

Two Approaches for Travel Smarts

The first approach is all about you, and the other approach is all about planning.

Succeeding Abroad offers practical, personal insights into the process of going abroad and encountering other cultures. *Travel Essentials* is your source for practical planning advice in advance of your international adventure.



COURSE 105: Succeeding Abroad

How travel impacts you personally

Global Competencies & Your Traits

- A** Your International IQ: 4 points of focus
- B** Everyday Skills for Succeeding Abroad

Relationships & Your Behavior Abroad

- C** Personal Relationships Abroad
- D** Common Challenges Abroad
- E** How to Be an Ethical Traveler

Your Coping Skills: Abroad & Returning Home

- F** Culture Shock
- G** Re-entry Shock



COURSE 106: Travel Essentials

Get organized for your journey

Get the Funds

- A** Funding Hacks: Go Abroad No Matter Your Budget

Be Prepared & Informed

- B** Pre-departure Basics
- C** Pre-departure Ideas Check List
- D** Health & Safety Abroad

Plan for Career Value

- E** Tips for Making the Most of Your Time Abroad
- F** Prepare for Re-Entry & Document Your New Skills



COURSE 105: Succeeding Abroad (2 – 3 hours)

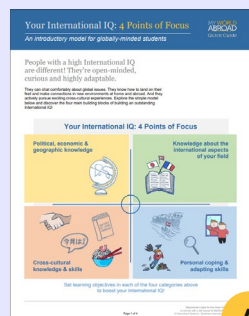
How travel impacts you personally

Global Competencies & Your Skills & Traits

These two models offer excellent insight for those who haven't yet been abroad, or who are going abroad for a very short time (four weeks or less). The models are also useful for anyone who wants to **focus on the career value of going abroad**. You'll find lots of good terminology here for building an international resume.

Increase your professional competencies!

Your International IQ: 4 points of focus (4 pgs) [Module 105-A](#)



Everyday Skills for Succeeding Abroad (6 pgs) [Module 105-B](#)



Relationships & Your Behavior Abroad

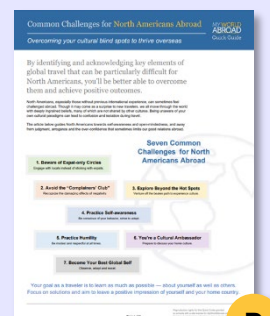
There are so many ways that **travel abroad changes you and how you relate to others**. Lessen the anxiety and empower yourself to make good decisions by scanning these guides before and while you travel.

Find solutions to problems before they start.

Personal Relationships Abroad (9 pgs) [Module 105-C](#)



Common Challenges Abroad (6 pgs) [Module 105-D](#)



How to Be an Ethical Traveler (5 pgs) [Module 105-E](#)



FOUNDATION MODELS Coping skills: for abroad & for returning home

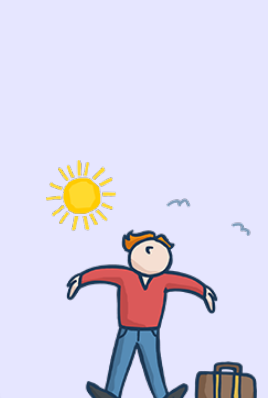
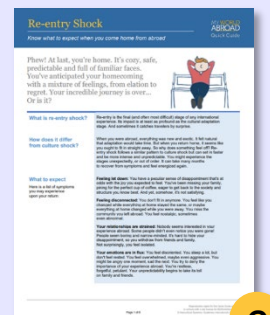
Prepare for the turmoil of adapting to changes (big and small) when transitioning to life abroad and returning home. These two guides are designed to **equip you with resilience and provide you with the essential terminology to convincingly show future employers your readiness and ability to thrive in international settings**.

For a smooth landing abroad and back home.

Culture Shock (6 pgs) [Module 105-F](#)



Re-entry Shock (8 pgs) [Module 105-G](#)



SAMPLE CONTENT

COURSE 106: Travel Essentials (2 – 3 hours)

Get organized for your journey

Get the Funds

Overcome the biggest worry about going abroad, and **learn how to find funds** to turn your global travel dreams into reality!

Wishing you all the best!



Funding Hacks:
Go Abroad
No Matter
Your Budget
(7 pgs) [Module 106-A](#)



Be Prepared & Informed

Before you depart, **ask yourself the big questions and understand the details** of travel logistics and health and safety abroad.

Every detail counts.

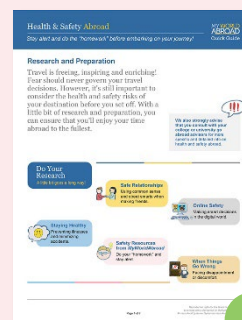
Pre-departure Basics
(6 pgs) [Module 106-B](#)



Pre-departure Ideas Check List
(4 pgs) [Module 106-C](#)
[Word document]



Health & Safety Abroad
(7 pgs) [Module 106-D](#)



Plan for Career Value

Maximizing the career value of your time abroad will more than double the “international experience” value of your journey!

These guides will prompt you to **devise a “career plan” before going abroad and build career stories while abroad** so you will be ready to impress future employers when you return home.

It's easier than you think

Tips for Making the Most of Your Time Abroad
(4 pgs) [Module 106-E](#)



Prepare for Re-entry & Document Your New Skills
(5 pgs) [Module 106-F](#)





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Article Version

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