

# Important Considerations for Study Abroad

Things to know before you apply & go abroad!

As you consider or prepare for a study abroad experience, International Programs (IP) encourages you to **reflect on how you might navigate potential adjustments in your host country.**

These adjustments may include things like:

- Dietary changes
- Language barriers
- Sensory overload
- Environmental conditions (e.g. high elevation)
- Physical demands of excursions

**Before applying,** think about how your own dietary restrictions or allergies, health conditions, and the overall accessibility and physical expectations of the program may affect your ability to fully participate.

In addition, **program activities should be an important part of your decision-making process.** On each IP program page, the “Excursions & Group Activities” section offers a brief list of planned experiences. While not exhaustive, this list is a helpful starting point for understanding the types of activities you may participate in.

**Communal living is a core aspect of most study abroad programs.** In most IP programs, this means you’ll share a room and common spaces—such as kitchens or bathrooms—with other students. While a few programs may offer single-room options, shared living arrangements are the standard and are designed to help build community. **It’s important to consider how you adapt to shared spaces and routines in preparation for your experience abroad.**

Taking time to consider these aspects early in the process will help set the stage for a successful and enriching study abroad experience.

**If you have accommodation considerations,** reach out\* to International Programs well in advance by emailing [IP-Info@fsu.edu](mailto:IP-Info@fsu.edu) with the subject line “Student Affairs Accommodations and Considerations.”

\*Please note that health conditions and disability-related considerations are not factored into application decisions. IP’s priority is to support a safe and positive experience abroad for all students. IP encourages early disclosure so IP staff can work with you to address any needs before your program begins.