

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!