

Congratulations & Welcome

While we are waiting to begin, please share with us in the chat where you are joining from this evening.





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INTERNATIONAL EDUCATION

Study Abroad Family Pre-departure Orientation Fall 2025

Programming Notes

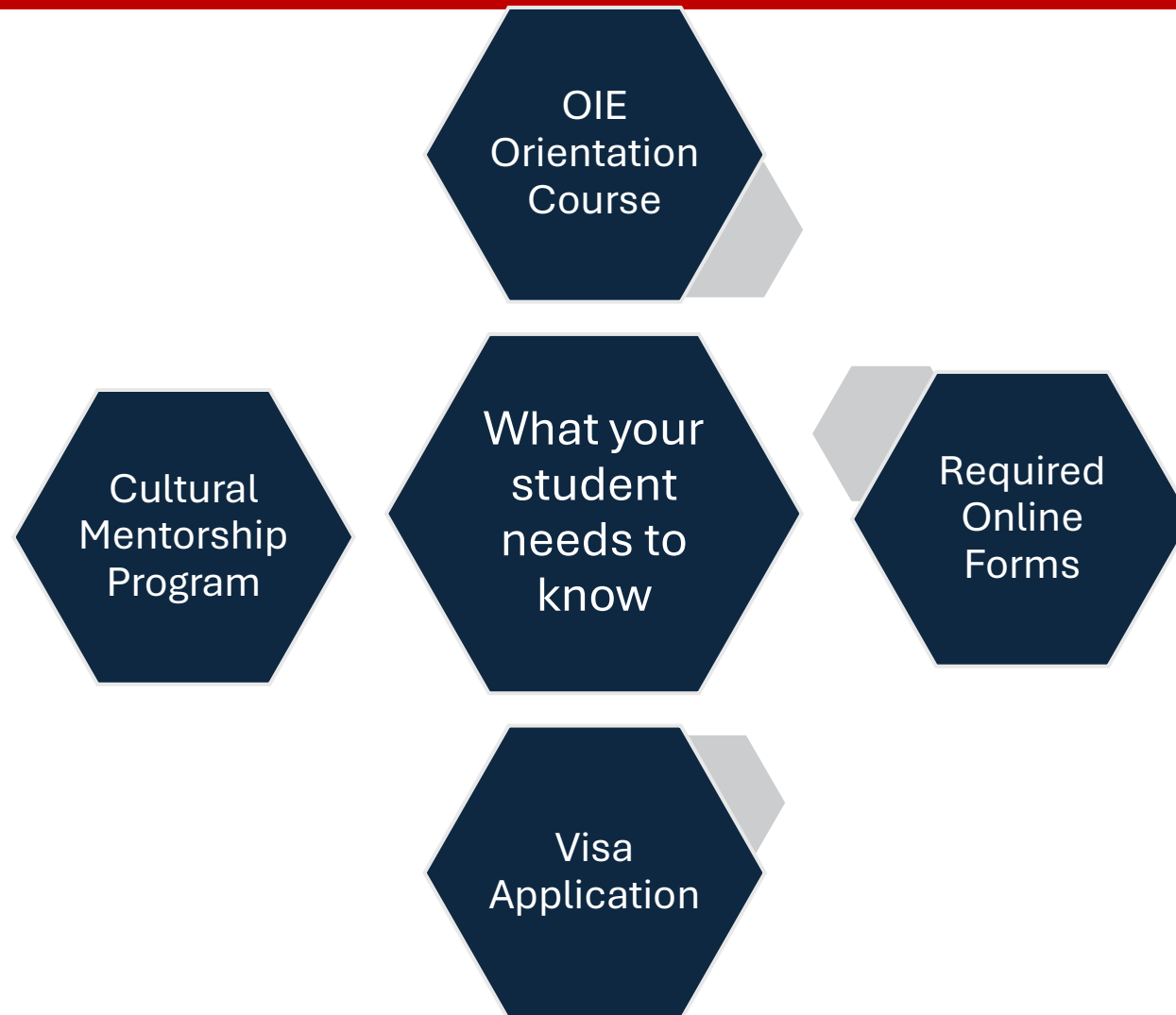
Study abroad is a phenomenal opportunity. We'll cover some tough items up front, but don't lose sight: students lives are transformed by international education, and even more so if they're thoughtful about what they hope to get out of them.



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Programming Notes



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What your students need to know

The Repercussions of Missing Deadlines:

- If students have questions about any requirements, they should contact our office as soon as possible.
- Failure to complete all OIE pre-departure requirements by the deadline can result in withdrawal from the program. We want to work with you and your students to avoid this if at all possible!

Why?

- Many requirements (e.g., passports, visas) are well beyond St. John's control.
- Even though study abroad preparations can be complex, they're achievable by our terrific, adult students. We trust them to keep on top of deadlines and requirements as preparation for the responsibility they'll take for their experience abroad.



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Safety and Expectations

Safety on SJU's Programs and Locations

Queens ∞ Manhattan ∞ Europe

Partners and Resources

St. John's own team of
resident experts

U.S. Consulates Abroad

Best practices followed
by other top study
abroad Universities

Department of State

24-hour on-site
security or reception

OSAC Contacts & Guidelines

Safety Abroad

How does SJU Prepare

**Public Safety and
OIE Partnership**

**Department
of State (DOS)
Review**

**DOS
Registration**

Insurance

**24/7 on-Call
Help**



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Safety Abroad

How can Families Prepare



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Safety Abroad

How do Students Prepare?

- | | |
|---|--|
| <ul style="list-style-type: none">• Pre-Departure Orientation• On-Site Orientation(s)• Weekly meetings (Semester programs) | <ul style="list-style-type: none">• Online Form Submissions including:<ul style="list-style-type: none">• Emergency Contact Information• International Cell Phone numbers (*mandatory) |
|---|--|



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Safety Abroad: Risks

Inherent Risks

Illness

Traffic Accidents

Inclement weather

Avoidable Risks

Alcohol/Drug-related incidents

Illegal Cabs

Pick Pocketing

Unavoidable Risks

Terrorists Attacks

Natural Disasters



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Safety Abroad: Minimizing Risk & Maximizing Safety

Keep a Low Profile

- Don't flaunt expensive items (e.g., phones, jewelry, digital cameras)
- Avoid "expected" tourist behavior, such as being loud in English, etc.
- Pick-pocketing is a common, opportunistic crime – don't make yourself a target!

Be Aware of Your Surroundings

- Be wary of unsolicited help and overly friendly strangers; it may be a scam
- Beware of people bumping and pushing you (a common pickpocket scheme)
- Check to make sure you have all of your belongings before leaving anywhere (e.g., cab, bus, train, restaurant, etc.)
- Pay attention to what people around you are saying and doing
 - You don't need to understand the language to do this – if everyone is running from the bull, you should too! (this is a metaphor, we are **not** condoning the "running with the bulls" tradition)

Safety Abroad: Minimizing Risk & Maximizing Safety

Take Precautions

- Before you travel abroad:
 - Clean out your wallet (e.g., MetroCards)
 - Notify your banks and credit companies of the countries you'll be traveling to
 - Make copies (or scans, or take photos) of important documents, such as credit and debit cards and IDs (e.g., passport, visa)
- Leave expensive or sentimental items at home(e.g., heirlooms)
- Limit cash; use of a credit card/debit card is advised
- Never keep all your documents and money in one place or in one suitcase
- Avoid dark, unsafe places and walking alone
- Find out which areas of the city are less safe than others

Safety Abroad: Getting Help for Individual Issues

1) Contact Emergency Services (Ambulance, Police, Fire)

- We recommend this as the first step in the event of a serious emergency. If additional assistance is needed contact on-site staff.
- Local emergency numbers are provided during on-site orientations

2) Contact the on-site staff and/or the faculty/program leaders

- On-site staff or program leader will instruct students on the next steps

3) If you/student can not reach someone locally, call the Office of Public Safety in New York

- Available 24/7 at +1-718-990-5252

Safety Abroad: Emergency Protocol Communication Plan

Students

1. If not at your program location/with St. John's staff or faculty: students check the cell phone number on file with Public Safety (make sure to update the number registered with UIS with your abroad number!). When relevant, St. John's will provide details on what to do next (e.g., where to go)
2. Call your abroad program location or program leader: students provide location and follow instructions (if any) on what to do next.
3. Students contact parents/emergency contacts to let them know that they are safe.

Parents

1. Call your student & Public Safety
2. Check our Website & Your Email

Expectations: Student Conduct

Expectations for Student Behavior

- All students in a Study Abroad program are bound by the St. John's Student Code of Conduct and are held to an even higher standard when representing St. John's in another country
 - Fewer “chances” before major sanctions are levied
 - Different adjudication process than on your home campus
- Sanctions are determined as a collaboration among the local staff and the Office of Student Conduct in NY
- Violations of the Code of Conduct can lead to immediate dismissal from your study abroad program
- Most sanctions are educational and will involve learning opportunities, though some sanctions involve restrictions on travel or group activities

Expectations: Student Conduct

University Drug Policy

- If a drug is illegal in the United States, it is considered illegal for use, possession or distribution by a student in a study abroad program
- Drug violations may lead to a dismissal from the program
- Purchasing drugs in foreign countries is especially risky due to legal implications



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Health and Wellness

Health Abroad: Health Insurance

- Automatically provided to all students going abroad through CHUBB Health Insurance
- Acts as primary health insurance outside the U.S.
- Will assist students with making doctor appointments while abroad
- Provides instructions on pharmacies and how to fill prescriptions
- If your student has to bring medication with them, they should contact your prescribing doctor to determine
 - what the medication is called in that country
 - whether or not it is legal and available in that country
 - we recommend bringing a full supply with abroad– by requesting a “vacation override” if possible
 - always bring prescriptions in the original container and with a copy of the prescription
 - If your prescribing doctor needs assistance making this determination, you can email Gallagher (GallagherGlobalAssitance@ajg.com) and indicate that you are a St. John’s student studying abroad on an upcoming program who needs assistance with pre-trip planning.

Using CHUBB Insurance Abroad

Our CHUBB liaison, Gallagher's [general website](#) provides a basic coverage summary.

Insurance cards will be emailed from CHUBB directly to students' SJU email address shortly before departure. More info on how to use insurance abroad is provided during on-site orientation.

The insurance card should be saved on your phone or printed and kept in your wallet.

On-site staff can assist with locating a hospital or doctor. They can recommend doctors who speak English and are used to working with our students.

In some locations, we have been able to arrange for direct billing with CHUBB. For others, students will need to pay out of pocket and submit for reimbursement. Please keep all receipts if reimbursement is needed and submit them directly to CHUBB.

Health Abroad: Continuity of Care

If you have:

- A chronic medical condition
- Ongoing psychiatric or psychological condition

It is very important that students continue any treatment they are receiving while you are abroad.

Discuss their treatment needs with your healthcare provider and consider whether or not studying abroad is appropriate for them at this time.

Resources of Mental Health Concerns

- CHUBB Insurance – can arrange appointments with local providers that are fluent in English and comfortable working with students from U.S. institutions.
- On-site staff – can connect you with the same local providers, and are also someone you can speak with (though they are not counselors).
- Pre-departure resources – work with their current counselor or therapist to discuss coping strategies abroad, and whether they are open to continuing sessions by Skype/phone while you are abroad
- St. John's After-Hours Mental Health Helpline – (718) 990 6352 – For immediate support when a local in-country mental health providers is not available, St. John's students who may have anxiety, depression, relationship issues and more serious concerns. Only available when St. John's offices in New York are not open.



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Living Abroad

Living Abroad

Remind your student:

Recognize symptoms:

- Sadness / Homesickness / Loneliness
- Anger / Irritability / Resentment
- Anxiety/Depression

Don't let the little things get you down!

- Recognize that what you are experiencing is culture shock and that the feelings are temporary

Coping mechanism and strategies:

- Become familiar with cultural norms
- Keep an open mind
- Talk to someone, a friend or any of the on-site staff
- Get adequate sleep
- Allow time to relax at the end of the day or in between events
- Engage in conversations and activities with others on the program
- Set aside time for yourself.





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What to Expect Abroad

Cell Phones Abroad

All students are required to have a cell phone that will work in their host country and remain charged and on at all times in case of an emergency. Study abroad students are **required to submit the cell phone number they intend to use abroad *prior* to departure**, just to ensure we have a way to reach the students (and vice versa) in the event of urgent issues or emergencies. This phone must be able to place and receive voice phone calls (not over WiFi/data) in the host country and the countries where students plan to travel independently during their study abroad program, and remain charged and on at all times.

Many students choose to use their U.S. phones while abroad, largely because they only use the phone itself for emergencies, while using WiFi – rather than data – for all the phone’s smartphone functions to keep in touch with family and friends. Check with your carrier for details.

Arrival: Transportation

Information about traveling to the program location will be provided to students the week prior to the program's start date in their "Welcome Letter." Note that St. John's does not provide transportation from the airport to the program location.

Many students choose to use their U.S. phones while abroad, largely because they only use the phone itself for emergencies, while using WiFi – rather than data – for all the phone's smartphone functions to keep in touch with family and friends. Check with your carrier for details.

Preparing to Go: Finances

Money Abroad

- Multiple methods
 - ATM: Check with your bank to make sure your card will work overseas (e.g., Plus, Cirrus, Visa Check Card, etc.)
 - Credit Cards: Visa or MasterCard; avoid Discover and American Express
 - Visa TravelMoney (Prepaid Card)
- Know the exchange rate
 - Visit sites like www.xe.com; gocurrency.com
- Utilize Online Banking
- We recommend bringing *some* local currency with you – the equivalent of \$100
- Make a money management plan

Living Abroad: Meals

Meal plans, like the food, are different in each location; the food is *local*, so you generally will not find traditional American staples.

Food options will be more limited than what you would find at a U.S. college cafeteria.

Details concerning food options and meal times will be provided during on-site orientations.

St. John's provides roughly 4 breakfasts + 4 other meals per week, on average. (Meals are not provided during university breaks/only provided when classes are in session).

Consult the on-site staff if you have special dietary needs – they're an excellent resource!

Living Abroad: Meals

Rome

Meal Tickets

Cafes, restaurants
and grocery stores

\$60 for the week

Welcome and
Farewell Dinner

Paris

Cafeteria on
campus

Breakfast and
Dinner

Welcome and
Farewell Dinner

Limerick

Cafeteria on
campus

Breakfast and
Lunch



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Living Abroad: Italy



Facility: St. John's Rome Campus

Location: Central, about one block from the Lepanto metro stop and many major bus lines. Roughly 15 minutes' walk from the Vatican, with easy access to the historical center. Restaurants, shopping, cinemas and gyms are plentiful.

Room Description: Students are housed in double and triple rooms, each with its own air conditioning and heating unit. Some rooms utilize bunk beds.

Bathrooms: Single-sex shared bathrooms are available on each floor.

Common Space: Each floor has a lounge space with a refrigerator and microwave; in addition, the campus has a large student lounge and a library.



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Living Abroad: Italy



Computers/Internet: There is a computer lab as well as wireless internet access throughout the building.

Laundry: Coin-operated machines are available on campus. Expect to pay €4-6 per load.

Linens: Bed linens, a blanket, and one towel are provided; students are responsible for cleaning and maintaining these during their stay.

Meals: Students can use meal vouchers (45 Euro/week) to eat at many area restaurants and purchase food at local supermarkets. Meal vouchers are not provided for university breaks/only when classes are in session.

Classrooms: Located within the campus building.

Living Abroad: France



Facility: St. John's Paris Campus

Location: Central, on the Left Bank in the 6th *arrondissement* (also known as Saint Germain), across the street from the Vaneau metro stop and the Bon Marché department store.

Room Description: Students are housed in cozy double rooms with bunk beds; each room has its own air conditioner and sink.

Bathrooms: Single-sex shared bathrooms are available on each floor.

Common Space: The Paris location has a TV lounge and a large dining hall on the first floor.



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Living Abroad: France

Computers/Internet: There is a computer lab as well as wireless internet access throughout the building. In-room wired connections are also available.

Laundry: Coin-operated machines are available. Expect to pay €5-6 per load.

Linens: Bed linens, a blanket, and one towel are provided; students are responsible for cleaning and maintaining these during their stay.

Meals: All St. John's-provided meals are served in our dining hall.

- Continental Breakfast & Dinner Mon-Thurs
- Meals are not provided during university breaks/only provided when classes are in session

Classrooms: Located within the building



Living Abroad: Ireland



Facility: Mary Immaculate College

Location: Central, about one block from the Lepanto metro stop and many major bus lines. Roughly 15 minutes' walk from the Vatican, with easy access to the historical center. Restaurants, shopping, cinemas and gyms are plentiful.

Room Description: Students are housed in single or double rooms, each with its own air conditioning and heating unit. Some rooms utilize bunk beds.

Bathrooms: Private Bathrooms

Common Space: Each floor has a lounge space with a refrigerator and microwave; in addition, the campus has a large student lounge and a library.



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Living Abroad: Ireland



Computers/Internet: There is a computer lab as well as wireless internet access throughout the building.

Laundry: Coin-operated machines are available on campus. Expect to pay €4-6 per load.

Linens: Bed linens, a blanket, and one towel are provided; students are responsible for cleaning and maintaining these during their stay.

Meals: Breakfast and Lunch provided in cafeteria

Classrooms: Located on campus

Living Abroad: Information Technology

Nearly all students take their SJU or personal laptops with them to Europe.

A small computer lab is available within the Rome and Paris locations. In Paris it's more like a "printing station." In Limerick, students can print on campus and use the MIC computer lab facilities.

IT support services are available abroad if need be – students should contact on-site staff for assistance.

Living Abroad: Local Transportation

Students will be given more detailed information about local public transportation services at each of the on-site orientations.

Encourage the to use public transportation whenever possible

- Planes, trains, and no automobiles – take the bus!
- **Students should never rent a car or other vehicle and drive during a study abroad program or independent travel.**

More Americans are injured in traffic accidents abroad than by any other incident.
Make sure that you stay alert!

Students are responsible for local transportation.

Be sure to budget!

What Parents Need to Know Before They Go

Get a passport or make sure your current passport is valid for the duration of your son/daughter's program

Visit your student, but avoid visiting at the beginning of the program:

- Transitioning into his/her new (temporary) home
- May hinder decision making, problem solving and adjustment to the new situation

The best time to visit is the end or after the program

- S/he will be able to show you around, demonstrate their savvy travel and foreign language skill – and focus on enjoying your company!

Not permitted during Short-Term programs

- Plan a visit after the program dates

Keep in mind that U.S. citizens may only spend **89 days or fewer** in the [Schengen territory](#) within a 180 day period without a visa. Students participating in the Western Europe Semester program will have very few additional days to travel in Schengen either before or after the program.

Let us know if you have any questions!



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Office of International Education

Queens Campus:

Office of International Education
Marillac Hall, Room 210
St. John's University
8000 Utopia Pkwy.
Queens, NY 11439
Phone 718-990-6105
Fax 718-990-2321
studyabroad@stjohns.edu

Hours

Monday-Thursday: 8:30 a.m. to 4:30 p.m.
Friday: 8:30 a.m. to 3:00 p.m.

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