# Pre-Departure Orientation

**Mixed Approved Programs:
Thursday, May 2, 2024**

# Agenda

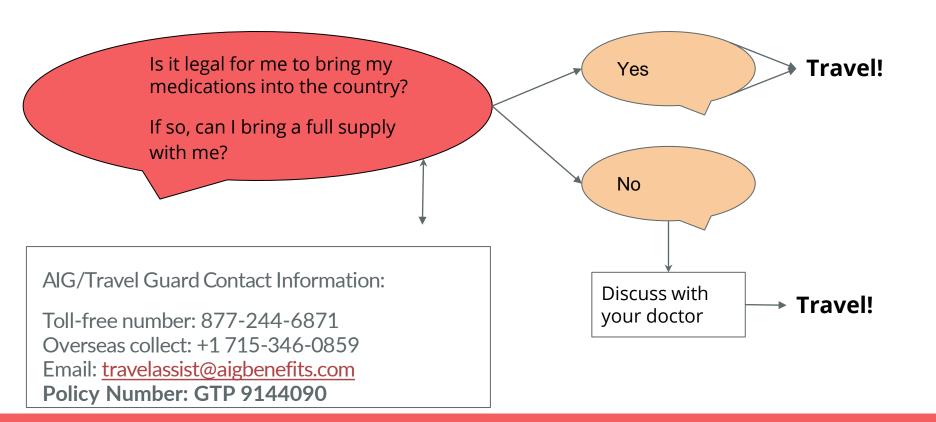Recap Voluntary Sessions (10 mins)

- Health & Wellness
- Identity
- Housing & Course Registration
- Visas
- Money & Budgeting
- Student Life
- Travel Readiness

Carbon Map (10 mins)

Cultural Adaptation (30 mins)

Questions (10 mins)

# Medications

Is it legal for me to bring my medications into the country?

If so, can I bring a full supply with me?

Yes → **Travel!**

No → Discuss with your doctor → **Travel!**

AIG/Travel Guard Contact Information:

Toll-free number: 877-244-6871
Overseas collect: +1 715-346-0859
Email: travelassist@aigbenefits.com
**Policy Number: GTP 9144090**

# Care

- Register with the local Embassy through the U.S. State Department STEP registration or the equivalent for your home country.
- Keep a photocopy of your passport and other important documents separate from the originals.
- Find a routine while you're abroad.
- Common risks to international travelers:
  - Property theft
  - Sexual assault
  - Overuse of alcohol
  - Water and bug-borne disease
  - Road accidents

# Title IX

Before something happens, familiarize yourself with Smith's Sexual Harassment Policy and Procedures resource.

Know the local laws.

Find a safe place.

Notify someone (program staff or faculty, local police, OIS Dean, etc.) who can help you.

Get medical attention.

Take care of yourself.

Report it.

# Identity and Belonging as a Smith Student Abroad

| While abroad Who in MY life is most likely to: | Name(s) Method(s) of Contact | I can, too 😊 |
|---|---|---|
| Wipe my tears | | |
| Listen to me vent | | |
| Tell me the truth | | |
| Give me advice | | |
| Spend time with me | | |
| Encourage me to get out of a funk | | |
| Notice I am sad | | |
| Help me solve a problem | | |
| Remind me things will get better | | |
| Not laugh when I cry ugly | | |
| Notice I need help | | |
| Cheer me up | | |
| Take deep breaths with me | | |
| Go on a walk with me | | |
| Stay with me until you feel better | | |
| Answer my text messages | | |
| Check in on me | | |

# While You're Abroad

**JUMP TO**

Forms

Safety & Security

Returning to Smith

Welcome to your new home for study abroad! The information on this page is designed to help you settle in when you get to your destination. We hope your time abroad is a rewarding and wonderful experience, and our goal is to help you make the most of your experience. Whether you have questions regarding safety, sustainable travel or what it's going to be like when you return to campus, we are here to help provide information, resources and advice.

# Forms To Submit

Please submit the following forms upon arrival:

**Update Address** ↗

**Course Change** ↗

**Transit Stipend Request** ↗

Students who are studying abroad for the entire academic year are encouraged to complete the **Mid-Year Evaluation** ↗.

# Visas Overview

1. Know when, where, and how you need to submit and retrieve your physical passport. It's typically best to avoid international travel over the winter break.
2. If you're not required to apply for a visa in advance, be sure you're aware of what **restrictions this might place** on your experience until you secure the appropriate paperwork on-site (i.e. ability to travel/work/etc)
3. **Triple-check** the application form and all other materials that you are being asked to submit. Going through everything with a fine-toothed comb now could save you the last-minute additional review of a consular official later.
4. If you're mailing your passport, you likely need to include a self-addressed return envelope with the postage already paid.

CHECK YOUR VISA REQUIREMENTS HERE

# Money & Budgeting

- Who needs more bank fees?
  - Avoid airport exchange kiosks
- Exchanging cash
  - Only carry enough for the first day or two
- What are your spending habits?
- What options are there for free fun?
- Always ask for a student discount, or better yet, haggle where appropriate!
- Make an actual budget sheet

# ADAPT OR BE YOURSELF

Ting-Toomey, S. (1999). Transcultural communication competence. In *Communicating across cultures* (pp. 261-276). Guilford Press.

1. What is adaptation and what is your experience with adaptation?

2. Adapt or be yourself activity

3. Debrief

1. Articulate what is important to you when deciding to adapt (or not) across cultures and contexts.

2. Describe the ways in which others make adaptation decisions.

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What is adaptation?

What is adaptation?

How we change or shift our behaviors based on the requirements of a situation.

Ting-Toomey (1999)

What is adaptation?

Do I have the skills and knowledge I would need to adapt, i.e., can I adapt ***effectively***?

Do others want or expect me to adapt, i.e., is it ***appropriate*** to adapt in this situation?

Would adapting violate or conflict with my deep-seated morality or ethics, i.e., would adapting be ***satisfactory***?

Ting-Toomey (1999)

Do you:

1. Adapt to the "local culture"

1. "Be yourself" (do what comes naturally to you)

1. "Being myself works in the local culture"

1. "I blend cultural practices"

# How you dress.

Ex: Dressing more modestly or less modestly, dressing according to gender norms, wearing traditional garments, etc.

1. Adapt to the "local culture"

1. "Be yourself" (do what comes naturally to you)

1. "Being myself works in the local culture"

1. "I blend cultural practices"

- Do I have the skills and knowledge I would need to adapt, i.e., can I adapt **_effectively_**?

- Do others want or expect me to adapt, i.e., is it **_appropriate_** to adapt in this situation?

- Would adapting violate or conflict with my deep-seated morality or ethics, i.e., would adapting be **_satisfactory_**?

# How you style your hair.

Ex: Pulling your hair back, wearing your hair down in its natural state, covering your hair, straightening or curling your hair, etc.

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- Do others want or expect me to adapt, i.e., is it **_appropriate_** to adapt in this situation?

- Would adapting violate or conflict with my deep-seated morality or ethics, i.e., would adapting be **_satisfactory_**?

**Participating in a religious ceremony (for a religion you do not practice).**

Ex: Praying, taking communion, going on a pilgrimage, meditating, etc.

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1. "I blend cultural practices"

- Do I have the skills and knowledge I would need to adapt, i.e., can I adapt *__effectively__*?

- Do others want or expect me to adapt, i.e., is it *__appropriate__* to adapt in this situation?

- Would adapting violate or conflict with my deep-seated morality or ethics, i.e., would adapting be *__satisfactory__*?

# How you interact with someone of a different gender identity.

Ex: Making/not making eye contact, taking on either a subservient or dominant role, using an intermediary or making sure you have a chaperone, etc.

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• Do I have the skills and knowledge I would need to adapt, i.e., can I adapt **_effectively_**?

• Do others want or expect me to adapt, i.e., is it **_appropriate_** to adapt in this situation?

• Would adapting violate or conflict with my deep-seated morality or ethics, i.e., would adapting be **_satisfactory_**?

# How you interact with authority figures.

Ex: Challenging or not challenging an authority figure, calling them a formal title or referring to them in more casual terms, etc.

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- Do others want or expect me to adapt, i.e., is it **_appropriate_** to adapt in this situation?

- Would adapting violate or conflict with my deep-seated morality or ethics, i.e., would adapting be **_satisfactory_**?

**The level of affection you show your friend or romantic partner in public.**

Ex: Kissing or not kissing, holding hands or not holding hands, etc.

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**Undergoing or hiding body modification.**

Ex: Piercings, tattoos, cosmetic surgery, etc.

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**How you speak.**

Ex: Language you use, vocabulary you use, etc.

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**How you use nonverbals in social settings.**

Ex: Eye contact, distance between you and others, gesturing, etc.

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# How you get to know someone.

Ex: Asking or not asking questions (and types of questions), observing, participating in activities, outings, coffee out, etc. (side-by-side vs face-to-face)

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**How you organize, participate in, and show up to social gatherings.**

Ex: Presence or lack of end time, guest arrival time, expectations around entering and leaving a host's home, how long in advance you plan/communicate about an event, bringing a gift, etc.

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**Accepting food or drink offered to you when it goes against your dietary preferences or restrictions.**

Ex: Accepting meat when you're a vegetarian, accepting food or drink that is normally off limits due to religious beliefs (pork, shellfish, etc.), accepting alcohol when you normally refrain from drinking, etc.

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**How you interact with people in the service industry (restaurant servers, taxi drivers, etc.).**

Ex: Tipping or not tipping, calling them by their name or the title of their position, snapping your fingers or lining up, etc.

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# How you eat.

Ex: Eating with utensils, type of utensils, eating with hands, slurping, etc.

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**How you introduce yourself and how you refer to others.**

Ex: Which name you use, how you present yourself, etc.

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# How you communicate on social media and messaging platforms.

Ex: Calling only, video chat, texting only, etc.

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- Would adapting violate or conflict with my deep-seated morality or ethics, i.e., would adapting be **_satisfactory_**?

**What time you eat.**

Ex: Breakfast, lunch, dinner, eating a late dinner, snacks, etc.

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- Do others want or expect me to adapt, i.e., is it **_appropriate_** to adapt in this situation?

- Would adapting violate or conflict with my deep-seated morality or ethics, i.e., would adapting be **_satisfactory_**?

**How you share information about yourself.**

Ex: Sharing personality characteristics, interests, about family, etc.

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- Do others want or expect me to adapt, i.e., is it **_appropriate_** to adapt in this situation?

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**How you indicate where you are from.**

Ex: Country name, city name, region name, qualifying language, etc.

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# How you seek help.

Ex: Asking directly vs indirectly, asking peers or authority figures, etc.

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# What scenarios would you add?

Discuss in small groups..

- Which scenarios did you add?

- How did it feel to go through these scenarios?

- In what situations did you choose to adapt (or not) and what criteria did you use to make that decision?

- What is important about effective adaptation? What is important about appropriate adaptation? What is important about satisfactory adaptation? Would you add or subtract any criteria (outside of effective, appropriate, and satisfactory)?

- Were there any situations where it was particularly easy or difficult to make a choice to adapt or not? If so, why?

- Were there any instances where you felt the choice to adapt would be dependent on the specific scenario? If so, can you provide the group with an example (i.e., who was involved? where did this scenario take place? when did this scenario happen?, etc.)?

- Would you add any behaviors or situations to the list?

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- Where do you feel the most pressure to adapt? Where have you adapted that you wish you hadn't and/or didn't "have to?"

- Whose responsibility is it to adapt?

- What does it mean to "be yourself?"

- What is the "local culture?"

INTERNATIONAL STUDENT PERSPECTIVES

- Have you experienced anyone adapting to you here in the U.S.? What happened? How did you feel?

- What if we were talking about adapting in your home country context? How would this change your decisions?

- Based on your experiences, what advice would you give someone struggling to adapt to life in your host destination?

- What have you learned about adapting to different cultures that could be helpful to share?

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