate students, graduate students, and alumni interested in applying for a Fulbright.*



## Marshall Scholarship

The Marshall Scholarship awards full support to approximately 40 students for up to three years of study in any discipline at any university in the United Kingdom.

### Timeline:

- Campus Deadline: September
- National Deadline: October

### Criteria:

- U.S. Citizenship
- Hold at least one undergraduate degree from a university in the United States
- Have a GPA not less than 3.7 for undergraduate degree
- Have not studied for or hold a degree from a British University or GCSE or A Levels taken in the UK.
- Have an exceptionally strong academic record, leadership potential, and ambassadorial potential

### Application Process:

- A personal statement (1,000 words)
- A description of the program of study; the institution(s) of choice, and why the UK
- Four letters of recommendation
- Official transcripts and a complete online application
- UT letter of endorsement following campus interview and selection as campus nominee

*To initiate the UT campus application process for the Marshall Scholarship, you must complete the campus pre-application and meet with ONSF.*

## The George J. Mitchell Scholarship

Up to 12 Mitchell Scholars between the ages of 18 and 30 are chosen annually through a highly rigorous process for one year of postgraduate study in any discipline offered by institutions of higher learning in Ireland (study in Northern Ireland is not currently an option through the Mitchell Scholarship).

### Timeline:

- Campus Deadline: TBA (see ONSF website)
- National Deadline: end of September

### Criteria:

- Be a U.S. Citizen
- Hold at least one undergraduate degree from a university in the United States
- Be between 18 and 30 years of age
- Have an exceptionally strong academic record, leadership experience, and sustained commitment to community and public service

### Application Process:

- A personal statement (1,000 words)
- A description of the program of study; the institution of choice and why Ireland or Northern Ireland
- Four letters of recommendation; at least two must be academic in scope
- Official transcripts and a complete online application
- UT letter of endorsement following campus interview and selection as campus nominee



## Rhodes Scholarship

The Rhodes Scholarship provides full financial support to pursue a degree (either a second B.A. or an advanced degree) at the University of Oxford in the UK. Rhodes Scholars are chosen not only for their outstanding scholarly achievements, but for their character, commitment to others and to the common good, and for their potential for leadership in whatever domains their careers may lead.

### Timeline:

- Campus Deadline: September
- National Deadline: October

### Criteria:

- Be a U.S. Citizen
- Be at least 18 and no more than 24 years of age
- Have completed undergraduate degree program

### Application Process:

- A personal statement (1,000 words), including a description of the program of study; the department, faculty, research group and specific description of other resources exclusive to Oxford that will support your course of study and/or research efforts.
- Five to eight letters of recommendation (it is highly recommended that you provide all eight letters of recommendations; four must be academic in nature)
- Official transcripts and a complete online application
- UT letter of endorsement following campus interview and selection as campus nominee

*To initiate the UT campus application process for the Rhodes Scholarship, you must complete the campus pre-application and meet with ONSF.*



# In Closing

This handbook serves as a starting point for you on your post-study abroad journey. The Programs Abroad Office invites to continue staying involved with the office through returned student events, volunteering and much more. Continue to think about experiences and skills you gained while abroad and how you plan to use them in the future.

Again, we welcome you back to Rocky Top. Through this transition back home, know that the Programs Abroad Office is here to support you. You can always contact us to reflect, share your stories, or ask for more information that may not be present in this handbook.

We wish you the best as you continue to discover and explore your international learning.

Best regards,



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*Big Orange. Big Ideas.*

*“Nobody can discover the world for somebody else. Only when we discover it for ourselves does it become common ground and a common bond and we cease to be alone.”*

– Wendell Berry, American novelist and poet