



Cal Poly

Pre-Departure Study Abroad Orientation

Agenda

- General orientation topics
 - Tips
 - Health and Safety
 - Cultural Adjustment
- Presentation from Cal Poly Safer
- Tips from Alumni



Congrats! You're Going Abroad!

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®

- Students with international experience gain all the personal and professional benefits of study abroad! Your unique set of skills and experiences will set you apart from the average American student.
- Be assured, you will benefit from studying abroad both professionally and personally.

Tips for Making the Most of Study Abroad 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 & open-minded
- ☐ Be a Good Ambassador
- ☐ Discuss Budget Issues
- ☐ Communication Plan



Banking Information

- Inform your bank & 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 (have 4 digit PIN number)



Electronics & Communication

➤ Tips for packing electronics

- May need plug adaptors

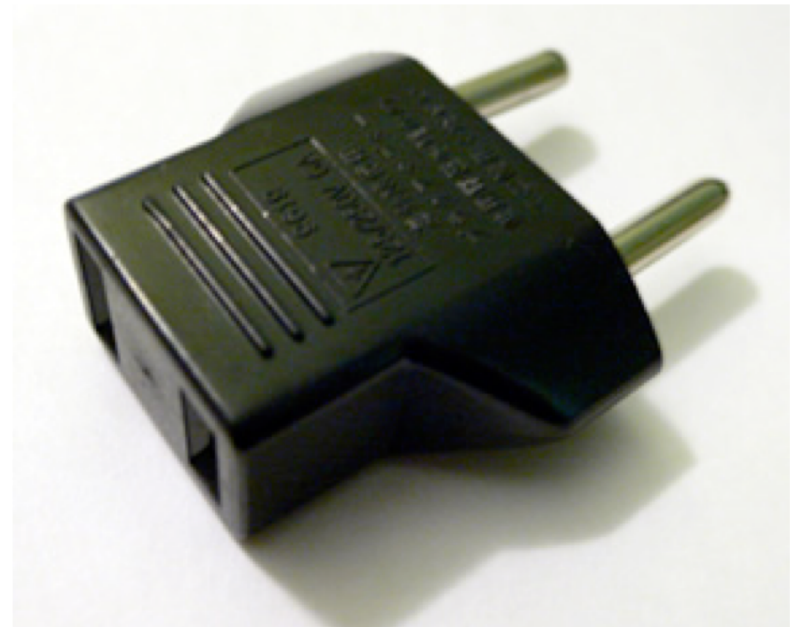
➤ Communication abroad

- International Calling Plans

- Skype

- Viber

- What's App



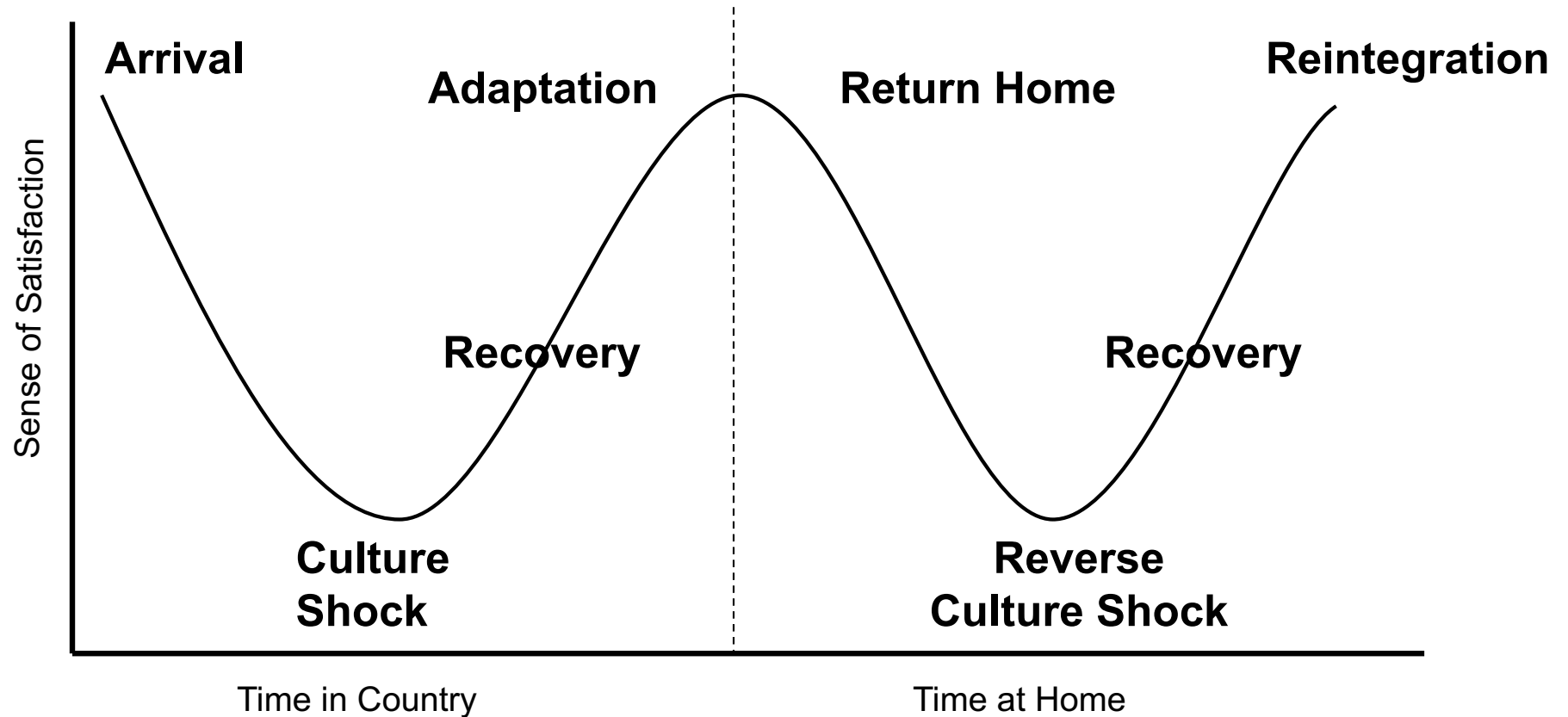
CULTURAL ADJUSTMENT

Universal experience - four stages of culture shock:

- Honeymoon: You arrive and you're in love!
- Frustration & 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.



W-Shaped Adjustment Curve





Health & Safety

Resources

- Review government resources for countries you may be traveling to
 - U.S. Department of State: travel.state.gov
 - Local embassy or consulate: usembassy.gov



International Travel Insurance

- All students covered by CSU insurance for duration of program for routine and emergency medical care
- Pay up front for services, then file claim for reimbursement. File claim while still in Spain!
- Print a copy to keep in your luggage and use wallet card

ACE American Insurance Company (A Stock Company) Philadelphia, PA (When called We, Us, Our)		Travel Assistance Program
ATTENTION In the event of a medical emergency call ACE's Travel Assistance Services Immediately		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:
24-Hour Access 1-855-327-1414 Toll-Free 1-630-694-9764 Direct Dial		<ul style="list-style-type: none">• 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.
Call when: <ul style="list-style-type: none">• 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 <p>When you call ACE's Travel Assistance Services, please be prepared with the following information:</p> <ol style="list-style-type: none">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. <p>"Covered Person" means the person insured under the applicable ACE policy.</p> <p>By requesting assistance you agree to assign to us your rights to recover from any of your responsible insurers any expenses we incur.</p>		<p>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.</p> <p>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.</p>
ATTENTION Medical Personnel or Police		ACE TRAVEL ASSISTANCE PROGRAM
<p>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.</p>		<p>Organization: California State University RMA Policy Number: A00 N0480872R Assistance Provider: AXA Assistance USA, Inc.</p>
<p>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</p> <p>Visit www.axa-usaassistance.net for access to global threat assessments and location based intelligence.</p> <p>Username: medassist-usa@axa-assistance.us Password: axaash</p>		<p>AXA provides emergency medical and travel services and pre-trip information services. Please call when:</p> <ul style="list-style-type: none">• 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

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 or trusted family member or 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 rules 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 or friends of your evening plans
- Familiarize yourself with your neighborhood and general surroundings early during the program
- Alcohol consumption puts you at risk
 - No free drinks/ no bars with free drinks for women
 - No unattended drinks
- 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

- 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 & 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

Emergency Contact Information

- Cal Poly International Center: **(805) 756- 1477**
- Cal Poly University Police Department: **(805) 756- 2281**
- Know your Local emergency (911) number
- Know your programs emergency contact information

Personal Travel and 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





Cal Poly Safer Orientation

Cal Poly Safer

- Inform yourself about prevention and response to sexual and interpersonal violence on the Safer website: safer.calpoly.edu
- Email: safer@calpoly.edu

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

Physical Location: University Union, Building 65, Room 217

Office Hours: Monday – Friday 9pm - 5pm



Safety Abroad

- Whenever a serious incident occurs abroad, nine times out of ten, one of these factors is present:
 - Alcohol
 - Late at night
 - Student is separated from their group of friends
- How could these
 - 1) contribute to creating a harmful environment
 - 2) help inform your decisions?

Gender-Based Violence Abroad

- What is Sexual Assault?
- Sexual assault is prevalent globally and no one is immune.
Be informed on the following:
 - Cultural norms, including gender issues
 - Appropriate dress
 - Interpersonal communication
 - Host country and campus resources
 - Know the neighborhoods or areas to avoid

Gender-Based Violence Abroad

- If you are sexually assaulted:
 - Get to a safe place as soon as you can, and ask someone you trust to stay with you.
 - Contact someone who can help you: a friend, the police, your in-country service provider, or Cal Poly faculty.
 - Remember that it is not your fault, and that there are resources available to help you.

Gender-Based Violence Abroad

- Helping someone who's been assaulted:
 - Let them know they are not alone and thank them for sharing with you.
 - State that you believe them and validate their feelings.
 - Encourage them to talk to people who can provide help and guidance.
 - Listen without judgment. Try not to ask too many questions about the incident and leave the investigating to the professionals.
 - Protect your friend's privacy, do not share their experience with family or friends without their expressed permission.

Gender-Based Violence Scenario

- Bystander Intervention
- Scenario: It's Week 2 of your study abroad program and you're invited to a party by a couple people you met at a bar the night before. You and a few friends decide to go. One of your friends becomes visibly drunk during the party and wanders away. You see them later and they are being led away from the party by someone you don't know. You get a bad feeling and so does your other friend.
- What do you want to do?

Cal Poly/Community Resources for Survivors & Supporters

Resources available under “Study Abroad: Health and Safety” at: **abroad.calpoly.edu**

Visit Cal Poly Safer’s website at **safer.calpoly.edu** for information regarding resources, support, reporting, & confidential counseling.

➤ Resources to support survivors of gender-based violence abroad.

➤ “Study Abroad Safety Plan”

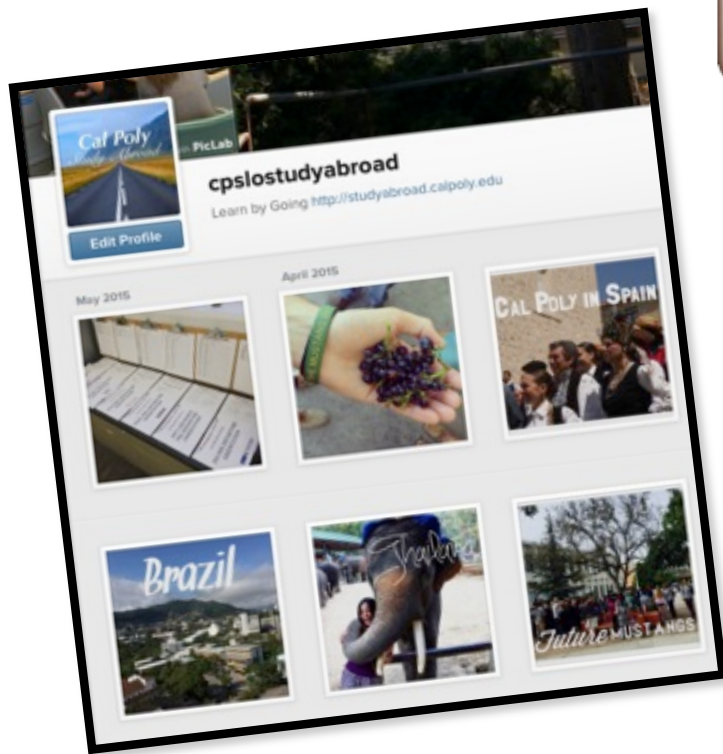
More information in your required online orientation

Career Development



- Cal Poly Career Services
 - Workshops (Resume, Cover Letter, Interviewing)
 - Careers Abroad
- Study Abroad Office
 - Returnee Conference
 - Advisors
 - Website – ‘Student Resources’ Tab
 - Cal Poly Study Abroad Ambassadors
- Program Resources (CEA, USAC, etc.)
 - Ex: Internships, Ambassadors

Follow us! Like us! Promote us!



@Cal Poly Abroad



#LearnByGoing



#calpolyglobalprograms



#calpolyinspain



Cal Poly SLO Study Abroad



PRE-DEPARTURE WORKSHOP SERIES



CAL POLY
Study Abroad

Come hear tips and advice from Study Abroad alumni and current Peer Advisors on:

- » **WHAT TO PACK**
- » **HOW TO BUDGET**
- » **WHERE TO TRAVEL**
- » **and more (see below for details)!**

**FACILITATED BY THE CAL POLY
STUDY ABROAD PEER ADVISORS**

Tips on Living in Italy	Bldg. 53, 213	Wednesday, May 2 11:00 a.m. – 12:00 p.m.
Budgeting	Bldg. 52, E46	Wednesday, May 2 11:00 a.m. – 12:00 p.m.
Tips on Living in Spain	Bldg. 52, E46	Tuesday, May 8 1:00 p.m. – 2:00 p.m.
Tips on Living in Australia	Bldg. 53, 213	Wednesday, May 9 11:00 a.m. – 12:00 p.m.
Technology Abroad	Bldg. 52, E46	Monday, May 14 1:00 p.m. – 2:00 p.m.
Tips on Living in the UK	Bldg. 52, E28	Tuesday, May 15 1:00 p.m. – 2:00 p.m.
Technology Abroad	Bldg. 52, E46	Tuesday, May 15 4:00 p.m. – 5:00 p.m.
Tips on Living in Ireland	Bldg. 53, 213	Wednesday, May 16 11:00 a.m. – 12:00 p.m.
Travel Planning, Packing, Dressing, Clothing	Bldg. 52, E46	Wednesday, May 16 11:00 a.m. – 12:00 p.m.
Technology Abroad	Bldg. 52, E46	Monday, May 21 1:00 p.m. – 2:00 p.m.
Budgeting	Bldg. 52, E46	Tuesday, May 22 11:00 a.m. – 12:00 p.m.
Tips on Living in the Czech Republic	Bldg. 52, E46	Tuesday, May 22 1:00 p.m. – 2:00 p.m.
Travel Planning, Packing, Dressing, Clothing	Bldg. 52, E46	Wednesday, May 23 11:00 a.m. – 12:00 p.m.
Culture Shock, Communication, & Relationships Abroad	Bldg. 52, E46	Tuesday, May 29 4:00 p.m. – 5:00 p.m.

*Please note these workshops are supplemental to the Study Abroad Pre-Departure Orientations and are not mandatory

Questions?

**Cal Poly International Center
Building 52-E32**

**Peer Advising Hours M-Th
10 a.m. - 11 a.m.
2:00 p.m. – 4:00 p.m.**

**studyabroad@calpoly.edu
abroad.calpoly.edu**

