



Auckland Programs



Study Abroad

Agenda/Introductions



- Introductions and Program Statistics
- Logistics
- Academics
- Internships
- Life on Site
- Finances and Budgeting
- Health and Safety
- Action Items
- Wrap up/Questions

Online Module

BU Study Abroad

Boston University
Study Abroad
Online
Pre-Departure
Module

PASSPORT

Slide 1 / 27 | Playing 00:13 / 00:51

[Online module;](#)
Please review!
←

Auckland Hub Page

Welcome to the Fall 2015 Auckland Programs hub page! Edit

Now that you've been admitted, there will be a lot of new information coming at you as we help you prepare for the program. We've created this page to consolidate the details as much as possible.

Check this page regularly. It contains action items with specific deadlines and it will be updated with new information throughout the semester.

Please read everything below carefully. Some items have specific deadlines. Don't forget to keep an eye on your email, as well. Various staff members from BU Study Abroad will need to contact you. Read everything. Save everything.

▶ [Items Due Within Two Weeks of Admission](#)

▶ [University of Auckland/AUT Application: DUE MAY 1st](#)

Will be updated with this presentation, as well as program handbook

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Program Statistics

- 27 total students
- 24 Internship, 3 University Studies
- 24 BU, 3 non-BU
- 21 female, 6 male



Auckland Staff



Kevin Martin, Program Director
kmartin@bu.edu



Brett Armstrong, Assistant Director
brettnz@bu.edu

Vivienne Kent, Professor

Required course (all students):

- CAS SS 315: Aotearoa New Zealand: History and Society

Internship students:

- Two electives + internship course

University Studies students:

- Three electives



You'll be directly enrolling at U of Auckland or AUT Semester II for your electives.

Academics on Site

NZ's academic culture:

- As elaborated in the [online module](#), teaching and learning styles may differ dramatically
- Courses more lecture-based
- Less continuous feedback
- Professors may be less available

Photos of AUT

Academics on Site



U of Auckland

Academic Policies



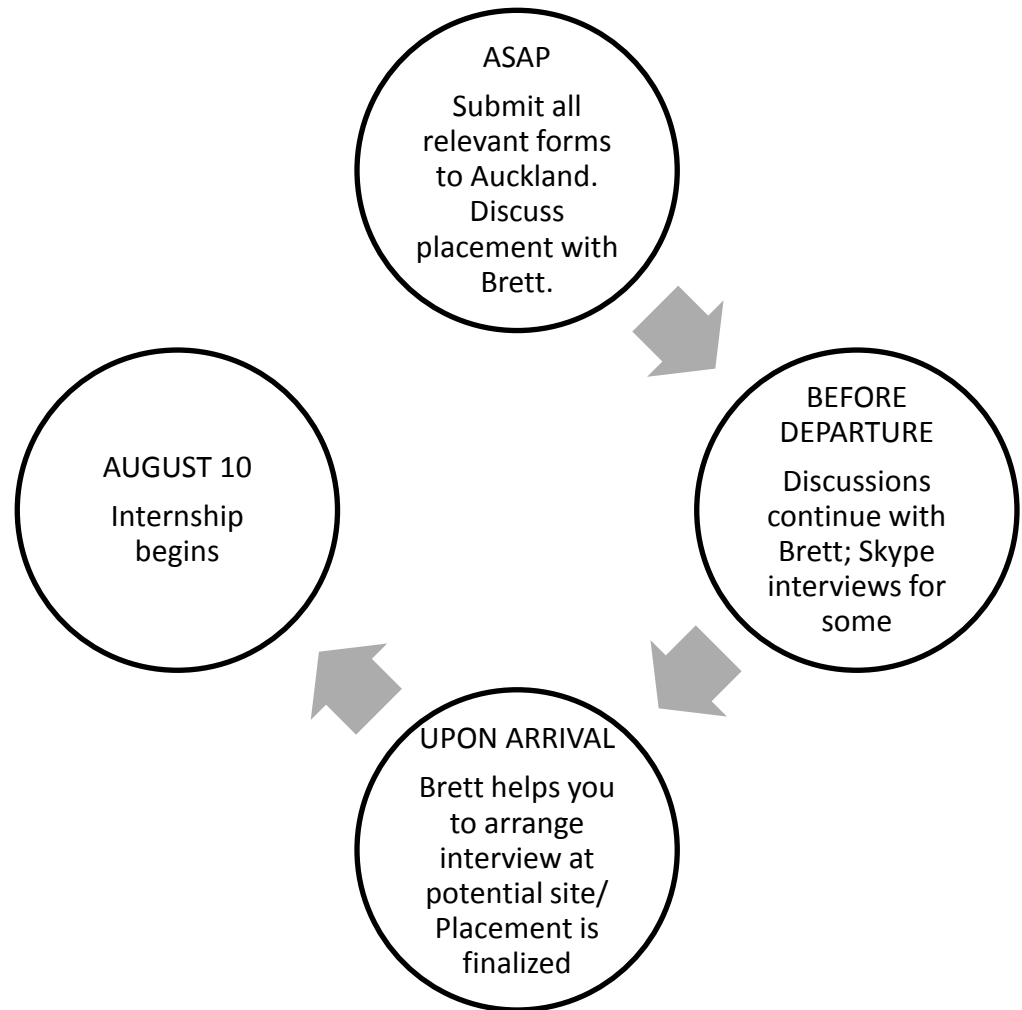
- All students are subject to BU's [Academic Code of Conduct](#)
- Attendance policies
 - Personal travel must NOT conflict with academic obligations
 - Details will be given during the on-site orientation and/or in syllabi
- Must take the full course load (16 credits) for a grade
- All coursework must be completed prior to end of program (or an F may be assigned)
- If accommodations are needed, notify BU Study Abroad and BU's Office of Disability Services

Internship Placement Process

-Have your CV polished and perfected! Your CV will be read by BU advisors in Auckland to ascertain potential placements.

- The placement process is a **PROCESS!** Flexibility & patience are key.

- Do some reflection about what you hope to gain from the experience and what you are able to give the internship.



Internship Expectations

What an academic internship is *NOT*:

Not your dream job!

Not the key to an automatic job offer

Not specialized job training

Not exciting and engaging 100% of the time

Not necessarily a globally recognized company name

Not the same experience as your friends

Not optional – must complete full internship time;
participation is mandatory

Not all about you! Consider the needs of your
company and think of it as a way to gain new skills or
work habits

Internship Expectations

What **CAN** an academic internship offer?

Can provide professional experience and practice

Can offer exposure to different management styles and organizational structures

Can help build your professional network

Can enhance cultural awareness and language skills

Can help you hone problem-solving skills

Can make you become more adaptable as an employee

Can help identify your skills, interests, and values to discover career paths that are (or are not) a good match

Can integrate your practical learning with your academic work and field of study

Can provide transferrable and valuable skills like perseverance and grit (especially if getting through tasks you don't necessarily love)

Budgeting & Finances

Boston University Study Abroad



STUDY ABROAD PROGRAM BUDGET—Academic Year 2014/2015
NAME OF PROGRAM: Auckland Management Internship Program
PROGRAM LOCATION: Auckland, New Zealand
PROGRAM LENGTH: 17 weeks, Fall, 16 credits

PROGRAM CHARGES — Billed by Boston University	
Program Tuition	\$ 14,240
Housing/Student Services Fee (Includes housing, excursions, overseas medical insurance, and emergency travel assistance coverage.)	\$ 5,860
Total Program Charges	\$ 20,100

US MEDICAL INSURANCE — Optional, Billed by Boston University	
Medical Insurance (Waived if student demonstrates coverage by a comprehensive US based policy)	\$ 1,941
Total Program Charges With Medical Insurance	\$ 22,041

ESTIMATED ADDITIONAL EXPENSES — Not included in Program Charges	
Board/Food	\$ 1,925
Airfare (from the West Coast)**	\$ 1,850
Local Transportation	\$ 150
Books	\$ 150
Visa/Immigration Requirements*	\$ 38
Personal Spending	\$ 2,125
Total Estimated Additional Expenses	\$ 6,238

TOTAL ESTIMATED EXPENSES	\$ 28,279
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The fees, charges, and expenses shown are estimates for one semester, based on current information only and are subject to change.

**Information applies to US citizens. Additional costs may apply for non-US citizens.*

***Additional travel costs may apply for travel to the designated departure city.*

- Students typically spend around \$2,125 on personal things (travel, shopping, etc.)
- Be sure to budget for food, airfare and local transportation
- Budgeting tips from former students

Banking

New Zealand has much more of a cash-based consumer culture.



- Tell your bank and credit card companies you're going abroad!
- Check to see...
 - if your bank has a New Zealand partner (e.g. Westpac/BOA)
 - Anything else your bank might recommend in preparation for program
- Good to bring a backup credit card that allows you to make cash withdrawals
- You must have a 4-digit pin for your debit/credit cards
- Make copies of all cards and leave them at home
- USD \$1 = NZD \$1.30
- NZD \$1 = USD \$0.77 *as of 4/23/15*

Life on Site: Housing

- Living at long-stay hotel called “The Quadrant”
- 2-bedroom suites
- 2-person bedrooms
- Shared bathroom, kitchen & living area
- Bed linens, towel and basic kitchen supplies (pots & pans) provided
- Wi-fi available, is limited (you can pay to have more access)
- En-suite laundry

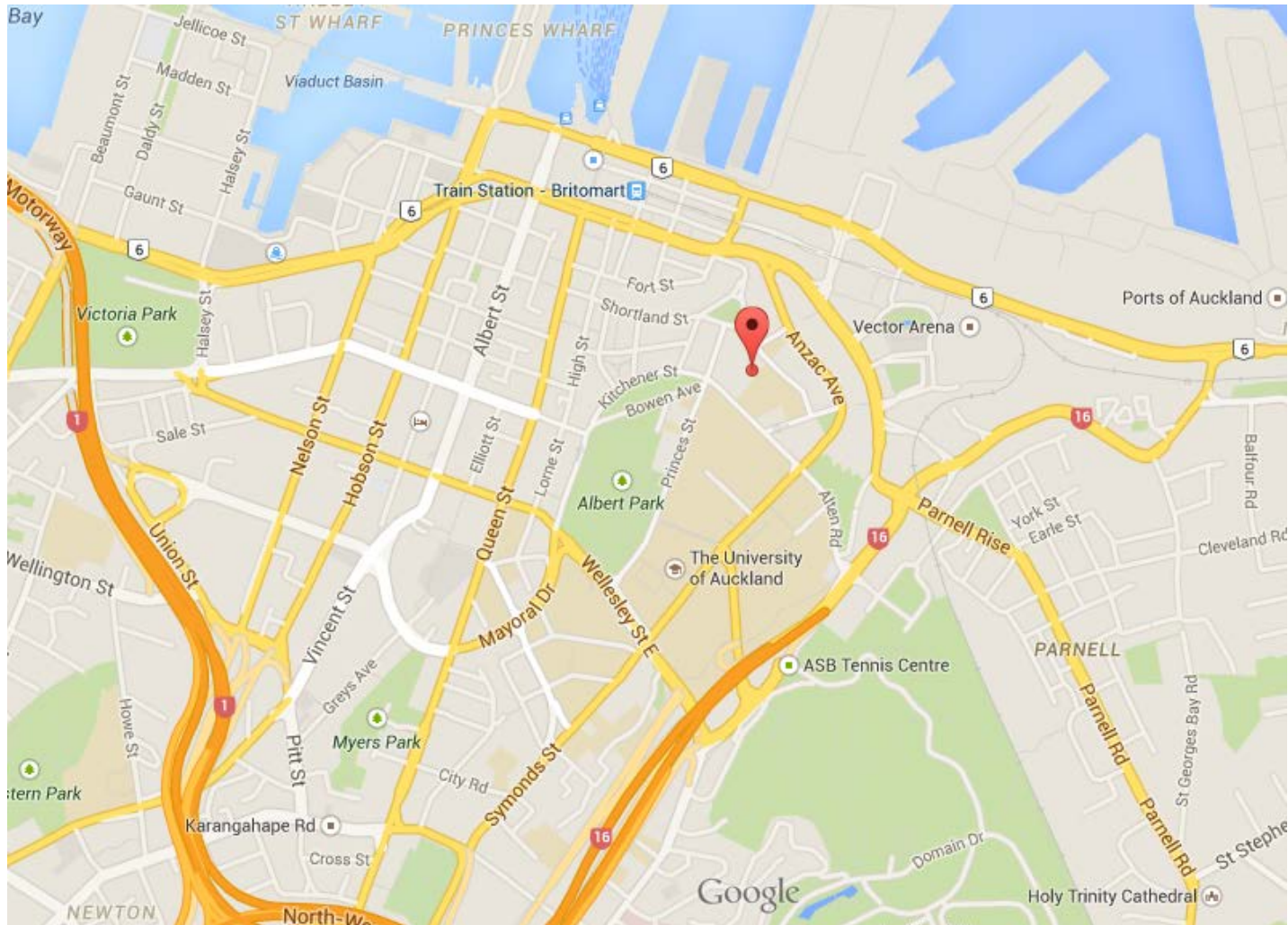


Life on Site: Housing

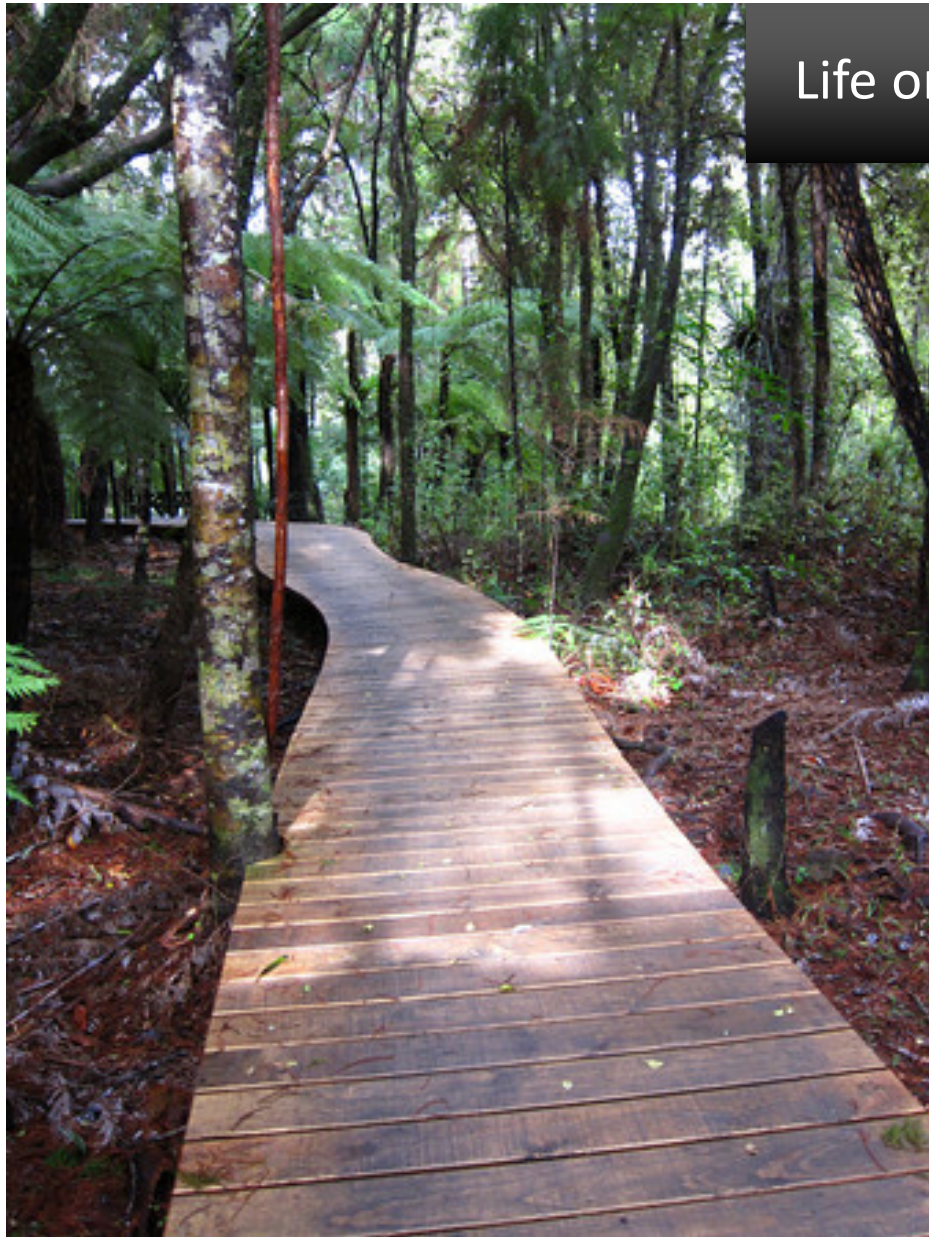
- Room assignments announced upon arrival, based on housing questionnaires
- Across the street from U of Auckland, close to AUT
- Not much room/storage; pack accordingly



Life on Site: Getting Around



Life on Site: Daily Life



- Gym memberships available through universities for a monthly fee
- Getting involved at the university
- Grocery shopping & pharmacies within 10 min walk
- Walking city; buses for internships
- Travel & excursions

Communication

- **Mobile Phones**

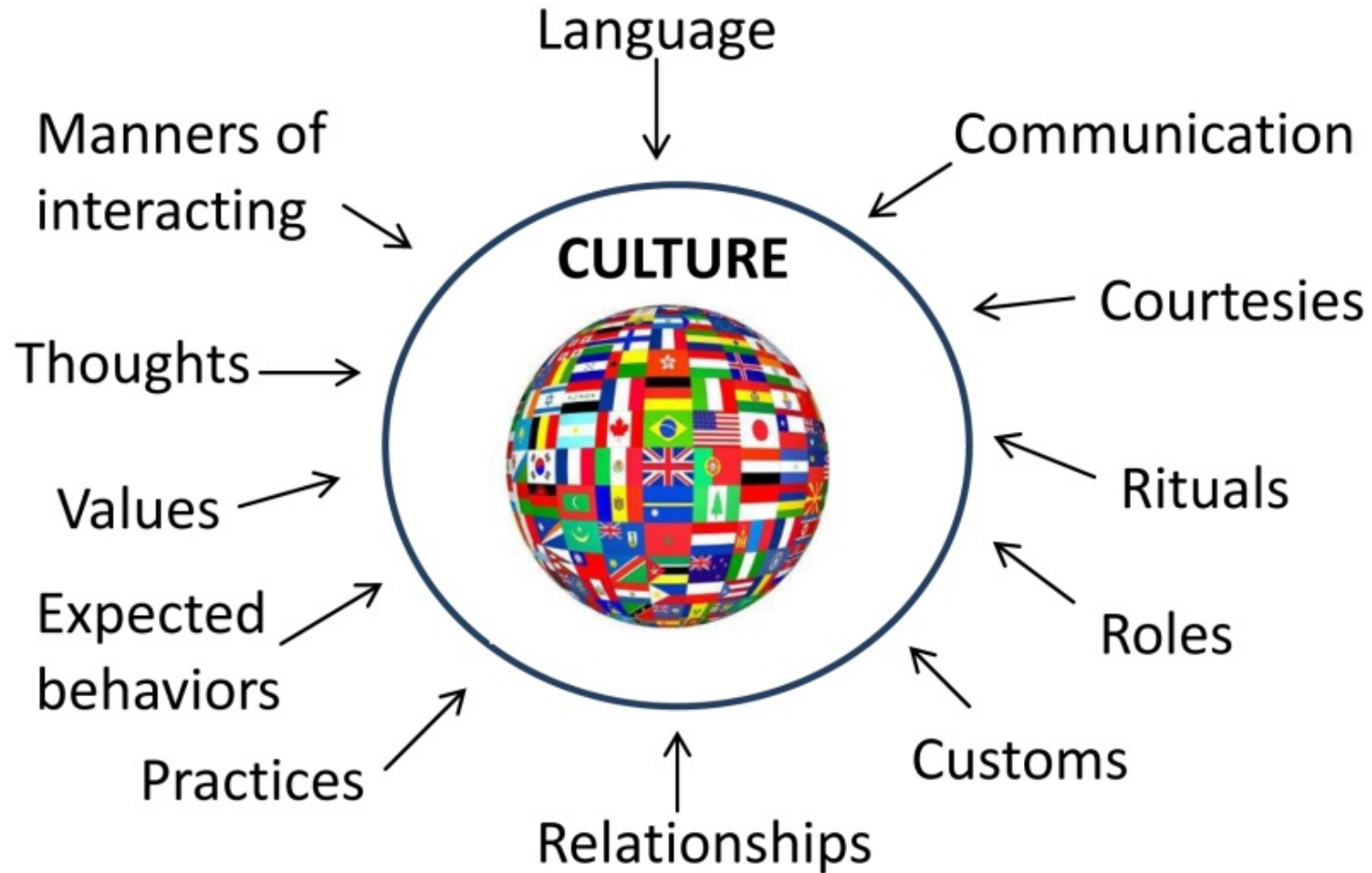
- You must have a local number for emergencies, internships and ease of use
- A cheap, pay-as-you-go mobile phone option will be available for you to purchase at Orientation in Auckland. Details on how to activate a phone and phone plans will also be given at Orientation.
- The phones available for purchase are basic mobile phones. If you are planning on bringing a phone, this phone must be unlocked in order to use it with an New Zealand service provider.
- Keep your current smartphone on “airplane mode” and use apps on Wi-Fi when it’s available.
- **US-based international mobile phone plans are more expensive and often don’t work. Skip them.**

- **Staying connected with home**

- Make a plan BEFORE you leave home to manage your loved ones’ expectations
- Skype/Facetime; think of alternatives too (e.g. have your parents call your mobile from Skype)
- Email, messaging, and apps (WhatsApp)
- Differences locally: wi-fi at residence can be spotty; less public wi-fi spots



Culture

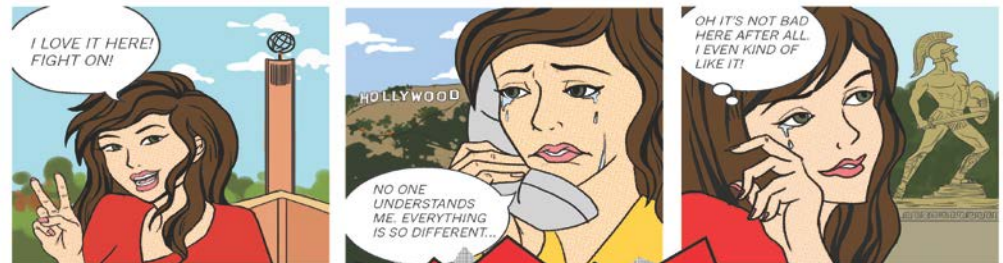
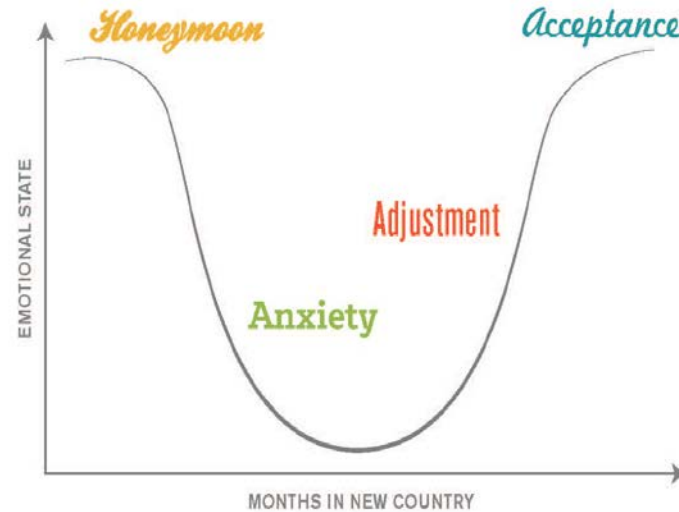


Top 10 Tips for Coping with Culture Shock

1. Research your host country prior to departure
2. Keep an open mind
3. Search out new experiences and friends
4. Do not judge the people of a country by one person or one experience
5. Keep a sense of humor
6. Listen and observe rather than merely see or hear
7. Reflect daily to process your experiences
8. Use your host university's support system
9. Stay in touch with home
10. Remember you have traveled far to learn about and experience a new culture, and to represent your country and school; most people only DREAM about having this experience.

There is no "best way" to deal with culture shock; it always depends on the individual.

STAGES of CULTURE SHOCK



CULTURE SHOCK

Health

Plan ahead!

- Visit your doctor about any health concerns or for a physical, if overdue
- Maintain regular dental appointments
- Make a plan to access your medications abroad
 - Talk to your doctor
 - Make a copy of your prescriptions; keep them with your packed medications
 - If allowable, obtain a supply for full semester
 - If you can't obtain a full supply of medication, get a letter from your doctor explaining your medication (dosage, molecular name, etc.) and you will make an appointment in Auckland to get a new prescription
 - Do not plan to ship medicine abroad
- Understand that medical facilities will be different abroad
- Learn about local health system and cultural differences
- Contact program staff with any concerns

Mental Health



- Talk to your therapist/counselor about mental health while abroad and make a plan before you go.
- Even if you may be excited about new opportunities, stress or anxiety may increase abroad.
- Keep Healthy:
 - Cultural norms
 - Keep up routine (when possible)
 - Mental health care covered
 - Use the on-site staff as a resource

Overseas Insurance Coverage

About two weeks before the program, all students will be automatically enrolled in Emergency Travel Assistance coverage. More info to come.

- **Emergency Travel Assistance**
 - Some benefits for extended travel delay, lost baggage, etc.
 - Emergency evacuation coverage
- **International Health Insurance**
 - NZ StudentSafe: you're covered through U of Auckland or AUT
 - Will go over during on-site orientation

All students are required to maintain their US-based health insurance coverage while abroad.



Safety Plans

Program Emergency Plan

- Will be explained during on-site orientation

Personal Emergency Plan

- Always have emergency contact numbers with you, both in your phone and separately
- Enroll in the [State Department STEP Program](#) to get travel alerts and warnings
- Talk with your family about communication expectations so they know you are okay

Personal Safety

Keep yourself safe

- Do not drive (road crashes are #1 cause of death abroad)
- Do not participate in demonstrations/protests
- Drink responsibly
- Keep a low profile and be aware of your surroundings
- Travel with others and look out for each other
- Pay attention to the news (before and during the program)
- Practice safe sex, report any sexual assault to staff abroad



Personal Safety



Keep your belongings safe

- Do not bring valuables or sentimental items abroad
- Avoid carrying large amounts of cash
- Monitor your wallet/purse closely. Keep money hidden, or consider a money belt
- Limit smartphone usage in public
- Carry only necessities out at night – make sure you have emergency numbers with you

Personal Safety - Preparation

- BU provides a variety of educational programs designed to promote awareness and prevention of sexual assault and domestic violence.
- [Rape Aggression Defense \(RAD\) training](#)
- The Boston University Police Department offers RAD training several times during the year, and can schedule additional sessions on request.
- [Sexual Assault Response & Prevention Center](#)
- In cooperation with BU's [Student Health Services](#), SARP provides a variety of services, including:
 - Step Up. Step In. (bystander training)
 - health services
 - mental health counseling
 - violence prevention workshops during the academic year and upon request
- [Be Safe@BU](#)
- The Dean of Students provides programming at student orientation and beyond to educate the BU community on a variety of safety measures, including assault prevention.
- [Wellness & Prevention Services:](#)
<http://www.bu.edu/shs/wellness/>



Personal Safety

“I didn’t know what to call what happened to me, I just knew it felt bad.”

You don't have to go through this alone.



Contact

PHONE: 617-353-SARP (7277)

EMAIL: sarp@bu.edu

VISIT: 930 Comm. Ave.
Boston, MA 02215

Follow @sarp_bu

Like 642

Dean of Students Office

617-353-4126

dos@bu.edu

Visit www.bu.edu/safety
for more information.

- Boston University is committed to fostering a safe learning environment for all members of the University community and preventing sexual misconduct.
- **All forms of sexual misconduct, including rape, acquaintance rape, sexual assault, domestic and dating violence, stalking, and sexual harassment are violations of Boston University’s policies, whether they happen on campus or off campus.**
- Reporting: On-site staff should be first resource. If unavailable or uncomfortable reporting, contact Title IX Deputy Coordinator (Assoc. Director, Enrollment Services at BU Study Abroad), Debbie Miller at millerda@bu.edu
- BU staff/site staff are obligated to report any incident of sexual misconduct
- On-site staff will go over this in orientation

Resources

LGBTQ Resources

- [US State Department Advice for LGBT Travelers](#)
- [Diversity and Inclusion Abroad: Sexual Orientation Abroad](#)

Disability resources

- [Diversity and Inclusion Abroad: Student with Disabilities Abroad](#)
- [Abroad with Disabilities Facebook Community](#)

Women's issues by site

- [US State Department Advice for Women Travelers](#)
- [Diversity and Inclusion Abroad: Women Abroad](#)
- BU: <http://www.bu.edu/shs/resources/>

Many additional resources can be found online

Flights

Arrivals

- Optional group flight itinerary: will be sent via e-mail
- Those on group flight (or around the same time) will be picked up at the airport by Auckland staff
- Cost of flight is NOT included in program fee
- Independent travelers must e-mail their confirmed itineraries to the program manager

Advantage Travel:

Web: <http://advantagetravelcny.com/>

Phone: 315-471-2222

Toll Free: 800-788-1980

Travel

LOGISTICS

- Confirm your departure time and flight
- Arrive at the airport no later than three hours prior to your departure
- Wear heavier clothes on the flight to be able to have room in your suitcase

CARRY ON

- Passport with visa
- Liquids 3oz or less in plastic bags (check www.tsa.gov for up to date requirements)
- Essentials to last you a few days in your carry-on in case your luggage gets lost (toothpaste, deodorant, underwear, medicine, socks)
- Full roundtrip flight itinerary
- Site contact details and address of The Quadrant

HEALTH WHILE TRAVELING

- Drink lots of water and stay hydrated; get up and move around cabin
- Be sure to time your medications while traveling
- Get on a good schedule after you arrive: jetlag can take up to a week to go away!

Packing List

- **Luggage:**
 - Use bags that are light and sturdy – one large, one carry on, one shoulder bag or backpack
 - Pack only what you can carry *yourself*
 - Check airline restrictions on weight and number of bags you can take aboard, overage fees may apply
 - Do not plan on shipping items abroad



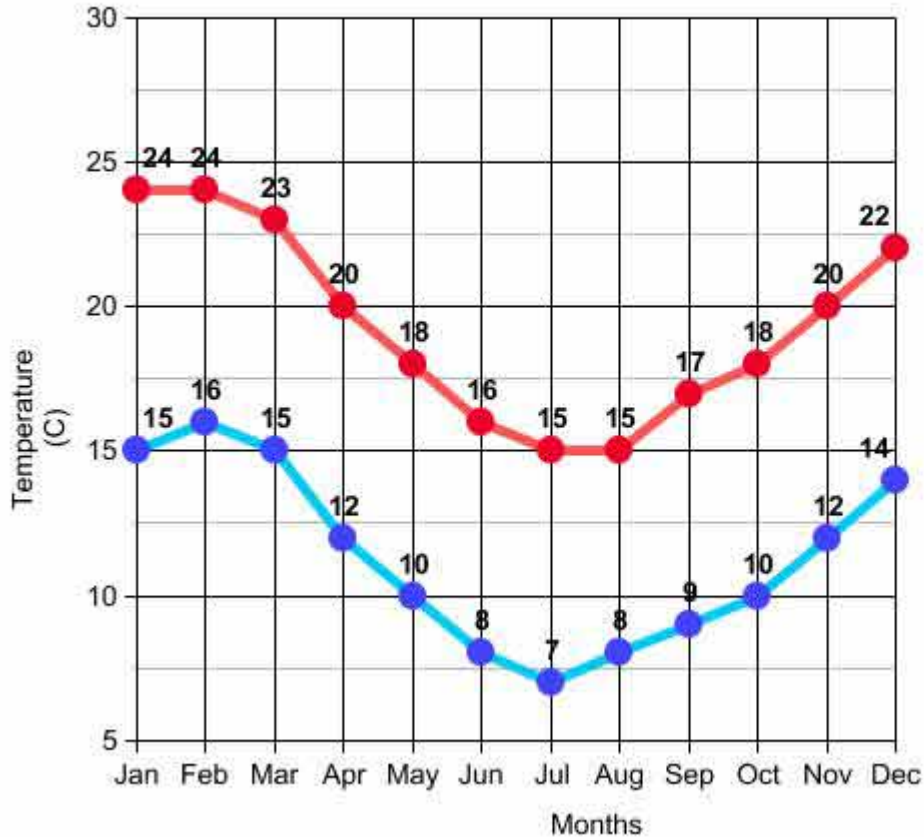
Packing List

- **Things to bring:**
 - You are provided with 1 towel, 1 pillow and bed linens. Bring any extra items you need (e.g. beach towel, extra pillow, etc.)
 - Outlet adapter
 - Specific clothing for the site climate and for **internship**
 - External hard drive or USB drive for backing up academic work
- **What NOT to bring:**
 - Conspicuous clothing or electronics
 - Sentimental items you couldn't do without
 - Personal appliances (hairdryers, straighteners, shavers); you can get one there



Weather Averages

Average Auckland monthly temperatures (C)



Temperature

Celsius (°C)	Fahrenheit (°F)
-15	5
-10	14
-5	23
0	32
5	41
10	50
15	59
20	68
22*	71.6*
25	77
30	86
35	95
40	104

*room temperature

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THE CURRENCY SITE™

Packing tips from former students

Future Communication

- Some communication you can expect to receive over the next few months:
 - From Boston staff:
 - Pre-departure Module and general reminders
 - Getting Ready to Go e-mail (important reminders sent a few weeks before departure)
 - Insurance e-mail
 - Financial information
 - From Auckland staff:
 - Facebook messages
 - E-mails re: internship

Join BUSA on Facebook
and follow us on Twitter!



Action Items

- Urgent: complete outstanding Auckland forms!
- Complete general pre-departure documents to get registered for your program
- Watch the online module (again!)
- Obtain your visa



