

Academic and Cultural Pre-Departure Orientation

Office of Education Abroad (OEA)
The Center for International Affairs





**One's destination is never a place
but a new way of seeing things.**

-Henry Miller

CASE WESTERN RESERVE UNIVERSITY
CENTER FOR INTERNATIONAL AFFAIRS

Study Abroad Skills

STUDY ABROAD SURVIVAL SKILLS

HEALTH & SAFETY

Can you drink the water? YES NO
What vaccines do you need? _____
How soon do need to get them? _____
Where can you get them? _____
911 Equivalent: _____
Who is the overseas program director? _____
How do you contact them? _____
Who is your secondary contact
and how do you contact them? _____

MONEY

Conversion rate from USD to the local currency: _____
What fees does your bank charge? _____
Number to call if Credit Card stolen: _____
Card Numbers and Expiration Dates: _____

ACADEMICS

What is your school's academic calendar? _____
Will you have to complete many projects? YES NO
What is the grading/credit scale? _____
Are classes discussion or lecture-based? _____

WEATHER

What is the Celsius to Fahrenheit conversion? _____
What are the number and names of seasons? _____

DRINKING & NIGHTLIFE

What is the in-country drinking age? _____
What is the host country culture surrounding drinking? _____
What days can't you buy alcohol? _____
How much should you tip? _____

GEOGRAPHY & POLITICS

What countries border your host country? _____
What is your host-country's political orientation? _____
What are the names of the political powerhouses? _____
What is the religious breakdown? _____
Society is... Independent Collective
Society is a... Patriarchy Matriarchy

SEX

Is same sex marriage legal? YES NO
What is the culture regarding sexual activity? _____

YOUR CULTURE

Can you explain the electoral college? YES NO
Can you talk about world issues/current events? YES NO
List the ones you can speak confidently about:

YOUR APPLICATION

What do you still need to turn in? _____
Do you need a visa and if so what type? _____
How do you obtain a visa? _____
What are the deadlines for visa requirements? _____
Do you need to go to the consulate? YES NO

WORLD HERITAGE SITES

Are there any in your host country? YES NO
If so, what are they? _____
What other interesting
locales can you visit? _____

Visas – Be Thorough!

- Every country is different: not everyone needs a visa
- Embassies/consulates and their staff are the only reliable source of info!
- Common Issues
 - Financial guarantee/documentation for living expenses and tuition
 - Round trip ticket
 - Admission letter from school
 - Scheduling visa appointments do so very early!

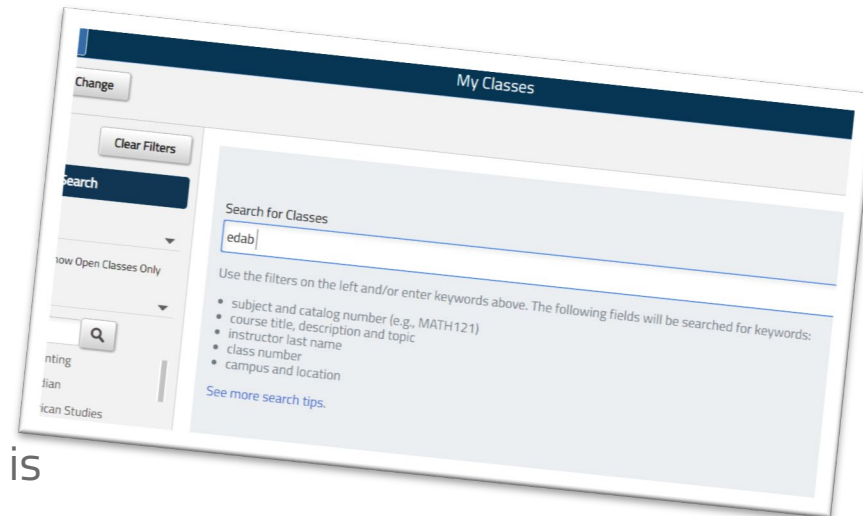


International
students
MUST check
in with
ISS before
departure!

Study Abroad Registration: EDAB 1 (EDAB 1 is graded: P/NP)

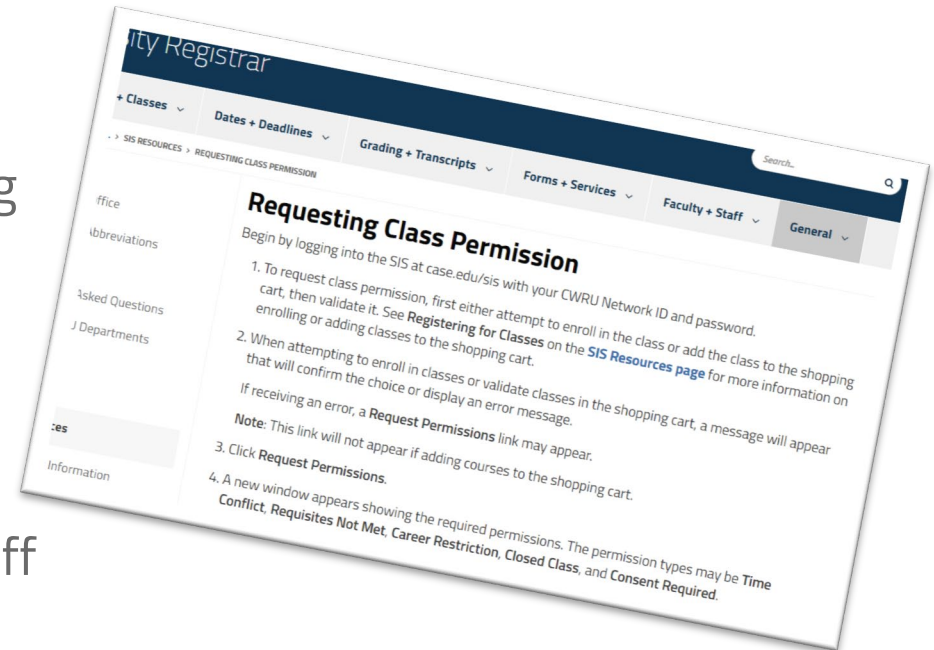
In order to register in SIS you must have:

- No academic probation
- No current student conduct sanctions
- Completed in study abroad application:
 - Passport Questionnaire
 - Learning Content and Assessments
 - Health and Safety Orientation
 - Academic and Culture Orientation (this is that)
 - READ and Signed the "Policies for Study Abroad Course Transfer"



How To: Register for EDAB 1 (P/NP)

- Request permission in SIS
- Receive SIS-generated email saying permission was granted
- Go back into SIS and register
- Email your study abroad advisor:
 - Tell them it's done
 - They will then check this item off



For Fall and Academic Year 2020 *ONLY*:

- **REGISTER AT CWRU AND ABROAD**
 - **DO NOT REGISTER FOR EDAB 1 UNTIL YOU ARE TOLD TO BY THE OEA**
 - Instead, you will register for the courses you would at CWRU for Fall 2020
 - That way, if fall 2020 study abroad *does* fall through (We don't expect it to), you will be academically sound for an on-time graduation
 - We have at least until drop/add to change your registration (September 4)
 - **REGISTER FOR THE COURSES YOU WILL TAKE ABROAD, ALSO**
- **APPLY FOR HOUSING AT CWRU AND ABROAD**
 - **APPLY FOR HOUSING AT CWRU** – they will allow you to later withdraw in order to go on your study abroad, but this way you hold your spot
 - **APPLY FOR HOUSING ABROAD** – but do not pay anything non-refundable
- **DO NOT PURCHASE A FLIGHT UNTIL ADVISED**, unless it is 100% refundable

Want CWRU to Pay Your Tuition?

- Register for EDAB 1 (which has its own requirements)
- Turn in your flight itinerary:
 - When advised to do so
 - NOT BEFORE unless you are booking a completely refundable flight!



Your Study Abroad Portal

- **Don't Forget:**
 - Acceptance Letter
 - Host Country Emergency Contact Info
 - In Country Housing info
 - Course Approval Form



Due Date: TBD (this summer)

Course Approval Form

- Signatures from Academic Representatives
- CWRU Course AND # required
- Tech Electives and Substitutions
- Outliers:
 - language courses not offered at CWRU approved by OEA
 - Standing approvals

Study Abroad Course Approval Form

Name: _____ SIS ID: _____ Entered CWRU: _____ Graduation Term: _____
 CWRU Email: _____ (month and year) (month and year)

PART 1 OF 4 (REQUIRED): COMPLETE CWRU PROGRAM/PLAN INFORMATION

School (circle one): CAS WSOM ENG NURS Degree (circle one): BA BS BSE BSN
 Major Plan(s): _____ Minor Plan(s): _____ *Concentration/Sequence Subplan: _____
 *Required for Anthropology, Theater, Music, Biomedical Engineering, Artificial Intelligence, Art Studio, Dietetics

University/Program Name Abroad: _____
Term and Year Abroad (ex: spring 2020): _____

INSTRUCTIONS: Study abroad courses are approved for transfer credit via this form. Students must meet with or email the academic representative for the department in which credit transfer is being requested. (Ex: If requesting approval for a math course, ask the math academic representative.) When emailing course approval requests, attach this completed form and the syllabus for the overseas course to your email for the CWRU academic representative, as instructed here: <https://case.edu/international/education-abroad/transferring-study-abroad-credit/academic-representatives>. The academic representative will sign this form (digitally or by hand) to approve course transfer. Note that languages not offered at CWRU (ex: Danish, Korean) can be approved by the Office of Education Abroad as DMLL 100TR.

PART 2 OF 4 (REQUIRED): COMPLETE COURSE APPROVALS (Aim to get more courses approved than necessary. For technical electives and course substitutions, the relevant section(s) on page two must also be completed, obtaining required signatures:

OVERSEAS COURSE NAME and #	CWRU COURSE (dept. code and #)	ACAD. REPRESENTATIVE APPROVAL	Office Use Only	
			CREDIT RECEIVED	PASS/NO PASS
1.				
2.				
3.				
4.				
5.				
6.				
7.				

PART 3 OF 4 (REQUIRED): RECEIVE MAJOR ADVISOR APPROVAL Signature: _____
 Print Name: _____ Date: _____

PART 4 OF 4 (OPTIONAL): ADVISEMENT REPORT CORRECTIONS

Technical Electives (if applicable): A major advisor may approve a course as a technical elective for their program by (from page 1) here and signing below:

1.	2.	3.	4.
----	----	----	----

Advisor Name (Please print): _____
 Advisor's Signature: _____ Date: _____

Course Substitutions (if applicable): A major advisor may approve a course substitution for their program by writing the name of the overseas course (from page 1), and its substitution here and signing below:

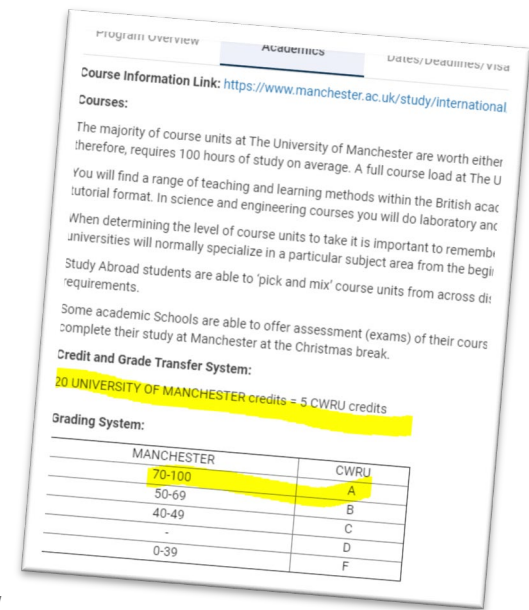
SUBSTITUTE (OVERSEAS COURSE)	FOR (CWRU COURSE)

Advisor Name (Please print): _____
 Advisor's Signature: _____ Date: _____

STUDENT SIGNATURE (COMPLETE ONLINE): Please review the academic policies for course transfer. You can find these policies in your Study Abroad account online. Your online signature is required and will be a confirmation that you will abide by these terms and conditions.

Study Abroad Grades

- **To Pass EDAB (or EXCH) the OEA needs:**
 - Official Transcript ("I" grade without)
 - Post Program Evaluation ("NP" grade without)
- **For Your Overseas Courses to Transfer In:**
 - Official Transcript (usually arrives in 1-3 months)
 - Completed Course Approval Form, with:
 - Courses approved by academic representatives only
 - All courses taken abroad included
 - Then, Undergraduate Studies puts in grades (approximately 3 week turnaround by Undergraduate Studies)
- **Reminder: Academic Systems will be different**
 - Grades: Must be "C" or better
 - Credits: Are probably different (EX: 5 ECTS = 2.5 CWRU)
 - Must take, pass, and transfer back at least 12 CWRU credits (even if you don't "need" the course – get it approved!)



Study Abroad Photo Contest

Share your best photos with us to help encourage other CWRU students to study abroad and win prizes!

Categories:

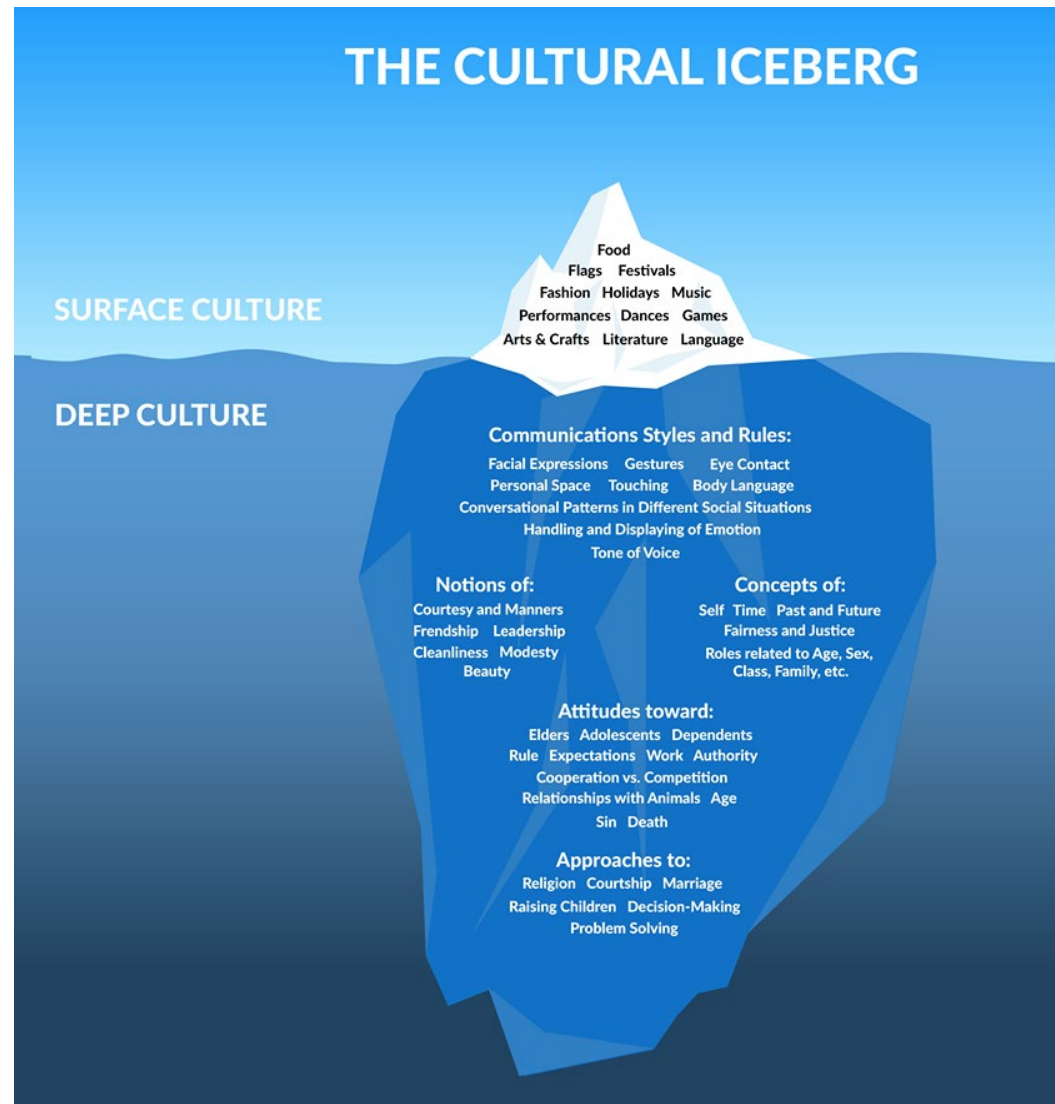
- Cultural Experience (\$50)
- Scenery (\$50)
- The World is Your Classroom (\$75)
- Spartans Abroad (\$50)
- Facebook Most Likes (\$50)
- Overall (\$75)



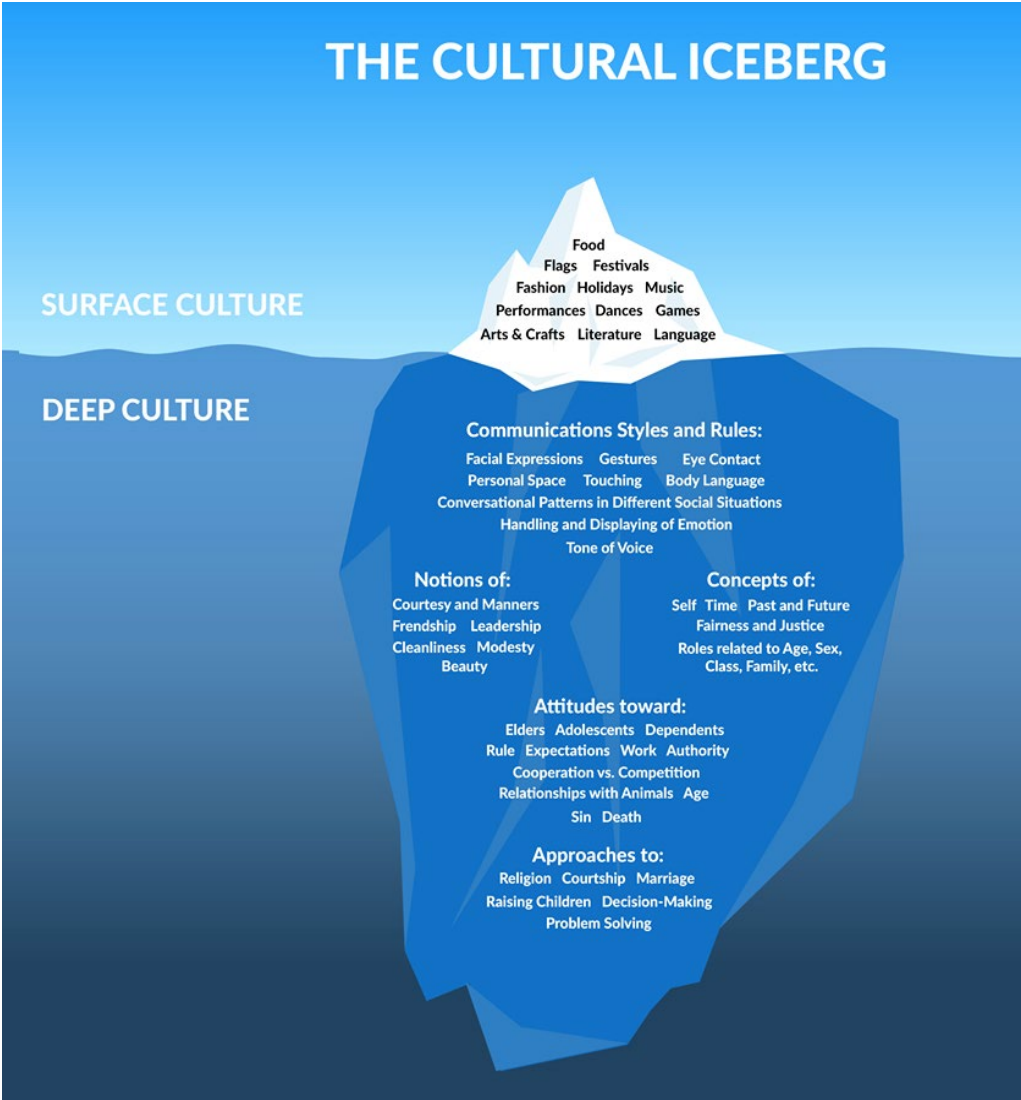


What is Culture...

The Cultural Iceberg



The Cultural Iceberg



The Cultural Iceberg

Communications Styles and Rules:

Facial Expressions Gestures Eye Contact
Personal Space Touching Body Language
Conversational Patterns in Different Social Situations
Handling and Displaying of Emotion
Tone of Voice

Attitudes toward:

Elders Adolescents Dependents
Rule Expectations Work Authority
Cooperation vs. Competition
Relationships with Animals Age
Sin Death

Notions of:

Courtesy and Manners
Friendship Leadership
Cleanliness Modesty
Beauty

Concepts of:

Self Time Past and Future
Fairness and Justice
Roles related to Age, Sex,
Class, Family, etc.

Approaches to:

Religion Courtship Marriage
Raising Children Decision-Making
Problem Solving

Stereotypes vs Generalizations?

Stereotypes

- Stereotypes are based on opinions, not facts.
- They suggest that everyone in a group is the same.
- They are often derogatory or negative.”

Generalizations

- Generalizations are more neutral.
- They tend to be based on facts, research or assessment.
- They are not personal opinions.
- The intent behind them is often to help or educate.

Stereotypes can work both ways!

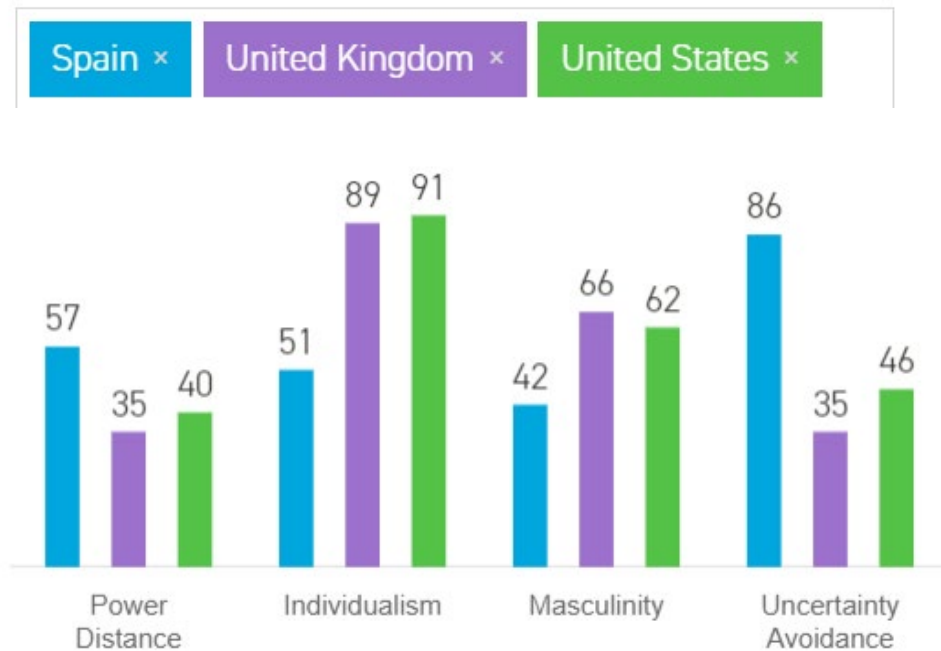
Geert Hofstede – Cultural Dimensions

Go to <https://www.hofstede-insights.com/country-comparison/>

- Type in your home country/culture
- Type in your host country/culture
- Read about the differences you could experience!

Geert Hofstede – Cultural Dimensions

Look up your study abroad country with a survey tool:
Culture Compass



* estimated

Cultural Proverbs

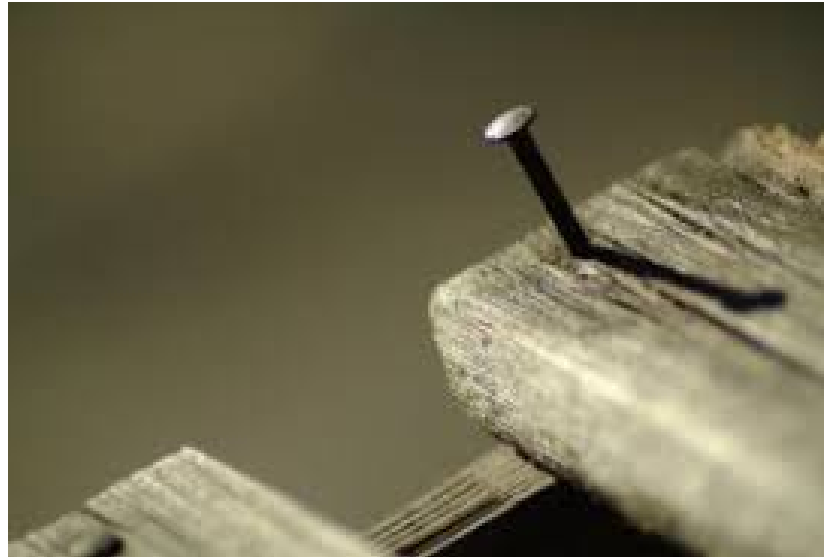
What do you think these mean?

1. The nail that sticks up gets hammered down (Japanese)
2. The eyes cannot rise above the eyebrows (Arab)
3. There is no cow on the ice (Nordic)
4. The Squeaky wheel gets the grease (American)
5. Life should be a dance, not a race (Irish)

If you want to know a people, know their proverbs

The nail that sticks up gets hammered down

Japanese



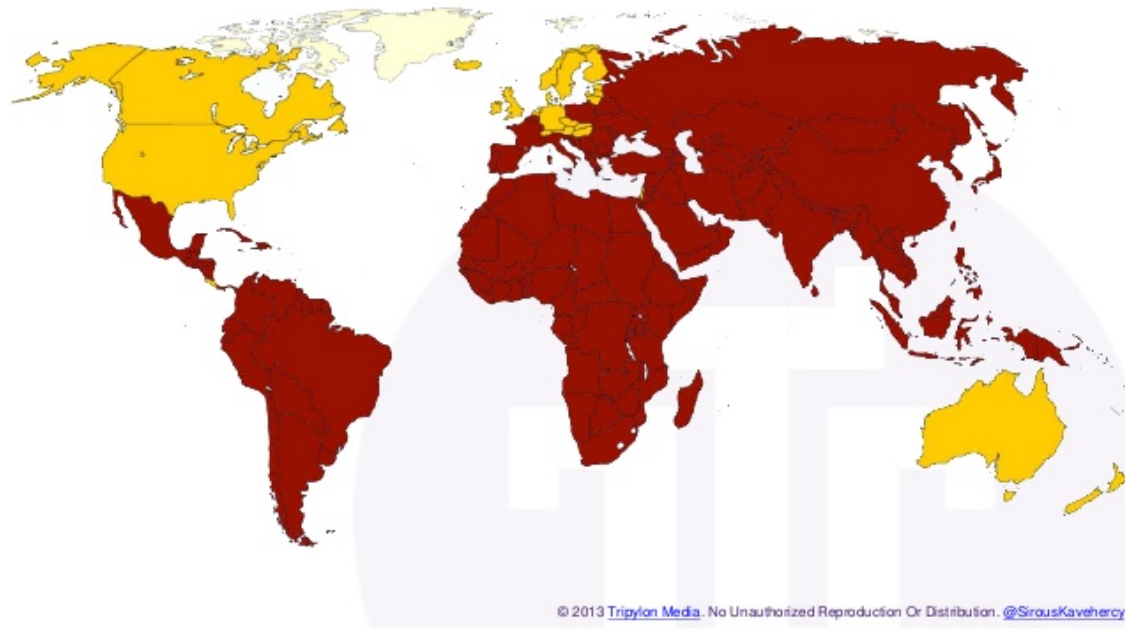
Individualism vs. Collectivism

- **Individualism**
 - “I”
 - Loosely knit social framework
 - Individuals take care of themselves
- **Collectivism**
 - “We”
 - Tightly knit framework
 - Individuals expected to look after each other



Individualism vs. Collectivism

CULTURAL DIVERSITY INDIVIDUALISTIC VS. COLLECTIVISTIC



The eyes cannot rise above the eyebrow *Arab*



Power Distance

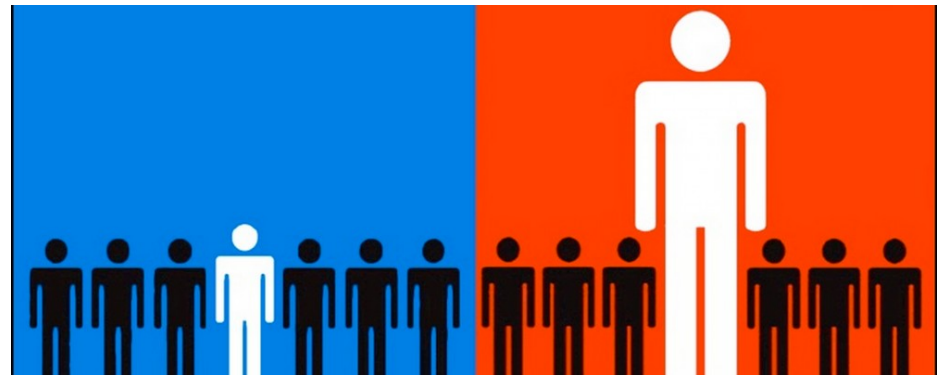
The degree to which less powerful members of a society accept and expect that power is distributed unequally. How does a society handle inequalities among people?

High Power Distance

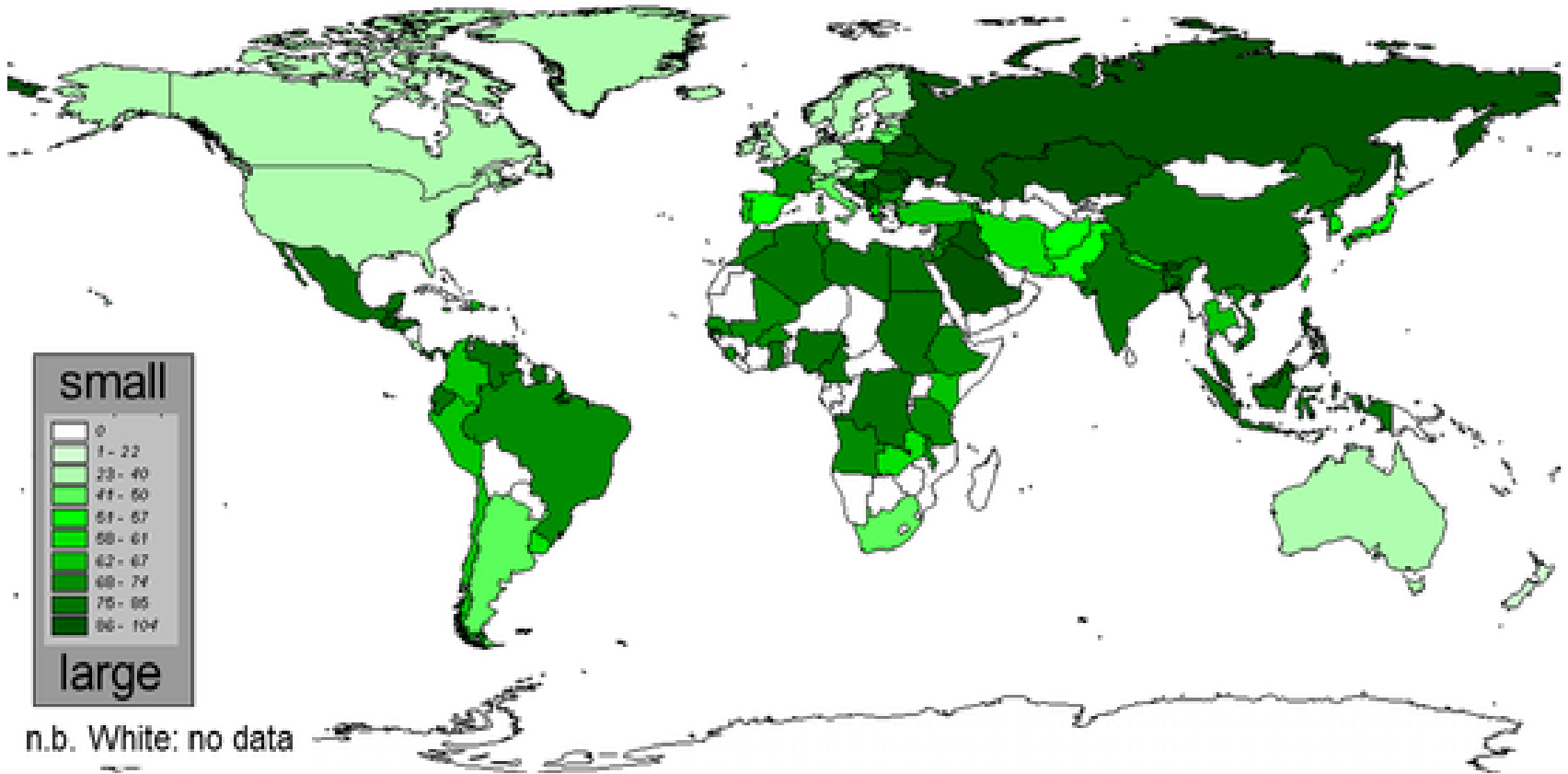
- Accepts a hierarchical order
- Everybody has a place and this needs no justification

Low Power Distance

- People strive to equalize the distribution of power
- People demand justification for inequalities of power



Power Distance World map



There is no cow on the ice

Nordic



Uncertainty Avoidance

Low

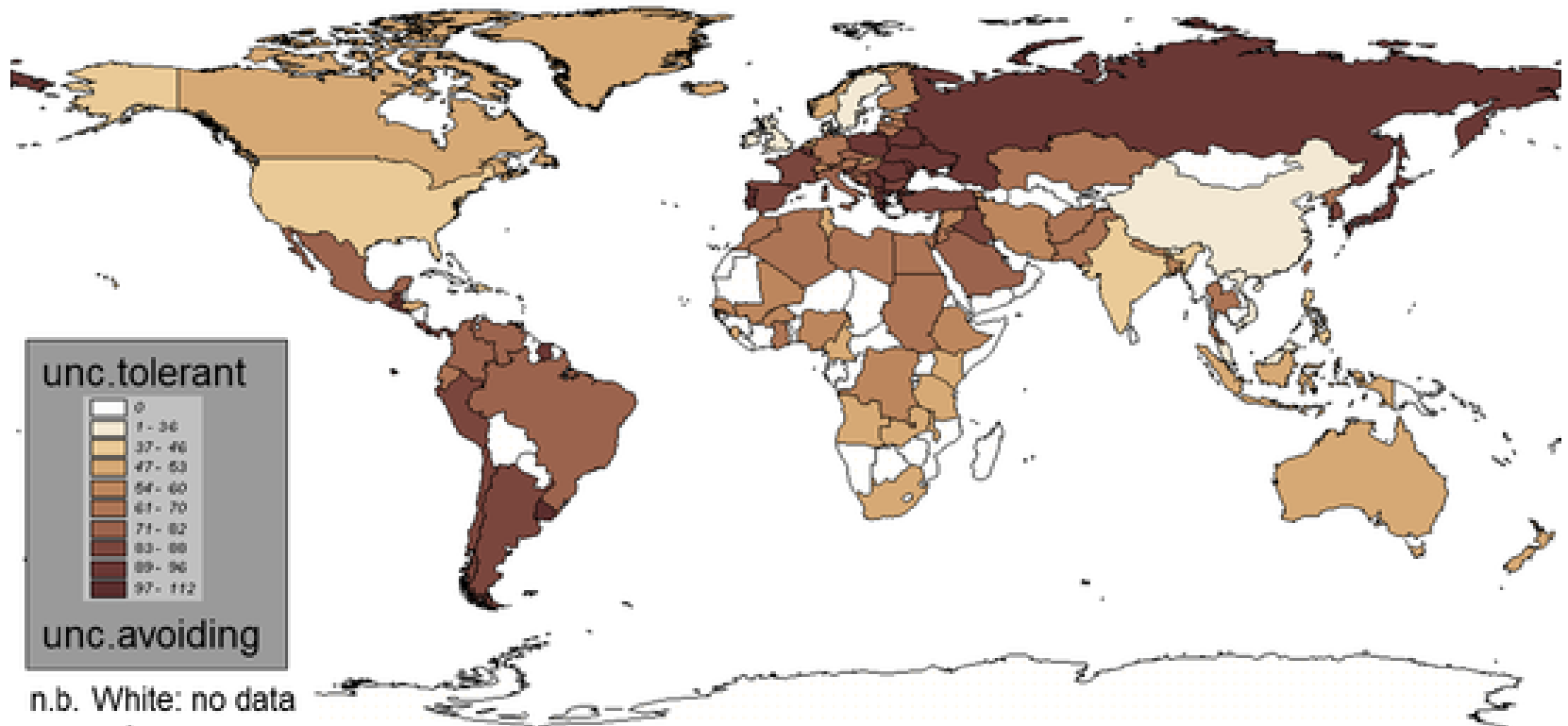
- Prefers few rules, little structure, few guidelines
- Tolerates unstructured and unpredictable situations

High

- Prefers written rules, structure and guidelines
- Uncomfortable with unstructured or unpredictable situations
- Fear of Failure



Uncertainty Avoidance World map

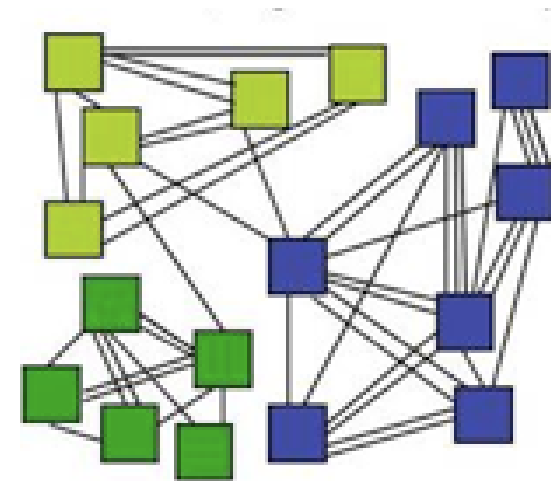
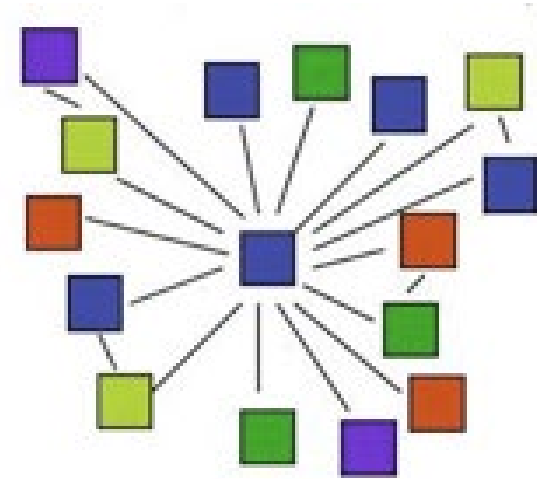


The squeaky wheel gets the grease *American*

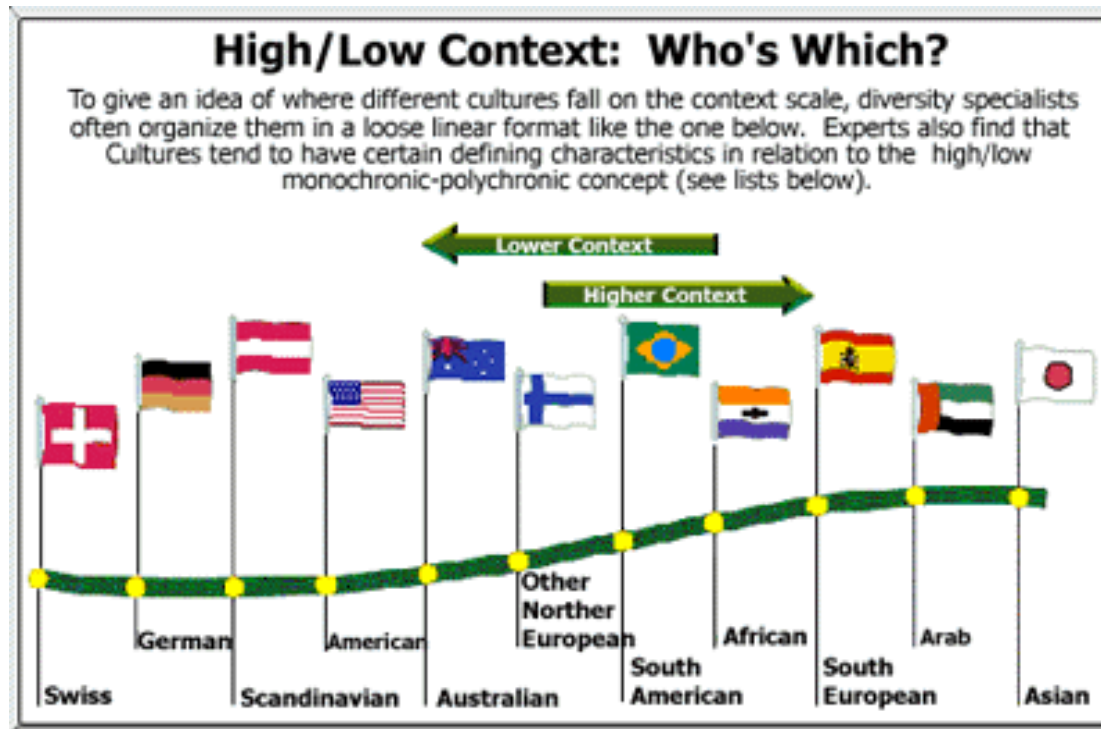


Communication Styles

- **High Context**
 - Many things left unsaid – let the culture explain
 - Word choice is important
 - Relationships are important
- **Low Context**
 - Be explicit
 - Individualism is important



Communication Styles



Life should be a dance, not a race

Irish



Time Orientation

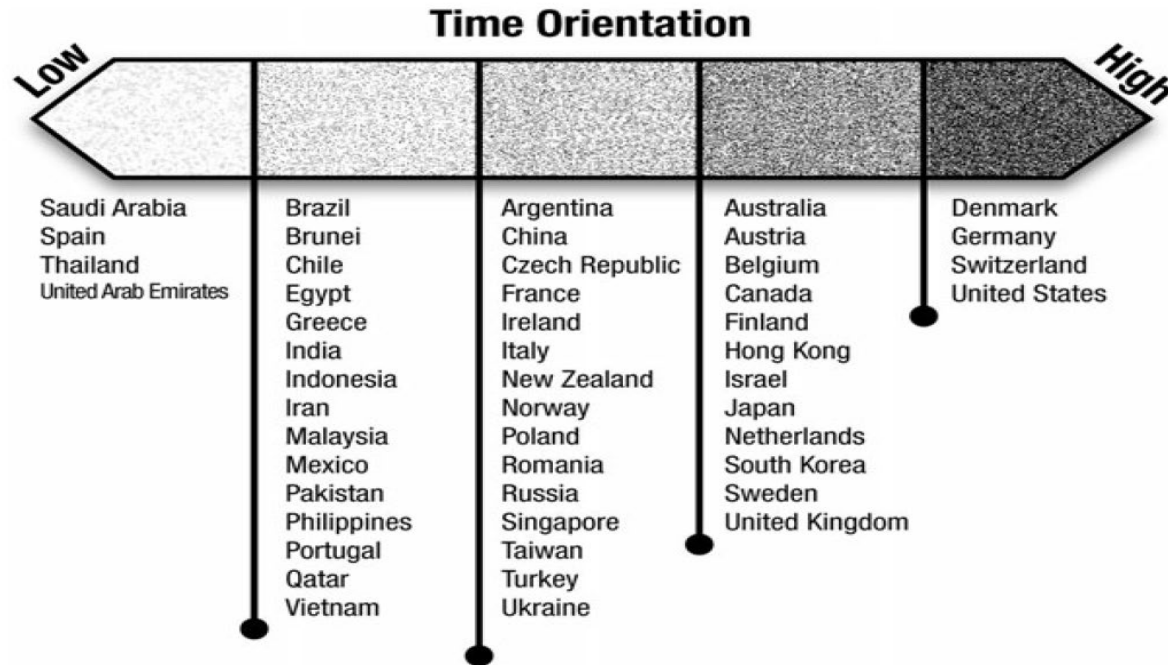
Monochronic Cultures

- Like to do just one thing at a time; dislike interruptions
- Value orderliness; believe there is an appropriate time/place for everything
- Take time commitments very seriously (time = money)

Polychronic Cultures

- Like to do multiple things at once; enjoy and manage interruptions well
- People are their main concern; promptness is based on the relationship of the person asking rather than the task that was asked
- Objectives are more like desirable outcomes than must dos

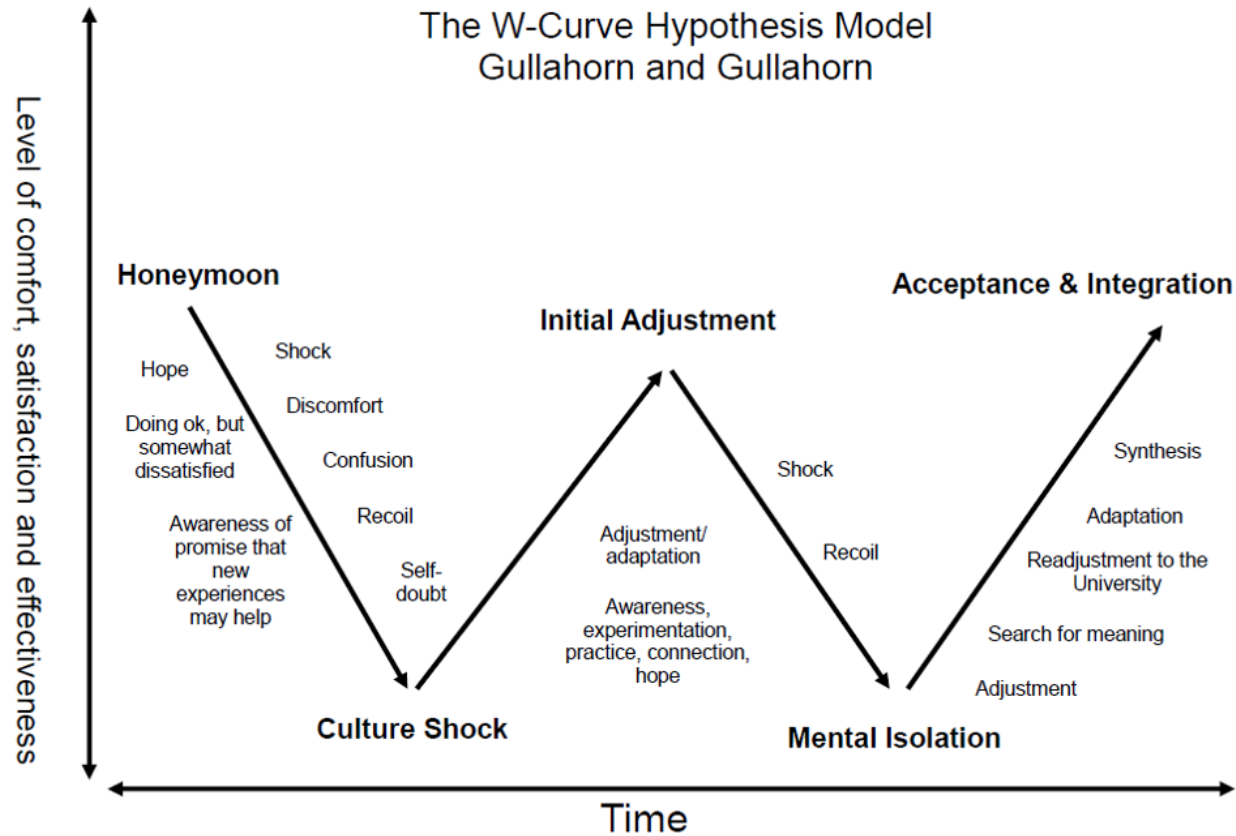
Time Orientation



Tips to Navigate Culture Effectively

- **Understand** (Hofstede)
 - Classroom system/expectations
 - Cultural Concepts (saving face, etc.)
- **Communicate Clearly**
 - Watch your language (idioms, mondegreens, reductions, multi-word verbs, slang, speed, etc.)
- **Check Assumptions**
 - Behaviors have cultural roots (Guanxi = hand holding)
- **Engage**
 - Take advantage of international resources around you
 - Learn names
 - Help students get connected with campus resources/friends/clubs

Culture "Shock"



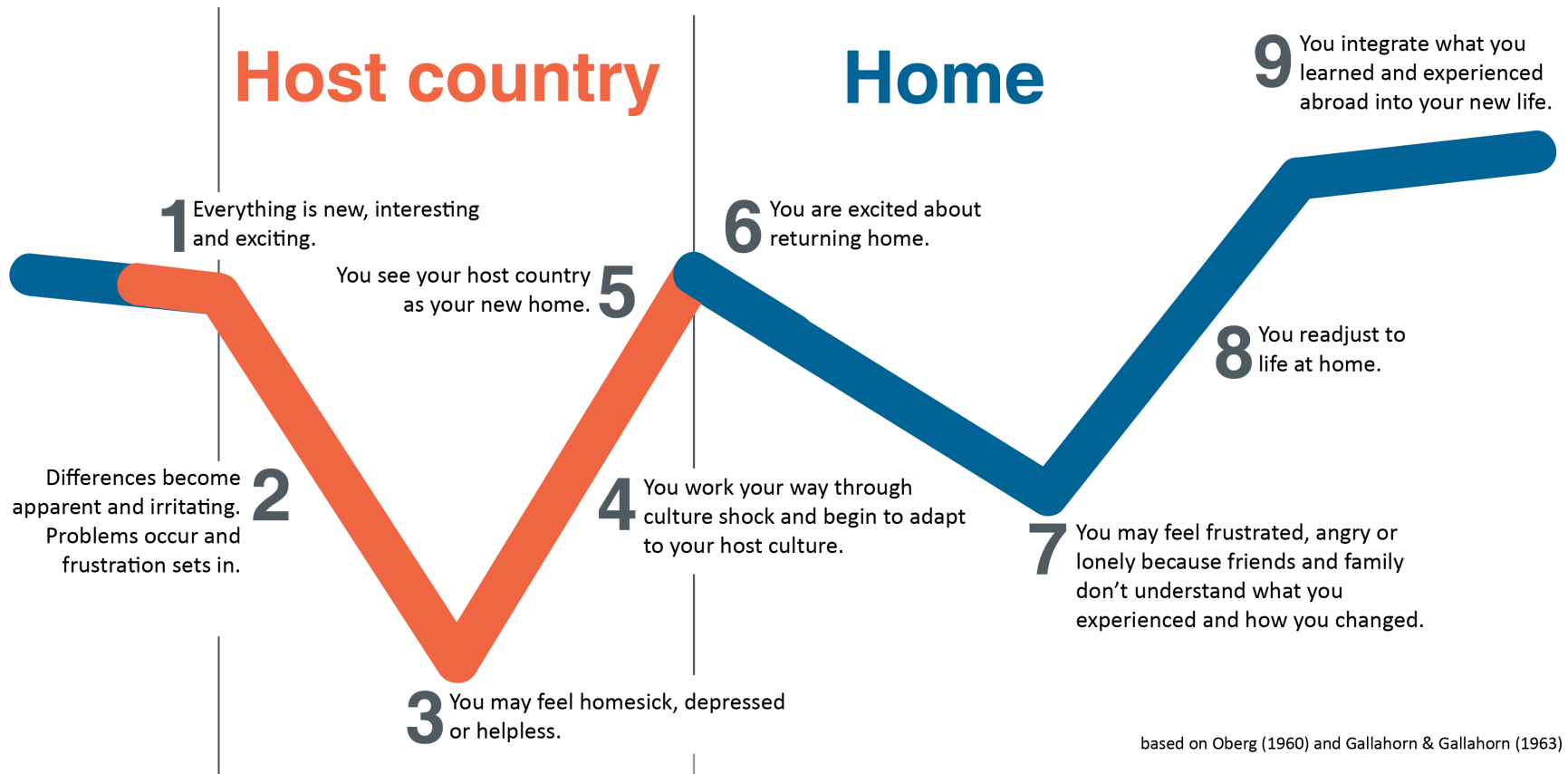
Source: Hoffenburger, K., Mosier, R., & Stokes, B. (1999). Transition experience. In J.H. Schuh (Ed.), Educational programming and student learning in college and university residence halls. Columbus, OH: ACUHO-I

Tips for Avoiding Culture Shock

- Become more familiar with the local language
- Reflect over your motives for going abroad
- Recognize the value of culture shock
- Expect to feel depressed/down/frustrated/angry sometimes
- Make local friends
- Keep your sense of humor!
- Self-care
- Adopt coping strategies that work for you

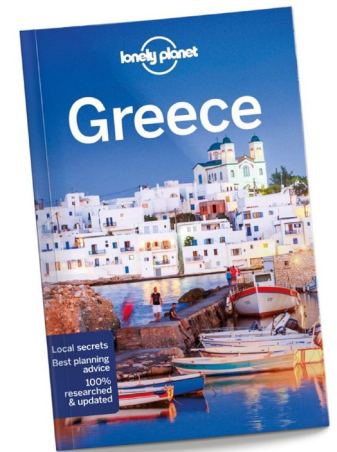


Re-Entry Culture "Shock"



General Tips

- Study Up! Remember that sheet?
- Culture Resources:
 - Going Global
 - Cultural GPS
 - Guidebooks: Lonely Planet, Frommers, etc.
- Register (it's free) for the U.S. Department of State's [Smart Traveler Enrollment Program](#) to get real time health and safety updates
- Get refundable airline tickets & travel insurance



More General Tips

OEA Website:

www.case.edu/studyabroad

Tips on:

- Communication
 - Contact your parents!
 - Download WhatsApp, etc.
- Money
- Packing
- And more!

Education Abroad

Coronavirus (COVID-19) Updates

Benefits

Getting Started

Connect With Us

Diversity and Inclusion

Financial Information

Preparing to Go Abroad

Pre-Departure Orientation

Transferring Study Abroad Credit

Health and Safety

Parent Resources

Faculty Resources

Returnee Resources

Frequently Asked Questions

Preparing to Go Abroad

Ready to go abroad? We're here to help. We've created this section and required [pre-departure orientations](#) as a guide to help you prepare for your study abroad experience.

Communication

Communicating while abroad can be tricky due to time zone differences and resources. Luckily, technology has made staying in touch easier. You don't have to spend a lot of money to call home – consider the following:

- Skype: Make voice and video calls, and send messages for free if you're on Wi-Fi. (And there's just a small fee if you're not on Wi-Fi.)
- Google Hangouts: Through your CWRU account, you can make voice and video calls and send instant messages.
- Smartphones: If you bring your smartphone abroad and use an international SIM card, consider using an application-based platform to communicate (examples include: WhatsApp, Viber, KakaoTalk, Viber, Line)

Be sure to call or email someone at home once you arrive at your host country. Your parents/significant other are anxiously awaiting your arrival too!

Money

Before you head abroad, there are a few quick tips we have for your financial security.

- Call your bank(s) and credit card companies before you depart.
 - Find out what their international transaction fees are and if they have student accounts for international travel
 - Have phone numbers and account numbers for banks/credit cards somewhere safe (i.e. not with your cards!)
- Carry some U.S. currency in case of emergency
- Obtain some foreign currency before you depart, if possible
- Traveler's checks are NOT recommended. Many retailers overseas no longer accept them.

And if you have questions on your federal financial aid, contact [Nancy Issa](#).

Packing

Getting ready for your study abroad adventure can seem daunting. What to pack? How much to pack? The general adage of: 1) lay out everything you absolutely need, then 2) cut it in half is a great rule.

But what if you don't know where to start?

We suggest:

- Comfortable shoes
- Comfortable, weather-appropriate clothes (enough for two weeks)
- The jeans you can't live without
- A nice outfit for formal occasions
- A copy of your vaccination record
- Translation of medical conditions and/or allergies
- Emergency contact list
- Credit card numbers and their respective customer service phone numbers (remember to write down the international number!)

Education Abroad

Coronavirus (COVID-19) Updates

[Benefits](#)

Getting Started

Connect With Us

Meet the Study Abroad Advisors

[Study Abroad Ambassadors](#)

Study Abroad Students' Stories

Diversity and Inclusion

Financial Information

Preparing to Go Abroad

Transferring Study Abroad Credit

Health and Safety



Study Abroad Ambassadors

Study Abroad Ambassadors are CWRU students who have returned from a study abroad program and are chosen by the Office of Education Abroad to share their experience on campus through peer

BECOME AN
AMBASSADOR


Are you interested in becoming
a Study Abroad Ambassador?


Reach out to the Study Abroad Ambassadors!


They have been where you are now and where you are going and would love to share their experiences!



CWRU
*Study
Abroad*

 CASE.EDU/STUDYABROAD

 @CWRUABROAD

 @CWRUSTUDYABROAD

Thank you!