Student Planning Guide for Study Abroad

University of Regina students, plan your semester abroad!
What is Included in this Guide?

Fall & Winter Exchanges:
This guide will include information on eligibility, deadlines, pathways, academic requirements

Spring/Summer Exchanges:
We don’t consider summer exchanges in this program due to their uniqueness.

To see options for summer exchanges, you can go to:
https://www.uregina.ca/international/study-abroad/summer-programs1/index.html or:
https://www.isepstudyabroad.org/guides-and-tips/get-started/explore-your-options/summer
**Eligibility Requirements:**

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Details</th>
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<tbody>
<tr>
<td>70% overall GPA</td>
<td>• May be eligible with a GPA below 70%.</td>
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<td></td>
<td>• Will need faculty support letter. This is given on faculty discretion only.</td>
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<td>Completed &amp; passed 30 credit hours</td>
<td>• This can include transfer credits</td>
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<td>• May be eligible while in the process of completing 30 credit hours</td>
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<td>Full-Time student in the semester prior to exchange</td>
<td>• Must take minimum 9 credit hours total</td>
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<td>• Only includes Fall/Winter terms</td>
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**Application Deadlines:**

- **Fall Exchange**
  - March 1st of same year
  - Ex: Exchange September 2023, apply by March 2023

- **Winter Exchange**
  - September 1st of year prior
  - Ex: Exchange January 2024, apply by September 2023

- **Summer Exchange**
  - Varies by program
  - Contact UR Study Abroad

**Please note, if the deadline date falls on a weekend, please submit your application the Friday before**
Study Abroad Step By Step Process:

1. Meet with one of our Global Education Advisors
2. Meet with your Faculty Academic Advisor
3. Submit your study abroad application
4. Submit your required documentation
5. Attend a Pre-Placement interview with UR Study Abroad
6. Research visa requirements
7. Get accepted!
**Breakdown of Pathways/Programs:**

There are different program pathways that students can find a host institution through. However, it is important to note that, when preparing your application for study abroad, students are only eligible to submit host institution choices through one program.

<table>
<thead>
<tr>
<th></th>
<th>SEP/UMAP/CONAHEC</th>
<th>NSE</th>
<th>ISEP</th>
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<tbody>
<tr>
<td><strong>Set Up</strong></td>
<td>Exchanges with partner universities from institutional partnership agreements and UofR consortium membership status.</td>
<td>Exchanges based on membership in a consortium of Canadian, US, and US territory institutions.</td>
<td>Exchanges based on membership to ISEP network, ISEP is one of the largest network of post-secondary institutions.</td>
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</tbody>
</table>
| **Housing & meals**     | • Meals & housing are student’s responsibility  
                          • Host will provide info on how to apply/where to find  
                          • Housing may be on- or off-campus | • Meals & housing are student’s responsibility  
                          • Host will provide info on how to apply/where to find  
                          • Housing may be on- or off-campus | • Housing and meal plan are charged at the UofR’s current rate  
                          • Based on ISEP agreement, housing & meal costs will be coordinated by host institution  
                          • You must live in the housing indicated by host institution through the ISEP program |
| **Application Fee**     | $250 CAD (non-refundable)                                                        | $250 CAD (non-refundable)                                            | $100 USD app fee (non-refundable); $425 USD placement fee             |
| **Application Process** | • Complete the application form on the Study Abroad website  
                          • Submit required docs  
                          • UR Study Abroad nominates you to the host. | • Complete the application form on the Study Abroad website  
                          • Submit required docs.  
                          • UR Study Abroad applies to NSE on your | • Complete application through ISEP’s website  
                          • Submit required docs  
                          • ISEP arranges placement with host institution  
                          • All steps completed |
<table>
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<th>Required Documents</th>
<th>Medical Insurance</th>
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<tr>
<td>• Host may require you submit their application</td>
<td>• Required to purchase health insurance from provider of your choice</td>
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<td>• Coverage must include all travel and activities outside of the regularly scheduled exchange program</td>
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<tr>
<td></td>
<td>• All insurance policies must have: coverage for the repatriation of remains up to $1 million</td>
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<tr>
<td></td>
<td>• Must purchase ISEP’s health &amp; travel insurance</td>
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<td></td>
<td>• Insurance provider for ISEP is MEDEX</td>
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<tr>
<td>• Copy of Passport photo page</td>
<td>• Required to purchase health insurance from provider of your choice</td>
</tr>
<tr>
<td>• Academic reference</td>
<td>• Coverage must include all travel and activities outside of the regularly scheduled exchange program</td>
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**Medical Insurance**

- Required to purchase health insurance from provider of your choice
- Coverage must include all travel and activities outside of the regularly scheduled exchange program
- All insurance policies must have: coverage for the repatriation of remains up to $1 million

**Host may require you submit their application through your ISEP portal**
Academic Requirements:

Meet with your Academic Advisor

You must meet with an academic/program advisor in the planning stage to see how an exchange will fit into your degree program.

Select your Study Abroad Pathway

All schools that you select for potential hosts must be within the same exchange pathway.
Examples of pathways: SEP, ISEP, NSE, UMAP, CONAHEC

List of 5 Schools & 5 Courses for Each School

These lists will be for your reference only. ISEP students must submit course lists with your application. You should be able to change the course selection later.

Questions to Ask your Academic Advisor:

What classes are open in my program?

What classes do you recommend?

What is my GPA?

What is the transfer credit process like?
Next Steps after Applying:

Pre-Placement Session

- After we have received your completed application, you will be contacted to do a Pre-Placement interview with one of our Global Education Advisors.
- This is an opportunity for the Advisor to get to know you and to ensure that the destination you are going will be a good fit for your goals.

Scholarships

- Take a look at scholarship opportunities on SAMS.
- Any scholarship that you are eligible for as a UofR student, you are eligible for as a UofR outgoing exchange student! This includes funding from external sources, recurring scholarships, Indigenous Band funding, student loans, etc.

Like our Social Media

- Facebook UR study Abroad
- Instagram: @ur.studyabroad

Make a Budget Plan

- Start making a budget plan. We also have a Budget Template Form available.

Begin the research process for your host countries

- Do you need a visa to go to your host country or will you need to travel to another city in Canada to apply for the visa in-person?
- What are the safety concerns you need to think about for going to this country? Do you need to have certain vaccinations in order to travel there?
- Have you referred to the Government of Canada’s Travel Advice and Advisories page?
- What is the difference in living costs between the host city and where you live now?
- How close is the nearest airport to the city you’re going to? Will you be travelling a lot during your exchange?
Scholarships:

Global Skills Opportunity (GSO):

Scholarship Value: $500 to $10,000.

Target Groups (Indigenous, low-income, persons with disabilities)

- $10,000 for physical exchanges over 17 weeks
- $5,000 for physical exchanges between 1-16 weeks
- $1,000 for virtual exchanges

Non-Target Groups: (Does not fall into the above categories)

- $5,000 for physical exchanges over 17 weeks
- $2,000 for physical exchanges between 1-16 weeks
- $500 for virtual exchanges

Eligibility:

- 70% overall GPA
  - If overall GPA is under 70%, students will need faculty support letter. This is given on faculty discretion only.
- Completed 30 credits hours
  - May be eligible while in the process of completing 30 credit hours
- Full-time student in semester prior to exchange (Minimum 9 credit hours)

Other requirements:

- Has not received the GSO scholarship before (cannot be combined with GES)
- Is not on academic probation
- We recommend all students apply for this scholarship!

Required Documents:

- GSO application (provided in your acceptance package)
- Signed declaration page (included in application)
- Unofficial transcripts (UR Self-Service)
- Reason for travel (included in application)
- Flight itinerary
- Liability waiver (included in application)
- Travel report from www.travel.gc.ca/destinations
  - Funding will not be granted to countries listed as “Avoid Non-Essential Travel”
Global Education Scholarship (GES):

Scholarship Value: $1,000 to $2,000.

Eligibility:

- 70% overall GPA
  - If overall GPA is under 70%, students will need faculty support letter. This is given on faculty discretion only.
- Completed 30 credits hours
  - May be eligible while in the process of completing 30 credit hours
- Full-time student in semester prior to exchange
  - Must take minimum 9 credit hours total
- Taking courses full time on exchange (Minimum 9 credit hours)

Other requirements:

- Has not received the GES scholarship more than twice (cannot be combined with GSO)
- Is not on academic probation

Required Documents:

- GES application
- Unofficial transcripts (UR Self-Service)
- Reason for travel (included in application)
- Flight itinerary
- Liability waiver (included in application)
- Travel report from www.travel.gc.ca/destinations
  - Funding will not be granted to countries listed as “Avoid Non-Essential Travel”

Student Awards Management System (SAMS):

- You can apply for undergraduate scholarships and awards using SAMS, our Student Awards Management System. There are lots of different awards available, some that require an application and others that are automatic. You can browse the awards as a guest, or create an account.
- Questions about SAMS, please contact Student Awards & Financial Aid at:
  - safa@uregina.ca or 306-585-4591
Frequently Asked Questions:

Can international students participate in UR Study Abroad?
Yes, international students are eligible to participate in Study Abroad.

Can off-campus students participate in UR Study Abroad?
Yes, students taking off-campus courses are eligible to participate.

Where can I go for my exchange?
The University of Regina has partner agreements with schools all over the world; North America, Europe, Australia, Asia, and even some schools in Africa.

Will my courses during exchange be taught in English?
Most schools do offer classes in English. However, there are specific schools that require proficiency in another language. Please check in with Study Abroad for more information.

Who do I pay my tuition fees to, the host or the UofR?
Tuition fees are paid to the University of Regina on a pay-per class model through the faculty you are enrolled in.
Exceptions do apply, these can include NSE-Plan-A and ISEP Direct programs.

Can I take classes part-time during my exchange?
Students are required to maintain their full-time registration status while on exchange.

Are the semester dates abroad the same as the UofR?
Semester dates can differ, for example:
- In the UK, classes can begin anywhere between the beginning of September to the end of October. Classes are usually done by the Christmas break, but exams and final assignments are due in January.
- In Australia, students who go out on exchange in our Fall semester actually go out in the Australian Spring semester.
- Germany’s first academic semester runs from October to March, the second semester runs from mid-April to mid-July.
- In Japan, the academic calendar runs April to March in two main semesters. The first is April to September, and the second is October to March.

Who can be an academic reference?
Your references need to be able to speak to your abilities academically, as well as you as a person. Ensure you choose people who will give you a good reference. Ex: Professor.

My passport is expiring, can I still complete an exchange?
Your passport must be valid for at least 6 months as of the time you are going to leave the host country. Most countries require a valid passport for visa/entry.

**What is the transfer credit process like?**

Your academic advisor will not evaluate your course selections until you have been placed at your host institution, and you may not be eligible for transfer credit unless your Academic Advisor has evaluated and approved your course selections for your exchange.

**How much does it cost to go on Study Abroad?**

- Application fee: $250 (SEP, NSE, UMAP, CONAHEC) or $525 (ISEP only)
- Tuition for full-time courses at UofR ranges $2,470.35 to $4,626.90 depending on faculty and course load.
- Housing & meal costs: Approximately $4,120 per semester
- Return flights
- Additional travel expenses
- Applicable visa fees

**How do I book an appointment with Study Abroad?**

- Go to the following link to book an appointment online: [https://www.uregina.ca/international/study-abroad/Advising/index.html](https://www.uregina.ca/international/study-abroad/Advising/index.html)
- Alternatively, you can email or call us at study.abroad@uregina.ca or 306-337-2446
- Scheduled: Tue, Wed, Thu 2pm-4pm
- Drop-In Advising (no appointment needed): Thu 9am-11:30am
Study Abroad Contact Information:

**General Office:**
Phone: 306-337-2446  
Email: study.abroad@uregina.ca

**Global Education Advisor (Outbound Students):**
Phoebe Robinson  
Phone: 306-337-2619  
Email: phoebe.robinson@uregina.ca

**Hours of Operation:**
Monday – Friday  
8:15am-4:30pm  
*Please note we are closed on all statutory holidays

**24/7 Emergency Line:**
1-855-874-1700  
*ONLY USE CRITICAL OR EMERGENCY EVENTS!

**Office Location & Mailing Address:**
College West Room 127  
University of Regina  
3737 Wascana Parkway  
Regina, SK, S4S 0A2

**Advising Appointments:**
Scheduled: Tue, Wed, Thu 2pm-4pm  
Drop-In Advising: Thu 9am-11:30am