

Student Guide for STUDY ABROAD



TRU Study Abroad
tru.ca/studyabroad

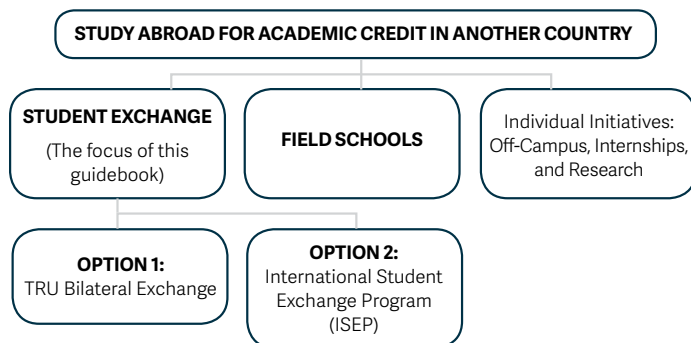
WHAT IS STUDY ABROAD?

At TRU, study abroad refers to all student mobility opportunities outside of Canada, including student exchanges, field schools, practica, internships and research.

TRU offers a comprehensive student exchange program through our network of international partnerships. Undergraduate students can study for one or two semesters in another country while completing courses towards their TRU degree.

Make your degree stand out and enhance your education. There is no better teacher than life experience, and no better classroom than the world.

A Glance at Study Abroad Programs at TRU:



Application Deadlines

Application deadlines are subject to change every year. Go to tru.ca/studyabroad under "How to Apply" for the exact dates.

Eligibility Requirements

To be eligible, students must:

- Complete one full semester on campus at TRU
- Have a minimum TRU GPA of 2.5
- Be currently enrolled in full-time studies (undergraduate, diploma, post-baccalaureate)

Important Notes:

- International students are eligible to participate
- Students continue to pay tuition to TRU
- Open Learning students are eligible to participate in field school courses
- Open Learning students need to complete a minimum of one full-time semester at TRU Kamloops campus before applying

The Difference Between TRU Bilateral Exchange and ISEP

Tuition and fees are paid to TRU, not to the host university.

Difference	TRU Bilateral Exchange	International Student Exchange Program (ISEP)
Type of Exchange	Based on institution to institution direct exchange agreements.	Membership to a worldwide network of institutions.
Accommodation and Meals	The host university provides the student with information to assist coordinating their accommodation.	Students pay a fee to TRU, which covers their meals and accommodation in advance. Accommodation and meals are arranged with the host university.
Application	No application fee.	ISEP application fee required.
Medical Insurance	Mandatory, but purchased separately. (Family plan, Guard.me, and some host countries require purchasing in country insurance policy).	Mandatory and purchased through ISEP.



HOW TO APPLY

❑ MANDATORY - Attend an Information Session

- You must attend a mandatory Information Session.
- Information sessions are informal. During the session you are provided with the next steps to make informed decisions for your study abroad experience. The only thing you need to bring is your curiosity.

❑ Search Programs

- Bilateral universities: go to tru.ca/studyabroad, then click on How to Apply.
- ISEP universities: go to ISEP.org, scroll to the very bottom and click on Member Institutions under Our Community.

NOTE: Semester dates/timelines will vary and may not align with TRU dates. Save program electives for studying abroad to increase university choices.

❑ Make a Choice

- Rank your top two schools for Bilateral.
- Rank your top three schools for ISEP. Important to review *Chances of Placement*. Recognize minimum GPA requirements. If it is low and the chances are limited, do not consider that school as an option. Move on to the next.
- Think about what you want to study, where you want to go, what you want to do. What is your motivation to study abroad? Have questions? Message us on Facebook at TRU Study Abroad.

❑ Think About the Money \$

- Research costs of living, flights, activities.
- Plan your budget.
- Download our budget template found later in the guide.

❑ Making an Appointment for an Interview

- You can book an interview:
 1. In-person at the TRU World Reception, 3rd floor, IB.
 2. By emailing studyabroad@tru.ca.

❑ Submit Application

- Your application must include:
 - Approved and signed Course Request List - original handed into Study Abroad Office.
 - Personal Statement - one page.
 - Official Transcript - request by sending an email to transcripts@tru.ca and have sent to the Study Abroad Office.
 - One Academic Reference.
 - Copy of passport - photo and information page.
 - Language proficiency – only for students studying in a non- English language.
 - TRU waivers - all four waivers signed, witnessed and originals handed into Study Abroad Office:
 - Liability Waiver or Informed Consent (if under 19)
 - Freedom of Information Consent
 - Media Consent
 - Behavioural Contract

CHECKLIST

- ❑ MANDATORY Study Abroad Information Session
- ❑ More questions? Go to a Study Abroad Support Session (SASS)
- ❑ Plan and research
 - ❑ Semester dates
 - ❑ Application deadlines
 - ❑ Universities and countries
 - ❑ Financial planning
 - ❑ Visa research
 - ❑ Apply for or renew passport
- ❑ Book an interview with the Study Abroad Office
- ❑ Email transcripts@tru.ca to request original transcript be sent to Study Abroad Office
- ❑ Prepare and visit your Program Advisor
- ❑ Submit originals of Course Request List and TRU waivers to Study Abroad Office
- ❑ Submit application



“Studying, traveling, and living abroad in Europe for six months allowed me to grasp a global perspective in my education and be open to international employment opportunities. Currently, I am working towards a Master’s in International Security in the Netherlands.

Thanks to TRU, I completed a study abroad, three internships, a hands-on research project, and volunteered for a fantastic humanitarian initiative.

Overall, I was able to enhance my education’s experience, structure, and quality while working towards my Bachelor’s degree. I am thankful for the challenges and achievements at TRU. If I could say one thing: be fearless in the pursuit of all the opportunities this university holds.”

Victoria | Italy, *Universita Cattolica del Sacro Cuore*

PROGRAM ADVISING & PREPARATION TIPS

Advising & Academics

Meet with your advisor sooner than later. Do your research using the documents and websites shared at the Information Session and know where you would like to go, the courses your plan to take and how you will use them for your degree. The more research you have done the better they can help.

What to include in Your credit assessment

• TRU Course	• Host School
• TRU Course Name	• Course Name
• Course Description	• Course Description
• Number of Credits (both local system and TRU Credits)	• Number of Credits (both local system and TRU Credits)
• Number of Lecture/ Contact Hours (per week or total for the course)	• Number of Lecture/ Contact Hours (per week or total for the course)
• Year/Level of the course	• Year/Level of the course
• Course Use: Direct equivalences / program required, unspecified or exemptions	• Course Use: Direct equivalences /program required, unspecified or exemptions

When Selecting Courses

Studying abroad allows for the opportunity to take courses not offered at TRU. It is important to know how you plan to apply these courses back to your program at TRU. Students need to think about the course assessment outcomes when working with a program advisor for courses being attempted while abroad.

Possible TRU Course Assessment Outcomes

Below are three possible outcomes for how an attempted course taken abroad could be assessed on completion of the exchange. Each attempted course will be individually assessed by the Credit Transfer Team. This team will evaluate, in consultation with the Program Advisor, the attempted course credits to be transfer to your official TRU transcript.

Direct Equivalences:

- 80% content match.
- Most difficult to match.

Exemptions:

- Right in the middle.
- Not a match, but similar to a TRU course (50% – 79%).

Unspecified:

- No content match.
- Great for electives or breadth requirements.
- Takes advantage of unique course offerings abroad that are not offered at TRU.



TIPS AND TRICKS

- Must be a full-time student to apply and remain full-time while abroad.
- 3 credit course at TRU equals approximately 39 - 45 contact hours per semester (13 weeks). Detailed Course Outlines from the host university are required.
- Not all institutions use course numbers.
- Flexibility is needed to change course selection upon arrival at another institution.
- If you are having trouble finding courses offered by the host school, the Study Abroad Office may be able to help. If you are planning on studying abroad in the future, save your electives, as this will help make the credit assessment process smoother and provide more options with attempting a course, while abroad.
- Attend a Study Abroad Support Session.

Approximate Credit Equivalency

# OF TRU* COURSES	CREDIT TRU	ECTS Mainland Europe	CATS United Kingdom	CREDIT Japan, Korea, Belize, United States	UNITS Australia
1	3	5, 6	*10, *15, 20	2, 3, 4	4, 12, 25
2	6	10, 12		4, 6, 8	8, 24, 50
3	<i>Minimum of 9 TRU credits needed to study abroad.</i>	15, 18	*20, *30, 40	8, 9, 12	12, 38, 75
4	12	20, 24	*30, *45, 60	10, 12, 16	16, 40, 100
5	15	25, 30	<i>*additional modules must be taken</i>	12, 15, 20	<i>No 5th Course</i>
Maximum Total	15 Credits	30 ECTS	60 CATS	15, 20 Credits	40 Units

*Courses in this graph refers to TRU courses. In other countries a course may be known as a Unit (Australia), or Module (United Kingdom) or both Unit and Module (Mainland Europe). A program at TRU is often known as a course in many countries (Australia, United Kingdom, and Mainland Europe)

Note: Often courses will need to be bundled to total 3 TRU credits. Many institutions do not offer course selection as they have a set curriculum.

BUDGET

Let's talk expenses! What do you currently spend during a semester at TRU?

EXPENSE	COST
Tuition	
Books	
Rent and Food	
Cell Phone	
Transportation	
Entertainment	
TRUSU Membership fees	<i>Included in school fees</i>
Travel	
TOTAL	

Now that you have an idea of your current expenses, go to the Finances tab located under Resources on our website to download our fillable budget form. This is a mandatory step in your planning.

VISA

What is a Visa?

A visa is a permit added to a passport that foreign governments issue to allow a student to temporarily enter, live and study in the host country.

- Each country has different requirements, application forms, processes, and costs involved with obtaining a visa. Be aware that acceptance into the Study Abroad Program does not guarantee a student visa will be granted. The TRU Study Abroad Office is available to provide you with general guidance in completing the visa application.
- To apply for a visa, a student must receive an Official Acceptance Letter from the host university, containing official start and end dates for their semester abroad.

NOTES:

FAQ

When should I study abroad?

Ideally, study abroad should be done during the second or third year of your degree.

Do I need to speak another language?

No. Many programs offered abroad are in English, or are offered in countries that speak English. However, if you are looking for a study abroad experience to help you improve your language skills, there is a place for you no matter what your current language ability.

How hard is it to be accepted?

The process is non-competitive and you have to have a cumulative TRU GPA of 2.5 for Bilateral and 2.75 for ISEP. If your GPA is too low to apply then you can continue to work on raising it and apply at a later date.

Can I afford to study abroad?

Yes. In most cases, studying abroad costs roughly the same or even less than a semester in Kamloops. Each student will receive a Study Abroad Mobility Award and student loans qualify.

Do I need past travel experience?

No. For many students their first time outside of Canada was when they studied abroad.

Can I go in my last semester?

It is not recommended. If planning to participate in convocation, transcripts from the host university may not be sent to TRU in time to be assessed.

Have other questions?

Connect with our Study Abroad Ambassadors:

📘 [TRU Study Abroad](#) or at a [Study Abroad Support Session](#).

