

Get ready for your International Experience

A practical guide for UMET students who will travel abroad in face-to-face academic mobility programs.

1. Documentation and paperwork

- Valid passport (minimum 6 months validity)
- Student visa (if applicable)
- Letter of acceptance from the host university
- Signed mobility contract or agreement
- UMET enrollment certificate
- International health insurance (mandatory)
- Translation of documents if required by the country
- Copy of all important documents (digital and physical)

2. Academic preparation

- Review syllabus and equivalencies with your academic coordinator
- Enroll your subjects with UMET support
- Research the educational system of the host country
- Learn key academic vocabulary in another language
- Contact the academic tutor at the host university (if applicable)
- Check possible exam or delivery dates

3. Language and communication

- Reinforce the official language of the country (classes, apps, videos, etc.)
- Learn useful phrases for everyday life
- Check if you will need language certification (TOEFL, DELE, etc.)
- Install translation and messaging apps

4. Travel and Arrival

- Purchase your plane tickets in advance
- Check health restrictions or entry requirements

- Book temporary or permanent housing
- Research how to get from the airport to your accommodation
- Have a plan B in case of emergencies
- Inform your family and UMET about your travel itinerary

5. Money and finances

- Carry cash in local currency
- Apply for an international debit/credit card
- Inform your bank that you will be out of the country
- Research the local cost of living
- Make an estimated monthly budget
- Keep digital copies of your financial receipts

6. Well-being and adjustment

- Research cultural customs and social norms
- Read about the country's history and geography
- Take personal prescription medications
- Learn how the local health care system works
- Meet other students who have experienced the experience
- Prepare yourself emotionally: openness, respect, and resilience

7. Important contacts

- Save emergency numbers in your destination country
- Save the contact of UMET's international relations coordinator
- Write down address and phone number of your destination university
- Add nearest Ecuadorian embassy or consulate
- Share your information with family members and UMET

8. What to pack?

- Clothing appropriate to the climate of the country
- International plug adapter

- Printed copies of your documents
- Basic personal first aid kit
- Comfortable backpack for day-to-day use
- Symbolic gift from Ecuador for cultural exchanges

Final tip:

International mobility is a unique experience. Prepare yourself with responsibility, openness and a great desire to learn - the world is waiting for you!