Pre-departure Orientation

Education Abroad
April 9th and 12th, 2018
Set Up

• Large group discussion 1hr and 15 minutes
• Break out session by country 30 minutes
Before You Go

KSU Studio Abroad Application
• Health insurance registration form, if applicable
• Signed cost sheet
• Voluntary disclosure of health information questionnaire
• Pre-departure quiz

Complete the Pre-departure assessment survey

Review Before your Program information on website
• Handouts
• Recording of presentation will be uploaded
• Other information
Packing
Your Suitcase

• Pack light and pack only what you can carry
• Read airline regulations
• Make sure you have a luggage tag
• Leave space for items you’ll buy there
• Don’t take items of high value
• Be aware of the weather
• Take a flash drive
Your Carry On

• A day’s worth of clean clothes
• Toiletries
• Medications – prescription and OTC
• Mini first aid kit
• Passport, acceptance letter, photocopies of your passport
• Electronic devices (laptop, iPad, e-readers, etc.)
• Adaptor to fit plugs and converter to adjust electric voltage
• Light snacks, such as granola bars
• Pen
• Address info of where you are staying
Clothing

• Research trends beforehand and be observant when you arrive to help assimilate your style to the culture
• Consider what activities you will be doing while abroad and pack appropriately (i.e. internship, outdoor activities)
• “American” clothing can make you a target for thieves
• Ask your breakout panelists for advice on what (not) to wear
Money Matters

• Make a budget ahead of time
• Meet with your financial aid advisor (if you are planning to use financial aid)
  • Bring a signed cost sheet
  • Make sure FAFSA is on file for the correct year
  • Must be taking 5 credit hours in the summer and 12 credit hours in the fall to qualify for aid
• Contact your bank and credit card company
  – Dates, countries
  – Ask about international fees
• Credit/debit cards
  – Visa and Mastercard widely accepted
  – Cards are not as widely accepted as in the U.S.
  – Make sure your card doesn’t expire while you’re abroad
Money Matters

• Cash: Before you Go
  – Good idea to take some local currency with you
  – Can be expensive to convert money in airports
  – Some US banks can convert money for a small fee or no charge
  – Can also get money from places like AAA

• Cash: While you’re there
  – Via ATMs
  – Transaction fees and international fees
  – Be strategic about when taking money out
    • Taking out larger amount when there is a favorable conversion rate
    • ATM safety

• Managing Money Abroad Session: Tuesday, April 17th from 4:00-4:30pm, Union 226
Getting There
Getting There

• Know official start and end dates of your program, orientation, housing check in
• Purchasing airfare early
• Purchase round trip or two one ways
• Check airlines’ luggage fees and restrictions, policies on ticket cancellations or charges
• Check for airport pick up dates of your program
• TSA information (tsa.gov)
  – 3.4 oz rule
  – Get to airport early for security check
Websites for Airfare

- Studentuniverse.com
- Statravel.com
- Kayak.com
- Cheaptickets.com
- Orbitz.com
- Directly from the airlines’ website
Arriving at Your Destination
Arriving at Your Destination

- Can be very overwhelming, but exciting
- Jet lag
- Going through immigration and customs
  - Have the proper documents prepared
    - Visa, if necessary
    - You may be interviewed by a customs officer
- Immigration document completed on airplane
- Getting to final destination
  - Plan how to get to your accommodations
  - Be sure you have a contingency plan as well
- Let your family know you’ve arrived
- Attend the orientations
Cultural Transition

HSBC ad
Culture Shock

• Ups & Downs
• Different Experiences
• Symptoms:
  – Feeling isolated or alone
  – Sleeping too much/tiring easily
  – Finding it difficult to sleep
  – Body Pain (head, neck, back, stomach)
  – Wanting to return home
  – Feeling angry toward local people

Ups and Downs of Cultural Adjustment
Overcoming Culture Shock

• Adapting to a new culture won’t happen over night
• Each person adjusts differently
• Keep an open mind and try new things
• Reach out to your host university international office or program provider
• Identify a cultural informant
Academic Culture
Academic Culture

• Varies greatly between term (summer, semester) and program type (exchange, direct enroll, provider)

• Some differences may include:
  • Course Registration: may happen ahead of time or when you arrive
  • Interactions with professors: may be more formal, less approachable
  • Tests: may only have 1 or 2 tests and no homework
  • Grading: in many non-US systems, it is very hard to get an A
  • Academic Calendar
  • Work styles: may have fewer group discussion type classes and may be less collaborative
Generalizations & Stereotypes

• You are a representative of K-State, your country, etc.
• You may be the first person they have met from your country
• May have pre-conceptions of who you are based on where you are from (from news, movies, politics, etc.)
  – Attitudes may not always be positive
  – Don’t take comments personally
• Take this opportunity to learn about host culture but also share your culture
Travel Health
Keys to a Successful Trip

1. Vaccines
   – Immunization Records Essential

2. Insect Protection

3. Planning Ahead
Speaking of Vaccines...

There are 3 categories of vaccines that need to be considered:

• Routine Vaccines
  – Many of these you already received as a child or young adult.
  – You may need to have a booster vaccine for your safety and protection.

• Recommended Travel Vaccines
  – These vaccines are determined by your itinerary and planned activities.

• Required Travel Vaccines
  – These vaccines are mandatory for entry into specific countries and require you to carry a certificate proving vaccination.
<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Recommendations</th>
<th>Transmission</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hepatitis A</td>
<td>Recommended for most travelers, including those with &quot;standard&quot; itineraries and accommodations</td>
<td>Fecal-oral route (contaminated food and water) Person-to-person contact</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>Consider for most travelers; recommended for those who might be exposed to blood or other body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident).</td>
<td>Contact with blood and other body fluids: • Unprotected sex • Injection drug use • Contaminated transfusions • Exposure to human blood • Contaminated tattoo and piercing equipment</td>
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<tr>
<td>Malaria</td>
<td>Antimalarials only recommended for travelers to <strong>specific risk areas</strong>. Once we review your itinerary, we can help determine if you are at risk for malaria.</td>
<td>Bite of infected mosquito (female <em>Anopheles</em>)</td>
</tr>
</tbody>
</table>
| Rabies  | Recommended for the following groups:  
• Travelers involved in outdoor and other activities in remote areas that might bring them into direct contact with dogs, bats, and other mammals (such as adventure travelers and cavers).  
• Those with occupational risks (such as veterinarians, wildlife professionals, researchers).  
• Long-term travelers/expatriates visiting remote areas.  
• Children, because they are considered at higher risk; consider lower threshold for vaccination. | Mammal bites (including dogs and bats). |
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<td>Typhoid</td>
<td>Recommended for most travelers, especially those who are staying with friends or relatives; visiting smaller cities, villages, or rural areas where exposure might occur through food or water; or prone to &quot;adventurous eating&quot;</td>
<td>Fecal-oral route (contaminated food and water)</td>
</tr>
<tr>
<td>Routine vaccines</td>
<td>Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.</td>
<td></td>
</tr>
<tr>
<td>Japanese Encephalitis</td>
<td>Recommended for many travelers traveling to parts of Asia and the Indian subcontinent. Depending on the region where you will be traveling, the risk increases during different times for the year. Once we review your itinerary, we can help determine if you are at risk for Japanese Encephalitis.</td>
<td>Bite of infected mosquito</td>
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<td><strong>Yellow Fever</strong></td>
<td>Certain countries REQUIRE an International Certificate of Vaccination against yellow fever for travelers coming directly from the U.S., as well as those travelers coming from a country known to be infected with yellow fever. This vaccine should be given at least 10 days before you travel. Travelers who DO NOT present the International Certificate of Vaccination to prove that they have been vaccinated against yellow fever may be subject to local re-vaccination, medical follow-up, or isolation. In some countries, unvaccinated travelers are denied entry.</td>
<td>Bite of infected mosquitoes</td>
</tr>
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**NOTE:** Yellow Fever vaccine is in short supply...and only one clinic in Kansas has it: Passport Health, Overland Park, Kansas
Traveling To Tropical Areas

- Mosquitoes spread Zika, Dengue, and Chikungunya
- Currently Zika virus is in the news.
Prevention Strategies

• The best way to prevent diseases spread by mosquitoes is to avoid being bitten.
• Use appropriate insect repellent.
• Cover exposed skin.
  – Wear long-sleeved shirts and long pants.
• Use a bed net if sleeping area is exposed to the outdoors.
• Stay and sleep in air-conditioned or screened rooms.
EPA-registered active ingredients provide protection

**DEET**
Concentrations above 30% are preferred as then it will also repel ticks. Concentrations over 50% show no additional protective benefit. Products with <10% active ingredient may offer only limited protection (1–2 hours).

**Picaridin**
Must be reapplied more often than DEET.

**Permethrin**
Treat clothing and gear with permethrin or purchase permethrin-treated items. Treated clothing remains protective after multiple washings. If treating items yourself, follow the product instructions carefully. Do **NOT** use permethrin products directly on skin.
Eat and drink safely

• Be diligent about food and water precautions
• Avoid cooked food served at room temperature.
• Avoid raw food, including raw vegetables unless they can be washed thoroughly.
• Drink only beverages from sealed bottles or cans.
• Water is safe if it has been boiled or chemically treated.
• Avoid ice unless made from bottled/disinfected water.
Protect Yourself From UV Radiation

• Use sunscreen with an SPF of at least 15, wear protective clothing, and seek shade during the hottest time of day (10 a.m.–4 p.m.).

• Remember: Sunscreen first, followed by insect repellent. Reapply as needed.

• Pack sunglasses and hats
Packing List – Over the Counter Medicines

- Antacids
- Diarrhea medicine (Examples: loperamide [Imodium] or bismuth subsalicylate [Pepto-Bismol])
- Antihistamine
- Motion sickness medicine
- Cough drops
- Cough suppression/expectorant
- Decongestant
- Medicine for pain and fever
  Examples: acetaminophen, aspirin, or ibuprofen
- Mild laxative
- Saline nose spray
It’s Time to Come to Lafene’s Travel Clinic

• Schedule an appointment well in advance of your trip.
• Complete the Travel Clinic Form [http://www.k-state.edu/lafene/documents/travel%20clinic%20form.pdf](http://www.k-state.edu/lafene/documents/travel%20clinic%20form.pdf)
• Bring your Immunization Record
• There is NO charge for travel clinic visits; however, charges assessed include, but are not limited to:
  – Vaccinations given
  – Medication(s) purchased
  – Call 785-532-6544 or use the web to make an appointment
Travel Safety

Culture of Safety video
Documents

Contact card
Carry a contact card containing the phone numbers and e-mail addresses of the following:

• Local host program contact
• Health care provider(s)
• Lodging at your destination
• Hospitals or clinics (including emergency services) in your destination
• US embassy or consulate in the destination country or countries
Travel Safety

- Use common sense
- Steps to report an incident
  1. Report immediately to local authorities
  2. Contact University or program for assistance
  3. Tell your parents!
  4. Call KSU Education Abroad emergency line (785) 532-5494
- In an emergency, KSU Education Abroad will reach out to all students in the affected area
- International health insurance
- Enroll in S.T.E.P. program > travel.state.gov
Safety Tips Abroad

- Pay Attention During In-Country Orientation
- Notify Your Program About Travel
- Follow Local News
- Worldwide Travel Alert: exercise caution during large festivals/events, be aware of immediate surroundings, avoid crowded places (if possible)
- Create a Communication Plan With Your Family
  - Keep a Blog
  - Use Social Media to Communication in an Emergency
- Memorize local emergency phone numbers (not 911)
- Enroll in the Smart Travelers Enrollment Program (STEP)
Traveling While There

Not this way
Tips for Traveling While Abroad

• Plan ahead but book after you arrive
• Tell your program abroad where you’re going
• Cheap flights:
  – Ryanair, Easy Jet, Jetstar, Tigerair, Asia Air
• Hostels:
  – Hostelworld.com
• Student discounts – ISIC card, Host University ID
• Guide books
• Not recommended that you drive
Preparing to Come Home
Credit Transfer Process

1. You complete an Academic Approval Form for courses prior to departure

2. Study abroad!

3. After program, Education Abroad receives transcript

4. If Transcript and Academic Approval Form match, transfer credit will be processed!
Transfer Credit: Before You Go Abroad

Fall/Spring
• Education Abroad will enroll you in the MLANG placeholder course for 12 credit hours
• You must be in “committed” status in your KSU online application
• You must have all holds on your account removed before we can enroll you

Summer
• Education Abroad will enroll you in the MLANG placeholder course
• You must be in “committed” status in your KSU online application
• You must have all holds on your account removed before we can enroll you
• Please note: If you are doing an internship abroad and are not receiving transfer credit, you will not be enrolled in this placeholder course
Transfer Credit: Before You Go Abroad

Complete your Academic Approval Form correctly!

• List specific course equivalencies, where appropriate
• If no specific course equivalency, list any degree requirement the course will fulfill, such as “unrestricted elective”, “A&S elective”, or just “elective”
• If courses abroad are not being used for major requirement or are just for special interest, write “Course not used for degree requirement”
• “Determined upon return to K-State” should only be used for Modern Language credit
• The information on the Academic Approval Form indicates how your completed courses will appear in DARS after your study abroad
Transfer Credit: While Abroad

- While abroad, if you enroll in any courses you did not list on your Academic Approval Form, please contact your Education Abroad Advisor to confirm your courses.
- The Academic Approval Form can be amended while you are abroad.
- Maintain full-time student status.
- Transfer credit is pass/fail. Be aware of minimum grade needed to transfer for some major requirements. Many major courses need to receive the equivalent of at least a “C”.
- Before you come home, ask the university abroad/program provider to have your transcript sent to Education Abroad (you can request copies for yourself as well).
- Save your course materials and syllabi.
Transfer Credit: When You Come Back

If you took classes not on your academic approval form:

• If you do not get academic approval for your courses, you will have to amend your existing Academic Approval Form or fill out a new one when you return. You will have to work with your department to get this done after your program.

Transcripts

• When your transcript is received from abroad, the “Transcripts received” box gets checked off in your online application. You will receive an automated email. A copy of your transcript will be uploaded to your online application for your records.
• Classes show up in DARS about 1-2 months after that, as long as all your classes have been pre-approved or you submit an updated Academic Approval form.
Back at KSU

- Reverse Culture Shock
- Welcome Back Party
- Professional Development Workshop
- Internationally Focused Organizations on Campus
Wabash Abroad Project

• Ongoing video campaign
• Wabash Abroad
• Can be done as individuals or with a group
• Participation can count towards OIP scholarship project requirements
• Want to Participate? – see email from Education Abroad
• MP3
• Tips for Shooting Video
• Release Form
We Want to Share Your Adventure

Connect with us – Give us a like/follow and tag us in your photos and posts. You can also use our hashtag: #KStateAbroad!

Interested in being a part of our Instagram Takeover while you’re abroad? Email us at overseas@ksu.edu
Breakout Groups

• Talking points:
  – Culture, clothing, academics, money, typical day in country, what was different than you expected
  – Academic, personal and professional goals for your experience abroad

• Advice from returnees:
  – Expect the difficulties and know they are part of the beauty of studying abroad
  – Make the most of the time spent in your host city, don’t travel every weekend
  – Do your research before you leave, arrive in country well prepared!
  – Try to learn the language before and during your time abroad
Safe Travels!

Gute Fahrt

bon voyage

šťastnou cestu

よい旅行を

kalò tazýdi

Bonum cursum!