OIP Pre-Departure Orientation Session

Spring 2020
Schedule

● Welcome
● Travel Basics
● Money Matters
● Health & Safety
● Academics
● Culture & Identity
● Brown Basics
● Reminders/Checklist
● Q & A
Who’s Going Abroad?

Class Year
- Sophomores, Juniors, Seniors

Locations
- Africa, Asia, Europe, Latin America, Middle East, Oceania
Who’s Going Abroad?

Total: 279

<table>
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<th>Country</th>
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<td>Tunisia</td>
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Sum of Number of Records broken down by Country.
Travel Basics (Passports, Visas, and other Country Entry Documents)

**Passport**
- Valid for at least 6 months after program end date
- Store it safely and keep copies (Google Drive)

**Visas and Entry Requirements**
- Requirements vary by country and by citizenship; check for correct paperwork
- Carefully follow instructions of embassy or consulate
- Be aware of dates and deadlines
- Budget for this expense
- Be aware of entry regulations and visas needed to travel to other countries en route to your destination or as part of a program excursion

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

- **BROWN Programs:** Book your own flights
- **NON-BROWN Programs:** Verify your program's policies, book accordingly
- **ALL Programs:** When booking flights, check if your program has specific arrival dates/times

Avoid Overpacking *(buy some items abroad; be aware of excess baggage charges)*
Money Matters

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

**Beware of theft, especially when traveling**

**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*
Office of Financial Aid and Bursar’s Office

- Aid travels with you abroad; follow deadlines and requirements
- You will be billed for Brown tuition, but non-academic costs (e.g., housing) are paid directly to provider for most programs
- Financial Aid Renewal — Application materials will be available in early January for 2020-21
- Refunds distributed AFTER start of your study abroad program semester
Health & Safety

Health Insurance:

- You are **required** to have health insurance overseas
- Verify your overseas insurance coverage
  - Find out what is covered & how to submit claims from abroad
- Do not drop your U.S.-based coverage
- Brown Accident & Sickness plan available for **program dates** at no additional cost; all students studying abroad automatically enrolled
- Traveling before or after your program? Consider purchasing a **supplemental leisure coverage plan** if you anticipate travelling before or after your study abroad program dates
- For questions, contact **Brown Insurance Office** at 401-863-9481
Health & Safety

International SOS

- All students are enrolled at no cost
- Not health insurance
- Download free Assistance App (app.internationalsos.com)
- Services include pre-travel assistance, mental health counseling sessions
- Check legality/availability of medications abroad

Smart Traveler Enrollment Program (STEP)

- Register your travel abroad with the US Dept. of State
- Research travel destination(s)
- Review US State Dept. Travel Advisories and avoid Level 3 & 4 locations (High-Risk, Restricted Travel)
Health & Safety

Consult with your doctor & OIP before departure about health concerns

Immunizations:
- Make sure you are up-to-date on your 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. Center for Disease Control (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
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
Health & Safety

Practice Safe Sex
- Find out *ahead of time* about contraceptive availability and reliability
- HIV is more prevalent in some parts of the world — be aware

Drugs
- Follow local laws!
- You will get **NO help from a US consulate or OIP** if you get in trouble for illegal drug use
- **Illegal drug use is grounds for immediate dismissal (by Brown) from your program**
Academics: Brown Credits

- Must be enrolled in a full course load (4 Brown units)
  - Earning less can impact academic/financial standing
- All courses must be taken for letter grade
  - C minimum
  - 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 and OIP peer advisors
- Read through program-specific handbook and OIP materials

Source: [Website Section](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 to, 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 and Student Support Services
Brown Resources: Diversity and Inclusion

- Student and Employee Accessibility Services (SEAS)
- LGBTQ Center
- Sarah Doyle Center for Women & Gender
- Brown Center for Students of Color
- 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 and peer advisors
Brown Basics: Residential Life

- Designate a **housing lottery proxy** (for March lottery) or complete fall **Housing Preference Form** (due **June 15**)
- **Vacancy Pull-in Form** due **June 15**

*Please check the Res Life website for information and updates. Res Life will use your Brown email account for all official communication.*
Brown Basics: Dining Services

- Meal plan is cancelled when studying abroad
- Must re-enroll via Banner; contact Dining Services with questions
- Recommended to re-enroll before Brown fall semester bill is generated in June
- See Dining Services websites for details
Brown Basics

Mail Services

- Forwarding available through Banner; contact Brown Mail Services

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.
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

Change of Plans

- Program Withdrawal
  - Notify OIP immediately (and non-Brown program if applicable)
  - You may owe fees (depending on withdrawal date)
  - No guarantee of credit transfer

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

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

- Financial Aid Budget Form
- Horizons OIP Application
- Passport and Visa Applications
- Medical Exams and Prescriptions
- Meet with Concentration Advisor
Thank you and safe travels!