Bocconi University Exchange

Study Abroad
Bocconi Exchange

Build a global NETWORK
Agenda/Introductions

- Introductions and Program Statistics
- Logistics
- Academics
- Life on Site
- Health and Safety
- Finances and Budgeting
- Action Items
- Wrap up/Questions
- Exchange began in 2007
- 7 BU students at Bocconi for spring 2016
- 4 BU students at Bocconi Fall 2016
- 6 Bocconi students studying at BU this year
Program Logistics

- Direct enrollment at Bocconi
- Maintain full-time status at BU
- Earn BU credits and grades

- Pay home university (BU) tuition
- Pay host university (Bocconi) room, board, and other services and fees

- Access to all on-campus resources at Bocconi
- Make use of local services and resources before and during your semester abroad
Italian Crash Course
- Optional/Strongly Recommended: pre-semester and follow-up sessions
- Extra-curricular course, does not appear on transcript

Credits and Grades
- ECTS credit system: 7.5 ECTS = 4 BU credits
- 12 credit minimum and 20 credit maximum
- No pass/fail or incompletes
- All grades will appear on your BU transcript
- Most BU students take 4 classes per semester at Bocconi

Course Equivalencies at BU: Discuss in advance!

Academic Policies for exchange programs

Registration
- You will register for your classes shortly before going to Bocconi
- Email your final course list to your advisor to confirm equivalencies
- Make changes during add/drop
Academics on Site

Academic Differences and Considerations

- Academically challenging
- Final exams are weighted heavily
- Keep up with your reading – very independent learning style
- Attend all of your classes
- Talk to Professors
- Register for each exam: Italian law
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.”
Academic Policies

- All students are subject to BU’s Academic Code of Conduct
- Must take the full course load 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
- Attendance policies
  - Personal travel must NOT conflict with academic obligations
  - Details will be given during the on-site orientation and/or in syllabi
Academic Policies for Direct Enrollment at a Foreign University

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.
**BU Bill**
- Tuition and student services fee only
- Contact Student Accounting Services with questions

**Typical expenses**
- $3,600 housing
- $2,000 food
- $150 local transportation
- $400 books
- $3,300 personal spending*

**Money-saving tips**
- Cook your own meals
- Travel within Italy rather than internationally
- Prioritize your entertainment
- Take advantage of University resources and events

*Highly dependent on how much you travel outside Milan while abroad*
Banking

- Easy access to cash while abroad
- Using your American bank account
  - ATM withdrawals and fees
  - Minimize number of withdrawals
  - Microchip and 4-digit PIN
- Tell your bank and credit card about your travel plans in advance
  - Does your bank have a partner in Italy?
  - What additional fees will you have to pay?
- Credit card for emergencies
- Access to multiple types of funds
**Life at Bocconi: Housing**

**Bocconi housing: general info**
- Apply as part of your online application due **Nov. 9**
- Housing assignments sent **NOV 22**
- Make sure you confirm room and pay deposit
- View housing descriptions online
- Pay monthly rent directly to Bocconi

**Bocconi housing: Arcobaleno**
- Single room in 2-person apartment, sharing bathrooms, kitchen, common area
- Apartments have air conditioning and internet
- 20 minutes to Bocconi by public transport
- Lots of international students, very social

**Bocconi housing: Dubini**
- Single room in 2- or 4-person apartment
- Newer than Arcobaleno
- Closer to city center
- Mostly Italian students; less social life

**Private housing**
- Difficult to find
- Welcome Guide lists some resources

**Meals**
- Meal plans are available (will discuss at Orientation)
- Many students purchase food a la carte and from grocery stores
- Kitchen is sufficient for cooking
- Average €200-250/mo. for food without meal plan

View Residences in [Bocconi Virtual tour](#)!
Life at Bocconi: Campus
Life in Milan: Getting Around

Public Transportation in Milan
- Underground Metro, tram, bus, and trolley bus
- Most run 6am to midnight
- Ticket options:
  - Single ride €1.50
  - Monthly pass €10 initial fee + €17 per month

Taxis
- Tips not expected, but you can round up
- Traffic congestion is common

Bicycle
- BikeMi bike sharing service

Travel outside Milan
- Long-distance bus and trains
Life at Bocconi: Daily Life

Get Involved!
• Clubs and organizations
• Volunteer
• Sports
• Mind Body
• Special events
• Cultural Activities

Utilize resources
• Libraries
• Career services

Cultural and historical sites in Milan and Italy

Visit the ISD Website: Life in Milan
Culture

Language

Manners of interacting

Thoughts

Values

Expected behaviors

Practices

Relationships

Communication

Courtesies

Rituals

Roles

Customs
I LOVE IT HERE! FIGHT ON!

NO ONE UNDERSTANDS ME. EVERYTHING IS SO DIFFERENT...

OH IT'S NOT BAD HERE AFTER ALL. I EVEN KIND OF LIKE IT!

CULTURE SHOCK
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.
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
  • Restrictions on certain medications in Italy
  • If allowable, obtain a supply for full semester
  • 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
Life on Site: 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.

- StayHealthy:
  - University resources
  - Keep up routine (when possible)
  - HTH (or equivalent policy) covers mental health care
  - Use the on-site staff as a resource
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**
Program Emergency Plan
• 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

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 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.
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.
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
Staying connected with home

- Skype and Facetime
- Email, messaging, and apps (WhatsApp)
- Wifi widely available with good speed

Mobile Phones

- Make sure you have a local number for emergencies and ease of use
- Local Pay-as-you-go plans are the easiest and most economical. You can either get a whole new cheap phone, or just a new simcard.
  - Many students purchase a pre-paid mobile phone when they arrive in Milan.
- 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.
Engaging with Bocconi & Milan: Start now!

- Beneficial to research before you go and for resources while on site

- Local Social Media
  - Follow local businesses, venues, organizations, etc. to get latest news about places of interest and keep up with different social trends.
  - International Student Desk Facebook group: [https://www.facebook.com/isdbocconi](https://www.facebook.com/isdbocconi)

- Local streaming TV, Spotify channels, radio, etc.

- Blogs and websites
  - You have a place to track good websites, magazines, and apps on the worksheet that’s attached to the online module. Use it!
  - International Student Desk Youtube channel: [https://www.youtube.com/channel/UCx1a-AyQzrZbiCNopgYSv8g](https://www.youtube.com/channel/UCx1a-AyQzrZbiCNopgYSv8g)
Flights and Travel to Bocconi

Independent Flight
- Most students fly into Milano Malpensa
- Submit itinerary to BU International Travel Registry
- Travel independently to housing (no airport pickup)
- Book roundtrip

Travel from airport to Bocconi
- TAXI – 50+ minutes, about $100
- PUBLIC TRANSPORT: Review instructions in Welcome Guide from Bocconi for details (express train to subway to tram)
- Make sure you have your address and Bocconi contact information printed and in your carry on
LOGISTICS
• Arrive at the airport no later than two hours prior to your departure
• Wear heavier clothes on the flight to be able to have room in your suitcase
• Confirm your departure time and flight

CARRY ON
• Passport with visa & Attestato Letters
• 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)

HEALTH WHILE TRAVELING
• Drink lots of water and stay hydrated
• Be sure to time your medications while traveling
• Get lots of sleep 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

• **All students should bring:**
  – Passport with visa & Attestato Letters
  – Full roundtrip flight itinerary
  – Site contact details and directions to your program site
Program Specific Items:
- Welcome Guide from Bocconi
- Outlet adapter (two-prong)
- Laptop
- Ethernet cable
- Winter clothes November-March and warm-weather clothes for the rest of the year
- USB drive for backing up academic work and for printing
- Linens and towels: depends on housing assignment

What NOT to bring:
- US-based international cell phone plan
- Conspicuous clothing or electronics
- Sentimental items you could do without
- Personal appliances (hairdryers, straighteners, shavers)
Program Dates: AUG 26-DEC 23

- AUG 26 – Arrive in Milan & check-in to Bocconi Residence Halls
- AUG 28 – SEP 9 – Italian Language Crash Course
- SEP 4 – Mandatory Orientation Meeting
- SEP 4-8 Welcome Week Activities
- SEP 6 – First day of classes
- OCT 16-24 – Mid-term Exam Session
- DEC 6 – Last day of classes
- DEC 11-22 – Final Exam session for exchange students
- DEC 23 – Departure date/Bocconi Residence Hall check-out
Additional information directly from Bocconi about classes, housing, and arrival

Getting Ready to Go e-mail (important reminders sent a few weeks before departure)

International Health Insurance enrollment e-mail

Join BUSA on Facebook and follow us on Twitter!
Action Items

- Check your hub page frequently
- Submit Visa application by May 15
- Submit Bocconi application by May 18
- Complete general Pre-departure documents
- Watch the Pre-departure Roadmap
- Check in with Student Accounting Services and/or Financial Assistance as needed
- Talk with your doctor about health and medications abroad
- Talk with your bank about finances overseas
- Join BU-Bocconi Facebook group
Ciao!
• 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/
  
  Non-BU students, please also research your university’s services
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
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