



G-MEO STUDY & INTERN ABROAD

PARENT GUIDE

Chengdu / Shanghai / Tokyo / Taipei



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I. INTRODUCTION

A LETTER TO PARENTS

Dear Parent,

Thank you for supporting your child's decision to study abroad with G-MEO. We understand that you may be apprehensive about sending your child to an unfamiliar place, especially if this is their first time traveling abroad. We can assure you that your child's health, safety, and comfort is our top priority at all times.

This guide will address many of your questions and provide you with the information you need to support your child throughout the process. Together, we can ensure that your child has an amazing experience.

Sincerely,

G-MEO Staff and Support



WHY STUDY/INTERN ABROAD?

Broadening Horizons

You may be surprised that your child wants to study or intern abroad, but there are so many great reasons to support this decision:

- **Language** - Studying abroad provides the opportunity to learn or strengthen a world language, a valuable skill in today's interconnected world.
- **Global perspective** - Immersing oneself in another culture helps students gain a deeper understanding of global issues, cross-cultural communication, and international cooperation.
- **Career Opportunities** – Employers value candidates with international experience, as it demonstrates adaptability, problem-solving skills, and the ability to work in diverse environments.
- **Personal Growth & Adventure** – Living abroad allows students to explore new places, embrace unique traditions, and experience the excitement of balancing both modern and traditional lifestyles.
- **Affordability** - G-MEO makes it easy to fund your trip with travel grants and affordable program options.

Fast Facts

Studies* show that students who study abroad:

- Saw greater improvement to their GPA after they studied abroad than students who did not study abroad.
- Are more likely to graduate than students who did not study abroad.
- Are more likely to find employment within 12 months of graduation.
- Are likely to obtain higher starting salaries than students who do not study abroad.
- Have an easier time choosing a career field that suits them.

*Statistics published in the American Institute for Foreign Study report



ABOUT G-MEO

A leader in international education

Our organization, Global Maximum Educational Opportunities, Inc. (G-MEO), is a **Study and Internship Abroad provider** with programs located throughout the Asia-Pacific region. Inspired by President Obama's 100K Strong initiative, Dr. David Chang, former President and Chancellor of NYU Tandon School, began the organization with the idea of promoting international education for students around the world.

Our flagship program is at the Chengdu American Center for Study Abroad, located in Chengdu, China. We also offer programs in Taipei, Shanghai and Tokyo.

Since Fall 2013, we have enrolled over 1000 students from 50+ different U.S. universities.



Our Founder



Dr. David Chang was named president of Polytechnic University, now known as NYU Tandon School of Engineering, in 1994 and became Chancellor in 2005. Prior to this post, he was Dean of the College of Engineering and Applied Science at Arizona State University and Chairman of the Department of Electrical and Computer Engineering at the University of Colorado.

Read Dr. Chang's full professional biography here: <https://www.gmeochina.com/gmeo-founder/>

PROGRAM HIGHLIGHTS

The G-MEO Difference

- **Transferrable courses** for all majors that keep your child on track for graduation.
- **Amazing locations** in Chengdu, Shanghai, Taiwan, and Japan.
- **Exciting excursions** led by local staff.
- **Cultural events** that immerse students in local traditions, festivals, and daily life.
- **Language sessions** designed to strengthen communication skills and deepen cultural understanding.
- **Internships** in various fields for international work experience and resume building.
- **Quality housing** that meets international standards.
- **Scholarships and grants** available to all applicants.



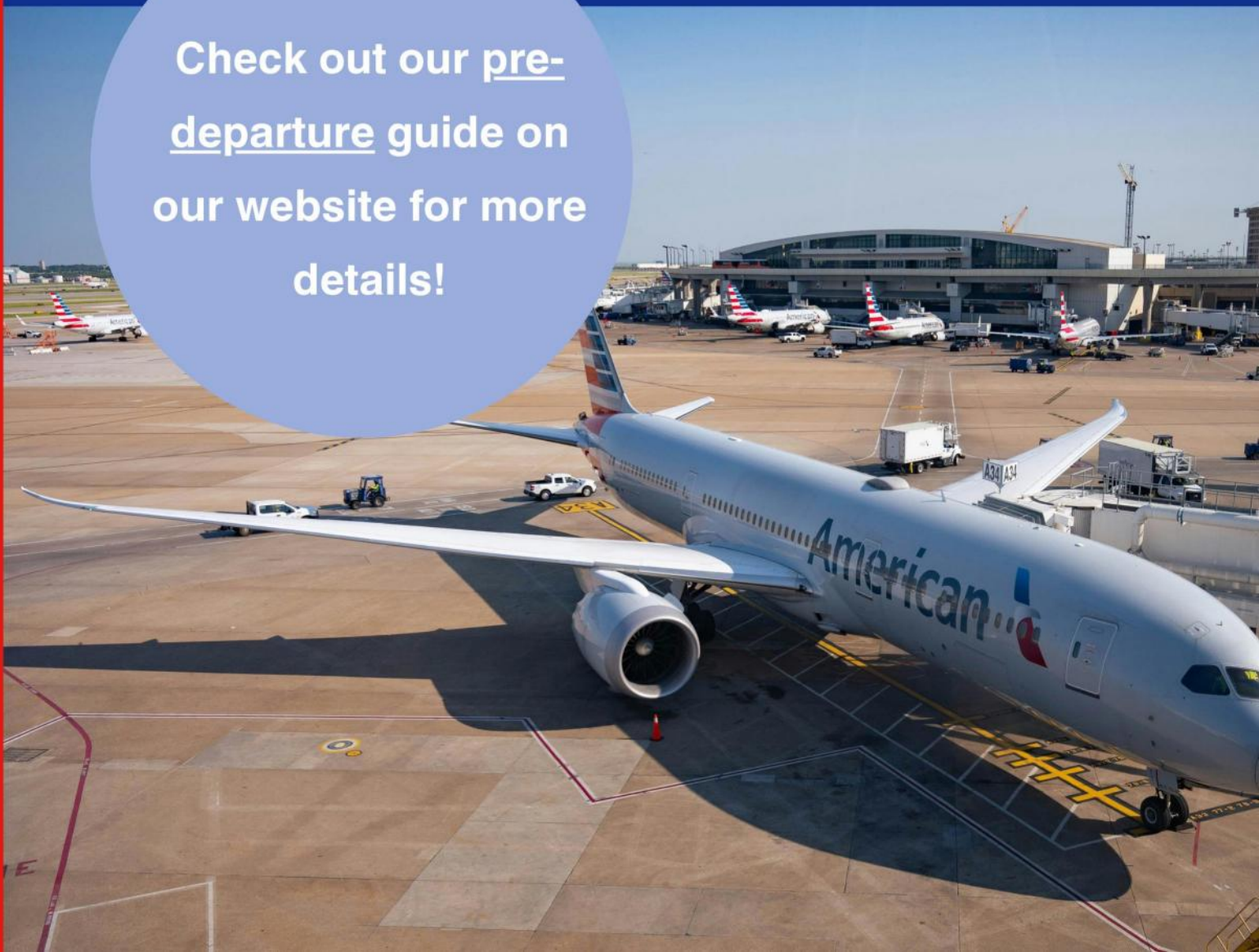
II. PRE-DEPARTURE

PREPARING FOR ADVENTURE

As your child prepares to embark on a journey abroad, we understand that you may have feelings of uncertainty and concern. You might wonder about the quality of food and housing in another country, access to medical services, issues with language and withdrawing money while overseas. We encourage you to ask questions about these topics and talk regularly with your child about preparation and planning.

Keep in mind that you can be a part of the conversation without limiting your child's independence. With help from you and experienced G-MEO professionals, your child can navigate the pre-departure process and get ready for the experience of a lifetime.

Check out our pre-departure guide on our website for more details!



CONVERSATION STARTERS

We recommend double checking these items with your child.

Financial Aid

- Check with the financial aid office at your child's university to see if their aid is transferrable to G-MEO programs.

Scholarships

- Check with the home university for scholarships policy and which one your child is eligible to receive.

Travel Documents

- Have a valid passport.
- Double check that it does not need to be renewed.
- Make sure you received visa application guidance from G-MEO if the program requires one.

Health

- Activate your account on the insurance website. And checked to see if any prescriptions are available in your destination.
- If not, make sure you have enough of your prescriptions to last the full duration of your time abroad.

Medical Records

- Contact your physician to complete all medical forms and get a copy of your immunization records.
- Make sure that all health forms are uploaded to the online application portal.

Accessing Money

- Contact your bank and credit card company to let them know that you will be traveling abroad.
- Learn about ATMs, withdrawal fees, and card function overseas for your bank.

Travel and Packing

- Enter your flight information (all flights, including connecting flights) to the online application portal.
- Check the airline's website for information about baggage policies.



BUDGET FOR CHINA

Estimated Expenses in China

Expense	Amount All estimates are in US dollars (USD).
Living Expenses	\$300 per month
Books	\$200 to \$300
Airfare	\$700 to \$1500 roundtrip
New Passport	\$110 to \$190
Visa	\$140 to \$200
Local Transportation	About \$0.3 per trip by metro / bus
Wi-Fi Internet	*Free in the Dormitory and Center
Cell Phone	\$60 to \$180 for device, \$15/month for service
Accommodation	About \$1000 per month
International Insurance	\$100 per month
Cultural Excursions & Activities	\$200

What's included in Chengdu/Shanghai program fee:

- Tuition & fees
- Internship Placement (if applied)
- Pre-departure and On-site orientation
- Airport Pickup & Drop-Off
- Official Transcript (1)
- Welcome and Farewell Ceremonies

What's included in Taiwan program fee:

- Tuition & Transcript
- Accommodation
- Pre-departure and On-site orientation
- Airport Pickup & Drop-Off
- International Insurance
- Cultural Excursions

BUDGET FOR JAPAN

Estimated Expenses in Japan

Expense	Amount All estimates are in US dollars (USD).
Living Expenses	\$400–\$600 per month (food, daily needs)
Airfare	\$900–\$1,600 round trip
New Passport	\$110 to \$190
Local Transportation	About \$1.50–\$2.00 per trip by metro or bus
Wi-Fi Internet	Free in most dormitories and available in many public places; pocket Wi-Fi rental \$40–\$80 per month
Cell Phone	\$60–\$200 for device; \$20–\$40 per month for service

What's included in Japan internship program fee:

- Guaranteed internship placement
- Career training
- Orientation sessions
- Insurance
- 24/7 support
- On-site activities and cultural excursions
- Accommodation
- Language sessions

Additional expenses may include airfare, meals, and other personal expense.



CHECKLIST

A few things to remember:

Pre-Departure Forms

- Health Clearance
- Health History
- Immunization
- Assumption of Risk

Travel Documents

- Passport
- Visa

Payment

- Pay any remaining balance on your account

Flights

- Book tickets
- Add flight information to application portal
- Check with the airline's baggage policy

Medical

- Obtain prescriptions
- Check their availability in your destination

Cell Phone

- Unlock your phone (if possible)

Finances

- Notify your bank of travel
- Be sure to pack credit & debit cards

Packing

- You can buy almost everything you need in local market, but be sure to pack any special preferences

Study Abroad Office

- Check with your university study abroad office to make sure you completed all necessary steps and paperwork



III. WHILE ABROAD

Adjustment & Change

After your child arrives in another country, they will go through a period of rapid change and adjustment. As they get used to new housing, make new friends, and become accustomed to local language and culture, our professional staff will be there to provide support and assistance at all times.

Keep in mind that you may not be in constant communication with your child upon arrival. Try to have a positive attitude and trust in the G-MEO team to be there for your child as they get used to their new environment.

When you reach out, remember that there is time difference as well as varying levels of internet access. It's important to be flexible and find a method of communication that works for both of you.



Overview

Health Insurance

All G-MEO students are enrolled in international health insurance, which includes accident and sickness insurance, emergency medical evacuations, accidental death and dismemberment insurance, and 24-hour international emergency assistance.

Emergencies

G-MEO has its own Crisis Management Plan in case of an emergency. The 24/7 emergency hotline:

Chengdu +86-158-8214-0846

Tokyo

Taipei

Orientation

Onsite orientation with local staff members will take place at the beginning of the program. This way we ensure that students are taken care of from day one and learn almost everything they need to know from the start.

Arrival

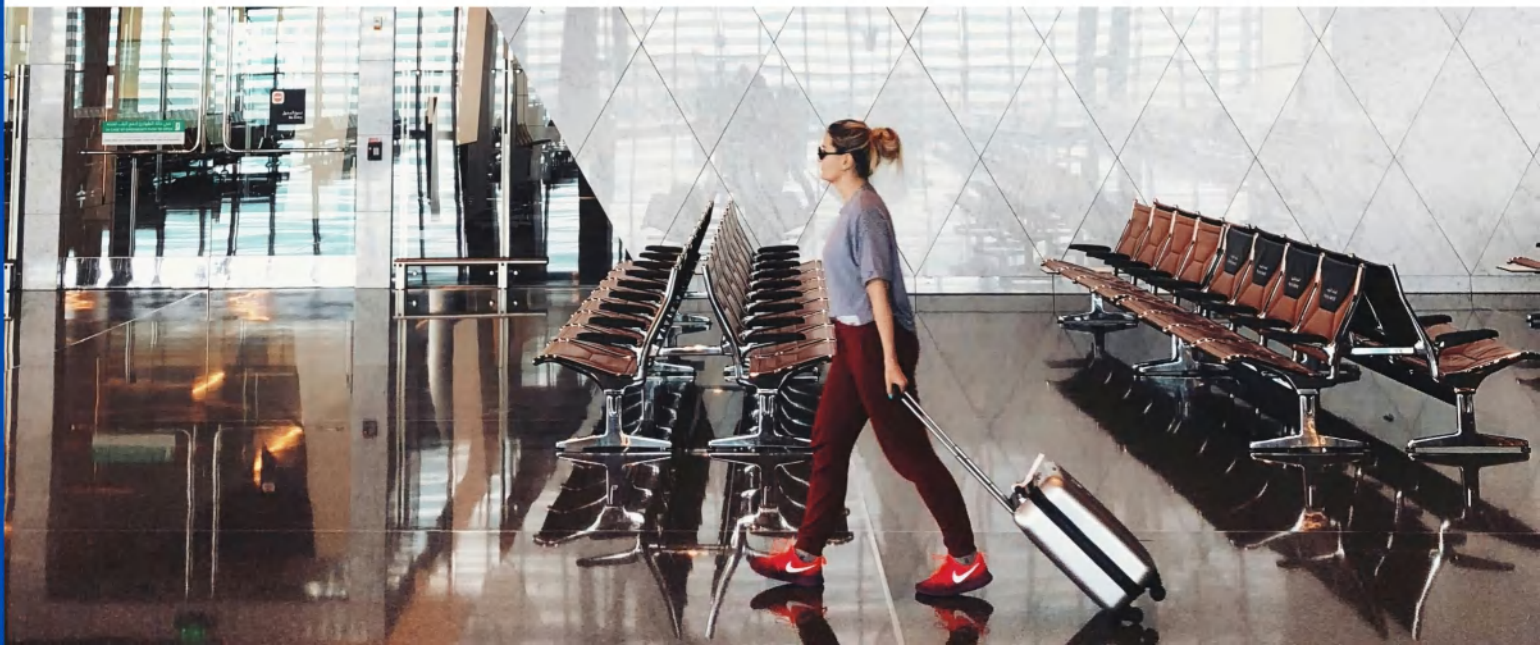
Onsite staff members will arrange airport pickup or send the transportation guidance to students in advance. It is important that students enter their flight information in our Online Application Portal.

Housing

Students live in standard double-occupancy rooms or single rooms. Rooms are recently renovated and offer private bathrooms and Wi-Fi access.

Weather

Weather at our program locations varies by region and season, so students should be prepared for changing conditions. In general, participants can expect four distinct seasons, with warm to hot summers, mild to cool autumns, chilly winters, and pleasant springs. We recommend researching the climate of your specific destination before departure to pack appropriately.



Local Contacts

Your Child is in Good Hands

In addition to administering the onsite orientation, our local staff are available 24/7 to provide students with guidance and support. Our team has worked with students for years and understand that everyone wants to have fun when they go abroad. Nonetheless, we always emphasize the importance of personal safety and give the students the tools to explore their new cultural environment in a safe way.



Sara Luo
Director of the Chengdu American Center

Sara earned a M.A. in English at Sichuan Normal University and holds a certificate in Chinese-English translation. Prior to joining the G-MEO team, Sara worked as an English teacher at Sichuan Tianyi College.

Solomon Li
Marketing and Business Development Director

Solomon earned a BS in Management from Sichuan University. He has over 15 years of experience in the international education industry, with more than 5 years dedicated to teaching and over 10 years in marketing and business administration.



Japan

Sara earned a M.A. in English at Sichuan Normal University and holds a certificate in Chinese-English translation. Prior to joining the G-MEO team, Sara worked as an English teacher at Sichuan Tianyi College.

Staying in Touch

Connecting with Your Child Overseas

After your child lands in destination, we understand that you may want to reach out and make sure that everything is going okay. International calls can be expensive, so we recommend that you consider email or downloading a messaging app on your phone. Just remember that your child is in a different time zone with varying levels of internet availability. Try to be patient and understanding if you don't receive an immediate response. G-MEO staff members are always on hand to help, they are your child's best resource when they have questions or concerns.

Easy Ways to Stay Connected

Popular free messaging apps (both allow voice and video calls):

- iMessage
- WeChat
- WhatsApp

Apps and sites for video calls:

- FaceTime
- Zoom



STUDENT TESTIMONIALS

Making the Most of Study & Intern Abroad

Health & Wellness

As a student with asthma, Maman Cisse had to be aware of air pollution that could impact her health. “The program has the best doctor in Chengdu (the English speaking Clinic and with insurance that covers all the expenses). Also, the G-MEO main office has bottles of oxygen that are always available in case of emergencies, which has come to aid several times.”

Unique Hands-on Experience

Jonathan Cruz completed an internship at Equity Law Firm in Chengdu. “Equity Law Firm” has a friendly college environment, which means that everyone is around the same age. Another advantage is that at Equity Law the bosses give me the opportunity for ‘hands on’ experience. An example of that would be the ‘mock trial’ that we had as the interns were participants.”



III. RETURNING HOME

Back to “Normal” Life

Students returning home from study abroad often find that what was once familiar has become unfamiliar. This phase, known as ‘reverse culture shock’, can often cause students to experience feelings of frustration, irritability, and loneliness. In this period of transition, we encourage you to be patient and look for ways to help your child gradually settle back into life at home. G-MEO will send a welcome home package with more information about reverse culture shock and suggestions for helping your child settle in.



Careers and the Future

What’s the Next Step?

Studying abroad is more than just an academic and cultural experience. After returning home, your child can translate their time abroad into professional opportunities. Try talking with your child about their professional interests and think of ways that China or Japan can fit into a career track.

Conversation Starters

Resume Updates

- Adding their study abroad experience with G-MEO to their resume.
- Highlight coursework, independent research, or internships that might stand out to an employer.

Cover Letters

- Consider specific skills gained while abroad. Be able to explain and expand on these when applying for jobs.

Job Search

- Consider applying for jobs with companies that work with asian countries.
- What are the resources offered by your child’s university Career Services Office?

Campus Ambassador

- G-MEO Campus Ambassador opportunity
- How could this leadership opportunity boost your resume?

Student Testimonials

The G-MEO Impact

While studying at the Chengdu American Center, Tailor Dortona completed an internship with the Chengdu Disabled Person Federation and continued to work in this field after returning home.



“I am now an Ambassador for the 100K Strong Foundation and as such, I was invited to attend a cocktail reception and dinner at the White House Historic Society to hear the Deputy Secretary of State speak about US-China relations.”



Austin Harris, who also studied with G-MEO in the Spring 2015, told us about his plans to work in China after finishing our program.



“I will be heading to Hong Kong to start a full-time position at the Lingnan University as a Visiting English Tutor in the English Language Support Centre.”



The G-MEO Network

Feel free to contact our team and share your future experiences with us! We're always excited to hear about the success of our alumni.

Don't Forget to Follow us on Social Media



@gmeochina



www.facebook.com/gmeochina/



[G-MEO LinkedIn](#)

