Intercollegiate Center for Classic Studies

BU Study Abroad
Agenda/Introductions

- Introductions and Program Statistics
- Logistics
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- Life on Site
- Health and Safety
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Pre-Departure Roadmap

Boston University Study Abroad
Pre-Departure Roadmap

BU Study Abroad

twitter.com/BUabroad  facebook.com/BUabroad  bu.edu/abroad
• Program began in 1965
• 100+ American universities
• Admit up to 36 students per semester
• 1 BU student at ICCS during AY 14/15
• 1 BU student at ICCS during AY 16/17
Program Logistics

Who does what?
1. ICCS on-site staff
2. Duke University
3. Boston University

Academics
• Transcript issued by Duke University
• Must request and pay transcript fee
• Earn BU credits and grades

Finances
• Pay BU tuition and deposit
• BU pays Duke on your behalf
• Do not pay anything directly to Duke

Resources and support
• Full on-site resources in Rome from ICCS
• Support from BU, Duke
Next Steps:

- Obtain a valid passport (must be valid at least 3 months after program ends)
- Decide whether you are submitting your application for group processing or applying on your own
- Gather all application materials
  - Your actual passport
  - One photocopy of your passport signature and photo page
  - International Students Only: Proof of Residence in the USA
  - One passport-style ID photo, in color
  - Completed visa application form
  - Your booked, round-trip flight itinerary/confirmation
  - Proof of financial means
  - ICCS Visa Letter in Italian & Duke letter of enrollment
  - Visa Application Fee
- Submit all materials to BUSA by May 15; or schedule your own appointment
Credits and Grades
16 credits is typical load, though some students take 20
All grades will appear on your BU transcript and count towards your GPA

The Ancient City: 8 credits
Mornings: sometimes a full day, sometimes a half day
Roman history, civilization, and archaeology
Includes site visits, museum tours, lectures, and other excursions (Campania and Sicily)

Languages and Electives: 4 credits each
Afternoon sessions
Either Latin or Greek is required
Many students choose one other elective (e.g., Elementary Italian or Art History)

Course Equivalencies at BU: Discuss in advance!

Academic Policies for exchange programs

Workload: what to expect
Very demanding and time-consuming; intensive
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.”
• All students are subject to BU’s Academic Code of Conduct

• Must take the full course load (16-20 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

• Attendance policies
  – Personal travel must NOT conflict with academic obligations
  – Details will be given during the on-site orientation and/or in syllabi
BU Bill
- Program fee covers tuition, airfare, housing and student services fee
- Contact Student Accounting Services with questions

Typical expenses
- $800 food
- $400 local transportation
- $400 books
- $2,250 personal spending*

Money-saving tips
- Travel within Italy rather than internationally
- Prioritize your entertainment
- Take advantage of program resources and events

*Highly dependent on how much you travel outside Milan while abroad
Life at ICCS: The Center

**The Center**
- Central location of all ICCS activities and student life
- Contains bedrooms (mostly doubles), classrooms, library, offices, dining facilities.

**Housing**
- Usually double rooms

**Meals**
- 3 meals per day provided at The Center, included in program fee
- Strict meal times (8am, 1pm, 7pm)
- Weekend meals are on your own
Public Transportation in Rome
- Bus, tram, and train
- Bus is most commonly used by ICCS students

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

Travel outside Rome
- Major train hub (2 major stations)
- Cheap flights elsewhere in Europe (3 airports)
Culture

Language

Manners of interacting

Thoughts

Values

Expected behaviors

Practices

CULTURE

Communication

Courtesies

Rituals

Roles

Customs

Relationships
I LOVE IT HERE! FIGHT ON!

HOLLYWOOD

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

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

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.

• Stay Healthy:
  – 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 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 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 Rome.
- 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 ICCS & Rome: 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.

• 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!
• 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
Program Dates

Academic Calendar
See ICCS calendar online

August 31-September 1 Arrival at Center
September 4 First day of classes
September 15 Last day to change courses
October 7-15 Field trip to Sicily
October 15-22 Fall break
October 23 Classes resume
November 11-18 Field trip to Campania
November 20 Classes resume
November 23 Thanksgiving dinner
December 8 Last day of classes
December 11 First day of exams
December 15 Last day of exams
December 17 Students MUST leave the Center by noon
Flights

Flight
- Included in program fee
- Book independently
- Option to book through Advantage Travel & bill to BU:

  Advantage Travel:
  Web: [http://advantagetravelcny.com/](http://advantagetravelcny.com/)
  Phone: 315-471-2222
  Toll Free: 800-788-1980
- Submit flight to BU International Travel Registry
- If you did not book through Advantage send me the flight itinerary with cost in order to receive credit

Arrival
- Follow detailed instructions from ICCS
- Travel independently from airport to ICCS center; airport pick-up not provided
- Taxi is easiest; can be expensive
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](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)

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:
- ICCS program information
- Universal adapter
- Laptop
- Documents needed for Permesso: ICCS acceptance letter, photocopy of passport and visa, photocopy of insurance policy, copy of financial statements from visa application
- Easy-care clothing

What NOT to bring:
- US-based international cell phone plan
- Conspicuous clothing or electronics
- Sentimental/valuable items you could do without
- Personal appliances (hairdryers, straighteners, shavers)
Future Communication

- Pre-Departure Module and general reminders
- Additional information directly from ICCS about arrival, classes, daily life
- Official admission letter (use for visa application)
- Getting Ready to Go e-mail (important reminders sent a few weeks before departure)
- HTH Insurance e-mail
- Join BUSA on Facebook and follow us on Twitter!
Action Items

- Apply for National Visa
- Complete general Pre-departure documents
- Book your flight (roundtrip)
- Send flight itinerary to Jessica
- Watch the roadmap (again!)
- Check in with Student Accounting Services and/or Financial Assistance as needed
- Talk with your doctor about health and medications abroad
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
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