

Cal Poly Global Programs

Pre-Departure Orientation



CAL POLY

“Learn by GOING!”

Cal Poly International Center

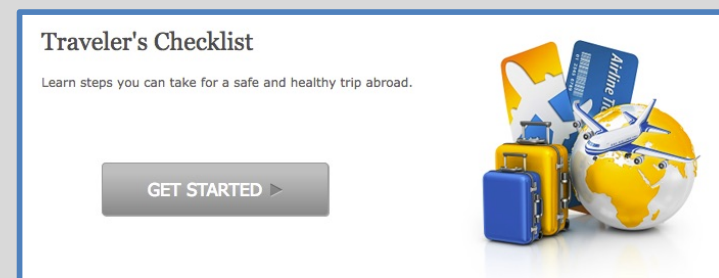
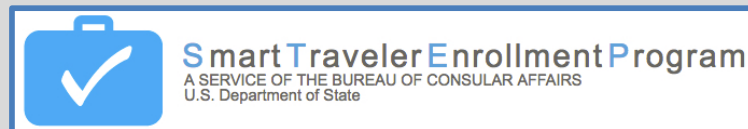
Congratulations – You are going abroad!

- You will benefit from studying abroad personally, academically, and professionally
Potential benefits include:
 - Cross-cultural communication skills
 - Adaptability
 - Problem solving experience
 - Language skills
 - Maturity
 - New perspectives
 - Personal growth
 - New friendships and contacts
- Students with international experience set themselves apart from the crowd



Online Tasks - Log into your program application at abroad.calpoly.edu

- Upload your passport copy (if still pending)
- Enter your flight information (including connecting flights)
- Enter your emergency contact information
- Read the Learning Content and complete the quizzes:
 - PolyPlanner Instructions
 - Academic and Career Planning
 - Alcohol & Illegal Drug Use
 - Cultural Adjustment
 - Gender Identity, Gender Roles & Sexuality Abroad
 - Health Abroad
 - Safety Abroad
 - Travel Basics
- Review the U.S. State Department information for your destination (travel.state.gov)
- If applicable, read and sign a Behavioral Contract



Travel Logistics – Getting There

- Passports & Visas
 - Remember to bring your passport with you
 - Make sure that your passport is valid for at least 6 months after the end of the program
 - Tip: Email a copy of your passport to yourself
 - Do you have a visa (if needed)?
- Know your Flight information
- Know what to expect upon arrival (airport, baggage claim, customs, meeting spot, ATMs/currency exchange, transportation to the program site)
- Prepare for arrival (housing check-in, orientation, welcome activities, starting classes)



Know Your Program – Discuss with Faculty Leader and Returnees

- Itinerary
 - Class Schedule
 - Weekends & holidays
 - Day trips & Excursions
- Housing
- Meals
- Local Transportation
- Program Fee: What is included?
- Weather
- Electronics, handling money, other logistics
- Packing



Communication – Keeping in touch

- Call home to let parents & friends know you have arrived safely
- Keep the Contact Info Card in your wallet
- Put each others' numbers in your cellphone
- WeChat, What's App, Skype, Viber
- Options for using your cell phone abroad (international data plans, getting a local cell phone)
- Bringing your laptop or tablet abroad
- **Required**: Let the Faculty Leader know when you are leaving the program site (day trips and overnights, including weekends and free days)

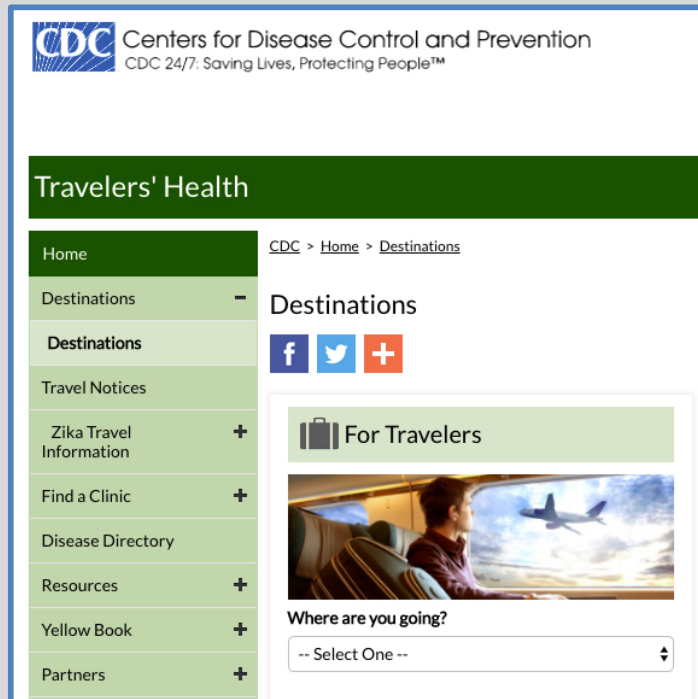
Contact Info Card

- Faculty Leader phone/email
- Local staff phone/email
- Emergency numbers

Health & Safety – Inform yourself and take precautions


- Research health precautions recommended for your destination country:

- [CDC.gov](https://www.cdc.gov)



The screenshot shows the CDC Travelers' Health website. At the top, the CDC logo is followed by the text "Centers for Disease Control and Prevention" and "CDC 24/7: Saving Lives, Protecting People™". Below this is a green header with the text "Travelers' Health". A left sidebar contains a menu with items: Home, Destinations (with a minus sign), Destinations, Travel Notices, Zika Travel Information (+), Find a Clinic (+), Disease Directory, Resources (+), Yellow Book (+), and Partners (+). The main content area shows the breadcrumb "CDC > Home > Destinations" and the heading "Destinations" with social media icons for Facebook, Twitter, and a plus sign. Below this is a section titled "For Travelers" with an image of a person looking out an airplane window. At the bottom, there is a dropdown menu labeled "Where are you going?" with the text "-- Select One --".

- [Travel.state.gov](https://travel.state.gov)



The screenshot shows the U.S. Passports & International Travel website for Canada. At the top, the U.S. Department of State seal is followed by the text "U.S. PASSPORTS & INTERNATIONAL TRAVEL" and "U.S. DEPARTMENT OF STATE · BUREAU OF CONSULAR AFFAIRS". Below this is a navigation bar with tabs: "Your U.S. Passport", "Before You Go", and "Country Information". The main content area shows the breadcrumb "travel.state.gov > Passports & International Travel > Country Information > Canada" and links for "Print" and "Email". The Canadian flag is displayed next to the word "Canada" and "Official Name: Canada". Below this is the text "LAST UPDATED: JULY 7, 2016". The section "Embassy Messages" has a "More" link. The "Quick Facts" section contains a table with the following information:

PASSPORT VALIDITY: Valid at time of entry	VACCINATIONS: None
BLANK PASSPORT PAGES: One page required	CURRENCY RESTRICTIONS FOR ENTRY: None
TOURIST VISA REQUIRED: Not required for stays under 180 days	CURRENCY RESTRICTIONS: None

Health & Safety – Let us support you

- Let your Faculty Leader know if you have any particular health or medical issues, so that s/he can support you appropriately
 - Pre-existing or on-going medical condition (e.g., diabetes, heart condition, auto-immune, etc.)
 - Allergies, sensitivities
 - Other special needs or concerns
- If you typically receive accommodations for a disability here at Cal Poly, you may be able to receive similar accommodations while abroad. Talk to your Faculty Leader and the Disabilities Resource Center (DRC) prior to departure.



Health & Safety – Health Insurance

- Keep the insurance card in your wallet
- Ask your faculty leader or on-site staff where to visit a clinic, hospital, or pharmacy
- Pay upfront for services, then file a claim for reimbursement (important to file the claim before you return to the U.S.)
- Insurance coverage starts on the first day of the program and ends on the last day of the program. If you plan to travel before/after your program, we recommend that you obtain supplemental coverage.
- Some “high risk” activities are not covered by the policy (e.g., bungee jumping, ziplining, scuba diving, etc.). We strongly recommend that you obtain supplemental coverage for any activities you engage in during your free time.



Health & Safety – Prescription medications

- Bring enough prescription meds to last for the duration of the program
- Bring a letter from your physician authorizing you to have your prescription (may need to show this in order to pass through customs)
- Research if you can obtain your prescription medications in your destination country (check with the embassy or consulate)
- Some countries may consider your prescription medication, particularly narcotics, to be illegal.
- Keep prescription and over-the-counter medications in their original packaging.
- If you have allergies, reactions to certain medications, foods, insect bites, or other unique medical problems, consider wearing a 'medical alert' bracelet. You may also wish to carry a letter from your physician explaining required treatment should you become ill.
- Bring your eyeglass/contact lens prescription. Bring sufficient contacts and an extra pair of eyeglasses.



Health & Safety – Watch out for yourself and others

- Whenever a serious incident occurs abroad, usually one or more of these factors is present:
 - Alcohol
 - Late at night
 - Student is alone / separated from group of friends
- **The Buddy System**
- Gender-based violence abroad
 - Sexual assault is prevalent globally and no one is immune.
Be informed about:
 - Cultural norms, including gender issues
 - Appropriate dress
 - Cultural norms about dating
 - GLBTI climate
 - "No means no" and "Yes means yes" may be lost in translation
 - Bystander intervention – watch out for each other
 - Different cultural expectations: dating app (Tinder, Grinder, etc.)
- If something happens, be prepared to help each other. Know your resources!



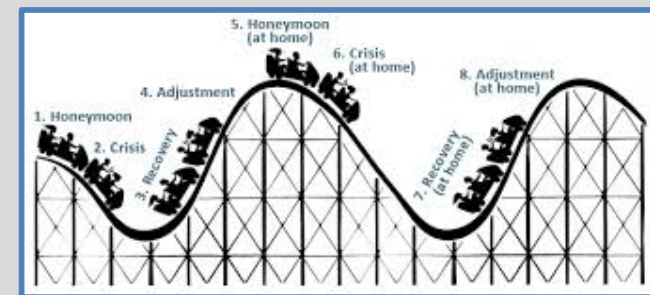
Health & Safety – Cal Poly SAFER

- Safer.calpoly.edu
- <https://vimeo.com/213574473/b81e41e6b8>
- Scenario: It's week 2 of your study abroad program and you are invited to a party by a couple of 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. Later, you see this friend being led away by someone you don't know. You get a bad feeling about this, and so does your other friend.
- What are some things you could do in this situation?



Culture Shock – Make wellness a priority

- The cultural adjustment process may involve some ups and downs.
- **Culture Shock is different for everyone.**
- Common symptoms include: homesickness, irritability, frustration, depression, withdraw/retreat from activities
- **Be Proactive: you will get through it**
 - Go outside, take a walk, connect with nature
 - Focus on quality sleep and nutrition
 - Develop a routine and health habits
 - Connect with friends (old and new)



Mental Health – Plan ahead for challenges

- Let your faculty leader know if you are challenged by depression, anxiety, an eating disorder, substance abuse issue, or other mental health issue.
- Talk with your counselor about going abroad. Get help to plan ahead to cope with challenges that may arise.
- Would you like to arrange for a local (English-speaking) counselor whom you can see during the program?
- Identify your support system, and how to communicate with them while you are abroad.



Student Conduct – Your actions and behaviors matter

- You are expected to uphold Cal Poly's Student Conduct Policies while abroad
- Behavior and conduct issues can result in your dismissal from the program without a refund or class credit
- Alcohol & drugs
 - Excessive alcohol use will not be tolerated
 - Illegal drug use puts you at great risk – know the laws in your country
- Academic dishonesty (cheating, plagiarism) will not be tolerated
- Conduct that endangers the health or safety of the university community (abuse, threats, intimidation, harassment, sexual misconduct, etc.) will not be tolerated
- Disorderly, lewd, indecent, or obscene behavior will not be tolerated
- Stealing or damaging property will not be tolerated



Setting Expectations – What will your story be?

- Have a safe and fun learning experience!
- Research the host culture (don't be the ignorant American).
- Consider the challenges you may face, and how you would like to approach those challenges.
- Set clear goals for your study abroad experience. Have a purpose.
- Be flexible and open-minded.
- Be a good ambassador!



Setting Expectations – What do you want to be part of this experience?

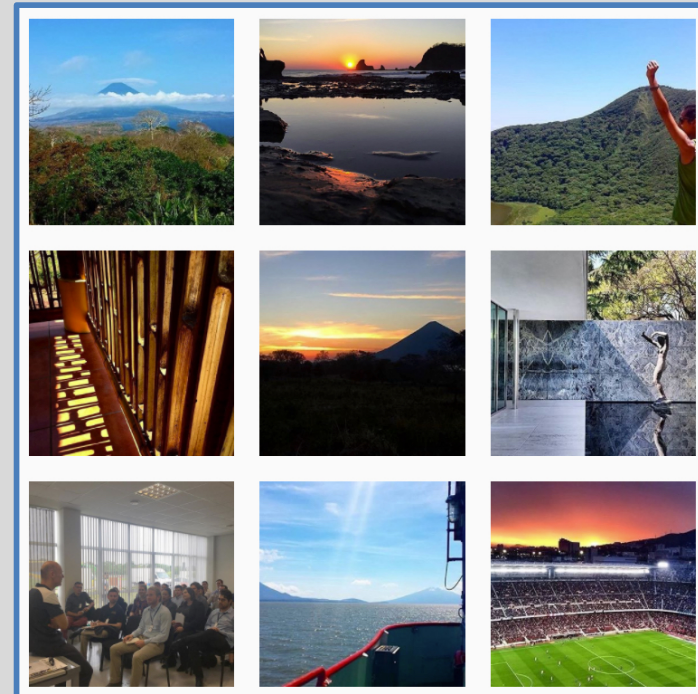
- Having fun
- New friendships
- Local language & culture
- Learn by doing
- Great food
- Being healthy & safe
- Others: _____
- **What does not belong in this experience?**



Multi-media – Inspire other Cal Poly students to go abroad

#LearnByGoing

- Social Media
 - facebook.com/calpolystudyabroad
 - twitter.com/CalPolyAbroad
 - pinterest.com/cpstudyabroad
 - instagram.com/calpolyabroad
 - linkedin.com/in/calpolystudyabroad
- Photo & video contests - You could be a winner!



Upon Return – Get involved in the international side of Cal Poly

- Complete the online program evaluation – your feedback matters
- Mentor students going on next year's program
- Apply to be a Peer Advisor, Receptionist, or Ambassador at the International Center
- Attend the Returnee Conference in January
- Meet international students at International Coffee & Tea Time
- Join the Cal Poly International Club
- Join Poly Pals (International Welcome Ambassadors)
- Go abroad again (study, teach, work, intern, research, or earn a graduate degree abroad)



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