

CAL POLY STUDY ABROAD PRE-DEPARTURE ORIENTATION



CAL POLY
International Center

AGENDA

Today's Topics

- ☐ Health and Safety
- ☐ Presentation from Safer
- ☐ General Tips
- ☐ Student Panel Q & A



CONGRATS! YOU ARE GOING ABROAD

- Gain all the personal and professional benefits study abroad offers!
- Your unique set of skills and experiences will set you apart from the average U.S. student.

UNDERGRADUATE PARTICIPATION IN U.S. STUDY ABROAD



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

Open Doors is conducted by the Institute of International Education with the support of the Bureau of Educational and Cultural Affairs of the U.S. Department of State. Online at: www.iie.org/opendoors

opendoors®

HEALTH AND SAFETY



STAYING HEALTHY

1

Review the [Center for Disease Control's Travel Recommendations](#).

2

Review [country specific advice from the U.S. State Department](#) in your host country.

3

Know and follow all local public health and program guidance in your host country/community.

4

You may need to present proof of vaccination for entry into your host country.

5

Practice self-care: eat well, exercise, get enough sleep, and connect with your support network.

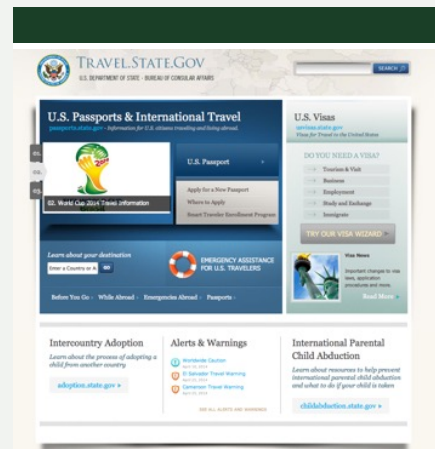
RESOURCES

IMPORTANT WEBSITES

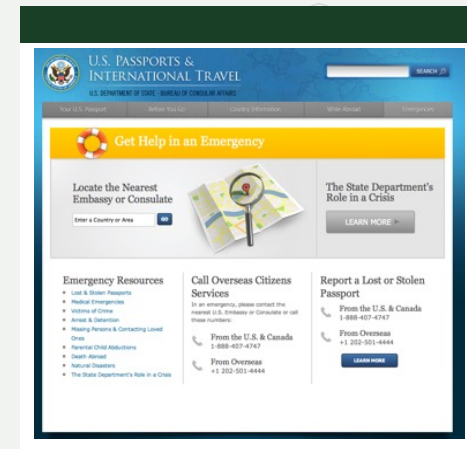
Review government resources for countries you may be traveling to:

- U.S. Department of State
- Local embassy or consulate

TRAVEL.STATE.GOV



USEMBASSY.GOV







ACE American Insurance Company
(A Stock Company)
Philadelphia, PA
(When called the U.S. Out)

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.

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@aaa-assistance.us

Visit www.aaa-travelassistance.net for access to global threat assessments and location based intelligence.

Username: medassist-usa@aaa-assistance.us
Password: aaaaah

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.

ACE TRAVEL ASSISTANCE PROGRAM


Organization: California State University RMA
Policy Number: A00 N04880872R
Assistance Provider: AAA Assistance USA, Inc.

AAA 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

INSURANCE

- ✓ All students are covered by CSU travel insurance for the duration of a program for routine and emergency medical care.
- ✓ Partner programs use partner insurance + CSU overlay insurance.
- ✓ Exchange, CSUIP, Vet schools, and Earth University programs use full CSU insurance.
- ✓ Pay up front for services, then file a claim for reimbursement. File a claim while still in country!
- ✓ Print a copy to keep in your luggage and use wallet card.

HEALTH



We encourage you to notify the International Center & your program if you have any particular health, mental, or medical issues so we can support you appropriately

- Pre-existing or on-going medical conditions
- Allergies, food sensitivities
- Disability accommodations (such as through the DRC)

MENTAL HEALTH



We encourage you to discuss study abroad with your counselor, a trusted family member, or a close friend prior to departure.



Seek advice in advance of departure to plan for coping with challenges that could arise while abroad



Identify your support system and plan for how to communicate with them while abroad



Suggestions for coping with cultural adjustment, homesickness, and other potential challenges:

- Get outside, connect with nature, go for a walk around your new neighborhood
- Maintain good sleep and nutrition practices
- Develop a routine and regular health habits

PRESCRIPTIONS & OTHER MEDICATIONS

- Bring prescriptions in original bottles – with written prescription from doctor
- Follow **TSA guidelines** for carry-ons and **research country-specific laws** for anything you bring into the country
- Bring enough prescription meds to last for duration of travel (including sufficient contacts and/or extra pair of eyeglasses)
- If there is a particular brand of medication you use and like, bring enough with you to last the whole program (keep in original packaging)

GENERAL SAFETY TIPS

- ✓ Travel in **groups** – especially at night. Use the buddy system!
- ✓ **Notify** your roommate, friends, or host family of your evening plans
- ✓ **Familiarize** yourself with your neighborhood and general surroundings early during the program
- ✓ **Alcohol** consumption puts you at **risk**
 - Don't accept free drinks
 - Do not leave your drink unattended
- ✓ Be **aware** of your belongings in public/ crowded places
- ✓ Don't **bring expensive items** you are not willing to lose out in public

STUDENT CONDUCT

You are responsible for your
actions abroad.

1

You are a global ambassador representing your school, community, and country. You have a moral responsibility to those who are supporting you on this journey to be respectful to each person you meet and to share your home culture in a positive, authentic way.

2

Study Abroad participants are expected to uphold Cal Poly's Student Conduct Policies while abroad.

3

Behavior and conduct issues can result in dismissal from the program without refund or class credit.

4

Conduct that endangers the health or safety of your peers will not be tolerated. Drug and excessive alcohol use puts you at great risk – know the laws!



EMERGENCY CONTACT INFO

Cal Poly
International
Center

805-756-1477

8am – 5pm

M-F

Cal Poly
Police
Department

805-756-2281

24/7

The local 911
Emergency
Number

Your Program's
Emergency
Contact



***SAFER* TRAVELS:** **HEALTHY DATING AND SEX ABROAD**

Presented by Safer and the International Center



CAL POLY
International Center



CAL POLY
Campus Health
& Wellbeing

Safer

OBJECTIVES

- Increased awareness of gender- & power-based violence
- Healthy dating & sex abroad
- Completing a Safer Travels Plan

IDENTIFYING THE ISSUES

- Students abroad are at increased risk of **gender - and power-based violence**
- Gender- & power-based violence – but also sex & dating culture - look different in every culture

Mission: Mitigate risk factors, and bolster protective factors

SAFER TRAVEL TIPS



ALWAYS KNOW YOUR SURROUNDINGS

Acknowledge how locals are behaving and be aware. Also discover where your nearest medical resources are.



DEVELOP A SUPPORT NETWORK

Maintain communication with a cohort, faculty advisor, and support back home. Record contact information with the American Embassies.



REFLECT ON YOUR EXPECTATIONS

Acknowledge your wants, needs, and goals of a trip/outing. Share these expectations with someone in your support network and check in regularly.



DEVELOP A SAFETY PLAN

Arrange for transportation to and from outings, have contact information written down for local authorities, medical services, and someone in your support network at all times.

ABROAD.CALPOLY.EDU

SAFER.CALPOLY.EDU

COSPONSORED BY SAFER & INTERNATIONAL CENTER

INCREASING SAFETY

- Protective factors increase a traveler's safety and decrease exposure to risks
- Developing an easily accessible and thorough self-maintenance routine can address most risk-factors in students studying abroad

BOUNDARIES & COMMUNICATION

are essential in dating and sex

- Think of your boundaries both in the social context of your home country and the social context of your country abroad.
- Expectations and intentions can be easily distorted across cultures; be prepared to respond to this.

1

What are ***your*** boundaries?

2

How do you communicate that boundary?

3

How do you know when someone challenges that boundary?

4

How will you respond?

DATING CULTURE

Dating Culture can vary throughout the World

- What are the rules/norms for romantic relationships in this country?
- Do young people date? If so, do they date in groups or couples?
- Is it okay to hold hands/touch/kiss in public?
- What types of social activities do couples participate in together

Social media can be super helpful for this – to get a glimpse into a culture, to ask people questions, etc.

If you see something...

STEPS TO INTERVENING

- Recognize the problem.
- Interpret it as a problem.
- Take personal responsibility.
- Decide how to assist.
- Take action: direct, distract, delegate.

If a peer shares
something...

RESPONDING TO DISCLOSURES



Ensure physical & emotional safety



Thank & believe them



Interrupt victim-blaming



Empower them



Inform them of resources – confidential and not

RESOURCES

Home & Abroad

- **Safer* : Cal Poly's Confidential Resource**
805-756-6081 – Monday-Friday 9am-5pm PST
safer.calpoly.edu
safer@calpoly.edu
- **Lumina Alliance* : SLO County's Confidential Resource**
805-545-8888 - 24 hour hotline
luminaalliance.org
Contact@LuminaAlliance.org
- **Pathways to Safety International: Empowering Victims of Interpersonal Violence Abroad**
Pathwaystosafety.org
info@pathwaystosafety.org



Safer and the International Center wish you *Safer Travels!*

safer.calpoly.edu/safer-travels

Safer Travels website includes:

- Travel Safety Plan
- Dating & App Use
- Mental health
- Responding to violence
- Specific resources

OTHER PRE-DEPARTURE TIPS

What is the most important thing to pack?
Write your answer in the chat!



CAL POLY
International Center

BANKING INFORMATIO N

- Inform your bank and credit card companies prior to departure that you will be leaving the country (including the location and length of stay)
- Be aware of international banking fees and currency exchange rates
- Know the contact numbers of your credit/debit cards in case they are lost or stolen – keep in safe place!
- Make copies of your debit cards and credit cards
- Go to ATM in airport upon arrival

ELECTRONICS AND COMMUNICATION

Tips for packing electronics

- May need plug adaptors

Communication Abroad

- International Calling Plans
- Zoom
- Viber
- What's App
- WeChat

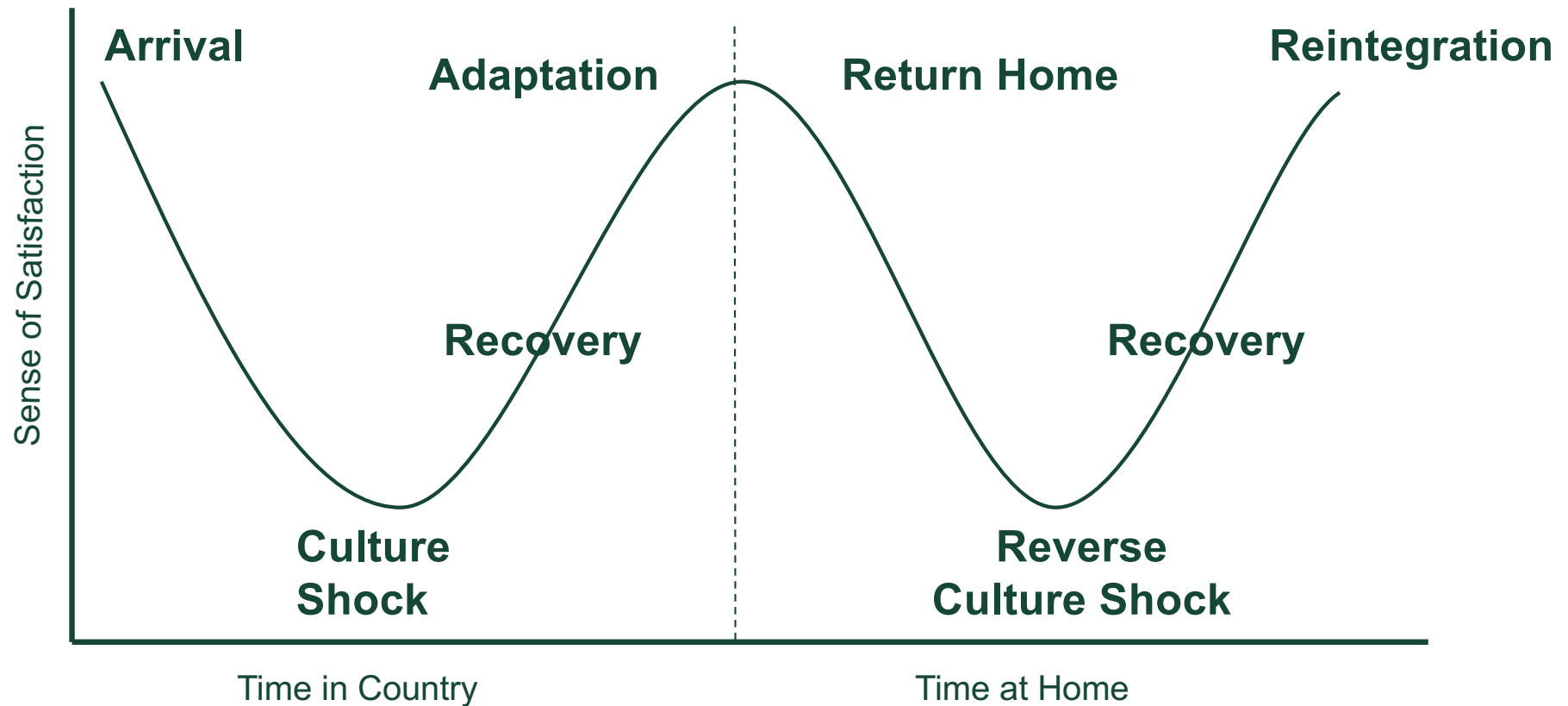


CULTURAL ADJUSTMENT

Universal experience –
four stages of culture
shock:

- **Honeymoon:** You arrive and you're in love!
- **Frustration and Confusion:** Critical of host country. Feel like packing up and going home!
- **Recovery:** Well, I guess it's OK...
- **Adjustment:** Feel comfortable and competent. Develop positive feelings and interacting with host nationals.

CULTURAL ADJUSTMENT



MAKING THE MOST OF YOUR INTERNATIONAL EXPERIENCE

- Take charge of your pre-trip planning (i.e. visa, financial aid, course approvals, placeholder, insurance)
- Learn about host culture
- Clear sense of purpose/set goals
- Be flexible and open-minded
- Be a good ambassador
- Discuss budget issues
- Develop a communication plan

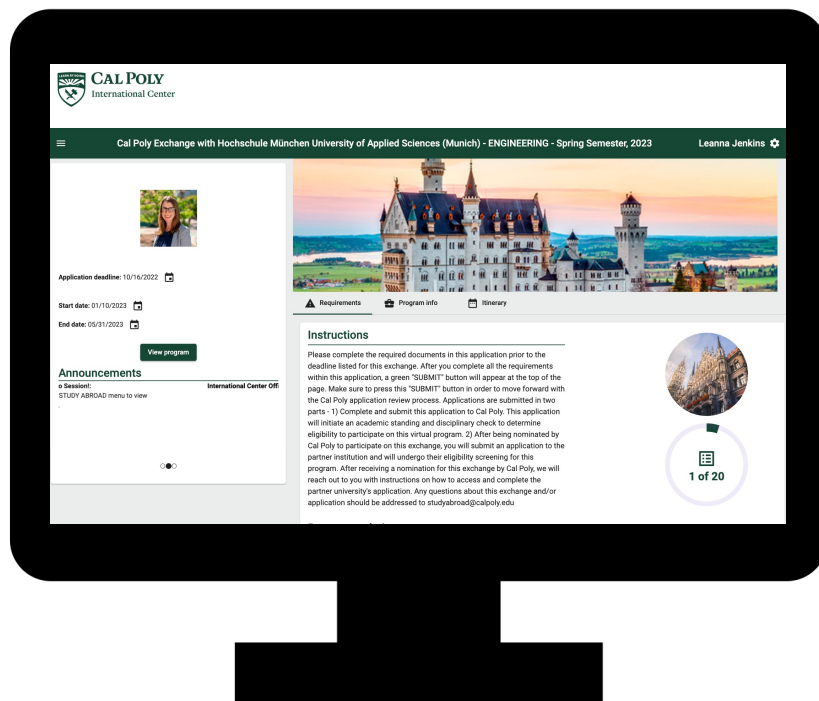


Students studying in Munich

STUDENT PANEL

- **Chloe Fulton** (CEA in Barcelona)
 - **Olivia Thomas** (CEA in Florence)
 - **Keegan Osullivan** (CIEE in Seville)
 - **Kaelyn Bremer** (CIEE in London)
 - **Mikaela Noonan** (USAC in Verona)
1. How are the classes abroad different from classes at Cal Poly?
 2. What tips do you have for students regarding staying safe and healthy abroad?

NEXT STEPS



Check your abroad.calpoly.edu account

- ✓ Post Decision Requirements
- ✓ Partner Program/Exchange Institution Acceptance
- ✓ Verification of PDO attendance

QUESTIONS?



Cal Poly International Center

Building 52, Rm. E-32

studyabroad@calpoly.edu

studyabroad.calpoly.edu

Peer Advising Drop-In Hours

Current hours located on the **abroad.calpoly.edu** site under *Study Abroad Advising*

