Auckland Programs

BU Study Abroad
Name the type of animal is known for eating the strips of rubber from car windows.
Name the type of animal is known for eating the strips of rubber from car windows

The Kea bird (will also just accept bird)
Only ___% of NZ’s population is human – the rest are animals
Only 5% of NZ’s population is human – the rest are animals.
Name the 3 official languages of NZ
Name the 3 official languages of NZ.

English, Maori, NZ Sign Language
Name the extreme sport that started in NZ.
Name the extreme sport that started in NZ.

Bungee Jumping
In 1990, the NZ Prime Minister appointed a National ______
In 1990, the NZ Prime Minister appointed a National **Wizzard**.

Ian Brackbury Channell

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

Lauren Prema
Program Manager
Boston

Returnee
Leo Blais, Internship, Spring ’16
David DeSario, Internship, Spring ‘16

Giant Weta –
heaviest insect
Kevin Martin, Program Director
kmartin@bu.edu

Brett Armstrong, Assistant Director
brettnz@bu.edu

Vivienne Kent, Professor
• 36 total students
• 21 Internship,
• 3 Management
• 12 University Studies
• 31 BU, 5 non-BU
• 30 female, 6 male
• 2 AUT, 34 UofA
Auckland Hub Page

**AUCKLAND PROGRAMS HUB PAGE**

**FALL 2017**

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**Phase 1: First Things First**
(Admission – April 1)

**Phase 2: Core Preparations**
(April 1 – July 15)

**Phase 3: Final Considerations**
(July 15 – Departure)

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You're in! This Hub Page is your one-stop-shop for all program related information prior to your departure.

Everything you need to do before studying abroad will be addressed on this page—think of it as a living checklist. Be sure to check this page regularly, as many of the sections above contain action items with specific deadlines. We will also update this page with new information throughout the semester.

**Phases 1, 2 and 3 contain time-sensitive action items**, so be sure you’re staying on track! Each phase contains a self-check so you can double check to see if you’ve completed everything along the way.

The “In-Country Guide” contains a wealth of information about the place you’ll be calling home for the next semester. Be sure to read through that section to learn about everything from cultural customs, to academic differences, to daily life.
• Completed application for UofA or AUT
• You receive an official admissions letter from Lauren & additional document
• Assemble & mail visa: check out the hub page (Phase 2) for instructions

**VISA VISA VISA**

**Phase 2: Core Preparations (April 01 – July 1)**

**Course Selection: University of Auckland Due MAY 15**

**Visa Application: Due MAY 15**

Please read this section VERY carefully. New Zealand’s Washington Embassy is extraordinarily strict about visa application requirements. Your application may be denied or significantly delayed if you do not follow the instructions carefully.

**WHAT TYPE OF VISA AM I APPLYING FOR?**
You are applying for a **Student Visa (NZ 1012)**. Citizens of any country can apply for this visa, and it will allow you to enter and exit New Zealand multiple times up to 6 months to stay and study in the country for up to 6 months.

**WHEN SHOULD I APPLY FOR MY VISA?**
The deadline for mailing your application is May 15. Failure to apply for the visa by this time could revoke your admission to the program.

Prior to applying for your visa, make sure that your passport will be valid at least three months past the date you plan to leave New Zealand (U.S. State Dept. recommends 6 months).

Once you mail in your visa application packet, **processing time is up to three weeks (15 business days)**. The New Zealand Visa Application Center may keep your passport for approximately 3 weeks, so you should plan any international travel during the time leading up to your departure accordingly.

Please note that you cannot submit your visa application until you have completed your “University of Auckland/AUT Application” above, and received your “Offer of Admission” letter from your Auckland university. Students should apply for their visas as soon as they receive the letter, so it’s important to read all of these instructions and begin assembling your visa packet so that when your letter arrives, you’re ready to print it and mail off your visa application packet.

**HOW DO I APPLY FOR MY VISA?**
To apply, you must submit the following:
**Program Academic Calendar**

**Semester 2 AUT**
- Saturday, July 15 Arrive in Auckland
- Monday, July 17 Lectures Begin
- Monday, August 14 Internships Begin
- Saturday – Sunday, August 26 – September 10 Semester Break
- Friday, October 20 Lectures End
- Friday, October 27 Internships End
- Friday, November 10 Program Ends
- Tuesday, November 21 Departure Day

**Main differences:**
- Start dates
- Mid-semester break
- Lecture end dates & Exams

**Semester 2 AUT**
- Saturday, July 22 Arrive in Auckland
- Monday, July 24 Lectures Begin
- Monday, August 14 Internships Begin
- Saturday – Sunday, September 4 – September 17 Semester Break
- Friday, October 27 Lectures End
- Friday, October 27 Internships End
- Monday, November 20 Program Ends
- Tuesday, November 21 Departure Day
AUT
- Selected courses in application

UofA
- Accept your spot
- Follow online enrollment guide
- Concessions: provide specific information about pre-requisites (not just course name, but description)
Required course (all students):
• CAS SS 315: Aotearoa New Zealand: History and Society
*You are all automatically enrolled in this course

Internship students:
• (2) Elective courses in Semester 2
• Internship course (automatically enrolled)

University Studies students:
• (3) Electives during Semester 2

Students are not to enroll in courses past 5pm, any day of the week.

You’ll be directly enrolling at U of Auckland or AUT during Summer Semester & Semester I for your electives.
MAKE THE MOST OF YOUR SEMESTER ABROAD!

• CAS IP101 will provide you with tools for identifying cultural differences, patterns and values, and will challenge you to think critically about and reflect on your study abroad experience

• Course is worth one (1) credit and is Pass/Fail

• The syllabus and more information is found on the Global Learning Experience webpage

• Please check your program Hub Page for instructions on how to enroll!

• Students enjoy the readings and a Spring 2015 participant said “[CAS IP101] forces you to really explore your environment and get out of your comfort zone. Gives you constant questions to think about while you travel.”
NZ's academic culture:
- As elaborated in the online roadmap, teaching and learning styles may differ dramatically
- Courses more lecture-based
- Less continuous feedback
- Professors may be less available
Academics on Site: University of Auckland
• 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
As a student enrolling in one or more classes at a foreign university, you are required to:

• Maintain full-time status (12+ BU credits)
• Verify course equivalencies with your academic advisor
• Follow host university policies for final exam registration
• Understand how grades and credits from your host university will be converted to BU grades and credits

As a student enrolling in one or more classes at a foreign university, you may not:

• Audit classes abroad
• Take pass/fail classes abroad (no credit will be granted at BU)

Withdrawals and Incompletes at Host Universities

• Withdrawals reported on your host university transcript will be reported as ‘W’ on your BU transcript
• Incompletes reported on your host university transcript will be reported as ‘F’ on your BU transcript

Please note:
All grades assigned to you by the host institution will be recorded on your BU transcript and all grades earned abroad will be factored into your GPA. Boston University cannot edit, modify or change in any way the final grades that are issued by your host institution and indicated on your host university transcript. You cannot opt to omit courses taken abroad and/or grades earned abroad from your BU transcript.

Remember to review the full set of Academic Policies on your program hub page.
- 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.

- Remember: if you can’t do the “boring” tasks well, you will never be asked to do the “cooler” tasks.

ASAP
Submit all relevant forms to Auckland. Discuss placement with Brett.

BEFORE DEPARTURE
Discussions continue with Brett; Skype interviews for some

UPON ARRIVAL
Brett helps you to arrange interview at potential site/ Placement is finalized

August 14
Internship begins
What an academic internship is \textit{NOT}:

\textit{Not} your dream job!
\textit{Not} the key to an automatic job offer
\textit{Not} specialized job training
\textit{Not} exciting and engaging 100\% of the time
\textit{Not} necessarily a globally recognized company name
\textit{Not} the same experience as your friends
\textit{Not} optional – must complete full internship time; participation is mandatory
\textit{Not} all about you! Consider the needs of your company and think of it as a way to gain new skills or work habits
**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)
• Address e-mails with “Dear Mr./Dear Mrs.” as opposed to “hi” or “hey”. You NEVER know where someone else is coming from.

• Dress for the job you want! A suit may not be necessary, but it’s better to dress up more on the first day and see what others are wearing.

• You may get LESS supervision than you are used to. Ask questions if you don’t know something, but try to find a solution first. Be pro-active and useful, to your organization.

• Have your CV polished and perfected! Your CV is getting read by actual potential supervisors.

• Do some reflection about what you hope to gain from the experience and what you are able to give the internship. Take initiative on the job; if you can’t do the “boring” stuff right, why would your boss ask you to do more “interesting” projects?

• All experience is valuable and many skills are transferrable, even if the skills you learn are perseverance (doing something you don’t love) and grit!
Life on Site: Housing

• Living in apartments called “Scene 3”
• 3-6 students per suite
• 2-person bedrooms
• Shared bathroom, kitchen & living area
• Kitchen has full-size fridge, microwave, dishwasher, cutlery, pots, pans, etc.
• Bed linens, towel provided
• Washer/dryer in unit
• BBQ area outside
• Tennis court & pool
• Gym (by membership for additional cost)
• Wi-fi
• Room assignments announced upon arrival, based on housing questionnaires
  – Recommend getting to know one another beforehand!
• About a 10 min. walk to the universities (up hill)
• After-hours security
• No overnight guests
Life on Site: Daily Life

- Gym memberships available through universities for a monthly fee
- Getting involved at the university
- Grocery shopping & pharmacies right behind the building (Countdown Supermarket)
- 5 min walk to train station
- Walking city; buses for internships
- Travel & excursions
**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.**

**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
Make a realistic communication plan with your family and friends

The best plan will strike a balance between sharing your experiences with those at home regularly, while primarily engaging with your new local culture.

When you’re homesick, try not to call home or use social media more often, it can make homesickness worse!
**Budgeting & Finances**

- Students typically spend around $2,000 on personal expenses (travel, shopping, etc.)
- Be sure to budget for food, airfare and local transportation
  - USD $1 = NZD $1.43
  - NZD $1 = USD $0.70
  - as of 04/24/2017

### PROGRAM CHARGES — Billed by Boston University

<table>
<thead>
<tr>
<th></th>
<th>Amount ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Tuition</td>
<td>14,560</td>
</tr>
<tr>
<td>Housing/Student Services Fee</td>
<td>6,414</td>
</tr>
<tr>
<td>(includes housing, excursions, overseas medical insurance, and emergency travel assistance coverage.)</td>
<td></td>
</tr>
<tr>
<td><strong>Total Program Charges</strong></td>
<td><strong>20,974</strong></td>
</tr>
</tbody>
</table>

### US MEDICAL INSURANCE — Optional, Billed by Boston University

| Medical Insurance         | 2,014 |
| (Waived if student demonstrates coverage by a comprehensive US based policy) |      |
| **Total Program Charges With Medical Insurance** | **22,988** |

### ESTIMATED ADDITIONAL EXPENSES — Not included in Program Charges

<table>
<thead>
<tr>
<th></th>
<th>Amount ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Board/Food</td>
<td>1,700</td>
</tr>
<tr>
<td>Airfare (from the West Coast)**</td>
<td>1,800</td>
</tr>
<tr>
<td>Local Transportation</td>
<td>100</td>
</tr>
<tr>
<td>Books</td>
<td>100</td>
</tr>
<tr>
<td>Visa/Immigration Requirements*</td>
<td>70</td>
</tr>
<tr>
<td>Personal Spending</td>
<td>2,000</td>
</tr>
<tr>
<td><strong>Total Estimated Additional Expenses</strong></td>
<td><strong>5,770</strong></td>
</tr>
</tbody>
</table>

### TOTAL ESTIMATED EXPENSES

<table>
<thead>
<tr>
<th>Amount ($)</th>
</tr>
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<tbody>
<tr>
<td><strong>28,758</strong></td>
</tr>
</tbody>
</table>
Sample Prices (NZD)

- Taxi (5 miles): $33
- Monthly ticket public transit: $177
- Pair of Levi’s jeans: $105
- Nike shoes: $147
- Shampoo: $5
- Toothpaste: $2.86
- Cold medicine: $18
- Dinner for 2 in pub: $52
- Fast food combo meal: $11
- Beer: $10
- Cappuccino: $4.73

https://www.expatistan.com/cost-of-living/auckland
• Tell your bank and credit card companies you’re going abroad!

• Check to see...
  – if your bank has an 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 and a “chip” is recommended

• Make copies of all cards and leave them at home

• **New Zealand has much more of a cash-based consumer culture.**
  – Withdraw larger amounts and only carry around what you need for that day to avoid large fees
Culture

- Manners of interacting
- Thoughts
- Values
- Expected behaviors
- Practices
- Relationships
- Communication
- Courtesies
- Rituals
- Roles
- Customs
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.
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

Prior to program start date, all students will be automatically enrolled in international health coverage.

- **HTH Worldwide Insurance**
  - Emergency evacuation coverage
  - Limited medical coverage
  - In an emergency, call 1.800.257.4823 or collect at +1.610.254.8771

- **New Zealand Health Insurance**
  - NZ StudentSafe: you’re covered through U of Auckland or AUT
  - Will go over during on-site orientation

https://www.insurancesafenz.com/studentsafe

All students are required to maintain their US-based health insurance coverage while abroad.
At least two weeks before the program start date, all students will be automatically enrolled in international insurance coverage and emergency travel assistance services through HTH WorldWide, including evacuation coverage.

- Valid for the duration of the program, and extendable at the student’s expense
  - Detailed coverage information is provided on the BU Study Abroad Health & Safety page and again by email at the time of enrollment
  - In case of need of medical treatment, mental health counseling, or travel assistance while abroad or to set up appointments in advance, contact HTH directly and identify yourself as a Boston University student:
    - +1 610-254-8771
    - globalhealth@hthworldwide.com
- All students are required to maintain their US-based health insurance coverage while abroad
Boston University closely monitors the security situation across the world, and follows guidance from local authorities and the US State Department.

Detailed emergency plans and general safety precautions will be explained during orientation.

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 in the event of an emergency.
Take Responsibility for your OWN Risk Management!

- Talk to your family and friends about the location—buildings, housing, staff, insurance, resources
- Practice situational awareness: Be aware of your surroundings; be vigilant of others.
- Do not drive (road and pedestrian accidents are #1 cause of injury/death abroad)
- Do not participate in demonstrations or protests
- Drink responsibly – The majority of problems student’s face are related to alcohol. It’s not the staff’s responsibility to manage your consumption!
- Travel with others and look out for each other.
- Pay attention to the news (before and during the program)
- Practice safe sex and report any sexual assault to staff abroad.
Personal Safety

Our Expectations of you:

We expect that you will...

• Share responsibility for your safety and that of others in the program

• You will be reachable by local phone at all times. Keep your phone charged and topped-up with minutes.

• You will reach out to program staff and your family if you experience, witness or become aware of a serious incident of any kind.

• You will report issues of any sort in a timely manner to the on-site staff (or directly to Boston if necessary) so that we can help you.
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 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
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
• 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](http://www.bu.edu/shs/wellness/), 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/](http://www.bu.edu/shs/wellness/)

• Non-BU students, please also research your university’s services
Optional group flight itinerary: will be sent via e-mail
University of Auckland students will be picked up by UofA driver
Cost of flight is NOT included in program fee
Independent travelers must e-mail their confirmed itineraries to the program manager (lprema@bu.edu)

Must arrive by 7am on July 15 (AUT) or July 22 (UofA)

Advantage Travel:
Web: http://advantagesbtravelcny.com/
Phone: 315-471-2222
Toll Free: 800-788-1980
**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](http://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!
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
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

***Make sure any hiking gear that you bring is very clean!***
Weather Averages

Average Auckland monthly temperatures (°C)

Temperature

<table>
<thead>
<tr>
<th>Celsius (°C)</th>
<th>Fahrenheit (°F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>-15</td>
<td>5</td>
</tr>
<tr>
<td>-10</td>
<td>14</td>
</tr>
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<td>86</td>
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<td>35</td>
<td>95</td>
</tr>
<tr>
<td>40</td>
<td>104</td>
</tr>
</tbody>
</table>

*Celsius (°C) | Fahrenheit (°F) *

*room temperature
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!
- Urgent: Obtain your visa!!! Notify Lauren once it is received.
- Complete outstanding Auckland forms!
- Complete general pre-departure documents to get registered for your program
- Watch the online roadmap (again!)
Go away!