WFU
Study Abroad
Pre-Departure Orientation
SPRING 2019 ABROAD

Engage in a World Class Experience
What are you excited about?

What are you nervous about?
How well do you know your host country?
get to know your host country

TOPICS TO CONSIDER

Look up information about your host country *before* you depart!

- Culture & Traditions
- Currency
- Government & Politics
- Holidays
- Pop Culture
REMINDERS
• **ALL** courses taken abroad must be approved by WFU in order to receive major, minor, elective, and/or divisional credit. (This includes internships)
  • Courses listed as approved on the course approval log in the “active” section are already approved. No further steps are needed.
  • Submit gold course approval forms **ONLY for courses NOT on the course approval log**, or in the “for reference only” section.

• All students must be enrolled **in at least 12 hours** of WFU credit.

• You are required to take a course in the host country’s language.
REMINDERS

GRADES & CREDIT ABROAD

• All students will be enrolled in WIN for ABO 100 for 12 hours while abroad (even if taking 15 + hours)

• Courses are NOT pass/fail. Abroad grades WILL appear on your WFU transcript but do not reflect in your WFU GPA.

• You must earn a “C” or higher to receive credit.

• All WFU Bulletin rules apply abroad, including the Honor Code.
• Complete **all required** steps in WakeAbroad ([http://studyabroad.wfu.edu](http://studyabroad.wfu.edu)).

• The **WFU Study Abroad Enrollment** Fee is **12% of tuition**

• Study abroad tuition & fees vary by program.

• Tuition & fees are paid directly to your abroad program provider.
Complete the **Direct Deposit form** in your WIN account.

Meet with Elizabeth Sandy in the **Financial Aid office, 4 Reynolda Hall**, to discuss how your aid transfers abroad.
• Prepare your WFU Google account – with 2-Step Verification enabled – for use in a different country.
  • The default “second step” is an SMS/text message, however in most situations your US phone number will not work while you are abroad.
  • For instructions, please visit the IS website or your Study Abroad Handbook

• Download the an up-to-date version of VPN: Cisco AnyConnect (v4.6.03049)
  • Go to software.wfu.edu -> Click on WFU VPN -> Click on ‘How to Install’

• Digital Study Abroad Handbook
  • The Handbook is found in Studyabroad.wfu.edu > WFU User Log in > Study abroad handbook.
• **Each country** has its own visa requirements.

• Check with your program regarding your country’s visa regulations.

• **It is YOUR responsibility to apply for your visa.**

• Some visas require a “letter of enrollment”.
  • Students going to ITALY, SPAIN, AUSTRIA, SOUTH AFRICA, GREECE: Pick up your letter in Reynolda 116.

• Check [http://travel.state.gov](http://travel.state.gov) for additional information.
1. You must take a course in the local language if you have completed the language requirement.  
   **TRUE**

2. Grades from your abroad program WILL appear on your WFU transcript.  
   **TRUE**

3. While abroad, your degree works will always match the number of credits you are taking abroad.  
   **FALSE: the placeholder course, ABO 100 is always 12 hours**
PACKING
Make multiple copies of the items below. Leave one copy of each with a parent or family member in the US.

- Passport (photo page and visa, if applicable)
- Travel itinerary
- Abroad address contact information
- Credit cards (front & back)
- Emergency contact information (Abroad & US)
**Top Items to Pack**

**Carry-on**
- Passport, Visa, Documents
- Pen
- Medications (in original bottles) and prescriptions
- Cash: US & local currency
- Contact info. for your program
- Glasses and/or contact lenses (if necessary)

**Checked Luggage**
- Wattage & outlet converters
- Comfortable Walking shoes
- Raincoat
Top Items Not to Pack

1. Too much clothes or toiletries
2. Hairdryer, straightener, curling iron, electric shaver, etc.
3. Items that peg you as an American (Greek letters, etc.)
4. Jewelry, valuables or items with sentimental value
5. Linens & pillows
6. Pepper Spray, Pocket knives or other weapons
7. Prohibited items (fruit, spices, etc.)
FINANCES
FINANCES

BUDGETING FOR ABROAD

- Remember to **budget** for items you typically do not pay for on campus:
  - Entertainment
  - Gym
  - Laundry
  - Meals
  - Public transportation
  - Travel

- Most programs have **Free or Low cost activities and travel opportunities**
- Opt to take **public transportation** instead of a taxi (walk during the day).
- Look for free museums and other **free venues**. Use TripAdvisor, GuideBooks, NYTimes 36 Hours articles, etc for tips.
- Ask for student discounts **EVERYWHERE** (museums, cafes, etc.).
Notify your bank and credit card companies

Check with your bank regarding any fees they charge for purchases made abroad (foreign transaction fee)

If available, ask your bank for a “Chip & Pin” credit card.

Cash is typically used more widely abroad than in the US, always carry a small amount with you.
what to know before you go

QUIZ

1. What 2 items should you have copies of with you at all times?

2. What types of things should you budget for abroad?

3. What is the most reliable form of payment abroad?
Health and Safety
Wake Forest partnered with World Aware to provide travelers with additional support & resources to include the following:

- Registration via World Aware
- Safety Confirmation Service in the event of an emergency.
- World Aware Traveler mobile app with check-in function.
HEALTH & SAFETY

SAFETY TIPS

• Be aware of pickpockets; petty theft is common among students abroad.
• Avoid underage and excessive alcohol consumption.
• Go out with friends and go home together. Look out for each other.
• Obey the local laws: Don’t import, purchase, use, or have drugs in your possession .
• Check with the program on the appropriate taxis to use.
• Be conscious of your verbal & non-verbal behavior.
• Keep your program’s emergency number on you at all times.
• Follow all safety instructions provided by your program.
If booking travel with outside travel agencies, be sure to use reputable agencies.
  - Ask your program for suggestions
  - Read reviews of company
  - Research the company and relevant news articles

For example, Discover Travel was in the news recently for sexual misconduct.
HEALTH & SAFETY

MEDICATIONS & INSURANCE

• Do you need vaccinations? Check with the Student Health Clinic.
• Let your program know about any health conditions before arrival.
  • Some medications are banned in different countries.
• Travel Health insurance is usually provided by your program. You must have domestic health insurance in addition to travel insurance.

Bringing Medication Abroad
1. Pack all of the medication you need for the duration of your time abroad in your carry-on luggage in their original containers.
2. Bring a copy of your prescription (helpful to have the chemical makeup and not just brand name).
HEALTH & SAFETY

ILLNESSES ABROAD

Talk to local program staff for information about visiting a local the doctor with your program-provided health insurance.

• Usually the program will have suggestions of local doctors students have used in the past

Insect-Borne Illnesses: Just as you would in the United States, try to avoid bug bites while spending time outside or in wooded areas.

• Wear long-sleeved shirts and long pants
• Use mosquito netting over bedding when travelling in rural areas
• Use insect repellents on bedding and netting
• Use insect repellents on skin and clothing
On-site program staff

State Department: [http://travel.state.gov](http://travel.state.gov)

Smart Traveler Enrollment Program (STEP) [https://step.state.gov/step](https://step.state.gov/step)

World Aware

Sexual Misconduct Abroad document
COMMUNICATION
COMMUNICATION

CELL PHONES

1. Bring **an unlocked compatible cell phone with SIM card slot** and purchase a local SIM Card abroad.
2. Purchase **a local cell phone** upon your arrival.
3. Your cell phone’s international plan (**not recommended**): Usually the most expensive option.

If you take your smart phone abroad to use with wifi, make sure to turn off your data.

***Most programs require that you have a cell phone ***
COMMUNICATION

CONTACTING HOME

- **Video chat:** Google Hangouts, Skype, Webex, FaceTime, etc.

- **Text with apps using WiFi connections:** GroupMe, WhatsApp, Viber, Facebook, etc.

- **Blogging** is a great way for your family and friends to read about your experience abroad: Tumblr, WordPress
Before you depart, discuss a communication plan with your family.

Consider the following:

- How will you contact them? Phone, email, Skype?
- How often will you contact them?
- Notify your family if your plan changes.

- Contact your family via email or WiFi as soon as you have arrived.
  - If WiFi is not available at the airport, it should be available at your program’s overseas center and/or housing.
1. If you are bringing your cell phone with you to use while abroad, what should you keep in mind?

2. Who should you contact in an emergency?

3. What is one tip for staying safe while abroad?
CULTURAL CONSIDERATIONS
CULTURAL INTEGRATION

CULTURE SHOCK

- Anticipating Departure
- Arrival Confusion
- Honeymoon
- The Plunge
- Initial Adjustment
- Confronting Deeper Issues
- Adapting
- Going Home
- Initial Excitement
- Judgmental Period
- Realization Stage
- Reverse Culture Shock
- Balance & Re-adaptation

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CULTURAL INTEGRATION

ACTIVITY

- Panic Zone
- Learning Zone
- Comfort Zone
CULTURAL INTEGRATION

BE MORE THAN A TOURIST

• Try local foods and participate in popular activities
• Join clubs or hobby groups (ask local staff for suggestions)
• Take advantage of programing that allows you to meet locals
• Practice the local language even if you are just a beginner
• Discussion of politics and government abroad is common. Educate yourself on your host country’s current political issues, as well as current US topics of discussion.
• Looking to connect to with someone who went on your program. Ask your study abroad advisor.
• Use #DeacsAbroad to appear on our website and social media pages.

• Follow #DeacsAbroad on Twitter, Facebook, Instagram, and YouTube

• Take photos for the Photo Contest (And videos)

• Study Abroad Staff will be available via e-mail, phone, skype, google voice etc.
QUESTIONS?