MADRID PROGRAMS

BU Study Abroad
Agenda/Introductions

- Introductions and Program Statistics
- Logistics
- Academics
- Internships
- Life on Site
- Health and Safety
- Finances and Budgeting
- Action Items
- Wrap up/Questions
Madrid Staff

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Boston University Study Abroad
Pre-Departure Roadmap

Study Abroad

twitter.com/BUabroad  facebook.com/BUabroad  bu.edu/abroad
Summer 2018
- 23 students
- 11 non-BU
  Temple, UNC, Brandeis, Johns Hopkins, Wake Forest, Wesleyan, Harvard

Fall 2018
- 64 students total
- 22 non-BU students
  • Northwestern University, University of Southern California, Harvard University
- 19 Spanish and European Studies
- 14 Internship
- 31 Science Students

*subject to change*
Program Logistics - Flights

- Group flight is coordinated by our travel agent, Advantage Travel (Susan Gordon)
- Details and information on booking, as well as info for independent travelers, has been sent to participants via email
- Group will be met at the airport by BU Madrid staff and transportation will be provided to the hotel in Madrid where you will stay for the first night of orientation
- Independent travelers who arrive at the same time or earlier in the morning may travel on the group bus. Independent travelers arriving after the group will be responsible for their transportation.
- Independent travelers MUST forward confirmed itinerary to be eligible for a flight credit (equal to amount of the recommended flight fare). You will receive the credit in the form of a credit, which will be reflected on your BU student account.

Advantage Travel:
Web: http://advantagetravelcny.com/
Phone: 315-471-2222
Toll Free: 800-788-1980
See [Madrid website](#) for class choices, schedules, etc.!

**Spanish & European Studies:**
- Taught at the Instituto Internacional
- BU courses taught by Spanish & American faculty
- Classes comprised of BU Study Abroad participants only

**University Studies:**
- Taught at the Universidad Autónoma de Madrid by Spanish faculty

All students earn BU credit and grades
Academic Culture

- Teaching and learning styles may differ greatly
- Spanish vs. American teaching style
  - More lecture-based
  - Less class participation
  - Less opportunities for assessment
  - Instituto professors accustomed to teaching foreign students
- Office hours/resources
  - Professors may not be as available, particularly at UAM
  - UAM students can hire a fellow student as tutor
• All students are subject to BU’s Academic Code of Conduct

• Must take a full course load for a grade

• All coursework must be completed prior to end of program

• 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
Science Courses

• Spanish Language Course (4 credits)

• CAS BI 203 Cell Biology (4 credits)
  • Prerequisites: CAS BI 108 and CAS CH 102, or the equivalent.

• CAS CH 203 Organic Chemistry I (4)
  • Prerequisites: CAS CH 102 or CAS CH 110 or CAS CH 112, or the equivalent.

• CAS MA 213 Basic Statistics and Probability (4)

• CAS LS 241 Spanish Civilization (4)
CAS IP101  The Global Learning Experience: An Online Course

LEARN THE SKILLS IT TAKES TO BE A CITIZEN OF THE WORLD!

During the course you will:
• Set personal and professional goals for your study abroad experience;
• Learn to effectively articulate the value of your semester abroad to future employers or admissions committees;
• Learn tools for identifying cultural differences, patterns and values.

Quick Facts:
• 1-credit pass/fail – 5 very brief yet meaningful assignments.
• Open to students in all fall or spring semester programs
• Delivered entirely over Facebook

Check your Pre-departure Page or www.bu.edu/abroad/gle for the syllabus and instructions on how to enroll!
EUSA Placement Process

1. Individual Placement Meetings
2. Provisional Placements
3. Placement Timing
4. On-site Interview
5. Midterm Reviews
6. Supervisor Evaluations
What CAN an academic internship offer?

Can provide professional experience and practice
Can offer exposure to different management styles and organizational structures
Can help build your professional network
Can enhance cultural awareness and language skills
Can help you hone problem-solving skills
Can make you become more adaptable as an employee
Can help identify your skills, interests, and values to discover career paths that are (or are not) a good match
Can integrate your practical learning with your academic work and field of study
Can provide transferrable and valuable skills like perseverance and grit (especially if getting through tasks you don’t necessarily love)
What an academic internship is NOT:

Not your dream job!
Not the key to an automatic job offer
Not specialized job training
Not exciting and engaging 100% of the time
Not necessarily a globally recognized company name
Not the same experience as your friends
Not optional – must complete full internship time; participation is mandatory
Not all about you! Consider the needs of your company and think of it as a way to gain new skills or work habits
Program Logistics - Banking

**Before you go**

- Do your banking homework – find out fees in advance, ask about affiliate banks abroad, sign up for online banking
- Learn about credit card fees abroad
- **Tell banks and credit card companies you’re studying abroad**
- Have access to multiple types of funds
- Have some cash for arrival
- Change your ATM pin to 4 digits
- Leave copies of the front and back of all bank and credit cards with your family back home
• Consult **program budget** for information on how much money students typically need for non-included expenses

• Cultural reimbursements given for qualified events

• Note that international travel is not an estimated cost – save and budget accordingly!
All students live with host families, typically 1 student per family.

Most families live in apartment buildings throughout the city.

Host families located near metro stops, students will utilize public transportation to commute between housing and classes – a 30-45 minute commute is average.

Private bedroom and access to shared bath.

All meals are included with the host family-packed lunch provided if not able to commute home (except for break).

All homes have wifi.
Life on Site: Getting Around

- Many forms of public transportation easily accessible throughout the city
  - Madrid Metro - 6:00 a.m. to 1:30 a.m. - One of the largest and most efficient metro systems in the world, with 12 lines and 294 stops
  - Madrid Cercanías (Renfe) – 5:00 a.m. to 12:00 a.m. – Cheap and fast suburban trains, line 4 is ideal for UAM students
  - Buses - 6:00 a.m. to 11:30 p.m. – Daytime lines span the entire city of Madrid
  - El Buho (night bus) - 11:30 PM to 6:00 AM - Many circular lines with pick-up and drop-off points throughout the city.
  - Taxis – plentiful throughout the city, specific phone numbers provided by BU Madrid

- **Public Transport Card (PTC)** – Prior to departure students pre-order the PTC card to ensure they have it upon arrival, so that they can purchase a "30-Day Season Ticket"
Life on Site: Daily Life

- Museums, museums, museums
- Theater, dance, music
- Parks & recreation
  - Local gyms
  - UAM facilities
  - Running in Retiro
- Check BU Madrid website – “Madrid Life” – for more
- Take advantage of Cultural Reimbursements
- Personal travel –
  - Students must notify the site of weekend travel plans
  - Do not make travel plans until you’re on-site and receive final calendar of classes and excursions
Culture

- Language
- Manners of interacting
- Communication
- Thoughts
- Courtesies
- Values
- Rituals
- Expected behaviors
- Roles
- Practices
- Customs
- Relationships
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.
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)
  - GeoBlue covers mental health care
  - Use the on-site staff as a resource
Plan ahead!

- Meet with your doctors to discuss continuing your care abroad, including your dentist, optometrist, and specialists. GeoBlue can help you find doctors and specialists in your host country.

- **Make a plan to access your medications abroad**
  - If allowable, obtain a supply for full semester
  - Find out whether your medication is available in your host country by contacting GeoBlue directly.
  - Have your current doctor write a letter listing your medications, the dosages, the generic chemical names, and what condition it’s treating. Bring this letter and copies of your prescriptions with you abroad.
  - Check with GeoBlue or the host country consulate for restrictions on what/how much you can bring with you
  - Do not plan to ship medicine abroad

- Learn about differences in medical facilities and the local health system. GeoBlue can also discuss local medical care standards with you.

- Contact our office with any concerns
Approximately two weeks before the program start date, all students will be enrolled in a plan from GeoBlue that provides comprehensive international health insurance coverage, as well as emergency travel assistance to cover medical and security evacuation.

- Valid for the duration of the program; extendable at the student’s expense (once BU Study Abroad has initially enrolled you in your plan)
- 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 emergency travel assistance while abroad, or to plan for care in advance of your departure, contact GeoBlue directly and identify yourself as a Boston University student.

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 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

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
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.
• 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.

“I didn’t know what to call what happened to me, I just knew it felt bad.”
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
Mobile Phones

- All Madrid students are required to have a local phone number
  - 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 SIM card
  - If you do plan to put a new SIM card in your smartphone to get a local number for your current phone, make sure it is "unlocked"
  - 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.

Staying connected with home

- Set a communication plan
- Skype/Facetime
- Email, messaging, and apps (WhatsApp, Vivbo)
Preparing to go: Travel

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, visa 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, change of clothes, 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 depart: jetlag can take up to a week to go away!
Preparing to go: Packing Tips

• **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
  – Full roundtrip flight itinerary
  – Site contact details and directions to your program site, contact information for where orientation will take place (Instituto Internacional)
• **Program Specific Items:**
  – Outlet adapter
  – Layers!
  – External hard drive or USB drive for backing up academic work
  – Gift for host family (not required!)

• **What NOT to bring:**
  – US-based international cell phone plan
  – Sentimental items you couldn’t do without
  – Personal appliances (hairdryers, straighteners, shavers)
Program Logistics - Visas

- All fall participants need a Student Visa (National Visa/Long Stay Visa) in order to study abroad for a semester in Madrid (exception: EU citizens)
- Visa process takes about 6 weeks
- Apply in-person at the consulate with jurisdiction over your home or school address
- Submit passport and all supporting documents during appointment
- Pick up passport and visa in 4-6 weeks
- Full details provided on the Madrid Pre-departure page

Visas through BU
- Pick up visas/ passports today if part of group appointment 😊
Some communication you can expect to receive over the next few months:

- Pre-departure Module and general reminders
- Detailed arrival information for independent travelers
- “Getting Ready to Go” e-mail (important reminders sent a few weeks before departure)
- GeoBlue Insurance e-mail
- Billing information

Join BUSA on Facebook and follow us on Twitter!
Complete general pre-departure documents to get registered for your program

Submit visa application through BU, or make an appointment at your consulate

Send flight information to kaelac@bu.edu

Watch the pre-departure road map

Submit PTC application
¡Madrid os espera!