

SPRING 2022 STUDY ABROAD PRE-DEPARTURE

TOPICS

- Breakfast
- Welcome
- Spring 2022 Cohort
- Health, Safety & Wellness
- Communication While Abroad
- Academics
- Concurrent Parent Q&A and Student Breakout Sessions

Spring 2022 Destinations

- American College of Greece: 8
- Charles University: 1
- CIS Endicott International: 22
- DIS: Study in Copenhagen: 6
- Florence University of the Arts: 18
- Munster Technological University: 10
- Paris School of Business: 1
- The Umbra Institute: 4
- The University of Birmingham: 2

Spring 2022 Cohort

- School of Business: 23
- School of Education: 1
- School of Nursing and Health Sciences: 18
- School of Science & Technology: 4
- School of Social Sciences, Communication & Humanities: 22
- School of Sport Science: 5

HEALTH, SAFETY, WELLNESS & ADAPTATION

Safety While Abroad

- Exercise caution
- Follow host institution protocols
 - Fill out travel forms/provide notification
- Communication protocol: partner, Endicott, parents
- Use buddy system
- Tell a friend staying behind what your travel plans are
- Register with U.S. Embassy
 - Smart Traveller Enrollment Program (STEP)
step.state.gov/step/
- U.S. State Department Students Abroad Portal travel.state.gov



Safety While Abroad



Learn local emergency numbers



Learn pedestrian & driver norms



Notify host institution & friends of travel plans



Use the Buddy System



Carry large amounts of cash or expensive items



Drive!



Travel alone or without notifying people



Stay in dive hostels or hotels. Cheap does not equal safe.

Always adhere to local laws, culture and conduct of your host institution and Endicott College

Health Insurance

- ❑ You are insured by GeoBlue Insurance while abroad
- ❑ Access your account at: **members.geobluestudents.com**
- ❑ Covers hospitalization, medical evacuation, repatriation, mental health/counseling
- ❑ What do you do if you are ill & need medical attention?
 - ❑ Notify your RA/Student Life Office
 - ❑ Call the number on the back of your card
 - ❑ Provide your name/location
 - ❑ Seek medical care at the designated hospital
- ❑ Students must be prepared to pay up front at time of appointment in case of lag time on guarantee of payment. Should this happen, please obtain an itemized bill and contact GeoBlue to submit your claim for reimbursement.

Medications

- ❑ Inform your physician of your upcoming travel
- ❑ Bring 3 month supply of medications, if allowed by insurance company/doctor
- ❑ Know generic medication name
- ❑ Bring medications in original containers
- ❑ Know if your medication is allowed in your host country. Example: Adderall is illegal in Italy, therefore students must seek an alternate medication from their doctor
 - ❑ GeoBlue can assist you with medication searches
- ❑ **You cannot ship medications in the mail.** Plan ahead to refill prescriptions while abroad.

Culture Shock

STAGES of CULTURE SHOCK



Common Struggles While Abroad

Loss and Separation

First real separation from family and friends---The difference between miles from campus and continents away.

Travel Stress

Challenge of navigating the unfamiliar and the enhanced security that is part of travel.

Time and Climate Change

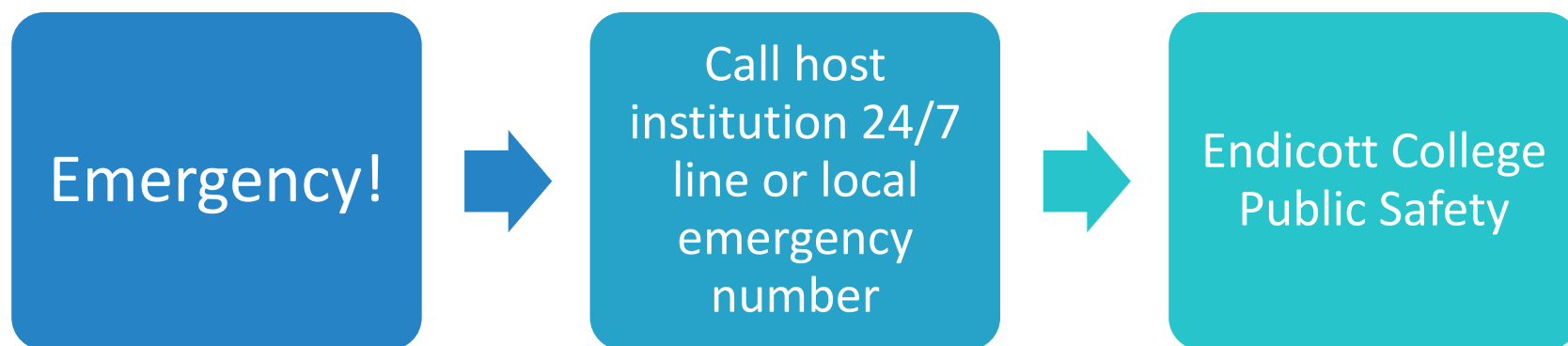
Sleep and eating pattern disturbances.

Culture Shock

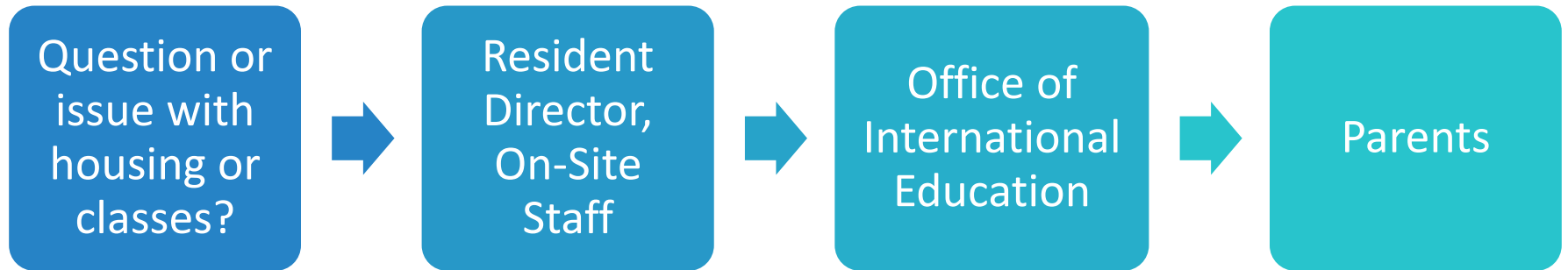
Differences in housing, food and atmosphere can tax mental functioning.

COMMUNICATION

Emergency Communication Flow



Non-Emergency Communication Flow





Call 1: Italy to home
in CA

Call 3: Endicott to
Italy

Call 2: CA to Endicott

Call 4: Host to
Student (both in Italy)

Academics Abroad

“As you may know, a study abroad experience is not an ‘academic experience.’ It’s about traveling.”

Endicott Student via email to Dean Jaferian

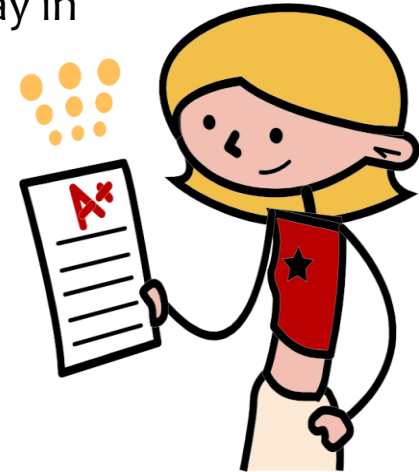
Don't take the STUDY out of Study Abroad

Academic Differences: US and Abroad

<u>Endicott College</u>	<u>International Universities</u>
Small-medium class sizes	Possible large lecture or tutorial-style classes
Continuous assessment Many papers & quizzes	1 or 2 points of assessment (Mid-term and/or Final)
Discussion-based: professors ask for students' opinions	Professor may only lecture: not ask for students' opinions

Academic Credit Transfer

- **All courses are pre-approved by your Academic Dean**
- All course changes made while abroad must be updated
 - Endicott Course Approval Form in application (while abroad phase)
 - Enrolling in courses not pre-approved will result in a delay in transcript processing
- Official transcript sent to Office of International Education
- Courses abroad converted to US grade equivalent
- Grades factor into GPA. Grades are not pass/fail!
- Process time: **up to 4 months.**
- Transcript arrival times are at the discretion/time frame of the host institution.



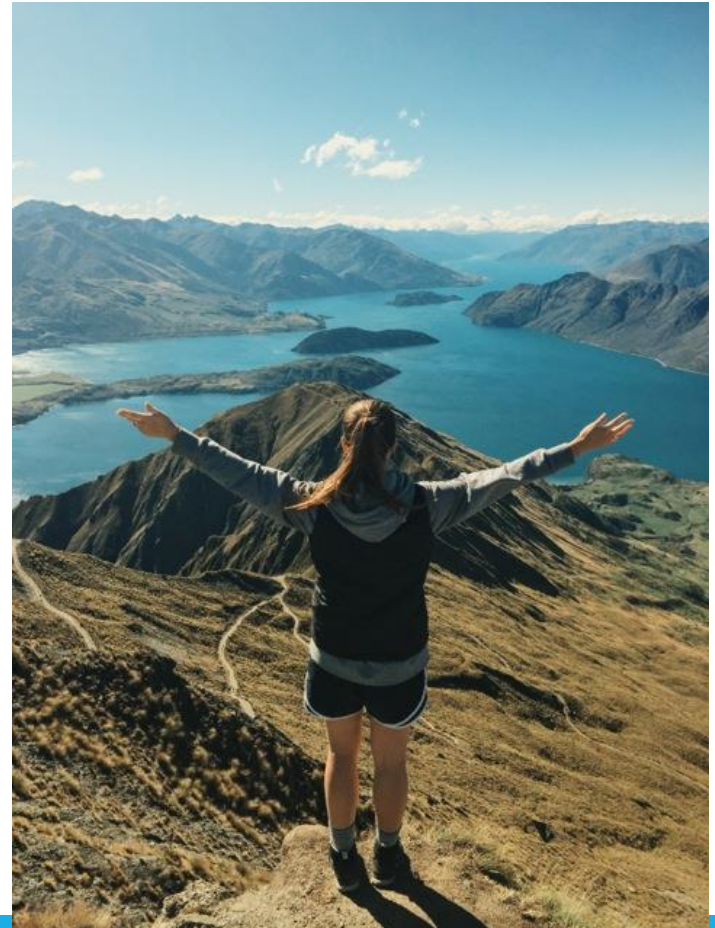
Course Registration & Housing Selection

Registration

- Contact Academic Advisor
- Discuss & select courses
- Date and time sent via email by the Registrar's Office
- Register course selections online at designated time (U.S. time zone)

Housing

- Information on housing selection received via email from Residence Life



Housing

- ❑ Take time to adapt to your new housing! Housing abroad will be different
- ❑ Be mindful and respectful of housing guidelines and neighbors
- ❑ Are you missing something, or does something need to be repaired? Address concerns locally, **first**



PRACTICAL & LOGISTICAL INFORMATION

Important Forms

- **Medical Form – Upload Online**
 - Doctor's Contact Information
 - Current ailments & medications
 - Immunizations
 - Provided to university partners as part of health & safety protocol
- **Flight Itinerary- Upload Online**
 - Students traveling on a group flight will upload the provided itinerary
- **Passports**
 - Leave a copy or digital copy at home (in the U.S.)
 - Remember: all students have a copy available in their study abroad application portal!

Packing Tips

- ❑ Pack lightly. When in doubt, don't pack it!
- ❑ Pack what you can carry up a flight of stairs. Save space for your return.
- ❑ Research seasonal temperatures
- ❑ Purchase hair dryers, straighteners etc. abroad
- ❑ Don't forget adapters!

What I end up packing.



What I end up wearing.



Things to Remember When Packing:

- Airline baggage limits: **Check fees and weight limits**
- Travel documents (in your CARRY-ON bag)
 - passport & visa (affixed to your passport)
 - any required financial documents
 - airline tickets (including the return portion)
 - acceptance letter from your overseas program
 - address of the university or housing location
- Some luggage essentials (in your CARRY-ON bag)
 - prescription medication in case of delayed luggage
 - glasses/contacts & solution
 - travel sized toiletries and change of clothes
 - food allergies? bring snacks!
 - book/music/movies on your devices



Cell Phones & Communication

- ❑ Set Expectations with your family
- ❑ Local Cell Phones
- ❑ SIM Cards for unlocked phones
- ❑ Free on wifi:
 - Skype
 - WhatsApp
 - iMessage
 - FaceTime
- ❑ Create a blog
- ❑ Keep a journal
- ❑ Office of International Education
Instagram Takeover



Finances

Endicott Tuition

Endicott Room

Endicott Board

Study Abroad Fee

Sponsor Fee

Seek cards without international transaction fees

Request credit/debit card with chip.
Know your PIN #

Notify bank/credit card companies of your travels

Use local ATMs

Students are billed Endicott tuition, room, board and a study abroad fee, which covers international health insurance

Consider these financial tips while abroad!