Pre-departure Orientation

Education Abroad

November 11 & 12, 2019
Set Up

• Large group discussion 1 hr. 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
• 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 the weather and what activities you will be doing while abroad and pack appropriately
• “American” clothing can make you a target for thieves
• Ask your breakout panelists for advice on what (not) to wear

“Research the climate of the place you are visiting! I never would have thought to bring a rain jacket to Australia, but turns out it rains a lot during their winter. It saved my life (and my clothes)!”

Dan, fall semester in Melbourne, Australia
Money Matters

• Make a budget ahead of time
  – Powercat Financial can help with this!

• How and when you will pay program fees
  – How you pay and payment deadlines vary by program
  – Review and make sure you understand your cost sheet
  – Contact your Education Abroad Advisor if you have questions

• Meet with your financial aid advisor (if you are planning to use financial aid)
  – Bring a signed cost sheet
  – Bring any financial aid deferment forms you may have for a program provider
  – 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
Money Matters

• 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

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

• Cash: While you’re there
  – Via ATMs, Transaction fees and international fees may apply
  – Be strategic about when taking money out
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

- Statravel.com
- Studentuniverse.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
  - Immigration document completed on airplane
  - Have the proper documents prepared
    - Visa, if necessary
    - You may be interviewed by a customs officer
- 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

https://www.youtube.com/watch?time_continue=1&v=6_WAmT3cMdk
Culture Shock

• Ups & Downs
• Different Experiences based on who you are and where you go
• 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
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 or program provider
• Develop personal strategies

“Make an effort to get to know your city more! I decided to start taking different routes home and even though I may not stop at all the stores, I’m still getting to see more of the city.”

-Katie, spring semester in Granada, Spain
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 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

"Experience the culture by trying new foods and going to festivals! I was able to go to the Festival of Mohács and celebrate Hungary's freedom!"

-Kelly, spring semester in Budapest, Hungary
• Every year, millions of Americans travel abroad.
• Many of those travelers head to countries where special vaccinations and/or preventive medicines are recommended or required.
• **Lafene Health Center** is your expert for information on health issues, preventive vaccines and medicines and information on diseases you may BE AT RISK for during your travels.
Lafene’s Travel Clinic

#1 Schedule an appointment well in advance of your trip.
✓ Call 785-532-6544 or go on myLafene+ Patient Portal to schedule an appointment

#2 Submit Immunizations via myLafene+ Patient Portal and also bring a copy to your appointment.

#3 Complete the Travel Clinic Form and Bring to the Travel Consult
✓ 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 go on myLafene+ Patient Portal to schedule appointment
What is a travel clinic visit?

• Receive specific travel information for the specific areas you plan to travel to.
  – Recommended or required vaccines
  – Recommended preventative medicines to protect you during your trip
  – Propose a schedule for obtaining those vaccines and medicines.

• Review ways to keep yourself healthy while you travel.
  – Food and drink safety
  – Outdoor Safety
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.
Routine Vaccines

✓ Measles-Mumps-Rubella (MMR) vaccine series
✓ Diphtheria-tetanus-pertussis series with updated Tetanus Booster
✓ Varicella (chickenpox) vaccine series
✓ Polio vaccine series
✓ Hepatitis A & B vaccine series
✓ Yearly Flu Vaccine
Vaccines

Possible Recommended Vaccines

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Recommendations</th>
<th>Transmission</th>
</tr>
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</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). |
## Typhoid

**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 "adventurous eating"**

Primarily seen in Asia, Africa, and South America

**Transmission**

Fecal-oral route (contaminated food and water)

## Japanese Encephalitis

**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.**

**Transmission**

Bite of infected mosquito
## Possible Recommended Vaccines

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Recommendations</th>
<th>Transmission</th>
</tr>
</thead>
<tbody>
<tr>
<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. <strong>NOTE:</strong> Yellow Fever vaccine is in short supply…and only one clinic in Kansas has it: Passport Health, Overland Park, Kansas</td>
<td>Bite of infected mosquitoes</td>
</tr>
</tbody>
</table>
### Possible Recommended Medication

<table>
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<tr>
<th>Vaccine</th>
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<th>Transmission</th>
</tr>
</thead>
<tbody>
<tr>
<td>Malaria</td>
<td>Antimalarial medication only recommended for travelers to <strong>specific risk areas</strong>.</td>
<td>Bite of infected mosquito (female <em>Anopheles</em>)</td>
</tr>
<tr>
<td></td>
<td>Once we review your itinerary, we can help determine if you are at risk for malaria.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Main malaria transmission occurs in large areas of Africa, Latin America, parts of the Caribbean, Asia (including South Asia, Southeast Asia, and the Middle East), Eastern Europe, and the South Pacific</td>
<td></td>
</tr>
</tbody>
</table>
Traveling To Tropical Areas

- Mosquitoes spread:
  - Zika
  - Dengue
  - Chikungunya
  - Yellow Fever
  - Japanese Encephalitis
  - Malaria
The best way to prevent spread of diseases by mosquitoes is to avoid being bitten!
Prevention Strategies

- Cover exposed skin.
- Wear long-sleeved shirts and long pants.
- Use a bed net if sleeping in area exposed to the outdoors.
- Stay and sleep in air-conditioned or screened rooms if possible.
Prevention Strategies

• **Use appropriate insect repellent.**

• **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

• Good hand washing prior to eating
• 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 in clean water.
• 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 for additional protection
Packing List – Over the Counter Medicines

- Antacids
  - Maalox
- Antidiarrheal
  - Loperamide [Imodium] or bismuth subsalicylate [Pepto-Bismol]
- Antihistamine
  - Zyrtec, Allegra
- Motion sickness medicine
  - Dramamine
- Cough drops
- Cough suppression/expectorant
- Decongestant
- Medicine for pain and fever
  - Acetaminophen [Tylenol], aspirin, or ibuprofen
- Mild laxative
  - Metamucil or any natural laxative
- Saline nose spray
Packing List – Prescription Medication

– Keep medication in their original, labeled prescription containers and keep in carry on.

– Suggested to have a letter from a physician stating the medical condition and the medications and/or medical supplies being carried.
Mental Health Resources on Campus

• Studying abroad is very exciting, but also can be a big adjustment.

  – **KSU Campus**: If you are currently struggling with anxiety or depression, please schedule an appointment at *Lafene Health Center* and/or *Counseling Services* prior to your study abroad.

  – **Study Abroad Campus**: After arriving abroad, explore what mental health resources (counseling and crisis services) your “host school” offers.
Mental Health Resources Abroad

• National Suicide Prevention Lifeline
  – 1-800-273-TALK (8255)

• National Crisis Text-Line
  – Text: START to 741741 (24/7 access) (receive text back in 5-10 minutes)

• Substance Abuse and Mental Health Services Administration (SAMHSA)
  – 1-800-662-HELP (4357)

• Counseling Services’ Website (https://www.k-state.edu/counseling/student/distancelearners.html)
  – Distance Learning
    • Variety of free online programs and resources that cover a wide range of topics such as:
      – Stress Management
      – Academic Anxiety
      – Relaxation Exercises
      – Relaxation Apps
    • Counseling Services does not provide online or telephone therapy services
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Travel Safety
Department of State Traveler’s Checklist

Get informed about your destination at [www.travel.state.gov/destination](http://www.travel.state.gov/destination), and plan for the unexpected at [www.travel.state.gov/crisis](http://www.travel.state.gov/crisis)

Get required documents such as passport and visa
- Make sure you understand your visa requirements

Get enrolled in the Smart Traveler Enrollment Program (STEP) at [step.state.gov](http://step.state.gov) to receive security and emergency alerts

Get informed about insurance make sure you understand how to use your health insurance

Follow on [Facebook](https://www.facebook.com) & [Twitter](https://twitter.com) @TravelGov
Health Insurance

- If you are going on a program provider you will receive insurance from them
  - Make sure you understand the coverage and how to use your insurance
  - Ask your program if you have questions
- Some countries require additional insurance coverage (Ex: Australia & Germany)
- KSU exchange and direct enroll insurance information
  - Signature Document and questionnaire in your KSU Education Abroad Application
  - Print a copy of your insurance card
  - Set up a portal through Chubb
  - Ask your Education Abroad Advisor if you have questions
Safety Tips Abroad

- Pay Attention During In-Country Orientation
- Notify Your Program About Travel
- Follow Local News
- Create a Communication Plan With Your Family
  - Keep a Blog
  - Use Social Media to Communication in an Emergency
- Memorize local emergency phone numbers (not necessarily 911)
- Carry an emergency contact card with important phone numbers and addresses
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, Air Asia
• Hostels: Hostelworld.com
• Student discounts – ISIC card, Host University ID, KSU ID
• Guide books and travel blogs
• Not recommended that you drive

“Not every trip has to be extravagant, some of my best memories were a short train (or ferry!) ride away. Pack light and have a few phrases of the host language under your belt!”
-Molly, semester in Germany and Summer in Japan
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: 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 update your academic approval form with the new courses otherwise you will have to do this when you come back.
• 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

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.

Education Abroad - Application Activity

Following is the list of current activities:

1. Changed the status of Transcripts received from host institution from Unreceived to Received

Attached Documents

The following files have been attached to your application. Click the filename to download the attached document:

- Academic Approval Form
- Cost Sheet
- Transcript
Back at KSU

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

- Ongoing video campaign
- Can be done as individuals or with a group
- 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!

@KStateAbroad

@KStateAbroad

KSU Education Abroad

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

kaló taξídi

Bonum cursum!