CONGRATULATIONS!

You are about to embark on the adventure of a lifetime!
Agenda/Introductions

- Introductions and Program Statistics
- Logistics
- Academics
- Practicum
- Life on Site
- Finances and Budgeting
- Health and Safety
- Action Items
- Wrap up/Questions
Hub page will be updated throughout the semester…
Keep checking back!

You must complete “Items Due Within Two Weeks” to be registered for the program.

BU Sydney website: www.bu.edu/sydney

Welcome to Sydney!
• 61 total students
• 48 Internship, 13 SED
• 49 BU, 12 non-BU
• 55 female, 6 male

*subject to change (withdrawals, new admits, etc.)
There are five full-time and two part-time staff members based in Sydney who are responsible for the academic program, housing, student life, internship placement, and support.

There are also Senior Resident Assistants (4), Assistant Librarians (2), and Faculty (~19).

**Program Director:**
Mark Connellan. He has been teaching in the Boston University Sydney program since its inception in 1992 and was appointed director in 2003.
Required course:
4 credits
CAS AN 368 Australian Culture & Society
(meets for first 6 weeks)

SED Framework
8-10 credits
• Visits to schools: week of August 28th
• Practicum placement begins Sept 4
• Teaching Practicum: approx. Sept 4–Dec 6

*SED students will automatically be enrolled and do not need to register for courses.
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.”
The Boston University Sydney Academic Centre (BUSAC) houses the program’s academic facilities, classrooms, library/computer room, and staff office.
Academics on Site

- Classes run according to a schedule provided on site
- As elaborated in the [online module](#), teaching and learning styles may differ dramatically
- No books required; course content is on Blackboard
- Faculty: local professors hired for BU program
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
- Have your CV polished and perfected!

- The placement process is a PROCESS! Flexibility & patience are key.

- Do some reflection about what you hope to gain from the experience.

**Practicum Placement Process**

- **ASAP**
  - Submit all relevant materials
  - Preliminary Interviews with Jenna

- **Prior to Arrival**
  - Email Contact w/ Kay + Alums
  - You will likely hear about school and possibly have contact with supervising teacher

- **4 September**
  - Practicum Begins

- **Upon Arrival**
  - You will meet your supervising teacher and visit the school

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School Culture

- Differences between US and Australian school cultures

- Advice from returnees
• Advice from Alums
  – Dress
  – Pack appropriately!
Life on Site: Getting Around

- BUSAC is located in the neighborhood of Chippendale
- 20 minute walk to Darling Harbour, 5 minutes to downtown
- Extensive network of ferries, buses and trains
- We are very close to Central Train Station and Railway Square, two major access points for public transport
- Lots to see and do in/around Sydney
- Many students travel further afield on weekends, long weekends & mid-semester break
Life on Site: Daily Life

- Gym memberships offered through Sydney University
- There are a number of grocery stores nearby, including a Woolworth’s (“Woolies”) grocery store just around the corner at Central Park Mall
- Program Assistant (PA) events, academic field trips, plus external tour offerings such as Surf Camp Australia and more!
• 3-4 bedroom suites
• Small private bedroom
• Shared bathroom, kitchen & living area
• Bed linens, towel and basic kitchen supplies (pots & pans) provided
• Room assignments announced upon arrival, based on housing questionnaires
• Unlimited wi-fi; expect it to be slower than in the US
### Budgeting & Finances

**PROGRAM CHARGES — Billed by Boston University**

<table>
<thead>
<tr>
<th>Service</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Tuition</td>
<td>$24,588</td>
</tr>
<tr>
<td>Housing/Student Services Fee</td>
<td>$5,104</td>
</tr>
<tr>
<td>Total Program Charges</td>
<td>$29,692</td>
</tr>
</tbody>
</table>

*Includes housing, airfare from designated U.S. cities**, excursions, overseas medical insurance, and emergency travel assistance coverage.*

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical Insurance</td>
<td>$2,014</td>
</tr>
<tr>
<td>Total Program Charges with Medical Insurance</td>
<td>$31,706</td>
</tr>
</tbody>
</table>

*Waived if student demonstrates coverage by a comprehensive US based policy.*

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Board/Food</td>
<td>$3,000</td>
</tr>
<tr>
<td>Local Transportation</td>
<td>$650</td>
</tr>
<tr>
<td>Books</td>
<td>$100</td>
</tr>
<tr>
<td>Visa/Immigration Requirements*</td>
<td>$365</td>
</tr>
<tr>
<td>Personal Spending</td>
<td>$3,000</td>
</tr>
<tr>
<td>Total Estimated Additional Expenses</td>
<td>$7,115</td>
</tr>
</tbody>
</table>

**TOTAL ESTIMATED EXPENSES**

$38,821

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*Immigration prices have changed.*

- Students typically spend around $3,375 on personal things (travel, shopping, etc.)
- Be sure to budget for local transportation
- Budgeting tips from former students
Sample Prices (AUD)

- Taxi (5 miles): $26
- Weekly ticket public transit: $60
- Pair of Levi’s jeans: $98
- Nike shoes: $144
- Shampoo: $6
- Toothpaste: $3.54
- Cold medicine: $8
- Dinner for 2 in pub: $51
- Fast food combo meal: $11
- Beer: $7
- Cappuccino: $4

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

Check to see...
- if your bank has an Australian 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

Make copies of all cards and leave them at home

USD $1 = AUD $1.33

AUD $1 = USD $0.75 (as of 04/18/17)
• **Staying connected with home**
  • 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

• **Mobile Phones**
  • **US-based international mobile phone plans are more expensive and often don’t work. Skip them.**
  • You must have a local number for internships, emergencies and ease of use (making local friends!)
  • A cheap, pay-as-you-go basic mobile phone option will be available for you to purchase at Orientation in Sydney. You will also have the option to purchase just a SIM card. Details on how to activate a phone and phone plans will also be given at Orientation.
  • If you are planning on bringing a phone, this phone must be unlocked in order to use it with an Australian service provider.
  • Keep your current smartphone on “airplane mode” and use apps on wi-fi when it’s available.
When the similarities between cultures mask the differences within them.

- Differences are slight and therefore dismissed
- Expectations come with speaking the “same” language
- Assumptions made about a culture of similarity

**Cultures of Similarity**

- US & Canada
- US & Australia
- New Zealand & Australia
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.
Health

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 Sydney 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: very active, health conscious city
  – Keep up routine (when possible)
  – Mental health care covered
  – 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**
Safety Plans

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.
Keep your belongings safe

- Do not bring valuables or sentimental items abroad
- Avoid carrying large amounts of cash
- Monitor your wallet/purse closely
- 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/), 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.

“\textbf{I didn’t know what to call what happened to me, I just knew it felt bad.}”

\textit{You don’t have to go through this alone.}
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
Flights

- Cost of flight is included in program fee
- Will receive a recommended group flight in the coming weeks
- Those on group flight (or around the same time) will be picked up at the airport by Sydney staff
- Independent arrivals will receive instructions from Sydney staff
- Independent travelers must e-mail their confirmed itineraries to busydney@bu.edu
- Flight credits will be issued to your student account

***You are not automatically booked on a flight

Advantage Travel:
Web: http://advantagetravelcny.com/
Phone: 315-471-2222
Toll Free: 800-788-1980
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 printed visa confirmation e-mail
• 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)
• Full roundtrip flight itinerary
• Site contact details and address of your program site

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 lots of sleep after you arrive: jetlag can take up to a week to go away!
Visa Overview

• Applications are due May 1st
  • Online application
  • Supplemental Materials
    • Look out for what needs to be notarized!
    • Your 956a must be sent to lprema@bu.edu ASAP
  • Attended Visa Workshop or received directions via email
• Visas granted electronically via email; no sticker in passport
• Fee payment:
  • Notify your bank/credit card provider of charge in Australian dollars
  • Will occur around July

***Process may vary for non-US citizens***
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
• 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 climate (You will arrive at the end of winter and leave during the start of summer!)
  – External hard drive or USB drive for backing up academic work

• What NOT to bring:
  – Sentimental items you couldn’t do without
  – Personal appliances (hairdryers, straighteners, shavers); you can get one there

Check out these helpful pages of the bu.edu/sydney website: What to Bring Adaptors & Converters
• Some communication you can expect to receive over the next few months:

  – From Boston staff:
    • Pre-departure module and general reminders
    • BU Login (for non-BU students to access password and Blackboard on-site)
    • Getting Ready to Go e-mail (important reminders sent a few weeks before departure)
    • International insurance e-mail
    • Billing information
  
  – From Sydney staff:
    • Several pre-departure e-mails
    • Contact from Kay/Mark re: your practicum placement

Join BUSA on Facebook and follow us on Twitter!
• Join the [BU Sydney Fall 2017 Facebook Group](#)

• Like the [BU Sydney Facebook Page](#)
Action Items

- **Urgent**: apply for visa & criminal background check!
- Complete general pre-departure documents to get registered for your program
- Complete Sydney pre-departure forms (online forms)
- Watch the online module (again!)
See you in Sydney!

BU in Sydney Slideshow