

## What's the best advice you can give future students to maximize their experience abroad?

"Disconnect from home. Don't always be on your phones. Take the time to really connect with your group and engage with as many people in the native culture as possible."

"Practice Thai before you get here. Know basic phrases and it will help so much! Thai people love to hear foreigners speaking (or attempting) Thai. Take every experience available. Go outside your comfort zone and do things you normally wouldn't. The time goes by so quickly so make the most of it."

"The most challenging thing was living with no air conditioning. There is absolutely no air conditioning and the temperature outside was always 30+ degrees Celsius. It a bit tough but I got used to it overtime."

"I think it's important to be aware of yourself and your group mates. Know when it is okay to be loud and when it is not. Learn to read what other people are perceiving of your group."

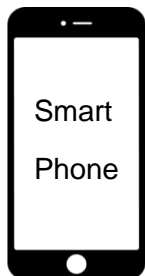
## What items did you not bring that you wish you had?

- Water bottle w/ filter
- Good walking shoes
- Rainboots
- LOTS of bug spray
- Field pants
- Over the counter meds
- Hand sanitizer, face/body

## What items did you pack and NOT need while abroad?

- Pack lighter
- Too many clothes
- Shorts
- Hammock
- Hair appliances
- Snacks

## Which devices would you recommend others take in the future?



## Most common ways to communicate with family and friends back home:

#1. Through WiFi-enabled smart phones apps

- Skype
- Whatsapp
- iMessage

#2. International calling/text plan with U.S. cell phone carrier

# Tropical Ecology

*"As a biology major, there is not much opportunity for hands-on work in the field, this program gave me a better understanding of what it would be like to be a researcher."*

## Approximately how much did you spend out of pocket during the program (in USD)?

	Max Value	Average Value
Food:	200	93.75
Program related travel/excursions:	150	40
Communication (cell phone, Internet charges, etc.):	50	20
Going out/free time:	50	12.5
Souvenirs/gifts:	1000	232.5
Other:	200	25
Personal travel/excursions:	150	31.25

## What advice do you have for students to budget and spend money wisely?

"Everything in Thailand is cheap compared to the United States. You can survive with 10 dollars or less for the whole day. Make a list of gifts for friends before you go shopping, and wait to buy them the right gift. Don't just splurge on the first item you see."

"Keep track of what you are spending. Use cash when possible."

"Talk to Thai people or faculty before the trip to get a basic understanding of how much things cost, because it is a lot less than in the US. And it is easy to be ripped off because of ignorance of price differences."

## How did you pay for things on a daily basis?

1. Cash (withdrawn from local ATM/bank from US bank account)
2. Cash (exchanged from US currency)
3. Credit Cards/Debit Cards

## What credit cards were most accepted?

