Questions for Resource People — bring your own questions, too!

BEFORE LEAVING

- What computer technology access should I prepare for?
- What is the best way to get a cell phone?
- How can I get money when I am there? Do credit cards work? What is the exchange rate?
- What should I pack?
- If I have a host family, should I contact them ahead of time? Should I bring gifts?
- What are some books or films to watch to prepare?
- What do you wish someone had told you before you left?
- What do you wish you had done before you left to prepare? What would you advise me to do?

ARRIVING

- How do I get to the university or program? Airport pickup? Train? Taxi?
- How does the International Office work there?
- What can I expect in terms of orientation?
- What is the housing situation like, especially regarding rules, water, electricity, meal times, etc.
- How does registration for courses work?
- What surprised you when you arrived?

ENGAGING

- Please give me some clues on understanding the local culture and local values. (See values worksheet)
- What are the main safety threats for me? How can I stay safe?
- What’s the gender dynamic like, and should I be aware of anything that might put me in a compromised situation?
- How much initiative must I take to get to know local people? Any tips or ideas on how?
- How can I productively structure my unstructured (free) time? (i.e. clubs/sports, volunteering, places to visit, social activities, independent projects)
- What is academic culture like? How are classes? How is work evaluated?

Schedule

1:00—1:15 pm  Welcome, Housekeeping & Questions
Group A , South Lounge.
Group B, North Lounge
1:15—1:45 pm  Building Intercultural Competencies (A)
South Lounge
Health & Safety Abroad (B)
North Lounge
1:50—2:20 pm  Building Intercultural Competencies (B)
South Lounge
Health & Safety Abroad (A)
North Lounge
— BREAK —
2:20—2:35  Concurrent Sessions Block 1 (see descriptions inside)
Getting Immersed and Engaged, South Lounge
Budgeting Abroad, WAC 202
Making Friends & Relationship Issues Abroad, North Lounge
2:35—3:05 pm
3:15—3:45 pm  Concurrent Sessions Block 2 (see descriptions inside)
Reflection: How to Learn from your Experience, South Lounge
Budgeting Abroad, WAC 202
Making Friends & Relationship Issues Abroad, North Lounge
First Time Leaving the Country: Tips , WAC 206
3:50—5:15 pm  Country-specific discussions (see locations on back)
Core Sessions (1:15—2:20 pm)

Health & Safety Abroad, WAC North Lounge
- What are the main threats to my safety abroad?
- What are the leading causes of injury and harm?
- How can I get medical treatment?
- How do I handle an emergency? Who can help me?
- How do I avoid unsafe situations? How do I keep my belongings safe?

Building Intercultural Competencies, WAC South Lounge
- How can I manage cultural miscommunication?
- How can I become more aware of my own cultural conditioning?
- How can I learn about the norms of other countries?
- What is the difference between a generalization and a stereotype?
- How can I constructively respond to stereotyping?
- How do I adjust to new situations generally and how will I adjust abroad?

Concurrent Sessions—block 1 only (2:35—3:05 pm)

Getting Immersed and Engaged, WAC South Lounge
Returned students
- How much free time will I have?
- What opportunities are offered by my host institution or program?
- What clubs or associations can I join?
- How can I plan my own activities?
- What opportunities exist for volunteering or interning?

Concurrent Sessions—block 2 only (3:15—3:45 pm)

Reflection: Processing your Experience Abroad, WAC South Lounge
Returned Students, OIE Staff
- What is an experiential learning model and how can I do it abroad?
- What tools can I use to process experiences abroad?
- How can I share my experiences with others?
- What can I do when I return from studying abroad to further process it?

First Time Leaving the Country? Tips from Other First-Timers, WAC 206
Returned Students
- How might my experience abroad differ from others who have travelled before?
- What surprised other first-timers when they studied abroad?
- How can I get answers for my concerns?

Core Sessions (1:15—2:20 pm)

Concurrent Sessions—offered in both blocks 1 & 2

Making Friends and Relationship Issues Abroad, WAC North Lounge
Returned students
- What are some of the gender dynamics likely to affect my experience?
- Do the norms of flirting, touching and harassment differ in my host country?
- How can I obtain birth control and contraceptives in my host country?
- What is expected of a friend, boyfriend or girlfriend in my host country?
- What happens when I leave?
- How do my citizenship or other social identities affect my relationships?
- What are the risks of sexual assault and how can I avoid them?
- How can I learn from friendships with other international students?
- How can I navigate the different motivations that people have for being friends?

Budgeting: How Not to Go Broke Abroad, WAC 202
Returned students
- How do I complete the budget worksheet?
- How do I estimate my personal expenses?
- What low-cost activities can I seek out?
- How do I keep track of my spending so that I don’t run out?
- What is the currency exchange rate in my host country?
- How do I balance frugality with engagement?
- What grant funding is available for independent projects?

Special Focus Events—This Week! (Open to Everyone)

Gender Abroad, Monday, March 23rd, 8 pm, Intercultural Center.
Panel discussion with returned students about questions of gender, identity, sexuality and safety in the cross-cultural experience abroad. Hosted by the Women’s Center and Sexuality and Gender Alliance.

Mental Health Abroad, Tuesday, March 24th, 4 pm, WAC South Lounge.
Panel discussion with returned students on topics related to mental health, including the stressors of studying abroad, how to seek support, getting prescription medications, and strategies for self-care. Co-sponsored by the Mental Health & Wellness Committee, and Depression Expression.

Study Abroad as a Student of Color, Wednesday, March 25th, 8 pm, Intercultural Center. Panel discussion will focus on the experiences of students of color studying abroad and navigating the cross-cultural context. Hosted by Black Students United and Student Support Services.

Mindfulness Abroad, Thursday, March 26th, 4 pm, Spirituality Room, Pearsons Hall. Learn some of the practices and attitudes of mindfulness that can support your learning experience abroad. Returned students will discuss how mindfulness concepts and practice can serve as a tool for greater resilience, openness, curiosity and growth abroad.