



# FIRST-GENERATION FACT SHEET

As a first-generation student, navigating the university experience can be a difficult and getting started on the study abroad process can add to the challenge. This handout outlines some of the tips, tricks, and cost considerations to help guide you through the process.

## COST CONSIDERATIONS

- [ISEP Exchange](#) is the most popular type of program at ISEP. With exchange you pay tuition and fees to your home university, including the price of housing as if you were living on campus and the cost of a full meal plan. Almost all federal, state, institutional and outside financial aid will transfer to your program, so for many students exchange is the most affordable way to study abroad.
- Alternatively, an [ISEP Direct](#) program might be more affordable for you depending on your specific study abroad needs. For example, [ISEP's Ghana program](#) offers housing that's only \$950 for a four-month semester program. That's less than \$250 per month! And, you may get to budget for your own meals instead of paying for a full meal plan. Federal and state financial aid should apply to Direct programs for U.S. students, but check with your home university for more details.
- Apply for [ISEP scholarships](#) and other [study abroad scholarships](#).



## TIPS AND TRICKS

- Find and utilize your resources: talk to your study abroad office about what resources are available to you. Visit ISEP's website for a step-by-step guide on [How To Apply](#), tips for [Budgeting for Study Abroad](#) and [Travel Information](#). For family members, the [Information for Parents](#) and [Health and Safety](#) sections may prove particularly useful.
- Consider the length of time you would like to be away from home. ISEP offers programs as short as two weeks (either over the summer or winter break) to as long as a year and everything in between.
- Decide if you would like to live in an apartment, dormitory, or homestay. You can filter by what type of housing you prefer by using our [Program Finder](#).
- For First-Generation study abroad students, navigating a new education system can be a challenge. For example, French universities operate in a way that is quite different from the U.S. (they have highly structure curriculum, students take one test for each class per semester, etc.). Check out ISEP's [Country Handbooks](#) to learn more about a country's education system before you choose a program or before you depart for your program.
- [Get in touch with ISEP](#) and the study abroad office at your university to help you narrow down your options and to determine which programs might work best for your specific needs. We recommend getting started early in order to ensure that you are able to find your perfect program.

GET STARTED AND SEARCH PROGRAMS:

[www.isep.org](http://www.isep.org)