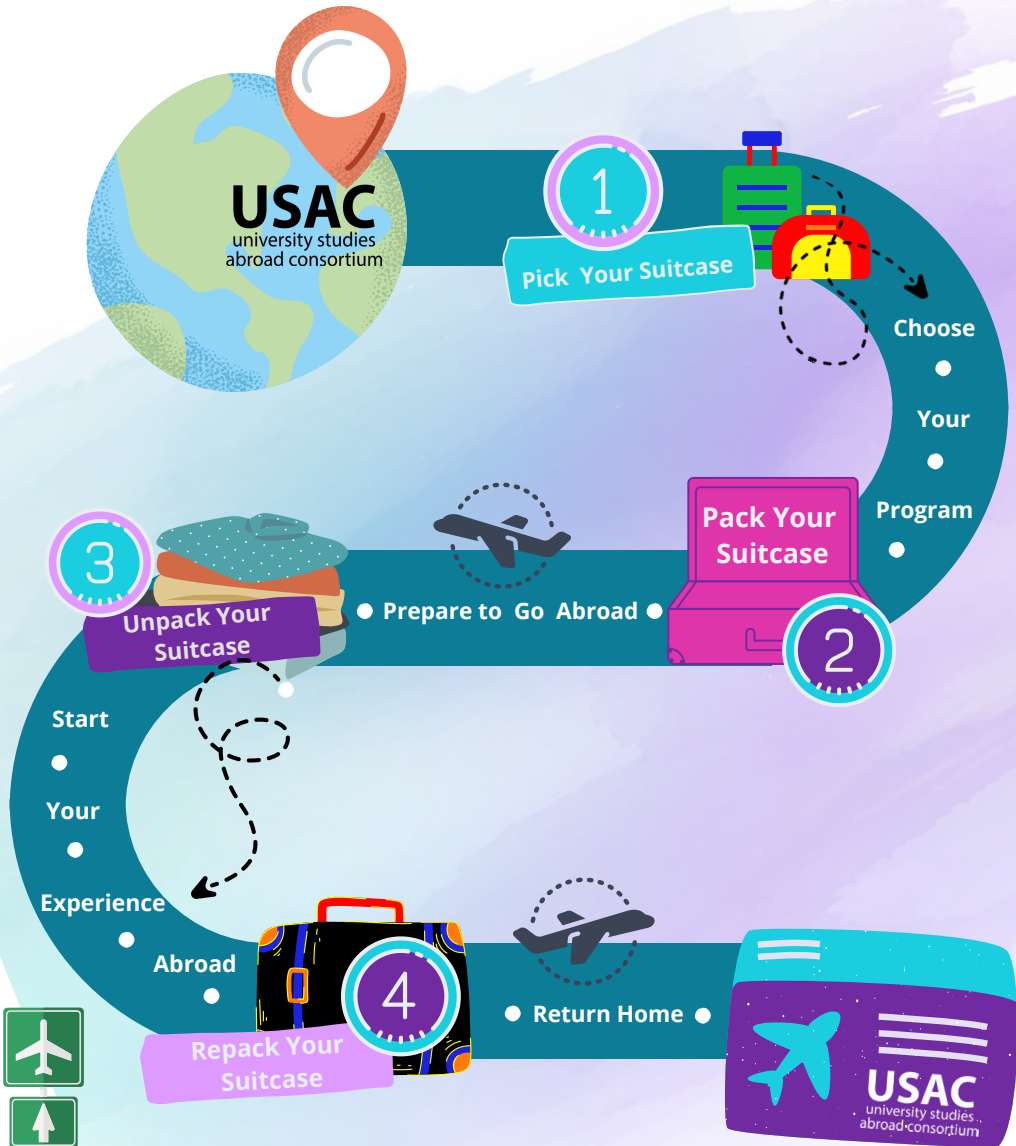





# Packing Pride in Your Study Abroad Suitcase

Exploring Study Abroad Through an **LGBTQ+** Lens



     @StudyAbroadUSAC

 Students Beyond Borders Podcast

[usac.edu](https://usac.edu)



## PREPARE FOR DEPARTURE: Resources & Support

Throughout each stage of your journey, ask yourself this: Who can I call on for guidance and support? We've started a list for you.

### SUPPORT RESOURCES

- The USAC Team: Your USAC Advisor, Resident Director, and Health and Safety Team.
- Your home university study abroad office.
- Other students who have studied abroad and can offer their experience and advice (ask USAC and your study abroad office for a list and check out the USAC blog).

### USAC DIGITAL RESOURCES



- **Equity & Inclusion:** [usac.edu/usac/equity-and-inclusion](https://usac.edu/usac/equity-and-inclusion)
- **USAC Getting Started:** [usac.edu/getting-started](https://usac.edu/getting-started)
- **USAC Blog:** [blog.usac.edu](https://blog.usac.edu)
- **USAC Social Media**
  - Instagram, Facebook, Twitter: @StudyAbroadUSAC
  - YouTube: StudyAbroadUSAC
  - Spotify, Apple Podcasts: Students Beyond Borders



**Add your own and keep this list handy!**

---

---

---

---

---

---

---

---

---

---



# Packing Pride in Your Study Abroad Suitcase



## PICK YOUR SUITCASE: Choose Your Program Reflective Exercises



**Where Do I Want To Go?**

---

---

---

---

---

---

---

---



**What Specific Programs Interest Me?**

---

---

---

---

---

---

---

---



## Reflective Exercises - Continued



### Key Deadlines To Consider

- Choose program by \_\_\_\_\_
- Apply by \_\_\_\_\_
- Start my adventure in \_\_\_\_\_
- Return from my adventure in \_\_\_\_\_



### Three Goals For My Study Abroad Experience

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_



### Which Advisors Will Help Me With My Plans?

---

---

---

---

---



## PACK YOUR SUITCASE: Prepare to Go Abroad

As you prepare to go abroad, what personal and identity-specific items do you want to bring with you?

Think about the practical items but also about how you want to express your identities abroad. Why are these items important to you? How do they help you remain authentic to yourself? Use some of the prompts below, and your own thoughts and feelings, to help you identify what you want to pack in your LGBTQ+ suitcase.

### JOURNAL PROMPTS

- How will personal reflection and transformation be a part of your journey?
- What are some important items you'll want to take with you?
- What types of photos will you take with you?
  - What communities do the people in those photos represent?
  - What does it say about what's important to you?
- How might your LGBTQ+ identity intersect with the other items in your suitcase?
- What other pieces that make up your identity will you take with you?



### Journal

---

---

---

---

---

---

---

[illegible]



## UNPACK YOUR SUITCASE: Arrive

### Congratulations, you've arrived!

As you begin to unpack and settle into your new home, think back to the pride-related items that you packed in your suitcase. How would you like to introduce yourself to your new culture, friends, and school?

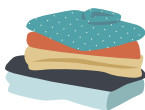
Use the following prompts and journal to help you identify what's important to you during this time.

### JOURNAL PROMPTS

- As you get to know the other students, how are you going to introduce yourself?
  - What will be important for you to share?
  - What identities will you showcase?
- What characteristics will be important for you as you seek out new friends and close connections?
- When you reflect on your LGBTQ+ identity, and your other identities, what information will be important for you to gather during your USAC orientation and in your first days?
- When you consider your goals for your study abroad experience, what do you want to see, do, and explore?
  - (Pro-tip! Consider pinning or saving locations in Google Maps. This way, when you have free time, you can open up the app and pick something that's on your study abroad bucket list.)
- And speaking of this study abroad bucket list, what will you add to your list, especially as it relates to your LGBTQ+ identity?







# UNPACK YOUR SUITCASE: Experience

Now that you've mostly adjusted and settled into your new home, let's take inventory again of how your experiences have impacted your identity and how you view the world.

Use the following prompts and journal to help you express your experiences, transformations, impressions, and emotions.

## JOURNAL PROMPTS

- In addition to the photos of family members, friends, partners, and pets that you may have brought with you, what photos have you added to this collection during your study abroad?
  - Who's in these photos?
  - Where were they taken?
  - What scenes are captured?
  - In what ways do these photos illuminate what's important to you?
- If you've been keeping a journal or blog, what are the topics of your entries or posts?
  - What are you celebrating?
  - How have you grown?
  - What challenges have you faced?
  - What do you still want to accomplish?
- You should even revisit the clothes that you brought with you.
  - Are there certain things that you thought that you would wear, but don't?
  - Do you find yourself wearing something over and over again?
  - What have you purchased, and what does this say about your identities?
- How have your perspectives changed since you've arrived?
  - How has your identity changed?
  - How has this impacted you?





## REPACK YOUR SUITCASE: Return Home

Take inventory of what you need to repack. Imagine everything spread out on your bed and an empty suitcase on the floor and ask yourself:

- What are some of the new items that you collected during your time abroad?
- What are some of the things that you had originally packed, but you're not bringing home with you?
- Which item is so valuable that you're going to pack it in your carry-on bag?

Of course, as you take this inventory of what you need to repack, contemplate the most important question of all:

***How have you changed during your time abroad, especially if you think about your LGBTQ+ identity?***

Note your observations before your trip and after.



**Journal**

---

---

---

---

---

---

---

---

---

---

---

---

