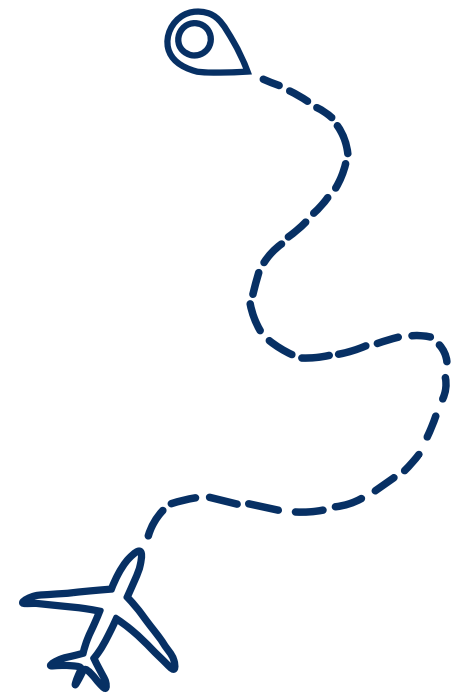
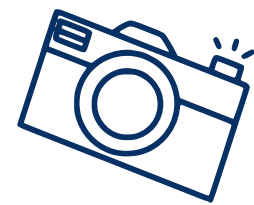


Providence College

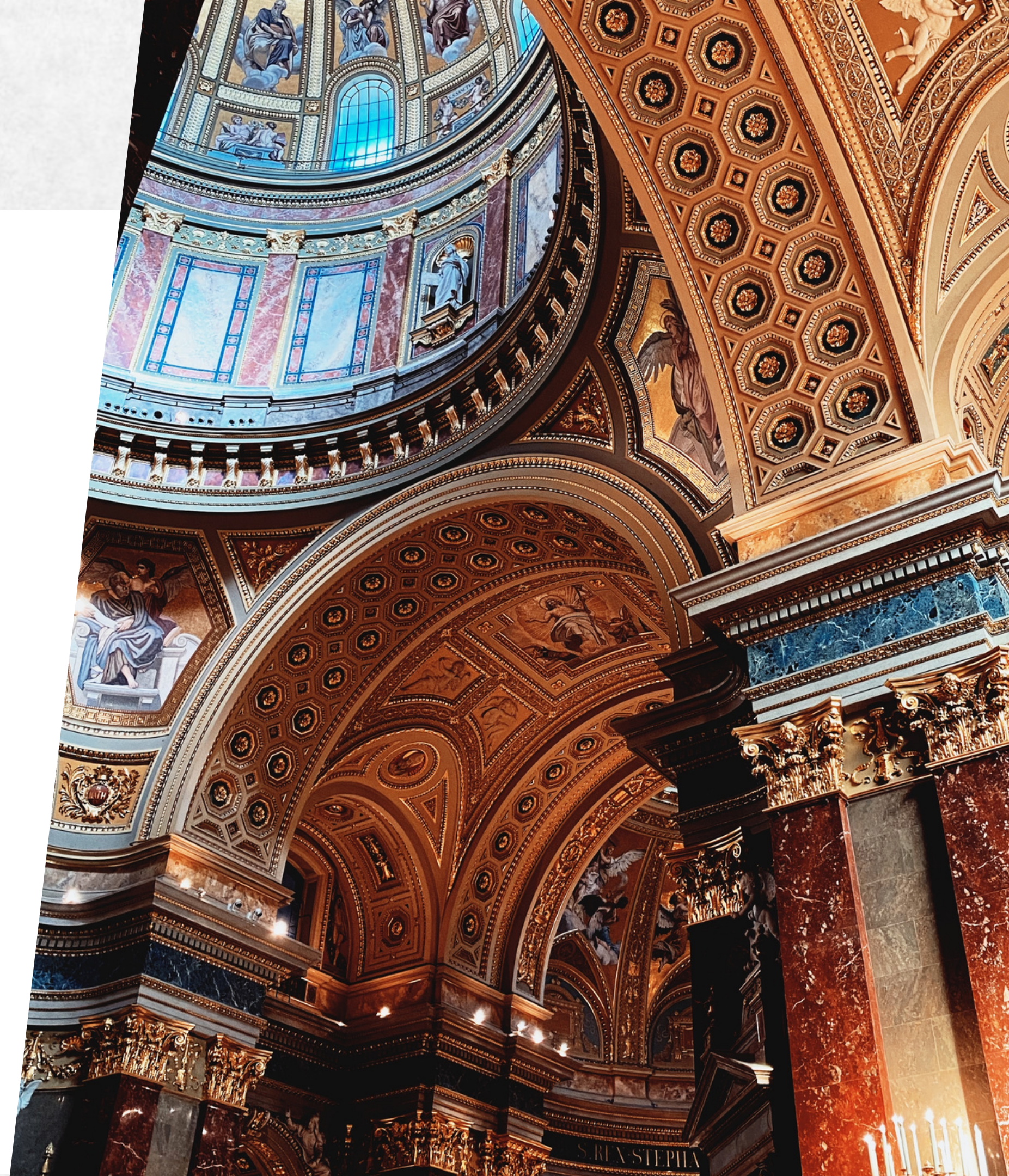
# STUDY ABROAD



# PRE-DEPARTURE ORIENTATION



Center for Global Education



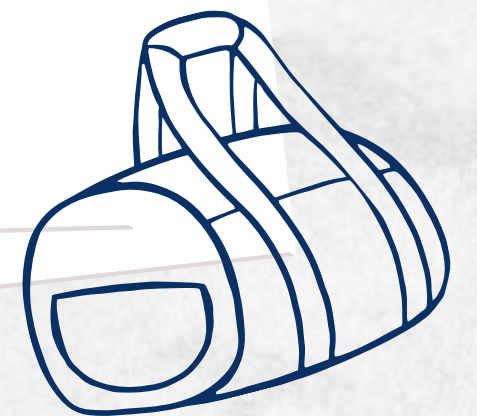


# STUDENT LEARNING ABROAD

- Dean's initiative and background
- Participate in one (or more) of the following:
  - Individual interview
  - Focus group\*
  - Intercultural Development Inventory (IDI) survey and debrief

\*Voluntary and confidential

- Incentives





# TO DO LIST & REMINDERS

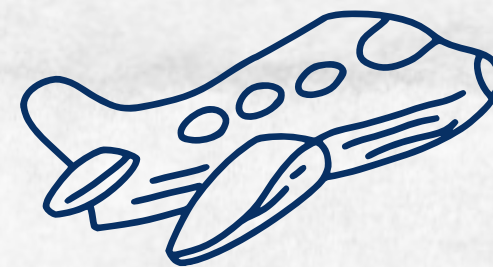


**Complete remaining program tasks & requirements (for PC CGE and the provider)**

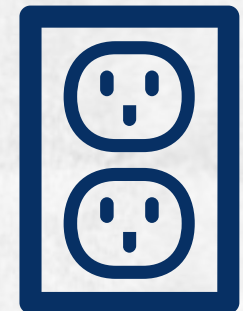
**Including submitting your Course Pre-Approval Form**



**Prescription medications - consult with your physician and program staff**



**Book your flight and share your itinerary with your provider**



**Purchase an electric converter for Europe & UK**



**Obtain your visa (if applicable)**



**Check your email regularly**



**Contact program staff regarding classes, housing, arrival logistics, onsite orientation, etc.**



**Attend virtual meetings/orientations with your program in advance of arrival**





- Visit your US Bank and ask about the following:
  - Partnership Banks overseas
    - Ask your program provider about opening a new bank account in the host country
  - Foreign Transaction Fees
  - ATM Fees
- Exchange Rate Resources:
  - XE.com (download the app!)
  - Oanda.com
  - Only exchange currency in banks
- Set expectations
  - Research the cost of living (Numbeo.com)
  - Set your budget
  - Establish an emergency fund
- Credit card (recommended for all purchases)
- ★ **Make your bank and credit card company aware of your travel dates and locations!**







## Providence College Fees:

- Semester tuition amount that is normally paid to PC
- Scholarship/financial aid "travels" with you
- \$1,000 PC Study Abroad Fee
  
- For Summer: no PC tuition; \$200 PC Study Abroad Fee
- Questions? Contact the Bursar's Office or Financial Aid



---

## Program & Host Institution Fees:

- Program fee (non-academic fees)
  - Housing
  - Insurance
  - Orientation
  - Onsite support/services, etc.
- Billed directly from your program provider through your portal - please share this with your parents/guardians
- Questions? Contact your program provider



**PAYING  
FOR  
STUDY  
ABROAD**





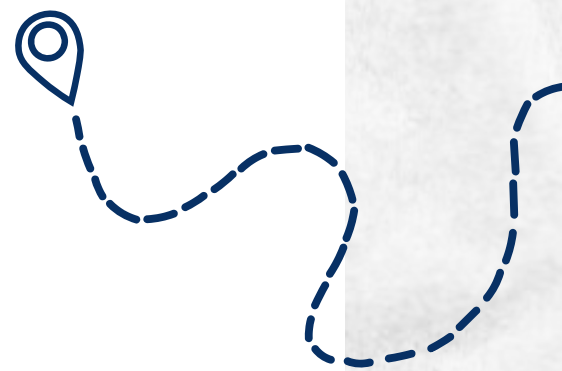
# SETTING EXPECTATIONS

## Study Center

- Not on campus
- Classrooms/ office space located in a building in an urban setting
- Commute from housing to class can be either ~15-20 minute walk OR ~30-60 minutes via public transportation (especially for internships)
- The city is your campus/classroom
- Academically similar, but different from PC (US style of teaching)

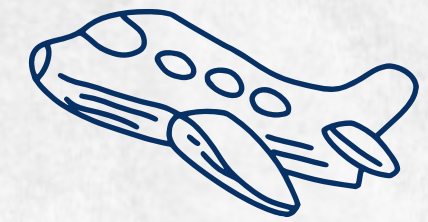
## Direct Enrollment at local University

- Campus will depend on location
- Commute from housing to campus will vary by program
- Internship - expect to commute via public transportation
- Academically different from US style of teaching
- Some "study center" students may have the option of taking one direct enrollment course at a local university - hybrid experience

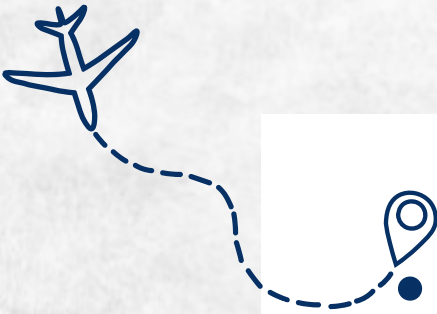




# ACADEMICS ABROAD

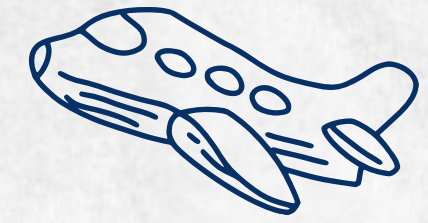



- Grades are factored into your PC GPA
- Course registration may not be finalized until arrival (add/drop period)
- PC has no control or oversight over your courses/internship schedule
  - Study Center model
    - Classes are taught by local faculty with different teaching styles
    - Syllabi may be less detailed with less guidance regarding assignments, exams, etc. than you are used to
  - Direct Enrollment at a local university
    - Syllabi are less detailed with less guidance and feedback regarding assignments
    - Fewer assignments with final exam/paper constituting a large % of final grade (50% or higher)
    - Grading system is different - contact program regarding grade key/ conversion
    - Larger class sizes and less contact with faculty
- Expect differences, learning curve, and adjustment





# ACADEMICS **ABROAD** (CONTINUED)



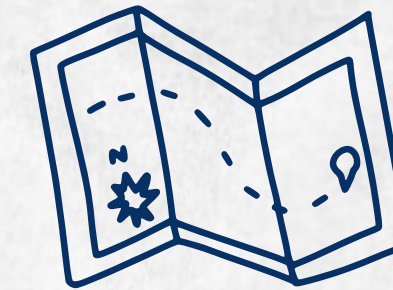
- 
- Changes in classes should be communicated to CGE via email with course syllabi for review/approval
  - Language courses required for students enrolled in Austria, France, Italy, Japan, Mexico and Spain
  - Allow up to 3 months for transcripts to be sent to PC for processing (be sure to pay all bills to provider in order for your transcript to be released)
  - P/F is applicable to one free elective course after grades are posted in CyberFriar; process is managed by the Student Success Center
  - Spring registration - CGE will send details in advance with guidance for this process while abroad







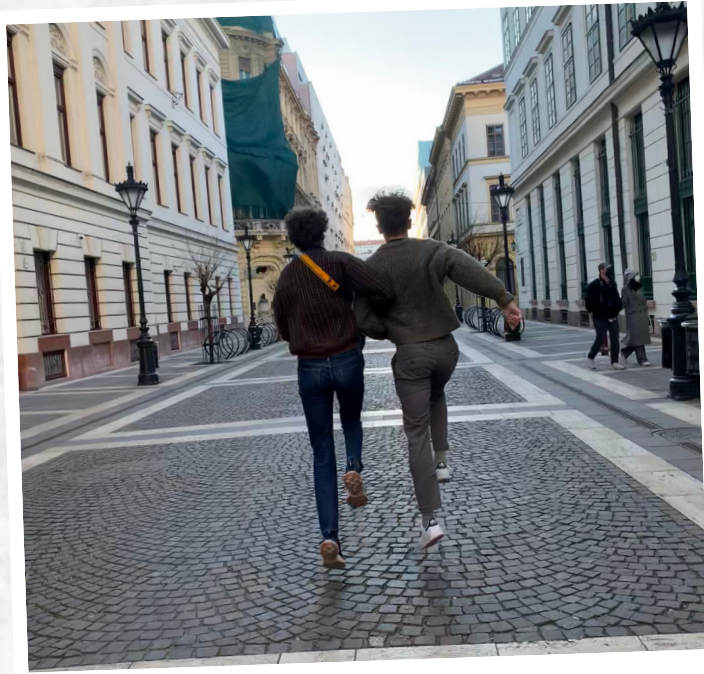
# HOUSING ABROAD



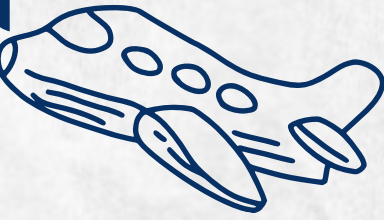
- All students must live in official program housing abroad; independent housing is not permitted
- Housing will be different for everyone - apartment, residence hall, host family
  - Smaller especially in an urban setting with limited storage space
  - Kitchens and bathrooms (quantity and amount of space)
  - No dryer for clothes; drying racks generally provided
  - "Sensitive" plumbing
  - No meal plan!
- Energy conservation and possible restrictions; contact program for more info. (esp. programs in Italy)
- Report maintenance issues to onsite staff; if severe, call the 24/7 onsite emergency number
- Contact program staff directly regarding provisions such as bedding/towels







# TRAVELING TO YOUR PROGRAM & ONSITE



- Pack light and check with airline regarding baggage allowances and fees; packing list generally provided by program
- Pack important documents, electronics, and prescription medication in carry - on luggage
- Toiletries can be bought onsite
- Onsite travel
  - Refrain from making advanced travel plans until class schedule is finalized; some programs have periodic "Fridays on" or activities on Fridays with required attendance (especially internships)
  - Share your travel plans with your onsite staff and parents/families

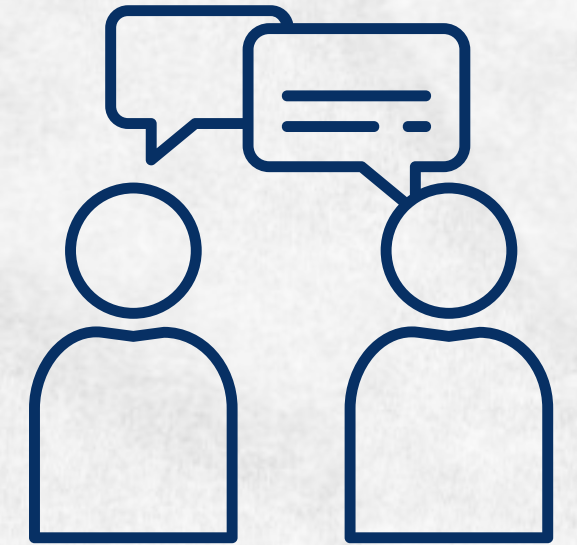




# COMMUNICATION



- Check your PC email regularly!
- Set up designated time to speak with family and friends back home (remember the time difference)
- Research your options for cell phone coverage
- Download apps that call/texts internationally without set fees
  - FB messenger
  - WeChat
  - Whatsapp
- Keep a blog, vlog, or journal that you can look back on and reflect!
- Onsite staff should be your first point of contact regarding class, housing, travel plans, etc.





# COMMUNICATION

- Everyone experiences cultural adjustment and cultural differences differently
- Cultural differences are neither good nor bad, superior nor inferior, just different
- Cultural adjustment is a process and takes time
- Setting expectations and making strategies
  - Not everyone speaks English; learn some of the language before you go
  - Do some research on cultural differences before you go
    - What's up with culture? (<https://www2.pacific.edu/sis/culture/>)
    - Maximizing Study Abroad -Univ of Minnesota
    - The Culture Map - Erin Meyer
    - Hofstede's Cultural Dimensions (<https://geerthofstede.com/culture-geert-hofstede-gert-jan-hofstede/6d-model-of-national-culture/>)
    - Sense of time / urgency
    - Collectivism and individualism
- Establish a routine abroad and maintain your good habits
- Talk with others and process what you're experiencing
- Ask questions / engage with your onsite staff and faculty





# HEALTH & SAFETY



- Onsite and US based health and safety staff
  - 24/7 emergency number onsite
- Prescription medication
  - Consult with physician on having enough medication for your time abroad
  - If the above is not possible, coordinate with your program and obtaining medication onsite through your international health insurance plan
  - All medications should be packed in your carry-on luggage in their original prescription bottles with a letter from your physician
  - Bear in mind that some medications may not be available or legal in your host country, so planning is key
  - Pack some over the counter medications you think you might need while abroad
- Disclose any health concerns / issues to CGE and program staff so that we are prepared to assist you while abroad



# HEALTH & SAFETY

## INSURANCE

- International health insurance included in your program fee
  - Doctor's visits
  - Hospitalization and parent/family bedside visits (insurance approval required)
  - Mental health counseling
  - Emergency evacuation / repatriation
  - Payment can either be prearranged or student files a claim for reimbursement
- Contact your program for more information





# HEALTH & SAFETY

## (CONTINUED)

- Attend onsite orientation
- Go out and return home in groups safety in numbers
- Be mindful of your alcohol intake as drunkenness can inhibit your judgment and decision making; do not leave drinks unattended
- Keep your program staff and parents/families informed of your travel plans/itineraries
- Establish a routine that includes some regular exercise for your mental health and cultural adjustment
- Advise strongly against getting around by scooter/bicycle, but buy/use a helmet if you choose to do so
- Do not attend protests/public demonstrations
- Avoid behavior that will draw attention to you
- Keep housing properly locked at all times and don't leave balcony doors open when not at home





# HEALTH & SAFETY

## (CONTINUED)



- Emergency protocols
  - **Minor issues** - illness, transportation delays, lost passport, minor housing maintenance issue
    - Contact onsite staff
    - Notify CGE via email
    - Contact parents/families
  - **Major emergency** - accident, serious illness, assault (physical/sexual), mental health crisis, pickpocketing/robbery, serious housing maintenance issue
    - Contact local authorities (onsite staff can assist you with this especially if you're in non-English speaking country)
    - Onsite staff 24/7 emergency phone
    - Contact PC 401 865 2222; campus security will then contact CGE
    - Contact parents/families
  - NB - PC Personal Counseling Center staff are not available for study abroad students due to regulatory restrictions; mental health support/counseling is available to students through their international health insurance



# HEALTH & SAFETY



## COVID - 19

- Proof of vaccination required by most programs – full vaccine and booster
- Consult physician regarding 2nd/updated booster
- Pack/bring COVID tests
- Restrictions/regulations subject to change
- Masks recommended in crowded places and public transportation

## Ukraine

- Carefully monitoring the situation with PC emergency management, program staff, and external agencies/organizations
- Energy consumption / conservation especially in the winter months; contact respective program for more information / details

