BU Study Abroad Arezzo Physical Theatre Programs
Introductions and Program Statistics
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Program Contacts

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• Spring 2016 – 13 BU students
• Spring 2017 - 12 BU students
• Spring 2018 – 11 BU students
• Joined by students from other US universities
Program Logistics

Orientation
- First few days of program
- Academic orientation
- Villa Godiola tour
- Permit of Stay registration

Tentative Academic Calendar
- January 14 — Group Flight Departs US
- January 15 — Arrive in Florence, Bus to Arezzo leaves the airport at 4:00pm
- January 16 — On-Site Orientation Begins
- March 3 –11 — Spring Break
- April 20 — Program Ends, Depart Arezzo
Coursework

All Physical Theater students take the following core courses:

- Commedia dell’Arte: Acting I
- Voice and Ensemble Performance
- Extended Performance: Movement and Body Work
- Philosophy of Art and Performance
- Italian Language: Beginner or Intermediate

A few students will have additional design work

Total of 16 BU credits

BU Academic Code applies

No incomplete or pass/fail grades
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 Hub Page or www.bu.edu/abroad/gle for the syllabus and instructions on how to enroll!
WHAT STUDENTS ARE SAYING ABOUT IP 101:

“Being part of a community on Facebook helped me feel more connected” (Spring ‘17)

“The Global Learning Experience helped me to contextualize my experiences abroad and learn how to process my time in Spain in a way that will be useful for future employment, fellowships and academic endeavors” (Spring ‘16)

“The questions asked helped me identify what I had been learning, and by identifying these things, I have been able to see and reflect on how much I have changed” (Fall ‘16)

“After the point at which every day life abroad had become "normal", this program helped remind me to appreciate the special things around me.” (Spring ‘16)
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
Academic Policies for Direct Enrollment at a Foreign University

As a student enrolling in one or more classes at a foreign university, you are required to:

- Maintain full-time status (12+ BU credits)
- 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.

Remember to review the full set of Academic Policies on your program hub page.
- Estimated budget based on past students
- Tips on how to save money
  - Take advantage of meals provided
  - Budget for trips
  - Travel locally – day trips around Italy

Boston University Study Abroad

STUDY ABROAD PROGRAM BUDGET—Academic Year 2017/2018
NAME OF PROGRAM: Arezzo Physical Theater Program
PROGRAM LOCATION: Arezzo, Italy
PROGRAM LENGTH: 14 weeks, Spring, 16 credits

<table>
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<tr>
<th>PROGRAM CHARGES — Billed by Boston University</th>
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<tr>
<td>Program Tuition</td>
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<tr>
<td>Housing/Student Services Fee</td>
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<tr>
<td>(Includes housing, board, airfare from designated US cities, program related activities, overseas medical insurance, and emergency travel assistance coverage.)</td>
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<tr>
<td>Total Program Charges</td>
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<tr>
<th>US MEDICAL INSURANCE — Optional, Billed by Boston University</th>
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<tbody>
<tr>
<td>Medical Insurance (Waived if student demonstrates coverage by a comprehensive US based policy)</td>
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<tr>
<td>Total Program Charges With Medical Insurance</td>
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<tr>
<th>ESTIMATED ADDITIONAL EXPENSES — Not included in Program Charges</th>
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<tr>
<td>Local Transportation</td>
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<tr>
<td>Books</td>
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<tr>
<td>Visa/Immigration Requirements*</td>
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<tr>
<td>Personal Spending</td>
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<tr>
<td>Total Estimated Additional Expenses</td>
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</tbody>
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TOTAL ESTIMATED EXPENSES $37,420
 Banking reciprocity/ Tell your bank you’re studying abroad!
   Anything else your bank might recommend in preparation for program

 Credit cards
 Access to multiple types of funds
 Chip/ PIN
- Villa Godiola – on the hill
- Get involved in workshops in the community
- Housing – Villa Godiola or The Casina
  - Double or trip rooms – private and shared bathrooms
- All meals are provided while academic courses are in session (not on weekends or breaks)
- The Limonaia – student space
Life on Site: Housing
Culture

Language

Manners of interacting

Thoughts

Values

Expected behaviors

Practices

Rituals

Roles

Communication

Courtesies

Customs

Relationships
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.
Communication

• Staying connected with home
  • Skype/Facetime/Viber/WhatsApp
  • **Expect the Internet speed to be slower!**
  • Follow BU Study Abroad on Facebook & twitter

• Mobile Phones
  • You are required to 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.
If you are involved in an emergency:
1. Call local emergency services
2. Contact the program staff
3. Contact your family or emergency contact

If there is an incident while you are abroad:
1. Let the program staff know you are ok
   - Respond to any emergency messages they send
2. Contact your family or emergency contact

Unacceptable reasons for being unreachable:
1. Your phone isn’t turned on or charged.
2. You have limited minutes and want to save them.
3. You don’t want anyone to know where you are or what you’re doing.

We don’t judge! We just want to know you’re okay!
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 with your doctor
  • Make a copy of your prescriptions; keep them with your packed medications
  • Check with the host country consulate for restrictions
  • If allowable, obtain a supply for full semester
  • Do not plan to ship medicine abroad
• Learn about differences in medical facilities and the local health system
• 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.

- Stay Healthy:
  - Keep up routine (when possible)
  - GeoBlue covers mental health care
  - Use the on-site staff as a resource
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
- 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 set up appointments in advance, contact GeoBlue directly and identify yourself as a Boston University student:
  - Call collect worldwide: +1-610-254-8771
  - Toll-free inside the US: 1-800-257-4823
  - globalhealth@geo-blue.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
- Detailed emergency plans, general safety precautions and ways of communicating will be explained during orientation

Personal Emergency Plan
- 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
- Always have emergency contact numbers with you, both in your phone and separately
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

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

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
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

Visit www.bu.edu/safety for more information.
All programs have an optional group flight itinerary

- Itinerary was emailed to you
- Included in program cost

All students whether you’re taking the group flight or not must submit to BU International Travel Registry

Contact Advantage travel with questions or flight issues:
Gabriella Bonney
T 315.471.2222  F 315.471.6264
gbonney@advantagecny.com
Visit us online: www.advantagetravelcny.com
LOGISTICS
• Arrive at the airport three 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
• 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

- **Program Specific Items:**
  - Universal adapter
  - Specific clothing for the site climate and culture
  - Clothing specified by ADA for your courses
  - External hard drive or USB drive for backing up academic work

- **What NOT to bring:**
  - US-based international cell phone plan
  - Conspicuous clothing or electronics
  - Sentimental items you couldn’t do without
  - Personal appliances (hairdryers, straighteners, shavers)
  - Towels/linens – provided by ADA
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 Attestato, & Photocopies
- Full roundtrip flight itinerary
- Site contact details and directions to meet group transportation and/or directions to site
- Group met by program staff at the Florence airport at 4 pm and brought to Arezzo

- If you are not flying with the group, you may meet the group flight at the airport if you arrive by 3pm

- Or take the train and meet at the Villa Godiola (directions are in the Pre-Departure Guide)
- Local Social Media
- Apps of interest (examples):
  - What’s App
  - Local transit apps
  - Timeout
  - Health Apps
- Local streaming TV, Spotify channels, radio, etc.
- Blogs and websites
Future Communication

- Pre-departure follow-up and general reminders
- Pre-departure Guide from ADA
- Visa ready notification
- Getting Ready to Go e-mail (important reminders sent a few weeks before departure)
- GeoBlue Insurance e-mail
- Emails and reminders from ADA – read carefully!
Action Items

- Get your visa (pick-up or mail); apply on own if necessary
- Complete BU Study Abroad Pre-departure documents in online application
- Complete online Enrollment forms for ADA
- Watch the pre-departure roadmap (again!)
- Check with your doctor about medications
- Contact banks
Ciao!
BU provides educational programs designed to promote awareness and prevention of sexual assault and domestic violence.

- **Rape Aggression Defense (RAD) training**
- In cooperation with BU’s Student Health Services, SARP provides a variety of trainings and services, including:
  - Step Up. Step In. (Bystander training)
  - Health services
  - Mental health counseling
  - Violence prevention workshops
- **Be Safe@BU**
- **Wellness & Prevention Services**
- Non-BU students, please also research your university’s services
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.