**Stage 3 – Arrival at your Destination**

Tell your family and Elena Somoza in IADT that you have arrived!

**1. Settling in**

* Don’t judge your destination until you’ve settled in properly – and this will probably take a few weeks. It will take a while to adapt to a new system, the language, new culture and customs and to make new friends, so you may experience some home-sickness at first.
* Be open-minded about people and new experiences. Don’t judge everything in terms of the manner in which it compares with Ireland. You will experience some advantages and some disadvantages. You will gradually adapt to new ways and what seems strange at first will soon become quite familiar – so much so that when you return home you will miss aspects of being abroad.
* If you have personal problems and would need support with these, you should in the first instance seek help in your host company/organisation.

**2. Stay in contact while abroad**

It is important to keep in touch with your Academic Department and Elena Somoza in IADT while abroad. Alert her to any problems or difficulties you may encounter whether personal or traineeship related.

Please note that if we need to contact you, we will do it mainly by email.

You should establish who your point of contact is at the host company/organisation as soon as you arrive.

If you experience any significant problems at your host company/organisation (e.g., your training plan is not being followed), please talk to your point of contact in the company/organisation in the first instance.

**3. Personal safety**

Please consider carefully your own personal safety. Follow the same precautions as you would at home (hold on tightly to your bags; watch out for pick-pockets; report robberies or items lost to the police; if you lose your credit cards / bank cards, get in touch with your bank asap; etc.)

If you find yourself without any access to cash, without your passport, or in any other serious kind of trouble, the Irish Embassy/Consulate in your host country will try to help. In the unlikely event of you being arrested for a serious offence, insist on the Consulate being informed: you will be contacted as soon as possible by a consular officer who can advise on local procedures, etc.

**4. Code of Conduct**

Remember that, while you are away, you are ambassadors for your country and for IADT. As a registered student of IADT while abroad, you will be subject to the regulations of both IADT and of your host company/organisation. You are expected to observe their regulations and code of conduct.