

Pre-Departure Tips

Covers:

- Culture shock and adjustment
- Ambassador role
- Course approval and grading
- Packing
- Money
- Electronics and email
- Re-entry process
- FERPA and POA
- Sharing your journey



Culture Shock and Adjustment

- W – Curve of Cultural Adjustment



Based on Oberg (1960) and Gallahorn & Gallahorn (1963)

Culture Shock and Adjustment

- Personal space
 - Observe others
 - Don't be offended if someone is in "your" space
- Humor
 - What's funny here may not be funny there
- Food and eating out
 - Dietary restrictions and food allergies
 - Tipping



Culture Shock and Adjustment

- Gender
 - Gender roles may differ
 - The way that men and women talk about and interact with each other may be different
- Stereotypes
 - People abroad may make assumptions based on the fact that you're American
 - You may have your own assumptions about people you meet or the country you are going to

Culture Shock and Adjustment

- Methods to successfully adapt:
 - Be flexible and open-minded; resist thinking “we do things better in the US,” “these people are backwards or old-fashioned,” “this is weird”
 - Stay busy!
 - Get involved with host culture (through school, volunteering, joining a group or club, exploring new neighborhoods in your city, etc.)
 - Keep in touch with friends and family at home
 - Resist withdrawing or surrounding yourself with Americans
 - Keep your sense of humor
 - Take care of yourself!

Ambassador Role and the “ugly” American

- Ambassador Role
 - United States/your native country
 - LIM College
 - Yourself!
- Stereotype of the “ugly American”
 - Americans do things better
 - “Everything here is weird!”
 - Excessive drinking
 - Demanding special treatment

Ambassador Role and the “ugly” American

- American Stereotypes:
 - Wealthy
 - Immature
 - Outgoing and friendly
 - Loud and rude
 - Promiscuous
 - Ignorant of other countries
 - Hardworking
 - Wasteful
 - Poor education system
 - Everyone owns a gun
 - All elderly in nursing homes
- Be cautious if you feel yourself getting defensive; be patient and open-minded

Ambassador Role

People may assume that the stereotypes they have about America are true and that you can speak for the entire United States, with questions like:

- *Why are Americans so ignorant of the world?*
- *Why are the police racist in the US?*
- *Why are you always trying to force your form of government on everyone else?*
- *Do you own a gun?*

Be open-minded and patient – this can be an opportunity for exchange and learning, or possibly a time for you to change the subject to another topic.

Professionalism: Short-Term Programs

- Class, company visits, internships
 - Professional dress
 - Being respectful and attentive
 - Respecting the nature of the visit
 - You're there to learn
 - Not a time to network for personal gain
 - Be appreciative of company/individual volunteering their time to speak with our group

Always remember – you are representing yourself,
your college, and the United States!

Behavior Expectations and Management : Short-Term Programs

- Student and alumni expectations:
 - Full participation in all activities
 - Develop cultural awareness and cultural sensitivity
 - Engage with the course curriculum and learning objectives
 - Consider the effect of their actions on the entire group and local context
 - Comply with LIM College policies
- Faculty and administrator expectations:
 - **Transparency:** Faculty ensures that students clearly understand our expectations
 - **Student Buy-in:** The student and faculty team will work together to define expectations
 - **Collaboration:** Student, faculty team, LIM administration and program provider are involved at various stages

Behavior Expectations and Management : Short-Term Programs

- Managing behavioral issues:
 - **Verbal intervention**
 - **Written intervention**
 - **Final intervention:** if written intervention agreement is broken, Study Abroad Coordinator is contacted and LIM will work with travel agency to arrange student's immediate transportation home. Student will be billed for the cost of doing so.
- A more serious issue may warrant skipping to second or third step without preceding action!

Do some research!

- Research host country and city's recent history
- Brush up on current world and American news
- Research American foreign policies
- Consider comparisons between US and host country



Course Approval and Grading: Full-Semester Exchange

- You are **REQUIRED** to be registered for the equivalent of **12 credit hours** or more the entire semester!
 - If you are using financial aid, 12 of your credits **MUST** count toward graduation
 - You **cannot** use financial aid for courses that will not count toward graduation
 - Inform me immediately if you make any changes to your schedule overseas
 - Confirm course approvals before going by completing the Course Proposal Form
 - Need to earn a D or better (*not a D-*) to pass
 - Save ALL syllabi, homework, course information, etc. for all of your courses! (This may come in handy when you return!)

Course Approval and Grading: CCA and Short-term Programs

- You are required to complete all associated coursework to receive credit on your LIM transcript
 - Need to earn a D or better to pass
 - Speak to your Academic Advisor with any questions about what your credits appear as on your LIM transcript



Packing Tips

- Research the style AND weather in host country
 - Do they wear sweatpants, jeans, shorts, tank tops, baseball hats, etc.?
 - Clothes that work well for layering
- Lay everything out on your bed, **remove approximately half**
 - Don't over pack your suitcase!
 - You can purchase items in the host country if you forget things

Packing Tips

- Check your airline's baggage restrictions carefully! The following is common:
 - **One personal item**
 - Briefcase, handbag/small purse, small backpack
 - **One carry-on bag**; no larger than:
 - 8kg (17.6 lbs)
 - 55cm (21") high, 35cm (13") wide, and 25cm (9.8") deep
 - **One checked bag**; no larger than:
 - 23kg (50 lbs)
 - 158cm (62")- (the sum of height + width + depth)

You may be charged \$100 or more in each direction if your checked bag is heavier/larger than this or if you have more bags than allowed!

Packing Tips

- Prescription medication in carry-on
 - Check with ISOS!
- Extra contacts/prescription glasses
 - Extra contact solution
- Photocopies of passports and other important documents in carry-on
- Pack at least one change of clothes in your carry-on in case your checked luggage gets lost!

Packing Tips

Must-have items:

- Comfortable walking shoes
- Small umbrella
- Travel guide
- Journal
- Sunscreen
- Small first-aid kit

Money

- Call your bank before departure
 - Put a “travel notice” on your debit/credit cards for the duration of your time abroad
 - Ask about foreign transaction fees at an ATM or when using a credit card – these can add up!



Money

- Exchange a small amount prior to leaving (can be done at a bank – allow time for currency to be ordered and delivered)
 - Avoid exchanging money at hotels, airports, restaurants, retail stores – higher fees!
 - But it can be cost-effective to take out cash at ATMs rather than using a credit/debit card for every transaction
- Have more than one source of money
 - Cash and credit/debit card with you at all times (for example)

Electronics and Email

- Converters vs. Adapters
 - Converter: changes voltage; heavy and expensive
 - Adapter: changes plug; small and light, should be all you need for your computer and phone
- Cell phones - several options:
 - International calling, text, and/or data plans (contact your provider)
 - Purchase a SIM card for your current phone upon arrival
 - Use your US phone to access Wi-Fi and use messaging/calling apps
 - Purchase a cheap pay-as-you go phone when you arrive
- Taking your computer?
 - Computer labs on campus, Internet cafes
- Hair dryers and straighteners: Dual-voltage
 - Best to avoid bringing these – buy in-country
- **Be sure to check your LIM email while you're abroad!**

Share your journey!

- Communicating with friends and family at home
 - Can be a great support system but be careful not to avoid daily life in your host country
- Methods:
 - Use an international plan on your American phone (contact your carrier)
 - Buy a pre-paid phone card in your host country
 - Buy Skype credit to call phones
 - Video calling: FaceTime, Skype
 - Messaging: iMessage, WhatsApp, Viber
 - Start a blog to post photos and thoughts about your time overseas; share the link with friends and family

Share your journey!

- #LIMabroad – Instagram, Twitter, Etc.
- Photo contest – prizes!

2017 Study Abroad Photo Contest Winners

LIM & Fashion Abroad



The winner is Emily Bellomo, who is currently studying on exchange at the American University of Rome in Italy!

Educational & Cultural Moments



The winner is Caleigh Flanagan, who studied abroad through the French Fashion Analysis program in Paris last summer!

Re-entry Orientation: Full-semester Exchange

- Online, interactive webinar format; held during Summer 2017
 - Debriefing
 - Story sharing
 - Sharing helpful information for students going in the future
 - Tips on how to leverage your time abroad to help you in the internship/job search process

Re-entry Process

- Tips for Students
 - Give yourself time to process the experience you have had
 - Stay in contact with friends met abroad
 - Participate in information sessions, study abroad fairs, etc. for prospective study abroad students
- Tips for Parents
 - Be supportive and patient
 - Listen
 - Give the students time
 - Reassure them

FERPA and POA

- Family Educational Rights and Privacy Act
 - Release form from the Registrar; you must email them from your student email account
 - Registrar@limcollege.edu
 - I can't give info to your parents/guardians without it!
 - The only exception is in the case of an emergency
- Power of Attorney
 - Bank account information

Have a wonderful time!!

- Send a postcard!

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