



Resources available to you



Online resources

In particular, spend some time exploring the website of your host institution/organisation, especially any pages set up specifically for exchange students that you can find, or introductory information for new employees.

Download any handbooks for exchange/international students that you can find, or introductory information for new employees.

Familiarise yourself with the course offerings of the University/structure of the company.

Look into things like sports facilities, any medical facilities, accommodation provision, health & safety guidelines etc.

Some partners/organisations will have much better websites than others, so you may need some patience when navigating through the information! Other sites worth looking at include:



https://globalgraduates.com

 an independent website written by students for students about the study/work abroad experience.



http://www.careers.manchester.ac.uk/international/

- University of Manchester Careers Service website containing country profiles and useful links, especially for work opportunities and vacation activities.



66 The world is a book, and those who do not travel read only a page.

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My Placement

Your Study and Work Abroad activities will be managed through My Placement, which is a University-wide system that can be accessed through My Manchester or at **studentmobility.manchester.ac.uk** – here you will find copies of all of the documents that you will need to download and complete, and you will also be able to submit these documents through questionnaires. There are also many other resources to support your time abroad.

My Placement enables you to keep all of your study and work abroad documentation in one safe place, and also allows staff supporting you to review this and act on it as required. You will use My Placement at every stage of your study and work abroad experience – from applying right through to returning to Manchester – and will log in using your normal University username and password.

My Placement is also used for checking in upon arrival at your placement, Progress & Wellbeing checks, and in case of any emergencies. One of the most important pieces of information in

My Placement is your itinerary – where you will be while abroad and how long for – this is normally updated for you by the member of staff managing your placement either in your School or in the International Programmes Office. If there are any changes to this (if you are planning on going abroad for longer than you initially thought, or your placement shortens for any reason) then it's really important that you let your placement co-ordinator know as soon as possible so that they can update this for you.

Go Abroad Resources available to you



66 A journey is best measured in friends, rather than miles.



A dedicated brochure has been compiled for most partner universities which includes helpful and practical information such as (but not limited to):

- The cost of living (so you can plan your finances properly).
- Information about both university and private accommodation at your destination.
- How and where to apply for a visa (if necessary).
- Semester dates and the academic calendar for your destination.
- Contacts for a range of student support services at your destination.
- Feedback from previous students.

Furthermore, the brochure contains lots of links to vitally important sections of your host institution's website such as: course catalogues and grading systems. There are also links to relevant third party websites, local travel guides or accommodation forums, for example.

Your application homepage will also be the place where you can find any important documents or requirements relating to your time abroad. These will be updated throughout your placement

Check your application homepage regularly both in Manchester and whilst abroad.

International Programmes Library

based in The Atrium, 1st Floor University Place. Open 9am – 5pm weekdays (including during vacations, with the exception of the Christmas closure period and Bank Holidays):

- Brochures and other literature supplied by our partner universities
- Travel Guides (Lonely Planets) available for every exchange destination
- Students studying Languages, within the School of Arts, Languages and Cultures (SALC), should visit the SALC Residence Abroad and Placements Office in W3.9, Samuel Alexander Building (open from 10am – 4pm, Monday to Friday, throughout the year.) The Residence Abroad Office has a small collection of books about working and studying abroad, information about partner institutions and employers, all available for short-term loan from the Residence Abroad Office.
- Languages students should note that if you are undertaking 2 placements you must ensure your placement/semester dates do not overlap.

International Programmes Online Resources

There are so many ways of keeping up-to-date with everything 'Study and Work Abroad'.

The first place to head is



www.goabroad.manchester.ac.uk – through this site you can access all the general Go Abroad information that you might need as well as the contact details of specific offices. The Go Abroad site is more than just a research tool; it contains practical information about preparing for your placement, help and advice for whilst you are away and important information for your return, including careers and employability information.



Like us on Facebook at

www.facebook.com/TheUniversityofManchesterGoAbroad and receive all our updates and important information.



Did you know we have a blog? Well, actually, you have a blog! Manchester On The Road **manchesterontheroad.wordpress.com** is the place to go to see what your fellow Study Abroaders are up to (not to mention give you the bug for more travelling!)



Get a feel for life abroad by following our Instagrammers. Follow us on @uom_goabroad www.instagram.com/uom_goabroad



Don't forget, you can email us at any time at **goabroad@manchester.ac.uk** with any questions or queries you might have and we will respond to you as quickly as possible.

Global Guidance Ambassadors

Global Guidance Ambassadors are returned study and work abroad students who work in the Atrium Tuesday-Thursday 10:00 - 16:00 during term time and are there to help you research possible destinations and also tell you a little bit about their experiences abroad – a valuable resource not to be missed!



You can also contact our Global Guidance Ambassadors via our social media platforms or email goabroad@manchester.ac.uk

Other Study/Work Abroad Students

Students who have previously participated in an exchange or worked abroad are usually more than happy to give you advice and tips. Make the most of this resource! They'll be able to answer all sorts of questions that International Programmes Office/Placement Office staff and websites cannot help you with. Remember that international students also come to Manchester on exchange each semester, so they are a good source of information and local knowledge.

Unless students have given their permission for us to do so, we cannot disclose their contact details to you. We are more than happy to forward on a message from you to the relevant group of students so that you can make contact.

We have Facebook groups for students on IPO managed programmes to help you connect with other students who are going to/have been to/are currently in the country you are going to. You will receive an invite to join the group for your country/region once you have been selected to go abroad.

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International Society

This is not just for international students! The International Society welcomes all students who are interested in different countries and cultures, and in meeting new people from different backgrounds, and they are more than happy to have UK members too. It's a great way to meet students from the country to which you will be going, as well as other likeminded international people.

The society has over 3,000 members from over 150 different countries and offers a range of different classes each week (including foreign language classes, belly-dancing, tai chi, juggling) as well as organising a number of different social events throughout the year, including trips, quiz nights, theatre visits, cultural nights etc.

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For further information see: www.internationalsociety.org.uk

Exchange Society

There is an exchange society which is open to all students who have been selected to study abroad, have returned from studying abroad and those who are studying abroad in Manchester. This is a great opportunity to meet and socialise with students from around the world, as well as those who have just returned from a period abroad. You can find out more about the society on their Facebook page: https://www.facebook.com/uomexchangesoc/



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