

PRE-DEPARTURE ORIENTATION

Thursday, 29 March 2018



UOP RESOURCES

- Student Accounts
- Counseling and Psychological Services (CAPS)
- Registrar's Office



FROM A PEER'S PERSPECTIVE...

PACKING/TRAVEL TIPS

- Don't over pack!
- Leave room in your suitcases to bring things back at the end of the semester
- Bring comfortable shoes
- A good carry-on is a small bag or backpack that can also be used for weekend travel
- Check out student blogs for ideas



FROM A PEER'S PERSPECTIVE...

PACKING/TRAVEL TIPS CONTINUED

- If there are specific toiletry products or brands you can't live without, bring them with you. However, you can usually purchase something similar abroad.
- Check the TSA website for guidelines on what you can/cannot pack.
- Check with your airline about fees and/or limits on checked and carry-on luggage. These vary by airline and destination.
- Be sure your carry-on bag contains anything you might need if your flights are cancelled/delayed, or if your luggage is lost (i.e., medications, contact information and arrival instructions, essential toiletry items and a change of clothes).



FROM A PEER'S PERSPECTIVE...

ACADEMICS ABROAD

- Less homework, more long papers and tests
- Social life at school
- Registering for classes in-country



FROM A PEER'S PERSPECTIVE...



ADJUSTMENT

- In-country orientation
- Making friends
- Staying connected?
- Learn from year-long students + local peers
- Culture and “city” shock
- Country/region specific dialects

FROM A PEER'S PERSPECTIVE...

Money matters

- You are responsible for personal expenses abroad- They will vary depending on location and personal spending habits.
- Prior to departure, check the current exchange rate in your host country. Keep in mind that exchange rates will likely fluctuate during your time abroad.
- ATM is generally the best way to get money once abroad, exchange rates are usually better. Check with your bank about foreign transaction fees!
- In many countries, it is much less common to use credit cards for small purchases (a coffee, a casual meal, etc.). You should plan to use cash for such items.



FROM A PEER'S PERSPECTIVE...

Money matters continued..

- Before leaving, call your bank and credit/debit card company and advise them you will be traveling abroad. This will prevent your cards from being disabled when foreign charges appear.
- Take a credit card with you for emergencies or large purchases, beware of charge fees for use abroad.
 - Visa and MasterCard: recognized almost everywhere.
 - American Express: less so
 - Discover: generally unknown outside the U.S.
- Try to reserve \$500 for unexpected emergencies. If you need access to more funds, your stateside contact can deposit money into your account or wire money through Western Union. Before leaving, decide with your family how they should send you money if needed



FROM A PEER'S PERSPECTIVE...

TRAVELING WHILE ABROAD

- Take advantage of your surroundings, but make sure you get to know your new home
- Public transportation/research before you go
- Program-sponsored trips



FROM A PEER'S PERSPECTIVE...

Diversity & Identity Abroad

- While abroad, one or more aspects of your identity may be challenged by others, as well as your view of yourself. It is common for certain personal characteristics to be highlighted or suppressed while abroad due to different cultural norms and standards.
- Goal: anticipate how different aspects of your identity may be received in the host country. To do so, it is essential to understand the constructs of your identity and educate yourself on the complex cultural, social, and historical dynamics of the host country/city culture.



FROM A PEER'S PERSPECTIVE...

LIVING ARRANGEMENTS ABROAD

- Tips for living with host families
- Tips for living in apartments/residence halls



PASSPORT

- Passport needs 6 months validity beyond program end date. If you don't have a passport or yours will expire, apply for one immediately. The normal processing time is 4-6 weeks, with expedited options.
- Make at least three copies of the first page of your passport: two to keep with you and one to leave with a stateside contact. You may need to submit a copy to your host institution or program provider.
- While Abroad: If you lose your passport, take a photocopy to the nearest American Embassy to speed the process of getting a new one.
- It is recommended your emergency contacts at home have a valid passport of their own prior to your departure in case of an emergency abroad.



VISA

- A visa is required for many programs. It validates your presence, time and purpose while in a country. Without proper visa documents, you may be denied entrance. It is your responsibility to comply with the visa requirements of your host country.
 - To find out if you require a visa, check Entry/Exit Requirements for your host country on the [U.S. State Department's Country Information pages](#).
 - It can take up to three months to obtain a visa and be an unpredictable process, so you must plan accordingly and start the process early! Do not turn in an incomplete application.
 - In most cases, you must submit a valid passport along with your visa application. Many countries also require you to submit your application in person at the nearest consulate.
 - If you plan to travel to other countries while abroad, you should find out each country's visa requirement before you leave the U.S.
 - Keep copies of all of the documents submitted with your visa application. If mailed in, use a traceable mail method like FedEx, DHL, USPS Express, etc. To have a tracking number and proof of delivery for your passport and documents.
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ACADEMICS

1. Registering for classes

- a) Study abroad placeholder course (SABD 000) override
 - Must complete all Abroad Office Enrollment Forms first.
 - b) For classes abroad
 - Remember: be flexible with course choices – there is no guarantee of what classes will be available.
 - If course offerings for your host school are not yet available, view the offerings from current and past semesters for an idea of what might be available.
 - Maintain communication with academic advisor(s).
 - c) For classes at UOP the following semester
 - It is your responsibility to register and pay your tuition bill for the semester of return to UOP. Course schedule and registration times can be found on the Registrar's website.
 - If you encounter difficulties registering from abroad, please contact your Academic Advisor for assistance.
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ACADEMICS CONTINUED

2. Policies

a) Grades

- Courses abroad must be taken for a grade (no P/F)

b) Maintain full-time status

- 12-18 units *unless* otherwise specified by program/university
- If more than 18 units are taken, students are responsible for paying for the additional cost per unit

YOUR HEALTH ABROAD

- As you prepare to study abroad, keep in mind that at times the trip can be stressful. Consider any health conditions you currently have/are receiving treatment for in the U.S.
- Talk to your doctor/ health care professionals about managing your physical and/or mental health conditions while abroad, especially regarding any medications.
- It is important to disclose any physical or mental health conditions, prescription medications, or allergies that may affect your health abroad to your program provider and/or on-site director prior to departure. This information will be kept confidential and is not used as part of any acceptance process.



MEDICATIONS & PRESCRIPTIONS

- U.S. prescriptions cannot be filled at foreign pharmacies, and may not be available abroad. Take an adequate supply of prescription and over-the-counter medication to last your entire time abroad.
- If your insurance does not allow you to fill a prescription for the entire length of time you will be abroad, you should talk to your doctor about possible solutions. In some cases, a prescription from your U.S. doctor with the scientific name of the drug clearly indicated, along with a letter of explanation from your doctor, may allow a foreign doctor to write you a local prescription.
- All medications should be carried in their original, clearly labeled containers. Always carry prescription and other important medications in your carry-on bag in case checked luggage is delayed or lost.
- Additional information, like a letter from your doctor listing your medications and explaining why you need them, may be helpful for foreign medical providers as well as customs agents.

MEDICATIONS & PRESCRIPTIONS CONTINUED

- The laws regarding certain medications (injectable drugs, controlled substances, narcotics, etc.) differ from country to country, and some may be highly regulated or illegal abroad. Contact the embassy of the countries you are visiting to get a list of drugs that are illegal/controlled and for guidance if you have such a prescription,
 - If you have diabetes, drug or food allergies, or any other physical condition that may require emergency care, carry special identification (a tag, bracelet or card) with you at all times. In case of emergency, if you are unable to give this information, the identification will be helpful to the medical providers treating you.
 - If you wear glasses or contacts, take along a copy of your prescription and an extra pair.
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HEALTH & SAFETY RESOURCES

(LINKS ON EDUCATION ABROAD WEBSITE)

1. Department of State (DOS)
 - a) Students Abroad
 - b) Traveler's Checklist
 - c) Your Health Abroad
 - d) Smart Traveler Enrollment Program (STEP)

2. Centers for Disease Control and Prevention (CDC)
 - a) Traveler's Health

3. Transportation Security Administration (TSA)
 - a) Disabilities & Medical Conditions



STUDENT ACCOUNTS/BILLING

When you register for an Education Abroad Program, you are earning and paying for University of the Pacific units on your transcripts. You are charged:

Pacific's tuition: \$22,893

Education Abroad Admin fee: \$150 .

Depending on the type of program you are going on, the following will apply:

*Third Party Programs (CIEE, USAC, IES Abroad, etc.) + Direct Exchanges (KGU, Waseda, etc.):

-Pacific tuition + Education Abroad Admin Fee.

-You will pay the program or university directly for room and board expenses.

*ISEP Exchange Programs: Pacific tuition + \$150 Education Abroad Admin Fee

-charged by Pacific for room and board.

Student Accounts will manually enter this information onto your student account. Please contact the Student Accounts Office if you have any questions once you receive your bill.

*For detailed information of possible additional costs (ex. housing and meals), please refer to your estimated budget in Abroad Office AND to program specific website for details.

PROGRAM WITHDRAWALS & REFUNDS

- ❖ Students must notify both IPS and the program provider in writing if they decide to withdraw from a program. In the event of withdrawal, students are responsible for any deposits and/or cancellation fees of the program provider and/or university, including non-refundable program fees already paid by IPS to the program. You may also be required to reimburse any scholarships received.



TO DO BEFORE YOU LEAVE



- 1) Secure passport and visa (if required).
- 2) Complete required Enrollment Forms in Abroad Office, notify Patrick when complete, and register for study abroad placeholder course.
- 3) Confirm registration and financial approval for the Fall semester.
- 4) Confirm all paperwork required by the Financial Aid Office is complete.
- 5) If you have a balance due, pay it in full or enroll online in the monthly payment plan.
- 6) Update your billing address with Student Accounts if you wish to have your refund check mailed.

Questions?

- ❖ **Spring 2018 walk-in peer advising hours:**

Monday: 3:00-5:00

Wednesday: 10:00-12:00

Tuesday/Thursday: 9:00-12:00, 2:00-4:00

Friday: 10:00-12:00, 2:00-3:00

- ❖ **Upcoming Event: Study Abroad Tabling, 3-5 April**

