



International Academic Cultural Exchange, Inc.

Benefits of Studying Abroad

Coming to a foreign country and adjusting to a new culture can be somewhat difficult. At first you are so excited but then nervous. When you first arrive there are so many emotions and everything is exciting and new but no matter how prepared you are sometimes you will feel over whelmed or homesick which is perfectly normal. When you are feeling this way, it is easy to forget why you decided to study abroad.

If you are having a difficult time adjusting, below are a few reminders of the benefits you will be experiencing by studying in the United States.

Gain in Personal Development & Growth

- **Gain Independence & Maturity**
- **Increase your Self-Confidence & Self Reliance**
- **Accomplish & Develop New Responsibilities**
- **Attain Personal Satisfaction and Fulfillment**
- **Improve Self Awareness & Self Knowledge**
- **Identify or Improve Potential**
- **Improve, Learn, and Refine Decision-Making and Problem-Solving Skills**
- **Prepares you to face challenges in the future**

Intercultural Development

- **Immersion into a new language and culture**
- **Helps you to view and understand your cultural views and biases**
- **Gain new perspective on the world**
- **Increases language skills / social interaction**
- **Make new contacts and form lasting connections**

Academically

- **Influences subsequent educational experiences**
- **Learn from different teaching styles**
- **Explore new subjects that are not offered at your home country school**
- **Study world events from various perspectives**

Studying in a new country broadens the mind. Experiencing new cultures, interacting with those with a background different from one's own, seeing a different way of life, and experiencing the way other peoples do things is generally a positive and enhancing experience. Exploring cultures and civilizations outside of one's own is intellectually and spiritually enriching. It also encourages and nurtures independence.

If you are experiencing a challenging time, we hope you do not lose sight of the numerous benefits of studying abroad. Many times being faced with a challenge or uncomfortable situation leads to the most personal development and growth. If you are faced with a challenge, talk to your host family or call your IACE monitor. At IACE we are always here to help!