As a student athlete, commitments to your coaches and teammates during the athletic season and, depending on your sport, the off-season can make studying abroad seem challenging. But study abroad is for student athletes too! Here are some tips to help you plan your international experience.

**Talk to your Coach**
Discuss your interest in study abroad in advance with your coaches and, if applicable, your teammates. It may also be helpful to speak with other athletes that have studied abroad to consider the pros and cons of your decision. Ask the Study Abroad Office to connect you with other student athletes who made it happen.

**Timing**
Study abroad opportunities are available in the fall, spring, Spring Break, summer, and Minimester ranging from one week to a full academic year. Think about when your athletic season takes place. Do you have obligations in the pre-season and/or additional tournaments in the post-season? Are there team commitments and training scheduled in the off-season? Short-term options are a good fit if you can’t commit to a full semester away and funding is available to support athletes studying abroad in the summer.

**Know the Rules**
As student athletes, there are rules you must adhere to regarding monetary compensation, accepting “gifts,” coaching, competing in events not sanctioned by the NCAA etc. These regulations can get complicated while you’re overseas. Check with the TU Athletics Department to make sure you understand the rules.

**Staying in Shape**
It’s your responsibility to stay in good physical condition while you’re abroad. Speak with your Study Abroad Advisor and overseas institution or provider about training and athletic facilities you’ll have access to in the host community. It’s also a good idea to create a workout routine with your strength and conditioning coach before you leave. Keep your coaches and teammates updated about your routine and progress.

**Nutrition**
Depending on your host country and region, your eating pattern may not be the same as in the U.S. We recommend creating a nutrition plan prior to your departure with a dietician if you expect your food selections to change while abroad. When you get back, follow up with them again to discuss responsible and healthy steps that will ensure optimal health and nutrition for your sport.

**Get Started**
- Speak to your coaches and Athletics Academic Advisor about studying abroad
- Attend a Study Abroad Group Advising Meeting (Monday - Friday at 2 pm in PY #408
- Meet with a Study Abroad Advisor

www.towson.edu/abroad