Study Abroad
Pre-Departure Orientation

FALL & FULL YEAR 2017
Today’s Agenda

1. Getting ready to go
2. Money matters: financial aid, budgeting, and banking
3. Communication abroad
4. Academics abroad: course approvals, credit transfer, and independent work
5. Health, safety, and insurance
6. Scenarios
7. Break-out table discussions
Getting Ready to Go

- **Passport** – should be valid for 6 months beyond program end date
- **Visa** – find out if you need one and if so, apply as soon as possible
  - Visa Central: [http://visacentral.com/?login=princeton](http://visacentral.com/?login=princeton)
  - Find an embassy or consulate: [http://embassy-finder.com](http://embassy-finder.com)
- **Flights** – economy seats, round trip (required by many countries)
- **Immunizations** – visit [http://wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel) for info on requirements, or make an appointment with UHS
- **Complete** all overseas program or university requirements
- **Research host country** – brush up on current events, local information, climate, etc. before you go
- **Packing** – do not over pack, be mindful of climate!
GPS Things to Do

Once you receive final approval from OIP, you will be marked as accepted in GPS and will be able to access these next step items:

• Review your course approval form and approval letter!
• Read and sign off on all signature documents
• Submit financial aid budget – **due July 1st**
• Upload a copy of your program acceptance letter
• Submit a Concur travel request
• Address change form
• Pre-departure learning content

Submit everything (except financial aid budget) **by June 1st!**
Princeton Tasks

• Continue to check Princeton email while abroad!

• Campus storage
  • Free box storage (two boxes approx. 24”x24”x24” each) for study abroad students (no furniture storage permitted) through Facilities
  • Fall study abroad storage located in 1938 Hall basement, first entry.
  • Contact University Facilities to arrange storage or for more information: https://facilities.princeton.edu/services/student-storage or service@princeton.edu
  • For overflow storage, contact the Moving & Storage Student Agency: movestor@princeton.edu

• Princeton housing and fall room draw
  • Cancel your Princeton housing contract online once you’re approved for study abroad
  • Complete room draw steps for spring 2018 online while abroad
  • For more info: https://hres.princeton.edu/my-housing/study-abroad

• Register for spring courses
  o Watch for emails from Registrar about spring course registration, and complete online
  o Seek advice from your departmental adviser about course selections and enrollment
Financial Aid

Financial aid travels with you:

- If semester costs are more than Princeton, university grants will meet additional cost
- If semester costs are less than Princeton, your self-help aid will be reduced first, then grants
- If you receive federal work study, these earnings will be replaced by a subsidized loan

If you are on financial aid:

- Complete the Financial Aid Budget Form in GPS by July 1
- Review approval letter and check with your program for detailed costs (including tuition, housing, flights, visa, and estimates for meals, local transportation, personal expenses)
- Aid decisions are made in July and funds are typically released in September; if you need to pay program earlier, contact Catherine Beach at cbeach@princeton.edu (Financial Aid Office)
Money Matters

- You do not need to open a bank account abroad
- Look up the exchange rate from USD to local currency
- Call your bank(s) before you go:
  - Let them know you’re traveling abroad – countries and dates
  - Find out about any and all international ATM and transaction fees
  - Ask if they have partner banks abroad
- Access cash in local currency from ATM’s abroad
- Plan on using more cash abroad than you might in the US
- Bring several ways to access money (ATM card, credit card) and don’t keep them all in the same place
- Create a budget for yourself, and track spending online
Communication

Options for cell phones abroad:

1. Buy a local phone and SIM abroad
2. Bring an “unlocked” phone with you. Purchase a local SIM card abroad and insert it into your phone.
   - Find out from your current cell service provider if your phone is already unlocked; If not, request that it be unlocked
   - Most plans abroad will be “pay as you go” and are best for use for local calls, texts, and data
3. Sign up for an international plan with your current provider (beware of roaming charges!)

Communication apps:

- Skype, WhatsApp, Viber, FaceTime, & more!
  - Use to call home or internationally
  - Inexpensive or free with internet access

Your internet connection abroad may be slower or less stable than you’re used to — be patient!
Staying Connected

**Instagram**
- Follow us @PrincetonOIP!
- Tag us in your photos
- Use #PrincetonAbroad to share your pictures
- Sign up for OIP Instagram Takeover

**Facebook**
- Like us @PrincetonOIP!
- Join the Princeton Study Abroad FB group

**International Eye Photo Contest**

**Blogs, Updates, Photos**
- Share travel stories, interesting research / coursework, photos of extracurricular activities & campus life
Cultural adjustment

Tips for Managing Cultural Adjustment:

1. Participate! Seek out social opportunities.
2. Be flexible. Don’t expect things to work the same way they do in the US.
3. Try to recognize your own cultural bias.
4. Ask questions!
5. Appreciate difference.
6. Establish a routine.
7. Find ways to keep in touch with family and friends – but don’t overdo it.
Course Approvals and Credit Transfer

Course approvals and course changes:
- Review finalized copy of your course approval form, available in GPS under “Documents”
- Course changes are okay, but any new courses must be approved!
- Obtain new approvals via email, and forward to your OIP adviser

Courses in Local Language:
- If studying in location where Princeton teaches language, all courses must be taken in host language (unless your adviser has notified you of an exception)

Credit Transfer, Grades, and Transcripts:
- Must achieve equivalent grade C or above for credit
- Grades appear on official Princeton transcript as T (transfer) credit (except Princeton courses)
- Grades not factored into Princeton GPA (except Princeton courses and JP)
- Have transcripts sent to OIP for processing at the end of your semester
Independent Work Abroad

- Establish a communication plan with your Princeton JP adviser before you depart if possible
- Stay in contact with your JP adviser throughout study abroad
- Think about a topic that is achievable – or will even be strengthened – during study abroad
- Do not procrastinate on this work
- Take advantage of local resources – libraries, faculty, sites, archives, primary sources
- JP submission deadline is listed on your course approval form
Academics Abroad

- Courses and teaching styles will be different from Princeton
  - U.S. system: handholding, continuous assessment
  - Abroad: expected to work more independently, treated as an adult, grades often based heavily on final exams
- Let your professors know you are a visiting international student
- Take cues from local students
- Reach out to on site staff or international office abroad if you need help
Insurance

**Health Insurance Abroad**

- Required to have either the Princeton Student Health Plan (SHP) or an equivalent that will cover you while abroad
- If you do not have coverage through SHP and your insurance will not work abroad, consider registering for [HTH Worldwide](https://www.geoblue.com) (GeoBlue), a leading provider of international health insurance. Use Princeton group access code ITS-30369 for special rate.
- Generally you will be required to pay for services abroad up front, and then submit a claim for reimbursement to your insurance provider
- More details and links available in GPS under “Learning Content”

**International SOS**

- All students are automatically covered by ISOS for no extra cost
- ISOS is NOT health insurance
- ISOS membership provides:
  - Emergency & support services (emergency medical advice, referrals, evacuation)
  - Travel & security assistance company
  - Online country-specific resources and information
- Browse ISOS site and note contact information before leaving
- More details and links available in GPS under “Learning Content”
Staying Safe Abroad

DON’T...

• Accept help from the people waiting around at the airport exit gate
• Carry all your valuables in one place
• Go on a trip without letting anyone know
• Rent a car or motorbike
• Ignore or disregard cultural norms, customs, or behaviors
• Use drugs
• Abuse alcohol
• Participate in demonstrations or marches

DO....

• Research transportation options for your arrival, or arrange airport pick-up ahead of time
• Wear a money belt
• Tell your local contacts when you’re traveling and leave a detailed itinerary
• Learn about the cultural norms around gender, sexuality, race, and identity
• Use moderation if consuming alcohol
• Use your best judgement!
Preparing for an Emergency

• Register with Dept. of State STEP program (US citizens), or your home country’s registry
• Find out the emergency numbers (911-equivalent) in your host country
• Map out nearby hospital/ER, police station, consulate/embassy
• Program emergency contacts into your cell phone: local contacts/supervisors, ISOS, Princeton Public Safety (609-258-3333)
• Know your resources for support and assistance in the case of discrimination, sexual assault, or any other violation
  • SHARE: 609-258-3310 (24/7 confidential hotline)
• Keep a scan and photocopy of passport, visa, health insurance and credit cards in a safe place
• Keep info. on allergies to medications and special medical conditions on you
• Notify your local contacts, friends and parents/guardians in the event of side trips
Scenarios for Discussion

1. You are at a restaurant with some American friends, and a local begins to shout anti-American statements at your group and is causing a scene. What do you do?

2. You are out dancing at a club, and you see your friend leaving with someone they just met. They have had a lot to drink. What do you do?

3. Some local students in your housing facility invite you to go out one night in a neighborhood you have heard is very dangerous. What do you do?
Scenarios for Discussion

1. You are at a restaurant with some American friends, and a local begins to shout anti-American statements at your group and is causing a scene. What do you do?

- Remain calm
- Keep a low profile
- Do not engage
- Do not escalate
- Make sure you have the local police numbers/emergency numbers programmed in your phone
- Be observant, alert, report any suspicious behavior surrounding this incident
Scenarios for Discussion

2. You are out dancing at a club, and you see your friend leaving with a person they just met. They have had a lot to drink. What do you do?

- Never leave a friend who may be impaired by alcohol or any other condition by himself/herself
- Have a clear “buddy system” in place before you go out with your friends
- Use your best judgement (make good use of the health/safety trainings you have received at Princeton and/or during the program’s on-site orientation)
- Remember that SHARE can provide assistance even when you are abroad
3. Some local students in your housing facility invite you to go out one night in a neighborhood you have heard is very dangerous. What do you do?

- Avoid any situation that sounds overly risky: you are not in your familiar territory and your sense of danger may be impaired
- Do not be afraid of social pressure: real friends will understand your concerns and will not take them lightly
- Postpone any decision to a later time, when you will have had time to gather more information and better assess the dangers inherent in the location and some possible precautions
Break-Out Discussions

With your group, discuss any of the following topics:

- How might the academics abroad differ from those at Princeton?
- What are the best ways to meet locals?
- What tips do you have for staying safe while traveling abroad?
- What are you nervous about?
- What are you most excited about?
- What lingering questions do you have?