



## STUDYING ABROAD AS A WOMAN



*At AIFS, we want to support all students in their study abroad journey, regardless of their gender, race, religion, age, physical ability, or sexual orientation. Everyone has a complex identity, and as a woman, this piece of your identity can be an important factor when deciding on a study abroad location. We encourage you to use the information here as you review your options in order to select the location that will be the best fit for you.*

Use the questions on the other side of this handout and the Student Resources section of the AIFS website to help you **research locations** that best fit your needs and interests.

Remember that **everyone's experience is unique**. Although there are some locations that are more welcoming, women can and do study abroad all over the world.

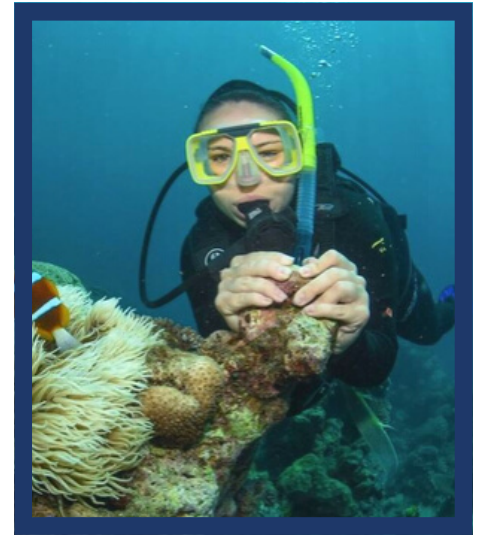
Spend time thinking about what it means to be your **gender, race and ethnicity in a new context**. This will better prepare you for your experience abroad.

AIFS offers **grants and scholarships for students**. Students can also utilize funds from outside sources, such as Diversity Abroad and the Fund for Education Abroad.

You can **connect with program alumni** through the AIFS student portal or by emailing [alumni@aifs.com](mailto:alumni@aifs.com) and letting us know your locations of interest and if you would like to speak with other female students.

Please **contact us** at [studyabroad@aifs.com](mailto:studyabroad@aifs.com) or at (800) 727-2437 so we can discuss your specific interests and needs for your time abroad. We look forward to hearing from you.

**Additional information and resources can be found on our website at <https://www.aifsabroad.com/student-resources.asp>.**



## QUESTIONS TO CONSIDER & TIPS WHILE ABROAD

Are there laws or attitudes in your host country that affect aspects of your gender identity?

How do men treat women in your host country?  
How do race and ethnicity impact this treatment?

How are women expected to behave in your host country?

Are there stereotypes in your host country about American women?

If you find something to be offensive while abroad, how should you react? If men stare and catcall while you walk down the street, how do you react at home versus in your host country?

What are the cultural norms regarding friendship and dating?

What are the normal personal boundaries in your host culture and how do they compare to your home culture?

How might your day-to-day activities or interactions need to be adjusted to remain safe and respectful of local cultural norms?

Be aware that there are different cultural norms abroad for women and that people you encounter may be less “politically correct” than you may expect. More details on cultural norms will be provided in your pre-departure handbook and at the on-site orientation upon arrival.

Be aware of culturally-appropriate clothing for different locations, including religious or sacred spaces, beaches, and in the classroom.

AIFS staff in-country are there to support you, so don't be afraid to ask for help. They can provide insight into local cultural norms, connect you with resources in your host community and assist you if you experience challenges.

Utilize your network of friends, both abroad and at home, and your host family, if applicable.

It is recommended that all students follow 'common sense' safety precautions as they would in the United States, are vigilant of their surroundings and make a conscious effort to travel in groups as often as possible.