University of Copenhagen Exchange

BU Study Abroad
Getting to know each other!
• Introductions and Program Statistics
• Logistics
• Academics
• Life on Site
• Health and Safety
• Finances and Budgeting
• Action Items
• Wrap up/Questions
Boston University Study Abroad
Pre-Departure Roadmap
- Exchange began in 2007
- 4 BU students at UCPH during Fall 2016
- 15 BU students at UCPH during Spring 2017
- 16 KU students at BU during AY 16/17
Program Logistics

- Direct enrollment at University of Copenhagen
- Maintain full-time status at BU
- Earn BU credits and grades

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

- Access to all student resources at UCPH
- Make use of local services and resources before and during your semester abroad
International Education & Grants Office  
http://studies.ku.dk/exchange/

General questions:  
int-admission@adm.ku.dk

Academic questions:  
International Coordinator at your primary department(s)

Housing questions:  
contact@housingfoundation.ku.dk
Credits and Grades

- ECTS credit system: 7.5 ECTS = 4 BU credits
- Take 30 ECTS per semester (16 BU credits)
- Know how a 15 ECTS class will fit into your BU degree progress
- **Pre-semester Danish Course** - 4 credits
  - It’s not too late - Apply by July 31st at 10am
- All grades will appear on your BU transcript

Course Equivalencies at BU: Discuss with academic advisor in advance!

Academic Policies for exchange programs

Registration

- You will register for your classes with each individual department
- Pay attention to registration procedures and deadlines
- Email your final course list to your advisor to confirm equivalencies

Exams

- Must register for each exam in advance: keep track of deadlines!
Academics at UCPH

Academic Differences and Considerations

- Very heavily weighted final exams (may be oral)
- Keep up with your reading – very independent
- Class locations can change from week to week
- Attend all classes
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<th>BU Grade</th>
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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 (30 ECTS Credits; 15/16 US 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.
As a student enrolling in one or more classes at a foreign university, you are required to:

- Maintain full-time status
- 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.
Options, prices, policies can be found here: http://housingfoundation.ku.dk/
Life at UCPH: Housing

University Housing: Research in advance
- 19+ residence halls (kollegiet), variety of living styles including suites, doubles, small studios
- Co-ed shared apartments are also available
- Locations throughout the city
- Pay bill directly to residence; prices vary widely by residence
- Your contract will specify payments and residence dates

How to Apply
- University housing is first-come, first-served – apply early!
- Housing Foundation will email you a link to the housing system and the application deadlines (mid/late June)
- Learn your assignment immediately after applying
- Pay booking fee of DKK 600 (about 88 USD)
- Call your bank if you have a payment error

Payments
- Required booking fee DKK 600 (about $88 USD)
- Required Security Deposit DKK 8000 (about $1,175 USD); if there is not damage to your room deposit is returned within 8 weeks after the end of semester
- To secure your room you pay the booking fee + deposit + one month’s rent no later than 14 days after your initial booking.
- Remaining payments are made directly to UCPH Housing foundation in installments, more information is available here.

Dining
- No meal plans: pay a la carte or grocery shop
- All residences have well-equipped kitchens
- Some university dining facilities

Options, prices, policies can be found here: http://housingfoundation.ku.dk/
Life in Copenhagen: Getting Around

Bikes
- Everyone bikes!
- Rent or buy a bike when you arrive
- Follow rules: helmet and lights

Public Transportation in Copenhagen
- Metro, bus, local trains
- Monthly or 10-ride passes available
- Learn about options during orientation

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

Travel outside Copenhagen
- Long-distance bus or train for travel within Denmark
- Train/affordable airlines to travel outside Denmark
- Bring your CPR card with you whenever you travel
- Notify travel.intoff@UCPH.dk of travel plans

https://www.youtube.com/watch?v=IcG1jeOEA
Get Involved!
- Buddy/Mentor Program
- Clubs and organizations
- Community service
- Sports
- Special events

Utilize resources
- Libraries
- Career services

Explore the city!
- Studenterhuset (Student House)
Budgeting & Finances

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

Typical expenses
- $4,000 housing (varies!)
- $1,100 Airfare
- $1,500 food
- $400 local transportation
- $250 books
- $3,000 personal spending*
- $600+ visa

Money-saving tips
- Cook your own meals
- Travel locally rather than internationally
- Prioritize your entertainment
- Take advantage of University resources and events
- Use UCPH student card for discounts

*Highly dependent on how much you travel while 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 and microchip

• Tell your bank and credit card about travel in advance
  ▪ Does your bank have a partner in Denmark?
  ▪ What additional fees will you have to pay?

• Danish bank account
  ▪ Eligible to open one (most students don’t)
  ▪ Information in Smooth Studies
  ▪ Takes several weeks to set up: have another source of cash

• Credit card for emergencies

• Access to multiple types of funds
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!
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
  - 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
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
- English speaking doctors?
  Taboos on mental health?
- Cultural norms
- 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
- Local 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
Personal Safety

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.
  - Most students purchase a phone after arriving in Denmark to use for local calls/texts
- 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.
- Local Social Media
  - KU Facebook, Instagram, Twitter
  - Student House Social Media
  - Follow local businesses, venues, organizations, etc. to get latest news about places of interest and keep up with different social trends.

- Apps of interest (examples):
  - What’s App/Viber
  - Local transit apps
  - Timeout
  - Health Apps
  - Visit Copenhagen
  - Eduroam

- Local streaming TV, Spotify channels, radio, blogs and websites etc.
  - Student House
Flights and Travel to Copenhagen

**Independent Flight**
- Send me your confirmed itinerary
- Recommended to book one-way; if you book roundtrip (return date December 31)
- KU mentor may be able to meet you if you arrange it in advance
- Plan out the route to your housing in advance (cab is easiest but most expensive)

*Recommendation: Train or metro to city center (USD 8) then train, bus, metro, or taxi to your accommodation*

**Housing Check-In**
- Review Housing Foundation Contract & [website](#) for check-in and arrival information
- Make other arrangements if you will arrive early before housing opens
Arrival & Program Dates

Program Calendar

Mid/late June
Mid/Late June-September
August 7 -29 Dates Vary*
September 1
December 30
February/March

Receiving housing email
Housing applications
Course registrations ongoing
Pre-semester Danish course
Exchange Orientation
Official semester start date
Official semester end date
Transcripts sent to BU*

*It is mandatory that all BU students attend on-site orientation. Orientation dates vary by academic department. Check your primary department’s website and/or email the contact person if you have questions. Individual departments
Steps to Apply for Student Permit

- Review detailed visa instructions on your program hub page
- Once you receive acceptance email from UCPH review instructions provided
- Submit ST1 form online
- Schedule an appointment NYC Consulate or Embassy/Consulate in another city closer to you (none in Boston) – allow 8 weeks for processing
- Pay online fee; there will be another fee due at appointment
- Gather required materials to submit online and/or bring to appointment
- In Denmark: apply for CPR number (this will be explained at on-site orientation)

Working in Denmark:

You are legally allowed to work up to 15 hrs/wk. Students can get a part-time job; but should not count on this for income
The following documents are required to complete your Student Permit application:

1. **Application form ST1 completed and signed** (Two-sided copies are not allowed)
2. **Case Order ID and receipt of payment** to the Danish Agency for International Recruitment and Integration
3. **Original passport** must be valid at least 3 months beyond the expiration date of the permit applied for and must have at least two blank pages. The passport will be kept for verification purposes for 2-14 days.
4. **Colored copy of the passport** (all pages of the passport, including the cover page).
5. **Proof of finances**: Original documents showing that you can support yourself financially while in Denmark. A minimum of $1,000 per month of stay must be documented in the form of an official bank statement, grant statement, loan approval letter, etc. Funds must be in YOUR name – not in a joint account or the name of another account holder.
6. **Acceptance letter from the University in Denmark**
7. **BU Visa Letter** (shows proof of tuition) – this will be emailed to you by your Program Manager
8. **Application Fees** [One fee paid to the Consulate General (See list of Fees) and another fee paid to VFS Global (See list of Fees)]
Danish National Health Care

- Free emergency care
- Free care from a general doctor (assigned to you)
- Pay for prescriptions, dental care, and some special services
- Call early in the morning to schedule appointments
- Don’t forget to carry your CPR card!
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 & printed confirmation of visa approval/acceptance 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
  - Flight itinerary
  - All medication you will need for the duration of your program
  - UCPH contact details and directions to your housing
  - Photocopies of important documents (leave one set at home with family or friend)
Program Specific Items:
- Clothing you can layer
- Rain gear
- Bed linens and towels (either bring or plan to purchase when you arrive)
- Laptop
- USB drive for backing up academic work and for printing
- Universal plug adaptor

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

- Pre-Departure Roadmap and general reminders
- Additional information directly from UCPH about classes, housing, and arrival dates and details
- Getting Ready to Go e-mail (important reminders sent a few weeks before departure)
- International Insurance e-mail
- Connect with BUSA on Facebook/Twitter/Instagram
Action Items

- Submit UCPH application by May 1
- Complete general BU pre-departure documents
- Submit ST1 form online after admissions
- Schedule appointment & apply for Residence Permit at Visa Application Center
- Book your flight
- Apply for UCPH Housing mid/late June
- Register for courses; dates vary by department
- Confirm your course selections with academic advisor
- Check in with Student Accounting Services and/or Financial Assistance as needed
- Talk with your doctor about health and medications abroad
- Join BU – Copenhagen Facebook group
Farvel

Goodbye
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
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/](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](mailto: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

Visit [www.bu.edu/safety](http://www.bu.edu/safety) for more information.