



RECOMMENDATIONS FOR FIRST-GENERATION STUDENTS

As a first-generation student, we understand you have unique needs and considerations when planning to study abroad. ISEP is dedicated to providing the information you need to feel confident and supported while choosing a program. This handout outlines some considerations to help guide you through the process.

Things to Know When Planning on Studying Abroad

You can afford to study abroad!

- Most federal financial aid (and sometimes institutional and state aid) can be used towards the cost of your ISEP program.
- If you receive a Pell Grant, you may be eligible for the Gilman Scholarship to study abroad.
- ISEP offers affordable programs so you can pay about what you pay to attend college now. You'll need to plan for travel expenses (like a flight) and a few other administrative expenses.

ISEP is here to help you.

- Your ISEP Student Services Officer can recommend programs based on your specific needs, whether it is extra academic support or mental health resources.

You can take your classes in English!

- We offer programs in English-speaking countries, but we also offer programs at universities where classes are taught in English but locals speak another language (and usually some English).

There are options for your major, so you can still graduate on time.

- ISEP offers ISEP Direct programs in 30+ countries and ISEP Exchanges in more than 50 countries. We work with over 300 universities, and we can find courses for almost any major. Check out our Field of Study guides to see a few examples!



I chose to go with ISEP for my study abroad experience because they made the process so easy. Since this was my first trip out of the country by myself, ISEP made me feel safe, confident, and cared for.

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*From San Diego State University,
studied in London at the University of Roehampton*

Study Abroad Checklist

- Apply for a passport (if you don't have one or it expires soon). A new U.S. passport is \$130 + fees for photos and mailing.
- Chat with your ISEP Coordinator at your university to learn more about the application process and what financial aid you can use abroad.
- Meet with a financial aid advisor at your home university to see how your aid will work when you study abroad.
- Meet with an ISEP Student Services Officer to find programs that would be a good fit.
- Explore ISEP's identity abroad resources.
- Talk to your family and friends and ask them about their concerns—if you are proactive, it will help you mitigate their worries and answer their questions early.
- Check out ISEP's budgeting resources to plan ahead for your time abroad:
<https://www.isepstudyabroad.org/planning/finances/budgeting>



STUDY ABROAD

RECOMMENDED PROGRAMS FOR FIRST-GENERATION STUDENTS

Below is our list of program recommendations for first generation students. Most sites recommended have a fair (or better) chance of placement, straightforward visa process, academics with predictable course schedules with options available in English, simple commute to campus, and are at institutions known for providing a supportive environment for students.



Study in Seoul | Korea University ● ●

Experience the vibrant culture capital of Seoul at Korea University, one of South Korea's oldest, largest, and most prestigious universities. Acclimate to a new host culture through experiences coordinated by KU's student buddy program. ISEP's South Korea Program Advisor, Brian Min, is available to help students navigate life in Seoul.



Study in England | University of Chester ●

Take in the architectural and natural beauty of Chester while studying at a university dedicated to offering students a supportive and encouraging learning environment. International students will take an "Intercultural Experience Learning" model organized by a local ISEP Host Coordinator to help students get the best out of their exchange.



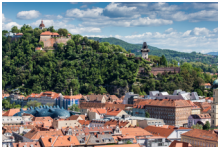
Study in Chile | Pontificia Universidad Católica de Valparaíso ● ●

Experience the unique culture of Chile's second largest city: Valparaíso, a UNESCO world heritage site. No language background is required as coursework is available in English and Spanish. Pontificia Universidad Católica de Valparaíso offers support for academics and also for students from historically underrepresented backgrounds.



Study in Finland | Tampere University ●

Tampere is Finland's most sought-after city to live in, and a region renowned for four beautiful seasons and its pristine nature. Thrive academically through Tampere University's International Student Tutoring for Exchange Students program, where a local student volunteer will help with navigating life and academics in a new country.



Study in Austria | Karl-Franzens-Universität Graz ●

Live in the dynamic university town of Graz, Austria's second largest city. Experience the friendly community at Karl-Franzens-Universität Graz upon arrival with an included welcome party for exchange students and city tour. Sign up for the university's buddy program to connect with local students interested in intercultural exchange.



Study in the Czech Republic | Masaryk University ● ●

Take courses in English at Masaryk University, known for its welcoming staff and international student community. A vibrant college town, Brno is a great base for exploring Europe and the Czech Republic. Campus resources are available for students seeking services for mental health, academic accommodations, and networking opportunities.



Study in Tokyo | Tokyo International University ● ●

Study in Kawagoe, a charming and traditional area of Tokyo, alongside local and fellow exchange students. Take coursework in English at Tokyo International University while having access to supportive campus amenities including on-campus counseling services and opportunities to meet with local peer assistants at weekly events.



Study in Morocco | Al Akhawayn University ●

From sand dunes to the Atlas Mountains, there truly is no place quite like Morocco. Al Akhawayn University is an ideal location for students who want an introduction to this region of the world. All coursework at Al Akhawayn University is instructed in English and the academic structure is similar to an American style education system.



Study in Malta | University of Malta ● ●

Live in a lively student town among a diverse international student community while studying in Malta, consistently named one of the safest destinations in all of Europe. University of Malta even has a Gender+Equity Plan to support diverse populations including gender, disability, race, religion, and socio-economic backgrounds.