1. Acceptance

Congratulations on being accepted to participate in a field school! Now that you have been selected, it is up to you to make the most of the experience. Learn as much as you can about your destination. You may want to purchase a travel guide that will provide detailed and practical logistical information. Check out your destination on the web and visit the Department of Foreign Affairs, Trade and Development website at www.travel.gc.ca for the most current information on countries across the globe.

This is part one of the five part manual you will receive. The remaining parts will be emailed to you at the following stages: eight weeks before you depart, two weeks before you depart, while you are away, and after your time in the field has finished. Each part contains important information and lists of things you must, or are recommended to do at each stage. If you see a task tab below the paragraph, complete the task during this stage.

Use the checklist below to help you finish the tasks listed. Please remember to save the document each time you check off an item!

Legend

- ☐ CHECKLIST  - ☑ TASK  - ☐ MUST DO  - ☐ RECOMMENDED

Financial
- ☐ Program Cost and Payment
- ☐ Financial Aid and Awards

Documents
- ☐ Passport
- ☐ Visa

Insurance
- ☐ Medical Insurance
- ☐ Travel Insurance
- ☐ Liability/Property Insurance

Health
- ☐ Immunizations and Diseases
- ☐ Accidents
- ☐ Useful Web Sites

Academic and Administrative Policies
- ☐ Withdrawal from the Program
- ☐ Participant Conduct
- ☐ Restricted Activities
- ☐ Participant and Field School Director Boundaries
- ☐ Human Rights

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Financial

Program Cost and Payment

Field School participants are expected to make arrangements to pay tuition, student fees and all program fees according to the specific details outlined in the “Tuition & Program Fees” email. You will receive this email up to several weeks after acceptance. Please refer to the Field School Program Fee Refund Policy and the SFU Fees and Tuition website for more information.

As you are studying away from SFU, most supplementary fees are either waived or discounted. You may be ineligible for the U-Pass BC program for the term of your field school. However, if you plan to take a Distance Education course or Directed Readings course during the field school, you will be registered in the regular academic program at SFU and you will be charged full cost for the supplementary fees and possibly U-Pass.

- Pay tuition and program fees in accordance with the instructions outlined in the “Tuition & Program Fees” email.

Financial Aid and Awards

Students participating in full-time field schools are eligible to apply for BC/Canada Student Loans. Please note that funding through Financial Aid and Awards is disbursed according to the standard SFU Calendar and Financial Aid and Awards dates. Financial Aid and Awards is unable to disburse funds early for Field School programs.

SFU Financial Aid and Awards provides bursaries to eligible students participating in a Formal Field School program. You can view the SFU Financial Aid and Awards website for a list of bursaries, awards and scholarships that may be relevant to your program. Students are strongly encouraged to make an appointment with Financial Aid and Awards and identify themselves as field school participants. You are also encouraged to attend the Financial Aid and Awards Information Session for Study Abroad students. Sessions are held once per term and event details will be sent to you by email. Funding through Financial Aid and Awards is not guaranteed and participants should not rely solely on that funding to cover their field school program costs.

- Meet with a Financial Aid and Awards Advisor to discuss funding options, and create a savings plan.
- Apply for applicable loans, scholarships, bursaries, awards, etc.

Documents

Passport

A Canadian passport is valid for five or ten years. Field School participants are required to have a passport that is valid for a minimum of six months past the field school return departure date. Furthermore, many countries will not issue a visa or allow entry unless your passport is valid for at least six months past your proposed date of departure from the foreign country. Passport applications, instructions, and locations of local passport offices can be found at [www.ppt.gc.ca](http://www.ppt.gc.ca). You must obtain your passport before you can apply for a visa. Please note that passport processing may take up to 20 business days.

For participants needing to renew an international passport, consult with the Embassy, High Commission or Consulate of your home country.

We recommend that you make copies of your passport. Leave one copy in Canada with a responsible individual and take a copy with you. Make sure to keep the copy separate from your passport. If your passport is lost or stolen, contact the Canadian mission abroad (Embassy, High Commission or Consulate), or if you are an international student contact the mission of your home country, and notify the local authorities immediately.

- Ensure passport is valid for a minimum of six months past the date of the field school departure. Apply for a new passport if necessary, and inform International Services for Students (ISS).
Insurance

Medical Insurance
It is mandatory for all participants to have adequate travel medical insurance for the duration of the field school. The Simon Fraser Student Society (SFSS) Health Plan will provide you with medical coverage while participating in the program. Please visit www.ihaveaplan.ca for further details of your coverage.

If you have opted out of the SFSS plan or are not a degree-seeking SFU student, please make the necessary arrangements to ensure that you have medical insurance coverage while overseas, and provide proof of this to ISS. This should be in the form of either a photocopy of your insurance card or a letter from your provider, which states you are covered for international travel.

Travel Insurance
You may wish to consider travel insurance or travel cancellation/interruption insurance. Health insurance is not travel insurance. If you wish to purchase travel insurance, lost luggage insurance, or trip cancellation/interruption insurance you should speak with an insurance provider or the travel agency making your travel arrangements. If you are covered by the SFSS Health and Dental Plan, trip cancellation/interruption insurance in the event of a medical emergency is included in your coverage.

When purchasing or reviewing your insurance, please note the conditions under which this insurance would take effect.

Liability/Property Insurance
You should consider obtaining liability/property insurance for any household and personal effects in case of damage to property and for lost or stolen items while abroad. Rates may vary based on the length of your time away. Find out if your personal items are covered by your [or your parents'] home-owners or contents insurance policy for the duration of your travels. If not, you can purchase liability/property insurance from any major insurance provider.

Visa
If a visa is required for Canadian citizens, ISS will organize the visa application process for Canadian field school participants. More information will be provided to you directly if visas are required for your program. If you plan to travel to other countries at the end of the program, it is your responsibility to make arrangements for all travel and visas for trips that are not a component of the formal field school program. Please visit the Department of Foreign Affairs website for information on countries that require tourist visas.

If you are not a Canadian citizen, please find out whether you require a visa for your field school and other destinations you may visit during your time away. If yes, please inform ISS of this as soon as possible. You are responsible for obtaining this visa and paying any additional costs for the visa.

Purchase medical insurance (if choosing not to use SFSS Health and Dental Plan coverage).
Provide ISS with proof of travel medical insurance.

Purchase travel or cancellation/interruption insurance.
Purchase liability/property insurance.
Health

Immunizations and Diseases

It is important to get advice from experienced travel physicians about food and water precautions, mosquito-borne illness and other risks present in countries that you’ll be visiting. SFU Health & Counselling Services (HCS) offers travel health clinics to students. Please call 778-782-4615 or drop by HCS in MBC 0101 and book an appointment.

If you are not a degree-seeking student registered at SFU, you should contact a local travel clinic to discuss your travel plans and obtain any required vaccinations or prescriptions. There are a number of public and private travel clinics across BC and Canada. Please confirm which services and vaccinations are provided by the clinic you go to, as not all clinics offer the same services.

Some vaccines require a series of up to 3 booster shots, and/or take time to take effect, so make sure you visit a travel clinic at least 2 months prior to departure. When speaking to a travel health physician please inform them of all medical conditions. Vaccines may be contraindicated or less effective in certain conditions.

You should also contact your primary care physician (‘family doctor’) prior to travel to ensure you are fit for the physical and emotional aspects of travel overseas, and get updated prescriptions or boosters as needed.

In terms of the vaccinations and illnesses of which you should be aware, information is available from HealthLinkBC at [www.healthlinkbc.ca](http://www.healthlinkbc.ca), or the below “Useful Websites” list.

- See a travel health doctor and your family doctor, we recommend you follow their precautions and instructions.

Useful Websites:

- HealthLinkBC, Travel Health .......................................................... [www.healthlinkbc.ca](http://www.healthlinkbc.ca/kb/content/special/te7636.html#te7637)
- Department of Foreign Affairs, Trade and Development Canada, International Travel Advisories ............................ [www.travel.gc.ca](http://www.travel.gc.ca)
- World Health Organization .......................................................... [www.who.int](http://www.who.int)
- CDC-Travel Information .............................................................. [www.cdc.gov/travel](http://www.cdc.gov/travel)
- Vancouver Coastal Health Travel Clinic ................................. [travelclinic.vch.ca](http://travelclinic.vch.ca)
- Canadian Centre for Intercultural Learning ............................ [www.intercultures.ca](http://www.intercultures.ca)

Academic and Administrative Policies

Withdrawal from the Program Before Departure and After Arrival

Please see the Field School Student Acknowledgment, Field School Deposit Fee Refund Policy and the Field School Program Fee Refund Policy for more information on withdrawal from a Field School program. If you have any questions please email fieldschools@sfu.ca.

Participant Conduct

Please remember that you are an ambassador, both for your country and SFU. SFU will be viewed in light of the academic excellence and maturity of our students. Canada and Canadians will be considered through the impressions that you leave. If you are an international student here at SFU, you too will be representing Canada and Canadians, as well as your home country/region. Again, it is your responsibility to make the program a successful one. You must abide by the rules and regulations of SFU, the overseas partners and
the country[ies] of your program. If you are involved in any illegal activity, you will receive the same treatment as would nationals of that country. SFU assumes no responsibility in such cases, and the Canadian government can only attempt to ensure that you are not discriminated against. Please note, you have signed and submitted your “Field School Student Acknowledgement” form, and you will be expected to abide by its contents.

Remember that codes of conduct are unique, cultural expectations are different, and behavioural expectations are higher in a field school situation than they might normally be on campus in Canada. When class is finished in Burnaby, you are on your own. When class is finished overseas, you are still part of the field school program. Also remember that the SFU Field School Director represents the University while you are on the field school and has the authority to remove a participant from the program if warranted.

Restricted Activities

From the time of arrival in the host country/region until the day after the official close of the overseas portion of the field school, participants cannot rent or operate motorized vehicles, participate in high risk activities, and are not able to be employed in the host country. After the official close of the program, students may choose to travel, return home, or follow other pursuits.

Participant and Field School Director Boundaries

While there is a social context, the relationship between field school supervisory faculty (Field School Director) and participants must be primarily academic. Please contact ISS if you or your fellow participants feel uncomfortable with the role of, or relationship with the Field School Director. ISS can be reached by email at fieldschools@sfu.ca or by phone at +1.778.782.4494.

Human Rights

All members of the SFU community are governed by the University Human Rights Policy. While all attempts will be made to follow due procedure for harassment complaints during a field school it may not be possible to follow up on the complaint or issue until the group returns to Canada at the close of the field school program. If a case arises, notification should be made to SFU through ISS and each case will be handled on an individual basis in a confidential manner.
2. Eight Weeks Before Departure

Legend

☐ CHECKLIST  ☑ TASK  ☑ MUST DO  ☑ RECOMMENDED

Pre-Departure Orientation

☐ Orientation

Life Abroad

☐ Preparation

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Administrative Policies

☐ Power of Attorney

Pre-Departure Orientation

Orientation ☑

You are required to attend the orientation for your field school as outlined in the acceptance letter and the Field School Student Acknowledgement. At the orientation you will have the opportunity to meet fellow participants and the Field School Director. The purpose of the orientation is to assist your preparations for going abroad. Some of the topics covered include pre-departure preparations, group dynamics, cultural transition, and re-entry transition. The orientation is also a good opportunity to discuss pre and post-program travel, plan your packing and determine your overseas budget.

☐ RSVP and attend the Field School Pre-departure Orientation.

Administrative Policies

Power of Attorney and Designate ☑

You may need someone to act on your behalf regarding your finances, e.g. to process your student loan documents. In this situation you should arrange for a trusted relative or friend to have Power of Attorney. A notarized Power of Attorney gives another person the legal right to negotiate and sign financial documents on your behalf, including student loan documents. Questions regarding Power of Attorney for loans and financial aid/awards should be directed to Financial Aid and Awards.

A Designate can act on your behalf with the University while you are participating in your field school. Please note a Designate cannot negotiate your student loan(s). You can assign a Designate online in your Student Information System (SIS) account <go.sfu.ca>. Go to the "Information Release/Privacy" section. Click "Add Information Privacy Indicators", fill in all of the boxes, and save.

☐ Assign a Power of Attorney and or Designate if needed.

Health

☐ Dental
☐ Medical Kit
☐ Accidents
Health

Dental  
Visit your dentist before you leave. It may be more trouble to get dental work done abroad. It may also be more expensive, or the standards and procedures may differ greatly from what you are accustomed to here in Canada. Most travel medical insurance plans have limited, if any, dental coverage.

- Visit dentist several weeks before departure.

Medical Kit  
The Field School Director will be carrying an emergency medical kit for the entire group. The kit is intended for emergency use only and you are expected to have your own personal medical kit. Should you require an EpiPen or prescription medications, please bring your own supply. Also note that many medications and over-the-counter drugs have different names, brands, dosage and medicinal ingredients. You may want to use something more familiar. If you are taking medication on a regular basis, take a supply large enough to last while you are away. If you wear contacts or glasses, take an extra pair with you as well as the prescription in case you need another pair while you are away. Also take sufficient quantities of contact lens solution, as your brand may not always be available overseas.

- Be sure to label all medication clearly and to keep it in original containers that show the prescription number on the label. This will facilitate customs clearance in and out of countries, and make it easier to refill your prescriptions if you need to. Your doctor may advise against taking too large a supply of medication with you, as some are perishable. If this is the case, you should request a diagnosis-prescription describing the medication so that another physician may fill the prescription properly. Keep important medication with you in your carry-on luggage. Also, check to verify that your medications are legal in the host country(ies).

- Purchase prescriptions and pack a medical kit.

You may wish to add the following to your kit:

- Antibiotic cream
- Antiseptic cleanser
- Sun cream with appropriate SPF for the location
- Moisturizing lotion
- Moleskin (for blisters)
- Mosquito repellent with approximately 30% DEET
- Imodium
- Pepto-Bismol
- Tincture of iodine
- Elastic wrap for sprains
- Feminine hygiene products
- Laxative, aspirin or Tylenol
- Allergy medication
- Medications for colds and cough
- Band-aids, gauze and tape
- Electrolyte replacement (e.g. Gastrolyte)
- Any prescription/allergy medication you need
- Contact solution
- Gravol
- Vitamins
Accidents

Remember that accidents of any kind are the most common cause of death in young travellers. Use precautions with all types of travel, and use safety belts and helmets. Avoid overcrowded and poorly maintained vehicles. Avoid alcohol and be wary of bars and parties where drink tampering may occur. Remember to travel in groups or pairs.

Life Abroad

Preparation

Find out as much as you can about local history, culture, and customs. Learn about local attitudes towards religion, dress, drugs and drinking, corruption, political activism, public displays of affection, etc. Attitudes and behaviour that are appropriate or tolerated in Canada may be offensive or even illegal in other countries. Research the country of your destination by reading, viewing videos and films, surfing the internet, reading blogs, speaking with your Field School Director and by meeting students or visitors from that country.

- Research the country(ies) of your field school.

The following is a partial list of items and issues that you may wish to research before your departure:

- Geography
- Interpersonal Relationships
- Medical Issues and Facilities
- Education System
- Currency and Exchange
- History
- Religion
- Industries
- Culture
- Food
- Agriculture
- Cost of Living
- Language
- Dress Code
- Relations with Canada
- Working Conditions
- Political System
3. Two Weeks Before Departure

Legend

- ☐ CHECKLIST
- ☐ TASK
- ☐ MUST DO
- ☐ RECOMMENDED

Financial

☐ Currency
☐ Banking - Credit & Debit Cards

Documents

☐ International Student Identity Card (ISIC)
☐ Duplication of Documents
☐ Copies of Medical Records

Packing

☐ Luggage
☐ Restrictions on Carry-on Items

Financial

Currency

It is often a good idea to exchange a small amount of money (approximately $100-200 CAD) into the foreign currency before you leave. This should cover any unexpected expenses until you can get to a bank in the host country. Research where you can get the best exchange rate. If you plan to exchange money at the airport, ensure the office will be open when you arrive. You should also see if the Canadian dollar is readily convertible in the foreign country, or if it is wiser to take American dollars.

- ☐ Research exchange rate.
- ☐ Exchange some money into the local currency.

Banking - Credit & Debit Cards

Visit the local branch of your bank or credit union, or visit the appropriate website to learn about your bank’s services while overseas, how to access these, and if there are any limits or restrictions. If you do not have a credit card, you might want to think of getting one. Note that some countries are notorious for credit and debit card fraud. Automated Bank Machines (ABM) are common worldwide. Contact your local bank branch to find out if your debit card will function overseas at an ABM in the Plus, Interac, Cirrus, or Global Access system. Find out the required number of digits in your

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PIN for use where you are going, as the number of digits that are required here may differ than what is standard elsewhere. If your PIN is not the correct length, you will not be able to access your funds at an ABM. Please also note that in many countries, your account must be listed as “chequing” in order to access funds. Be careful when and where you use your cards, and pay attention to the disposal of your credit and bank receipts.

Ensure the PIN for your debit and credit cards will work overseas (usually 4 digits and not beginning with “0”).

Notify your bank & credit card company of the dates you will be away and the countries you will visit, including during your flight.

Documents

International Student Identity Card (ISIC)

Depending on your destination, the ISIC may be accepted as proof of your student status. It will entitle you to discounts at some restaurants, theatres, shops, etc. Check online at www.isic.org for available discounts. You can obtain an ISIC from the TravelCuts location at Cornerstone, SFU Burnaby. Always ask if there is a student discount before purchasing tickets for travel, museum entry, etc.

Get an International Student Identity Card.

Duplication of Documents

It is a good idea to make copies of valuable documents and to leave them in the safe-keeping of friends or family. Documents that should be copied include your passport, birth certificate, immigration documents, and credit/debit cards. Keep the original documents on your person and a copy in your luggage. You may want to carry several extra wallet-sized photos with you, for immigration documents or for other identification purposes while you are away.

Create duplications of all your important documents.

Copies of Medical Records

In case of illness, or for ongoing care, it is a good idea to carry some information such as blood type, allergies, or severe reactions to medications. Those with chronic illnesses should carry a summary of their medical problems and a medication list (generic names).

Pack copies of medical records and prescriptions.

Packing

Luggage

Remember, you have to carry everything you pack! We recommend you take only one suitcase or backpack and one carry-on piece. Be aware that notions of modesty and appropriate dress are much different in many countries than they are in Canada. Consider the environment/climate you are travelling to and pack accordingly, e.g. the humidity in the tropics. Consult the Field School Director for suggested attire based on the destination and activities of the field school.

Here is a list of items you should consider taking with you on the field school. Some of these items may not be
available at your destination, and if they are important to you, please take them from Vancouver. Below is a starting point for your own packing [make sure to check the rules for what can and cannot be carried on the plane].

- **Pack medical kit, clothes etc.**

### Personal:

- Ear plugs
- Water bottle
- Toiletries such as shampoo, comb, etc.
- Personal medical kit (refer to med. kit list in Part 2)
- Sunglasses, Prescription eyewear
- Contact lens solution
- Nail clippers, tweezers
- Mosquito repellent
- Condoms
- Reading material
- Writing, school material
- Sewing kit
- Alarm clock (battery operated)
- Small knife (“Swiss Army” knife)
- Camera
- Small flashlight
- Compass
- ISIC card

### Clothing:

- Hat
- Carrying bag/small backpack
- Money belt
- Good walking or running shoes
- Long pants
- Long skirt/dress
- Long-sleeved shirt
- T-shirts
- Socks
- Nylon or Gore-Tex style jacket, sweater, or fleece jacket
- Swimming gear
- Sport sandals and/or “flip flops”
- One semi-formal outfit

### Restrictions on Carry-on Items

For any country you are transiting through, please verify what you are permitted to bring in your carry-on baggage. Passengers are permitted to bring liquids, gels and aerosols through security screening at Canadian airports provided that the items are packaged according to the requirements of the Canadian Air Transport Security Authority.

- Research packing restrictions on your flights.
4. While Away

Legend

☐ CHECKLIST  ☑ TASK  ☑ MUST DO  ☑ RECOMMENDED

☐ Registration for Next Term

☐ Midterm Evaluation

☐ Cultural Transition

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Registration for Next Term  ☑

If you are planning to return to SFU in the term immediately following the field school, you must ensure that your university account is up to date and that all prior tuition and fee assessments (including your field school program fees) have been paid. You will not be permitted to enroll in courses if there is a balance on your student account.

All course registration is web based. Please contact International Services for Students if you have difficulties registering while overseas and we will try to assist you or direct your query to the appropriate office.

☐ Pay for your program fees and tuition according to the SFU Calendar.

☐ Ensure there are no holds on your account and register in courses for next term.

Midterm Evaluation  ☑

You will be sent a brief online survey half-way through the program to gather feedback about your field school experience to date. The entire survey should take about 5 - 10 minutes to complete.

In the organization and delivery of a field school, every attempt is made to provide a cost-effective but quality academic travel program in safe and comfortable surroundings. Budget travel and budget accommodation are a necessity in order to keep the field school affordable. Even so, there is always room for improvement. Through the evaluation kindly offer your assessment of the field school, and indicate in your comments how we might improve various program components.

All submissions are anonymous. To ensure anonymity, you do not need to name anyone or supply any information that might serve to identify yourself or another person.

We will email you the link to the online survey.

☐ Complete Midterm Evaluation online.
Travel guides, movies and tourist stories may give you an incomplete or erroneous perception of life overseas. The glamour of the tourist may not be the reality of the resident. You will need to be resourceful and tolerant, sensitive and independent. You will make mistakes and you must be willing to learn from them.

It is common for people to suffer some form of cultural transition when they are in a foreign setting. This is a normal reaction to a new environment where you are no longer ‘in control’ as you have been at home. People can experience a range of emotions when adapting to a foreign culture, from excitement and interest to frustration, depression and fear of the unknown. People do things differently. People may not speak English. There’s nothing on TV. Things that take minutes at home (shopping, making a photocopy, email line-ups) may take hours or even days when away from home. Try to avoid being judgmental; instead examine the causes of these differences. It is important to maintain a sense of humour and to be patient.

You may blame your frustrations and emotions on the new culture rather than on the process of your adaptation to the new culture. Symptoms vary from culture “surprise” to culture “shock”, while others may not experience cultural transition at all. You may also experience loneliness as you have left behind your family, friends and support structure. Below are some tips for managing this transition and how to make the most of your field school experience.

Tips for managing and coping with cultural transition:

- Keep in touch with your family and friends at home
- Understand the cause of your stress and practice stress management strategies
- Reach out and don’t isolate – explore the new surroundings with other field school students
- Keep an open mind about customs, values and ways
- Be flexible about changes in lifestyle
- Make friends who can introduce you to the culture
- Take up a focus, a hobby (keep busy!)
- Continue doing the activities you love (sports, reading, etc.)
- Keep a journal
- Talk to the Field School Director, ISS staff, or a friend
- Realize that culture shock is normal
5. Upon Return

Legend

☐ CHECKLIST  ☑ TASK  ☐ MUST DO  ☑ RECOMMENDED

☐ Final Evaluation

☐ Transitioning Back Home

☐ International Services for Students (ISS) Photo Contest

☐ Volunteer Opportunities & Staying Connected to Your Study Abroad Experience

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Final Evaluation

Similar to the Midterm Evaluation, we invite you to complete the Final Field School Evaluation online at the completion of the program. Through the evaluation, kindly offer your assessment of the field school, and indicate in your comments how we might improve the various program components.

All submissions are anonymous. To ensure anonymity, you do not need to name any person or persons or supply any information that might serve to identify yourself or another person.

We will email you the link to the online survey.

☑ Complete the Final Evaluation online.

Transitioning Back Home

The last thing that people expect when they return home is difficulties re-adapting to Canadian culture and life. Expect it. Your interests and values may have changed, while those of your friends and family may have not. People may tire of hearing about your ‘trip’. You may find that life in Vancouver is boring. Everything is more interesting ‘over there’ (or cheaper, or tastier, or warmer, or better).

You will have been with the group and possibly travelled independently for the last several months, and you may now have to move back home and readjust to your parents’ rules in your parents’ house. Once again, it is important to keep a sense of humour, to be patient and sensitive.

Once back in Vancouver you may want to organize a field school reunion for your group to swap photos and share memories of your experiences during and after the field school. Some students find creating their own website or connecting through social media a great way to relive and share their field school and travel experiences.
International Services for Students (ISS) Photo Contest

International Services for Students runs an international photo contest open to students who have participated in a formal International Services for Students program.

More information is available at <www.sfu.ca/students/international/photo>.

Enter your photos in the ISS Photo Contest!

Volunteer Opportunities & Staying Connected to Your Study Abroad Experience

When you return, please share your field school experience with fellow classmates and friends. Spreading the word about field schools helps to keep them running every year. To share your unique experiences and to make new connections with international and exchange students, try participating in some of the events and clubs below:

Interested in volunteering? Contact studyabroad@sfu.ca to volunteer your time and share your experiences.

Stay connected to your field school experience by volunteering.

Here are some opportunities to volunteer and stay connected:

- Participate in SFU field school information sessions and orientations
- Be active on SFU Study Abroad social media outlets or the Study Abroad Blog
- SFU’s annual Study Abroad Fair (September)
- Study Abroad Ambassador program - share the benefits of your study abroad experience with the SFU community
- GPS Buddy Program - help students from your host country, or nearby locations, who are about to come to SFU on exchange
- Study Abroad Alumni Conference
- SFU International Mentorship program - provide transition services and support to new international students coming to SFU