Bocconi University Exchange
Bocconi Exchange

Build a global NETWORK
Agenda/Introductions

- 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
- 7 BU students at Bocconi for spring 2016
- 4 BU students at Bocconi Fall 2016
- 4 BU students at Bocconi Spring 2017
- 1 BU student at Bocconi Fall 2017
- 8 Bocconi students studying at BU this year
Program Logistics

- Direct enrollment at Bocconi
- Maintain full-time status at BU
- Earn BU credits and grades

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

- Access to all on-campus resources at Bocconi
- Make use of local services and resources before and during your semester abroad
Italian Crash Course
- Optional/Strongly Recommended: pre-semester and follow-up sessions
- Extra-curricular course, does not appear on transcript

Credits and Grades
- ECTS credit system: 6 ECTS = 3 BU credits
- 12 credit minimum and 20 credit maximum
- No pass/fail or incompletes
- All grades will appear on your BU transcript
- Most BU students take 4-5 classes per semester at Bocconi

Course Equivalencies at BU: Discuss in advance!

Academic Policies for exchange programs

Registration
- You will register for your classes shortly before going to Bocconi
- Email your final course list to your advisor to confirm equivalencies
- Make changes during add/drop
<table>
<thead>
<tr>
<th>Bocconi ECTS Credits</th>
<th>BU US Credits</th>
<th>Bocconi Grade</th>
<th>BU Grade</th>
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<tbody>
<tr>
<td>4</td>
<td>2.5</td>
<td>29-30</td>
<td>A</td>
</tr>
<tr>
<td>5 or 5.5</td>
<td>3</td>
<td>28</td>
<td>A-</td>
</tr>
<tr>
<td>6 or 6.5</td>
<td>3</td>
<td>27</td>
<td>B+</td>
</tr>
<tr>
<td>7 or 7.5</td>
<td>4</td>
<td>25-26</td>
<td>B</td>
</tr>
<tr>
<td>8</td>
<td>4</td>
<td>24</td>
<td>B-</td>
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<tr>
<td>9</td>
<td>5</td>
<td>23</td>
<td>C+</td>
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<tr>
<td>10</td>
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<td>22</td>
<td>C</td>
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<tr>
<td>12</td>
<td>6</td>
<td>21</td>
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<td>18-20</td>
<td>D</td>
</tr>
<tr>
<td>15</td>
<td>8</td>
<td>&gt;18</td>
<td>F</td>
</tr>
</tbody>
</table>
Academics on Site

Academic Differences and Considerations

- Academically challenging
- Final exams are weighted heavily
- Keep up with your reading – very independent learning style
- Attend all of your classes
- Talk to Professors
- Register for each exam: Italian law
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)
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.
**BU Bill**
- Tuition and student services fee only
- Contact Student Accounting Services with questions

**Typical expenses**
- $3,600 housing
- $2,000 food
- $150 local transportation
- $400 books
- $3,300 personal spending*

**Money-saving tips**
- Cook your own meals
- Travel within Italy rather than internationally
- Prioritize your entertainment
- Take advantage of University resources and events

*Highly dependent on how much you travel outside Milan while abroad

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### Boston University Study Abroad

**PROGRAM CHARGES — Billed by Boston University**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Tuition</td>
<td>$25,490</td>
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<tr>
<td>Student Services Fee</td>
<td>$206</td>
</tr>
<tr>
<td>(includes overseas medical insurance and emergency travel assistance coverage.)</td>
<td></td>
</tr>
<tr>
<td><strong>Total Program Charges</strong></td>
<td><strong>$25,696</strong></td>
</tr>
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</table>

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

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical Insurance</td>
<td>$2,045</td>
</tr>
<tr>
<td>(Waived if student demonstrates coverage by a comprehensive US based policy)</td>
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<tr>
<td><strong>Total Program Charges With Medical Insurance</strong></td>
<td><strong>$27,741</strong></td>
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**ESTIMATED ADDITIONAL EXPENSES — Not included in Program Charges**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Housing</td>
<td>$3,600</td>
</tr>
<tr>
<td>Board/Food</td>
<td>$2,000</td>
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<tr>
<td>Airfare</td>
<td>$1,000</td>
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<tr>
<td>Local Transportation</td>
<td>$150</td>
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<tr>
<td>Books</td>
<td>$400</td>
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<tr>
<td>Visa/Immigration Requirements*</td>
<td>$245</td>
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<tr>
<td>Personal Spending</td>
<td>$3,300</td>
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<tr>
<td><strong>Total Estimated Additional Expenses</strong></td>
<td><strong>$10,695</strong></td>
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</table>

**TOTAL ESTIMATED EXPENSES**

<table>
<thead>
<tr>
<th>Amount</th>
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<tr>
<td><strong>$38,436</strong></td>
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• Easy access to cash while abroad

• Using your American bank account
  ▪ ATM withdrawals and fees
  ▪ Minimize number of withdrawals
  ▪ Microchip and 4-digit PIN

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

• Credit card for emergencies

• Access to multiple types of funds
Life at Bocconi: Housing

Bocconi housing: general info
- Applied as part of your online application
- Housing assignments sent NOV 21
- Make sure you confirm room and pay deposit
- View housing descriptions online
- Pay monthly rent directly to Bocconi

Bocconi housing: Arcobaleno
- Single room in 2-person apartment, sharing bathrooms, kitchen, common area
- Apartments have air conditioning and internet (WiFi not available in rooms, suggested to bring Ethernet cord)
- 20 minutes to Bocconi by public transport
- Lots of international students, very social

Bocconi housing: Dubini
- Single room in 2- or 4-person apartment
- Newer than Arcobaleno
- Closer to city center
- Mostly Italian students; less social life

Private housing
- Difficult to find
- Welcome Guide lists some resources

Meals
- Meal plans are available (will discuss at Orientation)
- Many students purchase food a la carte and from grocery stores
- Kitchen is sufficient for cooking
- Average €200-250/mo. for food without meal plan

View Residences in Bocconi Virtual tour!
Life at Bocconi: Campus
Life in Milan: Getting Around

Public Transportation in Milan
- Underground Metro, tram, bus, and trolley bus
- Most run 6am to midnight
- Ticket options:
  - Single ride €1.50
  - Monthly pass €10 initial fee + €17 per month

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

Bicycle
- BikeMi bike sharing service

Travel outside Milan
- Long-distance bus and trains
Get Involved!
- Clubs and organizations
- Volunteer
- Sports
- Mind Body
- Special events
- Cultural Activities

Utilize resources
- Libraries
- Career services

Cultural and historical sites in Milan and Italy

Visit the ISD Website: Life in Milan
Culture

Language

Communication

Courtesies

Rituals

Roles

Customs

Relationships

Practices

Expected behaviors

Values

Thoughts

Manners of interacting
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.
Communication

Staying connected with home

- Skype and Facetime
- Email, messaging, and apps (WhatsApp)
- Wifi 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.
  - Many students purchase a pre-paid mobile phone when they arrive in Milan.
- 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.
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:
  • Bocconi Student Health Services
  • Keep up routine (when possible)
  • GeoBlue covers mental health care
  • Use the on-site staff as a resource
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
• 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
In an Emergency

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!
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.
Engaging with Bocconi & Milan: Start now!

• Beneficial to research before you go and for resources while on site

• Local Social Media
  ➢ Follow local businesses, venues, organizations, etc. to get latest news about places of interest and keep up with different social trends.
  ➢ International Student Desk Facebook group: https://www.facebook.com/isdbocconi

• Local streaming TV, Spotify channels, radio, etc.

• Blogs and websites
  ➢ You have a place to track good websites, magazines, and apps on the worksheet that’s attached to the online module. Use it!
  ➢ International Student Desk Youtube channel: https://www.youtube.com/channel/UCx1a-AyQzrZbiCNopgYSv8g
Flights and Travel to Bocconi

Independent Flight
• Most students fly into Milano Malpensa
• Submit itinerary to BU International Travel Registry
• Travel independently to housing (no airport pickup)
• Book roundtrip

Travel from airport to Bocconi
• TAXI – 50+ minutes, about $100
• PUBLIC TRANSPORT: Review instructions in Welcome Guide from Bocconi for details (express train to subway to tram)
• Make sure you have your address and Bocconi contact information printed and in your carry on
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 & Attestato 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 with visa & Attestato Letters
  – Full roundtrip flight itinerary
  – Site contact details and directions to your program site
Program Specific Items:

- Welcome Guide from Bocconi
- Outlet adapter (two-prong)
- Laptop
- Ethernet cable
- Winter clothes November-March and warm-weather clothes for the rest of the year
- USB drive for backing up academic work and for printing
- Linens and towels: depends on housing assignment

What NOT to bring:

- US-based international cell phone plan
- Conspicuous clothing or electronics
- Sentimental items you could do without
- Personal appliances (hairdryers, straighteners, shavers)
Program Dates: JAN 25- JUN 1

- JAN 25 - Arrive in Milan & check-in to Bocconi Residence Halls (if participating in Italian Language Crash Course)
- JAN 26 - FEB 10 - Italian Language Crash Course (recommended)
- JAN 31 - Arrive in Milan & check-in to Bocconi Residence Halls
- FEB 1 - Mandatory Orientation Meeting
- JAN 29 - FEB 2 - Welcome Week Activities
- FEB 5 - First day of classes
- FEB 8-15 - Add/Drop Period
- MAR 19-29- Mid-term Exam Session
- MAY 11 - Last day of classes
- MAY 15-31 - Final Exam session
- JUN 1 - Departure date/Bocconi Residence Hall check-out
- Additional information directly from Bocconi about classes, housing, and arrival
- Getting Ready to Go e-mail (important reminders sent a few weeks before departure)
- International Health Insurance enrollment e-mail
- Join BUSA on Facebook and follow us on Twitter!
Action Items

- Check your hub page frequently
- Complete general Pre-departure documents
- Watch the Pre-departure Roadmap
- Check in with Student Accounting Services and/or Financial Assistance as needed
- Talk with your doctor about health and medications abroad
- Talk with your bank about finances overseas
- Join BU-Bocconi Facebook group
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/](http://www.bu.edu/shs/resources/)

Many additional resources can be found online.