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
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

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

PART 2 OF 4 (RECOMMENDED): REIGNEER ADVISOR APPROVAL

PART 3 OF 4 (REQUIRED): STUDY ABROAD Course Approval Form

PART 4 OF 4 (OPTIONAL): ADVISOR REPORT CONNECTIONS

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. (If requesting approval for a math course, ask the math representative for the department in which credit transfer is being requested. If requesting approval for a math course, attach the completed form and the syllabus for the overseas course to your email for the CWRU academic representative, as instructed here: https://www.case.edu/education/academic-ade/academic-approval.)

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...
“Culture is the collective programming of the human mind that distinguishes the members of one human group from another. Culture in this sense is a system of collectively held values.”
The Cultural Iceberg

**SURFACE CULTURE**
- Food
- Flags
- Festivals
- Fashion
- Holidays
- Music
- Performances
- Dances
- Games
- Arts & Crafts
- Literature
- Language

**DEEP CULTURE**
- 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
- 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.
- Attitudes toward:
  - Elders
  - Adolescents
  - Dependents
  - Rule
  - Expectations
  - Work Authority
  - Cooperation vs. Competition
  - Relationships with Animals
  - Age
  - Sin
  - Death
- Approaches to:
  - Religion
  - Courtship
  - Marriage
  - Raising Children
  - Decision-Making
  - Problem Solving
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CASE WESTERN RESERVE UNIVERSITY
EST. 1826
think beyond the possible
The Cultural Iceberg

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

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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 handles 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

n.b. White: no data
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
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

High/Low Context: Who’s Which?
To give an idea of where different cultures fall on the context scale, diversity specialists often organize them in a loose linear format like the one below. Experts also find that cultures tend to have certain defining characteristics in relation to the high/low monochronic-polychronic concept (see lists below).

Lower Context

German  Scandinavian  Australian  Other Northern European  African  South European  Arab

Swiss  American  South American

Higher Context

Asian
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

- Low: Saudi Arabia, Spain, Thailand, United Arab Emirates
- High: Denmark, Germany, Switzerland, United States

Countries listed in the middle range include:
- Brazil, Brunei, Chile, Egypt, Greece, India, Indonesia, Iran, Malaysia, Mexico, Pakistan, Philippines, Portugal, Qatar, Vietnam, Argentina, China, Czech Republic, France, Ireland, Italy, New Zealand, Norway, Poland, Romania, Russia, Singapore, Taiwan, Turkey, Ukraine, Australia, Austria, Belgium, Canada, Finland, Hong Kong, Israel, Japan, Netherlands, South Korea, Sweden, United Kingdom
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”

The W-Curve Hypothesis Model
Gullahorn and Gullahorn

Level of comfort, satisfaction and effectiveness

- Honeymoon
  - Hope
  - Doing ok, but somewhat dissatisfied
  - Awareness of promise that new experiences may help
- Culture Shock
  - Shock
  - Discomfort
  - Confusion
  - Recoil
  - Self-doubt
- Initial Adjustment
  - Adjustment/adaptation
  - Awareness, experimentation, practice, connection, hope
- Mental Isolation
  - Shock
  - Recoil
- Acceptance & Integration
  - Synthesis
  - Adaptation
  - Readjustment to the University
  - Search for meaning
  - Adjustment

Time

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”

1. Everything is new, interesting and exciting.
2. Differences become apparent and irritating. Problems occur and frustration sets in.
3. You may feel homesick, depressed or helpless.
4. You work your way through culture shock and begin to adapt to your host culture.
5. You see your host country as your new home.
6. You are excited about returning home.
7. You may feel frustrated, angry or lonely because friends and family don’t understand what you experienced and how you changed.
8. You readjust to life at home.
9. You integrate what you learned and experienced abroad into your new life.

Based on Oberg (1960) and Gallahorn & Gallahorn (1963)
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!

Preparing to Go Abroad

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, 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 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 advice: 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)
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!
Thank you!