

SPRING 2020 STUDY ABROAD PRE-DEPARTURE ORIENTATION

November 16, 2020

Agenda

- Check-in & Continental Breakfast
- Health, Safety, Wellness & Culture Shock
- Partner & Alumni Q&A
- Break
- Academics, Communication & Finances
- Student breakout sessions & Parent Q&A

INTRODUCTIONS



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Partner Representatives

- Michelle Collins, Andrea O'Driscoll: Cork Institute of Technology
- Mary McCarthy: CIS Endicott International
- Nicole Casale: International College of Management, Sydney (via Skype)



Global Ambassadors

- ❑ Jesslyn Almonte
- ❑ Sophie Bubrick
- ❑ Zach Gagne
- ❑ Hiroki Koda
- ❑ Pemma Lhazin
- ❑ Yoshi Murata
- ❑ Miyuki Ueda
- ❑ Abigail Scott



STUDY ABROAD: BENEFITS & COHORT PROFILE

10 Reasons to Study Abroad

- ❑ Expand your worldview
- ❑ Enhance your career
- ❑ Learn another language
- ❑ Experience another culture
- ❑ Make new friends
- ❑ Discover your own culture
- ❑ Learn about yourself
- ❑ Adaptability
- ❑ Boost confidence
- ❑ Savvy traveler

Study Abroad: Culturally Prepared

“Travel whollops my ethnocentricity”

Rick Steves

Travel Writer, Author, Television Personality

eth·no·cen·trism

/,eTHnō'sentrizəm/

Evaluation of other cultures according to preconceptions originating in the standards and customs of one's own culture.

Study Abroad Participation

40 % of Endicott College students

UNDERGRADUATE PARTICIPATION IN U.S. STUDY ABROAD



1 in 10 U.S. undergraduates studies abroad before graduating.

Open Doors is conducted by the Institute of International Education with the support of the Bureau of Educational and Cultural Affairs of the U.S. Department of State. Online at: www.iie.org/opendoors

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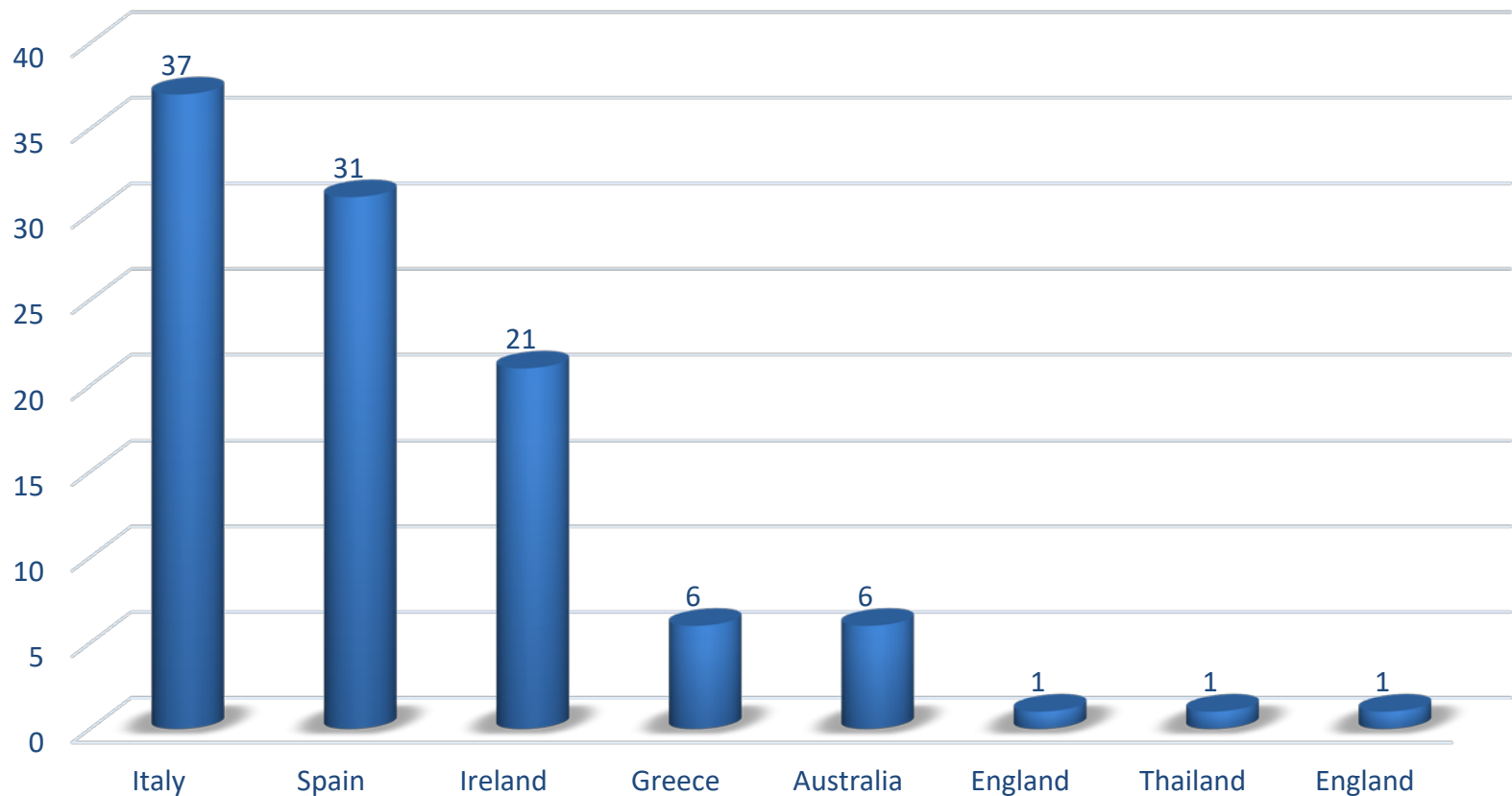
Spring 2020 Global Gulls





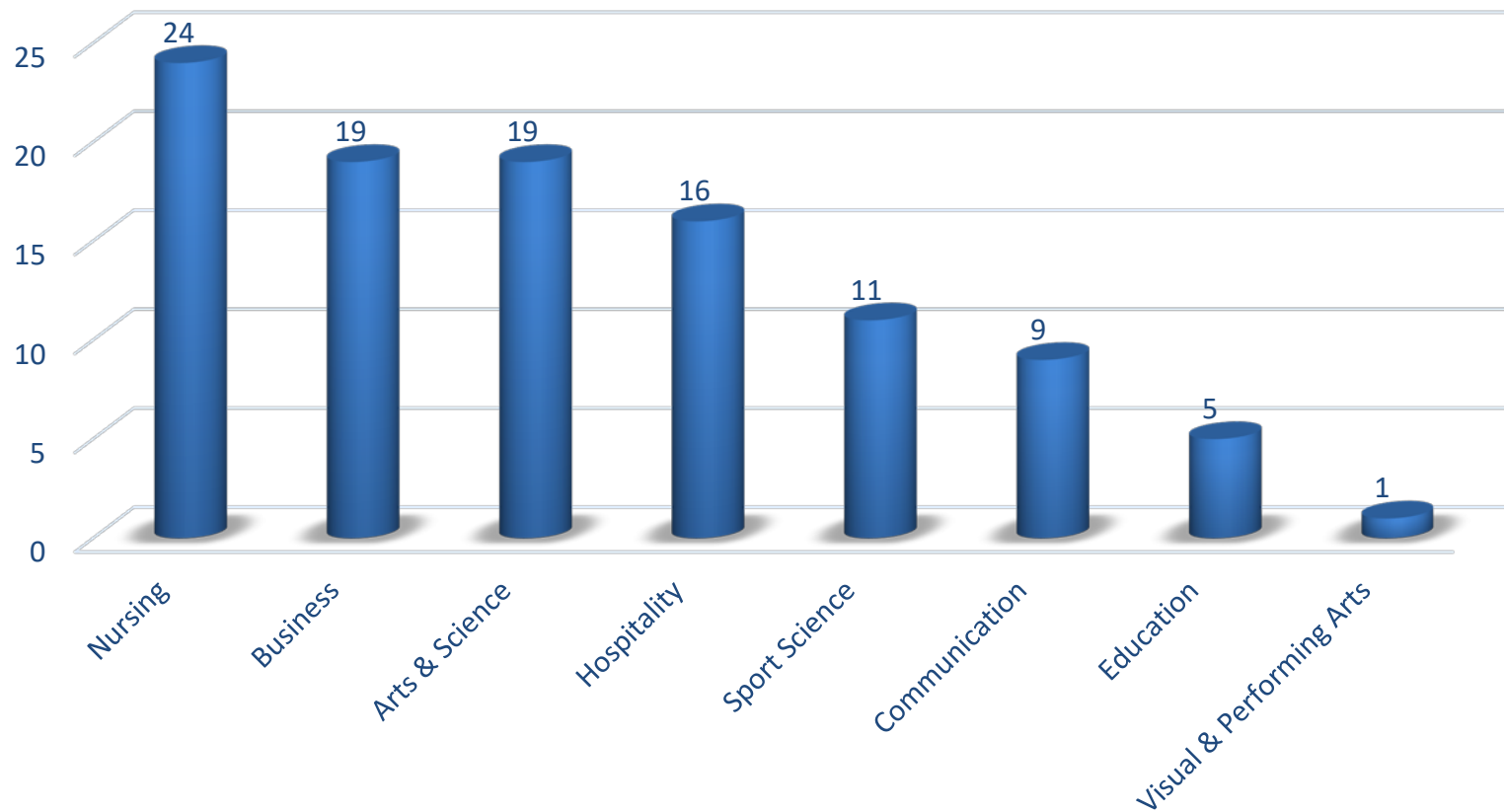
Study Abroad: Spring 2020

By Country



Study Abroad: Spring 2020

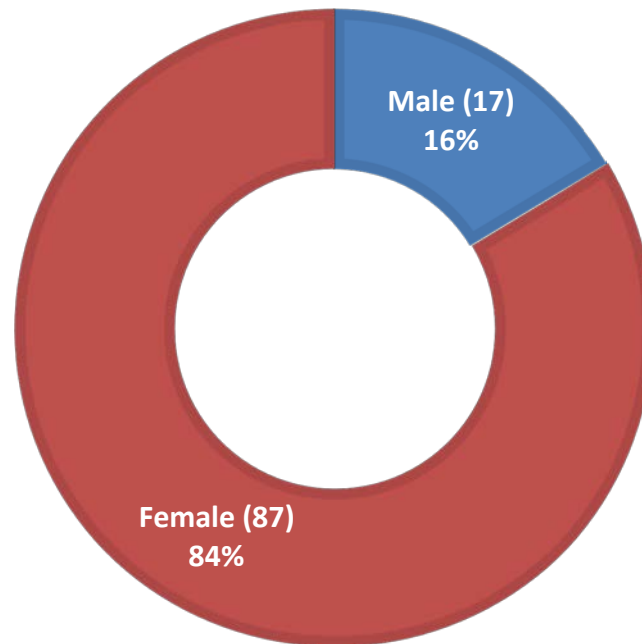
By School



Study Abroad: Spring 2020

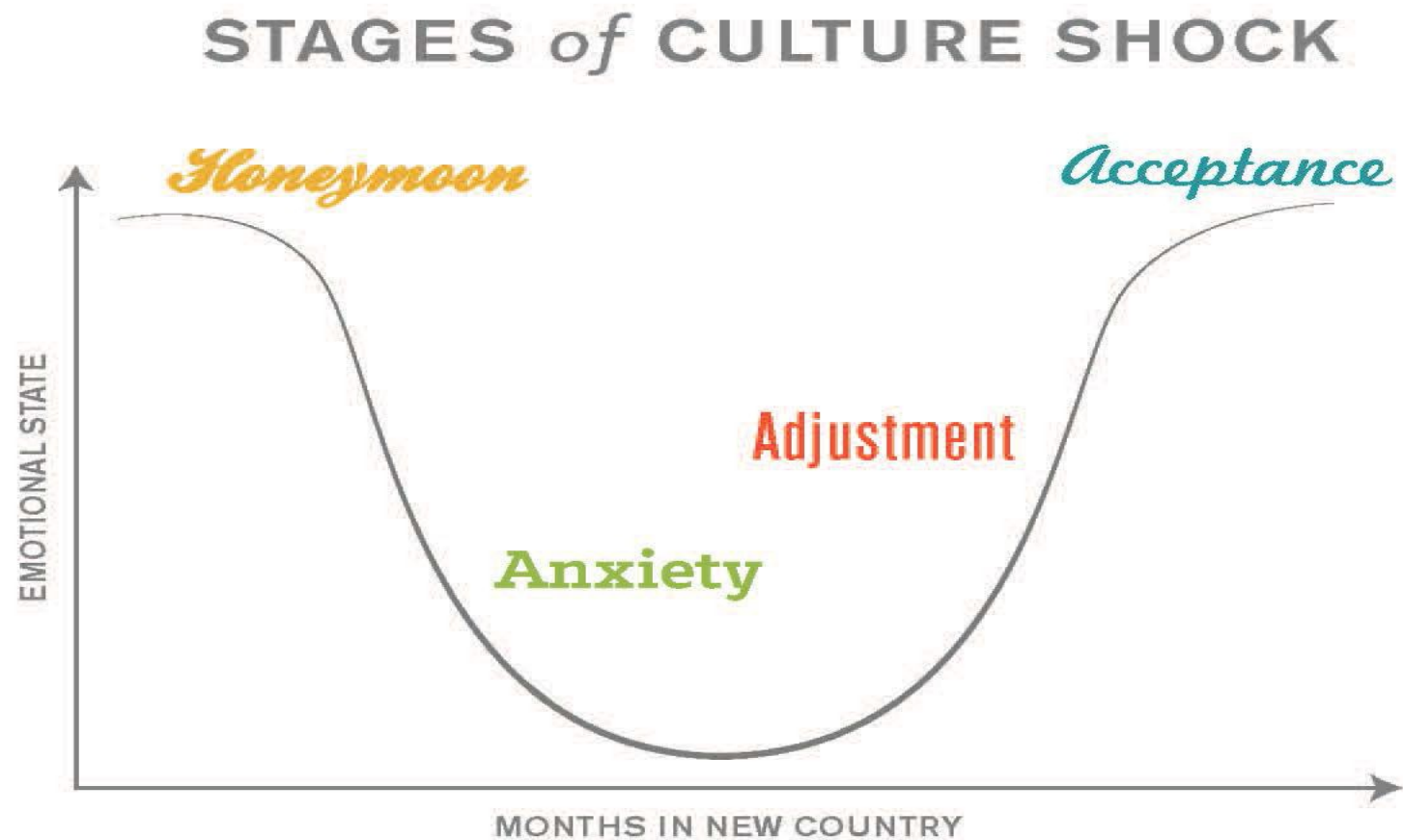
MALE/FEMALE DISTRIBUTION

■ Male (17) ■ Female (87)



HEALTH, SAFETY, WELLNESS & ADAPTATION

Culture Shock



Common Struggles When 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.

Coping Skills

(or things the counseling center might tell you)

Accept that you can't control everything

Welcome Humor

Maintain a Positive Attitude

Talk to someone

Meditate to reduce anxiety and stress

Practice Mindfulness

*The greatest weapon
against stress is our
ability to choose one
thought over another.*

-William James

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

Safety Abroad

- State Department Worldwide Caution
 - Standard protocol. Be alert and aware of surroundings.
- 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



Health Insurance

- You are insured by GeoBlue Insurance while abroad
- Access your account at: **members.geobluestudents.com**
- Email with insurance information. **Please activate your account.**
- Covers hospitalization, medical evacuation, repatriation
- 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.

Conduct While Abroad



- Endicott College Conduct Agreement Signature Document
- As a student, you are under Endicott's, your host institution's and host country's rules/laws
- Host institution reserves the right to expel you
- Conduct issues are reported to the Office of International Education

SAFETY SKIT





BREAK

PRACTICAL & LOGISTICAL INFORMATION

Passports & Visas

- ❑ Passport must be valid 6 months AFTER program end date
- ❑ Keep photocopy in a safe place while abroad
- ❑ Upload passport to Endicott application portal, send scanned copy to your email.



Important Forms

□ **Medical Form – Upload Online**

- Doctor's Contact Information
- Current ailments & medications
- Immunizations. Refer to CDC website for country specific questions.
- Information kept confidential
- Provided to university partners when necessary

□ **Flight Itinerary- Upload Online**

- Students traveling on a group flight will upload the provided itinerary

Housing

- Take time to adapt to your new housing! Housing abroad will be different
- Address concerns locally, **first**
- Contact Endicott, second...(or third)



*Student apartments
Florence, Italy*

Study 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

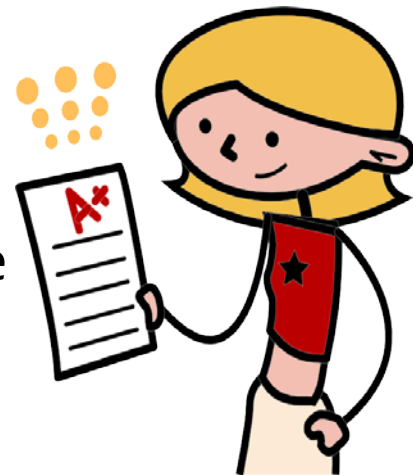
Don't take the STUDY out of Study Abroad

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.



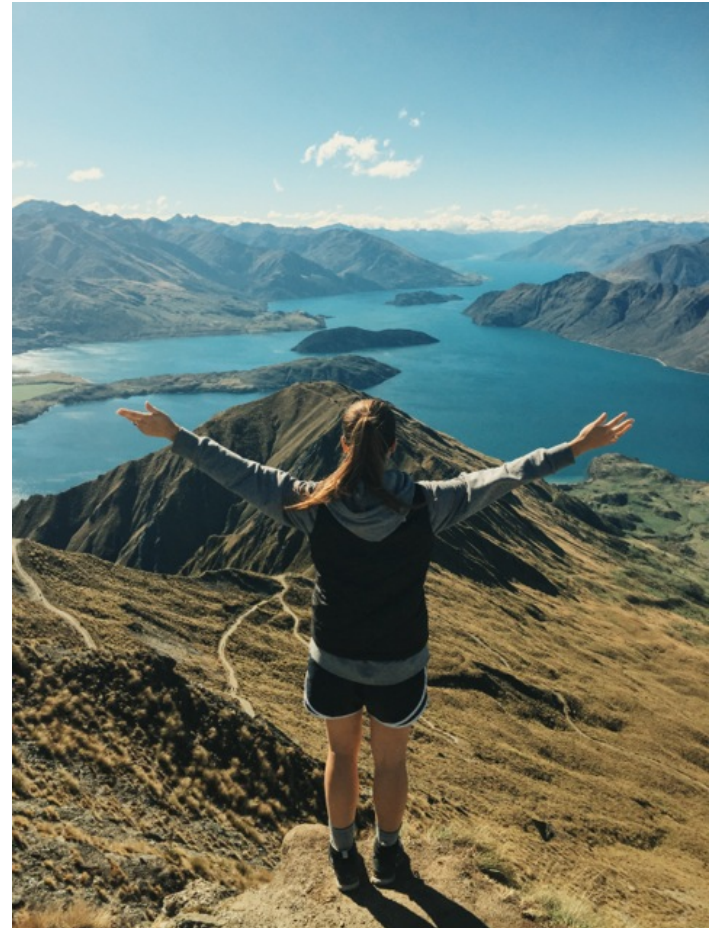
Course Registration & Housing Selection

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



Finances

Endicott Tuition

Seek cards without international transaction fees

Endicott Room

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

Endicott Board

Notify bank/credit card companies of your travels

Study Abroad Fee

Use local ATMs

Sponsor Fee

Things to Remember When Packing:

- Airline baggage limits: **Check fees and weight limits**
- Travel documents (in your CARRY-ON bag)
 - passport & visa
 - 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



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.



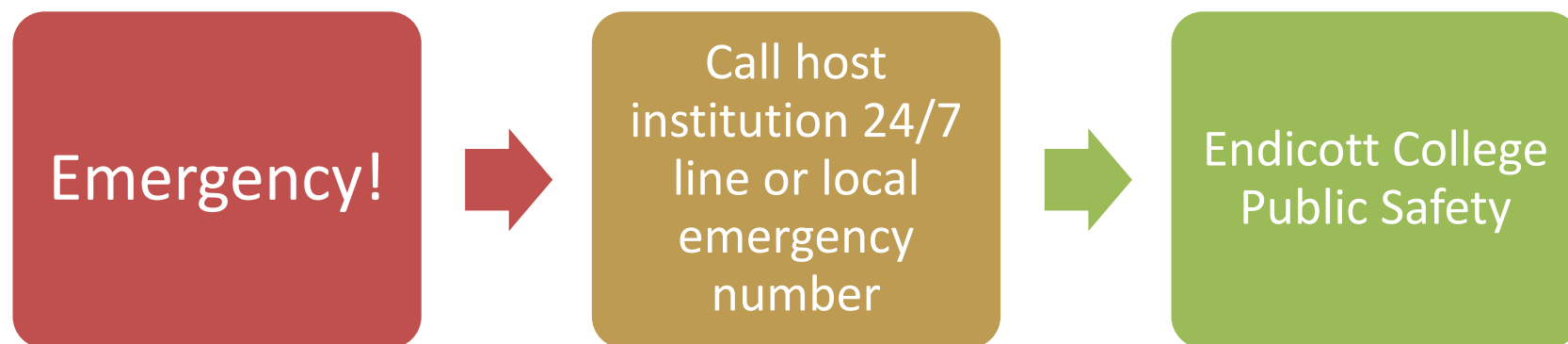
COMMUNICATION

Cell Phones & Communication

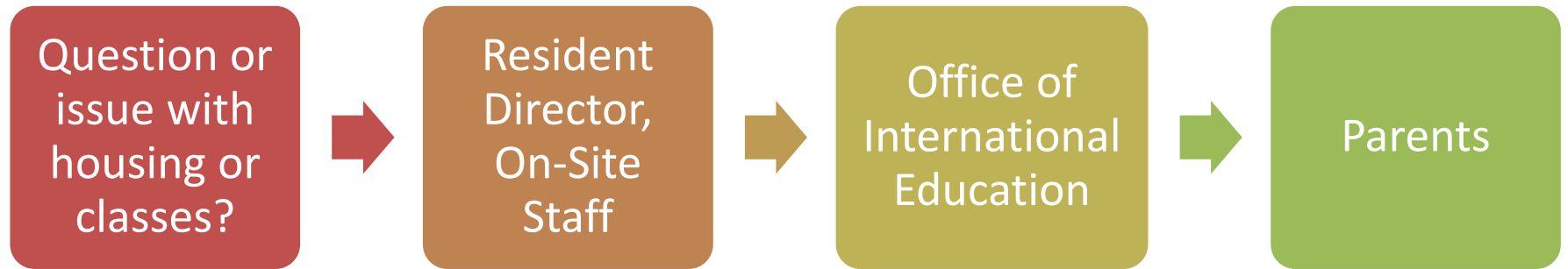
- Set Expectations
- Local Cell Phones
- Free on wifi:
 - Skype
 - WhatsApp
 - iMessage
 - Face Time
- Create a blog
- Keep a journal
- Office of International Education
Instagram Takeover



Emergency Communication Flow



Non-Emergency Communication Flow



WHAT NEXT?

What Happens When I Return?



- ☐ Apply to be a Global Ambassador
- ☐ Assist with Study Abroad Fair
- ☐ Attend Information Sessions
- ☐ Returnee Workshop at Endicott
- ☐ Join intercultural club

Have a Great Semester Abroad!

WAX Academic Center Room #'s

- American College of Greece: 301
- Central Queensland University: Lobby
- CIS Endicott International/Madrid: 210
- Cork Institute of Technology: 223
- Florence University of the Arts: *Library Little Theatre
- International College of Management, Sydney (ICMS): 302
- Umbra Institute: Lobby

