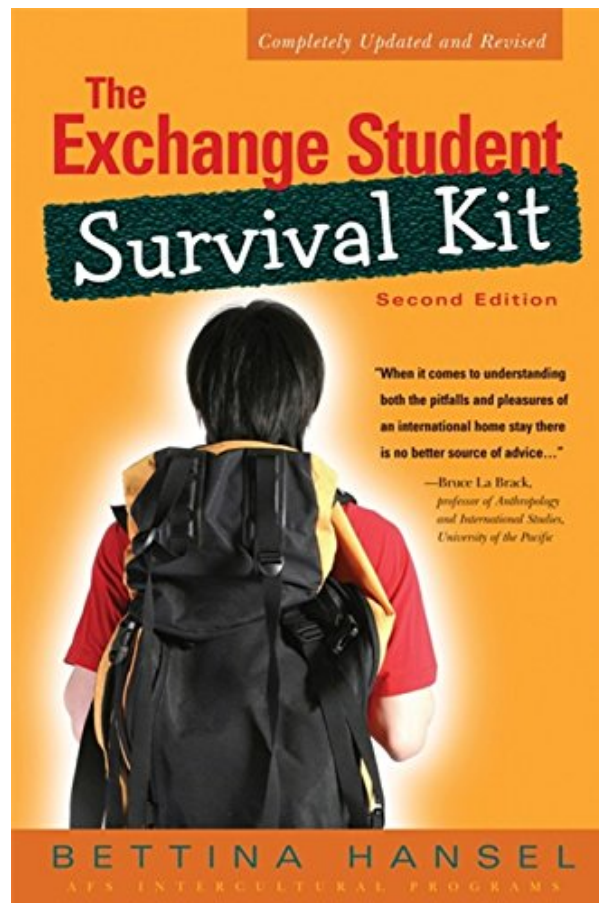
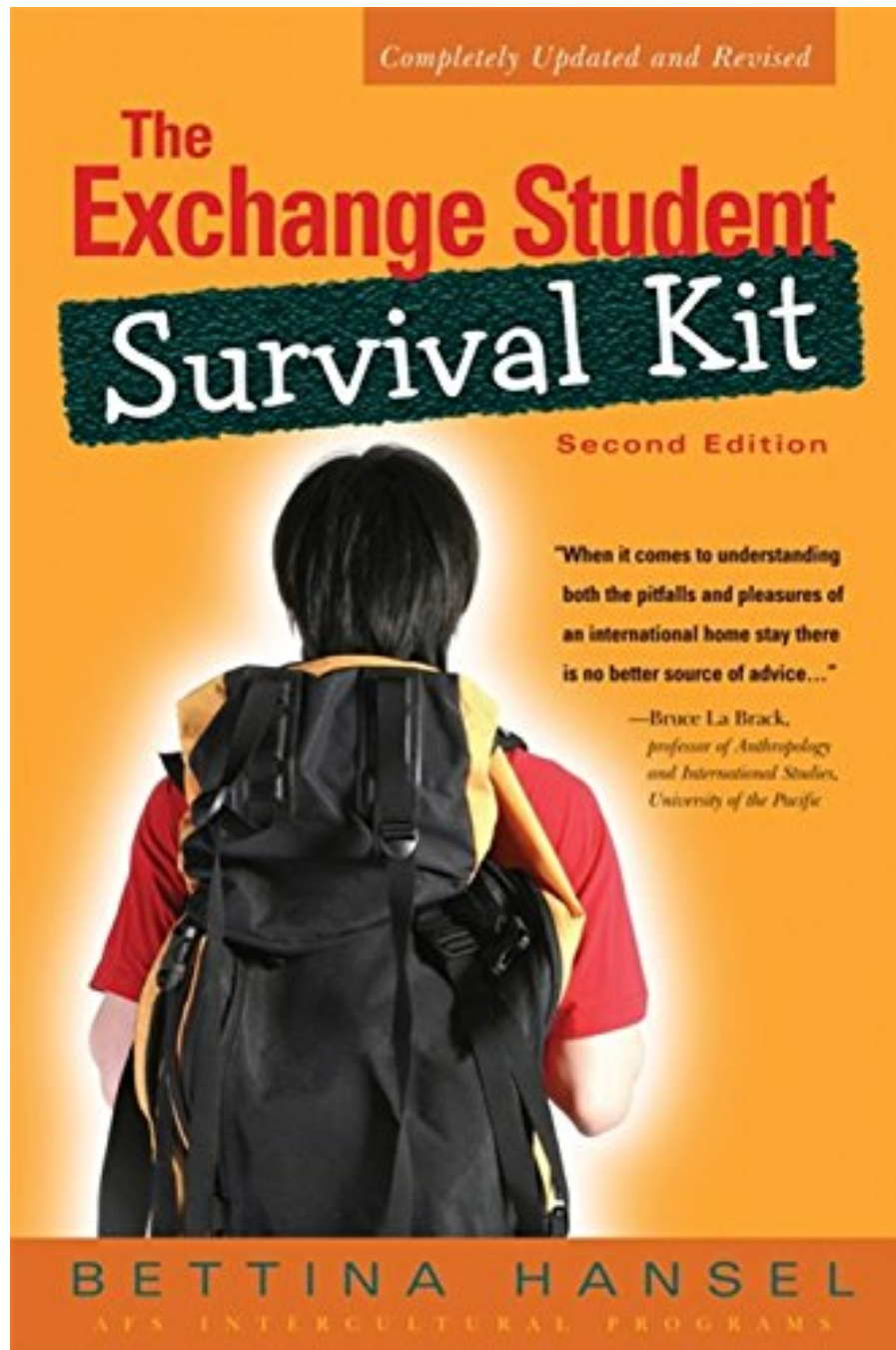


THE EXCHANGE STUDENT SURVIVAL KIT BY BETTINA HANSEL



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Review

?The Exchange Student Survival Kit will be of tremendous help for everyone involved in the exchange student field, and by extension, everybody who deals with cross-cultural differences.?

From the Author

Bettina Hansel is Head of Research & Evaluation, AFS International, based in New York City. AFS is a leader in intercultural learning and offers international exchange programs in over 50 countries around the world through independent, not-for-profit AFS organizations. More than 11,000 students, young adults and teachers participate in AFS programs each year.

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Studying abroad has never been so popular! Students embarking on life-changing adventures are in need of tried and true advice from someone who knows the ins and outs of studying in a foreign country. The brand new edition of The Exchange Student Survival Kit is the essential guide to navigating the study abroad experience. From dealing with initial fatigue and culture shock to adjusting and thriving in a new environment, this book has all bases covered. Using personal experiences from dozens of multicultural exchange students, Dr. Bettina Hansel offers a wealth of insight and practical advice and leads students through the study abroad experience from beginning to end, thoroughly addressing the stages of adjustment, potential pitfalls and enduring rewards of an international education. This much-awaited new edition includes information on new communication technology as it affects the study abroad experience; important advice on personal safety; pressing concerns for parents and students in light of war, terrorism and crime and the changes in society and family life that will affect travelers most. The Exchange Student Survival Kit is a book to return to again and again, whether for tips on fitting in at a new school, solutions to common cross-cultural problems or simply for a comforting reminder that other students have shared the same emotions, thoughts and experiences while studying in an unfamiliar culture

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Most helpful customer reviews

4 of 4 people found the following review helpful.

An absolute "must-read" for any prospective exchange student

By Midwest Book Review

The Exchange Student Survival Kit is a solid primer for foreign exchange students and host families alike. Now in a completely revised and updated second edition that includes references to the latest communications technology (e-mail, instant messaging, cell phones, online games, etc.), crucial advice with regard to personal safety, and notes concerning ongoing changes in society and family life that affect travelers, The Exchange Student Survival Kit covers everything from practical packing to learning to identify "red flag" emotions that are likely triggered by culture shock to preparing for reverse culture shock on the trip home. Peppered throughout with anecdotes of young people from various different nations adjusting to a new way of life, The Exchange Student Survival Kit is an absolute "must-read" for any prospective exchange student or host family.

18 of 18 people found the following review helpful.

A Must For Future Exchange Students

By Laura M.

This is an excellent book for anyone who's going to be an exchange student, as it gives the reader a realistic view of what going on the exchange will really entail. It covers settling in, homesickness, culture shock, making friends, learning the language, getting ready to leave, and "reverse culture shock" -- coming home again. Although not every exchange student may experience the stages in the exact order or extent the author describes, most exchange students will be able to identify with what she's saying. I found it very informative and comforting to read this book before going to Ecuador for a year, and it was also helpful to read during the exchange, simply to know that what seemed like bizarre feelings were really fairly normal for exchange students. Do yourself a favor and read this book before you go, you'll be glad you did. It'll leave you feeling a whole lot less in the dark about what's going to happen during your exchange.

6 of 7 people found the following review helpful.

A Culture Shock

By L. Rohrer

I'm planning on going to France through a foreign exchange program next year. This book completely caught me off guard. It made me aware of the culture shock an exchange student experiences when adjusting to a new family and lifestyle. The book helps you prepare for your year abroad and for returning home to the U.S. It explains the (about) 8 steps of the exchange process and how each one affects the student. My favorite part of the book, though, were the examples from former exchange students. Their stories helped make the book more insightful, and they helped me to understand what I should do in different situations. I highly recommend the book for future travelers.

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