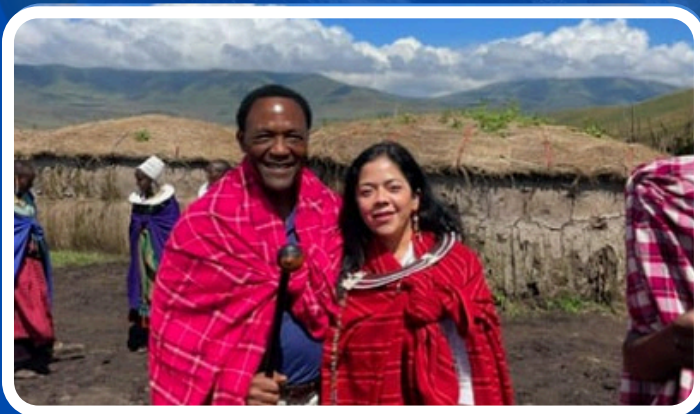


# STUDY ABROAD GUIDEBOOK

#TSUGlobal



# TABLE OF CONTENTS

- 1 Welcome Message
- 2 Benefits of Education Abroad
- 3 Where to Begin
- 4 Common Concerns
- 5 Pre-departure Planning
- 6 The Cultural Experience Abroad
- 7 Health and Safety

# WELCOME MESSAGE

Welcome to the TSU Office of International Affairs' Study Abroad Guide! We are excited to support you on this transformative journey as you explore new cultures, gain global perspectives, and expand your academic horizons. Whether you're preparing for your first experience abroad or returning for another adventure, this guide is designed to provide essential information, practical tips, and helpful resources to ensure a smooth and enriching experience. We believe in empowering students to embrace the world, and we are here to help make your study abroad experience memorable and successful. At TSU, we produce Global Leaders!



**Dr. Jewell Winn**  
Executive Director for  
International Affairs  
[jwinn@tnstate.edu](mailto:jwinn@tnstate.edu)



**Mr. Mark Brinkley**  
Director International Education  
and Global Learning  
[mbrinkley1@tnstate.edu](mailto:mbrinkley1@tnstate.edu)



Holland Hall 111



(615) 963-7660



@tnstate\_internationalaffairs

# ..... BENEFITS OF ..... EDUCATION ABROAD

## *Academic Benefits*

Regardless of your major, education abroad can provide you with a deeper, and often different understanding of your academic course of study. If you are a marketing major, learning business models and consumer behavior in another country may make you examine how you understand the goals and methods of advertising. If you are a biology major, being in the environment that you have only previously studied in the lab will allow you to interpret data in real time. If you are a history major, having access to different archives and cultural institutions will teach you the value of primary sources. If you are learning a foreign language, cultural immersion will help you reach fluency levels in a shorter span of time. These are just a few examples, but in all cases, studying the same topic in a new academic environment will allow you to become more analytical about your studies and gain firsthand knowledge and insight.

## *Career Benefits*

In this increasingly global and interconnected economy, an education abroad experience is as essential as taking basic Math and English. To be successful in your career, you will need to appreciate other people's cultural norms, work collaboratively with diverse groups, and think creatively with few resources. From the application process to navigating a foreign country to readjusting to life back home, an education abroad program helps you engage with many different types of people in a variety of settings.

### 2024 Study Abroad - Tanzania

The 20-member HAEC 2024 Tanzania team visited Dr. Michael Battle, the U.S. Ambassador to Tanzania, this past May in Dar es Salaam. The group had a wonderful afternoon with the Ambassador and his team, dialoguing on a myriad of topics, including global servant leadership, paths to civil servant careers, college student recruitment in Tanzania for HBCUs, economic innovation, and more.



## *Personal Benefits*

Education abroad can help you connect with your family heritage or a heritage that captivates you. You can learn more about your ancestral history and potentially meet family members who still live in the country. If you speak the language at home but do not know how to read or write it formally, this is the opportunity for you to achieve that goal. Students of African descent often find studying African diaspora to be enlightening and rewarding for their own explorations of self and identity. It can bring the classroom material to life when you hear about the history and traditions of a place from the local people who have such cultural pride. Additionally, there has been an emerging interest in programs that highlight indigenous cultures around the world. Native American students can engage with indigenous people from other parts of the world, including Australia, New Zealand, Central America, Canada, and East Asia. It is interesting to learn about the history, customs, and values of different indigenous cultures and see how they align or diverge from your own.



2024 Study Abroad - Tanzania.  
TSU Students and Maasai people.

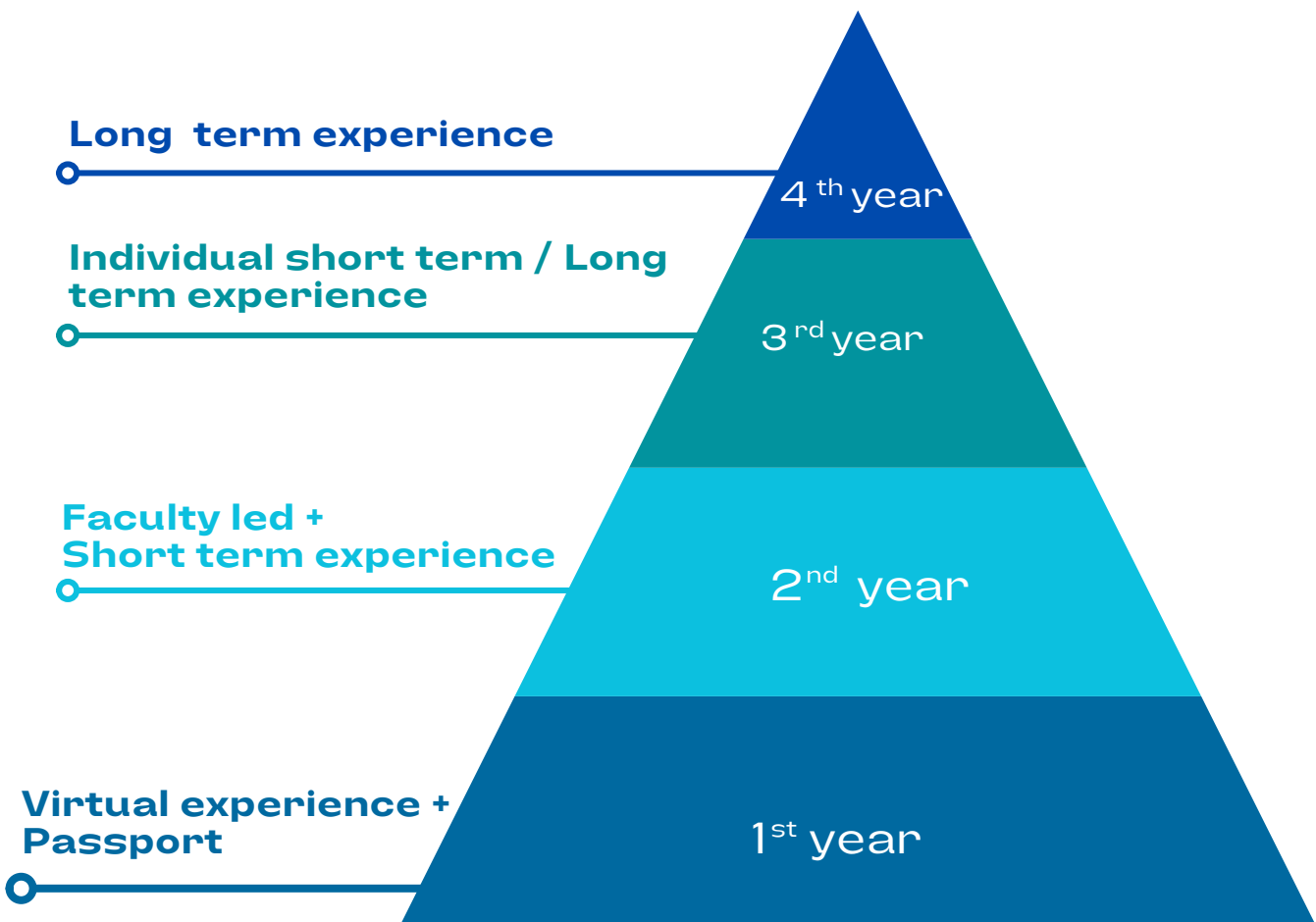
# — WHERE TO BEGIN —



## Office of International Affairs - TSU

The Office of International Affairs at TSU is responsible for creating and managing international programs for students. Mr. Mark Brinkley, the director of International Education and Global Learning, will assist you in the selection of the best destination and program for your academic needs, and even provide guidance for scholarships and financing. Take advantage of these services because they will help make the process easier in the long run.

### Study Abroad Pathway



If you haven't decided on the type of program you want to engage in or where you want to go, the following considerations might help you narrow it down:

#1

What type of program and level of immersion are you interested in?

#2

How long do you want to be abroad?

#3

Have you already studied a language or do you speak it well enough to live in a country where that language is spoken?

#4

How well will you adjust to the living and cultural environment?

#5

Where do you see yourself getting the most out of the experience?

#6

How are racial and ethnic minorities treated in the country? After finding out this information, ask yourself if you can accept potentially experiencing this kind of reception.



2024 Study Abroad - Ghana

# PLEASE CONSIDER

## Finances

There is a cost associated with education abroad, but it is possible to find a program that is affordable and fits your needs. Early planning will help you secure the funds you need to go overseas. Speak with staff at the Office of International Affairs to get the facts on financing your education abroad.



**Here is a list of expenses that you should factor into your budget for education abroad:**

- Program Costs (including tuition, room and board)
- Fees for obtaining a visa (if required)
- Immunizations and other pre-departure medical expenses
- Airfare
- Airport transfers (getting to and from the airport)
- Commuting costs in country
- Excursions (side trips to other places organized by the provider)
- Books
- Technology (cell phone service, Internet, printing fees)
- Additional clothing and supplies
- Personal items
- Entertainment (museum entrance fees, sightseeing, shows)
- Souvenirs
- Additional travel (including housing and meals)





# COMMON CONCERNS

## Fear of the unknown

Almost everyone who has taken their education abroad will say that they were afraid or anxious before they left. Common fears that students have include fear of flying, fear of new foods, fear of being unable to communicate, fear of being a minority or foreigner etc. It is important for you to acknowledge any worries you may have before addressing them. You are embarking on a journey that will inevitably include high and low moments. It will be easier for you to find meaning in your experience and manage your expectations if you allow yourself to voice and explore your feelings.

## Family

Being away from your family is not easy. "You'll miss your big sister's wedding", "your brother is going off to college at the end of the month". Family members may be upset or disappointed that you have to miss out on major life events, such as weddings or births. It is important to acknowledge your family's concerns in a positive way and to remind them that education abroad is a temporary state. One summer, term, or even an academic year will go by quicker than anyone can imagine.

## Friends

Friends provide us with comfort as well as stability; they are there for us when we need them. Make a plan to stay in touch so that your friends can be supportive of your progress abroad. Although education abroad will definitely change you as a person, try to reassure your friends that you will both work hard to maintain the relationship during and after your trip.

## Fraternities and Sororities

Fraternities and sororities have an important cultural and historical role in many communities, especially in the African American community. If you are interested in joining a fraternity or sorority, it is important to plan your education abroad early. You should consider creative options to accommodate both.

## Political Instability or Unrest

"It's not safe to leave the United States right now". Your family and friends may be concerned about your security and well-being in a foreign country. There are serious and legitimate concerns, but they should not deter you from going. By taking the same precautions you would at home or on campus (e.g., never walking alone at night, remaining vigilant of your surroundings, trusting your instincts, and keeping your cell phone charged) you can be prepared while living and traveling abroad.

# PRE-DEPARTURE PLANNING



## Passport

If you don't have a current passport, you will need to apply for one at least six months before your program departure date. The Office of International Affairs at TSU is a passport facility. You can contact us at 615-963-5640 or stop by the office to make an appointment. We are located on the TSU Main Campus in Holland Hall, Suite 111.

## Visa

Many countries may require you to have a visa to enter and depart within a certain length of time. You can check with your education abroad advisor or the U.S. Department of State's website to determine whether you need a visa for entry and exit to complete your study abroad experience.

## Packing

Packing the right items will ease your transition into your new environment. Consider your destination carefully. What's the climate like? Is it sunny and tropical, or will it be a long, cold winter? Is extreme weather like hurricanes or monsoons common? In some hot or humid locations, shorts may not be acceptable in public, so opt for pants or longer skirts made of breathable fabrics. For cold climates, avoid bulky items like coats and sweaters, which take up space and may lead to luggage fees. Consider bringing thermal base layers and just two or three sweaters.



### Style

Invest in some basics and think about ways to combine a few clothing items into multiple outfits. In all cases, be sure to research the cultural norms regarding attire in your host country.

### Space

Minimize the items of travel because you will have to carry everything that you pack. **You will carry your own suitcase up and down stairs, on trains, and everywhere else that your journey takes you.**

### Hair

Many students are concerned about maintaining healthy hairstyles during their experience. Consider changing your hairstyle temporarily to something that you can easily maintain.

# THE CULTURAL

## EXPERIENCE ABROAD

### Culture Shock

The first few days or weeks of your education abroad may be the most difficult emotionally. "Culture shock" is the term used to describe the period of adjustment an individual goes through when confronted with a new host culture and environment. During this time, you may tackle feelings of frustration, isolation, and disorientation as you relearn everything, from a new language to dining etiquette to classroom behaviour. Culture shock is a normal and expected stage of the education abroad experience. Most students find that after a few weeks, they will begin to feel more comfortable in their host country as they become familiar with the cultural landscape and social cues.



### Host Families

Many education abroad program offer homestays, where students stay with a host family for deeper levels of immersion. Living with a host family will help you practice your language skills, learn about social values and expectations, and connect to the community faster. Although there are many advantages to staying with a host family, there are some tradeoffs. You may have less privacy than you would in residential halls.



### Academic Studies

While you will learn and grow from your engagements with the locals and your peers outside of the classroom, your first priority is to broaden your academic horizons. **Work with your academic advisors to ensure that you take on a manageable schedule of courses abroad.** Don't overload yourself because you will need time to adjust to the new academic environment and partake in other opportunities to explore your host country.



# HEALTH AND SAFETY ABROAD



## Health Care

- Before you go, review your current health insurance plan to determine if and how, it will cover you while you are overseas.
- You may need to purchase supplemental health insurance for your time abroad, including any additional travels that you may do outside of your host country.
- Visit with your doctors for regular check-ups and screenings and take care of any immunization(s) that you may need for you destination.
- If you take regular medications, check to see if you are allowed to bring them into the country and, if so, try to fill your prescriptions to last you the duration of the program.
- Let your mental health care team know that you intend to take your education abroad and develop a plan to stay in touch as well as a plan for emergencies.



## Racism and Discrimination

There is a possibility that racial and ethnic minority students may be disproportionately underrepresented in your program, making you feel further isolated. In many cases, your education abroad is equipped to answer questions about racism and discrimination overseas. It is important to investigate race relations in your international destination before you go. There are some reliable, objective resources online that can help you get a sense of the social and cultural atmosphere in your host country.

# EXPLORING FOOD SECURITY & FOOD SOVEREIGNTY IN ST. CROIX VIRGIN ISLAND

## SPRING BREAK STUDY ABROAD FEBRUARY 28 - MARCH 7, 2025



Expand your horizons and explore St. Croix's foodways, farms, heritage.



### Experiential Learning

Gain hands-on experience teaching nutrition lessons and visiting the University of Virgin Islands during spring break.



### Workshop on Food Access & Policy

Travel to St. Croix to learn about nutrition and health problems that affect women and children in the U.S. Virgin Islands. Funding and seating are limited.



### Service Learning

Volunteer at the WIC and Head Start Programs and an organic farm.



Apply by  
**11/28/2024**

TOTAL COST \$2,300

- Accommodation for 7 days
- Round-trip transportation to and from airport and hotel, on-ground transportation, & tours

#### **COURSES:**

**CRN 12963** - NUFS 4620 SPEC PROB IN NUTRITION

**CRN 11170** - NUFS 4540 MEDICAL NUTRITION THERAPY

**CRN 11264** - NUFS 3830 NUTRITION ASSESSMENT, BEHAVIOR CHANGE & COUNSELING



TSU-24-157(A)-7G-13510 - TENNESSEE STATE UNIVERSITY IS AN AA/EEO EMPLOYER.



Holland Hall 111



(615) 963-7660



@tnstate\_internationalaffairs



ICANDCARIBBEAN Social Work  
ENCHANTED LAKES



HBCU Africa Education Coalition, 3GC &  
ICANDCARIBBEAN Social work  
PRESENT



# Explore

## ST. CROIX

**COURSES:**

**CRN 14073** - PSYC 3230 - 98A - PSYC OF BLACK EXPERIENCE

**CRN 14493** - PSYC 4608—SPECIAL TOPICS: MULTICULTURAL PSYCHOLOGY

**CRN 12963** - NUFS 4620 SPEC PROB IN NUTRITION

MARCH 1-7/ MARCH 8-14, 2025

CONTACT US FOR MORE INFO

✉ info@haec100k.org

📷 haec100k

🌐 www.haec100k.org

**REGISTRATION CLOSED**

Limited Spots Available! Apply now and Embark on the Journey of a Lifetime!



Holland Hall 111



(615) 963-7660



@tnstate\_internationalaffairs

MAYMESTER 2025

Medellín, Colombia - May 12<sup>th</sup> - May 24<sup>th</sup>



## READY FOR A FULL IMMERSION EXPERIENCE IN MEDELLIN, COLOMBIA?

Improve your skills studying Spanish, Criminal Justice, and Communication  
in Medellín, Colombia!

You will be taking class every day from Monday through Friday at Fundación  
Universitaria María Cano located in one of the heart of Medellín. There will be  
excursions around the city, visits at different museums, parks, excellent authentic  
Colombian food, music, and lots of fun!

COURSE  
OPTIONS

**CRIMINAL JUSTICE: CRMJ 4300 - SPECIAL TOPICS**  
**COMMUNICATION: COMM 3520 - COMMUNICATION LAW**  
**SPANISH: SPAN 4900 - ON-SITE HISPANIC CULTURE**

For more information:

**Dr. DEBORAH BURRIS-KITCHEN**, Professor of Criminal Justice  
Email: [dburriskitchen@tnstate.edu](mailto:dburriskitchen@tnstate.edu) - Crouch Hall 305 - Ph. (615) 963-7648

**Mr. JORGE JIMENEZ**, Instructor of Communication Law  
Email: [jjimenez@tnstate.edu](mailto:jjimenez@tnstate.edu) - Ph. (615) 963-5741

**Dr. FRANCESCO MASALA**, Assistant Professor of Spanish  
Email: [fmazala@tnstate.edu](mailto:fmazala@tnstate.edu) - Davis Building 149 - Ph: (615) 963-5541



SCAN  
AND APPLY HERE!

TSU-25-139(A)-7g-13106 - Tennessee State University is an AA/EEO employer.



Holland Hall 111



(615) 963-7660



@tnstate\_internationalaffairs



HBCU Africa Education Coalition, 3GC  
PRESENT



# Explore

## TRINIDAD & TOBAGO

**COURSES:**

**CRN 14073** - PSYC 3230 - 98A - PSYC OF BLACK EXPERIENCE

**CRN 14493** - PSYC 4608—SPECIAL TOPICS: MULTICULTURAL PSYCHOLOGY

**CRN 12963** - NUSF 4620 SPEC PROB IN NUTRITION

**MAY 13-19, 2025**

**SIGN UP USING THE LINK BELOW!**

<https://linktr.ee/HAEC25>



**CONTACT US FOR MORE INFO**

✉ [info@haec100k.org](mailto:info@haec100k.org)

📷 [haec100k](https://www.instagram.com/haec100k)

🌐 [www.haec100k.org](http://www.haec100k.org)

Office of International Affairs

**Limited Spots Available! Apply now and Embark on the Journey of a Lifetime!**



Holland Hall 111



(615) 963-7660



@tnstate\_internationalaffairs

TSU-25-137(A)-7g-11500 - Tennessee State University is an AA/EEO employer





HBCU Africa Education Coalition & 3GC  
PRESENT



# Explore

## MOROCCO & SPAIN

**COURSES:**

**CRN 14073** - PSYC 3230 - 98A - PSYC OF BLACK EXPERIENCE

**CRN 14493** - PSYC 4608—SPECIAL TOPICS: MULTICULTURAL PSYCHOLOGY

**CRN 12963** - NUF5 4620 SPEC PROB IN NUTRITION

**MAY 14-24, 2025**

**SIGN UP USING THE LINK BELOW!**

<https://linktr.ee/HAEC25>



**CONTACT US FOR MORE INFO**

✉ [info@haec100k.org](mailto:info@haec100k.org)

📷 [haec100k](https://www.instagram.com/haec100k)

🌐 [www.haec100k.org](http://www.haec100k.org)

**Limited Spots Available! Apply now and Embark on the Journey of a Lifetime!**



Holland Hall 111



(615) 963-7660



@tnstate\_internationalaffairs



HBCU Africa Education Coalition & 3GC  
PRESENT



# Explore TANZANIA

**COURSES:**

**CRN 14073** - PSYC 3230 - 98A - PSYC OF BLACK EXPERIENCE

**CRN 14493** - PSYC 4608—SPECIAL TOPICS: MULTICULTURAL PSYCHOLOGY

**CRN 12963** - NUFS 4620 SPEC PROB IN NUTRITION

**MAY 20- 30, 2025**

**SIGN UP USING THE LINK BELOW!**

<https://linktr.ee/HAEC25>



CONTACT US FOR MORE INFO

✉ [info@haec100k.org](mailto:info@haec100k.org)

📷 [haec100k](https://www.instagram.com/haec100k)

🌐 [www.haec100k.org](http://www.haec100k.org)

**Limited Spots Available! Apply now and Embark on the Journey of a Lifetime!**



Holland Hall 111



(615) 963-7660



@tnstate\_internationalaffairs



HBCU Africa Education Coalition & 3GC  
PRESENT



# Explore GHANA

**COURSES:**

**CRN 14073** – PSYC 3230 – 98A – PSYC OF BLACK EXPERIENCE

**CRN 14493** – PSYC 4608—SPECIAL TOPICS: MULTICULTURAL PSYCHOLOGY

**CRN 12963** – NUF5 4620 SPEC PROB IN NUTRITION

**MAY 30- JUNE 12, 2025**

**CONTACT US FOR MORE INFO**

**SIGN UP USING THE LINK BELOW!**

<https://linktr.ee/HAEC25>



✉ [info@haec100k.org](mailto:info@haec100k.org)

📷 [haec100k](https://www.instagram.com/haec100k)

🌐 [www.haec100k.org](http://www.haec100k.org)

**Limited Spots Available! Apply now and Embark on the Journey of a Lifetime!**



Holland Hall 111



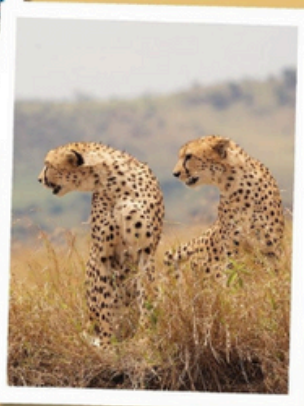
(615) 963-7660



@tnstate\_internationalaffairs



HBCU Africa Education Coalition & 3GC  
PRESENT



# Explore SOUTH AFRICA

**COURSES:**

**CRN 14073** - PSYC 3230 - 98A - PSYC OF BLACK EXPERIENCE

**CRN 14493** - PSYC 4608—SPECIAL TOPICS: MULTICULTURAL PSYCHOLOGY

**CRN 12963** - NUFS 4620 SPEC PROB IN NUTRITION

**JULY 14-24, 2025**

SIGN UP USING THE LINK BELOW!

<https://linktr.ee/HAEC25>



CONTACT US FOR MORE INFO

✉ [info@haec100k.org](mailto:info@haec100k.org)

📷 [haec100k](https://www.instagram.com/haec100k)

🌐 [www.haec100k.org](http://www.haec100k.org)

Limited Spots Available! Apply now and Embark on the Journey of a Lifetime!



Holland Hall 111



(615) 963-7660



@tnstate\_internationalaffairs



Office of International Affairs

**#TSUGlobal**



Holland Hall 111



(615) 963-7660



@tnstate\_internationalaffairs