Padua Programs, Fall/Summer 2017

BU Study Abroad
Agenda/Introductions

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

Ilse Damkoehler, Program Manager
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Laura Lenci, Assistant Academic Director
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Bonnie Ponthier, Student Affairs Coordinator
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Internship Coordinator, Coming Soon!

BU Padua Center General Email, bupadua@bu.edu

Program Alumni, Ask them questions!
Padua Summer Program Total: 10
Non-BU: 5 (Princeton & Tulane)
BU: 5

Padua Fall Program Total: 7
Internship: 4
Italian and European Studies: 3
Non-BU: 2 (Bowdoin and Bucknell)
BU: 5

*subject to change
Online Module

Boston University
Study Abroad
Online Pre-Departure Module
Most students will not need a visa to attend their program, including US Citizens!

**If you DO need a visa:**

**You will be applying independently:**

- **Make your appointment NOW**
- Appointments should be made no later than May 16. Processing time is 2 weeks, with no expediting option!
- Check your consulate’s website for differences in what documents you need to provide. Check against the list of documents that is published on the Hub Page.
- **Let me know what consulate you’re applying through so I can prepare letters.**
Program Logistics – Visas (FALL ONLY)

**Representation at the Boston Consulate:**
- I will be representing all fall students at the Boston Consulate on June 1, thus you must turn in your documents by **May 15. See Hub Page for full list of documents!**
- The consulate will keep your passport for about 4 weeks, so you should have it back by around late-June to early July.
- I will pick up the passports and *Atestatto* Letters and mail them to your preferred address (FedEx Overnight, or 2nd day when necessary).

**Applying Independently:**
- Appointments should be made no later than August 5. Processing time is 2 weeks, with no expediting option.
- Will need to provide more/different materials – check your consulate’s website for more info.
- Let me know what consulate you’re applying through so I can prepare letters.
FALL ONLY: Within 8 days of arrival in Italy

• The BU Padua staff will assist you in registering for the *Permesso di Soggiorno* during your first few days in Padua.

• All students must, by Italian law, register within 8 days of arrival, you must contact me at ilsed@bu.edu if you plan to travel in Italy before the start date of the program so that we can talk through the immigration implications.

Some of Required Documents:

• Your actual, physical passport
• 4 passport-sized ID photos
• Your *Attestato* letters (Be sure you received this from the consulate & take it to Italy with you).
• Approx. €200 EUR total
Program Logistics – Flights (SUMMER)

Group flights:

Depart: June 4 at 6:00PM from New York, JFK; Delta DL0474. Arrive Venice Marco Polo at 11:30AM June 5.

Return: July 16 at 1:25PM from Venice Marco Polo; Delta DL0475. Arrive New York, JFK at 4:55PM

- Flight cost is NOT included in the program fee. You MUST sign up to reserve your spot via the link from your e-mail.
- ALL students must send their itineraries to Ilse AND Bonnie Ponthier (bupadua@bu.edu)
- Ideally all students should fly into Venice Marco Polo airport.
- If travelers arrive at the same time or earlier, they may travel on the shuttle to their homestay.

Advantage Travel:
Gabriella Bonney
Web: [http://advantagetravelcny.com/](http://advantagetravelcny.com/)
Phone: 315-471-2222
Program Logistics – Flights (FALL)

Group flights:
Flight is TBD!
I will email you the itinerary as soon as it is settled.

- Flight is included for Italian & European Studies ONLY. Internship Program is not-included but same flight offered.
- Independent travelers must send their itineraries to Ilse AND Bonnie Ponthier (bupadua@bu.edu)
- Independent travelers are eligible for a flight credit 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, they may travel on the group bus to the program site. If you arrive later, you must work with the BU Venice office to arrange transport to your apartment.

Advantage Travel: Gabriella Bonney
Web: http://advantagetravelcny.com/
Phone: 315-471-2222
**Program Calendar (Summer):**

- Sunday, June 4, Depart US
- Monday, June 5, Arrival in Padua
- Tuesday, June 6, Orientation
- Wednesday, June 7, BUSA Padua classes begin
- Tuesday, July 11, BUSA Padua classes end
- July 12-13, Final Exams/Final Projects
- Friday, July 14, Final Event
- Sunday, July 16, Program ends, Students depart
Program Calendar (Internship):

Saturday, August 26, Arrival
Monday, August 28, Orientation
Tuesday, August 29, Internship course starts
Friday, September 8, Internship “core” course portion ends
Monday, September 11, BU courses start
Monday, September 11, Internships start
Wednesday, November 1, National Holiday
Friday, December 1, Internships end
Thursday, December 7, BU courses end
Friday, December 8, National Holiday
Monday, December 11, Review and study session
December 12-15, Final exams
Sunday, December 17, Departure
Program Calendar (IES)

Wednesday, September 6, Arrival
Thursday and Friday, September 7 and 8, Orientation
Monday, September 11, BU courses start
Monday, October 2, University of Padua courses start
Wednesday, November 1, National Holiday
Thursday, December 7, BU courses and University of Padua courses end
Friday, December 8, National Holiday
Monday, December 11, BU Review and study session
December 12-15, BU and University of Padua final exams
Sunday, December 17, Departure
Where You’ll Study
• BU Padua Academic Center
• University of Padua (UNIPD)
• Internship site!

What You’ll Study:
Padua Italian Studies Summer
Padua Internship
Padua Italian and European Studies

Course Registration
• Courses at BU Padua center (course selection forms are final)
• Courses at UNIPD (fall IES, enroll after you arrive)
• Placeholder course on your BU Academic Record once registered for study abroad (8 or 16 credits)
• 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 at BU Padua and at UNIPD.
• Teaching style will be different than you’re used to in the States - More initiative on your part, professors may be more hands-off.
• The UNIPD library and campus resources are available to you as students as well as online BU resources. Additional academic support is available at BU Padua Center.
• All students are subject to BU’s Academic Code of Conduct
• Must take the full course load (8 or 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
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
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
Internship culture/culture in general may be more formal than in the States.

Pace of work will invariably be different – often slower than in the US with frequent breaks or long lunches, but work gets done!

Dress for the job you want! A suit may not be necessary, but it’s better to dress up more on the first day and see what others are wearing. Better to be dressed up than down in case you are called on to do something at any time.

You may get LESS supervision than you are used to. Ask questions if you don’t know something, but try to find a solution first. Be pro-active and useful, to your organization.

Be flexible and open-minded!
Next steps...

• Have your CV polished and perfected! Your CV is getting read by actual potential supervisors in Padua and is being compared to other students.

• Dress in Padua may be more formal than we’re used to here; be prepared to have some nicer clothes (a tie for guys, suit jackets for all)

• Internships in English do not mean that the whole staff will speak English, and written documents may still be in Italian

• Do some reflection about what you hope to gain from the experience and what you are able to give the internship. Take initiative on the job; if you can’t do the “boring” stuff right, why would your boss ask you to do more “interesting” projects?

• All experience is valuable and many skills are transferrable, even if the skills you learn are perseverance and grit!
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.
Some Perspective:

- €1 EUR = $1.09 USD (very good!!)
- You will use more cash than you are used to, so plan to carry a few Euros around.
- All ATM/Debit/Credit cards must have chips.
- No tipping at restaurants, bars, or in cabs.
- Most meals are included. 7 breakfasts and 4 dinners each week with host family*
- Budget your food allowance!
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
   - If there are any partner banks

2. If your cards don’t have chips, request new ones now. Most European card readers are chip only, so having only a strip may be problematic – especially at kiosks, etc.

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, and lock it up.

4. Bring some starter cash! €200 is enough to get you started without having to worry about changing money or finding an ATM on day 1.
Life on Site: Housing

- All students live with host families, 1 student per family for maximum integration (occasionally there will be 2)
- Families live throughout the city
- Students will utilize public transportation to commute between home and classes
- All students have a private bedroom and access to shared bath
- 7 breakfasts and 4 dinners/week included*
- Kitchen is sometimes off-limits to students
- All homes have Wi-Fi or internet access
- Every homestay and host family is different. May be a traditional family or a single person’s home. Try not to compare, but to embrace!
Getting Around:

- Will mainly use the bus and tram system to commute to class
- Eurolines bus and Le Frecce (Eurostar, formerly)/Trenitalia trains are the best option for travel outside of Padua
- Taxis – safe at night, no tipping.
- Notify site if you’ll be away for weekend travel, in case of emergency
Life on Site: Daily Life

- Excursions –with classes as well as a couple of group trips
- Follow the news and learn about Italy to help engage in conversations with locals
- Take the initiative to get involved! There are many diverse opportunities
  - If interested in a gym or sports team, have a physical exam and bring documentation with you
  - UNIPD clubs/societies
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.
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, or make a plan to continue therapy.

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

- Keep Healthy:
  - English speaking doctors/hospital
  - Cultural norms
  - Keep up routine (when possible)
  - Remember, International Insurance covers mental health care
  - Use the on-site staff as a resource
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
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 week 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
• Read more at the BU Padua website

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
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 – Not the staff’s responsibility to manage your consumption! The majority of problems student’s face are related to alcohol.
- 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
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 it charged and topped-up with minutes/data.
- 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.
– Limit smartphone usage in public
– Carry only necessities out at night – make sure you have emergency numbers with you
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 on the BU Padua website
Internet Access and Communication:

- Wi-Fi is available in the dorm, university and 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.
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!
Travel

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 visa and supporting documents (Attestato letters – Fall)
- 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 with visa, and “Attestato” letters
  - 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 towel for travel (all other linens supplied)
- Rain jacket and warm coat
- Clothes to mix and match – layers are very important!
- External hard drive or USB drive for backing up academic work
- Outlet plug adapters and converters
- Small gift for host family
- Slippers to wear inside the house
- All prescription and preferred OTC meds
- Contacts & solution, glasses

**What NOT to bring:**

- Conspicuous clothing or electronics
- Sentimental items you couldn’t do without
- Personal appliances (hairdryers, straighteners, shavers)
- US-based International cell phone plan
Some communication you can expect to receive over the next few months:

Rolling basis:

- BU Login (for non-BU students to access password protected parts of [www.bu.edu/Padua](http://www.bu.edu/Padua)) and blackboard on-site
- Arrival information
- UNIPD ID Card Registration (online)
- Visa reminders & Pick-up
- Getting Ready to Go e-mail (important reminders sent a few weeks before departure)
- International Health Insurance e-mail
- Billing information
- Housing information
Complete general Pre-departure documents to get registered for your program
Watch out for UNIPD ID registration
Attend visa appointment (if necessary)
Submit visa documents (Fall only)
Review resource appendices from this presentation (also on Hub Pages)
Watch the online module
Send your flight itinerary if not traveling with the group
Review Padua website (www.bu.edu/padua)
Check in with (as necessary):
  - Student Accounting
  - Financial Assistance
  - Advisor
Questions??