Schedule

- Welcome
- Travel Basics
- Finances Abroad
- Health & Safety
- Academic Guidelines
- Culture & Identity/
  Managing Expectations
- Brown Basics
- Reminders/Checklist
- Q & A
## Who's Going Abroad?

### Class Year
- Sophomores, Juniors, Seniors

### Locations
- Asia, Caribbean, Europe, Latin America, Middle East

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Travel Basics

**Passport and Vaccination Card**
- Passport must be valid for at least 6 months after program end date
- Store them safely & keep copies (Google Drive)

**Travel Visa (NOT the credit card)**
- Country requirements vary; check for correct paperwork, especially if you are traveling to another country as part of your program or en route to your program location
- Carefully follow instructions of embassy or consulate
- Be aware of dates and deadlines
- Budget for this expense

**International Students**
- Contact an International Students & Scholars (OISSS) advisor before leaving to ensure that you have an updated travel signature
Travel Basics *(Flights & Packing)*

Avoid Overpacking *(buy some items abroad)*

- Check with your airline for COVID-related entry requirements
- Review airline cancellation policies and change fees
- Check if your program has specific arrival dates/times or other requirements
Finances Abroad

Budgeting
- Make a weekly or monthly budget
- Bring some local currency
- Set aside extra money for unforeseen circumstances

Credit and debit cards
- Contact credit/debit card companies and banks prior to travel
- Know credit limits and international transaction fees
- Research partner banks abroad
- Copy/scan front and back of credit cards in case of loss

*Some destinations may have more limited card access*
Financial Aid & Bursar’s Office

● Aid travels with you abroad; follow deadlines and requirements
● You will be billed for Brown tuition, but will pay non-academic costs (e.g., housing, meals) directly to provider for most programs
● Refunds distributed AFTER start of your study abroad program semester
● Utilize **Study Abroad Budget worksheet** to plan budget and determine additional needs
Health & Safety

TravelSafe

- All students are required to register their travel plans in TravelSafe
- The details you provide regarding itinerary and emergency contacts will help Brown’s Global Travel Safety and Security administrators account for your well-being and provide assistance in the event of an emergency
- Instructions and links will be provided through ViaTRM
- Registering in TravelSafe will automatically enroll you with International SOS and in the study/travel abroad accident and sickness insurance policy
Health & Safety

International SOS

- All students studying abroad are enrolled in an accident/sickness plan coordinate through ISOS during their program dates at no additional cost
- Not health insurance; you are required to have health insurance overseas–do not cancel your U.S. based coverage
- Download free: International SOS Assistance App–will enable you to receive relevant health & security alerts to your phone
- Services include pre-travel assistance, mental health counseling sessions, emergency evac
- Check legality/availability of your prescribed medications abroad

STEP and CDC health notices

- Register your trip abroad with the US Department of State
- Research travel destination(s)
- Review US State Dept. Travel Advisories and travel health and COVID-19 notices on the CDC website
Health & Safety

Consult with your primary health care provider & OIP before departure with any health concerns

Immunizations:
- Make sure you are up-to-date on all vaccines before departure
- Some programs require that you submit your immunization records and a recent examination record from your doctor
- Research required immunizations: U.S. Centers for Disease Control and Prevention (www.cdc.gov)

Prescription Medication:
- Carry enough with you (in original containers) and a note from a doctor
- NOTE: some medications are prohibited/unavailable in some countries
- Research before departure and have a plan; *ISOS is a good resource

COVID-19 Related:
- COVID Vaccine required to study abroad
- Bring a copy of your vaccine card and treat it like you would your passport
Health & Safety

Theft can be very prevalent, especially in big cities!
Consider purchasing property insurance against loss, theft, or damage to your personal possessions while abroad. You may also be covered by your family’s homeowner’s policy or rental insurance.

Safety recommendations

- Keep copies of EVERYTHING in several places and lock up belongings
- Have a working cell phone
- Always stay aware of surroundings, suspicious people, packages, etc.
- Avoid protests/demonstrations; they can quickly escalate
- Beware of date rape drugs

Communications

- Know who to contact; respond immediately to Brown/onsite communications
- Ensure your program knows when/where you are traveling
Student Conduct

- Students are expected to abide by Brown’s Code of Conduct while abroad in addition to program/host university conduct requirements
- Follow local laws!
- The U.S. Consulate or Brown will not be able to assist you if you are arrested abroad
- **Illegal drug use** is grounds for **immediate dismissal** by Brown from your program
Academic Guidelines

- Focus on number of credits, not number of courses taken
  - 32 ECTS or 16 semester hour credits are the equivalent of 4 Brown credits (30 ECTS = 3.5 Brown credits)

- Maintain full-time status while abroad
  - This can impact academic/financial standing

- All courses must be taken for letter grade
  - “C” minimum
  - Credits transfer to Brown as S/NC

- No Brown credit for internships or practicums

- Concentration credit approved afterward by academic advisor in ASK
Language Guidelines

- If in non-English speaking country, *must take a course in the local language*
- If in program with Brown language requirement, *all coursework must be taken in local language*
Culture Shock

Source: U.S. Department of State
Managing Expectations

What can you do to lessen culture shock prior to arrival?

● Research local culture and laws before arriving in-country
  ○ Google Maps, newspapers
● Learn key phrases in local language
● Make use of online resources, videos
● Reach out to program alum
● Read through program-specific handbook and OIP materials

Source: https://www.worktheworld.com/blog/why-culture-shock-is-good-for-you
Identity Abroad

You take your identity with you, BUT...

- Positionality, power, and privilege may change based on local culture
- Different values, expectations, and social norms can be challenging
- Sensitivity and respect for peers’ experiences abroad
- Respect vs. Accept:
  - Respect local culture and traditions even if you do not accept local beliefs
How do you mitigate challenges abroad?

- **Cultural humility**
  - Listen, observe, keep an open mind, seek first to understand
- **Embrace the discomfort**
- **Journal** and chronicle your experiences
- **Seek support**
  - Local staff and professionals
  - Program cohort, family, and friends
  - Brown OIP & Student Support Services
Brown Resources: Diversity and Inclusion

- Student Accessibility Services (SAS)
- LGBTQ Center
- Sarah Doyle Center for Women & Gender
- Brown Center for Students of Color (BCSC)
- Undocumented, First-Generation College, and Low-Income Student Center (U-FLi)
- Office of Financial Aid
- Office of the Chaplains and Religious Life
- Office of International Student and Scholar Services
- “Identity and Culture Abroad” section on the OIP website
Brown Basics: Before You Go

Mail Services
- Forwarding available through Banner; contact Brown Mail Services

Student Accessibility Services (SAS)
- Coordinate any accommodations needed abroad in advance

Duo Mobile
- Pre-generate backup codes to use instead of your phone. **We recommend doing this right away** in case you lose your device or are out of the range of service.
Brown Basics: Before You Go

Duo Mobile

There are two ways to generate Bypass Codes:

**Method 1:** In MyAccount, click the button that says Generate New Bypass Codes. Click the printer icon above the codes to print a wallet-sized card

**Method 2:** When on a Duo Prompt, click Send Codes (you probably haven't seen one of these yet if you're going through the instructions the first time)
Brown Basics: While Abroad

Change of Plans

- **Program Withdrawal**
  - Notify OIP and program provider immediately in writing
  - May owe fees depending on withdrawal date; may impact credit transfer
- **Program Extension**

Other Brown Offices who may be in contact...
- Residence Life; Dining; Bursar; Financial Aid; Registrar

Pay close attention to messages/requests from OIP & Brown Offices while abroad!
Have fun!

- Get out, **connect**, and **experience** the culture!
- Your time abroad is limited; **make the most of it**
- Reflect on what **you** want out of your study abroad experience
- Remember: always stay aware and **use good judgement**
Reminders

- Checklist!
- Financial Aid Budget Form
- Pre-departure forms
- Medical exams and prescriptions
- Meet with concentration advisor
- https://undergrad.healthy.brown.edu/
MAY THE 4TH BE WITH YOU
Q & A

Thank you and safe travels!