

STUDY ABROAD PRE-DEPARTURE ORIENTATION

Spring Semester 2018

Agenda

- 8:30 – 9:00am: Check-in & Continental Breakfast
- 9:00am – 10:15 am: Pre-departure Presentation
- 10:15 – 10:30 am: Break
- 10:30am – 11:00am: Q&A and safety scenarios
- 11:00am – 12:00pm: Parent Q&A
- 11:00am – 12:00pm: Student breakout sessions

INTRODUCTIONS

Spring 2018

Office of International Education



Warren Jaferian

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Study Abroad Advisor

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International Student Advisor

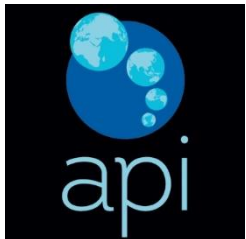
cmoca@endicott.edu

Location: Halle Library 106-110

studyabroad.endicott.edu

Partner Representatives

- Amy Whitish-Temple: API
- Vaughn Thornton: ISA
- Zach Nowak: The Umbra Institute
- Tom Pasquarello: Global Secure Resources
- Carrie Pasquarello: Global Secure Resources



Global Ambassadors

- ❑ Mayra Gomez
- ❑ Eddy Kreimerman
- ❑ Rachel MacMunn
- ❑ Shantall Solis
- ❑ Rachid Sow
- ❑ Elizabeth Yelle



Study Abroad Alumni

- ❑ Faith Barbin
- ❑ Meredith Bemus
- ❑ Sinead Carthy
- ❑ Sarah Curran
- ❑ Erica Fleming
- ❑ Justin Frey
- ❑ Erica Hadad
- ❑ Christina Jaskot
- ❑ Samantha Kittredge

- ❑ Samantha Muzarol
- ❑ Meghan O'Neil
- ❑ Brett Peterson
- ❑ Chase Prochaska
- ❑ Samantha Ridgeway
- ❑ Lauren Scerra
- ❑ Brady Sezon
- ❑ Brenna Shanahan
- ❑ Diana Sutherland

AGENDA ITEMS

Spring 2018

Agenda Items

- Important Forms
- Housing
- Academics
- Finances
- Health & Safety
- Passports & Visas
- Culture Shock
- Conduct
- Packing
- Communication
- Parent Q&A
- Break-out Sessions

STUDY ABROAD: BENEFITS & COHORT PROFILE

Study Abroad

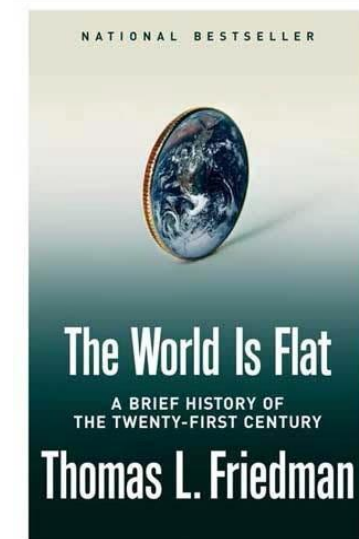
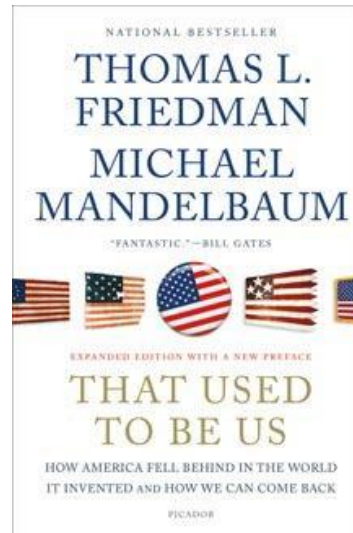
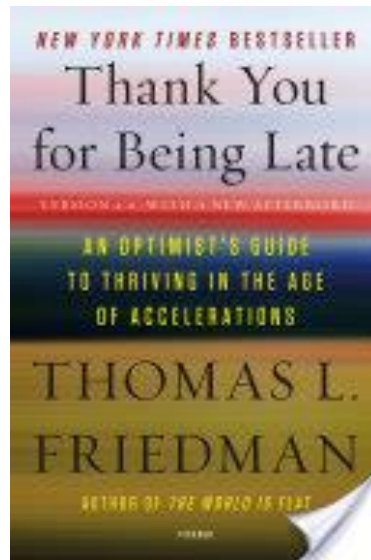
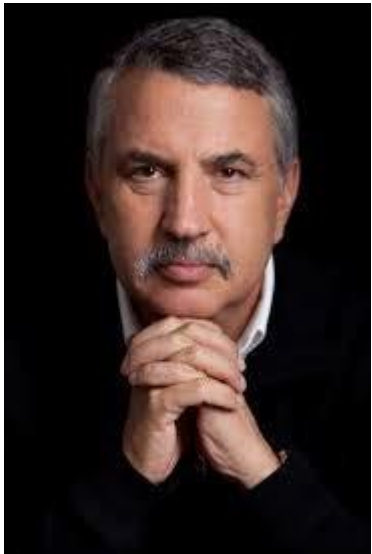


“As you may know, a study abroad experience is not an ‘academic experience.’ It’s about traveling.”

Endicott Student via email 2017

Study Abroad: Globally Prepared

Globalization & Education



New York Times
Foreign affairs, globalization and technology

Study Abroad Benefits

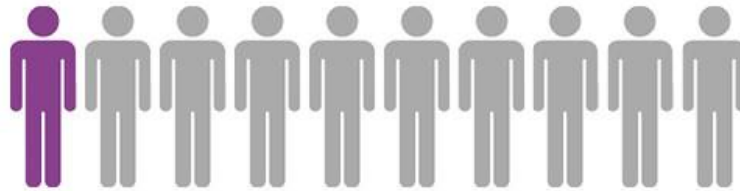
- Academic learning
- Personal growth & development
- Cultural awareness
- Develop cross-cultural competencies
- Internships & volunteering
- Develop 21st century skills
- Travel & sightseeing

Research shows that students who study abroad have better grades, more confidence, and are more likely to graduate from college at higher rates than students who do not study abroad

Study Abroad Participation

40 % of Endicott College students

UNDERGRADUATE PARTICIPATION IN U.S. STUDY ABROAD



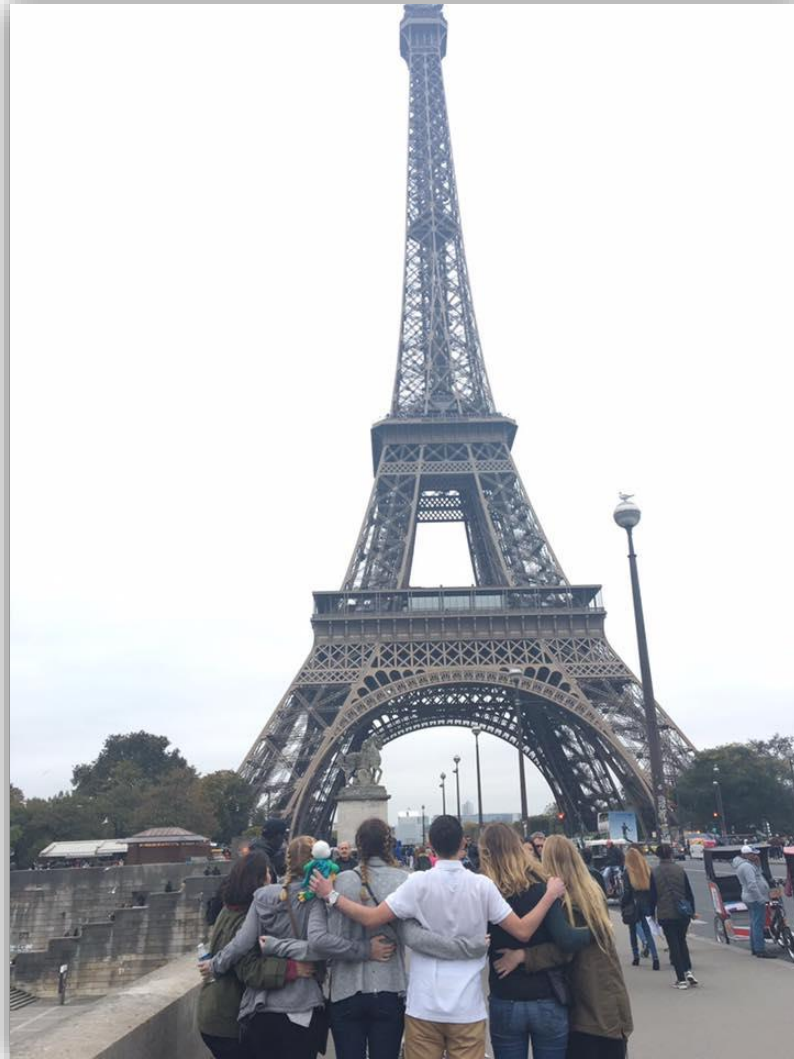
1 in 10 U.S. undergraduates studies abroad before graduating.

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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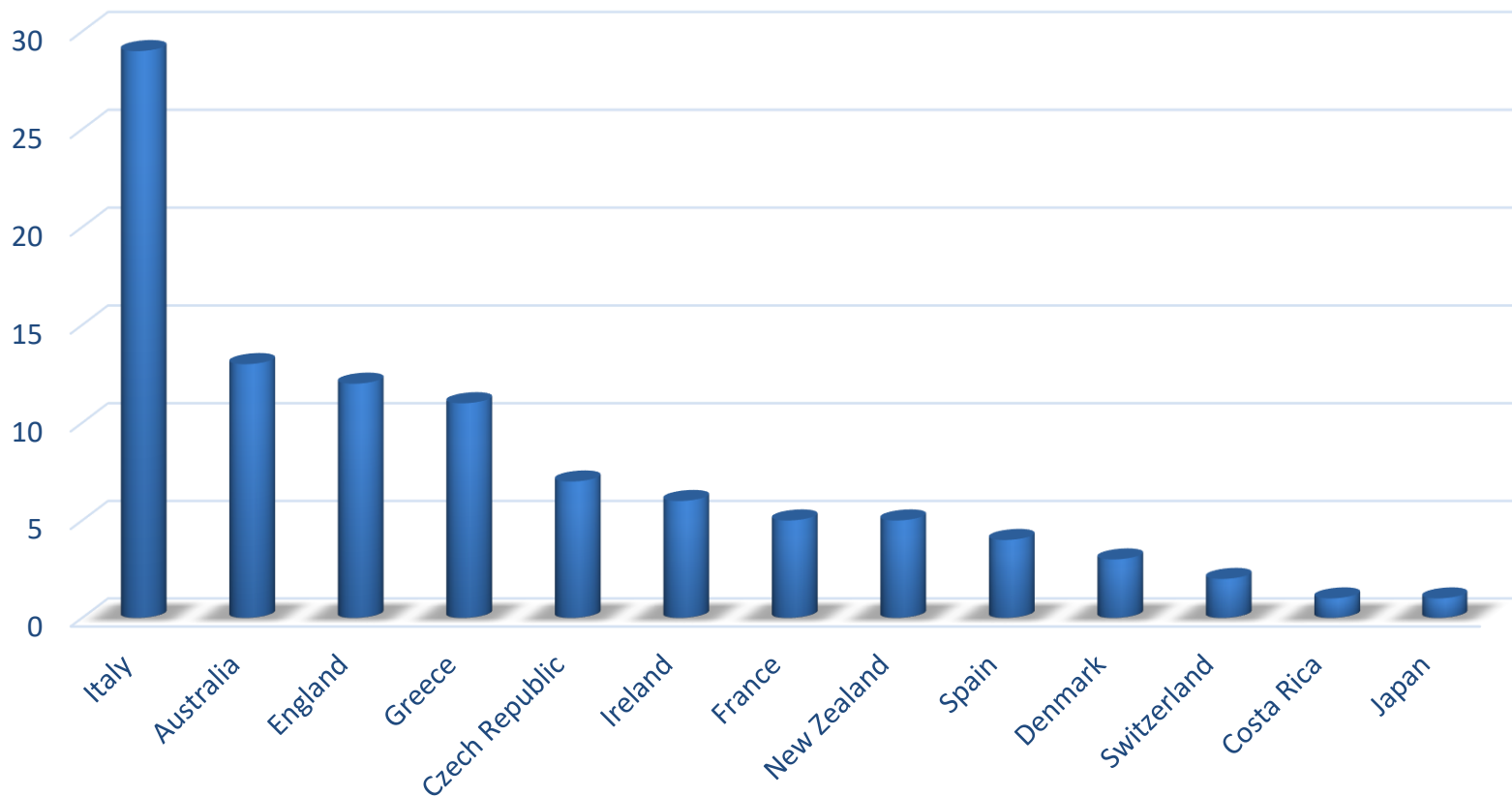


Spring 2018 Global Gulls



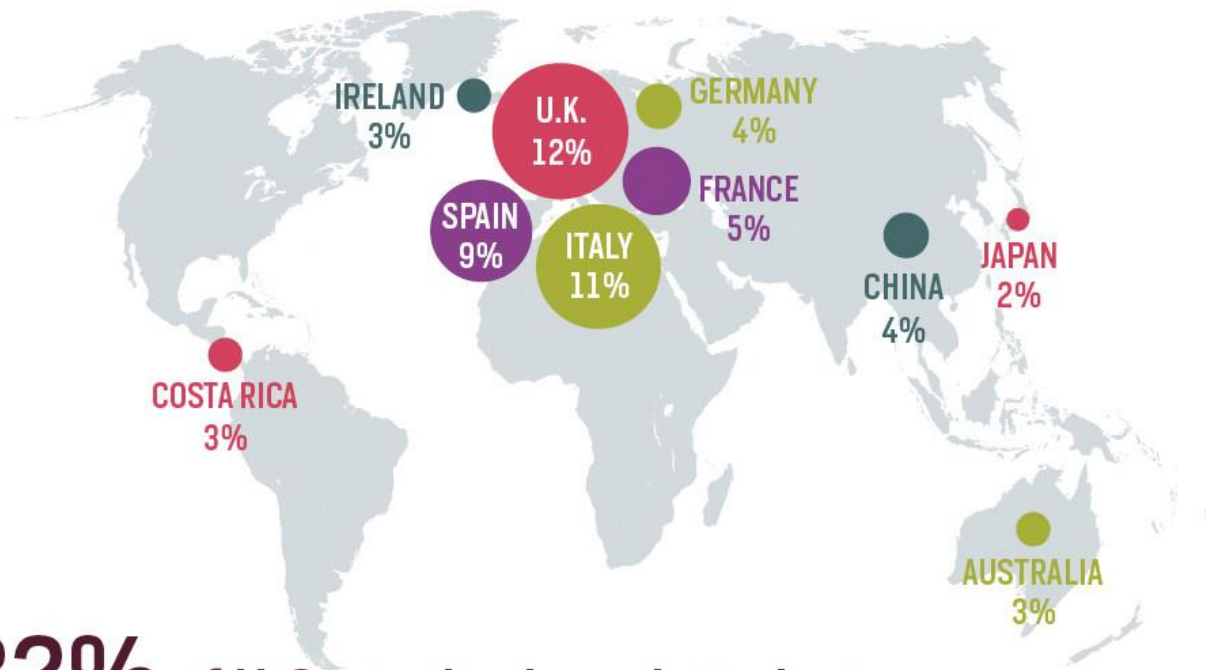
Study Abroad: Spring 2018

By Country



Study Abroad: National Picture

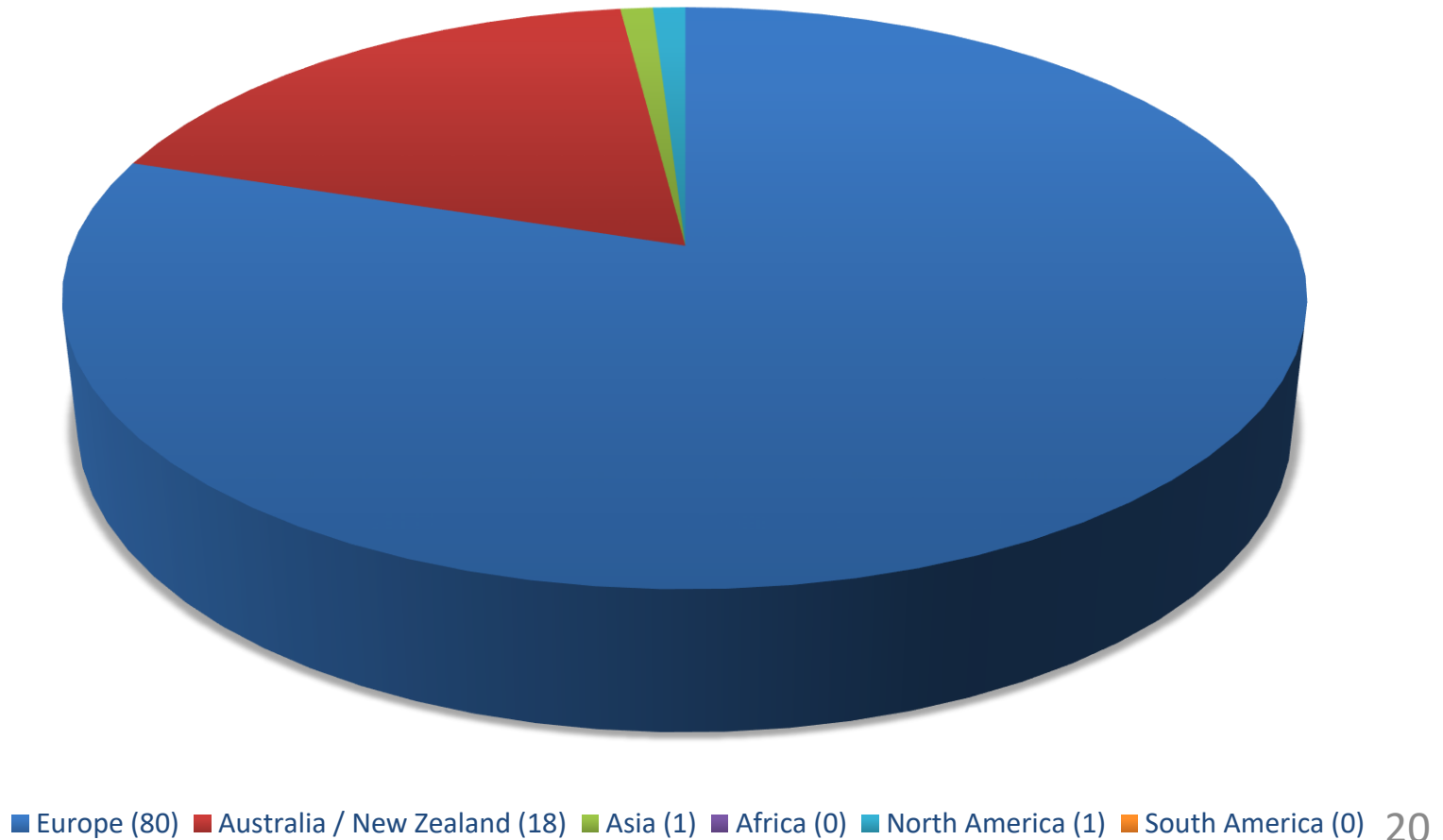
TOP TEN DESTINATIONS FOR U.S. STUDY ABROAD STUDENTS



32% of U.S. study abroad students
are hosted by the United Kingdom, Italy, and Spain.

Study Abroad: Spring 2018

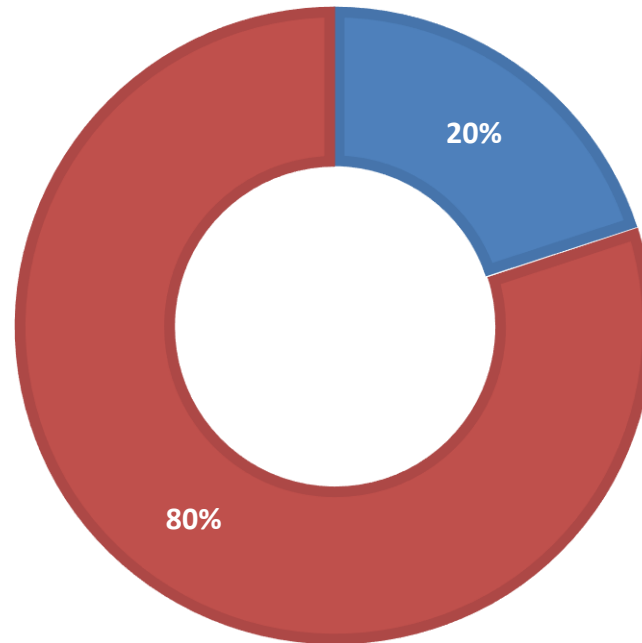
By Continent



Study Abroad: Spring 2018

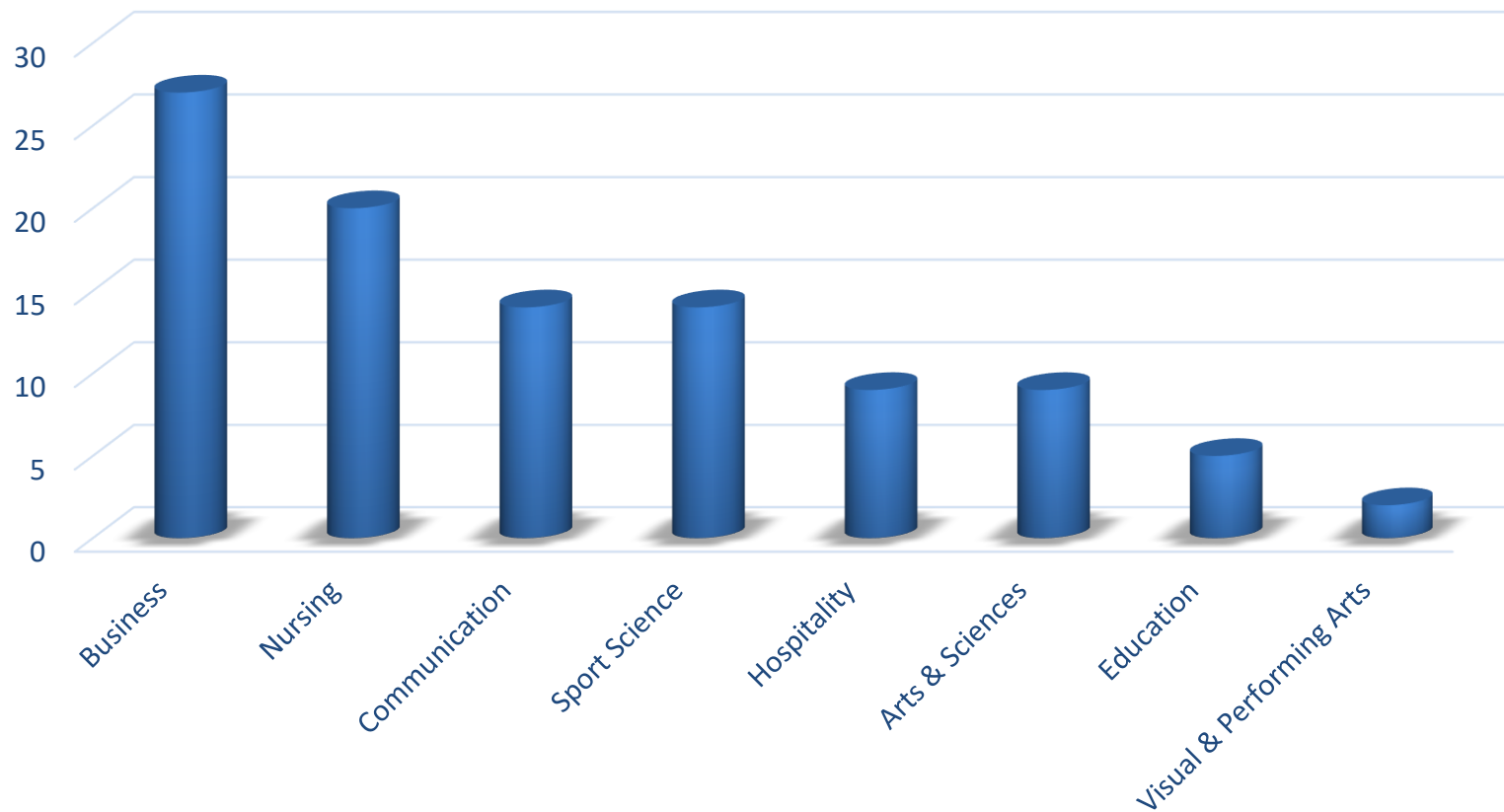
GENDER DISTRIBUTION

■ Male (20) ■ Female (80)



Study Abroad: Spring 2018

By School



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 (*pre-departure*)

- ❑ **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**

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*

Academics

- All courses are pre-approved by your school's 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



Academic Differences: US and Abroad

<u>Endicott College</u>	<u>International Universities</u>
Small-medium class sizes	Large lecture or tutorial-style
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

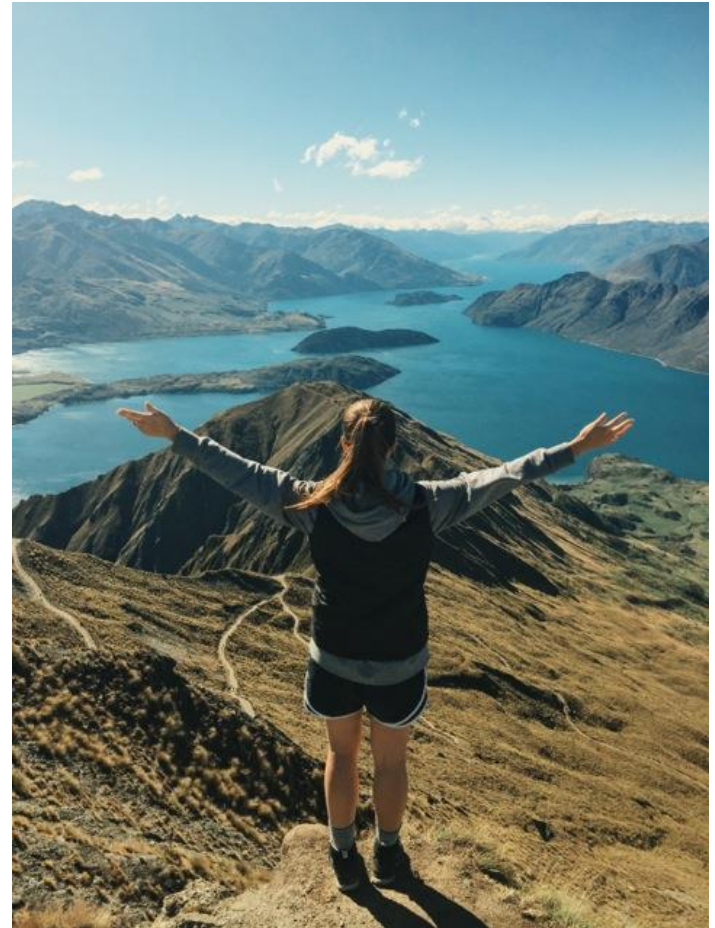
Academic Credit Transfer



- Official transcript sent to Office of International Education
- Courses abroad converted to US grade equivalent
- Final transcript = Endicott courses
- Factor in to GPA
- Process time: **up to 4 months.** Transcript arrival times are at the discretion/time frame of the host institution.

Fall 2018 Course Registration

- Contact Academic Advisor
- Discuss & select course
- Register course selections online at designated time (U.S. time zone)



Fall 2018 Registration

- ❑ Registrar's Office will email Fall 2018 registration dates
- ❑ If clearance for a particular course is needed, make arrangements with instructor and /or department
- ❑ Log-in difficulty: contact advisor – then EC IT
- ❑ All official Endicott communication sent to Endicott e-mail address, **ONLY**



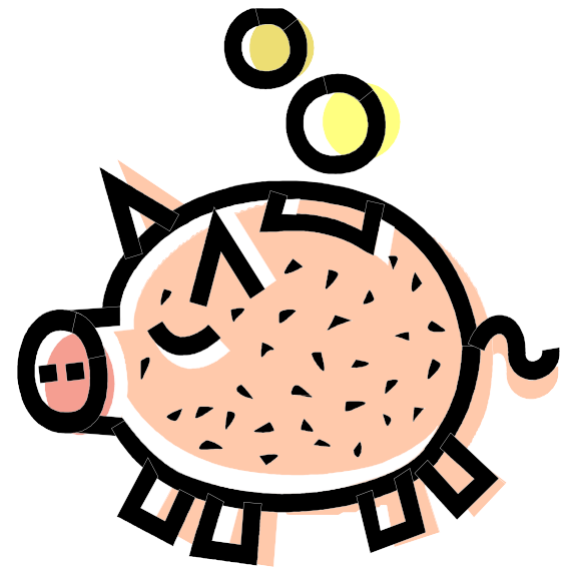
Finances



- ❑ \$350 study abroad fee
- ❑ Student account: Endicott tuition, room and board
- ❑ “Sponsor fee” (e.g. orientation, museum passes, books)
- ❑ Inform bank and credit card companies of travel dates & countries
- ❑ Use ATMs to access local currency
- ❑ Request a credit/debit card with a chip. Know your PIN number.
- ❑ Seek cards without International Transaction fees

Banking & Budgets

- ATM: international networks (e.g. CIRRUS)
 - Larger withdrawals will avoid multiple transaction fees
 - Keep small amounts of cash on you, with the remaining in your room
- Credit cards – large purchases (i.e. flights /hotels)
- Keep a budget
- Working abroad (possible in Australia)
- ISIC (International Student Identity Card) discount card for students



Cell Phones & Communication

- Local Cell Phones
- Use internet communication- Free on wifi!
 - Skype
 - WhatsApp
 - iMessage
 - Face Time
- Set Expectations
- Disconnect!



Communication

Consider doing the following while abroad:

- Keeping a blog
- Keeping a video and/or audio journal
- Creating a photo website
- Office of International Education Instagram Takeover

Great way to share your experiences with your family and friends and document your experience!

Packing Tips

- Pack lightly
- Pack what you can carry up flight of stairs
- When in doubt, don't bring it
- Research seasonal temperatures

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
 - financial documents
 - airline tickets (including the return portion)
 - the acceptance letter from your overseas program
 - address of the university or housing location
 - HAVE PHOTOCOPIES OF ALL OF THESE DOCUMENTS!
- ❑ Some luggage essentials (in your CARRY-ON bag)
 - prescription medication in case of delayed luggage
 - eyeglasses
 - travel sized toiletries and change of clothes



Additional Packing Considerations



- Electrical Appliances
 - Bring only dual voltage appliances, plug adapters
 - Buy smaller appliances overseas (i.e. blow dryers, straighteners, etc.)
- Laptops with Cameras (Skype)
 - All students are allowed to take their laptops overseas

BREAK

Be back at 10:40 am

HEALTH & SAFETY

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 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



Safety while Abroad

Do

Learn local emergency numbers (embassy, fire, police, etc.)

Check for travel or health advisories - www.travel.state.gov

Learn how pedestrians and drivers interact

Notify your host institution and friends of any travel plans

Use the Buddy System

Make copies of all of your important documents

Don't

Leave your bags unattended

Carry large amounts of cash or carry expensive items while you travel

Stay in dive hotels – cheap does not always = safe

Travel alone

Drive a car, motorcycle, moped or other vehicle

Fall victim to scams

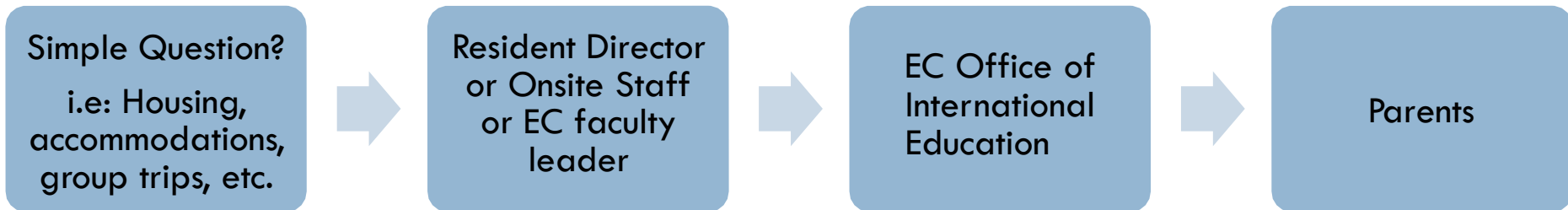
Understand local laws and culture
Follow the Endicott College Student Conduct System

Communication Flow



Non-Emergency Communication

I am abroad and have a question about...



Communication Skit

BASED ON A TRUE STORY



Call 1 = Student in Italy to California
Call 2 = CA to Beverly, MA
Call 3 = Beverly, MA to Italy
Call 4 = Program in Italy call to Student

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
- Complete Endicott's International Travel Medical Statement
- 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.

SAFETY SKIT

BASED ON A TRUE STORY







CULTURE & ADAPTATION

What IS Culture?

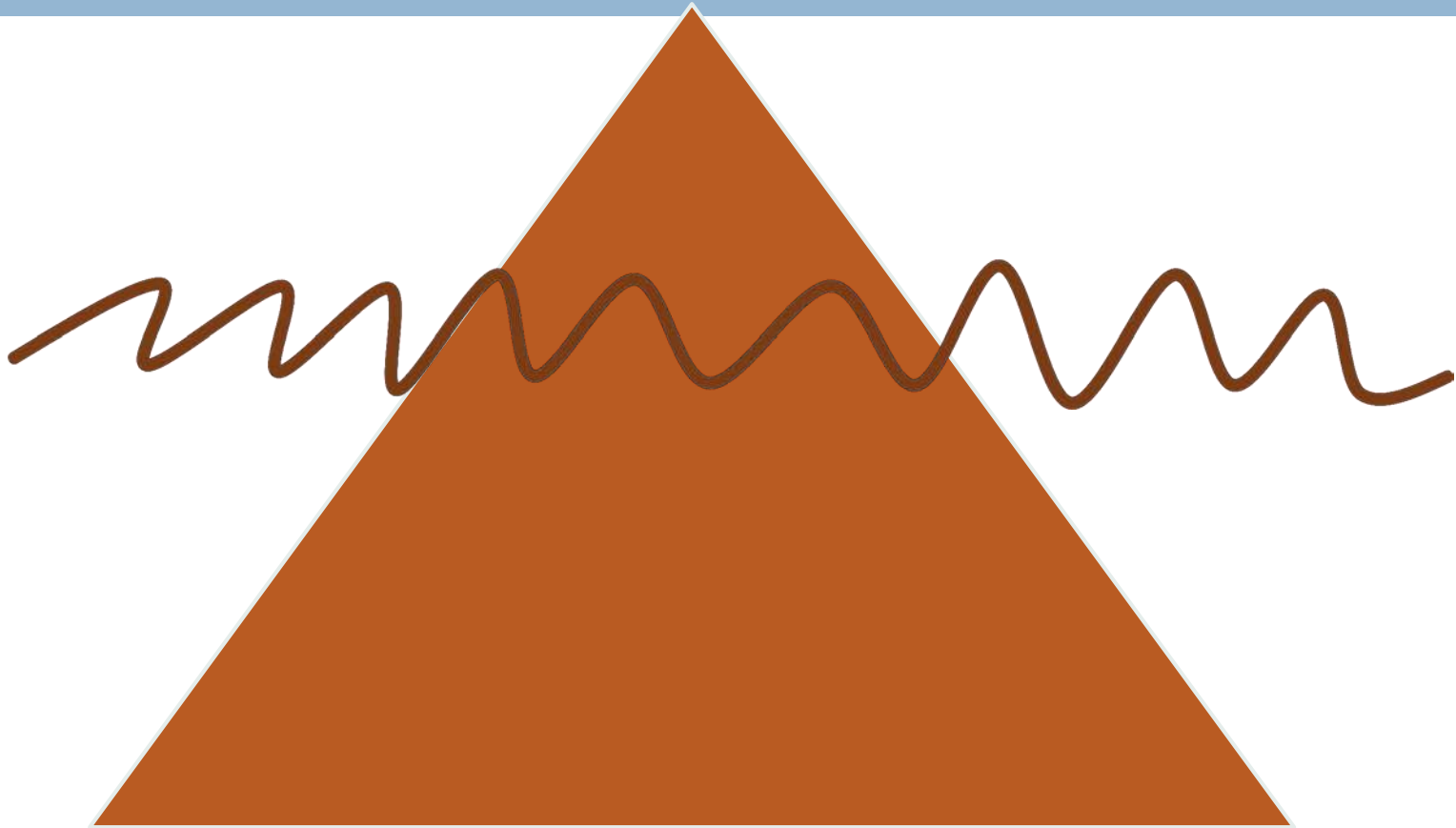
- ... defined as the **shared patterns of behaviors and interactions** that are learned through a process of socialization. These shared patterns identify the members of a culture group while also distinguishing those of another group.



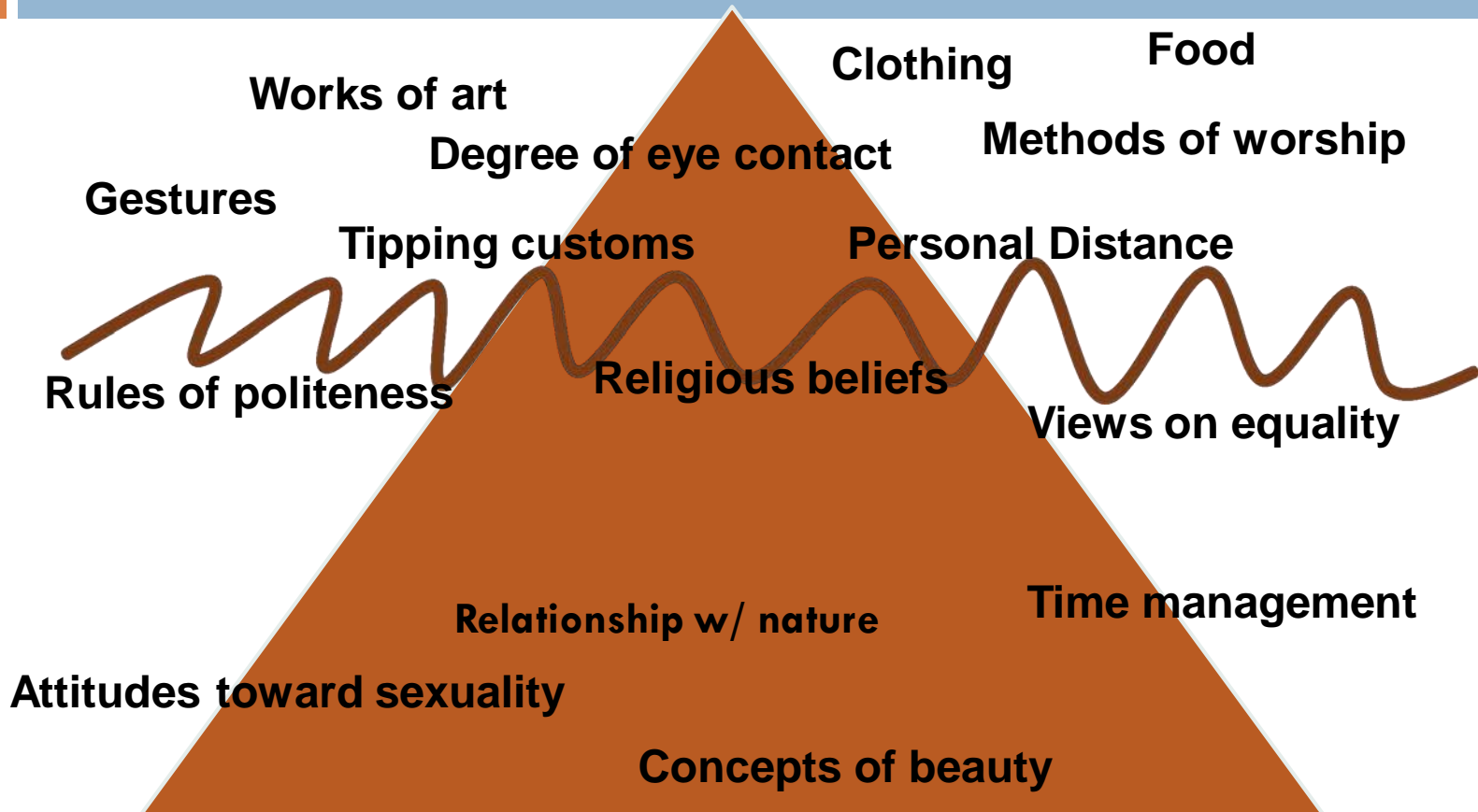
CULTURAL DIFFERENCES

An Englishman in China

Iceberg Exercise



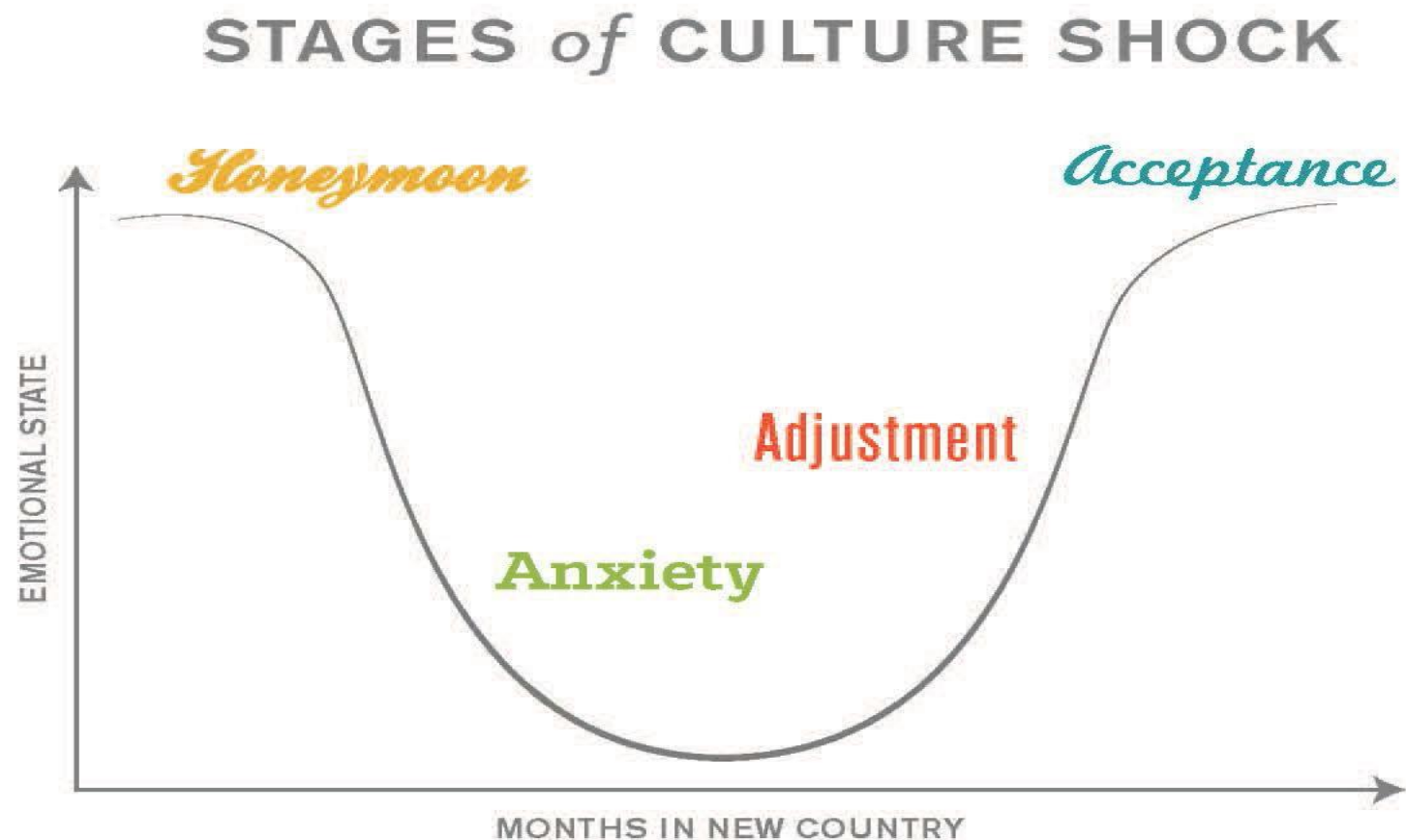
Iceberg Exercise



Culture Shock



Culture Shock



Culture Shock

- The reaction we have to being suddenly immersed in an environment which is different and new. Know that it is normal and everyone faces different degrees of culture shock.

- **Stages of Culture Shock**

- Honeymoon/Euphoria
- Regression/Irritability/Hostility
- Gradual Adjustment
- Re-entry and Reverse Culture Shock/Hybrid Culture



Sypmtoms of Culture Shock

- ❑ Homesickness
- ❑ Boredom
- ❑ Withdrawal (or spending time only with Americans)
- ❑ Excessive sleeping
- ❑ Compulsive eating or not eating enough
- ❑ Compulsive drinking
- ❑ Irritability
- ❑ Exaggerated cleanliness



Getting Over It!



- Culture Shock is NORMAL
- Make Connections
- Explore your host Country
- Look for triggers & patterns
- Maintain a sense of humor
- Make new friends – both American and international
- Find the Positive!

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!

- American College of Greece: 157
- Central Queensland University: 159
- Charles University: 158
- CIS Endicott International/Madrid: 112
- DIS Copenhagen: 160
- Florence University of the Arts: 105
- International College Management, Sydney (ICMS): 107
- Massey University: 163
- Paris School of Business/Institut Catholique de Paris: 108
- Umbra Institute: 110
- University College Dublin: 109
- University of Birmingham: 204

