Study Abroad as a Student Athlete
Programs Abroad Office • International Center • Second Floor • http://pao.ucsd.edu/

Plan early!
Begin planning at least 9 months and preferably a year or more in advance of your study abroad in order to stick to your graduation plans!

How to Make It Happen
☐ Start your journey by watching “First Steps” at pao.ucsd.edu
☐ Search for your perfect program at pao.ucsd.edu
☐ Meet with a Programs Abroad advisor to discuss your goals and plan your trip
☐ Search for courses that may fulfill major/minor/GE requirements to add to your Academic Planning Form
☐ Meet with your major/minor & college advisors

“it was important to me to study abroad in college. While I knew playing a sport would make this a little difficult, the [Global Seminars, summer] were perfect for me! It was nice to go abroad with a UCSD professor and develop a meaningful relationship with him and other UCSD students.”
Camille Gaito, Softball

Too many student athletes think that they do not have the time to participate in study abroad… Not true! With a little extra planning, every student athlete can go abroad. Including YOU!

When and for How Long?
There are hundreds of program options, from short summer programs to year-long. Consider your season schedule, team commitments, off-season activities, and eligibility issues to find the program that’s right for you. And talk with your coach, athletic advisor, and college and department advisors about your plan!

Globalize Your Training!
Maintain your physical fitness abroad by speaking with your coach and/or strength and conditioning coach about developing a plan for while you’re away. Also, always consider NCAA rules in competing in any athletic events while abroad.

Maintain Eligibility!
Speak with your academic advisors as well as your athletic compliance advisor with regards to any specific eligibility issues. The NCAA has strict requirements regarding participating in outside competition; be sure to obtain all the necessary information prior to going abroad!

(Adapted from the University of Minnesota)
A few highlighted programs…

South Korea

Topics: Korean language, Business, Asian Studies, International Studies, Engineering
Program: EAP at Yonsei U. in Seoul

Denmark

Topics: Medical Practice and Policy, Justice and Human Rights, Migration and Conflict, Global Economics and Politics, more
Program: DIS in Copenhagen
Dates: Fall/Spring Semester,

Spain

Topic: Engineering (in English)
Program: IES at Carlos III, Madrid
Dates: Spring Semester

Australia

Topic: Exercise Physiology
Program: A UC San Diego Global Seminar in Canberra
Dates: Summer
Info: globalseminar.ucsd.edu

A Smart Investment

Finance your trip of a lifetime by using your campus financial aid package and applying for grants & scholarships through our scholarship database (pao.ucsd.edu)

Financial Aid
Students often apply their financial aid packages toward study abroad, and over half of UCSD’s study abroad participants receive financial aid.

Scholarships
UCSD students were awarded about $500,000 in study abroad scholarships last year, and the Programs Abroad Office offers workshops to help students prepare competitive scholarship essays.

The Journey Continues…

…and when you get back, the Programs Abroad Office can help you with:

- The process of petitioning your courses for satisfying major/minor/GE requirements
- Marketing your global experiences for resumes, applications, and interviews
- Connecting you to a network of other Study Abroad returnees and prospective students at UCSD and throughout the world

Study Abroad: If not now, when?