What your students need to know…

The content in this presentation is also relayed to your student through the following pre-departure requirements – all of which need to be completed by **November 2-6** for Semester programs and **varies** for Faculty-Led & Embedded Travel Programs.

Full details of all pre-departure requirements, and instructions on completing them, are available on our **Accepted Students** website:

www.stjohns.edu/goingabroad
The Accepted Students Site:

Home » Global » Study Abroad » For Students

Accepted Students

Welcome, Global Travelers!

Preparations for your time abroad can seem daunting at times, but following our instructions can be as easy as 1, 2, 3. We even have a weekly newsletter to help you stay on top of the deadlines. It may seem like a lot, but follow our advice and you'll be ready to go in no time!

Below you'll find the steps we'd like you to take to prepare for your time abroad. Please read the information carefully - some of the steps will require more time and preparation than others.

If you have any questions or concerns throughout the process, we're here to help. Feel free to contact us!

Confirm Your Participation

Review Your Financial Aid Options

Apply for or Renew Your Passport

Determine Whether You Need a Visa
Global Studies Pre-Departure Requirements

There are several requirements that students must complete in order to be allowed to study abroad. These requirements are designed to help us ensure a safe and successful experience for every student that goes abroad, and to confirm that all students are aware of essential information about their programs before they depart:

- **Blackboard Course**
  - Must be completed with 100% accuracy
  - Contains all of the information in this presentation
  - Quizzes at the end of each section

- **Required Documents:**
  - Student Agreement
  - Health Disclosure Form
  - Confirmation Form & Deposit Receipt
  - Online Forms (Passport, Flight, Emergency Contact, Roommate Request)
  - Visa Application (Semester programs only)
All students will attend a Cultural Mentorship Workshop prior to their program. For Faculty-Led & Embedded-Travel program participants, this will take place either during or in addition to their program orientation with their program leader and OGS staff. For semester students, it will be a stand-alone session.

In the Cultural Mentorship Workshop, we’ll talk about preparing to go abroad not just in terms of logistics (packing, etc.), but also the mental and cultural aspects of preparation. What do you want to get out of your time abroad? How will your encounters with different cultures shape your experience? The goal of this session will be to explore the cultural differences you may encounter and begin to set personal, academic and career goals based on your time abroad – and along the way, we’ll be happy to answer any questions you might have about what to expect.
Pre-Departure Requirement Deadlines

Semester Students:
• **October 30**: Blackboard Course & Online Forms
• **November 2-6**: Visa Application submitted during a Required Document Submission Session
• **November 2-14**: Cultural Mentorship Workshop

Faculty-Led & Embedded Travel Students:
• **October 30**: Blackboard Course & Online Forms
• **October 26-14**: Cultural Mentorship Workshop
What your students need to know...

Failure to Comply
Failure to complete all OGS pre-departure requirements by the deadline will result in withdrawal from the program. If students have questions about any requirements, they should contact our office as soon as possible.

Why do we do this?
Because students are adults. They are responsible for knowing and completing requirements, and they will ultimately be responsible for their own study abroad experience.
Safety and Expectations
Safety Abroad

- 24 Hour On-Call Emergency Assistance
- On-site staff/program leader assistance
- Public Safety Availability
- Comprehensive Health Insurance
- International Cell Phones
- Independent Travel Procedures
- Weekly Travel Alerts
Safety Abroad: Minimizing Risk & Maximizing Safety

- **Keep a Low Profile**
  - Don’t flaunt expensive items (e.g., digital cameras, iPods, jewelry)
  - Avoid “typical” tourist behavior, such as being loud, rude, etc.
  - Pick-pocketing is a common 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
    • Notify your banks and credit companies of the countries you’ll be living in
    • Write down credit card numbers and leave with parents or email to yourself
  – Don’t bring/carry unnecessary items that can be stolen
  – Avoid dark, unsafe places and walking alone
  – Find out which areas of the city are less safe than others

• **Protect your friends**
  – Always keep an eye on each other and on each other’s beverages, especially in unfamiliar settings
  – Don’t leave friends alone in strange places, even if they’ve made new friends
Safety Abroad: Minimizing Risk & Maximizing Safety

• Do Your Research – Before you Travel!
  – Consult reliable resources to learn more, like the U.S. Department of State, the Overseas Security Advisory Council, and the Centers for Disease Control
    
    travel.state.gov  
    www.osac.gov  
    www.cdc.gov  
  – These websites will also identify general security and natural/weather risks that may affect your destination.  
  – Make sure that you and your family are comfortable with the risks

• Passport Registration
  – All U.S. citizens studying abroad as part of a Global Studies program are registered with the U.S. Department of State so they are aware of your presence in the country.  
  – If you are not a U.S. citizen, we will not be able to register your passport. Contact your country’s consulate or “Department of State” for more information.
Safety Abroad: Emergency Response

• Contact the on-site staff and/or the faculty/program leaders
  – Local emergency numbers are provided during on-site orientations
  – On-site staff or program leader will instruct you on the next steps

• If you can’t reach someone locally, call the Office of Public Safety
  – Available 24/7 at +1-718-990-5252
  – Remember that you can always call collect!

• Special note for parents:
  – During business hours, call Global Studies +1-718-990-6105
  – Outside of business hours, call Public Safety +1-718-990-5252

• Someone from the Office of Global Studies in New York will always be on call in the event of an emergency.
Academics Abroad

• Attendance is critical - students must attend/participate in EVERY class and class-related event. Academic penalties for missing classes and activities can be severe.

• For semester students:
  – they must take at least one in person class at all times, and must complete a minimum of 9 credits in person, and a minimum of 12 credits in total
  – Semester Academic Calendar - available on each program’s page on the OGS website
  – Booklists will be available late in December for semester programs
  – If a book is not listed, you may be charged for handouts or field trips as an alternative
  – Online courses may require you to purchase books before you leave
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, the Director of Student Conduct and Dean of Students (NYC)

• 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
University Alcohol Policy

The following behaviors are all violations:

• “Sale, use, distribution, consumption or procurement of alcohol beverages for anyone who is under the age of 21.”

• “Being in the presence of alcohol on campus.”

• “Public disruption due to intoxication or drunkenness.”
Cultural Context of Alcohol Use

• Moderation is considered a standard expectation.

• “Ugly” tourist behavior includes drinking too much and losing control. Drunken behavior is looked down upon.

• American hospitals routinely deal with acute alcohol intoxication and are prepared for it. European hospitals are not.
University Drugs 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 will lead to a dismissal from the program

• Purchasing drugs in foreign countries is especially risky due to legal implications
Service Learning – It’s what we’re about!

- Service learning is central to the SJU study abroad experience—it’s what makes this St. John’s study abroad.

- You’ll learn much more about your new “homes” by engaging them.

- Service is a great way to connect with the community and give back in a way, *and a place*, you may never be able to again.

- What better way to use your extra free time?! Just think: no job, no internships, etc. And you’ll still have plenty of time left to explore your new home!

- Service is usually *required* on study abroad programs. Many classes incorporate Academic Service Learning, so *your active, eager participation is often part of your grade.*
Visa Information

• Visas are required for ALL semester programs:

  – We have a group visa processing system in place that allows us to apply for visas on the student’s behalf. Unfortunately, we cannot apply on behalf of non-US citizens (exception: France & Spain for Spring 2016 programs)

  – DTW students will get one visa from their starting country and MUST apply through our office

  – Visa applications, along with all supporting documents, must be submitted during one of our scheduled Document Submission sessions, the week of November 2-6.

  – Non-DTW Semester students can apply on their own, but we STRONGLY recommend taking advantage of the group visa process

• Visa Fees:

  – Included in the program fee if submitted through the OGS Group Visa Process; students who choose to apply independently are responsible for visa fees

• The visa process varies by country; full details on the visa process for each country can be found on the Accepted Students website.

• For Faculty-Led & Embedded Travel programs - please check with our office as each program varies
Health and Wellness
Health Abroad: Health Insurance
(We’ve got you covered!)

• Automatically provided to all students going abroad

• Acts as your primary health insurance everywhere except country of citizenship

• Provides instructions on pharmacies and how to fill prescriptions

• If you have to bring medication with you, you can contact the insurance company to determine
  – what the medication is called in that country
  – whether or not it is legal and available in that country

• Insurance cards will be emailed to the student shortly before departure.
  – You do NOT need your insurance card to be covered.
  – More info on how to use insurance abroad is provided during your on-site orientation.
Using CISI Abroad


- On-site staff can assist with locating a hospital or doctor where we have set up direct billing
  - Doctors are English speaking and used to working with our students

- If students visit a doctor or hospital where we have not set up direct billing, there will be an out of pocket expense that can be reimbursed
Health Abroad: Continuity of Care

• If you have:
  
  – A chronic medical condition
  
  – Ongoing psychiatric or psychological condition

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

• Discuss your treatment needs with your healthcare provider and consider whether or not traveling abroad is appropriate for you at this time.
Health Abroad: Prescriptions & Jet Lag

Prescription Drugs

• Bring copies of all prescriptions.

• Make sure prescriptions are in the original container.

Jet lag/sleep

• Occurs when one travels over multiple time zones in a short period of time and the body’s clock is out of sync with the destination time.

• It can take a few days to get over the effects of jet lag.

• Avoid taking long afternoon naps upon arrival as the goal is to get on track with local time ASAP.
Resources for Mental Health Concerns

- CISI 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).

- Local resources – work with your current counselor or therapist to discuss coping strategies abroad.

- In the event that an urgent appointment is needed, rest assured that resources are in place.
Health Abroad: Diet & Exercise

Nutrition

• Be aware of your specific dietary needs, especially with new cuisine and foreign language menus.
• Eat new foods in moderation giving your stomach time to adjust to new foods.
• Try a new dish every week
• Drink plenty of water
• Avoid American fast food joints

Exercise

• Bring work-out DVDs with you
• Walk around and explore
• Find a jogging buddy
• Bring a Resistance Band with you.
Living Abroad: Culture Shock

Culture shock…

• Occurs when many things in your new environment are unfamiliar (e.g., the language, the telephone system, people’s mannerisms)

• Can affect you physically and/or emotionally

• Can occur after a few days, a few weeks or even a few months – most students begin to feel the effects after about a month into the program

• Has effects that range from subtle to severe

• Can be managed and does not have to ruin your experience!
Living Abroad: Culture Shock

- Recognize symptoms:
  - Sadness, Homesickness, Loneliness
  - Anger, Irritability, Resentment
  - Anxiety, Depression

- 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.

- Don’t let the little things get you down!
  - Recognize that what you are experiencing is culture shock and that the feelings are temporary.
What to Expect Abroad
Arrival: Calling Home

• Set up a communication plan with family and friends.
  – Discuss how and how frequently you’ll communicate while abroad.
  – A plan manages expectations and avoids needless worry.

• Discuss how you’ll communicate while abroad.
  – E-mail, Facebook, Twitter and instant messaging.
  – Skype, WhatsApp, Facetime and other online voice and video services are good options for longer talks.
  – All students are strongly encouraged to have access to a cell phone while abroad – for emergency use and quick calls.
All students are strongly encouraged to get a cell phone for their time abroad, and provide us with the number – we promise not to call and chat, but we do want to be able to reach students in the event of an emergency. If your student does not have a working cell phone it will limit St. John’s ability to help them and you in an emergency. Here are a few options for cell phone and non-cell phone methods.

• Non-cell phone based methods:
  – Skype
  – Google Chat
  – Paris Campus phone credit

• U.S. cell phones abroad
  – World callings plans
  – Limited to specific carriers (GSM phones)
  – Unlocked phones (can purchase pre-paid SIM cards in each country)

• International cell phones
  – PicCell Wireless (and other providers targeted at students traveling abroad)
  – Generally, they’ll provide you with a phone, plus low international and local fees

• Local/pre-paid cell phones
  – Good option for students in one country for the entire semester (only one SIM card required)
Calling Home: How To

International Dialing Tutorial

• Calling from the U.S.
  – Dial 011 for international access
  – Follow with country code:
    • http://www.countrycallingcodes.com/
  – City/area code
  – Drop the (0) after the country code*

• Calling to the U.S.
  – Dial 001 for international access/country code

• Don’t forget about time differences

• Be aware of high international rates!
Arrival: Transportation

• Spring Semester Programs
  – Arrival Date: January 12 for most Semester programs (*Housing is not available prior to the start of the program.*)
  – Students are responsible for booking their flights from the U.S. to Europe (and back)
  – Information about getting to campus will be provided to students about one week prior to the program’s start date. Note that SJU does not provide transportation from airport to campus, but our staff will be at the airport on arrival day to greet students and provide guidance.
  – DTW students will travel together for the second and third country rotation.
    o On-site orientations for each country are mandatory!
    o Information about intra-Europe travel will be provided on-site.

• Faculty-Led & Embedded-Travel Programs
  – Arrival Date: Varies depending on your student’s program
  – Information about transportation to campus will be provided in the Welcome Letter.
Arrival: DTW Rotation Rules

- You must attend the on-site orientation at each city on your DTW program. Flight changes are not permitted; you must travel with us.

- Once you are abroad, we are unable to accommodate rotation change requests for any reason.

- Please note that each destination is different. Do not expect the same experience, food, living conditions at each destination. This is all part of the experience!

- Most importantly, enjoy the new places, people and food you will encounter!
Preparing to Go: Baggage

Luggage Requirements

- Baggage allowances vary based on airline, destination and class of ticket booked
- Check with your airline for specific details – you are responsible for knowing the restrictions on your baggage
- For transatlantic international flights (e.g. New York to Rome or New York to Paris.) most airlines generally allow:
  - One bag per person with 1 carry-on and 1 personal item (like a purse or laptop bag)
  - Checked baggage cannot be over 50 lbs. – airlines will charge fees for any baggage over the weight limit.
- DTW - Flights between European cities have a baggage allowance of 44 lbs.
  - Travelers are allowed only one checked bag and one carry on (20 lbs. max)
  - Any excess baggage weight will likely result in exorbitant overage fees! Or may not even be allowed on the plane!
  - Remember to leave room for souvenirs!
Preparing to Go: Packing

- Remember, you will have to carry what you pack!
- Put everything that you would like to pack on your bed, then put back half
- Pack a versatile wardrobe – one that layers well and washes easily
- Bring *good* walking shoes!
- Roll your clothes and use Ziploc bags for toiletries
- Leave room for souvenirs!
Preparing to Go: Managing Your Stuff

• Electrical Items
  – Remember the voltage differences (120V here – 240V in many places)
  – Bring appliances that have a built-in converter, or bring your own converter. (Most laptops, and camera battery chargers have internal converters.)
  – Don’t bring items that generate heat like hair dryers and curling irons even if you plan to use a converter - they are a safety hazard!
    o You can always buy these items in Europe and share with others

• Shipping/Mailing Packages to/from the U.S.
  – Don’t do it! It’s expensive!
  – If you do, St. John’s will not be responsible for lost items, items detained by customs, or any other issues encountered.
Preparing to Go: Finances

Money Abroad

- **ATM:** The recommended method – safe, convenient, and usually accessible in an emergency.
  - Know your PIN! Most ATM machines abroad require a **4 digit PIN**
  - Check with your bank to make sure your card will work overseas (e.g., Plus, Cirrus, Visa Check Card, etc.)

- **Credit Cards** (Visa and Master Card are the most widely accepted)
  - It’s good to have an emergency credit card on hand in the event of an emergency. This should be kept in a separate location from your wallet/purse so you’re not enticed to use it and you have a back-up available if your wallet is lost or stolen.

- **Be aware of exchange rates – don’t get ripped off!**
  - Use websites like [www.xe.com](http://www.xe.com)

- **Utilize online banking to keep track of your money.**

- **Contact your bank/credit card companies before you go.** Let the bank know your dates and countries of travel, so that your bank/credit card is not shut off for fraud protection, and remember to ask what foreign transaction and ATM withdrawal fees you will be charged while using your cards abroad.

- Consider bringing some **local currency** with you for when you first arrive. You can usually get local currency from your bank as long as you give them advance notice. We recommend 100 Euros.

- **Manage your money!**
  - Make a plan for how much you’ll spend each week and stick to it.
Living Abroad: France

- **Campus Facility:** SJU’s own 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 campus has a TV lounge and a large dining hall on the first floor.
Living Abroad: France

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

• **Laundry:** Token-operated machines are available on campus. 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 SJU-provided meals are taken on campus, in our dining hall. Continental Breakfast & Dinner (Mon-Thurs)

• **Classrooms:** Located within the campus building.
Living Abroad: Italy

- **Campus Facility:** SJU’s own 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.
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 to eat at many area restaurants (15 meal vouchers/week worth 3 Euro each).
- **Classrooms:** Located within the campus building.
Living Abroad: Spain

- **Residence Facility:** The *Albergue Inturjoven Sevilla* is a mixed-use facility that offers both university residence and hostel accommodation. It’s located across the street from one of the University of Seville’s primary campuses, where many classes will be held.

- **Room Description:** Students are housed in double and triple rooms.

- **Bathrooms:** Private, full bathrooms are located within each room.

- **Common Space:** The *Inturjoven* has a large entrance foyer with a seating area, an outdoor patio, computer lab, a dining hall, and multiple TV and common rooms.
Living Abroad: Spain

• **Computers/Internet:** Students have access to computer labs on the University of Seville campus; student rooms will have a wireless connection dedicated to SJU students. Expect the internet to be slower than on the NYC campus.

• **Laundry:** The *Inturjoven* has one washer and one dryer for student use—expect to pay 5 Euros per load.

• **Linens:** Bed linens, a blanket, and one towel are provided. The residence cleans rooms and changes linens roughly every 4 days; students must wash their own towels.

• **Meals:** Breakfast & dinner provided at the residence cafeteria Mon-Thurs, plus 10 meal voucher worth 2.5 Euro each for local restaurants, cafes and supermarkets.

• **Classrooms:** Located within the residence facility, or at the University of Seville (5 min walk).
Meal plans, like the food, are different in each location; the food is local, so you generally will not find traditional American staples. For example, pork and fish are very common in Spain, and may be prepared differently than you’re used to.

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.

Consult the on-site staff if you have special dietary needs – they’re an excellent resource!
Living Abroad: Information Technology

- Students have the opportunity to take their laptops from St. John’s with them to Europe.

- For those who find laptops to be heavy and burdensome, a small computer lab is available within the Rome, Paris and Seville residences.

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

- If you have any problems with your laptop, please contact the on-site staff.
Living Abroad: Local Transportation

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

• Use public transportation whenever possible
  – Planes, trains, and NO automobiles – take the bus!

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

You will be responsible for local transportation.
Be sure to budget!
Living Abroad: Activities

• Each program and location has tons of things to see and do! Many students travel to other countries in their free time and explore.

• Special activities are also planned during each semester cohort that can range from group trips to historical cities to special cultural events!

  – The City’s Top 5 Destinations
    o Can’t miss these!

  – The banner events
    o Tell your friends!

  – On-Site Staff Favorites
    o Do as the locals do
• Rome, Paris & Seville semester students have an opportunity to be immersed in their host country.

• Just like seeing New York City or Los Angeles doesn’t show you all of the United States, the same is true of Rome, Paris & Seville
  – There is more to these countries than their capital cities!

• These excursions are designed to show the uniqueness of different parts of the country.

• Hotel, transportation and some meals are provided.
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

• When visiting your student, timing is everything.
  – Beginning of the program:
    o Not recommended
    o Transitioning into his/her new (temporary) home
    o May hinder decision making, problem solving and adjustment to the new situation
  – Toward the end or after the program:
    o The best time to visit!
    o He/she 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
    o Plan a visit before or after the program dates
The OGS 8

The Office of Global Studies 8 Rules for Success Abroad

1. **Learn** – It’s study abroad (‘nuff said). And get to know your professors – they have a ton of different and fascinating experiences.

2. **Serve** – Service is the core of SJU’s Vincentian mission. Get to know the people and the culture by giving back and giving of yourself.

3. **Speak** – Learn 10 words in each language you encounter. Start with “hello,” “please,” and “thank you”
   - Extra Credit: Make it 10 phrases! (“How are you?” “Nice to meet you”)

4. **Eat** – Try at least 5 new foods in every country, even if you start simple – a new flavor of potato chips. And don’t be afraid of escargot – it’s delicious!
5. **Befriend** – Talk to the locals. Make it a point to have at least a 5-minute conversation with someone from each city.

6. **Get Lost** – Guidebooks and websites are great, but why not come up with your own places to recommend? Get lost in a safe part of town and truly explore. Let us know what you discover!!

7. **Expect “different”** – Abroad is different. But different does not mean worse or inferior, though you may feel like that sometimes. Try to cherish those opportunities to learn and expand your comfort zone.

8. **Plan** – It goes quickly. Be sure to set goals for your time away, then take steps to actually meet them
Let us know if you have any questions!

Phone: 718-990-6105
Email: globalstudies@stjohns.edu