
Spring 2022 Study Abroad Pre-Departure Orientation Session

December 8, 2021



BROWN

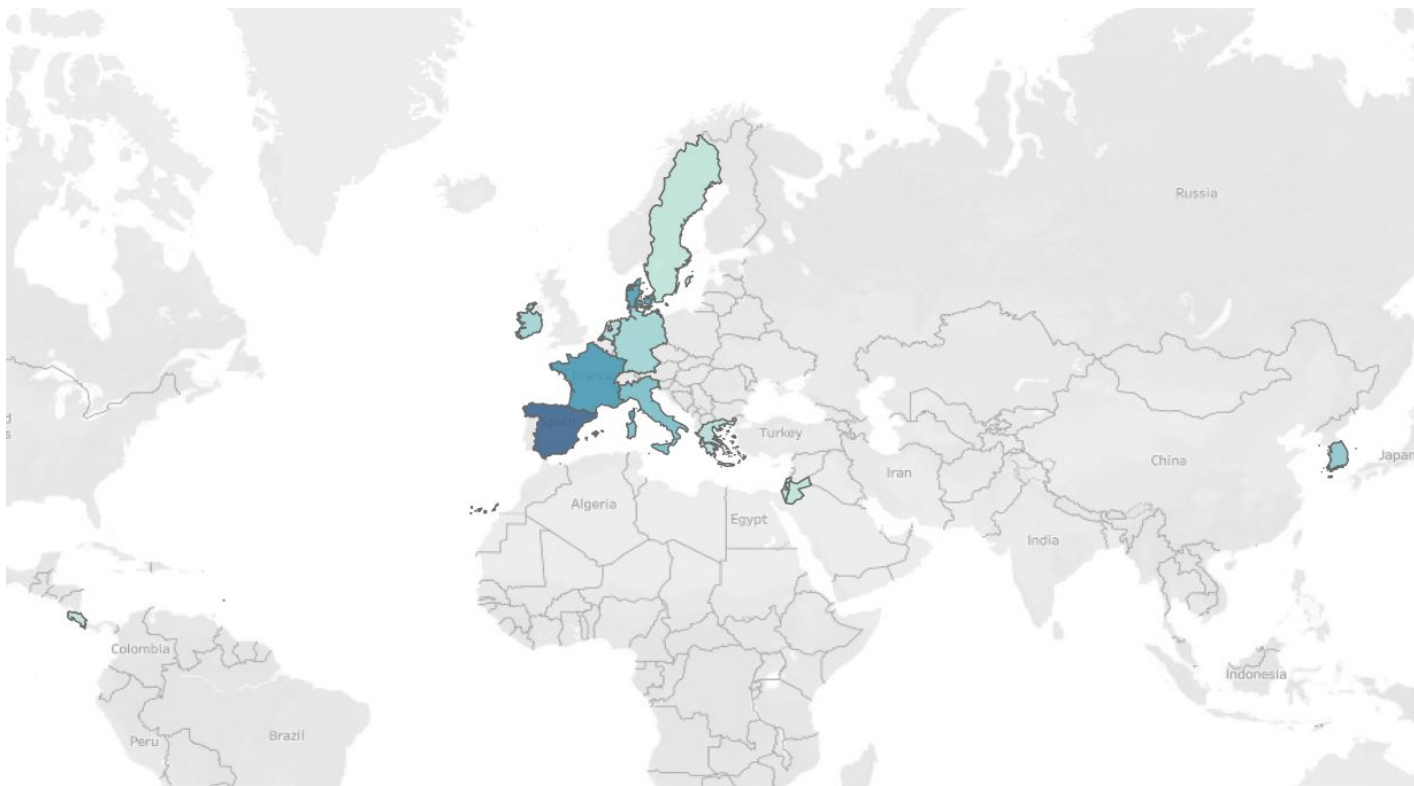
Office of International Programs

Schedule



- Welcome
- Travel Basics
- Finances Abroad
- Health & Safety
- Academic Guidelines
- Culture & Identity/
Managing Expectations
- Brown Basics
- Reminders/Checklist
- Q & A

Who's Going Abroad?



Total: 106

Country	
Barbados	2
Costa Rica	1
Denmark	13
England/United Kingdom	22
France	14
Germany	4
Greece	2
Ireland	4
Israel	1
Italy	8
Jordan	1
Netherlands	3
Scotland	2
South Korea	6
Spain	22
Sweden	1
Grand Total	106

Travel Basics



Passport and Vaccination Card

- Passport must be valid for at least 6 months after program end date
- Store them safely & keep copies (Google Drive)

Travel Visa (NOT the credit card)

- Country requirements vary; check for correct paperwork, especially if you are traveling to another country as part of your program or en route to your program location
- Carefully follow instructions of embassy or consulate
- Be aware of dates and deadlines
- Budget for this expense

International Students

- Contact an International Students & Scholars (OISSS) advisor before leaving to ensure that you have an updated travel signature

Travel Basics *(Flights & Packing)*



Avoid Overpacking
(buy some items abroad)

Check with
your airline for
COVID-related
entry
requirements

Review airline
cancellation
policies and
change fees

Check if your
program has
specific
arrival dates/
times or other
requirements

Finances Abroad

- **Budgeting**

- Make a weekly or monthly budget
- Bring some local currency
- Set aside extra money for unforeseen circumstances



- **Credit and debit cards**

- Contact credit/debit card companies and banks prior to travel
- Know credit limits and international transaction fees
- Research partner banks abroad
- Copy/scan front and back of credit cards in case of loss

****Some destinations may have more limited card access****

Financial Aid & Bursar's Office

- Aid travels with you abroad; follow deadlines and requirements
- You will be billed for Brown tuition, but non-academic costs (e.g., housing, meals) are paid directly to provider for most programs
- Refunds distributed AFTER start of your study abroad program semester
- **Study Abroad Budget Forms** *submit ASAP if you have not already
- Application materials will be available in early January for 2022-2023.



Health & Safety

Health Insurance:

- You are *required* to have health insurance overseas; do not cancel your U.S. based coverage
- Verify your overseas insurance coverage
 - Find out what is covered & how to submit claims from abroad
- All students studying abroad are enrolled in an *accident/sickness* plan through ISOS during their program dates at no additional cost
- Traveling before or after your program? Consider purchasing a supplemental leisure coverage plan if you anticipate travelling before or after your study abroad program dates
- For questions about Brown SHIP coverage, contact **Brown Insurance Office** at 401-863-9481



Health & Safety

International SOS

- All students are enrolled at no cost
- Not health insurance
- Download free Assistance App (app.internationalsos.com). This will enable you to receive relevant health & security alerts to your phone
- Services include pre-travel assistance, mental health counseling sessions
- Check legality/availability of your prescribed medications abroad



STEP and CDC health notices

- Register your trip abroad with the US Department of State
- Research travel destination(s)
- Review US State Dept. [Travel Advisories](#) and [travel health](#) and [COVID-19](#) notices on the CDC website

Health & Safety

TravelSafe

- All students are required to register their travel plans in TravelSafe
- The details you provide regarding itinerary and emergency contacts will help Brown's Global Travel Safety and Security administrators account for your well-being and provide assistance in the event of an emergency
- Instructions and links will be provided through *ViaTRM*
- Registering in TravelSafe will automatically enroll you with International SOS and in the study/travel abroad accident and sickness insurance policy



Health & Safety

Consult with your primary health care provider & OIP before departure with any health concerns

Immunizations:

- Make sure you are up-to-date on all vaccines before departure
- Some programs require that you submit your immunization records and a recent examination record from your doctor
- Research required immunizations: U.S. Centers for Disease Control and Prevention (www.cdc.gov)



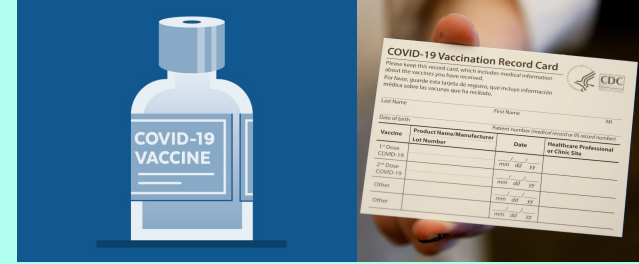
Prescription Medication:

- Carry enough *with you* (**in original containers**) and a note from a doctor
- NOTE: some medications are prohibited/unavailable in some countries
- Research before departure and have a plan; *ISOS is a good resource

Health & Safety

COVID-19 Related

- COVID Vaccine **required** to study abroad for Spring 2022
- We strongly encourage you to get a COVID **booster** (if eligible) **prior to your departure**:
 - Some countries require booster shots to maintain full vaccination status, and to have access to transportation, housing, and social and cultural activities
 - Consult [Healthy.Brown.edu](https://www.healthybrown.edu) for updates on university recommendations and requirements
- Make a copy of your vaccination card and follow same instructions for safe-keeping as with passport
- Program Changes or Suspensions? Brown will continue to assess local public health environments to ensure the safety of program participants



Health & Safety

Theft can be very prevalent, especially in big cities!

Consider purchasing property insurance against loss, theft, or damage to your personal possessions while abroad. You may also be covered by your family's homeowner's policy or rental insurance.

Safety recommendations

- Keep copies of EVERYTHING in several places and lock up belongings
- Have a working cell phone
- Always stay aware of surroundings, suspicious people, packages, etc.
- Avoid protests/demonstrations; they can quickly escalate
- Beware of date rape drugs

Communications

- Know who to contact; respond immediately to Brown/onsite communications
- Ensure your program knows when/where you are traveling



Health & Safety

- **Engage in Healthy Relationships Abroad**

- Become culturally informed of relationship “norms” in your host country



- **Practice Safe Sex**

- Find out *ahead of time* about contraceptive availability & reliability
- HIV and other STIs are prevalent everywhere in the world; to protect yourself, do not have unprotected sex



Student Conduct

- Students are **expected to abide by Brown's Code of Conduct** while abroad: <https://www.brown.edu/offices/student-conduct/code> in addition to program and host university conduct requirements if applicable
- **Drugs**
 - Follow local laws!
 - The U.S. Consulate or Brown will not be able to assist you if you are arrested abroad
 - **Illegal drug use is grounds for immediate dismissal by Brown from your program**



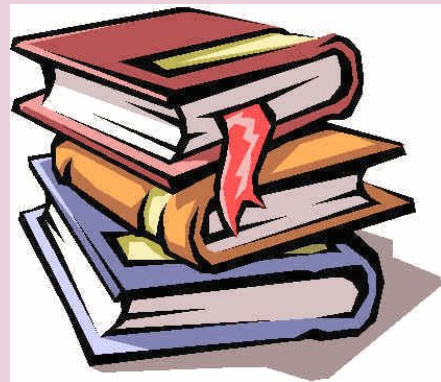
COVID-related adjustments



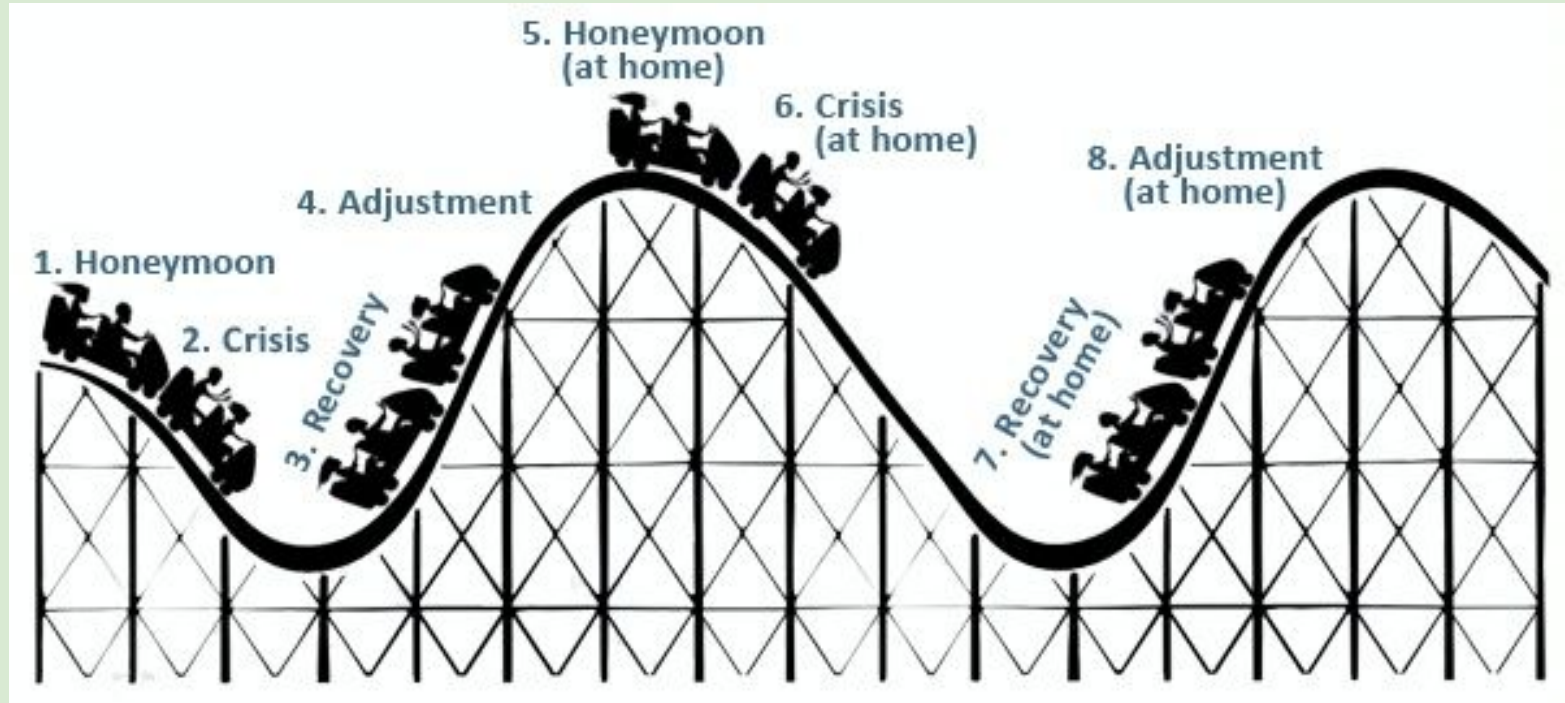
- Homestays are not an option for Spring 2022
- Local academic policies, including modes of instruction and class attendance
- Program excursions; may be modified to comply with COVID regulations
- Independent travel: be aware of local, regional, national, and international guidelines on traveling*
- See <https://undergrad.healthy.brown.edu/spring-2022-study-abroad> for continued updates

Academic Guidelines

- Focus on number of credits, not number of courses taken
 - 32 ECTS or 16 semester hour credits are the equivalent of 4 Brown credits
- Maintain full-time status while abroad
 - This can impact academic/financial standing
- All courses must be taken for letter grade
 - **"C" minimum**
 - **Credits transfer to Brown as S/NC**
- No Brown credit for internships or practicums
- Concentration credit approved afterward by academic advisor in ASK



Culture Shock

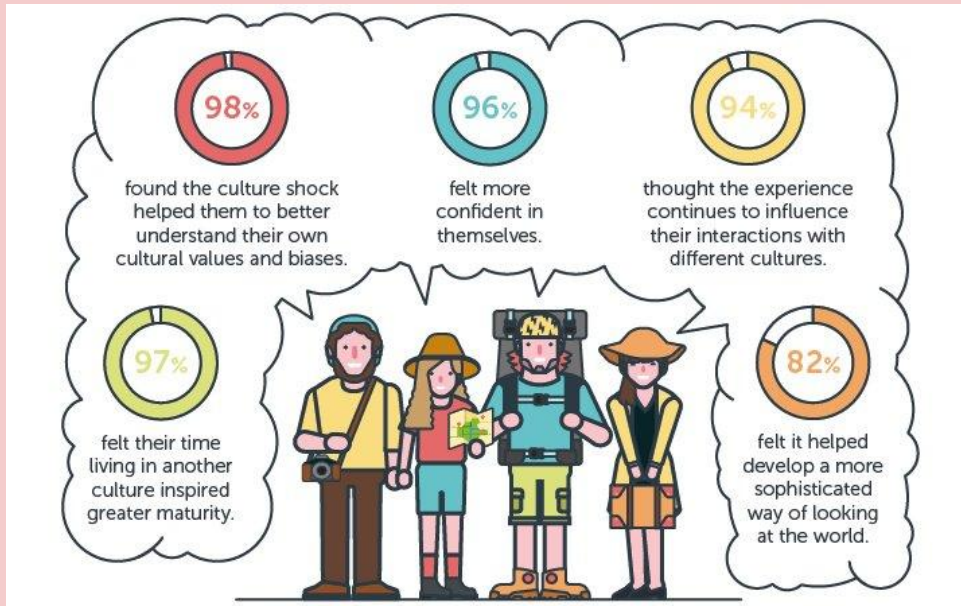


Source: U.S. Department of State

Managing Expectations

What can you do to lessen culture shock prior to arrival?

- Research local culture and laws **before** arriving in-country
 - Google Maps, newspapers
- Learn key phrases in local language
- Make use of online resources, videos
- Reach out to program alum
- Read through program-specific handbook and OIP materials



Identity Abroad



You take your identity with you, **BUT...**

- Positionality, power, and privilege may change based on local culture
- Different values, expectations, and social norms can be challenging
- Sensitivity and respect for peers' experiences abroad
- Respect vs. Accept:
 - *Respect* local culture and traditions even if you do not *accept* local beliefs

How do you mitigate challenges abroad?

- **Cultural humility**
 - Listen, observe, keep an open mind, seek first to understand
- **Embrace the discomfort**
- **Journal** and chronicle your experiences
- **Seek support**
 - Local staff and professionals
 - Program cohort, family, and friends
 - Brown OIP & Student Support Services



Brown Resources: Diversity and Inclusion

- Student Accessibility Services (SAS)
- LGBTQ Center
- Sarah Doyle Center for Women & Gender
- Brown Center for Students of Color (BCSC)
- Undocumented, First-Generation College, and Low-Income Student Center (U-FLi)
- Office of Financial Aid
- Office of the Chaplains and Religious Life
- Office of International Student and Scholar Services
- “Identity and Culture Abroad” section on the OIP website



Brown Basics: Residential Life

- *Please check the Res Life website for information and updates.*
- *Res Life will use your Brown email account for all official communication, so do check it regularly!*

Pay Attention to Deadlines



Brown Basics: Dining Services

- Meal plan is cancelled when studying abroad
- Must re-enroll for semester of your return; contact Dining Services with questions
- Recommend: re-enroll **before** fall semester bill is generated in June
- See Dining Services website for details



Brown Basics

Mail Services

- Forwarding available through Banner; contact Brown Mail Services

Student Accessibility Services (SAS)

- Coordinate any accommodations needed abroad in advance

Duo Mobile

- Pre-generate backup codes to use instead of your phone. **We recommend doing this right away** in case you lose your device or are out of the range of service.



Brown Basics

Duo Mobile

There are two ways to generate Bypass Codes:

Method 1: In MyAccount, click the button that says Generate New Bypass Codes. Click the printer icon above the codes to print a wallet-sized card

Method 2: When on a Duo Prompt, click Send Codes (you probably haven't seen one of these yet if you're going through the instructions the first time)



Brown Basics

Change of Plans

- **Program Withdrawal**
 - Notify OIP and program provider immediately in writing
 - You may owe fees depending on withdrawal date; visit Brown website for tuition refund policy
 - May impact credit transfer

Pay close attention to messages/ requests from OIP while abroad!

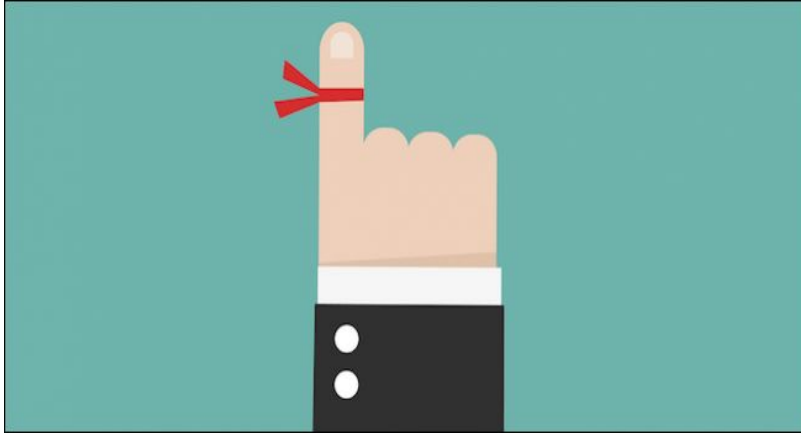


Have fun!

- Get out, **connect**, and **experience** the culture!
- Your time abroad is limited; **make the most of it**
- Remember: always stay aware and **use good judgement**



Reminders



- Financial Aid Budget Form
- Pre-departure forms
- Medical exams and prescriptions
- Meet with concentration advisor
- <https://undergrad.healthy.brown.edu/>

Q & A

Thank you and safe travels!

