

### 10 IMPORTANT TIPS WHEN GOING ABROAD

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The moment is almost there, you're going ABROAD! We, at Australians Abroad, hope you are excited to discover a new country, getting to know a different culture, meeting new people, tasting traditional food, gain work experience within a professional company and exploring the most beautiful places in the country of your choice! Well to have the best experience of your life, we have made an "10 IMPORTANT TIPS WHEN GOING ABROAD" list for you with several tips which will help you make this experience the best time of your life. Please have a look at these tips below and don't hesitate to contact us if you have any questions.

#### 1. MAKE A CHECKLIST

By making a checklist for yourself you make sure you will not forget one single thing while preparing for your trip abroad.

#### 2. PREPERATION OF ADMINISTRATION

Scan all of your personal documents required for travel and keep them, along with important information about your program (emergency contact numbers, housing address, itineraries, etc.), to the cloud and USB. Also e-mail all the personal documents to yourself. In this way, you'll be able to access information and copies of important documents via the web should you misplace the physical copies while going abroad.

#### 3. ATM/PAYMENTS

Research the ATM locations, local currency exchange rates and fees, and the type of (credit) cards that are accepted internationally. You'll also want to notify your bank and credit card providers of your travel dates so they won't flag overseas purchases as potential fraud.

#### 4. UNDERSTANDING OF THE VISA REQUIREMENTS

Please make sure you understand the specific visa requirements of the visa, which you possess, of your final destination.

#### 5. MAKE A BUDGET

Depending on your destination, your cost of living might be substantially lower or higher than it is in Australia. Get a sense of how much money you'll need for food, accommodation, travel, etc., **BEFORE** going abroad. If you have an income during your internship it is wise to make a personal budget which you follow while being abroad. With a little planning, you should be able to make sure you're in good financial shape the entire time you're away.

#### 6. STAY SAFE

While you are living abroad, you are subject to the laws of another country. Don't take them lightly and don't take any unnecessary risks. The best way to avoid problems is to be respectful of the laws and rules of the country you are living in.

### 7. COME WITH A CLEAN SLATE

When going into an internship or traveling abroad it is good to have a little background information on what you are about to experience. But researching and living are two completely different things. Come in wide-eyed and willing to accept everything that comes at you. Take it all in and be willing to embrace the culture. If you don't, the culture will reject you.. Our advice: Always say YES! Stay open to new experiences. Try different food, meet new people, go off the beaten track, be spontaneous and pack as much adventure and excitement as you can into your time abroad!

### 8. STEP OUT OF YOUR COMFORT ZONE

Like is mentioned before, be a YES-person. Don't be that person who sits in their room night after night simply watching TV or Skyping with your friends back home. Take advantage of everything that is around you and experience it for all it's worth! Try to spend lots of time interacting with the locals, wwhether it's your host family/roommate, the lady selling baked goods on your way to class/work, or a random girl/guy you met who has suddenly become essential to "breaking down the language barrier". Try to interact, talk and being open minded, because "You'll never get the opportunity to be in that same city, with the same group of people, ever again". Take advantage of learning from each other.

### 9. YOU ARE HERE TO WORK!

Even you're about to have the experience of your life, keep in mind that the most important reason you're going abroad is to gain work experience within a professional environment. You have a duty as an employee to uphold your end of the contract. Showing up to work and not being ready to work or doing your job poorly does not reflect well on you, on your organization or your country. Step your game up, get your work done and you will receive the benefits of your effort. If you find is hard or it's just too much, don't be afraid to ask for help, because asking for help is not a bad thing!

### 10. EMBRACE NOW, FORGET TOMORROW

**"Live, love and see the world like there is no tomorrow"**! Don't worry about things you have no control over, focus on the things you CAN control and how you want to spend this time in the best way. Nothing is worse than going home with a shopping list of what ifs.

We, at Australians Abroad, would like to wish you all the best during your travels and period abroad! Keep in mind that, even for the smallest questions, Australians Abroad is always there to help you!

**You're adventure starts here!**



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