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
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
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 a 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
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

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

Time in Country

Time at Home

Sense of Satisfaction
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
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)
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)
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
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.
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
Inform yourself about prevention and response to sexual and interpersonal violence on the Safer website: safer.calpoly.edu

Email: safer@calpoly.edu
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
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?
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
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