



STUDY ABROAD

FIRST-TIME TRAVELER FACT SHEET

As a first-time traveler outside of your home country or state, navigating the study abroad experience can be a 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. 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. Also check out ISEP's website for a step-by-step guide on [How To Apply](#), tips for [Budgeting for Study Abroad](#), [Travel Information](#) (such as tips for purchasing airfare) and suggestions for [Adjusting to a Different Culture](#).
- 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](#).
- As a first-time traveler, consider if you would like to study abroad in a location where you do not speak the language - ISEP has plenty of options in a variety of different languages to help you feel most comfortable. Or put yourself outside of your comfort zone and try learning a new language!
- [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.isepstudyabroad.org