





## Table of Contents

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### Section I

– Living n ing

**CONGRATULATIONS!**

You're about to embark upon a great experience.

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# SECTION I

## LIVING AND STUDYING ABROAD

**“There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered.”**

— Nelson Mandela, *The Long Walk to Freedom*

Ten reasons to study abroad:

1. You will gain a new perspective on your own culture and the world.

2. You will improve your language skills and learn to communicate with people from different backgrounds.

3. You will develop your independence and self-reliance.

4. You will meet new people and make lifelong friends.

5. You will experience a new way of life and broaden your horizons.

6. You will gain a better understanding of your own country and its role in the world.

7. You will learn to adapt to new environments and overcome challenges.

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9. You will learn to adapt to new environments and overcome challenges.

10. You will gain a better understanding of your own country and its role in the world.

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# Ask Questions!

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**SECTION II**  
**STAYING SAFE AND HEALTHY**



## Emergencies

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## Alcohol & Drugs

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# SECTION III

## BEFORE YOU GO

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