A GUIDE TO
INTERNATIONAL OPPORTUNITIES AFTER COLLEGE
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Many students return from their study abroad personally impacted and excited about their experience. An international experience is something you will remember forever, but your time abroad doesn’t have to end when you return. In fact, there are many avenues for individuals who want to continue learning about new cultures, living in a new country, and having eye-opening experiences.

In this guide, you will learn some (but certainly not all!) options for going abroad again, including:

- Volunteering
- Working/Interning
- Further Education/Research

This guide is not an exhaustive list of the options available to you, but rather a way to get you thinking about your options. Before we begin, we have a few things we need you to keep in mind...
ABOUT THIS GUIDE...

What this guide does:

- Shows that there are more ways to have international experiences
  - International experiences don't have to end after college
- Offer resources for other international experiences outside of the university
  - The resources/links found in the document are all accessible online!

What this guide, and our office, doesn’t do:

- Offer advice on visas
  - Our office cannot provide advice regarding visas. Visas are issued and processed by government authorities.
- Coordination and application of international experiences outside of Iowa State
  - Our advisors are only familiar with study abroad programs through the university.

DISCLAIMER:
ANY THIRD PARTY OR AFFILIATE LINKS MENTIONED ARE NOT BEING EXCLUSIVELY PROMOTED OVER OTHER PARTIES OR ORGANIZATIONS NOT MENTIONED. THERE ARE NO PAID PLACEMENTS IN THIS GUIDE. WE ENCOURAGE INDIVIDUALS TO THOROUGHLY RESEARCH A COMPANY/ORGANIZATION BEFORE USING THEIR SERVICES.
There are many programs that help you have a wonderful international experience, but it is always best practice to thoroughly research a program online before you sign up, give money to, or send personal information to a program or program provider. While there are great programs that let you have an international experience, there are also fake programs that scam people for money.

To help you decide if a program is real, you can start by asking yourself some questions:

1. **What reviews does this company/program have?**
   a. The Better Business Bureau’s website is a good place to start
   b. Check out GoAbroad’s article on avoiding fake study abroad programs

2. **What is my experience like when I reach out to the company?**
   a. Are they responsive to my inquiry? Do they give me useful information? Do they try to rush/pressure me into making a quick decision?

3. **How much information have/can I receive from them?**
   a. If only vague information regarding classes, housing, visas, etc. is provided, that can be a red-flag.
   b. Is the company’s website secure?
International insurance is an important aspect of travelling/living internationally. Some individuals might find that they are able to use their parent’s or partner’s insurance for the duration of their time abroad. Others will want to consider purchasing their own insurance.

There are different types of insurance for your different coverage needs, so make sure to shop around and look for insurance that’s right for you. Insurance companies like World Nomads and Allianz Insurance have options for individuals to receive a quote on their trip from the website. Please note that these companies are not being promoted/exclusively recommended by our office and we encourage each individual to search for options that work best for them and their travel/international experience needs.
A great way to understand a different culture is to volunteer and work alongside the local community. There are many programs that allow students to volunteer abroad. These programs can be anywhere from one week to a couple years long, where individuals can participate in a range of tasks.
The Peace Corps, as defined on their website, is a service opportunity for motivated change makers to immerse themselves in a community abroad, working side by side with local leaders to tackle the most pressing challenges of our generation. The Peace Corps is run by the United States Government and has been around for 60 years.

Peace Corps volunteers spend a minimum of 2 years living in another country (and 3 months training). Volunteers can be placed in over 60 countries, working in a variety projects with the local community.

**Projects Include:**

+ Agriculture
+ Community economic development
+ Education
+ Environment
+ Health (and more)
The Peace Corps is a great option for individuals who want to serve a local community long-term and reap the benefits of integrating into and learning from a foreign community.

As a Peace Corps volunteer, you would be allocated a housing and living stipend that allows you to live in a similar way like that of the people in your host country. There is no application fee to apply to the Peace Corps.

If you are interested in the Peace Corps, Iowa State University offers a Peace Corps Preparation class. Although the class does not ensure acceptance into the Peace Corps, it prepares highly qualified graduates for the Peace Corps program or similar work in global societies after graduation.

For more information on the program email pcprep@iastate.edu.
OTHER VOLUNTEER OPPORTUNITIES

Volunteering abroad can be a great way to boost your resume, too. Although some volunteers will earn little to no compensation (depending on the type of length of the project), volunteering towards a cause or in a sector where you would like your career to grow is a good way to gain experience in your field of interest. There are many organizations that offer their services to students who would like to volunteer abroad.

You can search for volunteer projects on websites like Work Away, WWOFF (World Wide Opportunities on Organic Farms), and UN Volunteers, to name a few. You might find that a local charity, religious, or volunteer organization offers short-term, international volunteer opportunities, so be sure to look in your local community for ways to get involved.
Working or interning abroad is another good way to gain experience that you can put on your resume, and a great excuse to live abroad! There are many intern and work abroad programs specifically designed for individuals, such as recent graduates, where they can gain work experience while living abroad.

Please keep in mind that you might need to secure a work visa to work or intern abroad. There are different rules/requirements for each country’s visa, which may include proof of medical insurance, proof of sufficient funds, age requirement, etc., so check online for the requirements for each visa in advance.

The CALS Career Services can help you with formatting a resume, writing a cover letter, provide interview tips, and other tools to help you land a job or internship.
The Working Holiday Visa scheme is for individuals who are ~18-30 to allow them to work in another country, generally for 6-12 months.

Through this program, U.S. citizens are able to live and work in the following countries:

- Singapore
- New Zealand
- Australia
- South Korea
- Ireland

This program is attractive for many because you are allowed to work in the country (some countries have more restrictions on what work you can do) while still being able to travel and live in a new country. Through this program, you would secure housing and work on your terms, so it is recommended you do your research in advance.

Reading the blogs of people who have applied for the Working Holiday Visa is a good place to start. There might be options in your country of choice for short-term housing as you search for a job and longer-term housing in the country.
To apply for the working holiday visa, look at your country of choice's government website about the application process. For some programs, the application process is not long and individuals can receive a response in days or hours. Other programs may have a longer processing-time (close to a month), so it is recommended you check the application process and visa processing times on the host country’s government website.

Check out this GoOverseas article to learn more about a Working Holiday Visa.
There are many, many programs available to individuals who have an interest in teaching English abroad. Depending on where you would like to teach abroad, you may need a teaching certificate (like Teaching English as a Second Language- TESL), but this is not always necessary. Although individuals can teach abroad almost anywhere, the most in-demand regions of the world are Asia and Central/South America. Some people teach abroad for a couple months while others will teach for several years.

Teaching abroad can lead you to live and teach in a variety of places across the world, but it is important to research what your visa options are before you buy a ticket to your country of choice.

As mentioned previously, please research teach abroad programs thoroughly before handing over personal information or money.

TEFL.org has an article that thoroughly explains what it’s like and how to prepare for teaching abroad.
As a recent graduate, you may be able to participate in an internship abroad. Some third-party providers can help coordinate an internship for you (at a cost) or you can try to search for an internship abroad on your own.

**Fellowship Programs:**
One option for students is an internship or fellowship with the US Department of State. There are some fellowships/internships, like the Thomas R. Pickering Foreign Affairs Graduate Fellowship Program, that give individuals the opportunity to live and work abroad. Internships and fellowships with the US Department of State can be competitive, but the recipients' gain valuable work experience. This is just one of many fellowships/internships available, so take some time looking at your options online!

**Third-Party Providers:**
Certain third-party providers can be beneficial: they might help with finding accommodation, securing a placement for you, and help with the visa process. Of course, this does come at a cost, which is why some graduates prefer to search for an internship on their own.

**Personal Placements:**
If finding your own placement is the route you would like to take, make sure to check visa and employment rules in the host country. You may also need to secure your own housing and other travel arrangements if you look for internships or employment on your own.

You can search for internships and work abroad opportunities on websites like GoinGlobal and other reputable study abroad websites.
While working and volunteering abroad are great options, you might consider earning a degree and participating in research abroad, especially if you are already planning on pursuing further education.

These opportunities often allow individuals to stay in another country longer than volunteering or interning abroad, giving you the opportunity to be truly immersed in another culture! There are also options for funding your education/research abroad, like fellowships, scholarships, and other avenues to make your experience more affordable.
The Fulbright (Fulbright-Hays) program is a United States cultural exchange program to connect people in the United States to people around the world in an effort to increase global awareness and international relations. As defined on their website, The Fulbright U.S. Student Program provides grants for individually designed study/research projects or for English Teaching Assistant Programs. The Fulbright Program is a competitive program that allows individuals to work, live, and learn with and from the people in a different country.

Program topics, length, and locations vary and there are many Fulbright programs available. Individuals can earn awards for:

- Study/Research
- English Teaching Assistants
- Fulbright-National Geographic Storytelling
- Critical Language Enhancement
- The Fulbright-Fogarty Fellowships in Public Health

Fulbright Scholars’ grant benefits vary depending on the award. Some awards will allow scholars to receive health benefits, non-competitive eligibility (NCE) hiring status within the federal government, transportation to and from the host country, funding to cover room/board, partial/full tuition costs, etc. Please check each Fulbright award for benefit details.
If you’re considering continuing your education after your time at Iowa State, you could earn your degree abroad. Depending on what programs a country offers and the type of degree/research you can obtain on a student visa, you could have the opportunity to study and live abroad anywhere from a few months to several years.

Similar to deciding what university to attend in the US, you will need to consider factors such as:

- Entry requirements
- Necessary funds
- Financial aid/scholarships
- Evaluating the educational program you would like to join

There are some third-party providers who can help you find universities abroad and with the application process, but you can also apply directly to these universities. Often times, a university will have staff members designated to international students to help them convert any necessary entry requirements, the application process, etc.

Keep in mind that some international institutions do not pay master/PhD students to complete their degree, like universities in the US might do. You may also need to see how an institution abroad will accept tuition payments and how to receive financial aid for a university abroad.
There are many scholarships available online that may help you partially or completely fund further education abroad. Depending on your field of studies, these scholarships may be easier to obtain or may be more competitive. It is encouraged that you spend some time looking online for scholarships to fund your program and to reach out to the host institution’s international office to inquire about scholarships through their university.

It may be possible to study abroad in graduate school in the US. Although not as common as studying abroad during your undergraduate, some schools in the US will have short-term or semester-long study abroad options or an opportunity to conduct research abroad. There are opportunities such as the Boren Fellowship which is aimed at helping fund graduate students’ research and language study proposals in world regions critical to US interests.
Whether you are working, continuing your education, or volunteering abroad, living in another country can help your language skills. If you want a deep dive into language learning, there are also programs available with the main purpose of learning a language abroad.

Integrating into the local community of a country where you can learn and practice your desired language (known as immersion) while also taking language classes in that country can be intense. But, this opportunity gives individuals a good chance at practicing the language with locals, reading/hearing the language around them, and forces individuals to practice the language every day.

Many third-party providers have language learning programs where you can spend a few weeks or months abroad. These programs may offer housing, visa assistance (if needed), transportation costs, and other costs, depending on the program. It’s important to “shop around” and see what programs are available to you to fit your time, goals, and budget.
CRITICAL LANGUAGE SCHOLARSHIP PROGRAM

Depending on the language you are interested in, you could apply for a Critical Language Scholarship. This scholarship program allows American college and university students to learn languages critical to the United States as they interact with the world.

Critical languages (as of 2021) include
+ Arabic
+ Chinese
+ Hindi
+ Indonesian
+ Japanese
+ Korean
+ Russian
+ Swahili
+ Turkish
+ and others (check the website for details)

The program takes place over the summer and is anywhere from 8-10 weeks long. During these 8-10 weeks, you cover an academic year's worth of course information, so this program is truly an intensive language learning opportunity.

Participants learn from classroom instruction, but also practice the language through one-on-one meetings with native speakers and participate in cultural activities and excursions. The program covers most participant costs, some of these include travel, visa application fees, room and board, and language assessments fees.
Just because you finished your study abroad or college experience, doesn’t mean your options for an international opportunity have ended. Although study abroad in college is a unique and affordable way to see the world, there are other opportunities out there for graduates interested in broadening their global experiences.

Doing your research is one of the best ways to learn about options available to you. This guide is only an introduction to some of your options, so be creative! Reach out to friends, family members, colleagues, professors, and others to help you “think outside the box” as you consider ways to enhance your global footprint. Reading student/graduate travel blogs and travel books is another way to spark your imagination and help you find opportunities that you wouldn’t have otherwise considered.

Good luck as you create new, international opportunities, and safe travels!