



Passport & Visa

FIRST STEPS

Order or renew your passport, if necessary. This process can take 4-8 weeks, so start ASAP!

Website:

<http://travel.state.gov/content/passports/english/passports/new.html>

Determine if you need a visa to enter your country of choice.

Website: www.projectvisa.com

Research jobs and internships, market trends, employers, countries, and internship provider reviews.

Internships Abroad:

www.gointernabroad.com

www.internabroad.com

www.globaledge.msu.edu/international-internships

To speak with multiple providers all at the same time, check out the Fall and Spring CCE Fairs!

- Update your resume
- Brush up on interviewing skills
- Check out local business etiquette
- Learn about local work roles, and culture abroad
- Work on your foreign language skills
- Read up on global events and news to increase your global awareness

Build Int'l Qualifications

RATE YOUR GLOBAL MINDSET

Rate yourself on a scale of 1 (low) to 10 (high) on how much you agree with each of the following:

1. I thrive on challenges.
2. I enjoy getting to know new people.
3. I love new places, food, and cultures.
4. I can get along with all personalities.
5. I thrive on change.
6. I enjoy taking calculated risks.
7. I don't get bothered by things that seem different or strange.
8. I don't mind being alone.
9. I like to go the extra mile.
10. I thrive when asked to go outside my comfort zone.
11. I am curious about what makes the world go round.
12. I am adaptable.
13. I have solid communication skills.
14. I like working in teams.
15. I can handle failure and learn from it.

Add up each of your ratings from above.

110+: You have a bright global future and could likely manage finding your own international internship, if you want!

75-109: You have the makings of a good internationalist. Narrow your options down to a few on your own and then visit with an advisor!

74 or below: You may be more comfortable with an English-speaking or short-term experience with a full-service provider, but you have many options! Take some ideas to an advisor for some guidance!

Finding an International Internship

QUICK TIPS

CAREER SERVICES



CARROLL
UNIVERSITY

Goals &

Realities

Goal #1: I want to find a paid internship.

Calculate your daily financial necessities with regard to the local cost of living abroad and the exchange rate.

Sometimes your U.S. dollar can go a long way in another country!

Currency Website: www.xe.com

TIP:

To broaden your options, consider opportunities that may cover your flight and/or housing in exchange for your work. Some countries actually prohibit pay based on their **work visa** requirements.

Goal #2: The ability to make the best impressions and create lasting connections abroad is important to me.

Cultural diversity is accepted and appreciated differently around the world. Push yourself to go outside of your comfort zone, while still being conscientious of the following issues which could affect the impressions and connections you make:

- Gender
- Sexual Orientation
- Dress
- Behavior
- Nonverbal Communication
- Laws



TIP: To find out what is and is not typical for certain regions or countries, visit:

www.ediplomat.com

Click on **Cultural Etiquette** under the **Quick Links** section for country-specific information.

Goal #3: I want to be able to answer my family's questions about interning abroad. Where can I send them for reliable and recent travel information?

The U.S. Department of State maintains a website dedicated to international travel. Everything from country profiles, to travel documents, to emergency information is available here.

The Department of State also allows you to register for the Smart Traveler Enrollment Program (STEP).

General Website: www.state.gov/travel
STEP Website: www.step.state.gov/step

Goal #4: I want to be able to use my financial aid to help with my costs.

Financial aid can only be used for educational purposes, so you may need to complete your internship as a for-credit experience. Speak with a CCE Advisor, your Academic Advisor, and a Financial Aid Advisor **well in advance** to find out your options.

TIP: Study abroad programs sometimes offer an in-country internship opportunity. Some providers may be able to customize an internship specifically for you, so don't be afraid to ask!

Goal #5: I think it would be a cool experience to live in a small community while I'm abroad.

No matter the size of the community, the standard of living varies greatly not only among countries, but between urban and rural areas as well. Educate yourself on what you can expect and where.

Goal #6: I only want to be abroad for 2 weeks.

If you are looking to do an internship for credit, Carroll University requires **30 hours of work per credit** received. To fulfill a CCE credit, your internship must meet all CCE requirements.

TIP: Keep in mind that labor laws, workplace policies, as well as business hours may differ from what you are used to. A good internship provider should help you understand these.

Goal #7: I want to intern in a non-English speaking country.

Immersion is a very effective way to boost learning, but consider your language skills and learning ability. Even at a beginning foreign language level, opportunities in non-English speaking countries are out there!

TIP: If cultural diversity is your goal, there are many English-speaking countries that differ greatly from U.S. American culture (i.e. Ghana, New Zealand, Ireland).

Goal #8: I want to prevent any delays with my visa and/or customs. How can I find out if vaccines are required to enter a country?

Visit the Center for Disease Control and Prevention website. Select your destination from the "Where are you going?" drop-down to find **required** and **recommended** vaccines/medications for visiting that country.

Website: www.cdc.gov/travel