Pre-departure Orientation

Education Abroad
May 5, 2020
Education Abroad Staff

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Overview of the Session

**Set Up:**
5:00pm – 6:15pm: Large group discussion
6:15pm – 6:45pm: Break out sessions

Participants will be muted with video off during the first part of the presentation.

If you have questions, please raise your hand to be unmuted or use the chat function.

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Education Abroad
May 5, 2020
Updates on COVID-19

• Final decision on July 1st
  – Based on U.S. State Department and Center for Disease Control recommendations

• Travel & Entry Restrictions
  – Host country quarantine/testing protocols
  – Research local regulations: social distancing
  – Airlines requiring face masks (Delta, United)

• Contingency for fall 2020
  – Enroll in fall 2020 courses at K-State
  – Hold off on purchasing airfare until July 1st or purchasing travel insurance
  – Check with your program about final payment dates and refunds

• Updated information will be emailed to you and added to website:
  – [https://www.k-state.edu/abroad/about/covid-19.html](https://www.k-state.edu/abroad/about/covid-19.html)
Before You Go

KSU Studio Abroad Application
• Questionnaires
• Signature Documents
• Pre-Departure Quiz (score 100%)

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

• Face mask
• A day’s worth of clean clothes
• Toiletries
• Medications – prescription and over the counter
• 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
- “U.S. centric” 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)!”

Dani, 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

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<tr>
<th>COST SUMMARY</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Estimated expenses paid to KSH</td>
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<tr>
<td>Education Abroad Tuition (tution &amp; fees)</td>
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<td>KSIS</td>
</tr>
<tr>
<td>Education Abroad Program fee (Insurance &amp; Travel Registry)</td>
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<tr>
<td>Registration fee (passenger course fee)</td>
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<td>Estimated expenses paid to host</td>
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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_WAm73cMdk
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
Preparing for & Overcoming Culture Shock

- Research your host country, city program before you leave
- 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.
• This year, all non-essential international travel has come a halt due to the Coronavirus (COVID-19) Pandemic.
Coronavirus (COVID-19)

• Prevention:
  – Stay home as much as possible.
  – Wash hands frequently with soap and water for at least 20 seconds. If soap and water is not available, use hand sanitizer with at least 60% alcohol.
  – Avoid touching your eyes, nose and mouth.
  – Distance yourself from others when in public
  – Cover your mouth and nose with a cloth mask when in public.
  – Cover coughs and sneezes with an elbow or tissue. Throw the used tissue away and immediately wash your hands.
  – Clean and disinfect frequently touched surfaces daily -- including phones, keyboards, doorknobs, handles and light switches
Coronavirus (COVID-19)

• Symptoms:
  – Fever
  – Shortness of breath or difficulty breathing
  – Repeated shaking with chills
  – Headache
  – New loss of taste or smell

Symptoms may appear 2-14 days after exposure to the virus

• Transmission:
  – Thought to spread mainly from person-to-person in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs, sneezes or talks.
  – These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
  – Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.
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.

Due to the COVID-19 Pandemic, Lafene Health Center has suspended normal operations and moved to an acute care model only.

Travel clinic visits are unavailable until further notice

Please check Lafene’s website for updates
What is a travel clinic visit?

• Receive specific travel information for the specific areas you plan to travel to.
  – Recommended and 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
#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
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.
Traveling To Tropical Areas

- Mosquitoes spread:
  - Zika
  - Dengue
  - Chikungunya
  - Yellow Fever
  - Japanese Encephalitis
  - Malaria
Use appropriate 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.

Always use insect repellent as directed.
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.
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.
Outdoor Safety

• 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
Sexual Health

- Annually, an estimated 19.7 million sexually transmitted infections occur in the U.S. alone and an estimated 498 million cases worldwide.
- Correct and consistent use of condoms can reduce the risk of HIV infection and other sexual transmitted infections or diseases.
- HPV vaccination is among the most effective methods in prevention of cervical precancers, other types of cancers, and genital warts.
  - HPV vaccine is recommended for both men and women
- If you are sexually active, annual (at a minimum) STI testing is recommended by the CDC even if you are without symptoms.
Medications

- Transport all medication in their original, labeled containers along with documentation of the prescriptions
  - Suggested to have a letter from physician stating the medical condition and the medications and/or medical supplies being carried
- Keep prescription medication in carry on.
- Fill prescriptions prior to departure to last the entire trip
  - Prescription medications are not always the same abroad as in the U.S.
- Check with the foreign embassy of the country you are visiting to make sure that none of the prescription medications you use are considered illegal narcotics in that country.
- Discuss with prescribing provider how to adjust taking medication with changing time zones
- Over the Counter Medications
Mental Health

• It is important to consider your mental health, as much as your physical health while abroad
• Use these techniques to help
  – Release emotions (journaling, art)
  – Set healthy limits for yourself
  – Participate in an activity you enjoy
  – Change your setting, go outside
  – Relaxation and refocusing strategies
  – Talk to someone!
• Utilize the following resources throughout your time abroad:
  – Host program resources
  – Local mental health resources
  – Health insurance assistance
  – University Life Café website
  – Education Abroad Staff
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
Travel Safety

https://www.youtube.com/watch?v=4FzvdxUmdos
Travel Safety Planning

• Get informed about host country health and safety, emergency contact numbers, how to use your health insurance, etc.
• Enroll in the Smart Traveler Enrollment Program (STEP) at step.state.gov to receive security and emergency alerts
• Prepare for different situations:
  • Natural disasters, sickness or injury, physical assault, theft/pickpocketing
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
• Know how to utilize your travel safety plan while abroad
Culture & Safety Abroad

• What are your perceptions of safety, drinking etc. in your host country? What is the reality?
• Do your research on the U.S. State Department and World Health Organization websites
• Pay attention during in country orientation
• Befriend local students and learn about local interactions
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
• Guidebooks 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

**Before your Program**
- Complete academic approval form
- Be aware of minimum grade needed for transfer credit. Credit is pass/fail
- Make sure your holds are removed and you are in “committed” status so Education Abroad can enroll in placeholder course

**While Abroad**
- Inform your Education Abroad Advisor if you are taking any classes not listed on your form
- Maintain full time status, inform your advisor before making changes to enrollment
- Request a copy of your transcript to be sent to Education Abroad, we also recommend requesting a personal copy
- Save course materials and syllabi

**After you Return**
- 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 2-4 weeks after that, as long as all your classes have been approved
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

https://www.youtube.com/watch?v=a5UPXZPtj_E
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

• Breakout Rooms
  – Spanish Speaking Countries
  – Europe
  – Asia
  – Semester at Sea
  – United Kingdom

• 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

We recommend enabling audio and video during the breakout sessions.

Use this if you want a staff member to join your room.

Use this if you want to go back to the common area to ask a question.

Leave Breakout Room.
Safe Travels!

Gute Fahrt

Bon voyage

šťastnou cestu

よい旅行を

Kaló taξídi

Bonum cursum!