STUDY ABROAD
PRE-DEPARTURE ORIENTATION
MEET THE STUDY ABROAD CENTER STAFF

Associate Director, Paula Van Zee
Short-Term Programs Advisor, Charity Eckhardt
Study Abroad Advisor, Carissa Johnson
Finance Coordinator, Lisa McClain
Student Support Specialist, Stephanie Miller
Office Admin, John Stueber
WHAT YOU ALREADY KNOW

• Online application*
• Abroad 101 information session*
• Scholarship information session
• Meeting with Office of Student Financial Aid
• Group Prep*
• Travel Health Consultation*
• Program-specific meetings*
• Technology information session

• Application process
• Refund & withdrawal guidelines
• Billing
• Enrollment
• Academics
• Using money abroad
• Safety & security
• Health insurance
• Passport & immigration
• Scholarship & financial aid
• Technology & staying in touch
• Airfare purchasing
• 1st 48 hours abroad
• Culture shock
• Re-entry
ORIENTATION AGENDA

• Icebreaker
• Finance: Fact or Fiction
  • Q&A’s
• Health & Safety
  • Case Scenarios
  • Q&A’s
• Living & Traveling Abroad
  • Jeopardy
  • Case Scenarios
  • Q&A’s
• Arrival Abroad Matching Game
  • Q&A’s
ICEBREAKER

• 5 Fingers: Find a person you do not know
  ▪ Thumb – Where you or your student is going?
  ▪ Pointer/index– What you want to get out of this orientation?
  ▪ Middle – What are you or your student most excited about studying abroad?
  ▪ Ring – What are you or your student most nervous about?
  ▪ Pinky – What is the overall goal for you or your student for study abroad?
FINANCE: FACT OR FICTION
Study abroad program costs can be located at the Office of Financial Aid.

**Study abroad program costs can be located online at studyabroad.uni.edu for each program.**
FINANCE: FACT OR FICTION

Program costs online list exact prices of the charges that will be charged to the student’s U-bill.

FICTION: Program costs online list estimate prices of the charges that will be charged to the student’s U-bill.
## FINANCE: FACT OR FICTION

### Summer Budget Sheet for Capstone in France

<table>
<thead>
<tr>
<th>Budget Item</th>
<th>In State</th>
<th>Out of State</th>
</tr>
</thead>
<tbody>
<tr>
<td>SA Mandatory Short-term Prgm Fee *</td>
<td>$160.00</td>
<td>$160.00</td>
</tr>
<tr>
<td>In-country Costs on U-bill *</td>
<td>$1,550.00</td>
<td>$1,550.00</td>
</tr>
<tr>
<td>Undergraduate Tuition 2014-2015, 3 credits *</td>
<td>$831.00</td>
<td>$831.00</td>
</tr>
<tr>
<td>Undergraduate Technology Fee 2014-2015, 3 credits *</td>
<td>$33.75</td>
<td>$33.75</td>
</tr>
<tr>
<td>International Health Insurance (CISI) *</td>
<td>$20.00</td>
<td>$20.00</td>
</tr>
<tr>
<td><strong>Billable subtotal:</strong></td>
<td>$2,594.75</td>
<td>$2,594.75</td>
</tr>
<tr>
<td>SA Application Fee</td>
<td>$65.00</td>
<td>$65.00</td>
</tr>
<tr>
<td>US Passport</td>
<td>$135.00</td>
<td>$135.00</td>
</tr>
<tr>
<td>International Airfare NOT on U-bill</td>
<td>$1,600.00</td>
<td>$1,600.00</td>
</tr>
<tr>
<td>Meals NOT on U-bill</td>
<td>$100.00</td>
<td>$100.00</td>
</tr>
<tr>
<td>Personal Expenses</td>
<td>$140.00</td>
<td>$140.00</td>
</tr>
<tr>
<td>Textbooks</td>
<td>$50.00</td>
<td>$50.00</td>
</tr>
<tr>
<td>Program Deposit</td>
<td>$100.00</td>
<td>$100.00</td>
</tr>
<tr>
<td><strong>Non-billable subtotal:</strong></td>
<td>$2,190.00</td>
<td>$2,190.00</td>
</tr>
<tr>
<td><strong>Total:</strong></td>
<td>$4,784.75</td>
<td>$4,784.75</td>
</tr>
</tbody>
</table>

### Notes:

All budget amounts are estimates only and based on previous year information. Prices are subject to change. If you have questions, please contact study-abroad@uni.edu.
Summer payment due dates occur during various months throughout the summer, as it depends on the summer session you are enrolled into.

**FACT**: Fall & academic year - Payment due dates are August 2015 & January 2016

<table>
<thead>
<tr>
<th>Semester</th>
<th>Billing Date</th>
<th>Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer 2015</td>
<td>May 1</td>
<td>May 20 for courses in May</td>
</tr>
<tr>
<td></td>
<td></td>
<td>June 20 for courses in June</td>
</tr>
<tr>
<td></td>
<td></td>
<td>July 20 for courses in July or August</td>
</tr>
<tr>
<td>Fall 2015</td>
<td>August 1</td>
<td>August 28</td>
</tr>
</tbody>
</table>
FINANCE: FACT OR FICTION

You do not need to inform your bank prior to your departure about your extended travel.

FICTION: You **DO** need to inform your bank prior to your departure about your extended travel.

- Travel dates
- Cities and countries for entire trip

We suggest sharing bank info with a parent or guardian in case of emergency.
FINANCE: FACT OR FICTION

International ATMs do not have a daily withdrawal limit.

**FICTION**: International ATMs do have a daily withdrawal limit, similar to US ATMs. The amount may vary from a US bank withdrawal limit.
FINANCE: FACT OR FICTION

If you try to withdraw money from an ATM abroad & it does not work, you can try others ATMs.

FACT
FINANCE: FACT OR FICTION

We suggest to take only one form of payment with you abroad.

**FICTION**: We strongly suggest to take at least two forms of payment with you abroad.

- Combo of cash, debit, credit, or pre-paid cards
- If you bring US cash abroad, get new crisp bills
- Some types of cards may not be accepted abroad: Discover, American Express, MasterCard
FINANCE: FACT OR FICTION

Semester, academic year, and summer school students have the option to open a foreign bank account upon arrival.

FACT: In addition, some universities require a foreign bank account for immigration purposes.
FINANCE: FACT OR FICTION

Exchange rates from US dollars to the foreign currency fluctuate from hour to hour & day to day.

FACT: We frequently uses Oanda.com & apps such as XE Currency or Global Convert

$200 USD = 185 EUR
$200 USD = 135 GBP
FINANCE: FACT OR FICTION

If a student loses their wallet abroad, their only option is to wait to have a new US bank card mailed to them.

FICTION: Money can be wired through Western Union. We do not suggest to mail a new card for programs traveling in many locations during a short period.
FINANCE Q&A

• ATMs in Europe
• Day-to-day money handling

Questions?
HEALTH & SAFETY

Case Scenario:

• As Daniel was attending his study abroad lecture, he started feeling a dull pain in his abdomen and became nauseous. His host family took him to the emergency room where they diagnosed him with appendicitis.
  - What should Daniel do next?
  - Get into your group and discuss this case scenario. Designate a speaker to discuss your conclusions to the main group.

• Seek help without delay and then, after being admitted, open up a case with CISI to avoid any delay with treatment and ensure full coverage. Please note that CISI will always attempt to make payments directly to providers whenever possible. In a worst case scenario, any payments made out-of-pocket will be reimbursed in an expedited manner.

• If doctor recommends student to return home, CISI will cover cost of new airfare.

• If student needs further treatment once at home, CISI becomes the secondary provider for 30 days. Therefore, DO NOT cancel your primary health insurance.
HEALTH & SAFETY

Case Scenario:

• Jenna has a severe allergy to bee stings and is traveling on a study abroad program to Italy.
  □ What are the prevention measures Jenna should take before she travels?
  □ Get into your group and discuss this case scenario. Designate a speaker to discuss your conclusions to the main group.

• Students are encouraged to indicate on their online application any health conditions/concerns.

• Student should discuss prevention measures for an allergic reaction with study abroad advisor, course leader and family doctor.

• Student should bring medication and know how to package it for travel.

• Pre-Existing Conditions need to be declared to CISI in advance to travel. Please inform SAC before departure.
HEALTH & SAFETY: Q & A

- CISI
- Health tips

Questions?
Are you making the most of your Study Abroad Experience?

Isabela Varela
Study abroad is an excellent experience to add in your resume…

**Study Abroad, Capstone in Greece**, Greece, June 2013
• Completed coursework in Greek culture and society.

• Adapted to an unfamiliar environment and embraced cultural differences
• Used communication and organization skills to navigate through new cities
• Managed finances in varying currencies
HOWEVER, educators and employers agree that ...

*the overseas experience itself is not the key point!*

Most important is ...

....*what you took away from your experience*

Can you construct a narrative of your experience?
Employers will want to know ....

- What made you choose to study abroad?
- What program and country did you choose for your studies? Why?
- What were your expectations before leaving?
- What did you hope to gain from being abroad?
- What were your challenges while abroad?
- What did you get from the experience?

Employers want you TO REFLECT ON YOUR EXPERIENCE before leaving, while there, and after coming back and be able to narrate it!
Start now!
Focus on what you want to get from the experience and **draft an action plan!**

• Make a list of ....
  ▪ what you want to learn and see
  ▪ activities that will help you meet your goals
  ▪ concerns that you might have and develop ways to deal with them (Home sick? Stress? Uncertainty?)
  ▪ strategies that can help you connect classroom with outside experience
• Read about the country, especially cultural aspects of it
• Familiarize yourself with basic information about the city where you will be
Living & Traveling Abroad Jeopardy
<table>
<thead>
<tr>
<th>Culture</th>
<th>Academics &amp; Enrollment</th>
<th>Technology</th>
<th>Packing</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>10</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>20</td>
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</tr>
<tr>
<td>50</td>
<td>50</td>
<td>50</td>
<td>50</td>
</tr>
</tbody>
</table>
Question 1 - 10

• The way of life a group of people who share beliefs and customs.
Answer 1 – 10

• What is Culture?
Question 1 - 20

• All gestures are universal. For example the peace sign. (True or False)
• What is false?
  – Gestures in one country can have a completely different meaning in another. Research your country’s common gestures.
Question 1 - 30

• The feeling of disorientation experienced by someone who is suddenly subjected to an unfamiliar culture, way of life, or set of attitudes.
Answer 1 – 30

• What is Culture Shock?
Question 1 - 40

- Being inconspicuous, become an observer and dressing like a local are all strategies for ________________.
Answer 1 – 40

• What is blending in?
Question 1 - 50

• This is the most common threat to most American students abroad.
Answer 1 – 50

• What are pickpockets?
  – They may have an accomplice, and will:
    • Push or shove you,
    • Ask you for directions or the time,
    • Point to something spilled on your clothing,
    • Or distract you by creating a disturbance
Question 2 - 10

• These need to be removed from your student account in order for the SAC to be able to enroll you into your course(s) for Study Abroad.
Answer 2 – 10

• What are holds (academic advising, past-due U-bill)?
Question 2 - 20

- The SAC will enroll you into your study abroad course. They follow this timeline for enrollment.
Answer 2 – 20

• What is the UNI enrollment timeline?
Question 2 - 30

• Questions regarding readings and/or homework for an instructor-led course should be directed to the following individual.
Answer 2 – 30

• Who is the study abroad course leader?
Question 2 - 40

• This needs to be completed if you are taking courses at a foreign institution to ensure that the courses you take abroad transfer back to UNI.
Answer 2 – 40

• What is the Transfer Course Approval Form (TCA)?
Question 2 - 50

- These courses are for letter grade and impact overall GPA.
Answer 2 – 50

• What are all study abroad courses?
Question 3 - 10

• This item does not convert electricity, but it allows your device’s plug to fit into the foreign outlet.
Answer 3 – 10

• What is an adapter?
Question 3 - 20

• This video platform allows you to make calls, chat, or video chat with friends and family over Wi-Fi.
Answer 3 – 20

• What is Skype?
Question 3 - 30

- Turning off this feature of your phone will enable you to send texts and make calls, but not use data on a foreign network, unless on Wi-Fi.
Answer 3 – 30

• What is Data Roaming (turn off)?
The world runs on two types of electricity: 110/125V or 220/240V. North American devices run on ________________.
Answer 3 – 40

• What is 110/125V?
Question 3 - 50

• These people need to be told that for the first little while, with time zone differences and the time for air travel, it may take a few days for them to hear from you.
Answer 3 – 50

• Who are your family and friends back home?
Question 4 - 10

• This is something you should carry a copy with you at all times and store original in a secure place.
Answer 4 – 10

What is a Passport Copy?
Question 4 - 20

• This rule restricts you to carrying a limited amount of liquids and gels in your carry-on.
Answer 4 – 20

• What is the TSA 3-1-1 rule?
• If you take this on a regular basis, make sure you pack enough for your entire stay.
Answer 4 – 30

• What is prescription medication?
Question 4 - 40

• You need to know the voltage capacity (i.e. 110-240V) of these to ensure proper electrical conversion.
Answer 4 – 40

- What is appliances (i.e. blow dryer, hair curler, electric razor)?
• Keeping irreplaceable valuables at home and pack only what you need is doing this.
Answer 4 – 50

• What is packing light?
CASE SCENARIO

- Ashley is on her way to a museum using the Metro train. She has her backpack on and is listening to music on her iPod. Her car is really crowded and there are many people around her. When she tries to pay her entrance fee to the museum, she finds that her wallet is missing. She is trying to figure out what to do next.
  - What are some street smarts she could have used to prevent this from happening?
  - Get into your group and discuss this case scenario. Designate a speaker to discuss your conclusions to the main group.

- Protecting your valuables in crowded places is very important to avoid becoming a victim of theft. Think about how you will keep your possessions safe in various situations. Try to blend in; don’t be an easy target

- Try to keep your things in front of you or on you at all times (including backpacks)

- Only carry the valuables you need & keep in a secure location (housing safe)
LIVING & TRAVELING ABROAD Q&A

- Packing
- Culture
- Technology
- Academics & Enrollment
ARRIVAL ABROAD MATCHING GAME

• Match slips of paper in your envelope for each phrase
• Order each phrase in chronological order
ARRIVAL ENVELOPE MATCHING

Night before & morning of departure:
1. Print Arrival Guide
2. Check flight status the night before and morning of departure
3. Compile important documents & secure in carry-on
4. Arrive at airport for check-in at least two hours in advance
5. Check-in for flight with travel buddy then go through security

Travel delays:
1. Talk to airline staff to reschedule flight(s)
2. Follow Flight Delay or Cancellation Directions from online application
3. Stay in airport until flight(s) are rescheduled
4. Contact course leader or other contacts with provided phone numbers/email

Arrival to program destination:
1. Complete declaration form in-flight
2. Listen to announcements at end of flight for connections & baggage claim updates
3. Go through customs
4. Locate luggage at baggage claim
5. Locate transportation to housing arrangement
ARRIVAL ENVELOPE MATCHING

1st day in-country (Instructor-led)
1. Settle into housing
2. Get acclimated to time difference & surroundings
3. Purchase water or snacks
4. Eat dinner and hydrate

1st day in-country (Semester, AY, Summer school)
1. Check into housing
2. Learn about housing rules
3. Shop for food, water, & other necessary housing items
4. Get acclimated to time difference & surroundings
5. Notify in-country International Office & UNI Study Abroad Center of arrival
ARRIVAL Q&A
QUESTIONS?
WE ARE HERE TO ANSWER THEM!
CONTACT INFORMATION

28 Gilchrist Hall, UNI
Tel: 319-273-7078
Web: studyabroad.uni.edu
Email: study-abroad@uni.edu

No person shall be excluded from participation in, be denied the benefits of, or be subjected to discrimination in employment, any educational program, or any activity of the University, on the basis of age, color, creed, disability, gender identity, national origin, race, religion, sex, sexual orientation, veteran status, or on any other basis protected by federal and/or state law.

The University of Northern Iowa prohibits discrimination and promotes affirmative action in its educational and employment policies and practices as required by Title IX of the Educational Amendments of 1972, the Americans with Disabilities Act of 1990, Section 504 of the Rehabilitation Act of 1973, Title VII of the Civil Rights Act of 1964 and other applicable laws and University policies. The University of Northern Iowa prohibits sexual harassment, including sexual violence.

The following person has been designated to handle inquiries regarding the non-discrimination policies and serves as the University Title IX Officer: Leah Gutknecht, Assistant to the President for Compliance and Equity Management, Office of Compliance and Equity Management, 117 Gilchrist Hall, UNI, Cedar Falls, IA 50614-0028, 319-273-2846, leah.gutknecht@uni.edu.