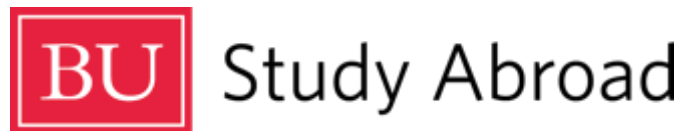




# BU Study Abroad Arezzo Physical Theatre Programs



# Introductions



## Agenda/Introductions

# ACCADEMIA DELL'ARTE TUSCANY, ITALY

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

## Program Contacts



**Monica Capacci**, Director of Student Services (in Arezzo)  
[monica.capacci@dellarte.it](mailto:monica.capacci@dellarte.it)

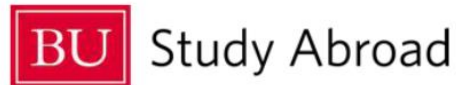



**Katrin Pohl**, Managing Director (in Arezzo)  
[katrin.pohl@dellarte.it](mailto:katrin.pohl@dellarte.it)

# Pre-Departure Roadmap



## Boston University Study Abroad Pre-Departure Roadmap



 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

- Spring 2017 - 12 BU students
- Spring 2016 – 13 BU students
- Spring 2015 – 20 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 22 — Group Flight Departs US

January 23 — Arrive in Florence, Bus to Arezzo leaves the airport at 4:00pm

January 24 — On-Site Orientation Begins

March 11 –19 — Spring Break

April 27 — Program Ends, Depart Arezzo

**ACCADEMIA  
DELL'ARTE  
TUSCANY, ITALY**

## Academics on Site

### 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**



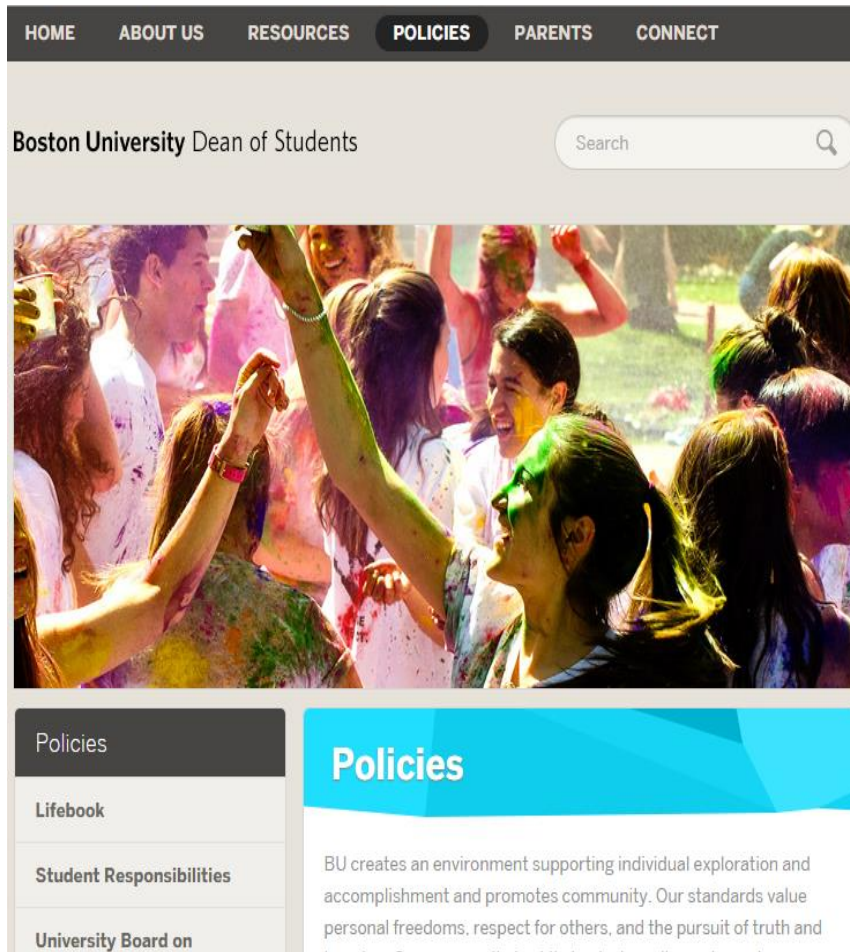


# CAS IP101 The Global Learning Experience: An Online Course

## 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](#)
- Please check your program Hub Page for instructions on 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."*

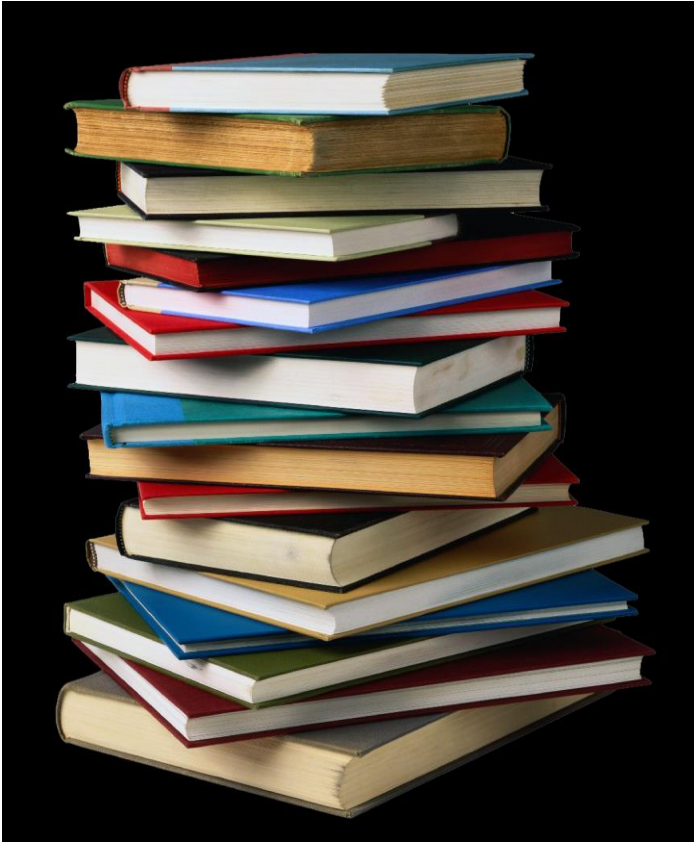
# Academic Policies



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. Below the image is a sidebar with links for Policies, Lifebook, Student Responsibilities, and University Board on. The main content area has a blue header with the word "Policies" and a paragraph of text: "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

# Academic Policies for Direct Enrollment at a Foreign University



Remember to review the full set of Academic Policies on your program hub page.

## 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.

# Budgeting & Finances

- 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 2016/2017  
NAME OF PROGRAM: Arezzo Physical Theater Program  
PROGRAM LOCATION: Arezzo, Italy  
PROGRAM LENGTH: 14 weeks, Spring, 16 credits

PROGRAM CHARGES — Billed by Boston University	
Program Tuition	\$ 24,588
Housing/Student Services Fee (Includes housing, board, airfare from designated U.S. cities, excursions, overseas medical insurance, and emergency travel assistance coverage.)	\$ 7,634
<b>Total Program Charges</b>	<b>\$ 32,222</b>

US MEDICAL INSURANCE — Optional, Billed by Boston University	
Medical Insurance (Waived if student demonstrates coverage by a comprehensive US based policy)	\$ 1,290
<b>Total Program Charges With Medical Insurance</b>	<b>\$ 33,512</b>

ESTIMATED ADDITIONAL EXPENSES — Not included in Program Charges	
Local Transportation	\$ 300
Books	\$ 250
Visa/Immigration Requirements*	\$ 245
Personal Spending	\$ 2,000
<b>Total Estimated Additional Expenses</b>	<b>\$ 2,795</b>

<b>TOTAL ESTIMATED EXPENSES</b>	<b>\$ 36,307</b>
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*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.*

## Life in Arezzo

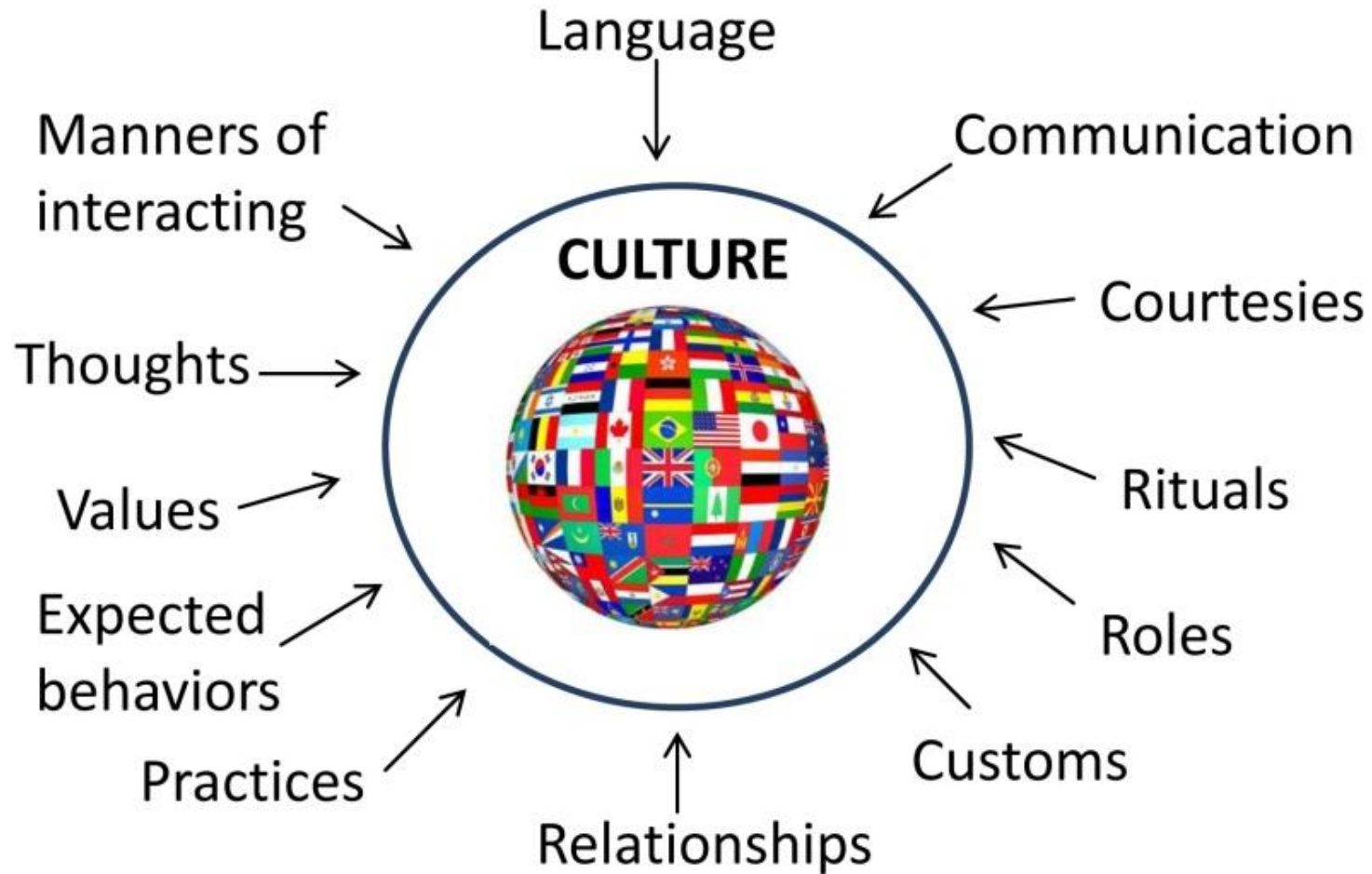
- **Villa Godiola – on the hill**
- **Get involved in workshops in the community**
- **Housing – Villa Godiola or The Casina**
  - Double or trip rooms – private and shared bathrooms
- **All meals are provided while academic courses are in session (not on weekends or breaks)**
- **The Limonaia – student space**



## Life on Site: Housing



# Culture



# Culture Shock

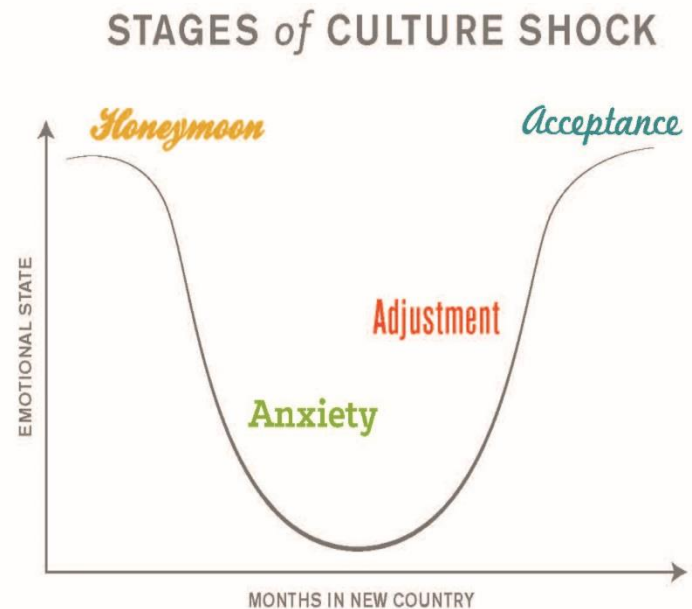


**CULTURE SHOCK**



# 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.

# 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
  - Make a copy of your prescriptions
  - Restrictions in Italy
  - If allowable, obtain a supply for full semester
  - 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

# 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.
- Stay Healthy:
  - University resources
  - Keep up routine (when possible)
  - HTH covers mental health care
  - Use the on-site staff as a resource



At least two weeks before the program start date, all students will be automatically enrolled in international insurance coverage and emergency travel assistance services through HTH WorldWide, including evacuation coverage.

- **Valid for the duration of the program, and 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 travel assistance while abroad or to set up appointments in advance, contact HTH directly and identify yourself as a Boston University student:
    - +1 610-254-8771
    - [globalhealth@hthworldwide.com](mailto:globalhealth@hthworldwide.com)
- **All students are required to maintain their US-based health insurance coverage while abroad**

# Safety Plans

## 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 and general safety precautions 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 in the event of an emergency

## 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.



## 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



## 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



# 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/>
- Non-BU students, please also research your university's services



# 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.



# Technology and Social Media

- 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



# Banking



- 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

## Group Flight

- 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](mailto:gbonney@advantagecny.com)

Visit us online: [www.advantagetravelcny.com](http://www.advantagetravelcny.com)



JFK

## Arrival/Check-In

- 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 4pm
- Or take the train and meet at the Villa Godiola (directions are in the Pre-Departure Guide)

## 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](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, 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, & Photocopies
  - Full roundtrip flight itinerary
  - Site contact details and directions to meet group transportation and/or directions to site





# 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



## Future Communication

- Some communication you can expect to receive over the next few months:
    - Pre-departure follow-up and general reminders
    - Pre-departure Guide from ADA
    - Visa pick up instructions later this week
    - Getting Ready to Go e-mail (important reminders sent a few weeks before departure)
    - HTH e-mail
    - Emails and reminders from ADA – read carefully!
- **Join BUSA on Facebook and follow us on Twitter!**



## Action Items

- Pick up your visa!**
- Complete general Pre-departure documents to get registered for your program.
- Complete online Enrollment forms for ADA
- Watch the pre-departure roadmap (again!)
- Check with your doctor about medications
- Contact banks

## TO DO LiST

1. **SO**
2. **MANY**
3. **THiNGS**



URL: T3DS.com/738864

The3dStudio.com

# *Ciao!*



# 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

**“I didn’t know what to call what happened to me, I just knew it felt bad.”**

**You don't have to go through this alone.**



## Contact

PHONE: 617-353-SARP (7277)  
EMAIL: [sarp@bu.edu](mailto:sarp@bu.edu)   
VISIT: 930 Comm. Ave.  
Boston, MA 02215

 Follow @sarp\_bu

 Like  642

## Dean of Students Office

617-353-4126

[dos@bu.edu](mailto:dos@bu.edu)

**Visit [www.bu.edu/safety](http://www.bu.edu/safety)  
for more information.**

- 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](mailto: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