Global Opportunities & Exchanges

Support needs & mental health
Agenda

• Who we are
• What are the options?
• How to apply?
• Will my support needs be met?
• You are insured!
• How much does it cost?
• Tuition fees and loans
• Scholarships and bursaries
• How to find out more
Who are Global Opportunities?

- **Claire Hunter** – International Partnerships & Global Opportunities Officer
- **Fiona Dukalskis** – Global Opportunities & Exchanges Coordinator – Europe
- **Adam Parkin** – Global Opportunities & Exchanges Coordinator – Worldwide
- **Maddy Corr** – Global Opportunities & Exchanges Assistant
- **Katie Langwith** – Partnerships & Global Opportunities Assistant
What are the options?

Available through Global Opportunities & Exchanges and your department

• Erasmus+ (study exchange or work placement in Europe)
• Study Abroad (exchange outside Europe)
• Summer school (not in term-time)

You will have to organise yourself

• International volunteering/work placement abroad
How do I apply?

**Study Abroad**
Online application through Study Abroad
Blackboard (MOLE) organisation
Opens 11am 6\textsuperscript{th} November 2019, **deadline** 5pm 1\textsuperscript{st} December 2019

**Erasmus+**
Check with your departmental adviser what the deadline and procedure is, usually in the Spring semester

**Summer Schools**
Funding deadlines in December and January
Applications for courses depend on each individual summer school, though are usually in the Spring semester
Students and mental health

- 1 in 4 adults in the UK have mental ill health
- Everyone has a baseline level of stress
- Coping mechanisms
- Mental illness can develop when you are abroad
- Peer support can be as effective as professional help
Will my support needs be met at my host institution?

The level of support offered varies from institution to institution. You will need to research before applying.

We advise you to declare your support needs when you apply for the exchange so your department and Global Opportunities & Exchanges are aware and can support you.

We also advise declaring your support needs to the host institution or company when you apply.

Without the declaration, we may be limited in how we can support you.
Who can help?

**DDSS**
- Mentors support you in preparing to go abroad
- Mentors can talk to other departments if required

**Global Opportunities & Exchanges**
- Signposting, guidance on researching

**Partner Universities**
- More familiar with their services

**Big White Wall**
- Accessible to log on with Sheffield details
- Wellbeing overseas page
If things don’t go so well

• You can still access support from Sheffield (e.g. Big White Wall, DDSS, financial hardship)

• www.sheffield.ac.uk/ssid/students-going-abroad

• www.gov.uk/guidance/foreign-travel-for-disabled-people

• www.gov.uk/guidance/foreign-travel-advice-for-people-with-mental-health-issues

• Tell your host university and use local assistance

• Talk to friends / family / tutors

• Don’t expect everything to be brilliant all of the time! You are likely to experience culture shock.
Insurance

The University of Sheffield has a free travel insurance policy: https://finance.shef.ac.uk/insurance/

Pre-existing medical conditions are automatically covered providing travel is not contrary to medical advice.

It does not cover mobile phones!

Inform insurance@sheffield.ac.uk if you are making any trips abroad so they can confirm if you are still covered.

RSA Travel Assistance app – can give you country specific travel alerts
How much does it cost?

- Living costs vary by institution, so there is no simple answer – information is online at https://www.sheffield.ac.uk/globalopps

- Additional costs to consider:
  - Flights (potential for coach/train for Europe)
  - Visas (application costs, travel to Embassy)
  - Health insurance (mandatory for some countries)
  - Tourism

Wherever you go, you will spend more than a year in Sheffield, where it’s estimated to cost £1,015 per month.
Tuition fees

• Your tuition fees to Sheffield are reduced if you spend a semester or year abroad

• You do not pay tuition fees to the host university as it is an exchange. You may have other fees to pay (health insurance, lab fees, administration fees)

• You are likely to have fees for a summer school, as they are outside term-time.
Student loans

• UK students still have access to the Student Finance tuition fee and maintenance loans

• Students whose maintenance loan application includes evidence of household income for assessment are eligible for a travel grant – can claim back certain costs with receipts (e.g. flights, health insurance, visa application fees)
If studying abroad is an integral part of the course, you will continue to receive DSA.

DDSS has a fund for non-DSA students.

Equipment needs can usually be sorted out before departure.
Scholarships

• Bursary students on study (not on placement/year in industry/year in practice) still receive their Sheffield bursary and those on Study Abroad are invited to apply for scholarships worth £2,000

• External scholarships (e.g. BUTEX)

• Global Opportunities has scholarships and bursaries for summer experiences, including £750 - £1,000 for partner summer schools and £500 for independently organised travel.

• Many summer schools at our partner universities offer scholarships or discounts. Details are advertised by Global Opportunities & Exchanges each year, usually from December onwards (website, social media, emails).
Affordability

• It may be possible to work part-during your time abroad, depending on visa restrictions

• Try to save up as much as possible beforehand

• Plan your finances, work out a budget and when you will have big spends

• Consider shorter options – does your department allow for a single semester of exchange? Would a summer school be easier to afford?
Points of contact

Global Opportunities & Exchanges
globaloppps@sheffield.ac.uk / 0114 2226269 or 2221253
sheffield.ac.uk/globaloppps / Blackboard organisation

Global Ambassadors
sheffield.ac.uk/globaloppps/seap/profiles/index

DDSS
sheffield.ac.uk/ssid/disability

Department
Personal tutor / lecturers
Exchange contacts (see sheffield.ac.uk/globaloppps/)
Social media

@uosglobalopps

@UoSGlobalOpps

@uosglobalopps

https://uosstudyingabroad.wordpress.com/
Come to the Global Opportunities Fair!

When?
Wednesday 6th November 2019, 11am to 3pm

Where?
in the Octagon

Why?
Speak to students who’ve studied abroad and find out about opportunities to study, work and volunteer overseas!