University of Copenhagen Exchange

BU Study Abroad
Getting to know each other!
Agenda/Introductions

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

Boston University Study Abroad
Pre-Departure Roadmap

Study Abroad

twitter.com/BUabroad  facebook.com/BUabroad  bu.edu/abroad
- Exchange began in 2007
- 4 BU students at UCPH during Fall 2016
- 15 BU students at UCPH during Spring 2017
- 16 KU students at BU during AY 16/17
Program Logistics

- Direct enrollment at University of Copenhagen
- Maintain full-time status at BU
- Earn BU credits and grades
- Pay home university (BU) tuition
- Pay host university (KU) room, board, and other services and fees
- Access to all student resources at UCPH
- Make use of local services and resources before and during your semester abroad
International Education & Grants Office

http://studies.ku.dk/exchange/

General questions: int-admission@adm.ku.dk

Academic questions: International Coordinator at your primary department(s)

Housing questions: contact@housingfoundation.ku.dk
Credits and Grades
- ECTS credit system: 7.5 ECTS = 4 BU credits
- Take 30 ECTS per semester (16 BU credits)
- Know how a 15 ECTS class will fit into your BU degree progress
- Pre-semester Danish Course - 4 credits
  - It’s not too late - Apply by DEC 29 at 10am (CST)
- All grades will appear on your BU transcript

Course Equivalencies at BU: Discuss with academic advisor in advance!

Academic Policies for exchange programs

Registration
- You will register for your classes with each individual department
- Pay attention to registration procedures and deadlines
- Email your final course list to your advisor to confirm equivalencies

Exams
- Must register for each exam in advance: keep track of deadlines!
Academic Differences and Considerations

- Very heavily weighted final exams (may be oral)
- Keep up with your reading – very independent
- Class locations can change from week to week
- Attend all classes
## Credits and Grade Conversion

<table>
<thead>
<tr>
<th>ECTS Credits</th>
<th>US Credits</th>
<th>UCPH Grade</th>
<th>BU Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>2.5</td>
<td>12</td>
<td>A</td>
</tr>
<tr>
<td>5 or 5.5</td>
<td>3</td>
<td>10</td>
<td>A-</td>
</tr>
<tr>
<td>6 or 6.5</td>
<td>3</td>
<td>7</td>
<td>B</td>
</tr>
<tr>
<td>7.5</td>
<td>4</td>
<td>4</td>
<td>C</td>
</tr>
<tr>
<td>8</td>
<td>4</td>
<td>02</td>
<td>D</td>
</tr>
<tr>
<td>9</td>
<td>5</td>
<td>00</td>
<td>F</td>
</tr>
<tr>
<td>10</td>
<td>5</td>
<td>-3</td>
<td>F</td>
</tr>
<tr>
<td>12</td>
<td>6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12.5</td>
<td>7</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>8</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Academic Policies

- All students are subject to BU’s Academic Code of Conduct
- Must take the full course load (30 ECTS Credits; 15/16 US 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
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
- 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.
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](http://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)
Options, prices, policies can be found here:
http://housingfoundation.ku.dk/
University Housing: Research in advance
- 19+ residence halls (*kollegiet*), variety of living styles including suites, doubles, small studios
- Co-ed shared apartments are also available
- Locations throughout the city
- Pay bill directly to residence; prices vary widely by residence
- Your contract will specify payments and residence dates
- Review notes from past students on hub page

How to Apply
- University housing is first-come, first-served – apply early!
- Housing Foundation will email you a link to the housing system and the application deadlines (mid/late June)
- Learn your assignment immediately after applying
- Pay booking fee of DKK 700 (about 110 USD)
- Call your bank if you have a payment error

Payments
- Required booking fee DKK 700 (about $110 USD)
- Maintenance Fee DKK 1200 (about $188 USD)
- Furniture and Inventory Services Fee DKK 250 (about $40 USD)
- Security deposit of DKK 8000 (about $1255 USD) (returned at the end of semester if there are no damages to your room)
- More information on additional fees is available here.
- To secure your room you pay the booking fee + deposit + one month’s rent no later than 14 days after your initial booking.
- Remaining payments are made directly to UCPH Housing foundation in installments, more information is available here.

Dining
- No meal plans: pay a la carte or grocery shop
- All residences have well-equipped kitchens
- Some university dining facilities
Life in Copenhagen: Getting Around

Bikes
- Everyone bikes!
- Rent or buy a bike when you arrive
- Follow rules: helmet and lights

Public Transportation in Copenhagen
- Metro, bus, local trains
- Monthly or 10-ride passes available
- Learn about options during orientation

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

Travel outside Copenhagen
- Long-distance bus or train for travel within Denmark
- Train/affordable airlines to travel outside Denmark
- Bring your CPR card with you whenever you travel
- Notify travel.intoff@UCPH.dk of travel plans

https://www.youtube.com/watch?v=IcG1jeOEArA
Life at UCPH: Daily Life

Get Involved!
- Buddy/Mentor Program
- Clubs and organizations
- Community service
- Sports
- Special events

Utilize resources
- Libraries
- Career services

Explore the city!
- Studenterhuset (Student House)
BU Bill
- Tuition only
- Contact Student Accounting Services with questions

Typical expenses
- $4,000 housing (varies!)
- $1,100 Airfare
- $1,500 food
- $400 local transportation
- $250 books
- $3,000 personal spending*
- $600+ visa

Money-saving tips
- Cook your own meals
- Travel locally rather than internationally
- Prioritize your entertainment
- Take advantage of University resources and events
- Use UCPH student card for discounts

*Highly dependent on how much you travel while abroad
Make sure you have easy access to cash while abroad

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

Tell your bank and credit card about travel in advance
- Does your bank have a partner in Denmark?
- What additional fees will you have to pay?

Danish bank account
- Eligible to open one (most students don’t)
- Information in *Smooth Studies*
- Takes several weeks to set up: have another source of cash

Credit card for emergencies

Access to multiple types of funds
Culture

Language

Manners of interacting

Thoughts

Values

Expected behaviors

Practices

CULTURE

Communication

Courtesies

Rituals

Roles

Customs

Relationships

Study Abroad

twitter.com/BUabroad  facebook.com/BUabroad  bu.edu/abroad
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.
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:
  • UCPH offers health and mental health services
  • 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
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.
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
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!
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.
Communication

• **Staying connected with home**
  - Skype/FaceTime
  - Email, messaging, and apps (WhatsApp)
  - Wi-Fi widely available with good speed
  - Follow BU Study Abroad on Facebook & Twitter

• **Mobile Phones**
  **You must 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
    - Most students purchase a phone or simcard after arriving in Denmark to use for local calls/texts
  - 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.
Local Social Media
- KU Facebook, Instagram, Twitter
- Student House Social Media
  - Follow local businesses, venues, organizations, etc. to get latest news about places of interest and keep up with different social trends.

Apps of interest (examples):
- What’s App/Viber
- Local transit apps
- Timeout
- Health Apps
- Visit Copenhagen
- Eduroam

Local streaming TV, Spotify channels, radio, blogs and websites etc.
- Student House
Flights and Travel to Copenhagen

**Independent Flight**
- Send me your confirmed itinerary
- Recommended to book one-way; if you book roundtrip (return date July 1)
- KU mentor may be able to meet you if you arrange it in advance
- Plan out the route to your housing in advance (cab is easiest but most expensive)

*Recommendation: Train or metro to city center (USD 8) then train, bus, metro, or taxi to your accommodation*

**Housing Check-In**
- Review Housing Foundation Contract & [website](#) for check-in and arrival information
- Make other arrangements if you will arrive early before housing opens
Arrival & Program Dates

Program Calendar

- Mid/late November: Receiving housing email
- Mid/Late November: Housing applications
- November - January: Course registrations ongoing
- January 8-30: Pre-semester Danish course
- Dates Vary*: Exchange Orientation
- February 1: Official semester start date
- June 30: Official semester end date
- August/September: Transcripts sent to BU*

*It is mandatory that all BU students attend on-site orientation. Orientation dates vary by academic department. Check your primary department’s website and/or email the contact person if you have questions. If you are having trouble finding information on your orientation let Jessica know.
Steps to Apply for Student Permit

- Review detailed visa instructions on your program hub page
- Once you receive acceptance email from UCPH, review instructions provided
- Submit ST1 form online
- Schedule an appointment at NYC Consulate or Embassy/Consulate in another city closer to you (none in Boston) – allow 8 weeks for processing
- Pay online fee; there will be another fee due at appointment
- Gather required materials to submit online and/or bring to appointment
- In Denmark: apply for CPR number (this will be explained at on-site orientation)

Working in Denmark:

You are legally allowed to work up to 15 hrs/wk. Students can get a part-time job; but **should not** count on this for income
Immigration: Residence Permit

The following documents are required to complete your Student Permit application:

1. Application form ST1 completed and signed (Two-sided copies are not allowed)
2. Case Order ID and receipt of payment to the Danish Agency for International Recruitment and Integration
3. Original passport must be valid at least 3 months beyond the expiration date of the permit applied for and must have at least two blank pages. The passport will be kept for verification purposes for 2-14 days.
4. Colored copy of the passport (all pages of the passport, including the cover page).
5. Proof of finances: Original documents showing that you can support yourself financially while in Denmark. A minimum of $1,000 per month of stay must be documented in the form of an official bank statement, grant statement, loan approval letter, etc. Funds must be in YOUR name – not in a joint account or the name of another account holder.
6. Acceptance letter from the University in Denmark
7. BU Visa Letter (shows proof of tuition) – this will be emailed to you by your Program Manager
8. Application Fees [One fee paid to the Consulate General (See list of Fees) and another fee paid to VFS Global (See list of Fees)]
Danish National Health Care

- Free emergency care
- Free care from a general doctor (assigned to you)
- Pay for prescriptions, dental care, and some special services
- Call early in the morning to schedule appointments
- Don’t forget to carry your CPR card!
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 & printed confirmation of visa approval/acceptance 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!
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
- Flight itinerary
- All medication you will need for the duration of your program
- UCPH contact details and directions to your housing
- Photocopies of important documents (leave one set at home with family or friend)
Packing List

• **Program Specific Items:**
  - Clothing you can layer
  - Rain gear
  - Bed linens and towels (either bring or plan to purchase when you arrive)
  - Laptop
  - USB drive for backing up academic work and for printing
  - Universal plug adaptor

• **What NOT to bring:**
  - US-based international cell phone plan
  - Sentimental items you could do without
  - Personal appliances (hairdryers, straighteners, shavers)
Future Communication

- Pre-Departure Roadmap and general reminders
- Additional information directly from UCPH about classes, housing, and arrival dates and details
- Getting Ready to Go e-mail (important reminders sent a few weeks before departure)
- International Insurance e-mail
- Connect with BUSA on Facebook/Twitter/Instagram
Action Items

- Apply UCPH housing as soon as you receive invite mid/late November
- Complete general BU pre-departure documents
- Submit ST1 form online after admissions
- Schedule appointment & apply for Residence Permit at Visa Application Center
- Book your flight
- Register for courses; dates vary by department
- Confirm your course selections with academic advisor
- Check in with Student Accounting Services and/or Financial Assistance as needed
- Talk with your doctor about health and medications abroad
- Join BU – Copenhagen Facebook group
Farvel

Goodbye
Personal Safety - Preparation

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
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.