Study Abroad Orientation:
What to Know Before You Go

Please fill out:
- Program Goals Sheet
- Waiver and Hold Harmless Form

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Objectives – Pre-Departure

• Today we’re hoping you gain information and insight to make the most of your study abroad program

• Topics:
  – Necessary documents and software
  – Health & Safety
  – Money
  – Culture Shock
  – MUST DO - Last minute requirements
Pre-departure Reflections

Please take a moment to discuss these questions with 3-4 people around you

1. What do you hope to gain from being abroad?

2. What about traveling abroad will you enjoy the most? List at least five things and put them in order from least to most enjoyable.

3. What challenges do you anticipate while traveling in a foreign country? List at least five and put them in order from least to most stressful.

4. You may have experiences that will help you adjust to life while traveling. Have you been abroad before? How may this experience help you in your upcoming educational tour?
Getting there

- Fly out of Chicago, Dayton, Detroit, Columbus, Cincinnati or Indy
- Shuttle bus from Fort Wayne to area airports
- Sources of airline tickets
  - STA Travel, Orbitz, Expedia, Priceline
  - Cheap Tickets, Student Universe, Sidestep
  - Fly Low Cost, Fly Cheap Abroad, RyanAir, EasyJet
- Arrive during business hours (including trip from airport to university/housing)
Passport

• Passport - A document identifying an individual as a citizen of a specific country and attesting to his or her identity and ability to travel freely.
• Must be valid at least six months after your program ends
• Apply for one at: www.travel.state.gov/passport
• Keep photocopies in your carry-on and checked bags
• Smart Traveler: http://travel.state.gov/travel/travel_5852.html
http://vimeo.com/20597133

DIVERSITY ABROAD PRE-DEPARTURE VIDEO
Other Documents

• Visa - Gives one the authority to ask for permission to enter a country
• International Student Identity Card provides:
  • Supplemental emergency evacuation
  • Repatriation Insurance
  • Discount Airfare
  • Student discounts overseas
University Expectations

• Subject to the IPFW Student Code of Conduct
• Subject to University academic expectations
• Take a full time course load
• Get a C or better to transfer grades back
• Request transcripts to be sent to OIE, you may want to request your own copy
Health and Travel

• Physical exam may be required
• IPFW programs - Purdue University Supplemental Health Insurance - $32.00/mo
• Vaccinations - The U.S. Centers for Disease Control (CDC) and the World Health Organization (WHO) can provide you their recommendations for vaccinations and other travel health precautions for your trip abroad.
  – Pack medications in your carry on luggage
  – Keep prescriptions in original containers
  – Carry a copy of all prescriptions
  – Take enough for the duration of your trip
Packing

• Pack with these 5 “C”s in mind:
  – Comfort
  – Care
  – Coordinate
  – Consolidate
  – Carry
Packing

• Check TSA’s baggage regulations/limits
• Carry-on bag
  – At least one change of clothes
  – Essential toiletries. Liquids: 3 ounces or less. All of which fit in a one-quart size, clear, plastic, zip-lock bag
  – A phrasebook or dictionary in local language
  – International calling card & copies of all important documents (passport, travel itinerary, etc.)
  – Prescription medication
  – Cellphone, camera, laptop, electronics
Packing

• Make copies of all important documents
  – Passport (photo/signature page & visa)
  – Credit cards (both sides) & telephone numbers
  – Plane tickets & travel itinerary
  – Health insurance card

• Leave one copy with a family & place other copies in your carry-on and checked bags
Packing for your host country

- Research what clothing, accessories, cosmetics, etc are appropriate for your country based on culture and weather.
- Bring comfortable shoes for walking (you will probably be walking more than you ever have in your life)
- Clothing should be easy to wear and appropriate for the host site. Sometimes our clothing can be considered too casual or too revealing.
- It may be useful for women to consult the website, Journeywoman, at [http://www.journeywoman.com/ccc/default.html](http://www.journeywoman.com/ccc/default.html) for other travelers’ perceptions of acceptable clothing for your destination country.
Money

- **The Ultimate Guide to Financing Your Life Abroad.**
  great ebook from GoOverseas a guide to how to budget Study Abroad -
- Bring ~$50 USD and ~$100 local currency if possible
- Cash- Use debit (not credit) card at an ATM rather than exchange at airport, you won’t have time and it will be more expensive
- **Money Tips**
  - Know the official currency/exchange rate
  - You will need to have your passport for identification when exchanging currency
  - Make a budget & stick to it
Money

- **ATM/Debit Card**
  - Ensure your card and pin # will work overseas
- **Keep in mind you will be charged at home & local bank**
- **Consider back-up ATM & credit cards**
- **Contact bank before travel with locations and dates**
- **NO Traveler’s Checks**
- **NO Wire Transfer**, consider giving someone at home access to your bank account so they can put
Other Considerations

• Communication: Beware of cost!
  – Foreign telephones – Buy here or pre-paid there.
  – Cell phones: Turn off data roaming
    • Useful sites & apps Pinterest board - Skype, WhatsApp
  – Check Email & SA 498 Blackboard

• Electricity
  – Adapter plugs
Safety

• Protect Yourself
  – Know help in the host language
  – Do not give your personal information to a stranger
  – If you go out alone, always tell someone where you are going
  – Report overnight, weekend, or longer travel plans
Safety

- Protect your Possessions
  - Wear a concealed money belt
  - Do not leave bags unattended
  - Do not carry wallet in a back pocket

- Be Vigilant
  - Do not stand out, try blending in
  - Know the local laws
  - Do not go out alone with someone you have just met
Safety

• Avoid crowds, protest groups, etc.
• When using public transportation, avoid deserted trains, buses, etc.
• Avoid dark streets
• Items are replaceable, you are not
Safety

• Alcohol
  – If you choose to drink, be responsible & know your limit
  – Alcohol reduces your inhibitions & makes you an easy target
  – Always know how you are going to get home
  – If you choose to drink, be sure that you are with people you know & trust.
Safety

• Drug laws overseas are tougher than in the U. S.
• Once you leave the U. S., you are subject to laws of the host country
• U. S. Consulate cannot get you out of jail.
  – It can
    • Visit you in jail
    • Give you a list of local attorneys
    • Notify your family & relay requests for money or other aid
    • Intercede with local authorities to make sure that your rights under local law are fully observed
  – The U. S. Consular Office cannot:
    • Demand your immediate release
    • Represent you at trial or give legal advice
    • Pay legal fees and/or fines with U. S. government funds
Country Specific Information

Travel Warnings: Long-term, protracted conditions that make a country dangerous or unstable

Travel Alerts: Short-term conditions, generally within a particular country, that pose imminent risks to the security of U.S. citizens.
Know Your Options

- Do you have a safe place for your passport?
- Do you have photocopies of your itinerary and travel documents?
- Are you prepared to handle money overseas?
- Does your health insurance cover you?
- Do you plan to drive overseas?
- Do people know how to contact you while you're away?
Know How to Stay Up to Date

- Messages for U.S. citizens
- Enroll! step.state.gov
Know Where To Go For Assistance

- Arrests
- Crisis Response
- Medical Emergencies
- Welfare/Whereabouts Visits
- Issuance of Emergency
**ADDITIONAL**

- Deaths & Estates
- Crime/terrorism victim assistance
- Kidnappings
- Financial assistance, repatriations
CONTACT

• OVERSEAS CITIZENS SERVICES:
  888-407-4747 (FROM OVERSEAS: 202-501-4444)

• TRAVEL.STATE.GOV
Culture

- Influences our expectations of what is appropriate or inappropriate
- Reflects the values of a society
- Affects every aspect of daily life
Culture - Discovering your Host Country’s Culture

- Read about your host country
- Research the norms:
  - Examples:
  - Talk with former participants
  - What is taboo in this society?
  - What are the important holidays?
  - What is the predominant religion?
Discovering your Host Country’s Culture

- Concept of time & schedules
- Approach to work
- Eating habits
- Gender relations
- Reliance on walking & public tran v. cars
- Size of public & private spaces
- Relations/Feelings and knowledge base about United States
Culture - Discovering your Host Country’s Culture

• Read about your host country
• Research the web to gain information regarding its politics etc.
• Talk with former participants
• What is taboo in this society?
• What are the important holidays?
• What is the predominant religion?
Culture Iceberg

Religious rituals
Gesture
Eating habits
Holiday customs
Religious beliefs
Work ethic
Concept of leadership
Concept of fairness
Notion of modesty
Childraising beliefs
Understanding the natural world
Importance of time
Nature of friendship
Notion of personal space
Values
Concept of self
General world view
Concept of beauty
Food
Paintings
Music
Styles of dress
Facial expressions
Literature

INDIANA UNIVERSITY—PURDUE UNIVERSITY FORT WAYNE
Office of International Education
Culture Shock

Stages of Cultural Adaptation

- Pre-departure ups and downs
- Culture shock: Acute homesickness
- Arrival abroad
- Honeymoon phase
- Adaptation
- Time
- Pre-return ups and downs
- Excitement at returning home
- Return home
- Missing other culture
Phases of Cultural Adjustment

• Honeymoon Phase
• Everything is Awful Phase
• Everything is OK Phase
• Adaptation
• Reverse Culture Shock
Culture Shock

• Causes of Culture Shock
  – Lack of a defined niche
  – Increased uncertainty
  – Frustration with daily activities
  – Communication difficulties
Culture Shock

• Common Symptoms
  – Fatigue
  – Anxiety & depression
  – Feelings of helplessness
  – Strong desire to seek out people from America
  – Extreme concerns over sanitation, safety, & thoughts of being taken advantage of
Culture Shock - Remedies

• Recognize symptoms of culture shock
• Realize that some level of stress is normal
• Identify what helps you manage stress
• Identify a support network
• Maintain contact with family & friends
• Gather information so that the cultural differences will seem understandable
  – Research your host country
  – Speak with former participants
Minimize Culture Shock

• Bring a few items that remind you of home with you
• Make friends with locals
• Get involved in local organizations or sports clubs
What’s next?

• Research culture and upcoming events
• Be sure your classes are pre-approved and check with your advisor after classes are certain
• Pack your bag with this advice in mind
• Prepare money, medications, and documents. - Talk to bank and doctors
• Register with the Smart Traveler State Department program
• Have fun and good luck!
IMPORTANT Must Do for IPFW

BEFORE LEAVING

• **Study Abroad Course Approval Form** signed by each department & ac. advisor
• Financial Aid Consortium Agreement if using aid
• Travel insurance
• Email Meg travel itinerary, dates out of country, emergency contact, and copy of passport
• Read **Study Abroad Handbook** and **IPFW Study Abroad Policies and Procedures**

WHILE ABROAD

• Email Meg finalized courses, if changed update course transfer list
• Follow checklist, #DonAbroad for photo contest
• Make sure transcript will be sent to Meg not IPFW registrar/admissions

WHEN RETURN

• credit evaluation
• Abroad 101 Program Evaluation