2016-17 informal info session

Pre-departure Preparations

Costs & Money

We have projected $570 for individual meals and expenses. This is a rather frugal budget. Actual costs are likely to vary greatly by student.

- Make a budget by city
  - It doesn't have to be rigid, but think about how much you are spending at any point in time.
  - It's an aid to manage your funds and to decide whether you want to do something now instead of later

Money & Banking

- Many students do not have a problem accessing their money while abroad. There are some steps to help ensure you will have access to your money while abroad:
  1. Be sure to tell your bank that you will be going abroad and tell them for how long.
  2. Make sure you have an ATM card with a 4 digit pin.

Money & Banking

Other money tips:

- Cash is still king – meaning that many countries do not accept credit like we do here in the US.
- Be sure to factor in exchange rates when withdrawing money from abroad.
- Check with your bank to know about any fees they will be charging for international transactions.
- Travelers checks are not easy to cash abroad.
- Only exchange money at a legitimate currency exchange establishment

Practical Matters

- You must have a valid passport to leave from and return to the United States.
- A visa is an immigration document that gives you permission to enter a country for a specific purpose and for a specified period of time.
- If you are a DACA (Deferred Action for Childhood Arrivals) student, let me know ASAP

Practical Matters

The USA operates on 110 volts. Most of the rest of the world operates on 220 volts. In order to use your electrical appliances in most foreign countries, you will need to use converters and adapters.

Note: Most modern technological devices, such as laptops and cell phone chargers, have dual voltage, so you most likely will not need a converter for such things. You may only need the adapter to plug it into the wall. Adapter may need a three prong for laptop.

Practical Matters

- You are adults
- Europe is exotic
- True love can wait three more weeks

Practical Matters

- Our election was rather contentious.
- Rest of the world may have paid more attention than we did.
- Inauguration is on January 20.
- You may be asked about things.
- Have response beyond “I don’t know” prepared.

Practical Matters

- Meeting places and contacts
  - Let’s agree on an app to keep in contact
  - We will establish meeting spots in each city
  - Goal is not to monitor you

Key Flight info

- **Dec 26 @ 6:30 AM:** Group meets at LAX Terminal 7

  8:50 AM Depart Los Angeles LAX Terminal 7 on United Flight 54

  6:10 PM Depart Newark EWR on United Flight 962

- **Jan 19 @ 8:00 AM:** Group meets for airport transport

  11:55 AM Depart Brussels BRU on United Flight 951

  5:25 PM Depart Washington D.C. IAD on United Flight 325

  8:15 PM Arrive Los Angeles LAX Terminal 7

More complete itineraries will be shared around December 14.

What to Pack

Pack Light

- The Basics
  - Passport
  - ATM/Credit Card
  - Travel Insurance
  - Eyeglass prescription/supplies
  - Emergency Phone Numbers
  - Clothes
  - Toiletries (include personal emergency medicines.)
- Things to Share

- Equipment
  - Backpack
  - Money belt/neck pouch
  - Travel combo-lock
  - Electrical converter
  - First Aid Kit

What to Pack

Pack Small

- Compression Sacks
- Liner socks
- Dri-fit type under garments
- Small tube of laundry soap
- Small ditty bags

Remember—Pack light

- Do not try to pack your whole room.
- Multi-use clothes and shoes.
- You will bring back more than you left with.
- Do not pack more that what you can carry up stairs or further.
- If you did not remember to pack something, you will probably be able to buy it there.
- Trains have very limited luggage space.

Safety

What Could Make You a Target?

- Camera
- Headphones
- Checking your Phone
- Talking in English (loudly enough to be heard)
- Looking out of place
- Being awkward with the money (not knowing the denominations)
- Not knowing the area

Tips to Stay Safe:

- Common Sense
- Be aware of your surroundings
- Have a friend with you/travel in groups
- Stay sober
- Know the area and local laws
- Put away the camera
- Know where your valuables are
- Careful who you ask for directions
- Try to blend in

Be Informed!!

- Follow Current Events
- Know the Gender Roles of your host country
- Keep others informed of your whereabouts
  - Inform the office overseas of any travel plans
  - Stay in touch with your family

Emergency Numbers

http://travel.state.gov/content/dam/students-abroad/pdfs/911_ABROAD.pdf

Take a few minutes and make sure you know the emergency number for the country(ies) you will be traveling to.

Be Informed!!

- Read Consular Information Sheets

http://travel.state.gov/travel/travel_1744.html

- Read State Department Travel Information

http://travel.state.gov/travel/tips/safety/safety_1180.html

Register Your Trip

Smart Traveler Enrollment Program (STEP)

The Smart Traveler Enrollment Program (STEP) is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country.

https://step.state.gov/step/

Most Common Issues Involve:

Be aware that whenever a serious incident occurs to a CSU student abroad, nine times out of ten, one of these is a leading factor:

- Alcohol or other chemical recreation…
- Late at night…
- All alone...

Alcohol diminishes your ability to make good decisions. Avoid doing activities alone or late at night if you can do them with friends or during the day.

Drug Policy

The University expects all students and student groups to comply with all local, state and federal laws. It is the responsibility of each individual to be aware of, and abide by, all federal, state, and local ordinances and university regulations. Current laws provide for severe penalties for violations which may result in criminal records.

UPS 330.231

Violation of Drug Policy

Student involvement in the manufacture, use, possession, distribution or sale of illegal drugs or the misuse of any legal drug or the use of other substances in a manner which is a threat to health or safety is a concern to the University. Such behavior may subject a student to disciplinary action by the University. Dependent upon the nature of the violation, University sanctions may include but are not limited to educational intervention, reparations, suspension or expulsion aside from or in addition to prosecution under applicable state and federal laws. University action may be taken whether or not independent action is taken by civil authorities.

Alcohol Abuse

You are required to adhere to the alcohol laws in the country you will be studying in.

If alcoholic beverages are used at all, they should be used in moderation, and that the conduct of students in recognized living organizations shall at no time be such that the orderly running of these organizations is disrupted. - UPS 330.232

Academics

Academic Success

- Expectations
  - This is a study abroad program
  - Grades earned abroad WILL be calculated into your cumulative GPA
  - No Pass/Fail or Credit/No Credit
  - The Study Abroad Office cannot change grades or interfere with academics in any way

Academic Dishonesty

Academic dishonesty includes but is not limited to cheating on examinations or assignments, unauthorized collaboration, plagiarism, falsification/fabrication of university documents, any act designed to give unfair academic advantage to the student (such as, but not limited to, submission of essentially the same written assignment for two courses without the prior permission of the instructor), assisting or allowing any of these acts, or the attempt to commit such acts. – UPS 300.021

Etiquette

Etiquette

- Be Polite
- Always say “Bonjour” and “Merci” in France.
- Use “Vous” form of 2nd person
- To extent possible, attempt the local language.

Health

Health Abroad Resources

Centers for Disease Control and Prevention

http://www.cdc.gov/

Students Abroad

http://studentsabroad.state.gov/index.php

US Department of State

http://travel.state.gov/travel

Physical Health

Get and maintain healthy habits before departure; what types of activities and behaviors?

Benefits of good health status: define good health status.

- Prevents illness
- Get better quicker if you get sick

Practice good hygiene by washing hands often and is suggested to carry hand sanitizers

Consider getting a flu shot now.

Travel Health Kit

Medicines

- Prescription medicines

  The ones you usually take
- Special prescriptions

  Specific to the program
- Over-the-counter medicines

  Anti-diarrheal

  aspirin, or ibuprofen

Other important items

- Small packet of Toilet Paper because it might not be there in a public restroom
- Sunscreen
- Antibacterial hand wipes
- First-aid supplies
- Health insurance card

Prescription Medicines

- Pack your prescription medications in your carry-on luggage.
- Pack copies of all prescriptions, including the generic names for medications.
- Pack a note on letterhead stationery from the prescribing physician for controlled substances and injectable medications.
- Leave a copy of your prescriptions at home with a friend or relative.
- Check with the American Embassy or Consulate to make sure that your medicines will be allowed into the country you are visiting. Some countries do not let visitors bring certain medicines into the country.

Healthy eating habits

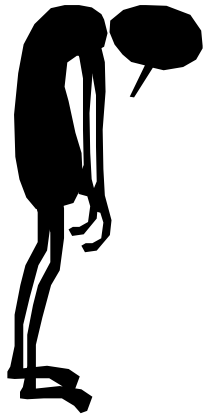
- Balanced meals
- Eating on timely basis – Minimize skipping meals
- Eat variety of fruits and vegetables, whole grains and lean proteins
- Introduce new dishes and spices slowly to your meal plan, be aware of ingredients (if one has any allergies)
- Keep hydrated!!

Getting Sick Abroad

- See a doctor right away if you:
  - Have diarrhea AND a high fever (above 102° F)
  - Have bloody diarrhea
  - Are visiting a malaria-risk area and become sick with a fever or flu-like illness
  - Are bitten or scratched by an animal
  - Have been in a car accident
  - Have been seriously injured
  - Are sexually assaulted

Mental Health

- Traveling or studying overseas is not a cure for health conditions such as depression or attention deficit disorder.
- In fact, culture shock, language barriers, and homesickness can deepen isolation or depression.

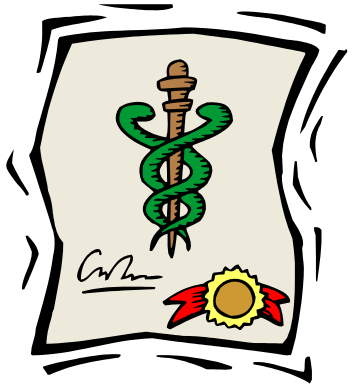


Mental Health

- Before traveling, create a workable plan for managing your mental health while abroad.
- If you have a medical or psychological condition requires treatment while abroad, discuss this with your doctor. Study abroad is not the time to experiment with not taking your medicine or mixing alcohol with medicine.
- Research the social culture of your destination to learn about how mental illnesses are viewed.
- If currently receiving mental health services find out if those services and/or medication are available at your destination.
- Consider the support system you'll have in place while abroad.

Health Insurance

- You will receive health insurance coverage through CSUF.
- Once the insurance has been bound, you will receive your insurance card via e-mail.
- Take a copy with you, leave a copy with family/friends.



Health Insurance

This insurance also provides coverage for:

- Emergency medical expense (up to $25,000 in excess coverage with a $250 deductible)
- Medical evacuation (up to $100,000 in excess coverage)
- Accidental death and dismemberment (up to $100,000 in excess coverage)
- Repatriation (up to $25,000 in excess coverage)

Health Insurance

And Assistant Services:

- Pre-departure information
- Lost Baggage/Passport Assistance
- Insurance Coordination
- Travel Medical Emergency Services
- Legal Assistance
- Emergency Cash
- Evacuation and Repatriation
- Travel Agency

Finding a Doctor

- Travel Assist can help

Be Prepared

- REGISTER WITH THE DEPARTMENT OF STATE

https://travelregistration.state.gov/ibrs/ui/

- Know what your insurance can and cannot do
- Have a little medical pack for minor issues

Staying Connected & Social Media

- Helpful apps
  - Smart traveler
  - Red cross app
  - Whatsapp
  - Viber
  - Snapchat
  - Skype
  - Facebook messenger
  - Google translate
  - Google maps
  - XE Currency

Where in the world is Nantes, France?

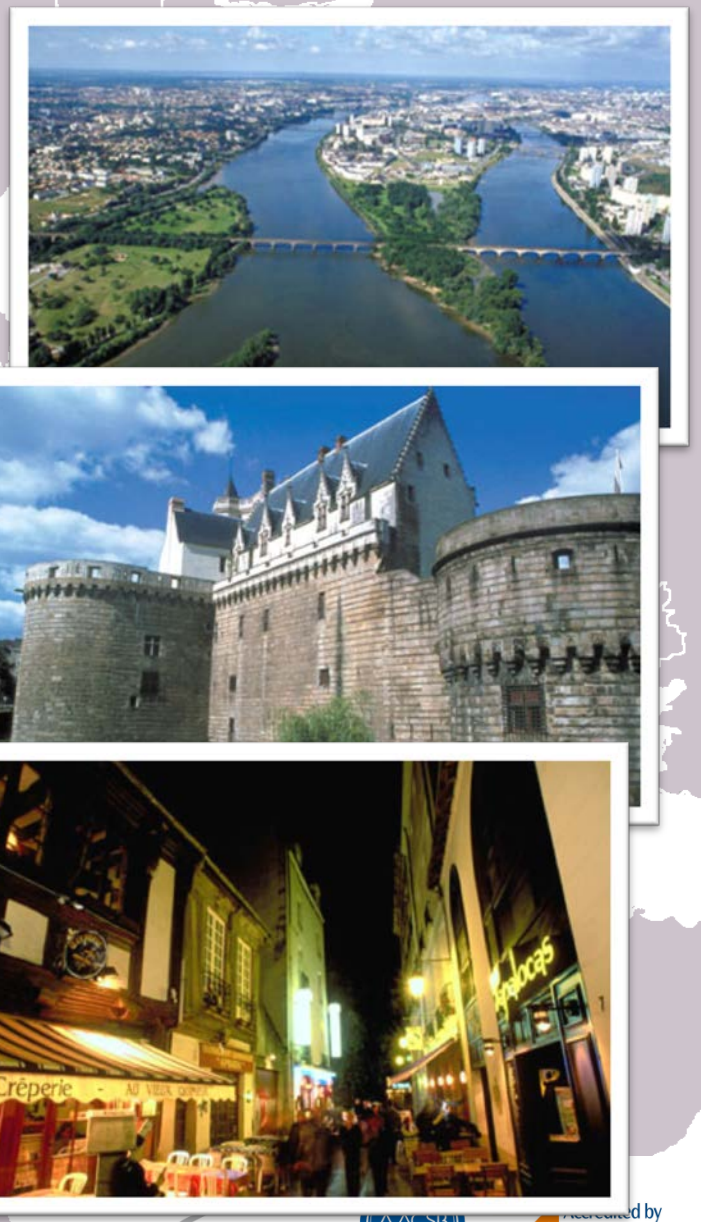
Nantes

- **The weekly *L'Express* voted Nantes the Greenest City, and the weekly *Le Point* named it « Best Place to Live in » in 2003, 2004 and 2008.**

« Nantes is the most livable city in all of Europe »

- **6th largest town in France, 600 000 inhabitants, 56 000 students**
- **2 hours from Paris by TGV (400km)**
- **50 km away from the Atlantic Ocean**
- **5 rivers including the Loire, 12 public gardens, 180 km cycling ways**
- **International Airport, 21 TGV per day to Paris**

Paris



EQUIS ACCREDITED AACSB ACCREDITED Accredited by Association of MBAs

Sights and Culture

Château des Ducs de BretagneN° 1004

The Castle

Congress building

Cité des Congrès N° OT10090 - Copyright : OTNA - Aurélie Delaporte

The Cathedral

Cathédrale Saint-Pierre et Saint-Paul N° 50091 - Copyright : OTNA - Aurélie Delaporte

L'île de Nantes N° 30004 - Copyright : OTNA - Vincent Sarazin

Théâtre Graslin N° 40009 - Copyright : OTNA - Aurélie Delaporte

Rue Kervegan, île Feydeau N° 90065 - Copyright : OTNA - Aurélie Delaporte

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Look Up

https://www.youtube.com/watch?v=Z7dLU6fk9QY

Student Panel
& Question/Answer Session