

RU Pre-Departure Session 2026-2027

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- 17:30** **Opening Remarks**
- 17:45** **Academic and cultural challenges abroad**
Prof. Sandra Destradi
- 18:15** **Simulations: Role-Playing Activities**
- 19:30** **Panel Discussion - Exchange Program**
- 20:15** **Q&A Session**

Student Exchange Checklist

Before, During & After Your Semester Abroad

Academics

- ✓ Course approval at RU
- ✓ Signed Learning Agreement
- ✓ Credit transfer & course recognition
- ✓ Check prerequisites and course availability
- ✓ Understand grading system & attendance policy
- ✓ Review exam dates and retake policies

Host University Preparation

- ✓ Read all academic and administrative guidelines
- ✓ Register for orientation
- ✓ Activate student systems & email
- ✓ Understand course registration procedures

Documents

- ✓ Valid passport (minimum 6 months validity)
- ✓ Visa
- ✓ Official acceptance letter
- ✓ Copies of important documents (printed + digital)

Health & Insurance

- ✓ International medical insurance
- ✓ Check host university insurance requirements
- ✓ Prescription medication + medical documents in English

Logistics

- ✓ Flights booked
- ✓ Housing arranged
- ✓ Transportation from airport planned
- ✓ International credit card / banking access
- ✓ SIM / eSIM / mobile plan prepared

Financial Planning

You are responsible for all living expenses abroad

Expected costs may include:

Accommodation (deposit and advance rent)

Food & groceries

Transportation

Phone & internet

Insurance

Flights

Travel & social activities

Emergency expenses

Bedding, towels, homeware, clothes

Recommendation:

- ✓ Prepare a monthly budget
- ✓ Keep a 10–20% emergency reserve

Personal Preparation

- ✓ Prepare for cultural differences
- ✓ Improve academic English skills (if needed)
- ✓ Set personal goals for your exchange experience

Before Departure

- ✓ Finalize courses
- ✓ Share accommodation details with family
- ✓ Pack according to climate and local conditions

Upon Arrival

- ✓ Attend orientation
- ✓ Complete course registration
- ✓ Explore campus services
- ✓ Confirm arrival with RU

During the Semester

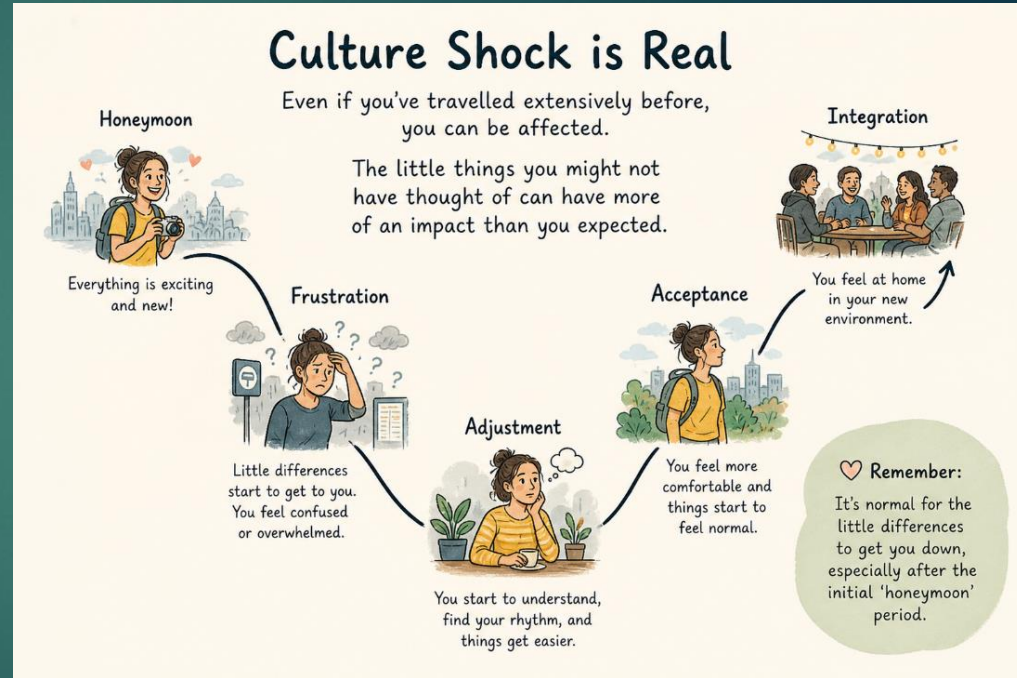
- ✓ Follow attendance requirements
- ✓ Update Learning Agreement if needed
- ✓ Monitor academic changes
- ✓ Stay in contact with RU when necessary

Before Returning Home

- ✓ Complete all exams
- ✓ Verify the procedure of transcript delivery to RU

Cultural Adjustments

- Climate
- Food: how, when and what you eat
- Bureaucracy
- Accommodation: different norms, e.g. shared rooms, curfews
- Punctuality
- Lifestyle
- Level of support
- Laws & regulations



Studying Abroad: Academic Adjustment



Top tip:

Try to find out what the situation is like at your host institution before you go, to avoid any surprises and to make settling in a bit easier.



Remember that the academic culture in your host institution can vary significantly from that at RU.



Much more (or much fewer) contact hours and assignments



Fewer (or no) online class resources or notes



Different rules on special circumstances / adjustments



Different exam styles (e.g. oral exams)



Different attitude to class and exam scheduling



Limited office hours



Lecturers' approach towards student's inquiries might be different from what you are used to at RU.



Safety and Security

- Refrain from any form of substance abuse
- Report any incidents of antisemitism or inappropriate behavior by academic or administrative staff to the Student Exchange Office
- Do not attempt to handle sensitive situations independently, allow the university to address them through formal channels
- Avoid confrontations, political demonstrations, and potentially sensitive or high-risk areas
- Do not leave your passport or personal belongings unattended
- We monitor the worldwide news closely, we may ask you to check in with us to confirm you are safe if needed
- [Follow the Ministry of Foreign Affairs recommendation prior to date of departure](#)

Transcript of Records/Grades

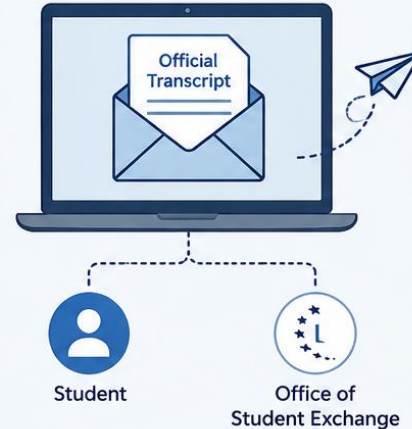
- 1 Towards the end of the exchange semester, it is the student's responsibility to verify with the host university's international office what process is needed to receive the official transcript of grades from their exchange semester.



- 2 For a student to receive recognition for the credits studied abroad, the student needs to make sure that his/her RU Academic Coordinator receives the official transcript of grades from their semester abroad.



- 3 In some cases, the host university will send the student their transcript by email copying the Office of Student Exchange.



IMPORTANT: Always keep a copy of your transcript and confirm that it has been received by your RU Academic Coordinator.





Student exchange is not only an academic experience.
It is also about independence, responsibility,
adaptability, and cultural understanding.

Wishing you an amazing adventure!

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