Agenda/Introductions

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

Boston University Study Abroad Online Pre-Departure Module
Ilse Damkoehler  
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*Program Director*  
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Alumni
• 6 students in Quito
  • ALL Female
• 4 Quito SED
  • All BU
• 2 Quito Latin American Studies
  • All BU

*subject to change
Program Logistics - Flights

Group flight info:

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<th>Airline</th>
<th>Flight Number</th>
<th>Class</th>
<th>From</th>
<th>Leaving</th>
<th>Destination</th>
<th>Arriving</th>
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<td></td>
<td>EQ8551</td>
<td>Economy</td>
<td>New York, John F. Kennedy International Airport - Terminal 1</td>
<td>Tue 15 Aug 10:00 AM</td>
<td>Quito, Mariscal Sucre Intl Airport</td>
<td>Tue 15 Aug 03:00PM</td>
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- Even though the flight is included, you MUST sign up to reserve your spot via the link from your e-mail.
- Independent travelers must send their itineraries to Ilse AND Maria Antonieta.
- Independent travelers are eligible for a credit for the amount of the group flight once itinerary is forwarded. You will receive the credit in the form of a deduction from the total cost of the program, which will be reflected on your BU student account.
- If travelers arrive at the same time or earlier in the morning, may travel on the group bus to their homestay. If you arrive later, you must work with Maria Antonieta to arrange transport to your host family.

Advantage Travel:  
Web: [http://advantagetravelcny.com/](http://advantagetravelcny.com/)  
Phone: 315-471-2222
<table>
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<td>Tuesday 15</td>
<td>Students arrival</td>
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<td></td>
<td>Thursday 17 &amp; Friday 18</td>
<td>Orientation</td>
</tr>
<tr>
<td></td>
<td>Saturday 19</td>
<td>Quito Tour</td>
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<tr>
<td></td>
<td>Monday 21</td>
<td>First day of classes</td>
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<tr>
<td></td>
<td>Saturday 16</td>
<td>Otavalo Tour</td>
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<tr>
<td>September</td>
<td>Saturday 16</td>
<td>Trip to Cotopaxi</td>
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<td></td>
<td></td>
<td>Volcano Lake</td>
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<td>October</td>
<td>Thursday 5 to Tuesday 10</td>
<td>Galapagos</td>
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<tr>
<td>November</td>
<td>Friday 3 to Monday 6</td>
<td>Tiputini</td>
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<td>December</td>
<td>Saturday 2</td>
<td>Trip to Mitad del Mundo</td>
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<tr>
<td></td>
<td>Saturday 9</td>
<td>Second trip to Otavalo</td>
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Where You’ll Study
• Universidad San Francisco de Quito (USFQ)
• Registration due August 29.

What You’ll Study
• Full course load = 4 or 5 USFQ courses
• 4 USFQ credits = 4 BU credits
• No “+” or “-” on letter grades at USFQ
• Receive BU credits & BU grades
• No BU credit for artisanal or athletic courses (but you should take one anyway!)

Course Selection
• **Opened April 15, must be registered.**
• Placeholder course on your BU Academic Record once registered for study abroad
• Add/drop on site – will receive an F if you drop after the deadline
• Individual courses and grades on BU transcript
Where You’ll Study

• Universidad San Francisco de Quito (USFQ)
• Your practicum placement!

What You’ll Study

• Enroll in 12+ credits
• Practicum (either 8 or 10 credits depending on level – contact Jenn Bryson for more details)
  – Intensive Spanish course (2 cr)
  – Service learning placement (2 cr)
  – USFQ elective (4 cr) if eligible – talk to Maria Antonieta before registering
• Receive BU credits & BU grades

Course Selection

• **Opened April 15, must be registered.**
• Placeholder course on your BU Academic Record once registered for study abroad
• Add/drop on site – will receive an F if you drop after the deadline
• Individual courses and grades on BU transcript
Academic Culture

- As elaborated in the online module, teaching and learning styles may differ dramatically.
- Courses are taught by local faculty on the USFQ campus in Cumbaya.
- Teaching style may be different than you’re used to in the States - More initiative on your part, professors may be more hands-off.
- The USFQ library and campus resources are available to you as students as well as online BU resources.
All students are subject to BU’s Academic Code of Conduct

Must take the full course load (12-16 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

Attendance policies
  – Personal travel must NOT conflict with academic obligations
  – Details will be given during the on-site orientation and/or in syllabi. Likely different than BU
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

• You will receive an email invitation for the course from Sarah Cooper Lucerto, providing instructions for 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.”
The Basics...

BU students: billing is handled the same as on campus.

Non-BU students: contact your home study abroad office for billing details.

All bills will show up on your student Link account. You will receive an e-mail with instructions and a due date later in the semester.

NOTE: Fall 2017 Costs/Budget Sheet are Forthcoming!!
Ecuador Uses the US Dollar!

For Perspective:

- Bus Ride: $0.25 - $0.50
- Bottled Water: $0.50 - $1.00
- Lunch at USFQ: $2.50 - $3.00 for fixed menu meal
- Cab ride: $3 - $5

- Cash is king – credit is only used for large purchases. Plan to use mostly cash.
- Students only need to carry $10-15 dollars per day. Good to keep $10 in your sock, in case your wallet is stolen when going out.
- You’ll need to break $20 bills at larger grocery stores, malls, the USFQ etc.
- All meals are included. Cash stipends are provided for lunches (usually eaten at university between classes)
1. Tell your bank that you’ll be traveling, and do your homework on fees!! Ask:
   - What your ATM fees will be. Only use 4 digit PIN
   - What your credit/debit card fees will be

2. Always use a reputable ATM. More info will be given about which banks and ATMs are the safest (one on USFQ campus) during orientation.

3. Don’t walk around with large amounts of cash regularly. If you are going to get a large withdrawal, plan to go directly home.

4. Bring some starter cash! $100-$200 in small bills (mostly $1s, $5s, and $10s), as well as 3-5 rolls of quarters. This will save you from having to change small bills at the start. You will use many more coins in Ecuador than you do in the US.
Geographic Area

[Map showing the geographic area of Quito, Ecuador, with emphasis on the city of Quito.]
Life on Site: Housing

- All students live with host families, 1 student per family for maximum integration
- Families live throughout the city
- Students will utilize public transportation to commute between home and classes at USFQ or Colegio Menor, up to 40 min
- All students have a private bedroom and access to shared bath
- All meals included in program, stipend provided for lunches (taken at the university); kitchen is generally off-limits to students.
- Most homes have Wi-Fi
Getting Around:

• Will mainly use the bus to get around Quito
• Many buses available inside and outside the city for weekend travel
• Taxis - Radio taxis are the safest option at night
• Weekends - notifying site if you’ll be away
Life on Site: Daily Life

- So much to explore!
- Historic Quito
- Cathedral of Quito, other famous churches
- La Mital del Mundo monument
- Museums, theater, dance, music
- Hiking and climbing
- Parks & recreation
  - Local gyms
  - Multiple parks for pickup sports, running or just hanging out
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.
Culture

• Culture impacts many aspects of daily life, many of which you probably don’t think of everyday. Remember to embrace difference, not think of ‘better’ or ‘worse’.

• Examples of cultural differences you may notice
  • Greetings
  • Concept of time
  • Sense of privacy
  • Social classes
  • Domestic help
  • Family relationships
  • Peer relationships & sexuality
  • Toilet paper!
  • Language – “tu” vs. “usted”
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
Healthy Strategies

• Adjusting to the climate and altitude
• Avoiding gastrointestinal problems
• Drink clean water
• Exercise caution with alcohol
• Avoid dogs in streets
• Beware of intense sun exposure
• Practice safe sexual habits

Immunizations & Medications

• Required for entry to Tiputini
  • Yellow fever (recommend getting this BEFORE departure to Quito)
• Talk to your doctor about....
  • Cholera
  • Typhoid
  • Hepatitis A
  • Rabies
  • Malaria
Okay, Zika
(and Dengue and Chikungunya)

Source: The Lancet
Staying Healthy in Ecuador

Quito’s high altitude has its advantages...
(Quito is up so high that mosquitos that carry Zika, or Malaria can't survive)
263 cases of Zika in Ecuador as of March 2.

Cases have decreased from 2016 to 2017

Very few cases reported to date in your destinations. However...
Remember...Prevention NOT Treatment!

(From CDC)

- Cover exposed skin by wearing long-sleeved shirts and long pants.
- Use EPA-registered insect repellents containing DEET, picaridin, oil of lemon eucalyptus (OLE), or IR3535.
- Use permethrin-treated clothing.
- Stay and sleep in screened-in or air-conditioned rooms.
Life on Site: Mental Health

• Talk to your therapist/counselor about mental health while abroad and make a plan before you go. Make sure to bring adequate medications.

• Even if you may be excited about new opportunities, stress or anxiety may increase abroad.

• Keep Healthy:
  – USFQ has a clinic on campus and an affiliated hospital
  – Keep up routine (when possible)
  – Remember! International insurance covers mental health care
  – Use the on-site staff as a resource – can help arrange mental health services in advance
About two weeks before the program start date, all students will be automatically enrolled in International Insurance coverage, and Emergency Travel Assistance services.

- Valid for the duration of the program, and extendable at the student’s expense
  - Exact policy information will be emailed two weeks prior to departure, once you’re enrolled.
  - Excellent web resources for medication translations, etc.
  - Detailed questions can be directed to the insurance company, after you’re enrolled.

- All students are required to maintain their US-based health insurance coverage while abroad!
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
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
- Avoid buses after dark – take a taxi instead
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 resources
• 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
Internet Access and Communication:

- Wi-Fi is available in the dorm, university and internet café’s, but may be slower or more spotty than you’re used to.

- Skype, Facetime, WhatsApp, Viber, etc.

Mobile Phones

- You should 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.
Communication

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!
LOGISTICS

• Confirm your departure time and flight

• 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
CARRY ON

- Passport with round-trip airfare itinerary

- Liquids 3oz or less in plastic bags (check [www.tsa.gov](http://www.tsa.gov) for up to date requirements)

- $100-200 cash, stored in separate places, in smaller bills

- Essentials to last you a few days in your carry-on in case your luggage gets lost (toothpaste, deodorant, underwear, medicine, socks)
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
  - Full roundtrip flight itinerary
  - Medication you will need for the duration of your program (if applicable; please check country specific laws)
  - Site contact details and directions to your program site
**Packing List**

- **Recommended items:**
  - Light beach towel
  - Light jacket and/or light rain jacket
  - Clothes to mix and match – layers are very important!
  - External hard drive or USB drive for backing up academic work
  - Small gift for host family

- **What NOT to bring:**
  - Military clothing
  - Conspicuous clothing or electronics
  - Sentimental items you couldn’t do without
  - Personal appliances (hairdryers, straighteners, shavers)
  - More than one sweatshirt, sweatpants
  - Many pairs of shorts (okay at the beach / Galapagos)
  - Clothing that is very revealing
Some communication you can expect to receive over the next few months:

Rolling basis:
- Invitation to BU Ecuador Facebook group
- Email to share with parents/guardians
  - Includes PDP Module and other important info
- Housing information
- Registration info from USFQ
- Arrival information
- Visa updates (if applicable)
- Getting Ready to Go email (important reminders sent a few weeks before departure)
- International Health Insurance email
- Billing information
- Complete general Pre-departure documents to get registered for your program
- Complete course registration
- Request Background check
- Gather all visa materials on Hub Pages
- Review resource appendices from this presentation (also on Hub Pages)
- Watch the online module
- Sign up for Group Flight
- Send your flight itinerary to Ilse
- Check in with (as necessary):
  - Student Accounting
  - Financial Assistance
  - Advisor