

# INTERNATIONAL GROUP LEADER WORKSHOP

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May 2025



**CAL POLY**  
International Center

# INTRODUCTIONS

## International Center

-Who we are and what we do

## Faculty/Staff Leaders

-Your name, department, and upcoming group trip

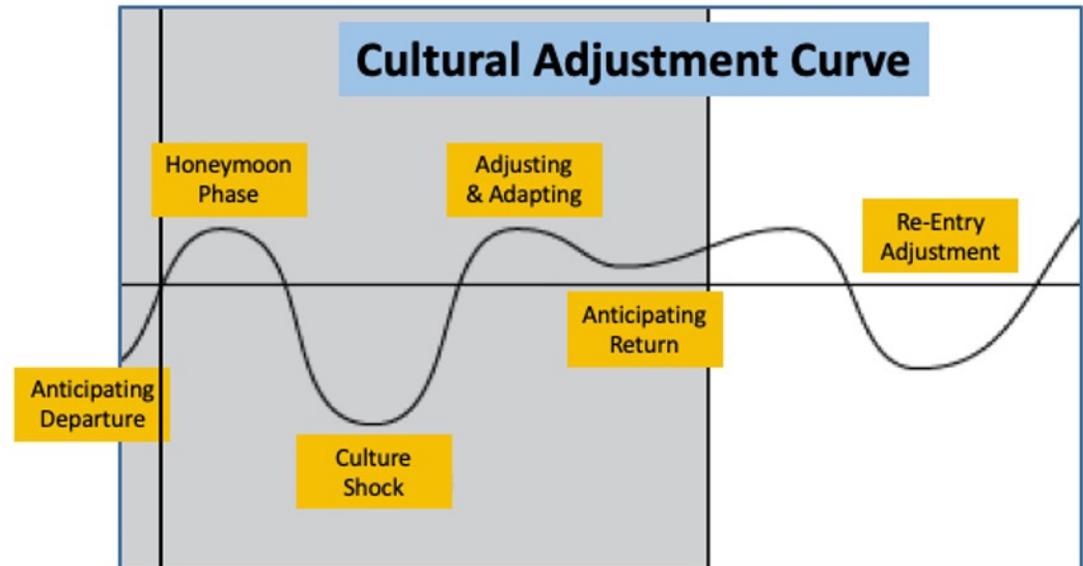
-Your level of experience leading students abroad



# IN THIS WORKSHOP

We'll take a journey along the **cultural adjustment curve**, exploring resources every step of the way.

**This workshop explores best practices and what-if scenarios in preparation for safe, supported, and inclusive educational experiences abroad. We invite you to share, discuss and engage!**



# This workshop complements the International Group Leader Canvas Course.

In this Canvas Course... 🏠



**Welcome! And we thank you for your commitment to the international education of our Cal Poly students.**

In this self-paced Canvas course, we provide information to help you prepare and your students for your international experience. We will talk about the cultural adjustment curve and intercultural development continuum; outline best practices promoting safety and well-being among your travelers; discuss inclusivity and how to support diverse identities abroad; review your reporting responsibilities as defined by CRCO; cover how to manage risks, address student behavioral problems, and respond in a crisis to the US and Cal Poly.

In addition to reviewing all of the materials in this Canvas course, you will also be reviewing materials from the [Global Health and Safety](#) website. Please also be sure to download a review of the [Global Health and Safety](#) website.

## Staying Healthy 🏠

**[From the CPIC's Study Abroad/Study Away Pre-Departure Orientation for students]**

Staying healthy, physically and mentally, while you are away can help ensure you have a good experience. Before you go, be sure to:

- Review the [Center for Disease Control \(CDC\) Travel Recommendations](#).
- Review country-specific advice from the [US State Department](#) for your host country.
- Complete the [Individual Health & Safety Plan](#) referenced in your abroad.calpoly.edu application.
- Explore the [Health & Safety](#) section of our abroad.calpoly.edu website.
- Make an appointment for a Cal Poly [International Travel Clinic](#) for assistance with recommended vaccines for international travel. Contact [Campus Health & Wellbeing](#) to schedule an appointment 4-8 weeks prior to departure.
- If you have dietary restrictions and are going to a location where English is not widely spoken, plan ahead. Be sure to be able to write and pronounce the names of any food items which you cannot consume.
- Determine if there are any restrictions on personal medications. Bring an extra 2-3 day supply. In case of travel complications. Translate medications into the appropriate language. Pack medications in original containers in your carry-on luggage.

Whether you are studying internationally or on a US-based program, the following video walks you through staying healthy before you go, while you are traveling, and once you are on site.



\*If videos are not deploying, check that you are signed into OneDrive

- Welcome
- Cultural Adjustment
- Health & Safety
- Inclusivity & Student Identity
- Reporting Responsibilities
- Re-Entry

- Health & Safety
  - Promoting Well-Being
  - Staying Healthy
  - Mental Wellness
  - Individualized Health & Safety Plans
  - Sexual Well-Being
  - Managing Student Behavior**
  - Managing Risks
  - Being Safe
  - Alcohol & Drug Use Abroad
  - Behavioral Violations

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# PRE-DEPARTURE

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# PRE-DEPARTURE

## Set expectations for good communication.

- Cell phones, group text apps, emergency contact info
- The Buddy System, meeting points
- How can students best reach you and on-site support staff?
- What are your communication expectations about absences?
- How can technology help your group connect during pre-departure?



**SHARE VIA CHAT** Which communication tools and practices will YOUR group use?

# PRE-DEPARTURE

## Talk about ALCOHOL with your group.

- If students are of legal age in the host country, they are typically permitted to drink alcohol on programs abroad.
- Set clear expectations for responsible alcohol use. Inform the students that drinking in excess is not acceptable. Let student know it is OK not to drink, even if others are drinking.
- Remind students that their behavior is subject to the conduct code, and that there could be repercussions for poor behavior in the host country and through Cal Poly OSRR.

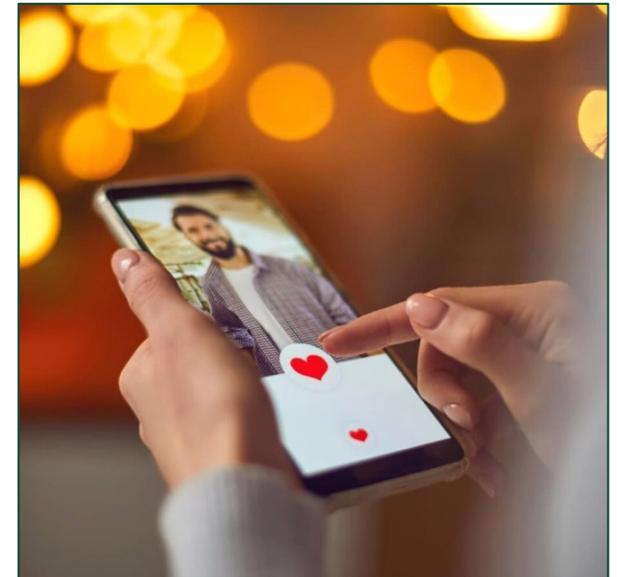


**DISCUSS** How will YOU set expectations for your group around alcohol use?

# PRE-DEPARTURE

## Talk about SEX with your group.

- Your students will likely be using dating apps—even prior to arrival—to connect with locals for friendship, casual dating, and hookups.
- Sometimes the concept of ‘consent’ can be lost in translation. Emphasize healthy boundaries and clear communication about expectations.
- Encourage personal safety. Meeting in public places during the day is best—and bring a friend!
- Ask students to tell at least one other member of the group if they are meeting up with someone new.



# PRE-DEPARTURE

## Talk about DRUGS with your group.

- Research if cannabis is legal for medical or recreational use in your destination country. Is it decriminalized?
  - [Cannabislegality.com](https://www.cannabislegality.com)
- Research if **illicit pharmaceuticals** are legal or readily available in your destination country.
- Outline clear consequences for drug use, and be prepared to enforce the rules you set.



**SHARE VIA CHAT** What is the status of cannabis in your destination country?

# PRE-DEPARTURE

Prevent health and safety issues, AND prepare to respond to those that arise.

- Refer to the country-specific information on the CDC and State Department websites.
- Inform students about required/recommended vaccinations, tap water potability, HIV risks, traffic and pedestrian safety, weather conditions, ocean/water safety, food safety, bug bite prophylaxis, and any other destination-specific health and safety concerns.
- Convey the importance of **behavior and good decision-making**. The top factor for injuries, incidents, and fatalities of U.S. students abroad is **behavior**, *often combined with alcohol/drugs*.

**DISCUSS** What are the top health and safety concerns for YOUR destination?

# PRE-DEPARTURE

## Set the tone for INCLUSIVITY.

- Everyone is welcome. Everyone belongs. Everyone matters. Everyone is worthy of being respected and understood.
- Fitting in & conforming vs. Belonging & being welcome
- The different cultural context of study abroad can be challenging for racially and ethnically diverse students, students with disabilities, low-income students, LGBTIQA+ students, first-generation college students, students with diverse religious identities, neurodiverse students, students with chronic illness, and others. Offer support to ALL students in your group.



# PRE-DEPARTURE

## Support access for students with disabilities.

Disability Resource Center  
*Embrace your Unlimited Possibilities*

- We may not discourage students with disabilities from participation in study abroad. However, we must be frank about known challenges (e.g., lots of walking, getting into boats, crossing natural terrain, no air conditioning in student housing, frequent power outages, no elevators in many buildings, etc.).
- Students with disabilities should be able to make informed decisions about whether your program is appropriate for them. They may not be able to get the same accommodations abroad as those they receive here on campus. Open communication and planning are key.

**SHARE VIA CHAT** What are your program's access challenges for students with disabilities?

# PRE-DEPARTURE

**Provide opportunities for students to self-disclose any concerns.**

- Encourage your students to share any concerns or special needs with you in advance, so that you can support them.
- Be aware that students on your program may be on prescription medications or have mental health or chronic health conditions.
- Give students a variety of ways to reach you.
- Open communication NOW can prevent a crisis LATER.



# PRE-DEPARTURE

**Prepare! The more you do now, the better things will be later.**

- How many and what type of pre-departure meetings will you hold?
- In what ways will you foster group cohesion, connection, and community prior to departure?
- How may your service provider and the International Center assist you with pre-departure preparation?



**DISCUSS** How will YOU prepare your group for success?

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# ARRIVAL

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# ARRIVAL

## It is your responsibility to...

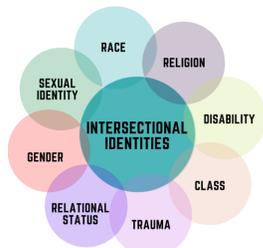
- Ensure that everyone has arrived safely, and let the International Center know. Make sure students inform their parents and loved ones that they have arrived safely.
- Provide an on-site Orientation and revisit the expectations you set prior to arrival.
- Help everybody get settled and begin adjusting. Ease students through the emotional high of arrival.
- Email your Coordinator a quick update every 1-2 weeks. Proactively contact the International Center any time there is an issue that may affect the students' safety (e.g., terrorist attack, earthquake, shooting, subway bombing, etc.) to confirm that everyone is safe and accounted for.



# ARRIVAL

## Engage your students in ethical community involvement and service learning.

- Connect with local experts, guest lecturers, non-profit organizations, and student groups to help your group explore different perspectives.
- Decolonize your study abroad program by inviting curiosity about the topics of privilege, systemic oppression, class consciousness, power dynamics, ambassadorship, and impact.
- Create brave spaces for open, honest, safe, curious discussions. Be aware that students may face discrimination based on their identities, which can impact their cultural adjustment.



**BIPOC**



# ARRIVAL

## Key policy reminders:

- Individuals who are not registered for group travel are not allowed to participate in your program. Please enforce this policy. Contact the International Center with any questions or concerns. This includes parents and other relatives.
- Group Leaders are expected to be on site for the duration of the program. Any requests for exceptions need to be evaluated and approved.
- Please keep track of students' personal travel during free days and weekends (ok for your service provider to help), and remind students to register their Side Trips on [abroad.calpoly.edu](http://abroad.calpoly.edu).



Side Trip Registration ↗

The Cal Poly International Center also encourages all students on Cal Poly-approved international programs to register any independent travel they do during their time abroad, including pre- and post-program travel.

For students on Cal Poly Global Programs, they will be given information on registering their side trips as part of their application and in the study abroad Pre-Departure Orientation program.

Faculty and staff traveling with students internationally for other purposes (e.g., conference, field study, service learning, fine arts performances, athletic exhibitions) should talk with students about whether side travel is advisable or even permissible, given the program activities and calendar.

If students will have the opportunity for independent travel, please remind them to notify you and on-site partners about their plans and to also complete the [Study Abroad Side-Trip Registration](#) on the Cal Poly website. We do not track students' independent travel, but this registration allows us to identify where students are if there is an emergency situation overseas.



Please also share the following advice with any students planning independent international travel before, during, or after their time abroad:

- Ensure that you have foreign travel insurance to cover the full duration of the trip abroad.
- Determine modes of transportation and housing needs before the extended stay begins.
- Contact the US consulate/embassy regarding any additional documents that may be required to extend your stay abroad.
- Research destination- and country-specific information on the [US State Department Travel website](#) (S, 15).
- Identify local resources in each destination country including, but not limited to, hospitals, police, and US embassies. (See the US State Department country information.)
- Understand the laws of each destination country, including but not limited to laws related to drug and alcohol use. (See the US State Department country information.)
- Create a personal emergency action and evacuation plan in preparation for emergency situations.

NOTE: Cal Poly, the Cal Poly International Center, and the CSU are not responsible for reviewing, vetting, or approving any personal travel. Students are solely responsible for navigating personal travel and any considerations there of.

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# EFFECTIVE LEADERSHIP

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# EFFECTIVE LEADERSHIP

After the initial high, students may experience a new low.

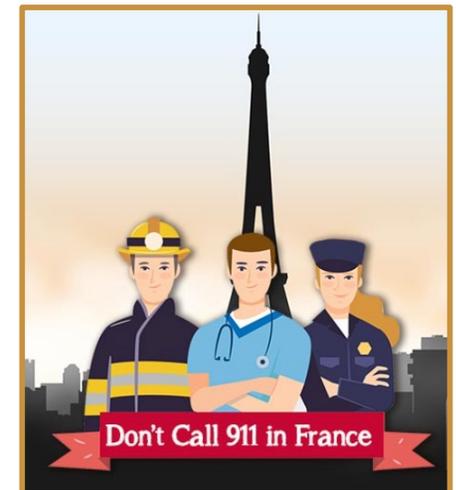
- Watch out for symptoms of culture shock, such as irritability/grouchy mood, negative reactivity, overstimulation, decreased functioning, feeling drained/fatigued, social withdrawal, “us vs. them” judgements, extreme emotions, acting out, risk-taking, etc.
- Be aware that conflicts, incidents, and crises may arise during the culture shock period.



# EFFECTIVE LEADERSHIP

Practice ongoing care of students' physical health, safety, and wellness.

- Be informed about the location of local clinics and hospitals.
- Be prepared to encounter common outpatient issues (gastrointestinal, chronic illness, flu/virus, COVID, injury, etc.)
- Know the local equivalent of 911  
[worldpopulationreview.com/country-rankings/911-by-country](http://worldpopulationreview.com/country-rankings/911-by-country)
- Group Leaders are not trained medical or mental health professionals. Do not intervene in medical or mental health situations for which you are not trained. Instead, work with the on-site service provider, local resources, insurance, and Cal Poly.



# EFFECTIVE LEADERSHIP

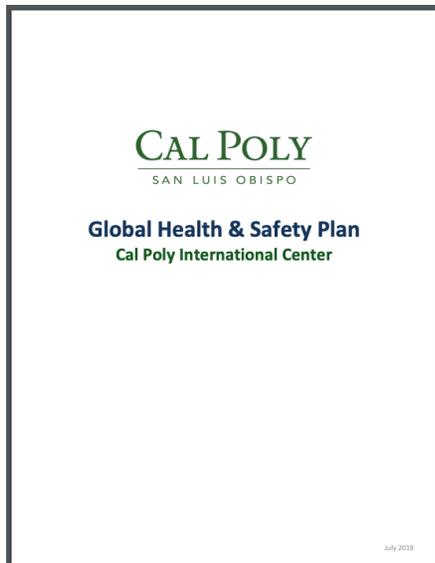
**Encourage good behavior. Student misconduct can disrupt the group dynamic and diminish everyone's experience.**

- Misconduct abroad should be treated the same as misconduct at Cal Poly. Employ your best professional and personal judgement at all times. Consult the International Center as needed.
- Group Leaders are responsible for dealing with student conduct issues. Typically, managing issues through verbal and written warnings is sufficient. Be sure to document your actions.
- If a conduct issue warrants dismissal from the program, consult with the International Center and OSRR before taking action.

Actions have consequences.

# EFFECTIVE LEADERSHIP

Know your resources! Bookmark [abroad.calpoly.edu](http://abroad.calpoly.edu) > *Faculty/Staff Resources*



HOME  
Study Abroad  
**Faculty/Staff Opportunities**  
International Travel  
Register International Visitor  
High Hazard Countries  
International Students  
Announcements  
Study Abroad Workshops & Events  
Cal Poly offers ongoing workshops, info sessions, and events related to study abroad all throughout the year! NOTE: Limited events are offered.  
View All

## FACULTY/STAFF RESOURCES

Resources for International Group Leaders

### Pre-Departure Training Resources

- INTERNATIONAL GROUP LEADER WORKSHOP
- TRAINING MODULE: CRISIS PREPAREDNESS, PREVENTION, AND RESPONSE
- CPGP MARKETING TOOLKIT FOR FACULTY LEADERS

### Health, Safety, and Risk Management

**International Center Incident Report Form** [SUBMIT AN INCIDENT REPORT](#)

- CAL POLY GLOBAL HEALTH & SAFETY PLAN
- NAFSA RISK ASSESSMENT AND CRISIS MANAGEMENT
- CSU TRAVEL INSURANCE INFORMATION & TRAVEL ASSIST INSURANCE CARD

# EFFECTIVE LEADERSHIP

## Respond to incidents and crises, then report.

- Please report incidents after taking steps to deal with initial needs on the ground. Use the Incident Report Form.
- Report the full spectrum of incidents – from minor issues (e.g., a students had GI issues and missed two days of class) to major emergencies (e.g., a student was hit by a car and is in the hospital).
- Use the form liberally. It is the appropriate method to document any issues that were encountered abroad.

## INCIDENT REPORT - CAL POLY INTERNATIONAL CENTER

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Faculty & staff leading programs abroad:  
Please use this form to report incidents you or any of the students in your group experience.  
Thank you,  
Cal Poly International Center

Click the green button below to access the Incident Report Form:

[Submit an Incident Report Form](#)

Name of your program  
Location of Program  
What date did the incident occur?  
At what time did the incident take place?  
Where did the incident occur?  
Please list the affected individuals.  
Affected Person  
Please provide a description/summary of the incident.  
Please select the description type that best describes the type of incident.  
Please provide a summary of any action taken.  
Did the incident result in the need for medical care?  
Has a claim been made with ACE USA Travel Insurance  
Has the emergency contact been notified  
International Contact Phone Number  
If you have any questions or specific support needs/concerns, please state them here.

# EFFECTIVE LEADERSHIP

In an after-hours crisis, use the **24-hour Campus Police line** to reach the Assistant Vice Provost of International Programs, who will convene the Global Health and Safety Committee members as needed. Work with on-site staff to respond locally.

**Cal Poly Police Department**  
**(805) 756-2281**  
**police@calpoly.edu**

Global Health & Safety Committee			
Contact List 2024-25			
Name	Title	Phone	Email
24 Hour Line	University Police	(805) 756-2281	police@calpoly.edu
Cari Vanderkar	Assistant Vice Provost for International Programs, Cal Poly International Center	(805) 756-2945 (805) 756-1477	civander@calpoly.edu
Stacy Shimizu	Assistant Director, Study Abroad, International Center	(805) 756-7823	stshimz@calpoly.edu
Bryan Cox	Interim Chief of Police	(805) 756-6676	bcox09@calpoly.edu
David Groom	Interim Dean of Students	(805) 756-2794	dgroom@calpoly.edu
Judy Mitchell	Associate Director, International Students & Scholars	(805) 756-5837	jumitch@calpoly.edu
Mike Morgan	Manager of Risk and Administration	(805) 756-6755	mmorga35@calpoly.edu
Sara Otis	Senior Study Abroad Coordinator	(805) 756-7321	sotis@calpoly.edu
Dean of Students - after hours	Dean of Students	(805) 821-1262	deanofstudents@calpoly.edu
Name (As needed)	Title	Phone	Email
Kaitlyn Blakey	Director, Civil Rights & Title IX Coordinator/DHR Administrator	805-756-6770	kblakey@calpoly.edu
Jim Donaldson	Director of Disability Resource Center	(805) 756-1399	jdonald1@calpoly.edu
Nilay Gani	Director of Environmental Health & Safety	n/a	ngani@calpoly.edu
Tina Hadaway-Mellis	Assistant Vice President, Campus Health & Wellbeing	(805) 756-1211	theadaway@calpoly.edu
Keegan Koberl	Executive Communications Specialist, University Communications & Marketing	(805) 756-5062	kkoberl@calpoly.edu
Andrea Lawson	Director, Counseling Services	(805) 756-2511	alawso07@calpoly.edu
Matt Lutzer	Assistant Vice President, Communications & Media Relations, University Communications & Marketing	(805) 756-7109	mlutzer@calpoly.edu
Dave Lee	Emergency Services & Business Contingency Manager	(805) 756-7264	dlee25@calpoly.edu
Patricia Ponce	University Ombuds	(805) 756-1380	pponce@calpoly.edu
Brad Pulcifer	Director, Student Rights & Responsibilities	(805) 756-0624	bpulciph@calpoly.edu
Toshia Roby	Associate Provost, Academic Innovations & Programs	(805) 756-7015	troby@calpoly.edu
David Valadez	Interim Associate Vice President, Financial Services	(805) 756-2668	dvalad03@calpoly.edu
Cindy Villa	Interim Vice President for Student Affairs	n/a	cvpsa@calpoly.edu
Kirsten Vinther-Fanucchi	Associate Director of Safer	(805) 756-2221	kvinther@calpoly.edu
Robin Webb	University Legal Counsel	n/a	
Ricardo Young	Medical Director	(805) 756-2211	rbyoung@calpoly.edu
Name (Study Abroad Staff as needed)	Title	Phone	Email
Ingrid Almoguer	Study Abroad Coordinator	(805) 756-7331	ialmoguer@calpoly.edu
Leanna Jenkins	Senior Study Abroad Coordinator	(805) 756-6179	lejenkin@calpoly.edu
Justin Kamamoto	Study Abroad Advisor	(805) 756-0742	jkamamo@calpoly.edu
Jessica Michelsen	Study Away Coordinator	(805) 756-7316	jmicho05@calpoly.edu
Megan Pankratz	Study Abroad Advisor	(805) 756-6109	mpankratz@calpoly.edu

# EFFECTIVE LEADERSHIP

## Assist students with insurance claims.

- You can contact the insurance provider about where to receive various types of care abroad.
- In most cases, students will be expected to pay up front for services, then file for reimbursement. It is best to file claims prior to returning to the U.S.
- All travelers are encouraged to maintain their primary medical coverage during study abroad.

**ACE** American Insurance Company  
(A Stock Company)  
Philadelphia, PA  
(Herein called We, Us, Our)

### Travel Assistance Program

**ATTENTION**  
In the event of a medical emergency  
call ACE's Travel Assistance  
Services immediately

**24-Hour Access**  
1-855-327-1414 Toll-Free  
1-630-694-9764 Direct Dial

Call when:

- You require a referral to a hospital or doctor
- You are hospitalized
- You need to be evacuated or repatriated
- You need to guarantee payment for medical expenses
- You experience local communication problems
- Your safety is threatened by the sudden occurrence of a political or military event

When you call ACE's Travel Assistance Services, please be prepared with the following information:

1. Name of caller, phone no., fax no., relationship to Covered Person;
2. Covered Person's name, age, sex and policy number;
3. A description of the Covered Person's condition;
4. Name, location, and telephone number of hospital;
5. Name and telephone numbers for the treating doctor; where and when the doctor can be reached;
6. Health insurance information, worker's compensation, or automobile insurance information if the Covered Person had an accident.

"Covered Person" means the person insured under the applicable ACE policy.

By requesting assistance you agree to assign to us your rights to recover from any of your responsible insurers any expenses we incurred.

**ATTENTION**  
**Medical Personnel or Police**

In the event of a medical emergency, our Assistance Provider will provide the services on the card below. To verify eligibility call the multi-lingual call center 24 hours a day toll free at 1-855-327-1414; or direct dial at 1-630-694-9764.

**ACE TRAVEL ASSISTANCE PROGRAM**

For medical referrals, evacuation, repatriation or other services please call:  
ACE Travel Assistance Program  
1-855-327-1414 (Toll-Free)  
1-630-694-9764 (Direct Dial)  
medassist-usa@axa-assistance.us

Visit [www.axatravelassistance.com](http://www.axatravelassistance.com) for access to global threat assessments and location based intelligence.

Username: medassist-usa@axa-assistance.us  
Password: acea8h

Organization: California State University RMA  
Policy Number: ADD N0495972  
Assistance Provider: AXA Assistance USA, Inc.

AXA provides emergency medical and travel services and pre-trip information services. Please call when:

- You require a referral to a hospital or doctor
- You are hospitalized
- You need to be evacuated or repatriated
- You need to guarantee payment for medical expenses
- You experience local communication problems
- Your safety is threatened by the sudden occurrence of a political or military event

In addition to the insurance protection provided by your insurance plan, ACE USA has arranged with our Assistance Provider to provide you with access to its travel assistance services around the world. These services include:

- **Medical Assistance** including referral to a doctor or medical specialist, medical monitoring when you are hospitalized, emergency medical evacuation to an adequate facility, medically necessary repatriation and return of mortal remains.
- **Personal Assistance** including pre-trip medical referral information and while you are on a trip: emergency medication, embassy and consular information, lost document assistance, emergency message transmission, emergency cash advance, emergency referral to a lawyer, translator or interpreter access, verifies medical benefits and assists with medical claims process.
- **Travel Assistance** including emergency travel arrangements, arrangements for the return of your traveling companion or dependents and vehicle return.
- **Security Assistance** including a crisis hotline and on the ground security assistance to help address safety concerns or to secure immediate assistance while traveling, as well as access to a secure, web-based system for tracking global threats and health or location based risk intelligence.

This information provides you with a brief outline of the services available to you. These services are not insured benefits. Reimbursement for any service expenses is limited to the terms and conditions of the policy under which you are insured. You may be required to pay for services not covered. A third party vendor may provide services to you. Our Assistance Provider makes every effort to refer you to appropriate medical and other service providers. It is not responsible for the quality or results of service provided by independent providers.

In all cases, the medical provider, facility, legal counsel or other professional service provider suggested by ACE's Assistance Provider are not employees or agents of our Assistance Provider and the choice of provider is yours alone. ACE's Assistance Provider assumes no liability for the services provided to you under this arrangement, nor is it liable for any negligence or other wrongful acts or omissions of any of the legal or health care professionals providing services to you. Travel assistance services are not available if your coverage under the policy is not in effect.

# EFFECTIVE LEADERSHIP

## Discourage high-risk activities

- For insurance purposes, Group Leaders **must disclose any high-risk activities** well before departure.
- High-risk activities include scuba diving, rock climbing, skydiving, car racing, bungee jumping, rappelling, whitewater rafting, motorcycling, snowmobile riding, jet skiing, parasailing, adventure sports, working with heavy machinery, and more.
- Accidents and incidents that happen **while students are intoxicated** may in some cases not be covered by insurance.



# EFFECTIVE LEADERSHIP

Breathe, Think, Respond.

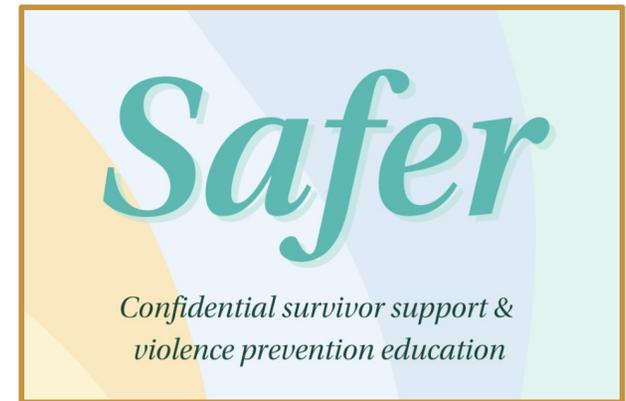
**DISCUSS** Prevention, Responses, and Resources for the following scenarios:

- **1 Mental Health**  
You notice concerning behavior from one of the students in your group. Turns out, they stopped taking their regular medication for a mental health condition.
- **2 Medical Concern**  
As you are about to board the bus for an excursion, one student with asthma informs you that they forgot their inhaler.
- **3 Bullying**  
One student harasses, bullies, cyberbullies, or fights with another student.
- **4 Political Unrest**  
There is a protest planned in your program location.
- **5 Arrested**  
You find out that a student gets arrested for buying street drugs. How could you respond?
- **6 Destructive**  
Some of your students threw a birthday party and completely trashed their hotel room. How could you respond?

# EFFECTIVE LEADERSHIP

## Inform yourself about gender & power-based violence prevention and response.

- People who harm others are most often acquaintances to the survivors, not complete strangers. However, that changes when abroad.
- Inform yourself about prevention and response to gender- & power-based violence on the Safer website: [safer.calpoly.edu](http://safer.calpoly.edu).
- Because you are a mandated reporter, you can offer a student “privacy” and “discretion” but not *confidentiality*.



*All faculty, staff, and administrators are held accountable for maintaining a learning environment free from sexual harassment.*

# EFFECTIVE LEADERSHIP

## Support and empower survivors of violence.

**SAFER Scenario** You've noticed that a student in your group has become disengaged from group activities and classes. You decide to check in with them about this recent change in behavior.

They share with you that they recently had a non-consensual sexual experience with someone they met on Tinder. The person they met was a local; they met at a pub and then went to the person's apartment. The incident started out as consensual, but the other person crossed some lines and ignored your student when they expressed that they weren't comfortable and didn't want to do certain things.

Your student feels like the incident was their fault because they went back to the other person's apartment, and they are angry with themselves for not speaking up more and getting out of the situation before things happened that they weren't ok with. They don't want to file a report and just want to put the experience behind them, but they are struggling to get past what happened. How might you support this student (and everyone in your group)? How can you support this student?

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**PREPARE FOR RETURN**

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# PREPARE FOR RETURN

Encourage your students to connect with international opportunities.

- Consider arranging a social get-together for past participants.
- Select a few 'student ambassadors' to help you promote next year's program.



# PREPARE FOR RETURN

## Prepare your students to navigate Reverse Culture Shock with self-awareness and self-compassion

- **Reverse culture shock** is the emotional and psychological distress suffered by some people when they return home after a period of time abroad.
- Raise awareness about the often unexpected difficulty of readjusting to the culture and values at home after study abroad.



**SHARE VIA CHAT** How will you help your group to integrate their experiences upon return?

# BON VOYAGE!

**Cari Vanderkar**, Assistant Vice Provost,  
International Programs [civander@calpoly.edu](mailto:civander@calpoly.edu)

**Stacey Shimizu**, Assistant Director,  
International Center [stshimiz@calpoly.edu](mailto:stshimiz@calpoly.edu)

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