



# Rabat: Arabic Studies and Internship Programs



Study Abroad

# Agenda/Introductions



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

# First Things First



Be sure to review both the pre-departure page (for program specific items)




And the Roadmap



## Boston University Study Abroad Pre-Departure Roadmap

 Study Abroad

 Study Abroad

▶ [twitter.com/BUabroad](https://twitter.com/BUabroad) ▶ [facebook.com/BUabroad](https://facebook.com/BUabroad) ▶ [bu.edu/abroad](https://bu.edu/abroad)



## Program Statistics

### Summer:

- 3 students
- May 26 (depart U.S. on May 25) to July 21

### Fall:

- 11 students
- August 26 (depart U.S. on Aug 25) to December 16

All Boston University students





## Summer

8 credits, 8 weeks – detailed calendar TBD

- 1 week orientation
- 1 week evaluation and Finals
- Program related excursions
- 6 weeks Arabic & Elective courses

## Components:

- Intensive Standard Arabic Courses (4 or 8 cr.)
- 1 optional service learning placements (4 cr.)
- Home-stay
- Educational Excursions



## Fall

16 credits

- 1 week orientation
- 1 week Mid-terms exams
- 1 week Mid-term break
- 1 week excursion
- 1 week evaluation and Finals
- 13 weeks Arabic & Elective courses

## Components:

- Intensive Standard Arabic Courses (4 or 8 cr.)
- 2 Elective courses (4 cr. Each)
- Internship (4 cr.)
- Home-stay
- Educational Excursions



## Academics on Site: CCCL

- CCCL: Center for Cross Cultural Learning
- Located in the Rabat Medina (old city)
- Experienced teachers of Standard (Fus'ha) and Moroccan Arabic (Darija)
- Provides limited library and Wi-Fi access during business hours
- Students will have some meals at the CCCL (during orientation and some meals during fasting holidays)
- CCCL staff includes language coordinator, homestay coordinator and BU program coordinator

Wafae Drissi,  
BU Director

Bouchra, CCCL Language Coordinator

Doha, CCCL Homestay Coordinator





**Farah Cherif D'Oeuzzan, Director, CCCL**   **Shelby, past participant**

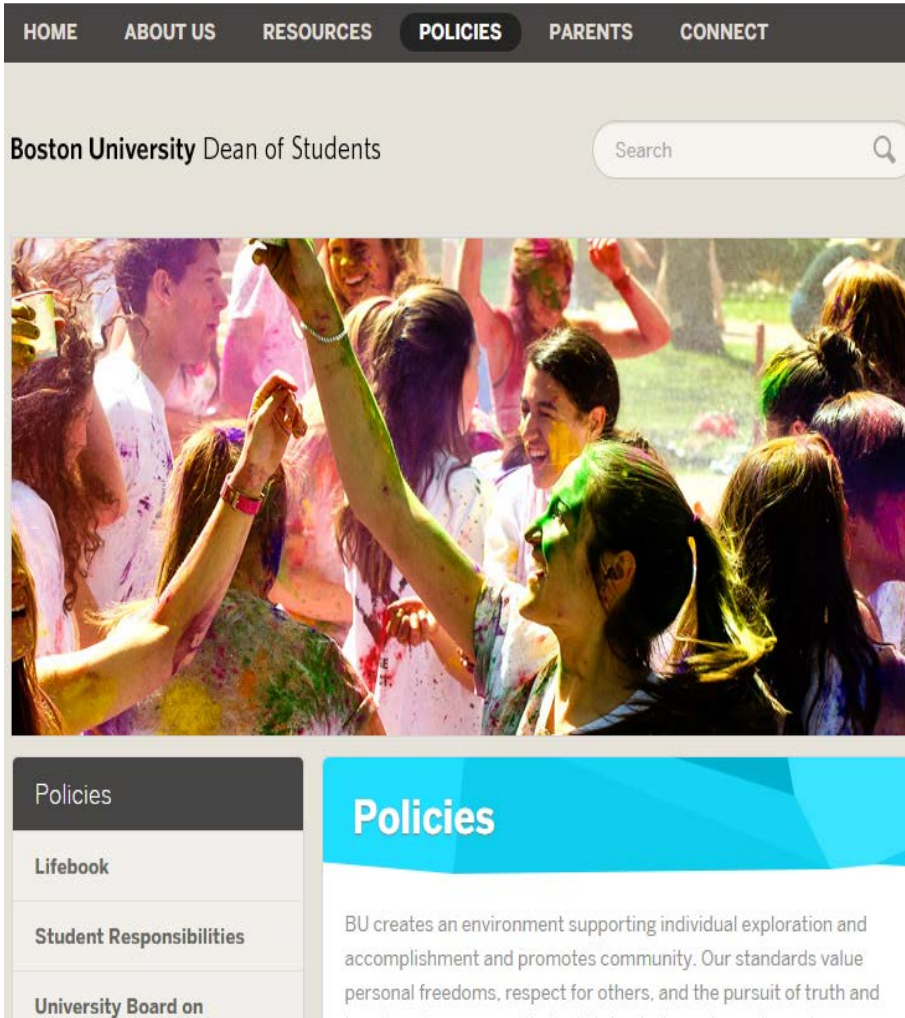


**Brahim, CCCL chef**

## Academics on Site

- Teaching and learning styles may differ dramatically
- All staff are local, Moroccan teachers hired by the CCCL
- **Grading and syllabi may not be as clearly outlined or followed as closely as you are used to at BU**
- Ask questions if you are unsure and be used to the variation in clarity
- **Office hours and resources may not be as available as at BU**
- **Even though courses are taught in English, there may be HEAVY accents. Don't be afraid to ask for clarification!**
- Books will be bought prior to departure

# Academic Policies



The screenshot shows the Boston University Dean of Students website. The navigation bar includes links for HOME, ABOUT US, RESOURCES, POLICIES (highlighted), PARENTS, and CONNECT. Below the navigation bar is the text "Boston University Dean of Students" and a search bar. A large image of students at a festival is displayed. A sidebar on the left lists "Policies", "Lifebook", "Student Responsibilities", and "University Board on". The main content area has a blue header "Policies" and text stating: "BU creates an environment supporting individual exploration and accomplishment and promotes community. Our standards value personal freedoms, respect for others, and the pursuit of truth and..."

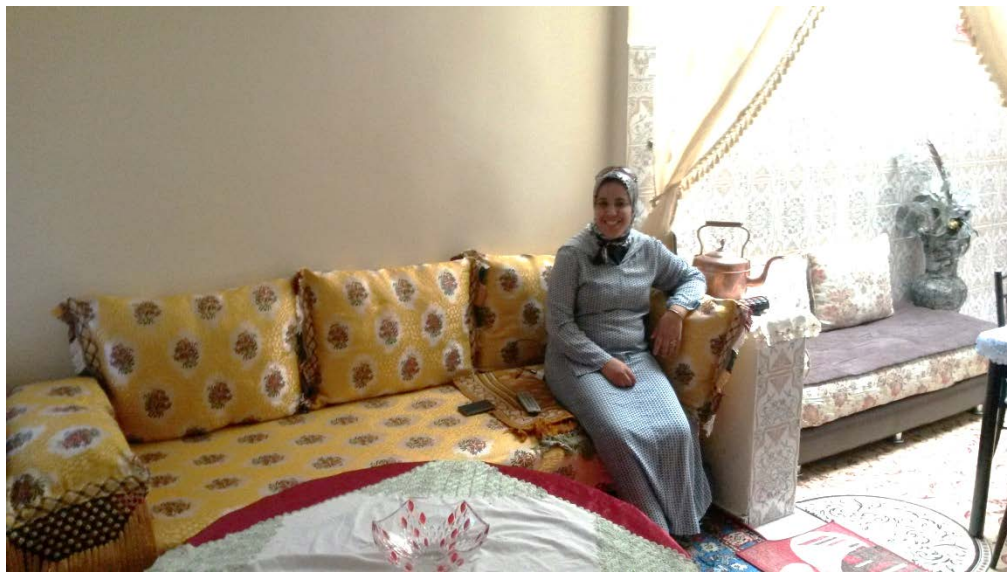
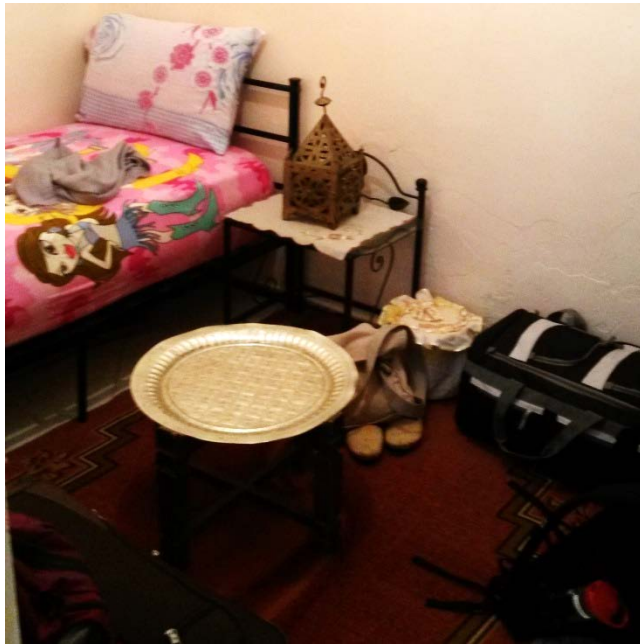
- All students are subject to BU's [Academic Code of Conduct](#)
- Must take the full course load for a grade
- All coursework must be completed prior to end of program (or an F may be assigned)
- If accommodations are needed, notify BU Study Abroad and BU's Office of Disability Services
- Attendance policies
  - Personal travel must NOT conflict with academic obligations
  - Details will be given during the on-site orientation and/or in syllabi



## Life on Site: Housing

- All students will live with local families in the medina
- All meals will be taken with homestay except lunch, which will be eaten in the CCCL
- Students should have their own room with a key to the house
- May be with single mothers or large families
- Families may speak limited English
- Students will be able to walk to the CCCL, but may be expected to take a taxi or the tram to their internship
- Challenges and advantages (family environment, distance from CCCL, in the Medina..)
- Cultural differences will exist: Be open-minded! BUT alert staff (Wafae, Doha, or BUSA) if you have any issues







## Life on Site: Housing



- Different standards of hygiene
- May have limited running water, privacy
- May have western OR turkish toilet
- Expect bucket showers, cold showers and short showers
- Moroccans commonly use the *Hamman* or public bath at least once a week (your family will probably bring you and tell you what to bring and how to do this)\*
- Laundry: Hand washing and line drying should be expected
- \*\*<http://www.trevorhuxham.com/2013/07/how-to-go-to-moroccan-hammam-public-bath.html>



# Life on Site: Location

## Location:

- North-West Africa;
- Bounded in the north by the Mediterranean Sea, in the east and southeast by Algeria, in the south by Mauritania, and in the west by the Atlantic Ocean;
- 13 km (8 miles) from Europe across the strait of Gibraltar
- Rabat is the capital of Morocco

**Population of Rabat:** 800,000

**Ethnicity:** 50% Amazigh (*Berber or Native Moroccan*) & 50% Arab

**Religion:** Majority Muslim (*Sunni & Maliki*) + Jewish & Christian minorities

**Government:** Constitutional Monarchy, King Mohamed VI (Alaouite Dynasty)



# Life on Site: Excursions



[Chefchaouen](#)



[Marrakech](#)

Erg Lihoudi Desert



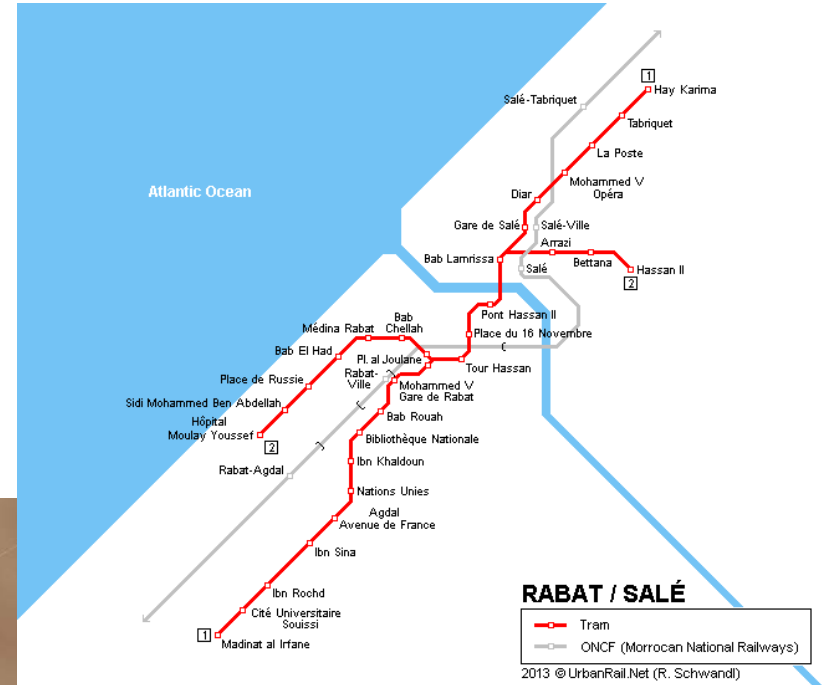
# Life on Site: Getting Around

## Getting Around:

- In town: Trams and Taxis
  - Petit Taxis (blue Fiats and Renault DAVIAS) shouldn't exceed 25/30 MAD
  - Grand Taxis (white Mercedes; more expensive and less safe)
  - Rabat is well served by trains
- Two main train stations (Gares) in Rabat/Agdal visit the national railway at [www.ocnf.ma](http://www.ocnf.ma)
- If traveling at night, it is recommended to travel in groups and/or take 'petite taxis'
- Notify site if you'll be away via Travel Forms



# Life on Site: Getting Around



## Life on Site: Culture



- Religion has a strong presence in Morocco and is reflected in nearly all aspects of Moroccan life
- Call to prayer five times a day
- Friday as a holy day
- Ramadan (next slide)
- Shopping in the medina

# Life on Site: Ramadan



## May 15 – June 14

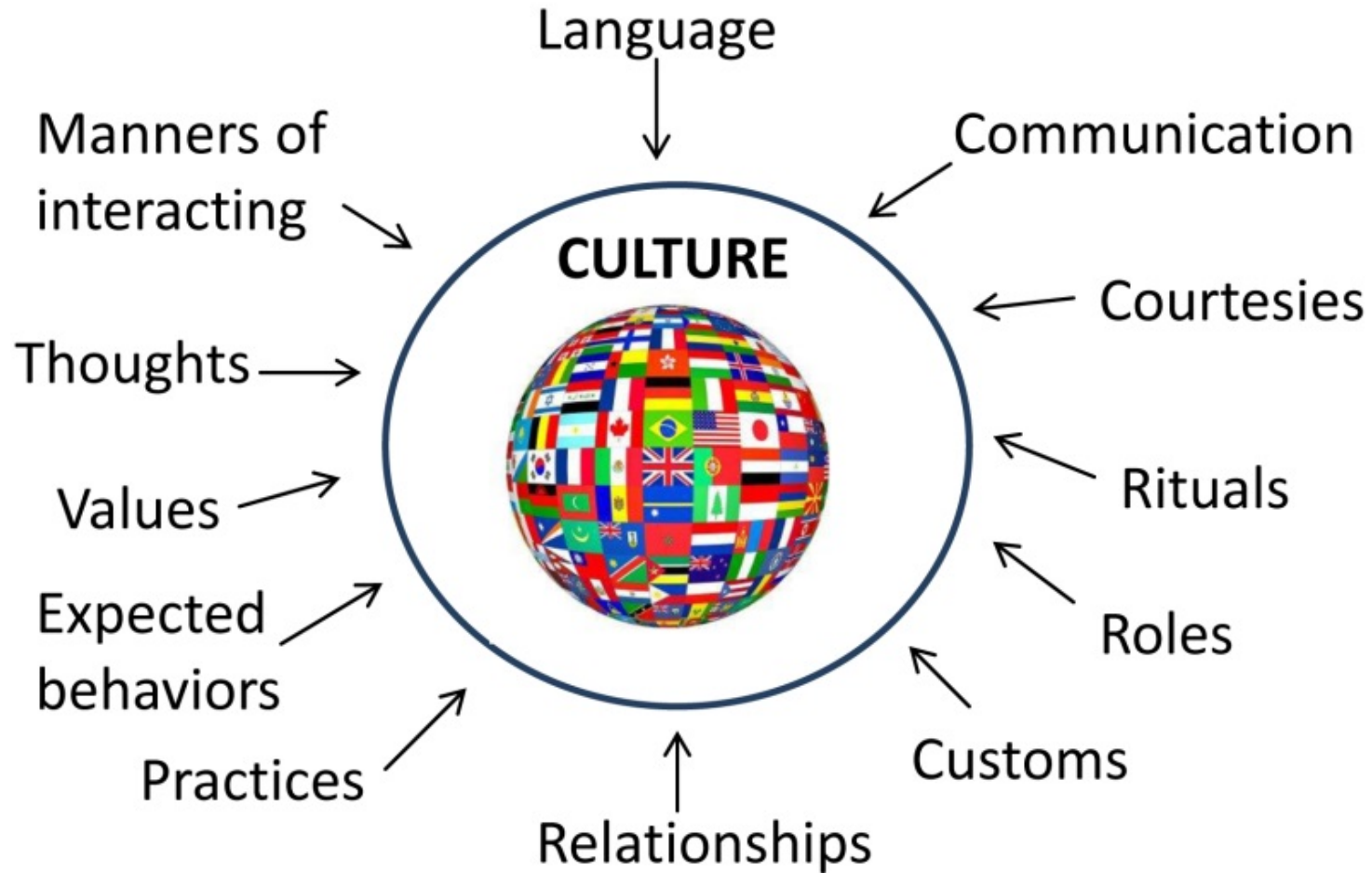
- 1 month of fasting from dawn until sunset
- No food, drinks, smoking, etc. in public
  - Exceptions: pregnant/nursing, menstruating, children, ill, certain forms of travel, elderly
- Many places will be closed during the day
- Very lively at night
- People still work, but hours may be shorter



# Life on Site: Culture



# Culture



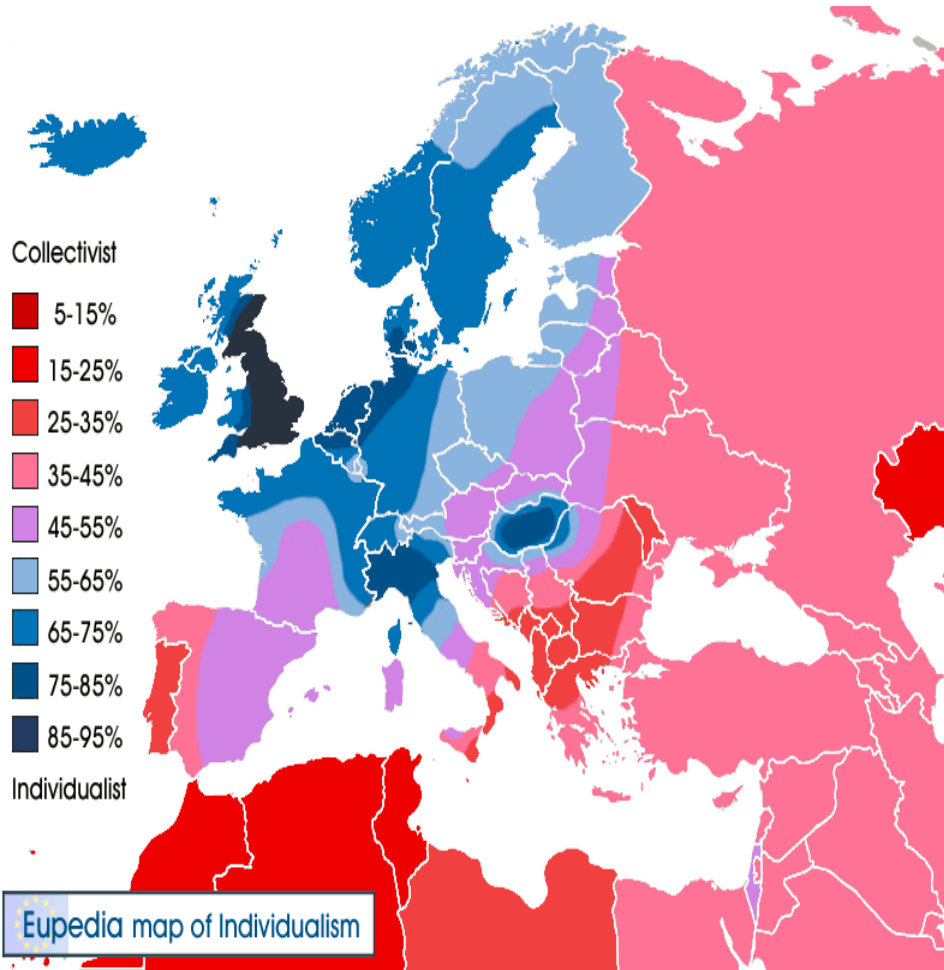
# Culture

## Key Differences Between Individualist and Collectivist Societies

Individualist	Collectivist
Everyone grows up to look after him/herself and his/her immediate family only.	People are born into extended families or in other groups that continue protecting them in exchange for loyalty.
Children learn to think in terms of "I".	Children learn to think in terms of "we".
Individual ownership of resources.	Resources should be shared with relatives.
Low-context communication prevails.	High context communication prevails.
Media is the primary source of information.	Social networks are the primary source of information.
Self-actualization by every individual is a ultimate goal.	Harmony and consensus in society are ultimate goal.
Occupation mobility is higher.	Occupation mobility is lower.
Task prevails over relationship.	Relationship prevails over task.
Individual interests prevail over collective.	Collective interest prevail over individual.
Per capita GDP tends to be higher.	Per capital GDP tends to be lower.



# Culture



## Examples of Individual/ low-context cultures:

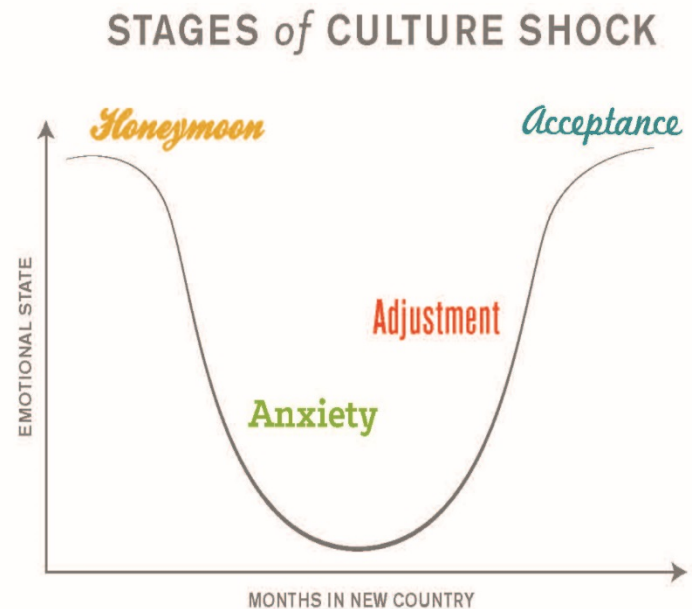
- United States
- Western Europe (Scandinavian and Germanic cultures)
- Australia/New Zealand

## Examples of collectivist/ high-context cultures:

- African
- Arab
- Chinese
- Mediterranean (Greek, Italian, Spanish, Portuguese)
- Indian
- Latin American
- Pakistani
- Persian
- MOROCCAN

# 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.

# 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:
  - Your Moroccan family and CCCL staff may have totally different expectations and remedies for when you're sick, be prepared for different cultural norms including stigma on doctors and going to the hospital
  - English speaking doctors exist, but may be few and far between - plan in advance!!
  - Use BU resources
  - Keep up routine (when possible)
  - GeoBlue covers mental health care
  - Use the on-site staff as a resource



# Health

## 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

# International Health Insurance

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**





# Safety Plans

## 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



## 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 or DO NOT DRINK, especially during Ramadan!!
- Dress modestly and in accordance with local customs (especially during Ramadan)
- 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



# Personal Safety - Preparation

- 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/>



# 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



# Personal Safety: Women

- **Harassment** is VERY REAL issue in Morocco. Different women can have vastly different experiences of **sexual harassment** in Morocco. Some find it persistent and bothersome, while others have little or no trouble.
- Will usually consist of men trying to talk to you on the street, and it can be constant and sometimes intimidating. In part this is to do with Moroccan men's misunderstanding of Western culture and sexual attitudes.

## Strategies

- **Travel in groups**, and with other males from the group. If alone, appear confident and assured. Avoid eye contact. Mention a husband or a boyfriend.
- **Don't smoke in public**, as some men still seem to think this indicates that you are available for sex.
- **Dress:** Wear "modest" clothes (long sleeves, long skirts, loose clothes). Many Moroccan women will wear hajibs, but it is not expected of you.
- **Avoid physical contact**, even in a manner that would not be considered sexual at home, since it could be misunderstood. However, if a Moroccan man touches *you*, he has definitely crossed the line, and you should **not be afraid to make a scene**.
- **Shouting "Shooma!"** ("Shame on you!") is likely to result in bystanders intervening on your behalf, and a very uncomfortable situation for your assailant.

## INAPPROPRIATE CAT CALLING



## APPROPRIATE CAT CALLING





## 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!



## World's Most Embarrassing Mom Makes Peruvian Government Hunt Down Her Son When He Stops Posting on Facebook



Caity Weaver

Filed to: EMBARRASSING PARENTS 3/01/13 1:23pm

207,995 🔥 2 ☆



# Communication / Technology

## Internet Access and Communication:

- Bring your laptop to stay in touch and do homework;
- Bring an adaptor (NOT voltage converter)
- Homestays may or may not have internet access
- Wifi is available at the CCCL during business hours – may want to purchase an “inwi” modem/data sim
- Skype, Facetime, WhatsApp, Viber, etc. - should use on WiFi only

## Mobile Phones:

- **You should have a local number for emergencies and ease of use**
- You will buy a local, Pay-as-you-go phone/sim. You can either get a whole new cheap phone, or just a new sim card to put in your existing phone.
- Keep your current smartphone on “airplane mode” and use apps on Wi-Fi when it’s available. Roaming is VERY expensive.
- US-based international mobile phone plans are more expensive and often don’t work. Skip them.
- Data and wi-fi will be limited



### Pack Modem 3G+



à 199dh

### Pack Modem 4G



à 399dh

### Pack My Wifi 4G



à 699dh

# Banking



## Basics:

- Morocco uses the Dirham
  - Divided into 100 centimes (cents)
  - 200, 100, 50,
- 1.00 MAD (or Dhs) = \$0.10 USD
- \$1 USD = 9.94 Dhs

## A Few Tips:

### 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. Cash is king in Rabat**

**5. Have access to cash and credit/debit**

**6. Bring some starter cash:** \$100 worth is enough to get you started without having to worry about changing money or finding an ATM on day 1.



# Budgeting & Finances

## Boston University Study Abroad

STUDY ABROAD PROGRAM BUDGET—Academic Year 2017/2018  
NAME OF PROGRAM: Rabat Arabic Studies Program  
PROGRAM LOCATION: Rabat, Morocco  
PROGRAM LENGTH: 16 weeks, Fall, 16 credits



### PROGRAM CHARGES — Billed by Boston University

Program Tuition	\$ 25,490
Housing/Student Services Fee <small>(Includes housing, board, airfare from designated US cities, program related activities, overseas medical insurance, and emergency travel assistance coverage.)</small>	\$ 7,841
<b>Total Program Charges</b>	<b>\$ 33,331</b>

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

Medical Insurance <small>(Waived if student demonstrates coverage by a comprehensive US based policy)</small>	\$ 2,045
<b>Total Program Charges With Medical Insurance</b>	<b>\$ 35,376</b>

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

Local Transportation	\$ 100
Books	\$ 200
Visa/Immigration Requirements*	\$ 0
Personal Spending	\$ 1,600
<b>Total Estimated Additional Expenses</b>	<b>\$ 1,900</b>

**TOTAL ESTIMATED EXPENSES \$ 37,276**

The fees, charges, and expenses shown are estimates for one semester, based on current information only and are subject to change.  
\*Information applies to US citizens. Additional costs may apply for non-US citizens.

- Cost of living in Morocco fairly inexpensive compared to the U.S.
- All meals are provided though may not be exactly what you're used to so be prepared to buy additional food if you are a big eater or to supplement/diversify your diet
- Will be responsible for own cost of transportation to internships!
- Personal spending depends on you

# Flights

- Group flight e-mail has been sent to all summer students (sent April 2)
- All students flying with the group will be met at the airport and go together to orientation
- **Independent travelers must email their confirmed itineraries to Kaela to receive instructions for orientation meet up; will be responsible for own transportation**
- Orientation will take place the first week of the program at Hotel Loudaya (subject to change for fall program)
- Students move in with host families on the first Thursday or Friday of program
- **LATE ARRIVALS ARE NOT PERMITTED**



# 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 waiver letter
- Liquids 3oz or less in plastic bags (check [www.tsa.gov](http://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, change of clothes)

## HEALTH WHILE TRAVELING

- Drink lots of water and stay hydrated; bring snacks
- 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 with visa (if needed)
  - ☑ 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:

- Laptop with plug adapter and USB drive
- Outlet adapter
- Kindle/Nook
- Clothes to mix and match – layers!
- Modest sleep wear
- Bathing suit
- Beach towel
- Arabic dictionary
- Travel guide
- Light jacket/sweater (gets chilly in the evening)
- Long skirts or pants (females)
- Battery-operated alarm clock
- Sunscreen
- Extra glasses/contacts/solution
- Medicine: Imodium, ibuprofen, Benadryl
- Birth control; feminine hygiene products; condoms
- Gift for your homestay family

## What NOT to bring:

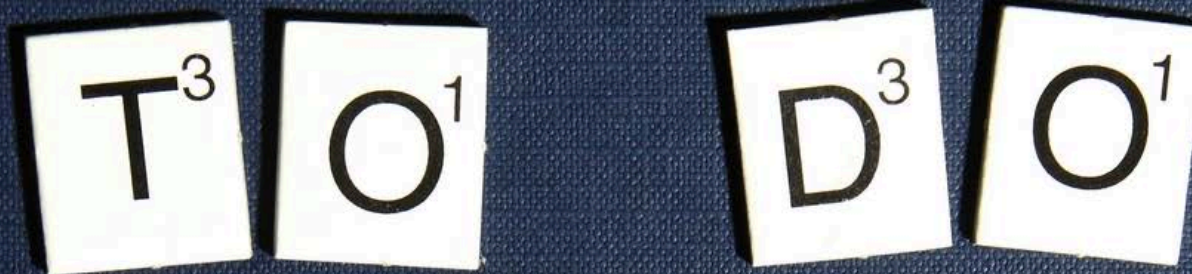
- ✗ Conspicuous clothing or electronics
- ✗ Sentimental items you couldn't do without
- ✗ Personal appliances (hairdryers, straighteners, shavers)
- ✗ Expensive, delicate or fancy clothes that need to be delicately washed or dry-cleaned

## Future Communication

Some communication you can expect to receive over the next few months:

- Information on books
- Arrival information
- Visa Waiver Letter
- 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
- Fill out housing questionnaire, Arabic form, course selection form
- Review resource appendices from this presentation, and In-Country Guide on Hub Page
- Watch the online roadmap
- Enroll in STEP program
- Send your flight itinerary if not traveling with the group
- Check in with (as necessary):
  - Student Accounting
  - Financial Assistance
  - Academic Advisor





حظ سعيد!!!