

# Academic and Cultural Pre-departure Orientation

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



# Zoom Details



- MUST stay for the duration - MUST
- Make sure you are on mute
- Please keep your video on
- Put on Speaker View (to see Powerpoint)
- Office of Education Abroad (OEA) staff will be using the chat function – use it to ask your questions and to comment!
- Sign in at start/end in chat

**"If college is the process of transforming from a child into an adult, study abroad is the honors version: the pace is a little quicker, the work is just a little more difficult, but the payoff is that much more satisfying. Also, it's a great excuse to travel the world."**



**- Maria Oldenberg (IES Buenos Aires)**

# Welcome to Pre-Departure Orientation

- In the chat box, type in the school/location that you will be traveling to (ex: University of Edinburgh/Scotland (UK))
- We will get your attendance from a Zoom report from CHAT
- Heads up: There will be "mini quizzes" throughout!!!







# Application Logistics

# Study Abroad Registration: EDAB 1 (3) / EXCH 1

Graded P/NP

In order to register in SIS you must have:

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



# Policies for Study Abroad Course Transfer

## For Students Participating in Semester/Academic Year Programs:

- Course Approval Form necessary for credits
- Credits are converted – you are responsible for knowing yours
- Need a C or better on the overseas scale for the courses to be transferred
- Courses are transfer credit, which do not factor into CWRU GPA.
- Language policy: if studying in a location where English is not an *official language*, must take a course that advances skills in a language of the host country during each semester of study abroad, if available; may be language instruction or a course taught in a language of the host country
- Stay in good academic standing and full time student status while abroad
- Senior study abroad, check the senior residency requirement w/UG Studies

- Max of 38 hours of transfer credit after matriculation



CWRU

think beyond the possible™

- Half of the coursework for major and/or minor must be completed at



# How To: Register for EDAB 1 (3) (P/NP)

- Reminder: EDAB 1 v EDAB 3
- 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





# CWRU will pay your tuition abroad after you:

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



# Review Cancellation/Withdrawal Policies

- Academics Abroad
- Housing Abroad



# Your Study Abroad Application

- Don't Forget:
  - Acceptance Letter
  - Host Country Emergency Contact Info
  - In Country Housing info
  - Course Approval Form (more on the next slide)



**Due Date: Friday before Finals\***

\*Except Germany, Korea, etc.

# Course Approval Form

- Signatures Needed:
  - [Academic Representatives](#) – for courses in their department
  - Major Advisor – once all courses are signed by Academic Reps
  - Study Abroad Advisor last
- CWRU course code **&** number required for transfer (Ex: ECON 300TR)
- Credit Conversions on [brochure page](#)
- Other Courses:
  - languages not offered at CWRU are approved by OEA
  - Standing approvals
  - Tech Electives and Substitutions

The image shows a 'think: study abroad' Course Approval Form. The form is tilted and has a large 'WIP' watermark across it. It includes sections for 'CWRU Program/Plan Information', 'CWRU Email', 'Graduation Term', and 'Term and Year Abroad'. There is a table for 'Course Approvals' with columns for 'CWRU Course Code', 'CWRU Course Title', 'CWRU Credits', and 'Study Abroad Course Code'. The form is partially filled out with handwritten text and signatures.



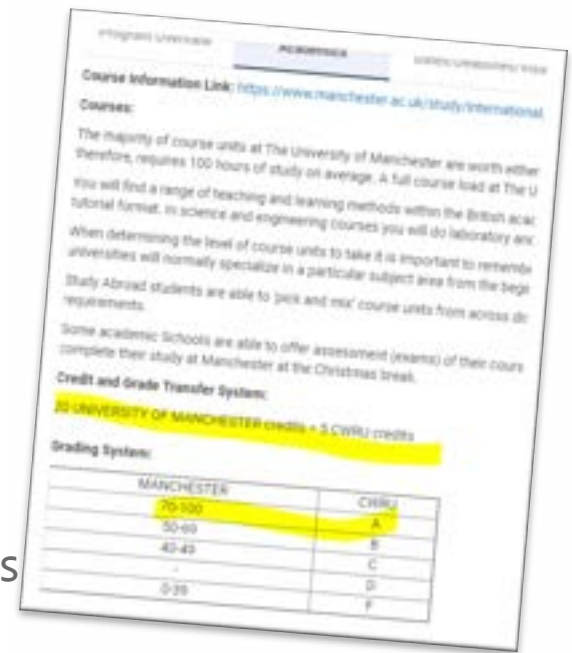
# Transcripts

- Official Transcripts must be sent via postal mail or to [studyabroad@case.edu](mailto:studyabroad@case.edu) from overseas institution directly
- Needed before courses can be processed for transfer to CWRU
- Retain a copy for your records
- REMEMBER that graduate and professional school applications will require their own separate **official** copies



# Course Timeline & Grading

- 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
    - 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!)



# Mini Quiz 1

- Link in Chat



# Prepare Now



DENALADA  
1913-2013



# Survival Skills Review

## Required:

What is something that you learned that you didn't know before?

(Answer in chat)



# Visas – Be thorough!

- Every country is different: not everyone needs a visa for every country
- 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

# Covid/Border Resources

- Quarantine?
- Required Booster?
- GreenPass?
- PCR Testing/Testing Facilities
- Resources
  - Embassy
  - CDC
  - U. S. Department of State
  - Healthcare availability (WHO)



# Flights/Travel

- Refundable? Change Fees?
- Flight Alerts (Kayak, SkyScanner, Google, etc)
- Frequent flyer programs/credit cards
- Student Universe/STA Travel
- Round Trip vs. One Way (visa implications)
- Check luggage weight allowances and costs on the airline's website
- Check Transit Issues / Layovers





# Packing List

Pack Light

Pack Sustainably

OEA Website:

[www.case.edu/studyabroad](http://www.case.edu/studyabroad)



Education Abroad

## Packing Tips

Getting ready for a study abroad adventure can seem daunting. What to pack? How much to pack? The general advice of "lay out everything you absolutely need, then only pack half," is a great rule. But where to start?

We suggest:

- Comfortable shoes
- Comfortable, weather-appropriate clothes (enough for two weeks)
- Favorite pair of jeans
- Dress outfit for formal occasions
- Vaccination record (copy)
- 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!)
- Some cash in local currency and U.S. dollars
- Copies of passport (and visa, if applicable), keep a hard copy and an electronic version
- Additional form(s) of identification (student ID or driver's license)
- Prescription medication(s) and doctor's contact information for refills while abroad
- Enough contacts to last the entire program. For glasses, bring a copy of the prescription in case they break.
- Copy of study abroad institution's Acceptance Letter to show the customs agent if necessary
- Enough toiletries (toothpaste, contact solution, shampoo, deodorant, etc.) to last two weeks
- Small gifts that reflect the home culture to be given to professors, friends,
- A camera—kept in carry-on bags.
- Journal/diary
- Outlet adapter/charger
- Chargers for any electronic devices. (But do not bring hair dryers or anything else that heats up; it will be safer to purchase these in-country.)
- Phrase book if going to non-English speaking country
- Map to get from the airport to the destination comfortably
- Use a backpack as a carry-on. Reuse it for day-savings or weekend togs.

Remember: students will purchase items while abroad. Allow luggage space to bring these items back.

Most importantly: Students are responsible for carrying their luggage until their final destination is reached. Make sure the luggage can be comfortably carried up stairs and for a long walk.

For additional ideas, check out the following resources:

- [The Study Abroad Packing List](#)
- [2 Summers + 1 Year = Study Abroad Packing List](#)

# Techy Stuff

## Duo Dual Factor Identification

- Install App
- Worst case scenario? (ie, lose phone)
- 10 SMS passcodes

## Phone

## SIM Cards (Unlocked?)

## EduRoam



# Grading Systems and Teaching Styles

- What will the classroom be like?
- What will the teacher be like?
- What will the teaching style be?
- What should you wear?
- What's the syllabus expectation?
- What will the course expectations and assessment be like (ie, Finals)?
- What will the outcome/grades be?
- What will the customer service be like in international offices?



# Identity: Disability and Accessibility



## Think about:

- How will my disability affect which study abroad programs I consider?
- Will I disclose my condition to the Office of Education Abroad or the host program?
- How will I plan ahead to manage my condition before going abroad?
- What barriers might I encounter (both in planning to go abroad, and while abroad), and how will I overcome them?
- How will the resources I have abroad differ from what I am accustomed to at CWRU?
- How may my disability be perceived in my host country?
- What activities or excursions abroad (if any) will I not be able to participate in due to my disability?
- If I need access to medication, supplies, or medical services, will I have access abroad? Will I need documentation to travel with medication (i.e. gender-affirming hormones)?

## Before you go:

- Talk to your study abroad advisor about your particular needs, study abroad options, and possible site-specific information pertaining to your disability
- Speak with other students with disabilities to learn out their experiences abroad
- Contact your Disability Resources advisor to request that your letter of accommodation be shared with your study abroad advisor, who will pass along this information to your study abroad institution.



# Identity: First Gen



## Think about:

- How long do I want to be abroad? There are programs available for different lengths of time - semester, academic year, and summer. Short-term faculty-led options are also available.
- How will my study abroad experience fit into my academic plan at CWRU? There are programs that will help fulfill major and minor requirements so you can still graduate at your scheduled time.
- How will I make studying abroad affordable? See our [Financial Information](#) and [Scholarships](#) page. Many study abroad scholarships are available specifically to first-generation students

## Before you go:

- Discuss plans with your family. Study abroad may be a novel idea to your family, so make sure you can articulate the academic, personal, and professional benefits of the experience. Talk to your family early on and let them know that they can speak with an OEA advisor if they have any questions.
- Speak with other first-generation students to learn about their experiences abroad.
- Be prepared at the Airport!

# Identity: LGBTQ+



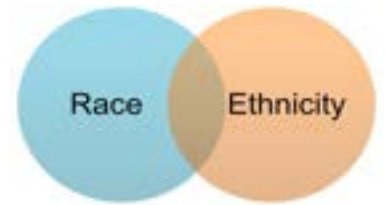
## Think about:

- Will local cultural values and host-country laws affect my decision in where to study abroad?
- Does my LGBTQ+ identity conflict with my host country's religious or cultural values and traditions?
- Do you want/need to be part of a supportive LGBTQ+ community? Are there LGBTQ+ organizations on your host campus or in the community?
- What, if any, safety considerations should I be aware of? Is it safe for me to be out about my sexual and/or gender identity in my host community?
- What is the social perception of members of the LGBTQ+ community in my host culture?
- What role do trans\* individuals play in my host culture?
- Does my study abroad program offer LGBTQ+ friendly housing?

## Before you go:

- Research what kind of rights LGBTQ+ individuals have in your host country. Are there any specific laws regarding same-sex relationships or associations with LGBTQ+ individuals?
- Connect with previous LGBTQ+ students who have studied abroad to talk about how they navigated/experiences sexual and gender identity in their host country
- Utilize the resources/speak with staff at the LGBT Center on campus before departure to set yourself with as much support as needed.

# Identity: Race and Ethnicity



Think about:

- How is my race/ethnicity perceived in my host country? Are there stereotypes associated with my race/ethnicity?
- Does my host country have a history of ethnic tension, prejudice/discrimination or acceptance/inclusion with my ethnic group?
- Are there laws in the host country governing race relations? Ethnic relations? What protections are offered to ethnic or racial minorities?
- Am I going to be treated the same way in my host country as I am in the U.S.? Will I be in the minority/majority for the first time?
- How will my personal racial or ethnic identity shape my experience abroad?
- How will I react if I encounter racism or other discriminatory behavior?
- How will I feel if I am the only minority in a cohort of other Americans in my program

Before you go:

- Make use of online resources that offer advice, personal narratives and other information.
- Speak with other students from diverse backgrounds who have studied abroad.
- We encourage students to reach out to the [\*\*Office of Multicultural Affairs \(OMA\)\*\*](#) for additional support.

# Do your Research ; Let us Help



## KENYA - COUNTRY BACKGROUND



References: CIA World Factbook | IIE Open Doors Report | Lonely Planet: Kenya

### WELCOME TO KENYA

### ETHNIC MINORITIES IN KENYA

### PHYSICAL DISABILITY IN KENYA

#### Potential Considerations for Students with Disabilities

Kenya law prohibits discrimination against persons with physical or mental disabilities in employment, education, and access to health care. Despite this, the government does not always effectively enforce these provisions. Government buildings, especially in rural areas, are not accessible to persons with disabilities. Sidewalks and streets are often difficult to navigate, even for people without disabilities. Taxis typically cannot accommodate wheelchairs.

Kenya's with disabilities face limited access to assistive devices, specialist services and a lack of reasonable accommodations in public places. Furthermore, barriers to participation in education persist due to prejudice and direct discrimination. There continues to be resistance by parents and school officials to provide resources to students with disabilities. Kenyans with disabilities also face difficulty finding employment due, in part, to a relative lack of education compared to persons without disabilities, prejudice among employers, and lack of reasonable accommodations. As a result, many persons with disabilities live in poverty, and without welfare support.

Kenya's mental health system is understaffed, even though the number of Kenyans with mental disorders is rising. Many Kenyans see mental illness as a spiritual rather than medical issue. Kenyans often seek religious guidance instead of mental health professionals for assistance.

#### Notes:

- To be sure that needs are accommodated, students with disabilities should be careful to research buildings and facilities for their housing and

# What is an American?

- Quiz





# Being an American abroad


- You may not identify as being "American" but you may still be considered to be an American by your host country
- You may not "look like an American" but by other standards, you are considered to be an American by your host country
- So, what does being American mean anyway?
  - Appearance (looks and wear)
  - Behaviors (act)
  - Language (what and how you say it)
  - Anti-American sentiments?



CEA > EDUCATION ABROAD > CONNECT WITH US > STUDY ABROAD AMBASSADORS

**Education Abroad**

- COVID-19 Updates
- Get Started
- Connect With Us**
  - Meet the Study Abroad Advisors
  - Study Abroad Ambassadors**
- Apply
- Finances
- Preparing to Go Abroad
- While Abroad
- Returning to CWRU
- Faculty Resources
- Parent Resources



**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 advising, classroom presentations and more!

**Learn about each of the Study Abroad Ambassadors below!**

**BECOME AN AMBASSADOR**

Are you interested in becoming a Study Abroad Ambassador? Check out the details of the program and how to apply.

## Reach out to the Study Abroad Ambassadors!

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

# Tips Navigate Culture Effectively

- What is "immersion" anyway – long term adoption of daily living like a local
- How would a local student live?
- How can you participate in your local culture?
- What is the intersection between your own identity and local norms?
- How do you navigate the experience of being both a guest and a resident?



# More Cultural Resources

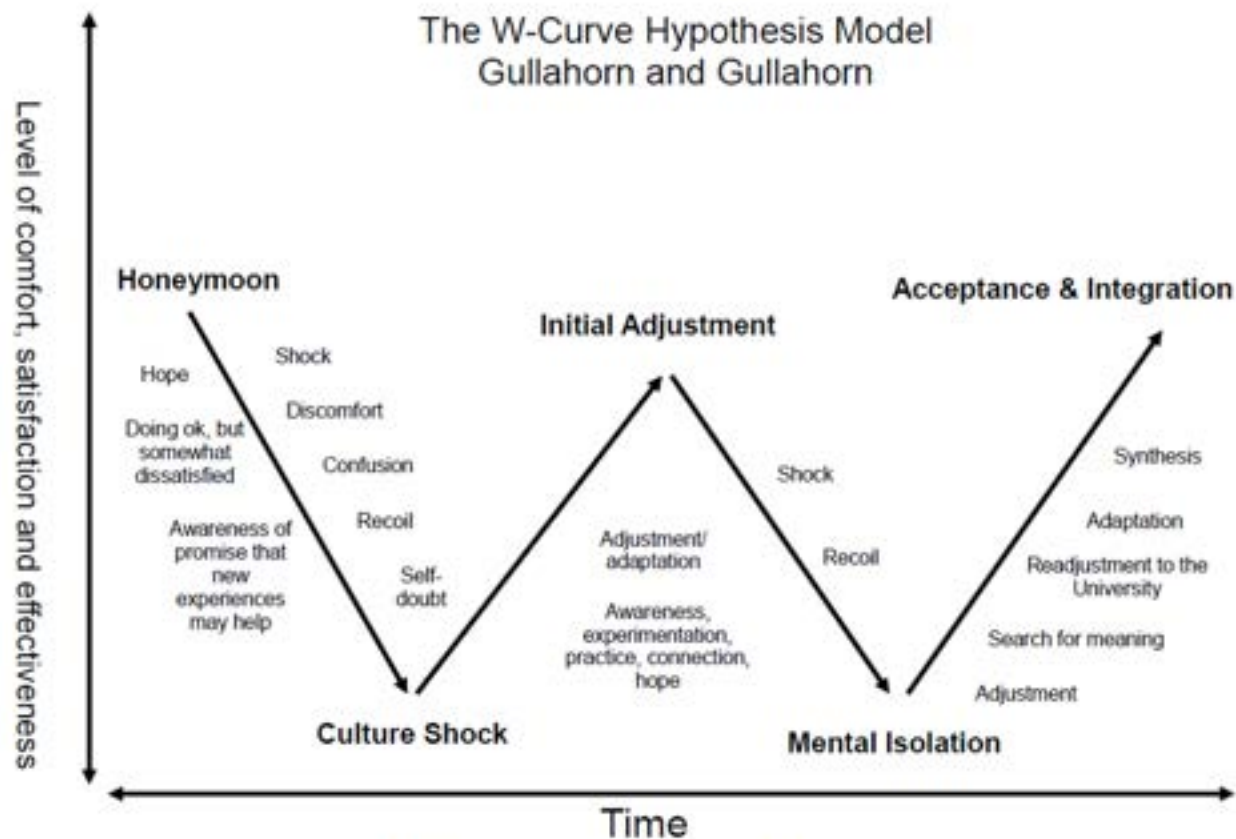
- Cultural Deep Dive and Theory (Schedule/Cami)
- Region Specific Sessions (Schedule/Advisor)



# While Abroad



# 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 Culture Shock

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



# How will you "self-care"?

- Quiz





# SUSTAINABLE DEVELOPMENT GOALS

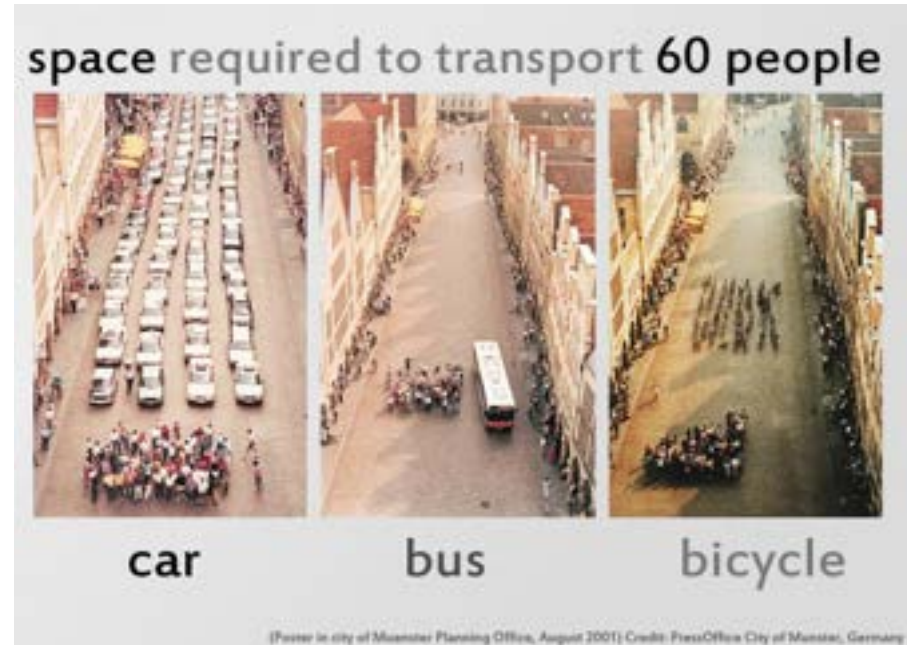
17 GOALS TO TRANSFORM OUR WORLD

<b>1</b> NO POVERTY 	<b>2</b> ZERO HUNGER 	<b>3</b> GOOD HEALTH AND WELL-BEING 	<b>4</b> QUALITY EDUCATION 	<b>5</b> GENDER EQUALITY 	<b>6</b> CLEAN WATER AND SANITATION 
<b>7</b> AFFORDABLE AND CLEAN ENERGY 	<b>8</b> DECENT WORK AND ECONOMIC GROWTH 	<b>9</b> INDUSTRY, INNOVATION AND INFRASTRUCTURE 	<b>10</b> REDUCED INEQUALITIES 	<b>11</b> SUSTAINABLE CITIES AND COMMUNITIES 	<b>12</b> RESPONSIBLE CONSUMPTION AND PRODUCTION 
<b>13</b> CLIMATE ACTION 	<b>14</b> LIFE BELOW WATER 	<b>15</b> LIFE ON LAND 	<b>16</b> PEACE, JUSTICE AND STRONG INSTITUTIONS 	<b>17</b> PARTNERSHIPS FOR THE GOALS 	 <b>SUSTAINABLE DEVELOPMENT GOALS</b>

# Travel Sustainably

## General Tips for Study Abroad

- Know your Host University/Provider
- Travel
- Water/Food
- Support Local
- Souvenirs





# Green Passport

## Sign up?

<https://greenpassportprogram.wordpress.com/about/>



# Communicate

- Time Differences (Plan now)
- Smart Phones / Internet
- Skype/Zoom/WhatsApp
- Call your family!
- Communicate with OEA
  - Google Chat/WhatsApp
- Emergency #s



# Budgeting

- Know your currency conversion
- Open a bank account
- Figure out bank and credit cards fees before departure
- Budget sheets

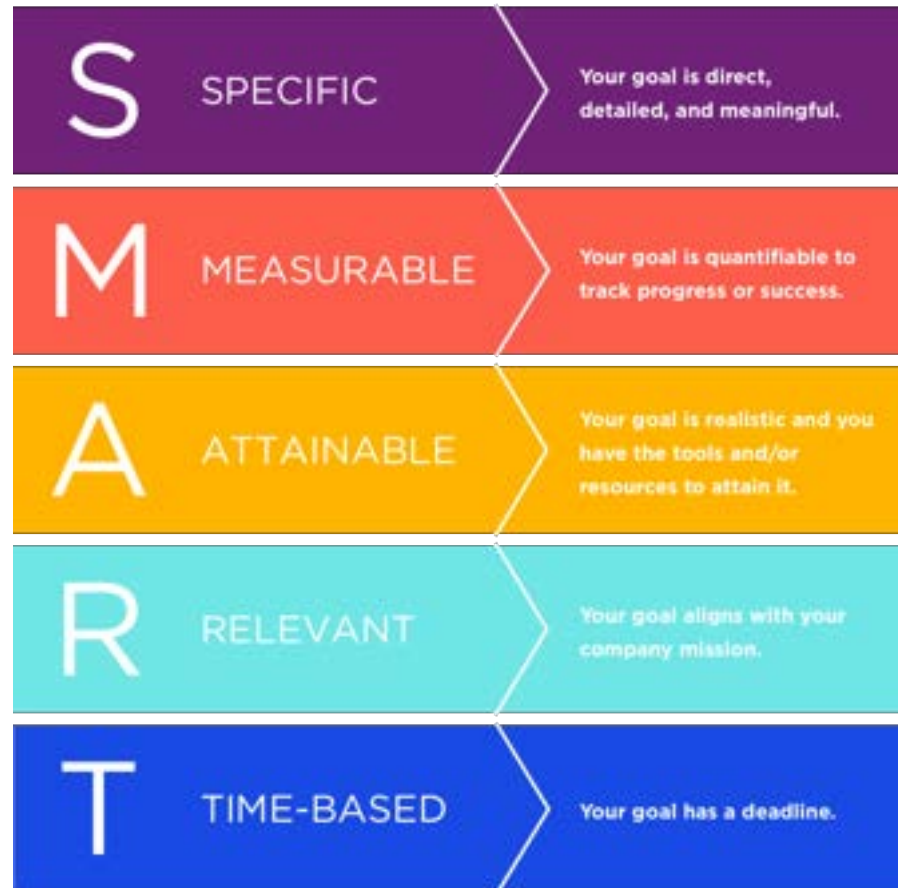


# Joining Clubs/Getting Involved

- ERASMUS (Europe)
- Orientation Events/Fairs
- Community Groups/MeetUp



# Setting SMART Goals for Study Abroad





# Academic/Career Goals

- Academic Performance
- Learning a Language
- Career Plans
- Career Benefits of Study Abroad
- Adding Study abroad to your Resume/CV



# Personal Goals

- Culture/Knowledge
- Confidence/Independence
- Adapt a Growth Mindset
- Develop Cross-Cultural Skills
- Learn more about yourself



# What are your goals?

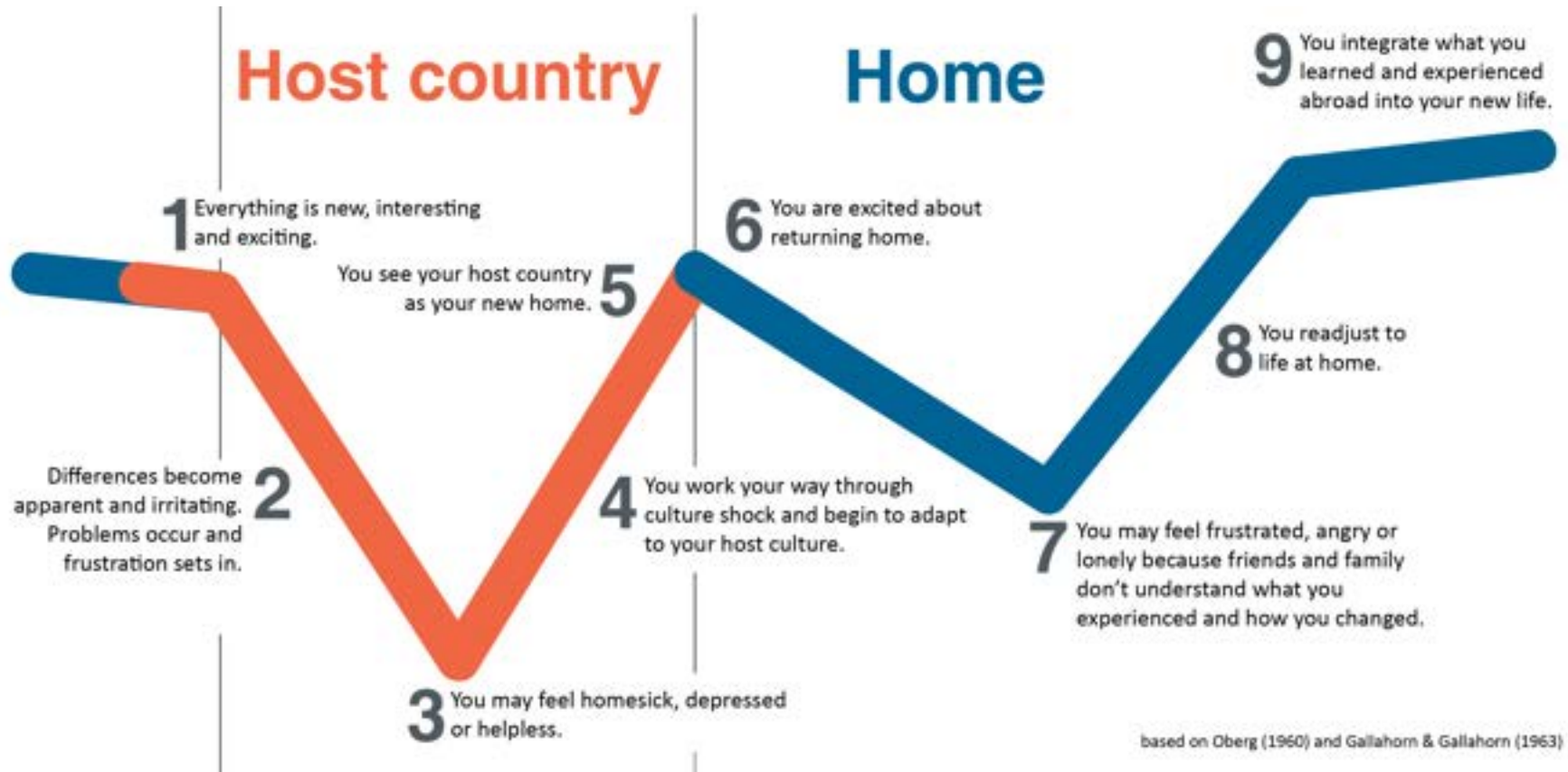
- Quiz





# Returnee

# Re-Entry Culture "Shock"





# Study Abroad Photo Contest

- Overall Winner: \$100
- The World is Your Classroom: \$75
- Cultural Experience: \$50
- Spartans Abroad: \$75
- Scenery: \$50






# Returnees on Campus


- EA Office
  - Save The Date – Returnee Session
  - Ambassador/Office Work Survey
  - Study Abroad Fair
  - Study Abroad Ambassador
  - Instagram Takeovers (while abroad and as a "throwback")
- Housing/Classes
  - Don't forget to register w/CWRU!






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*Study  
Abroad*

 [CASE.EDU/STUDYABROAD](https://CASE.EDU/STUDYABROAD)

 @CWRUABROAD

 @CWRUSTUDYABROAD

**Thank you!**