Cal Poly Study Abroad

Pre-Departure Orientation
AGENDA

- Welcome Remarks
- Preparing for Departure
- Study Abroad Approval Required Paperwork
- Health & Safety Overview
- Cultural Adjustment
- Returnee Resources
Welcome & Introductions
Congrats!

• You’ve made the important decision to study abroad and your ongoing curiosity to learn more about the world will greatly assist you in gaining the most from your study abroad experience.

• Challenge yourself to reflect throughout your time abroad, to learn about the countries and cultures you visit, and to be a humble and respectful guest.

• You are joining great company! Prior to the pandemic, about 1 in 4 Cal Poly students studied abroad before graduating. This compares to 1 in 10 nationwide.
Preparing for Departure
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 (and other important documents)

Go to ATM in airport upon arrival (have 4 digit PIN number)
Electronics and Communication

Tips for packing electronics
- May need plug adaptors

Communication Abroad
- International Calling Plans
- Zoom
- Instagram/Facebook
- What’s App
- WeChat
Approval Requirements
New Requirements in abroad.calpoly.edu

New Documents to Complete

COVID 19 Addendum to Cal Poly Agreement Approved 10-5-2021
(Version #3)

COVID 19 Assumption of Risk and Release of Claims (AY 21-22)
(Version #4)

Re-Submit your Application

You have completed all the current requirements for this application. It is ready to be submitted to the office.

Submit your application
Health and Safety
Resources

Review resources for your destination countries and understand travel advisories.

- U.S. Department of State: travel.state.gov
- Local embassy or consulate: usembassy.gov
- Smart Traveler Enrollment Program: https://step.state.gov/
- Centers for Disease Control & Prevention
- World Health Organization
COVID-19

Country Specific Information

Make sure to review the U.S. Department of State's travel advisory page for current guidance regarding COVID-19 in your host country.

Many countries' advisory pages have links to the U.S. embassy's COVID-19 page that provides country-specific guidance.

Check for country-specific entry and exit requirements.
COVID-19: CDC Recommendations

What You Need to Know...

- Do not travel internationally until you are fully vaccinated.
- Fully vaccinated travelers are less likely to get and spread COVID-19. However, international travel poses additional risks, and even fully vaccinated travelers might be at increased risk for getting and possibly spreading some COVID-19 variants.
- We strongly recommend getting a booster shot before you travel.
COVID-19: CDC Recommendations

Do NOT Travel if...

• You have not been fully vaccinated.

• If you have been exposed to COVID-19 unless you are fully vaccinated or recovered from COVID-19 in the past 90 days.

• You are sick.

• You tested positive for COVID-19 and haven't ended isolation (even if fully vaccinated).

• You are waiting for results of a COVID-19 test.

Learn what to do in each of these situations and when it is safe for you to travel.

—CDC guidance as of 11/21
COVID-19: CDC Recommendations

During Travel

Masks

REQUIRED

- Wearing a mask over your nose and mouth is required in indoor areas of public transportation (including on airplanes) traveling into, within, or out of the United States and indoors in U.S. transportation hubs (including airports).

Protect Yourself and Others

RECOMMENDED

- Follow all recommendations and requirements at your destination, including wearing a mask and staying 6 feet apart from anyone who did not travel with you.
- Wash your hands often with soap and water or use hand sanitizer with at least 60% alcohol.
COVID-19: CDC Recommendations

Before returning to the United States, review CDC guidance

Testing - ALL Travelers

Before boarding a flight to the United States, you are required to show one of the following:

• **If you are fully vaccinated:** Proof of vaccination and a negative COVID-19 test result taken no more than 3 days before travel.

• **If you are NOT fully vaccinated:** A negative COVID-19 test result taken no more than 1 day before travel.
COVID-19: CDC Recommendations

Before traveling to the United States continued

Contact Information

- All air passengers to the United States will also be required to provide contact information to airlines before boarding flights to the United States. Access to travelers' contact information will allow U.S. federal, state, and local health departments and agencies to share appropriate health and public health information necessary to help keep the public safe.
COVID-19: CDC Recommendations

After arrival back in the United States

All Travelers

• Get tested with a COVID-19 viral test 3–5 days after travel.

• Find a U.S. COVID-19 testing location.

• Self-monitor for COVID-19 symptoms; isolate and get tested further if you develop symptoms.

• Follow all state and local recommendations or requirements after travel.

• Follow additional protocols if not fully vaccinated for if you test positive for COVID-19.
COVID-19

Individual Health & Safety Plan

Make sure to complete and review before departure your Individual Health & Safety Plan (document found in your Cal Poly study abroad application).

Keep the plan with you throughout your time abroad and revise as local, regional, or national guidance shifts.

Health

We encourage you to notify the International Center and your Partner Program if you have a particular health, mental, or medical issue so that we can support you appropriately.

- Pre-existing or on-going medical conditions
- Allergies, food sensitivities
- Disability accommodations (DRC)
Mental Health

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

• Seek advice in advance of departure to plan for coping with challenges that could arise while you are 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 include the following:
  • 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 and Other Medications

- Bring prescriptions in original bottles with written prescription letter from your doctor.

- Follow TSA guidelines for carry-ons and research country specific rules for anything you bring into the country.

- Bring enough prescription meds to last for the duration of your travel (including sufficient contacts and/or extra pair of eyeglasses).

- If there is a particular brand of medication you prefer, bring enough with you to last the whole program (keep in original packaging).
International Travel Insurance

• All students are covered by CSU insurance for the duration of their study abroad programs.

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

• Print a copy of your insurance policy and keep in your luggage or wallet.

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

24-Hour Access
1-855-327-1414 Toll-Free
1-430-694-9764 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;
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 and benefits under your policy. You may be required to pay for services not covered.

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. A direct dial at 1-850-694-9764.

California State University RMA
Travel Assistance

For medical referrals, evacuation, repatriation or other services please call:
\[\text{ACE's Travel Assistance Program}\\ \text{1-855-327-1414 (Toll-Free)}\]
\[\text{1-430-694-9764 (Direct Dial)}\]
\text{medassist-usa@axa-assistance.us}

For emergency medical evacuation to an emergency transport plane or chartered aircraft, please call:
\[\text{1-855-327-1414 (Toll-Free)}\]
\[\text{1-430-694-9764 (Direct Dial)}\]
\text{medassist-usa@axa-assistance.us}

For travel assistance and assistance related to pre-trip medical referral, please call:
\[\text{1-855-327-1414 (Toll-Free)}\]
\[\text{1-430-694-9764 (Direct Dial)}\]

Travel Assistance Program
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 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 what you are on a trip: emergency medication, embassy and consulate information, last document assistance, emergency message transmission, emergency cash advance, emergency referral to a lawyer, translator or interpreter access, verifies medical benefits.
• Security Assistance including emergency travel arrangements, arrangements for the return of your travel companion or dependents and vehicle return.
• Travel Services including a travel hotline and on the ground security assistance to help address safety concerns or to assure immediate assistance while traveling as well as to secure 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, 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 independent providers. You are responsible for the quality or results of service provided by independent providers.

Services available to you:
ACE TRAVEL ASSISTANCE PROGRAM

- 24-Hour Access
- Medical Assistance
- Personal Assistance
- Security Assistance
- Travel Services

Services around the world. These services include:
- Medical Assistance
- Personal Assistance
- Security Assistance
- Travel Services

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. A direct dial at 1-850-694-9764.
Personal Travel & Free Time

- Always communicate to the program contacts if you plan to travel
- Communicate with your roommate and other peers if you go out at night and when you plan to return
Student Conduct

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

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

• Alcohol and drug use
  • Excessive alcohol use will not be tolerated.
  • Illegal drug use puts you at great risk.
  • know the laws!

• Conduct that endangers the health or safety of the program will not be tolerated.
Safe Drinking 101

- Be respectful!
  - Be sure to know local laws and customs when it comes to drinking, as well as program policies
  - Ignorance of the law is not an excuse – know the risks
  - Be mindful that you are a guest of your host country/family, please act appropriately

- Use the buddy system and look out for one another
  - Have a designated sober monitor or let someone know where you’re going
  - Know your route home and check the hours of public transportation, taxis, etc.
  - Never leave a drink unattended – when in doubt pour it out

- Learn when to say no and know that not every student chooses to drink while abroad

- Your safety is the most important – be smart about your choices
Emergency Contact Information

- Cal Poly International Center: (805) 756-1477
- Cal Poly Police Department: (805) 756-2281
- Know your local emergency (911 equivalent) number
- Know your program's emergency contact information
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
Cal Poly Safer

- Safer website: safer.calpoly.edu
- Inform yourself about prevention and response to sexual and interpersonal violence, learn more about your resources, and get involved!

Safer is Cal Poly's confidential advocacy, education and support resource for addressing sexual assault, sexual misconduct, dating violence, domestic violence, and stalking. Safer does not discriminate on the basis of race, color, religious or spiritual beliefs, gender, gender expression, age, national origin, disability, marital status, sexual orientation, military status, or documentation status in any of its activities or operations. We are committed to providing an inclusive and welcoming environment for all members of our community.

Contact Info: safer@calpoly.edu, 805-756-2282
Crisis Services Location: Health Center, Building 27
Program Office Location: University Union, Building 65, Room 217
Academic Year Office Hours: Monday - Friday 9am-5pm
Gender-based Violence Abroad

• Sexual assault is a global phenomenon:
  • Cultural norms
  • Interpersonal communication
  • Resources in host country and on campus
  • Know your surroundings, where to avoid, landscape identifies
Understanding and Navigating Identities

• How do the identities you hold interact in your daily life and how might they be interpreted or reacted upon in a different culture?

• Consider the implications of:
  • Cultural contexts
  • Norms around sexuality
  • Gender norms and expressions
  • Treatment and approach towards mental health
  • Racial and ethnic diversity
  • Laws
If you are sexually assaulted:

- Ensure your physical safety. Call the emergency contact number if necessary
- Get to a safe place as soon as you can and ask someone you trust to stay with you
- Contact help: a friend, the police, in-country services, Cal Poly faculty (mandated reporters), Safer (confidential), Lumina Alliance (24-hour hotline)
- Remember that it is never your fault and there are resources to help you
Gender-based Violence Abroad

• How to help someone who’s been assaulted:
  • Physical safety comes first: Do they need immediate care?
  • Let them know they are not alone
  • Connect to a resource
  • Believe them and validate their feelings
  • Listen without judgement
  • Protect their privacy

• Remember all resources are available to you as a supporter as well as for survivors
Bystander Intervention

- Direct, Distract, Delegate, Delay
- Personal safety and cultural boundaries
- Power and privilege
Community Resources for Survivors and Supporters

**Safer**
- Phone: (805) 756-5883
- Email: safer@calpoly.edu

**Lumina Alliance**
- Crisis Line: (805)-545-8888
- Business Line: (805) 226-5400
- Email: contact@RISEslo.org

**International Center**
- Phone: (805) 756-1477
- Email: international@calpoly.edu

- More information in your required online orientation
- studyabroad.calpoly.edu
Cultural Adjustment
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

- **Arrival**
- **Culture Shock**
- **Recovery**
- **Adaptation**
- **Return Home**
- **Reverse Culture Shock**
- **Recovery**
- **Reintegration**

**Sense of Satisfaction**

- **Time in Country**
- **Time at Home**
Study Abroad Returnee Resources
Career Development & Resources

Cal Poly Career Services
- Workshops (Resume, Cover Letter, Interviewing)
- Careers Abroad
- GoingGlobal

International Center
- Returnee Conference
- Peer Advisors
- Website – ‘Student Resources’ Tab
- International Welcome Ambassadors

Program Resources (CEA, USAC, etc.)
- Ex: Internships, Ambassadors
Questions?

- **Cal Poly International Center**
  Building 52-E32 (Or request a virtual appointment)

- **Peer Advising Drop-In Hours**
  Email studyabroad@calpoly.edu for an appointment

- **Resources**
  studyabroad@calpoly.edu