

# STUDY ABROAD/STUDY AWAY PRE-DEPARTURE ORIENTATION

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- All participants have been muted
- Please type your questions in the Q&A
- This presentation is being recorded



# AGENDA

- Health & Safety
- Academic & Financial Planning
- Identity & Cultural Adjustment
- Returnee Panel
- Q&A



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# HEALTH & SAFETY

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# STAYING HEALTHY

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1

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

2

Review the [U.S. Department of State International Travel webpage](#) for country-specific information, [Travel Advisories](#), and more

3

Complete regular check-ups before departure (doctor, dentist, eye doctor, etc.)

4

Know and follow the latest entry requirements as well as all local public health and program guidance in your host community

# MENTAL HEALTH |



Seek advice in advance of departure to plan for coping with challenges that could arise while abroad/away & ask for help if needed while abroad/away

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

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

- ✓ Get outside, go for a walk or run around your new neighborhood
- ✓ Maintain good sleep and nutritional practices
- ✓ Develop a routine
- ✓ Get involved – join a club, participate in a language exchange, volunteer
- ✓ Journal
- ✓ Find community & build a support network



# SUPPORT SERVICES & ACCOMMODATIONS

We encourage you to notify the International Center & your program provider of any physical or mental health conditions so we can support you.

- Pre-existing or on-going medical conditions
- Allergies, food sensitivities
- Disability accommodations



# PRESCRIPTION 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 medications to last for duration of travel, if allowed (including sufficient contacts and/or extra pair of eyeglasses)

# INSURANCE

2023/2024 FTIP RATES		2023/2024 FTIP "Overlay" RATES *	
Applicable for all CSU-approved travel to foreign countries. Special approval and additional premium apply for travel to high hazard areas described below. CSU assumes no responsibility for travel anywhere that has not been approved by CSU.		Applicable only for Study Abroad programs provided by a vendor who has a valid written agreement with CSU, and travel accident insurance is required to be purchased from that vendor. CSU assumes no responsibility for travel anywhere that has not been approved by CSU.	
<i>Rates do not include High Hazardous Rate</i>		<i>Rates do not include High Hazardous Rate</i>	
# Days <sup>1</sup>	Per Participant / Per Trip	# Days <sup>1</sup>	Per Participant / Per Trip
1 - 15	\$60	1 - 15	\$20
16 - 31	\$75	16 - 31	\$28
32 - 90	\$140	32 - 90	\$43
91 - 180	\$265	91 - 180	\$69
181 - 270	\$325	181 - 270	\$83
271 - 364	\$500	271 - 364	\$117
365 +	Refer to Alliant	365 +	Refer to Alliant
Rates apply per participant / per trip		Rates apply per participant / per trip	
<sup>1</sup> # Days is from start of trip to end of trip, including travel to/from home.		<sup>1</sup> # Days is from start of trip to end of trip, including travel to/from home.	

TRAVEL ASSISTANCE PROGRAM	
<p><b>For medical referrals, evacuation, repatriation or other services please call:</b></p> <p>Travel Assistance Program 1-855-327-1414 (Toll-Free) 1-630-694-9764 (Direct Dial) medassist-usa@axa-assistance.us</p> <p>Visit <a href="http://www.acetravelassistance.net">www.acetravelassistance.net</a> for access to global threat assessments and location based intelligence.</p> <p>Username: medassist-usa@axa-assistance.us Password: acea&amp;h</p>	<p><b>Organization:</b> California State University <b>Policy Number:</b> GLM N04950872R <b>Assistance Provider:</b> AXA Assistance USA, Inc.</p> <p>AXA provides emergency medical and travel services and pre-trip information services. Please call when:</p> <ul style="list-style-type: none"> <li>You require a referral to a hospital or doctor</li> <li>You are hospitalized</li> <li>You need to be evacuated or repatriated</li> <li>You need to guarantee payment for medical expenses</li> <li>You experience local communication problems</li> <li>Your safety is threatened by the sudden occurrence of a political or military event</li> </ul>



Partner Programs (CEA CAPA, CIEE, DIS, FIE, SAS, SIT, TEAN, USAC, Wildlands Studies) use partner insurance + CSU overlay insurance.



Cal Poly Exchanges, Cal Poly Global Programs, CSUIP, & Vet Schools use full CSU insurance.



Pay up front for services, then file a claim for reimbursement. File a claim while still in country!



Print and save copies of your insurance card!





# GENERAL SAFETY TIPS

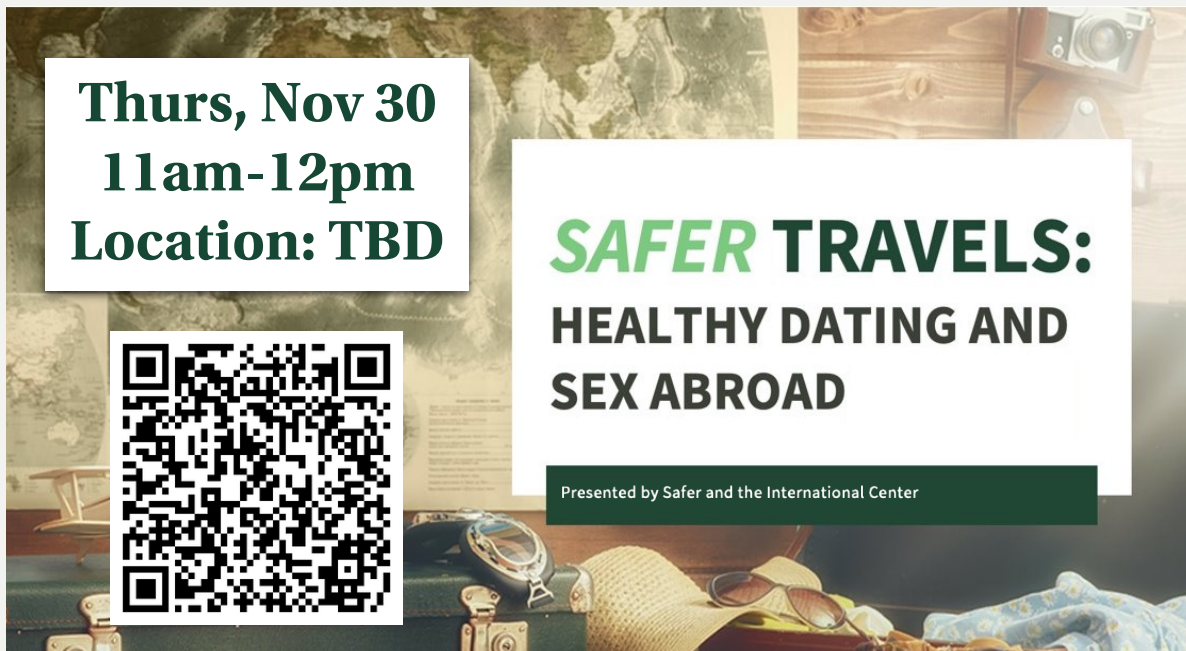
- Enroll in Smart Traveller Enrollment Program (STEP).
- Travel in groups, especially at night. Use the buddy system!
- Notify your roommate, friends, or host family of your evening plans.
- Alcohol consumption puts you at risk.
  - Don't leave your drink unattended!
  - Don't accept free drinks!
- Be aware of your belongings in public/crowded places.
- Don't bring expensive items you are not willing to lose out in public.

# SAFER TRAVELS

## WORKSHOP:

### *Dating, Sex & Relationships Abroad*


Come hear from a panel of students who have traveled abroad for a discussion on relationships abroad. The panel will offer guidance and insights, focusing on navigating relationships (romantic, sexual, friendship, etc.).



**Thurs, Nov 30**  
**11am-12pm**  
**Location: TBD**

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

Presented by Safer and the International Center



# INDEPENDENT INTERNATIONAL TRAVEL



Overview

## STUDY ABROAD SIDE TRIP REGISTRATION

[Register Your Side Trip](#)

Click the Register Your side Trip button and enter the itinerary for your side travel. Select a location from the drop-down menu and enter your travel dates. You will then be asked to complete an Emergency Contact form.

# STUDENT CONDUCT

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You are responsible for  
your actions while  
abroad/away.

1

You are an 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/away participants are expected to uphold Cal Poly's Student Conduct Policies while abroad/away.

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**

**1-805-756-1477  
8am – 5pm  
Monday - Friday**

## **Cal Poly Police Department**

**1-805-756-2281  
24/7**

## **The local 911 Emergency Number**

## **Your program's Emergency Contact**

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# ACADEMIC & FINANCIAL PLANNING

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# ACADEMIC & FINANCIAL PLANNING



## Academics

- Submit GE/Major/Minor Course Substitution Forms – the review process can take up to 8 weeks!
- Cal Poly Global Program participants: You will be enrolled in courses or provided with permission numbers to enroll in courses
- Non-Cal Poly Global Program participants: You will be enrolled in a placeholder course for the term(s) you are abroad/away - **do not withdraw from this placeholder course!**



## Finances

- Financial aid recipients: Contact a Financial Aid Advisor to discuss your financial aid package for the term(s) you'll be abroad/away
- Inform your bank and credit card companies about your upcoming travels
- Create a budget – monitor your spending habits at home and adjust for your potential expenses while away
- Continue to save money for out-of-pocket personal expenses, including leisure travel



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# CULTURAL ADJUSTMENT

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# IDENTITIES ABROAD/AWAY

HOME

Study Abroad

Faculty/Staff Opportunities

International Travel

Register International Visitor

High Hazard Countries

International Students

**Announcements**

HEALTH AND SAFETY UPDATES

Last Updated 3/17/2023 – All students, staff and faculty should review the information below before traveling abroad.

View All

## INCLUSIVITY & DIVERSITY

### DIVERSITY & DIVERSITY RESOURCES FOR STUDY ABROAD

**International Center Diversity Statement**

Health & Safety

**Inclusivity & Diversity**

Visit FAQs

support the creation of programs, experiences, and trainings that foster intercultural competency.

Inclusive Global Education Panel Presentation from International Education Month 2020

**QUICK LINKS**

- BIPOC (Black, Indigenous, People of Color)
- Students with Disabilities
- LGBTQIA+ Students
- Student Athletes
- Deferred Action for Childhood Arrivals (DACA)
- First Generation College Students



Explore how different aspects of your identity might be perceived in another cultural context



Learn about social norms, cultural mores, and local practices of your host community



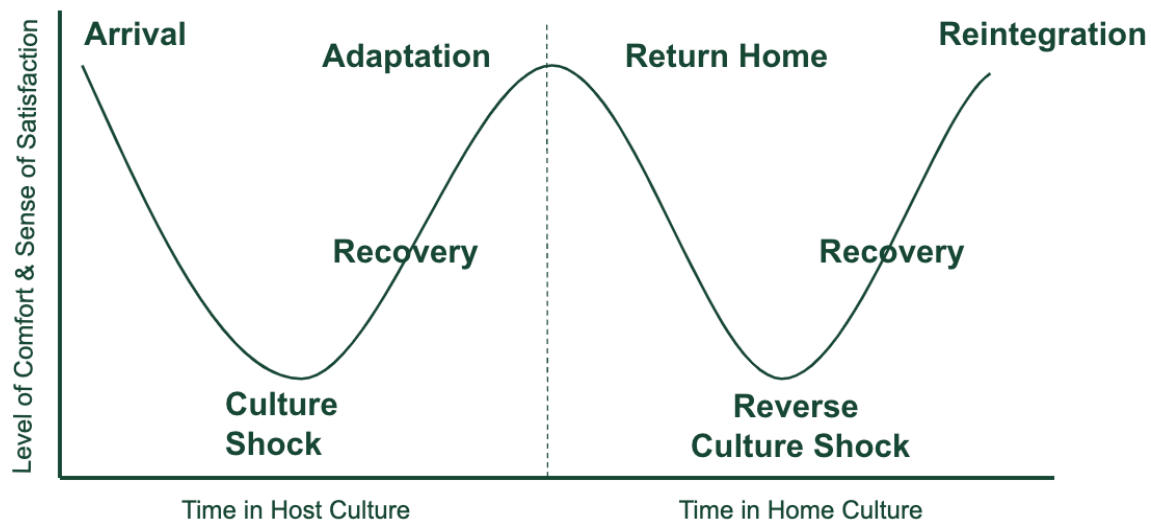
Consider and anticipate possible challenges and opportunities



Review resources

# CULTURAL ADJUSTMENT

Culture shock and reverse culture shock are normal!



## HONEYMOON/ARRIVAL:

Everything is new & exciting



## CULTURE SHOCK:

Feelings of annoyance, frustration, homesickness



## RECOVERY/ADJUSTMENT:

Things begin to become more familiar and comfortable



## ADAPTATION/ACCEPTANCE:

Become accustomed to the culture and feel at ease

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# RETURNEE PANEL

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- **Erin** (Cal Poly Exchange in Germany - Hochschule München University of Applied Sciences)
- **Lauren** (CEA CAPA Prague, Czech Republic - Full Curriculum)
- **Mari** (CSUIP Japan: Waseda University)
- **Shelby** (USAC Italy: Verona - International Business, Tourism, and Italian Studies)

# TOPICS

- Academics
- Money & Banking
- Communication
- Housing
- Packing Tips
- ...and more!



# NEXT STEPS

Check your [abroad.calpoly.edu](https://abroad.calpoly.edu) account!

## Pre-Departure Orientation Requirement

All study abroad participants are required to complete a pre-departure orientation hosted by the Cal Poly International Center prior to the start of their study abroad/study away program.

The pre-departure orientation consists of a **self-paced Canvas course**, to which you will be enrolled after the Cal Poly application deadline, and a live **orientation meeting** (by Zoom), about which you will receive an email later in the quarter. The information covered in the two parts of the pre-departure orientation is critical to your success abroad/away.

Completion of the Canvas course is required or approval to study abroad/study away may be revoked. You are expected to make a reasonable effort to attend the live orientation event, but we do understand there may be schedule conflicts. In the event you are unable to attend the live orientation meeting, we will record the orientation and publish it on our "**Pre-Departure Resources**" webpage within a few business days after the meeting.

By signing this document, you are acknowledging your responsibility to complete the pre-departure orientation.

I understand that I am signing a legal document. By clicking "Sign", I am performing the same task as though I were signing on paper and hold legal responsibility for signing this document.

 Sign



Complete Post-Decision Requirements



Complete Pre-Departure Orientation Canvas Course



Partner Program/Exchange Institution Acceptance



Verification of PDO Attendance

# MEET & GREET

- Wednesday, November 15  
12:00-1:00pm  
ATL Keck Lab (Building 7)
- It's not too late to join!  
Register now:





# INTERNATIONAL EDUCATION WEEK

NOVEMBER 13-17, 2023



Scan the QR code to  
view all event details.

MONDAY,  
**11/13**

## Financial Aid & Scholarships Workshop

11:10 a.m. - 12 p.m. | Virtual | [Register For Financial Aid & Scholarships Workshop](#)

## Study in Africa Info Session

1:10 - 2 p.m. | In-Person | Bldg. 52, Rm. E-46

## Study Abroad in Latin America

3:10 - 4 p.m. | In-Person | Bldg. 52, Room E-46

TUESDAY,  
**11/14**

## Thankful Event with Campus Dining

11 a.m. - 1 p.m. | In-Person | Via Carta at Campus Market

## Fulbright U.S. Student Program Info Session

11:10 a.m. - 12 p.m. | Virtual | Meeting ID: 840 7899 1985

## CIEE info session

1:10 - 2 p.m. | Virtual | Meeting ID: 894 6370 2760

## Transfer Talks: Debunking Transfers Studying Abroad

4 - 5 p.m. | In-Person | Bldg. 52 Rm. E-46

WEDNESDAY,  
**11/15**

## International Student Inclusivity Workshop for Faculty and Staff

2:10 - 3:30 p.m. | Virtual | Meeting ID: 830 2223 2277 | [Register for the Inclusivity Workshop](#)

THURSDAY,  
**11/16**

## Study Abroad Tabling

11 a.m. - 1 p.m. | In-Person | University Union

## Sipping Coffee and Spilling Tea

11:10 a.m. - 12 p.m. | In-Person | Building 52, Room 03

FRIDAY,  
**11/17**

## International Opportunities for Faculty & Staff Virtual Open House

9:30 - 11 a.m. | Virtual | Meeting ID: 828 9339 1541

## National Student Exchange Info Session

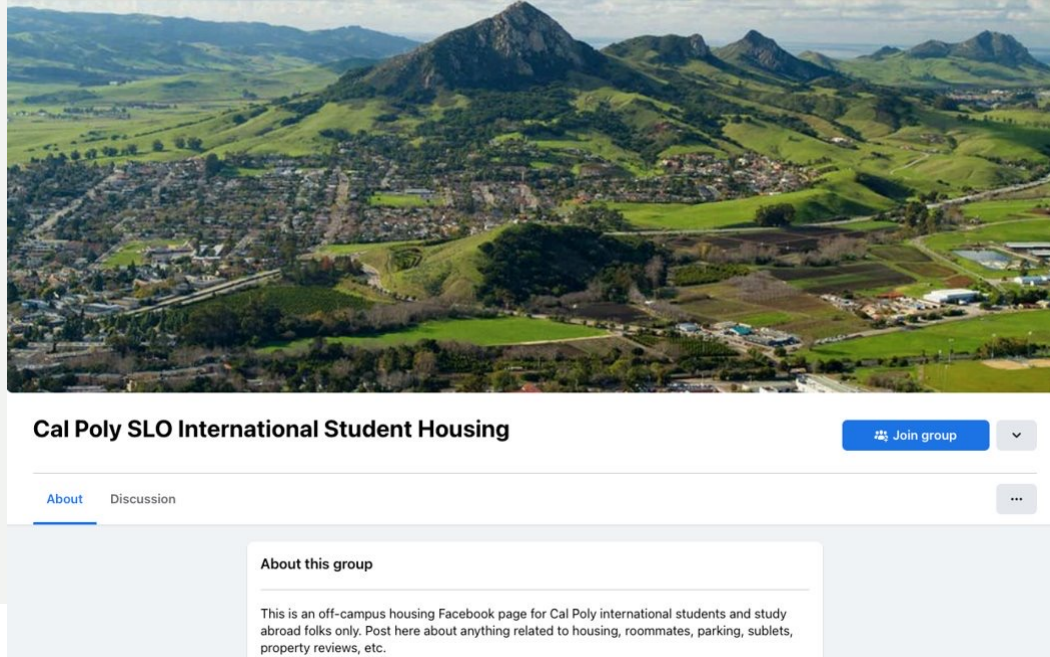
10:10 - 11 a.m. | Virtual | Meeting ID: 87317664260

ALL  
WEEK

## Raffle for Participating in Events

International Themed Meals Across Campus (follow @cpcampusdining)

# INTERNATIONAL STUDENT HOUSING FACEBOOK GROUP



[www.facebook.com/groups/624176545050368/](https://www.facebook.com/groups/624176545050368/)



Please fill  
out this  
survey

## Pre-Departure Orientation Feedback



# QUESTIONS?

- Cal Poly International Center  
Building 52, Room E-32  
[studyabroad@calpoly.edu](mailto:studyabroad@calpoly.edu)
- **Peer Advisor Drop-in Hours**  
Monday – Thursday  
10am – 12pm & 2 – 3pm
- **Peer Advisor Virtual Appointments**  
Monday & Tuesday: 9 – 11am  
Wednesday: 2 – 4pm  
Thursday: 3 – 4pm

