Pre-Departure Briefing Session

SBM Exchange-Out
Spring 2024

10 Oct 2023 (Tue)
LT-D
Contact Information

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Study.abroad@ust.hk | 2358-8178

SBM Undergraduate Programs Office
Room 1037, 1/F, LSK Business Building

SBM UG Exchange Pre-Departure Briefing Session
# Rundown

**10 Oct 2023 (Tue) 6:00 - 7:15 pm**

<table>
<thead>
<tr>
<th>EXCHANGE CREDIT TRANSFER</th>
<th>EXCHANGE INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Credit Transfer per Exchange</td>
<td>• Financial sponsorship/scholarships</td>
</tr>
<tr>
<td>• Course Equivalence Assessment</td>
<td>• Exchange Report</td>
</tr>
<tr>
<td>• Credit Transfer Application System</td>
<td>• Tuition Fees</td>
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<td>• Insurance</td>
<td>• Exchange Report</td>
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<tr>
<td>• Tuition Fees</td>
<td>• Transcripts</td>
</tr>
</tbody>
</table>

**Part 1 & 2 by Ms. Fiona Wong**

**EXCHANGE REMINDERS**

• Undertaking
• Responsibilities
• Academic Integrity & Misconduct
• Exchange Survey

**Part 3 & 4 by Ms. Wendy Cheung**

**ADJUSTING TO EXCHANGE**

• Tools for Adjustment

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**SBM UG Exchange Pre-Departure Briefing Session**
# 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>
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<td>USA (Group A)</td>
<td>USA (Group B)</td>
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<tr>
<td></td>
<td>Chung Yeung Festival</td>
<td>Denmark, Norway</td>
<td>Canada</td>
<td>Austria, Czech, Hungary, Italy, Poland, Portugal, Spain, Switzerland, Turkey</td>
<td>France, Germany</td>
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<td>ISOS Security Briefing Session (7-8pm)</td>
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<td>Japan, South Korea, Taiwan</td>
<td>Mainland China</td>
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<td>ISOS Security Briefing Session (7-8pm)</td>
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<td>(TBC) ISOS - Europe II</td>
<td>(TBC) ISOS - Asia-Pacific (including Mainland China)</td>
<td>(TBC) ISOS - Europe III</td>
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</tbody>
</table>

**SBM UG Exchange Pre-Departure Briefing Session**
SBM UG Exchange Advising Day

• October 11, 10am – 4pm. Highly encouraged to attend!
• SBM Inbound and Outbound students will represent exchange institutions at this fair to provide information to students.
Talk to current exchange-in & past exchange-out students!

Europe Booths
- Austria: Vienna University of Economics and Business
- Belgium: KU Leuven
- Denmark: Copenhagen Business School
- France: IESEG School of Management
- Germany: Humboldt University, University of Mannheim, WHU - Otto Beisheim School of Management
- Italy: Bocconi University
- Sweden: Lund University, Stockholm School of Economics, Uppsala University

Europe Booths (con't)
- Switzerland: University of St. Gallen
- The Netherlands: Erasmus University, Maastricht University, University of Amsterdam

UK Booths
- UK: City, University of London

North America Booths
- US: Boston College, Emory University, Texas A&M University, University of Texas at Austin

Asia & Oceania Booths
- Japan: Ritsumeikan Asia Pacific University
- Singapore: National University of Singapore
- Vietnam: VinUniversity

North America Booths
- Various Exchange Partner Brochures / Pamphlets
- Application / Selection Procedures Info
- Short-Term Winter Study Programs Info

*All booths subject to changes

SBM UG Exchange Pre-Departure Briefing Session
Part 1.

Exchange Credit Transfer

by Ms. Fiona Wong
Exchange Credit Transfer

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

Approved Mapping

• Specific course code/title -> fulfill major/major elective/minor requirement, etc.

- **Fixed Income Analysis**
  - Code: FINE451
  - Ref No.: B033476-02

- **Quantitative Methods for Fixed Income Derivatives**
  - Code: MATH4511

- **Game Theory**
  - Code: ECONS46
  - Ref No.: B015117-02

- **Applied Game Theory**
  - Code: ECON4124

- **Developing Business Applications**
  - Code: INSY441
  - Ref No.: B034227-02

- **3000-level Course in Information Systems, Business Statistics and Operations Management**
  - Code: ISOM3000S

- **Security Trading and Market Making**
  - Code: FINE444
  - Ref No.: B041238-02

- **4000-level Course in Finance**
  - Code: FINA4000LEVEL

SBM UG Exchange Pre-Departure Briefing Session
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 Database

#### 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</td>
<td>HUMA1000HMCC</td>
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<tr>
<td>Ref No.: 8033477-04</td>
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</table>

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<th>Basic Materials of Western Music</th>
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<td>MUAR201</td>
<td>HUMA1000ARTC</td>
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<td>Ref No.: 8033477-05</td>
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</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</td>
<td>SOSC1960</td>
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<tr>
<td>Ref No.: 8034762-01</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Visual Communication</th>
<th>Free Credits</th>
<th>4 Credits</th>
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</thead>
<tbody>
<tr>
<td>BMKV1008U</td>
<td>OTHRFREE</td>
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<td>Ref No.: 8011728-04</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</td>
<td>HUMA1000LEVEL</td>
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<tr>
<td>Ref No.: 8034435-01</td>
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<tr>
<th>General Psychology I</th>
<th>1000-level Course in Social Science</th>
<th>1 Credit</th>
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<tr>
<td>PSCL101</td>
<td>SOSC1000LEVEL</td>
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<tr>
<td>Ref No.: 8035801-02</td>
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</table>
Course Equivalence Database
Approved Mapping

• Normally, students taking a course listed in the Database will be granted credits according to the Database mapping provided that the course taken is:

  - the **SAME** as the one recorded in the Database (e.g. same course code, course title),
  - 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.
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.
Returnee Stage

When you have completed your exchange study and want to apply for credit transfer,

1. **Submit the online application** to Academic Registry **no later than 1 month after your 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**.
Credit Transfer System

Video
Contact ARO Credit Transfer Office

Academic Registry
(Credit Transfer Application Unit)

- crtran@ust.hk
- 3469 2213
- Room 6603 (Lift No. 31-32) Academic Building Annex
Part 2.

Exchange Information

by Ms. Fiona Wong
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 host university.
- Transferring to host university.
Visa Application

• The visa process is lengthy. Students should **immediately** apply after receiving the necessary documents.

• Some Embassies are not in Hong Kong (e.g. Portugal Consulate is in Macau)

• Some Embassies do not handle entry visa (e.g. Sweden Consulate HK does not handle visa)

• HK Consulates/Embassies: [https://www.protocol.gov.hk/tc/posts.html](https://www.protocol.gov.hk/tc/posts.html)
Visa Application

PRC Students and/or Students born in China:

• Some countries (e.g. 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.
**Visa Application - IMPORTANT**

- 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

Inform SBM ASAP if assistance is needed. No guarantees, but we can check how to help.
Visa Application - COVID Impact

- 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.
Housing

- Check if exchange institute offer on-campus accommodation
- Submit your housing application ON TIME
- Some exchange institute DO NOT guarantee on-campus accommodation/ at full capacity (i.e. NYU)
- Pay attention to Housing information email

START EARLY
Student will bear the responsibility to secure housing.
Tuition Fees

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

Notify SAO if you need to defer payment. Otherwise, exchange may be suspended.
Insurance

• 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.

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**NOT COVERED**

X Travelling to other countries outside of your exchange before arriving, during, and after the exchange.

X If your place of departure or return is NOT Hong Kong (HK Transit does not count)
• 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.

  For insurance enquiries, please contact SFAO at sfao.ins@ust.hk.
• 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 student benefits from different airlines:
  • Extra baggage allowance (up to 35kg on round trip basis)
  • Rebooking allowed within ticket validity

HKUST Study Abroad Grant

• Exchange Sponsorships through Office of Global Learning (OGL):
  • HKUST Study Abroad Grant, $10,000 HKD
  • Subsidies on Exchange, type and amount varies

• The HKUST Study Abroad Grant 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.
# HKUST Study Abroad Grant

## Application Timeline

**Late application will NOT be entertained**

<table>
<thead>
<tr>
<th>Funding Application Round</th>
<th>Study Abroad Term</th>
<th>Funding Application Opens</th>
<th>Funding Application Deadline</th>
<th>Funding Application Decision</th>
</tr>
</thead>
<tbody>
<tr>
<td>Round 1*</td>
<td>• Fall 2023</td>
<td>18 Sep 2023</td>
<td>10 Oct 2023</td>
<td>Oct - Early Nov 2023</td>
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<td></td>
<td>• Fall &amp; Spring 2023-2024†</td>
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<td>Round 2</td>
<td>• Fall 2023</td>
<td>15 Nov 2023</td>
<td>28 Dec 2023</td>
<td>Late Jan - Early Feb 2024</td>
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<td>• Fall &amp; Spring 2023-24†</td>
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<td></td>
<td>• Winter 2024</td>
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<td>• Spring 2024</td>
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<td>Round 3</td>
<td>• Spring 2024</td>
<td>16 Feb 2024</td>
<td>31 Mar 2024</td>
<td>May 2024</td>
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<td>• Summer 2024</td>
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<tr>
<td>Round 4</td>
<td>• Summer 2024</td>
<td>17 Apr 2024</td>
<td>31 May 2024</td>
<td>Jun 2024</td>
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</tbody>
</table>

*Fall & Spring 2023-24† = Program duration that covers both Fall term and Spring Term

* Students who participate in study abroad programs with itinerary start date on or before 31 August 2023 **MUST** submit their funding support application in **Round 1**. Applications for funding such programs in subsequent rounds will not be considered.
More Exchange Sponsorship Application details:

https://studyabroad.hkust.edu.hk/outbound/funding-support/AY23-24
Office of Global Learning

HKUST Study Abroad Grant enquiries

study.abroad@ust.hk
2358-5882
Room 2001 (Lift 4), Academic Building Annex
Exchange Scholarships

• List of Current Exchange Scholarships offered by the University:
  o HKUST Alumni Endowment Fund - Exchange Scholarships for Non-local Students
  o HSBC Overseas Scholarship
  o Hung Choh Jan Fong Scholarships
  o Kowloon Investment Co. Ltd. Overseas Exchange Scholarships
  o 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](https://bmundergrad.hkust.edu.hk/student-life/scholarship)

- Application deadline: **31 October 2023 (Tuesday)**

- SBM Scholarship/ Student Funds Enquiries: bmfunds@ust.hk
Financial Aids After Withdrawal

• 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.

Please notify the SBM Exchange Team and your major department immediately.
Budget Sheets

- Check your estimated expenses: 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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<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>
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</tbody>
</table>
# Budget Sheets - Sample

## 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 lifestyle.
- 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
  [Link to guidelines]

Late submission will negatively affect your sponsorship, return of deposit, etc.
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.
Exchange Transcript

• **Official transcripts** are required for credit transfer and must be either:
  
  o a **SEALED** hardcopy OR
  
  o an **AUTHENTICATED** softcopy

• Most Exchange institutions issues at least one free copy. Bear in mind that some schools require permission to release transcripts. **Students are responsible to obtain a copy.**

• Please request the Official Transcripts to be sent to:

<table>
<thead>
<tr>
<th>SEALED Hard Copy by POST:</th>
<th>AUTHENTICATED Soft Copy by EMAIL:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ms. Fiona Wong</strong></td>
<td><a href="mailto:bmfionaw@ust.hk">bmfionaw@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>*Include HKUST Student ID and your FULL name</td>
</tr>
</tbody>
</table>
Part 3.

Exchange Reminders

by Ms. Wendy Cheung
Vaccination

• 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.

• Winter/ summer short-term study 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.

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.
COMPLETE ALL COURSE COMPONENTS BEFORE DEPARTING HOST COUNTRY

- Students are expected to complete all course work and exams before departing host university.

- SBM will not provide any exam proctoring. Students will bear the risk of failing the course if they do not follow normal assessment procedures as instructed by host university.
**Undertaking**

**RETURN TO HKUST**

- Students must return to HKUST to complete their degree after the exchange.

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.
Undertaking: Covid-19 related

COVID-19 REMINDERS

• Students must refer to study abroad undertaking:

  Covid-19 pandemic-related
Responsibilities

BEFORE EXCHANGE

• Be MATURE & 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 & Accountable for their actions through ALL STAGES of exchange process!
Academic Integrity & Misconduct

- 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](http://ugadmin.ust.hk/ug-guide/integrity/dishonesty.html).

- 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.**

Academic Misconduct

- 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
• HK$200-250 for participation
• Survey Invitation in winter
Part 3.

TOOLS FOR ADJUSTING TO EXCHANGE

by Ms. Wendy Cheung
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.
Cultural Competence

• 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.
Which mindset might be helpful?

<table>
<thead>
<tr>
<th>FIXED MINDSET</th>
<th>GROWTH MINDSET</th>
</tr>
</thead>
<tbody>
<tr>
<td>&gt; Success comes from talent.</td>
<td></td>
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<tr>
<td>&gt; I’m either smart or dumb.</td>
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<tr>
<td>&gt; I don’t like challenges.</td>
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<td>&gt; Failure means I can’t do it.</td>
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<tr>
<td>&gt; Feedback is a personal attack.</td>
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<tr>
<td>&gt; If you succeed, I feel threatened.</td>
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<tr>
<td>&gt; If something’s too hard I give up.</td>
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<tr>
<td>&gt; Success comes from effort.</td>
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<tr>
<td>&gt; I can grow my intelligence.</td>
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<tr>
<td>&gt; I embrace challenges as a chance to grow.</td>
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<tr>
<td>&gt; Failure means I’m learning.</td>
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<tr>
<td>&gt; Feedback helps me grow.</td>
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<tr>
<td>&gt; If you succeed, I’m inspired.</td>
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<tr>
<td>&gt; I keep trying even when I’m frustrated.</td>
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</tbody>
</table>
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

- Happiness
- Sadness
- Surprise
- Fear
- Disgust
- Anger
Factors that might affect us...

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

Be mentally prepared!

Eating  Meditation
Sweets  Exercise
Music  Sports
Dancing  Yoga

OUR MINDSET
HKUST Support

- SBM Student Wellness Manager
  - Ms. Beina CHAN (bmbeina@ust.hk)
  - Ms. Evelyn LAU (bmevelynl@ust.hk)

- Exchange Team
  - bmugexch@ust.hk

- Counseling & Wellness
  - http://counsel.ust.hk
  - 2358-6696
Other People...

Social Support

• Peers; Friends; Exchange Buddy

• Family

• Mentors
What else can I do?

• A simple thing……
Have a conversation!

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?
Reflect

Perception

Perception

REALITY

THIS IS TRUE

THIS IS TRUE

THIS IS TRUTH
Learn to express yourself

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