



Geneva Fall 2017 Programs



Study Abroad

Agenda/Introductions



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

Introductions

Ilse Damkoehler

Program Manager, BU Study Abroad

ilsed@bu.edu

Leonella Castellano

Internship manager, Geneva Programs

lcastell@bu.edu

Alumni:

- Maria Tata (IR)
- Erica Valdriz (IR)
- Anjali Vasavada (PH)
- Allyson Fernandez Knott (PH)



Program Statistics



Congrats again!!

(Even Roger Federer is proud of you...)

- 39 Students total
- 23 Public Health Interns
- 16 International Relations Interns
- 5 Men / 34 Women
- 11 Non-BU / 28 BU Students

Online Module

 BU Study Abroad

Slide 1 / 27 | Playing 00:13 / 00:51

Geneva Internship Program

International Relations

Public Health

First Six Weeks of Classes (Core)

PO 243/IR 445: Public International Law (IR Core)

OR

PO 247/IR 418: IR Politics, Nation and Identity (IR Core or Elective)

PH 506: Principles of International Health (PH Core)

Electives:

AH 308: From Caesar to Corbusier: The History of Switzerland through its Art and Architecture

FR 113/213/313: French Language

PO 247/IR 418: IR Politics, Nation and Identity (*IR only*)

Final Eight weeks (Internship and Internship Course)

PO 242/IR 444 The Activities of International Organizations (*IR only*)

PO 405/IR 455: Internship in International Organizations (*IR only*)

PH 507: Controversies in International Health (*PH only*)

PS 495: Internship in Health and Human Services (*PH only*)

Academics on Site

Academic Culture

- As elaborated in the [online module](#), teaching and learning styles may differ dramatically
- Courses are taught by local faculty on the campus of University of Geneva and the BU Academic Center
- Teaching style may be different than you're used to in the States- lots more initiative and less resources for extra help
- The UniGe library is available to you as students as well as online BU resources

Academic Policies



- All students are subject to BU's [Academic Code of Conduct](#)
- Must take the full course load (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

CAS IP101 The Global Learning Experience: An Online Course

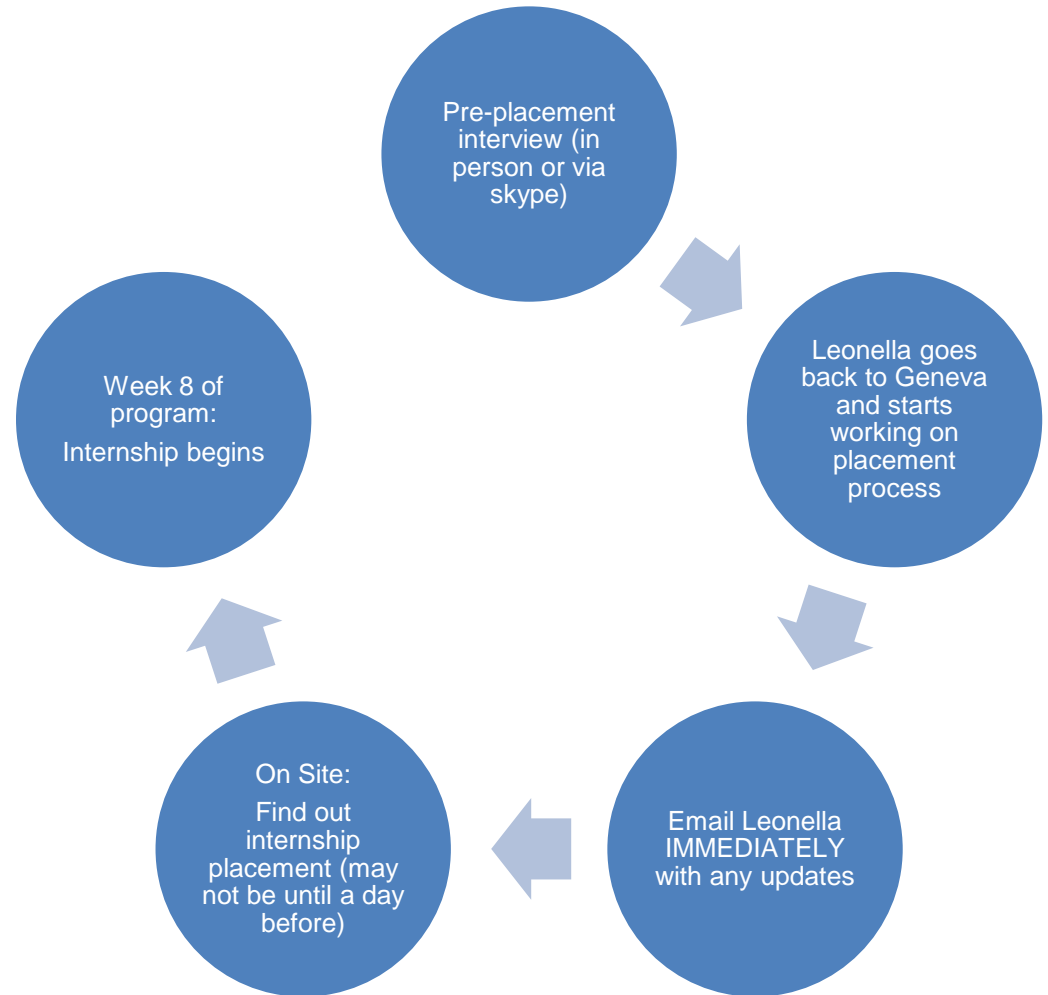
MAKE THE MOST OF YOUR SEMESTER ABROAD!

- CAS IP101 will provide you with tools for identifying cultural differences, patterns and values, and will challenge you to think critically about and reflect on your study abroad experience
- Course is worth one (1) credit and is Pass/Fail
- The syllabus and more information is found on the [Global Learning Experience webpage](#)
- You will receive an email invitation for the course from Sarah Cooper Lucerto, providing instructions for how to enroll
- Students enjoy the readings and a Spring 2015 participant said “[CAS IP101] forces you to really explore your environment and get out of your comfort zone. Gives you constant questions to think about while you travel.”

Internship Placement Process

Next steps...

- Have your CV polished and perfected! Your CV is getting read by actual potential supervisors in Geneva and is being compared to students from all over the world
- Dress in Geneva 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)
- 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 (doing something you don't love) and grit!
- Remember to be flexible and open-minded about placement!



Internship: Admin Reqs. and Work Culture



- Send your revised Résumé in WORD format (.docx)
- Send Writing samples/Papers
- Admin procedures for internship vary from one placement to another
- Browse/Google 'Geneva', internship requirements...
- Diplomas
- Vaccination certificate - updated

<http://usa.immigrationvisaforms.com/visas/us-visa-photo-specifications>

International events and politics including global health issues



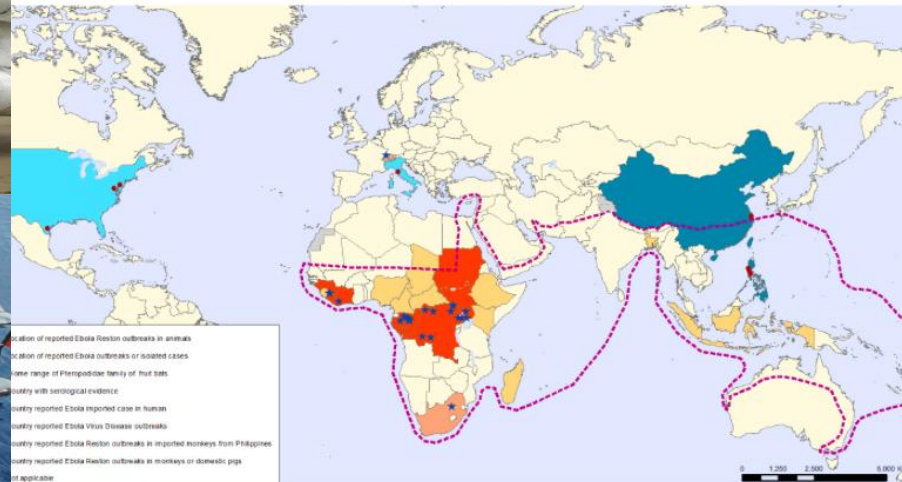
Internship Expectations: Current Events



UNITED NATIONS



Geographic distribution of Ebola virus disease outbreaks in humans and animals



Internship: Admin Reqs. and Work Culture



- **Internship culture/culture in general is more formal** than in the states. Address e-mails with “Dear Mr./Dear Mrs.” as opposed to “hi” or “hey”. You NEVER know where someone else is coming from.
- **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!**

Internship Expectations

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

Internship Expectations

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

Life on Site: Housing

- All students live at 18 rue Muzy, a BU residence:
 - Centrally located- 5 minute walk from Lake Geneva and 10 minutes to BU Academic Center (offices and classroom space)
 - Near many shops, restaurants, cafes and grocery
 - Near train stop (for commuting to internships)
 - Safe, locked front door
 - RA's on site; other staff on site during the week day
 - Wi-fi provided
 - Lounge and kitchen in the basement for studying; weekday breakfast
- Rooms are:
 - Doubles or triples with shared bathrooms and kitchens
 - Fully furnished
 - Small! Pack light
- You will have a chance to select roommates/type of roommate via e-mail closer to the start of the program
- Residence Rules: No overnight visitors, no loud noise (there are very specific laws about this in Switzerland)





Life on Site: Getting Around

Getting Around:

- Geneva is mostly a walking city, and you will take the train to the university or your internship.
- The TPG - Transports Publics Genevois operates local trams (6 tram lines numbers 12-17) and buses.
- Student rates available
- Taxis are generally expensive and not necessary, but can be taken from designated stops
- Transit at night is also available, but don't travel alone if you can help it
- Trains vs. airlines for weekend travel- you may wish to use RyanAir or EasyJet for cheap weekend travel but the train is very easy and fast
- Notify site if you'll be away



Life on Site: Daily Life



- Internships will take place generally Mon-Thurs (9-5) with class on Friday
- Shopping
 - Although most stores are open throughout the day, many service shops close for lunch during the week. Most stores, including grocery stores, do not stay open past 7:00 on weekdays, past 6:00 on Saturdays and are closed on Sundays
 - Check: <http://www.bu.edu/geneva/life-housing/stores-and-supermarkets/>
- Gyms/Fitness
 - Gym is available at the University but amenities are NOT the same as in the states. Other gyms may be VERY expensive. Many students might choose to take up running, jogging, or other outdoor activities
 - Can join a club sport at UniGE

Budgeting & Finances

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.

Boston University Study Abroad



STUDY ABROAD PROGRAM BUDGET—Academic Year 2016/2017
NAME OF PROGRAM: Geneva Internship Program
PROGRAM LOCATION: Geneva, Switzerland
PROGRAM LENGTH: 15 weeks, Fall or Spring, 16 credits

PROGRAM CHARGES — Billed by Boston University	
Program Tuition	\$ 24,588
Housing/Student Services Fee (Includes housing, airfare from designated U.S. cities, excursions, overseas medical insurance, and emergency travel assistance coverage.)	\$ 5,104
Total Program Charges	\$ 29,692

US MEDICAL INSURANCE — Optional, Billed by Boston University	
Medical Insurance (Waived if student demonstrates coverage by a comprehensive US based policy)	\$ 2,014
Total Program Charges With Medical Insurance	\$ 31,706

ESTIMATED ADDITIONAL EXPENSES — Not included in Program Charges	
Board/Food	\$ 1,700
Local Transportation	\$ 280
Books	\$ 100
Visa/Immigration Requirements*	\$ 0
Personal Spending	\$ 3,000
Total Estimated Additional Expenses	\$ 5,080

TOTAL ESTIMATED EXPENSES	\$ 36,786
---------------------------------	------------------

Budgeting & Finances

Swiss Franc

For Perspective:

	Geneva	Boston
Starbucks coffee	6 CHF	5 CHF
Mid-range meal for two	50 CHF	35 CHF
Casual lunch for one	30 CHF	15 CHF
Jeans	115 CHF	65 CHF

Except for the continental, weekday breakfast, meals are NOT included.

Tips for low-cost dining:

- Cook in the dorms (eat together!)
- Shop in France
- You do not need to tip much in Europe
- Start learning to budget now!
- Don't go out every week – find other activities

Banking

You'll want to have access to multiple types of funds:

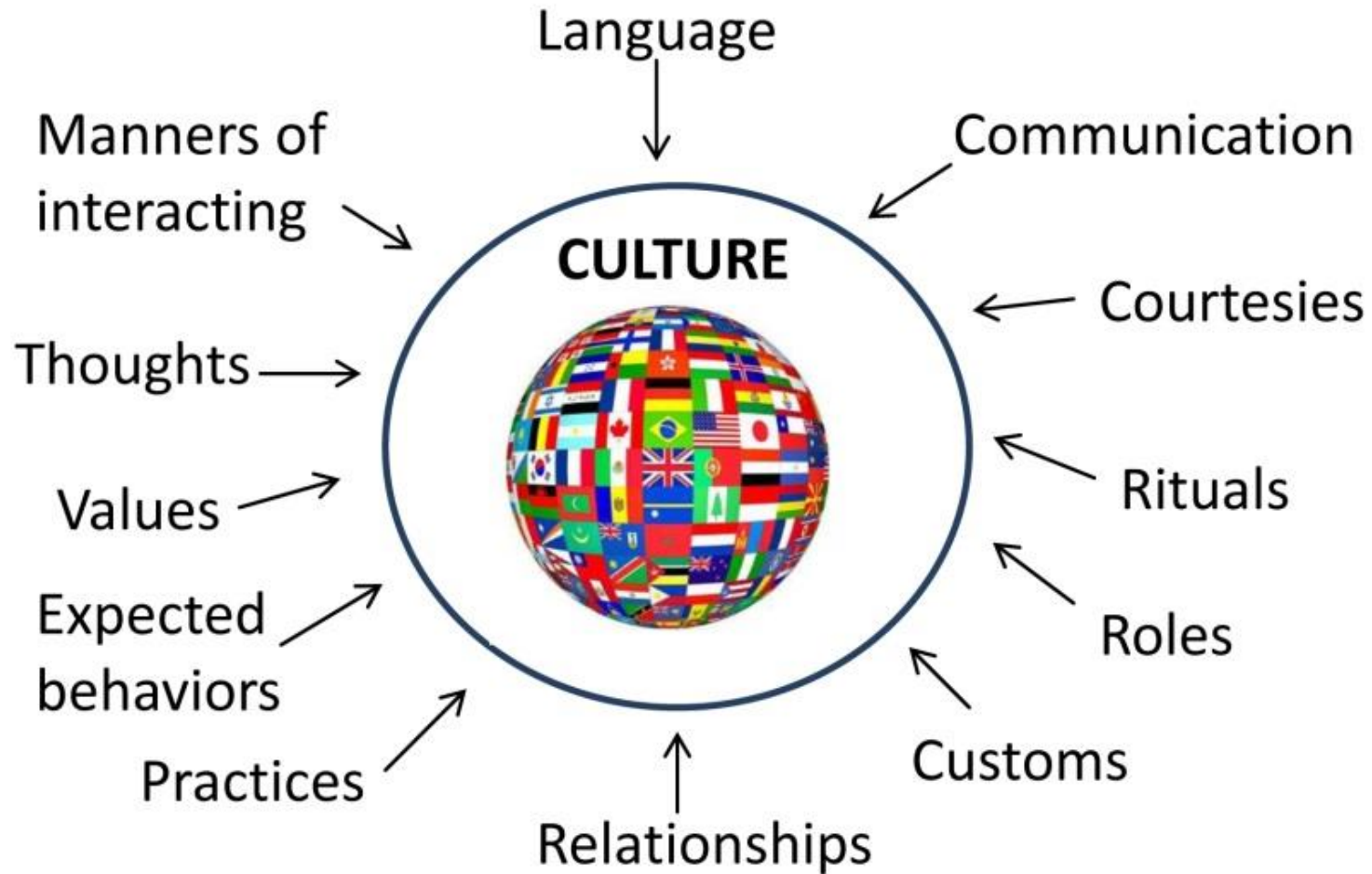
1. ATM/Debit: You will be able to access your US accounts while abroad:

1. Check with your bank about ATM fees
2. Ask about getting a “chip” in your debit/ATM card and make sure you have a 4 digit pin!
3. Tell your bank you'll be traveling

2. Credit Cards: You may want to look into different international credit cards (fees, points, etc. may be available). Should have a “chip”.

3. Cash: Withdraw larger amounts, but be sure to leave some in your room and carry around less. You will end up using cash more often than you do in the US.

Culture



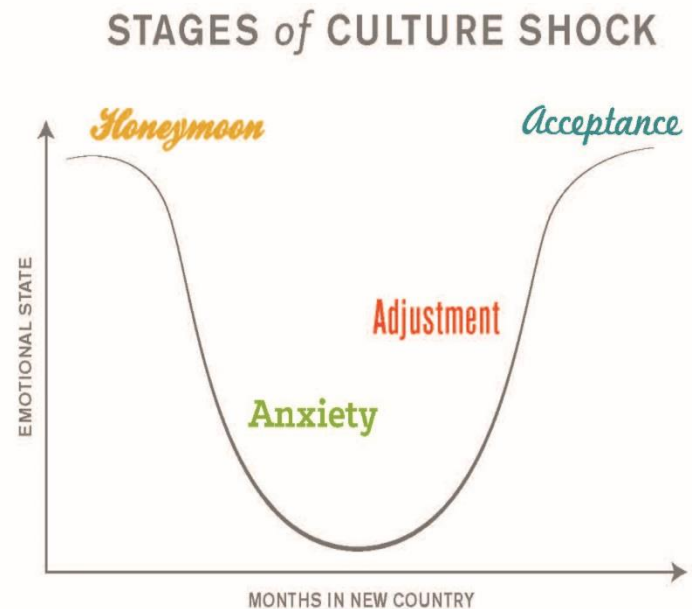
Culture Shock



CULTURE SHOCK

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

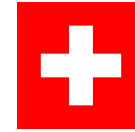
- Talk to your therapist/counselor about mental health while abroad and make a plan before you go.
- Even if you may be excited about new opportunities, stress or anxiety may increase abroad.
- Keep Healthy:
 - BU Center resources
 - English speaking doctors are available, but keep in mind English may be a second language
 - Cultural norms
 - Keep up your routine (when possible)
 - Local Swiss policy covers health care
 - Use the on-site staff and BU resources (SARP, Behavioral Medicine)



Life on Site: 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 to your doctor
 - Talk to HTH Worldwide BEFORE YOU GO
 - Make a copy of your prescriptions
 - Check with the host country consulate for restrictions
 - 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.
 - Combination of Swiss Insurance and HTH Worldwide.
 - 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!**

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 – 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

Communication

- Internet Access and Communication:
 - Wi-Fi is available in the dorm, university and internet 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.



Communication

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 ☆ ⌵



Flights

Optional group flight itinerary included in program fee!



AIR								
	Flight Number LX0023	Class: Economy	From: New York JFK, NY - Terminal 4	Leaving: Sun 27 Aug 07:25PM	Destination: Geneva, Switzerland - Terminal 1	Arriving: Mon 28 Aug 09:15AM	Aircraft Type:	Airbus A330- 300
							Flying Time:	7h50m
							Stops:	0
AIR								
	Flight Number LX0022	Class: Economy	From: Geneva, Switzerland - Terminal 1	Leaving: Mon 11 Dec 11:45AM	Destination: New York JFK, NY - Terminal 4	Arriving: Mon 11 Dec 02:40PM	Aircraft Type:	Airbus A330- 300
							Flying Time:	8h55m
							Stops:	0

- Even though the flight is included, you **MUST** sign up to reserve your spot via the link from your e-mail no later than May 15.
- Independent travelers must send their itineraries to the program manager /site staff and will be responsible for their transportation to the residence. You must arrive by NOON on start date for orientation activities.
- You **MUST** forward your itinerary to me to be eligible for a credit (equal to amount of the group flight fare). 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 in the morning, may travel on the group bus to the residence.

**Contact Advantage Travel:
Susan Gordon**

<http://advantagetravelcny.com/>

Phone: 315-471-2222

Toll Free: 800-788-1980

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

Travel

CARRY ON

- Passport and 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



- **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
 - ☑ Full roundtrip flight itinerary
 - ☑ Formal clothing for internship placement
 - ☑ Site contact details and directions to your program site

Packing List



- **Program Specific Items:**

- ☑ Towels/linens
- ☑ Outlet adapter
- ☑ Specific clothing for the site climate and culture- LAYERS! Umbrella, jacket, pants, snowboots, warm socks.
- ☑ External hard drive or USB drive for backing up academic work
- ☑ Over the counter toiletries such as contact solution (will be available in Geneva, but much more expensive)

- **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) – NOT ALLOWED IN RESIDENCE

Future Communication

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

Rolling basis:

- Visa submission confirmation
- Invitation to BU Geneva Facebook group
- Email to share with parents/guardians
 - Includes PDP Module and other important info
- Housing preference forms
- BU Login (for non-BU students to access password protected parts of www.bu.edu/geneva) and blackboard on-site
- Arrival information
- Visa issuance instructions
- Getting Ready to Go email (important reminders sent a few weeks before departure)
- International Health Insurance email
- Billing information



- Complete general Pre-departure documents to get registered for your program
- TURN IN VISA DOCUMENTS IF STILL NEEDED
- Complete course selection form
- Internship meeting with Leonella
- Review handbook at www.bu.edu/geneva
- Review resource appendices from this presentation (also on Hub Pages)
- Watch the online module
- Book Group Flight by May 15
- Send your flight itinerary if not traveling with the group
- Check in with (as necessary):
 - Student Accounting
 - Financial Assistance
 - Advisor

A large group of diverse international students is posing for a photo in a town square. They are all smiling and have their right fists raised in the air, mimicking the pose of the large bronze statue of a man with a raised fist in the background. The students are dressed in casual attire, including jackets, sweaters, and plaid shirts. The background features European-style buildings with balconies and a mountain range under a cloudy sky.

Questions??