



## Student Athlete and Study Abroad Resource Guide

For some student athletes, it may seem difficult to find the time to go abroad while attending Maryville College. However, more student athletes are studying abroad - not only at Maryville College, but across the nation. Student athletes are typically perfect candidates to go abroad because you've learned how to be responsible and independent within your team and those skills can easily transfer to your experience abroad. Study abroad can also help you gain more skills that are essential in today's globalized society, such as intercultural communication, adaptability and awareness of other cultures, perspectives and approaches. With some well thought out plans, you can go abroad too. Watch this [video](#) for more information on how and why to study abroad as a student athlete. Or you can read this [blog post](#) from Maryville College football player, Alex Willard '17.

### THINGS TO CONSIDER

- There are many types of study abroad. You can go for a [semester, during J-term, Spring Break or Summer](#). Understanding what your options are is vital so you can choose a program for your off-season or will fit into your breaks.
  - [Semester Long Programs](#)
    - [Masaryk University in Brno, Czech Republic](#) – This University has a [sports studies department](#), as well as [Economics, Management, Law and Education](#). It also has a wide variety of training facilities, including gymnasiums, sports fields, rowing center, indoor and outdoor tennis courts.
    - [Sunderland University in Sunderland, England](#) – Sunderland offers courses in [Sports Coaching, Exercise, Health & Fitness and Sport & Exercise Sciences](#) – many of these courses are open to exchange students. There are also many courses in [Business, History, Law, Education and more](#). There are sports facilities available for student use, such as a 25-metre pool, two gymnasias, weights and fitness rooms, and floodlit outdoor facilities.
    - [Brock University in St. Catherines, Canada](#) – Brock University has many courses in [Sport Management](#), but also offer courses in [many other areas](#). The campus has a new recreation center, which includes four gymnasiums, an indoor running track, squash, tennis, racquetball courts and an indoor rowing center.
    - [La Trobe University in Melbourne, Australia](#) – La Trobe University offers many [health and nutrition programs, as well as many other subject areas](#). There are many opportunities to be involved in sports teams, surf club, mountaineering club, snow sports team, and sub aqua club.
  - [Summer Programs](#)

- [Business and the Culture of Sport](#) in Buenos Aires, Argentina – 4 week, 3 or 6 credit program in Argentina
  - [Exercise and Sport Science](#) in Seville, Spain – 3 week, 3 or 6 credit program in Spain
  - [The Australian Sporting Industry](#) in Canberra, Australia – 3 week, 6-8 credit program that travels through Australia
- Will you be able to train while abroad? Check with staff at I-House to see if your program has gym facilities, local teams you could practice with or safe outdoor locations where you can train.
  - How will you stay connected with your coach and teammates? Many sports teams are very close, and you may feel like you are missing out on things when you are gone. Talk to your teammates and coach to create a communication plan. This may also help you stay motivated to train and stay fit while abroad.

## RESOURCES

- [GoOverseas](#): How to Study Abroad as a College Athlete
- [Go Abroad](#): Myths About Studying Abroad as a Student Athlete
- [Inside Study Abroad](#): Competing Against the World: How to Successfully Study Abroad as a Student Athlete
- [Fund for Education Abroad Scholarship](#): This scholarship fund has money reserved specifically for student athletes. Students can receive up to \$10,000 for an academic year abroad, \$5,000 for a semester abroad or a minimum of \$1,250 for a summer program. Deadline is normally in January the academic year before students go abroad.

\*These resources are not produced by Maryville College or reflective of Maryville College policies or values.