PRE-DEPARTURE BRIEFING SESSION

SBM Exchange-Out

Spring 2023
Contact Information

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SBM UG Office
Room 1037, 1/F, LSK
| Part I       | EXCHANGE CREDIT TRANSFER                      | • Credit Transfer per Exchange  
|             | by Mr. Forrest Kam, SBM                      | • Course Equivalence Assessment  
|             |                                             | • Credit Transfer Application System  |
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**Date:** 10 October 2022, Monday  
**Time:** 6:00 – 7:30pm LSK G012
### OGL Pre-departure Sessions

- Students should also attend OGL pre-departure / country info sessions for more details on COVID undertaking, ISOS, visa, & etc.

<table>
<thead>
<tr>
<th>OCT</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
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<td>Chung Yeung Festival</td>
<td>Austria, Belgium, Czech Republic, Hungary, Italy, Poland, Portugal, Spain, Switzerland</td>
<td>France, Germany, Netherlands</td>
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<td>ISOS Security Briefing Session (7-8pm)</td>
<td>(TBC) ISOS - North America I</td>
<td>(TBC) ISOS - Europe I</td>
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<td>Japan, South Korea, Taiwan</td>
<td>Australia, New Zealand, Singapore</td>
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<td>ISOS Security Briefing Session (7-8pm)</td>
<td>(TBC) ISOS- North America II</td>
<td>(TBC) ISOS- Asia Pacific</td>
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<td>24</td>
<td>25</td>
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</tbody>
</table>
PART I

EXCHANGE CREDIT TRANSFER

by Mr. Forrest Kam, SBM
Exchange Credit Transfer

- Courses taken on exchange will follow set guidelines for credit transfer.
- Students are to familiarize themselves with these guidelines:

https://registry.hkust.edu.hk/resource-library/credit-transfer-undergraduate-studies-ug

ABOUT THIS GUIDE:
Transfer of credits may be granted to students in recognition of studies completed elsewhere other than HKUST at an appropriate level as recognized by the University.

Transfer of credit can be of two types: course-credit transfer, where a transferred course is equivalent to a specific course in the HKUST course catalog, or credit-only transfer, where only credits are transferred.

Transfer credits granted will not be included in the calculation of grade averages, unless prior arrangements have been made. The records of credit transfer can be viewed at the Student Services Center in SIS.
Course Equivalence Database

- Course mappings previously approved are recorded in the Database (Students **DO NOT** need to remember the Ref No).
- The database only indicates the possible credit transfer mapping, but **NOT** the availability of such courses in respective institutions.
- Students need to check what courses their host university are offered in their specific exchange term.

**As of Term: 2022-23 Spring**

<table>
<thead>
<tr>
<th>Country</th>
<th>University</th>
<th>Course</th>
<th>Ref No.</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canada</td>
<td>McGill U.</td>
<td>Corporate Finance FINE342</td>
<td>B013772-02</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Intermediate Corporate Finance FINA3303</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Data Mining for Business Analytics INSY446</td>
<td>B034040-01</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Data Mining for Business Analytics ISOM3360</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>
### Course Equivalence - Approved Mapping

- **Specific course code/title → fulfill major/major elective/minor requirement, etc.**

<table>
<thead>
<tr>
<th>Course Code/Title</th>
<th>Equivalent Course Code/Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Applied Corporate Finance FINE443</td>
<td>Intermediate Corporate Finance FINA3303</td>
<td>3</td>
</tr>
<tr>
<td>Brand Management MRKT438</td>
<td>Brand Management MARK4450</td>
<td>4</td>
</tr>
<tr>
<td>Business Intelligence and Data Analytics INSY442</td>
<td>Data Mining for Business Analytics ISOM3360</td>
<td>3</td>
</tr>
</tbody>
</table>

- **3000/4000-level course in specific major → fulfill major elective**

<table>
<thead>
<tr>
<th>Course Code/Title</th>
<th>Equivalent Course Code/Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Developing Business Applications INSY341</td>
<td>3000-level Course in Information Systems, Business Statistics and Operations Management ISOM3000OS</td>
<td>3</td>
</tr>
<tr>
<td>Operations and Supply Chain Analysis MGSC431</td>
<td>3000-level Course in Information Systems, Business Statistics and Operations Management ISOM3000OSM</td>
<td>3</td>
</tr>
<tr>
<td>Recruitment &amp; Selection BU408/BUSI408</td>
<td>3000-level Course in Management MGMT3000LEVEL</td>
<td>4</td>
</tr>
</tbody>
</table>
Restrictions

CRTBD: Number of transfer credits will be determined per number of credits earned upon presentation of official transcript after studies.

To determine the amount of credits transferred for electives, it generally depends on the number of contact hours of the course you study on exchange.
### Course Equivalence - Approved Mapping

- **HMCC/STCC/SACC/ARTC/Specific SSC code** → fulfill Common Core requirement

<table>
<thead>
<tr>
<th>Basic Materials of Western Music</th>
<th>1000-level Course in Humanities</th>
<th>3 Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>MUAR201 Ref No: B035477-04</td>
<td>HUMA1000HMCC</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Basic Materials of Western Music</th>
<th>1000-level Course in Humanities</th>
<th>3 Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>MUAR201 Ref No: B035477-05</td>
<td>HUMA1000ARTC</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Introduction to Brain, Mind, and Behavior</th>
<th>Discovering Mind and Behavior</th>
<th>3 Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSYC1110 Ref No: B034782-01</td>
<td>SOSC1960</td>
<td></td>
</tr>
</tbody>
</table>

- **Others** → Free Credits (just credits)

<table>
<thead>
<tr>
<th>Visual Communication</th>
<th>Free Credits</th>
<th>4 Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIMK1008U Ref No: B011728-04</td>
<td>OTHRFREE</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Aboriginal Sydney</th>
<th>1000-level Course in Humanities</th>
<th>3 Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ASTI1012 Ref No: B034435-01</td>
<td>HUMA1000LEVEL</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>General Psychology I</th>
<th>1000-level Course in Social Science</th>
<th>1 Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSLI101 Ref No: B035801-01</td>
<td>SOSC1000LEVEL</td>
<td></td>
</tr>
</tbody>
</table>
Normally, students taking a course listed in the Database will be granted credits according to the mapping in the Database provided that:

- The course taken is the **SAME** as the one recorded in the Database (e.g. with the same course code, course title).
- The course is taken within the **VALID** period
- The transferred credits will not **VIOLATE** other regulations (e.g. course exclusion / repeat rules)

For students taking courses with deviations in any of the items above, their credit transfer application will be reassessed in the submission to ARO upon completion of elsewhere study.

Students who plan to take courses **not listed in the Database (new or expired)** should submit an **assessment** request before the actual study.
Before exchange

i. Check your major curriculum which course you would like to take in your exchange. Consult your School or major department for advice if necessary.

ii. Check the course equivalence database maintained by ARO. Submit new course assessment requests to ARO as needed once you get the syllabus (search in host university’s website or google, or get it upon arrival...etc). If no updated syllabus, you can try to find the one offered in previous year.

- Students can only seek assessment for the courses they plan to study, normally not more than 6 to 8 courses (or 18 credits) for each regular term of study.

- Assessment requests with incomplete information or missing supporting documents will NOT be processed.

- This is only an assessment of course equivalence and no transfer credit is granted yet. Upon completion of the elsewhere study, students who would like to apply for credit transfer are required to submit their application in Credit Transfer Application System after you return to HKUST.
Mapping Result Checking

- The system will **NOT** send emails to notify you of individual mapping result.
- You are **ADVISED** to enter the system regularly to check the mapping result.

There are different types of mapping status:
- This mapping is pending for review.
- This mapping is approved and valid within your transfer term.
- This mapping is denied.
When you have completed your exchange study and want to apply for credit transfer, the procedures will be as below:

1. Submit the online application to Academic Registry no later than one month after a student's return to study at HKUST (in a regular term) via Credit Transfer Application System; and
   - **Course information** - course outline including class schedules with topics, assessment criteria and the number of contact hours (lecture/tutorials), and any other information relevant to the application;

2. Present the **official transcript** - original copy or certified true copy with finalized results and transcript notes from the external institution.

3. If you have not obtained your official transcript, please still submit the online application to ARO first for any course intended for credit transfer before the deadline.
Post Transferred Credits

- Only courses with a **passing grade or above** will be considered and applications with incomplete information or missing supporting documents will **NOT** be processed.

- Students may check the details of the results from the [Student Information System](#).

<table>
<thead>
<tr>
<th>Model Nbr</th>
<th>Institution</th>
<th>Career</th>
<th>Program</th>
<th>Credit Source Type</th>
<th>Credit Source Institution</th>
<th>Manual</th>
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<tbody>
<tr>
<td>4</td>
<td>HKUST</td>
<td>Undergraduate</td>
<td>Bachelor of Business Admin: 4Y</td>
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<td>Aalto University</td>
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<thead>
<tr>
<th>Transfer Term</th>
<th>Incoming Course</th>
<th>Units Taken</th>
<th>Grade Input</th>
<th>Status</th>
<th>Equivalent Course</th>
<th>Units</th>
<th>Grade</th>
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<tr>
<td>2014-15 Fall</td>
<td>35E 00400</td>
<td>6.00</td>
<td>4</td>
<td>Posted</td>
<td>ISOM 4770</td>
<td>3.00</td>
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<td>2014-15 Fall</td>
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<td>6.00</td>
<td>4</td>
<td>Posted</td>
<td>SOSC 3120</td>
<td>3.00</td>
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<td>2014-15 Fall</td>
<td>31C 00400</td>
<td>6.00</td>
<td>5</td>
<td>Posted</td>
<td>FINA 3404</td>
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<td>3</td>
<td>Posted</td>
<td>FINA 3304</td>
<td>4.00</td>
<td>T</td>
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</tbody>
</table>
Credit Transfer System - Video
Enquiries:

Academic Registry
(Credit Transfer Application Unit)

Email: crtran@ust.hk
Telephone: 3469 2213
Address: Room 6603 (Lift No. 31-32) Academic Building Annex
PART II

EXCHANGE INFORMATION

by Mr. Forrest Kam, SBM
Student Status

• Registered HKUST student during the exchange

• Students must return to HKUST for the completion of their degree after exchange. Contrary actions will not be supported.

NOT ALLOWED

- Gaining another exchange enrollment at the host university.
- Transferring to host university.
The visa process is lengthy, especially during the COVID time. Students should immediately apply after receiving the necessary documents.

Some Embassies are not in Hong Kong (ie: Portugal Consulate is in Macau)


Do not delay. Complications may arise. Students bear all risk of not getting a visa.
Visa Application con’t

PRC Students and/or Students born in China:

• Some countries (eg. Australia, Netherlands) **require PRC students and/or students born in China** to have English qualifications in order to apply for the student visa or exchange-related permits.

• Such students need to submit TOEFL/IELTS scores to the host institution for processing of the visa application or related permits.
Students are solely **RESPONSIBLE** for their own visas and are **ACCOUNTABLE** for the results.

- Be resourceful in the visa preparations and process
- Immediately apply upon receiving the relevant documents

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**Inform SBM asap if assistance is needed.**
No guarantees, but can check how to help.

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**Due to COVID, visa approvals are not guaranteed. Also, even with a visa, there are no guarantees you can board a flight or enter a country.**
• Student visa application procedures and processing may change or become suspended depending on the host country government’s policies without advance notice. Although you have a HKUST exchange offer and possibly even the host university’s admission offer, the changes related to student visa processing may render you unable to proceed.
Tuition Fees

- Only pay HKUST Tuition.
- Adhere to the HKUST tuition deadline.

⚠️ Please notify SAO if you need to defer payment. Otherwise, exchange may be suspended.
• Covered by HKUST travel insurance.


• The plan covers travelling within your destination country. Your place of departure or return must be HONG KONG. If this does not apply to you, please arrange your own insurance.

<table>
<thead>
<tr>
<th>NOT COVERED</th>
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<tbody>
<tr>
<td>✗ Travelling to other countries outside your exchange country before arriving, during, and after the exchange.</td>
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<tr>
<td>✗ If your place of departure or return is NOT Hong Kong (HK Transit does not count)</td>
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</tbody>
</table>
• Period of Travel cannot exceed **200 days**.

• Recommend to obtain an Insurance Certificate once flight itinerary is confirmed and before leaving for exchange.

• If this plan does not meet the host institution requirements, you will also **need to purchase** the plan provided by your host institution. Check with the host university for details.
• Do not purchase your flight ticket until the date of departure/return is fully confirmed.

• Book flights that allow you the flexibility to change dates or cancel free of charge.

• Look for exclusive benefits from different airlines:
  • Extra baggage allowance (up to 35kg on round trip basis)
  • Rebooking allowed within ticket validity

Student Fares
Students, we’ve got you covered

Whether you’re flying to study abroad, returning home, or planning a getaway in between terms, travel lies at the heart of life as an overseas student.

Take advantage of exclusive fares*, extra baggage allowance and free changes to your booking with our student-only discount codes **HKSTUDENT** (single booking) or **HKSTUPLUS** (Student Saver package).
Exchange Sponsorship Scheme

• Exchange Sponsorships thru OGL:
  1. Basic Exchange Sponsorship, $6,000 HKD
  2. Subsidies on Exchange, type and amount varies

• The Basic Exchange Sponsorship is applicable to both local & non-local students. The sponsorship is released AFTER the exchange to students who have:
  ✓ Satisfactorily completed the exchange as per SBM
  ✓ No failed courses
  ✓ Submitted a qualified exchange report online

• Students needing more financial assistance with eligibility, can apply for Subsidies on Exchange through OGL.

• OGL will have final approval of all applications.
Exchange Sponsorship Scheme


• Application deadline: 30 Oct, 2022

• Late application will NOT be entertained

• Enquiries:
  Office of Global Learning
  Email: study.abroad@ust.hk
  Tel: 2358-5882
  Address: Room 2001 (Lift 4), Academic Building
Exchange Scholarships

- List of Current Exchange Scholarships offered by the University:
  - HKUST Alumni Endowment Fund - Exchange Scholarships for Non-local Students
  - HSBC Overseas Scholarship
  - Hung Choh Jan Fong Scholarships
  - Kowloon Investment Co. Ltd. Overseas Exchange Scholarships
  - Wong Chak Chui One-Belt-One-Road Enrichment Scholarship

- Exchange students will be matched to scholarships by SFAO

- Refer to this link for eligibility and more Scholarship details: https://sfao.ust.hk/page.php?i=46
SBM Travel-Related Financial Awards

• SBM offers travel-related financial awards such as:
  1. Wong Chak Chui International Enrichment Scholarship
  2. International Enrichment Grant

• Details:
  https://bmundergrad.hkust.edu.hk/student-life/scholarship

• Application deadline: 31 Oct 2022 (Monday)

• These schemes are handled by SBM. For details on the International Enrichment Scholarship/Grant, please email bmfunds@ust.hk.
• Students who **WITHDRAW** from exchange, **MUST** inform the relevant committee/team/office if you have been awarded any scholarships/funding that supports your exchange-out **within** ONE week after withdrawal.

• Your total scholarship/funding amounts will be affected and/or can be offered to other students in need.
Budget Sheets

- Check your estimated expenses
- [https://mystudyabroad.hkust.edu.hk/](https://mystudyabroad.hkust.edu.hk/)
  - Click “Programs” → Click “Search” directly → Search your host university

<table>
<thead>
<tr>
<th>Locations:</th>
<th>Ithaca, United States</th>
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</thead>
<tbody>
<tr>
<td>Program Terms:</td>
<td>Fall, Spring</td>
</tr>
<tr>
<td>Homepage:</td>
<td>Click to visit</td>
</tr>
<tr>
<td>Restrictions:</td>
<td>HKUST applicants only</td>
</tr>
<tr>
<td>Budget Sheets:</td>
<td>Fall, Spring</td>
</tr>
</tbody>
</table>
# Spring Budget Sheet for HKUST School of Business and Management Undergraduate Outbound Exchange Program: Aalto University (Finland)

<table>
<thead>
<tr>
<th>Budget Item</th>
<th>Outbound Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Return flight between Hong Kong and host destination</td>
<td>$8,500.00</td>
</tr>
<tr>
<td>Living costs (including accommodation/meals/other living costs)</td>
<td>$48,800.00</td>
</tr>
<tr>
<td>Visa processing and related fees</td>
<td>$700.00</td>
</tr>
<tr>
<td><strong>Total:</strong></td>
<td><strong>$58,000.00</strong></td>
</tr>
</tbody>
</table>

**Notes:**

All amounts are estimated average in HKD for reference only.  
Reference exchange rate: Please click [HERE](#).

- Accommodation expenses may vary depending on the housing option.  
- Meal and living costs vary depending on individual life style.  
- You are advised to check the visa application procedures and the related fees a few months before the program starts.
Exchange Report

- REQUIRED: Exchange Report
  ✓ Summarizing your experience
  ✓ Submit in Qualtrics after exchange

- GUIDELINES: Report Writing
  [https://studyabroad.hkust.edu.hk/outbound/resources/returnee](https://studyabroad.hkust.edu.hk/outbound/resources/returnee)

⚠️ Late submission of reports will negatively affect your sponsorship, deposit, etc.
Exchange Report

• The report should include three parts:
  ✔ Monthly Activity Log
  ✔ General Exchange Information
  ✔ Items to Bring

• A confirmation will be sent after report submission. Only students with problems with their report or photos will be contacted.

⚠️ Each report is an individual effort. Any students found copying other reports will be penalized.
• Official transcripts are required for credit transfer and must be:
  – a **SEALED** hardcopy OR
  – an **AUTHENTICATED** softcopy

• Most Exchange institutions issues at least one free copy. Bear in mind that some schools require permission to release transcripts.

• Students should request the Official Transcripts to be sent to:

<table>
<thead>
<tr>
<th>SEALED Hard Copy by mail:</th>
<th>AUTHENTICATED Soft Copy by email:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mr. Forrest Kam</td>
<td><a href="mailto:bmforrest@ust.hk">bmforrest@ust.hk</a></td>
</tr>
<tr>
<td>Room 1037, 1/F, UG Programs Office</td>
<td></td>
</tr>
<tr>
<td>School of Business &amp; Management</td>
<td></td>
</tr>
<tr>
<td>The Hong Kong University of Science &amp; Technology</td>
<td></td>
</tr>
<tr>
<td>Clearwater Bay, KLN, Hong Kong</td>
<td></td>
</tr>
</tbody>
</table>

*Include HKUST Student ID and your FULL name*
PART III

EXCHANGE REMINDERS

by Ms. Wendy Cheung, SBM
All students must complete a full course of COVID-19 vaccination and fulfill the VACCINE PASS to participate in the outbound exchange program.

Subject to changes depending on most updated HK gov’t guidelines.

Check host country/university if there are requirements on the specific types of vaccines needed.

Contact ISOS: +852 2528 9900
Graduation Requirements

- Exchange does not alter a student’s responsibility to fulfill **GRADUATION REQUIREMENTS** stipulated in the curriculum handbook for year of admission in a student’s major, unless otherwise specified by their major department.

- Students must consult with their major department regarding how major requirements will be fulfilled, and resolve any extenuating circumstances that might justify a **DEVIATION** from the curriculum.
Credit Transfer

• The overloading policy will be strictly applied on the number of credits to be transferrable back:
  • **Maximum Credits 18**
  • **Maximum Credits 21** if CGA is **3.3** or above in semester prior to exchange

• Please consult SBM with any questions regarding the guideline.
Exchange Once only

• SBM Students will be allowed to go on exchange only ONCE. Students have not been and will not apply for a second exchange through any other School before or afterwards. Any actions that deviate from this will result in immediate withdrawal from the SBM exchange program.

• OGL winter/summer programs are not be counted as exchange.
Pass/Fail Option Not allowed

• Cannot opt for Pass/Fail (Not Pass) grade for any courses taken at the host institution, unless the course concerned awards Pass/Fail grades only.

**IMPORTANT**
Violation of the above rule will result in the withdrawal of the nomination by the School and refusal to recognize all or part of the credits you will earn at the host institution for fulfilling major program requirements.
Others Reminders

• Students must **RETURN TO HKUST** to complete their degree after the exchange.

**IMPORTANT**

SBM reserves the right to rescind exchanges offers to students if they are **unsuitable** for exchange and/or **does not respect** the preparation process of our partners and/or **does not understand objectives** of the exchange program.
COVID-19 Reminders

• Students must refer to Study abroad undertaking:

1) COVID-19 vaccination and Consent to access VTRS

2) COVID-19 pandemic-related

3) Study Abroad Undertaking related to COVID-19 vaccination and HKSAR Vaccine Pass
BEFORE EXCHANGE:

- Be **MATURE** and **SENSIBLE** regarding your visa, flight itinerary, welfare, courses, belongings, communications, and etc.

- **ORIENTATION** is **COMPULSORY**. Considerable effort is put into the organization. If you cannot attend or skip the orientation, you will be withdrawn from exchange immediately.

AFTER EXCHANGE:

- All exchange components required by the host institution or associated organizations must be **COMPLETED** before returning home. Credit transfer will not be granted if you **FAIL** to complete these components.

Be **RESPONSIBLE** and **ACCOUNTABLE** for their own actions through **ALL STAGES** of the exchange process.
You will be an ambassador of HKUST and expected to maintain the highest standards of academic integrity during the exchange.

Breaches of these standards of academic integrity include, but are not limited to Cheating, Copying, Plagiarism, and etc.

Please refer to your Business Ethics class and HKUST Honor Code.

Any act of academic misconduct will be penalized at the School level and in severe cases, penalty will also be given at the University level. Credit Transfer for courses on exchange will not be allowed.

University Guidelines on Academic Misconduct: http://ugadmin.ust.hk/ug-guide/integrity/dishonesty.html
The exchange offer can be rescinded at any time if a student is found to be unsuitable for exchange including, but not limited to being involved or suspected of any misconduct or disciplinary matters prior to exchange.
Exchange Survey

- Before, During, and After Exchange Survey
- $200 HKD for participation
- Survey Invitation in Dec/Jan
PART IV

TOOLS FOR ADJUSTING TO EXCHANGE

by Ms. Wendy Cheung, SBM
INTERCULTURAL SURVEY FINDINGS

• Understanding factors that promote or hinder CULTURAL COMPETENCE

• Studies reflect that MINDSET (BELIEFS) about the self and culture can play an important role in shaping a SUCCESSFUL experience overseas.
HOW TO HANDLE...

• Because your mindset (beliefs) influences your levels of anxiety and adjustment and reaction to these feelings during exchange.
These overseas experiences then influence subsequent Cultural Competence.

Ideally, to get the most benefit from the exchange experience, students should keep a mindset that can help to adjust and reduce feelings of anxiety.
### Fixed Mindset

- Success comes from talent.
- I’m either smart or dumb.
- I don’t like challenges.
- Failure means I can’t do it.
- Feedback is a personal attack.
- If you succeed, I feel threatened.
- If something’s too hard I give up.

### Growth Mindset

- Success comes from effort.
- I can grow my intelligence.
- I embrace challenges as a chance to grow.
- Failure means I’m learning.
- Feedback helps me grow.
- If you succeed, I’m inspired.
- I keep trying even when I’m frustrated.

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**Which mindset might be helpful?**
How to grow our mindset?

- Focus on what we can learn from the challenges
- Consider ways to handle/reflect on the situations differently (if not now, for the future...)
Why do you want to go on EXCHANGE?

Academics
Professors
Courses
Campus

Experiences
Fun
Friends
Culture
How do you FEEL?

Happy
Excited
Hopeful

Nervous
Uncertain
Scared
Emotions...
Factors that might affect us...

- Environment
- Personality
- Community
- Gender
- Peers
- Socio-economic status
- Ethnicity
- Parents
How to deal with challenges?

Be mentally prepared!

Eating
Chocolate Sweets
Music
Dancing

Meditation
Exercise
Sports
Yoga

OUR MINDSET
Social support
Peers; Friends
Family
Mentors
Counseling & Wellness
  • http://counsel.ust.hk
  • 2358-6696
WHAT ELSE CAN I DO?

A simple thing...
WRITE... WRITE... WRITE...

Date? Time? Where? Who are involved? What happened?

Imagine if that challenge happen to your friend, what would you say to help him/her to learn from that experience?
Realism

Perception

THIS IS TRUE

THIS IS TRUE

THIS IS TRUTH

REALITY
EXPRESS YOUR THOUGHTS...

Writing
Elaborate
Freestyle

Conversation
Listener
Support
In Summary...

We will encounter **UPS** and **DOWNS** throughout ...

We **LEARN** and **GROW** from these experiences...

Enjoy your cultural journey!
Q & A
THE END