Agenda

- Introductions and Program Statistics
- Logistics
- Academics
- Life on Site
- Health and Safety
- Finances and Budgeting
- Action Items
- Wrap up/Questions
Getting to know each other!
Boston University Study Abroad
Pre-Departure Roadmap
Program Logistics

- Direct enrollment at Tec de Monterrey
- Maintain full-time status at BU
- Earn BU credits and grades
- Pay home university (BU) tuition
- Pay host university (ITESM) room, board, and other services and fees
- Access to all on-campus resources at ITESM
- Make use of local services and resources before and during your semester abroad
Program Dates

See ITESM academic calendar online

- July 30: recommended arrival date
- August 2: latest possible arrival date
- August 3: Mandatory orientation
- August 7: Classes begin
- November 22: Classes end
- November 24 – December 6: Final exams
Program Contacts at Tec de Monterrey

ITESM Director of International Liaison Office, Boston
Patricia Menchaca
pejacque@itesm.mx

Tec de Monterrey Campus Monterrey
Primary Contact:
Jesus González
jegonzalez@itesm.mx

Tec de Monterrey Campus Puebla
Primary Contact:
Carolina Martinez
carolina.martinez@itesm.mx
Credits and Grades
- Classes are worth 3 credits each
- 12-18 credits per semester
- No pass/fail or incompletes
- All grades will appear on your BU transcript
- Make sure you review pre-requisites before registering for a course

Course Equivalencies at BU: Discuss in advance!

Academic Policies for exchange programs
• 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.
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.”
Budgeting & Finances

BU Bill
- Tuition only
- Contact Student Accounting Services with questions

Typical expenses
- $2-3,000 housing
- $600 Airfare
- $1,175 food
- $400 local transportation
- $250 books
- $2,000 personal spending*

Money-saving tips
- Cook your own meals
- Prioritize your entertainment/travel
- Take advantage of University resources and events
- Use student card for discounts

*Highly dependent on how much you travel while abroad
Banking Abroad

- Make sure you have easy access to cash while abroad
- Using your American bank account
  - ATM withdrawals and fees
  - Minimize number of withdrawals
  - 4-digit PIN
- Tell your bank and credit card about travel in advance
  - Does your bank have a partner in Mexico?
  - What additional fees will you have to pay?
- Credit card for emergencies
- Access to multiple types of funds

1 USD = 17.5 Mexican Pesos
Campus Puebla

- Student Residence
  - 1 mile from campus; free shuttle bus 6am-8pm
  - Single bedrooms in 2 bedroom suite with shared bathroom, and common living space
  - Common kitchen with locked individual cabinets on first floor
  - Laundry Service
  - Separate male/female wings
  - 24/7 Security Guard
- Private Accommodation
Campus Monterrey

- **Student Residences**
  - Several residences on campus, at varying prices
  - Building 3 - recommended for international students
  - Shared bedrooms, 2-bedroom suites, shared bathroom and common space
  - Shared kitchens
  - Laundry room & gym

- **Homestays; 10-15 minutes from campus**

- **Private Apartments**
  - International office will refer you to agents that will help students find nearby apartments
  - Security/swipe access
  - Pool/gym
  - Comparable prices; about 300/month
Life in Mexico: Getting Around

Tec Shuttle Bus
- Free Shuttle bus

Uber/Taxis
- Uber is commonly used and recommended
- Taxis; Do not waive a taxi down in the street, use taxi stand or ask hotel or restaurant to call a taxi

Public Bus/Transportation
- Inexpensive, commonly available locally and to travel to other parts of Mexico
- Watch belongings extra closely, not recommended after dark

Biking
Bike Paths in some areas
Culture

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

CULTURE
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
  - Check with the host country consulate for restrictions
  - 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:
  - University resources
  - Keep up routine (when possible)
  - HTH (or equivalent policy) covers mental health care
  - Use the on-site staff as a resource
International Health Insurance

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.
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.
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)
- Wi-Fi 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.
- 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.
Flights and Travel to Mexico

**Independent Flight**
- Submit flight information to the [BU International Travel Registry](#)
- Book roundtrip
- Follow the detailed arrival instructions provided to you by Tec de Monterrey

**Airport Pick-up**
- On the official arrival day, ITESM will provide a free transportation service from the airport to the university for international students.
- Once you have been accepted as an international student, you will be provided with more information.
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 and Tec de Monterrey acceptance letter
• 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!
• **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
  - Flight itinerary
  - Copy of acceptance letter
  - Site contact details and directions to your housing
  - All medication you will need for the duration of your program
Program Specific Items:
- Handbooks and emails from Tec de Monterrey
- Clothes for hot, humid weather; light sweater and raingear
- Laptop
- USB drive for backing up academic work and for printing

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)
Future Communication

- Pre-Departure Module and general reminders
- Additional information directly from Tec de Monterrey about classes, housing, and arrival dates and details
- Getting Ready to Go e-mail (important reminders sent a few weeks before departure)
- HTH International insurance email
Action Items

- Complete general BU pre-departure documents
- Apply to Tec de Monterrey
- Book your flight (roundtrip or one-way)
- Watch the pre-departure roadmap
- Talk with your doctor about health and medications abroad
- Talk to your bank about finances abroad
• 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/](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/](http://www.bu.edu/shs/resources/)

Many additional resources can be found online