Welcome to the Study Abroad General Orientation!
Welcome, Introductions, Announcements
Overview and Topics

- UW-System policies require all students (and program leaders) to participate in an orientation prior to departure.

Topics

- Participation/Engagement/Responsibilities/Expectations
- Academics: Registration, Credit, GPA, Transcripts
- Finances
- Health and Safety
- Emergencies
- Enculturation and Culture Shock
- Travel Essentials
- Plus “fun” stuff

This presentation and the handbook are on the study abroad website:

www.studyabroad.uwm.edu

(click on “Orientation” link)
Participant Engagement & Responsibilities

Study Abroad is an Investment

• Educationally- academic, credit-earning endeavor (know your syllabus and itinerary)
• Financially- don’t throw your money away!
• Time commitment- sacrificing time away from work, family, and friends
• Personally- one of the most impactful experiences of your life
  • Set some goals and chronicle your experience through a journal or blog, videos, and photos
  • Try new things, new foods, new museums, new modes of transportation

Be Informed About and Engaged in the Study Abroad Process

• Partnership between CIE, student, faculty, parents, vendors, university partners abroad
• Months of pre-planning with many campus offices involved
• Manage your email; read and understand the documents you receive; sign and submit all required forms and paperwork; attend orientation and classes
• Learn about the place you are going (politics, strikes, weather, money, etc)
• Know the consequences before you consider withdrawing (talk to a SA coordinator; withdrawals must be dated and in writing)
Participant Engagement & Responsibilities

While Abroad

• Be a good student
  • Attend all classes, ask questions
  • Be on-time for program related excursions and activities
  • Complete all assignments
• Contribute positively to group dynamics
• Be a good “global” citizen (ambassador of yourself, your city, your university and the United States)
• Learn to laugh at yourself and have fun learning as you go! …but do **not** abuse alcohol, use drugs, or disrespect others (program participants, host country citizens, other travelers, etc)

After Returning

• Give feedback about the program and use what you’ve learned in your future classes, daily life, etc.
• Submit photos to the study abroad office!
Academics: Registration, Credits, GPA, and Course Equivalency

• Registration – enrollment is done by CIE Study Abroad Office
  • Short-term
  • Semester Study Abroad
  • Exchange Programs
  • Non-UWM programs
  • Holds

• Credits Earned

• GPA

• Course Equivalency Approval Form

• Continuing Registration
Academics: Transcripts & Post-Program Evaluation

• Study Abroad Transcripts
  • Student is responsible for making sure official transcript from program is sent to CIE Study Abroad Office.
  • External (Non-UWM) students must request an official transcript from the UWM Registrar’s Office after fees are paid and grades are reported

• Receiving transcripts & processing time
• Grade reporting delay & Financial Aid
• Post-Program Evaluation
Program Finances

• Cost Information on program page = program/financial aid budget
• See the Financial Policies document about study abroad fees posting, CIE late fee policies, refund, withdrawal information
• Fee posting to PAWS account
Program Finances

• Check the financial section of your PAWS account

• Exchange Program: UWM Tuition and Study Abroad Fees & Insurance
  • SA: Fees (Found under other charges)

• Study Abroad Program: Program Fee
  • SA: Academic Costs (Found under tuition)
  • SA: Faculty Expenses (Found under other charges)
  • SA: Student Expenses (Found under other charges)
  • SA: Fees (Found under other charges)

• Non-UWM Program: Study Abroad Fees & Insurance
  • SA: Fees (Found under other charges)
Financial Aid

- Know your financial situation and options
- Understand how financial aid & FAFSA work
  - Not too late – may still file a FAFSA!
- Meet with a Gayla Jenkins in the Financial Aid Office
  - jenkinsg@uwm.edu
Financial Aid

- Posting of loans & grants to PAWS shortly after SA charges are posted and shortly before the term starts
- Aid disbursement through Cashier’s Office (Financial Aid Authorization form)
- Satisfactory Academic Progress Standards (SAP)
  - Measures Pace and Timeframe
  - Grades evaluated by Financial Aid Office after each semester
    - Sometimes study abroad grades are not reported yet
    - System refreshes and will update once they are in
    - May receive e-mail “Warning” or “Ineligible” status
      - Don’t Panic! E-mail Gayla
Health and Safety
Health & Safety: Insurance

• CISI Insurance
  • Required by state of Wisconsin
  • Built into cost of your program—you do NOT need to purchase yourself
  • Reimbursement policy (pay first and keep receipts)
  • Participant Portal: http://www.culturalinsurance.com/
• CISI Login Instruction Sheet
  • Print ID card
  • Review plan features
  • Download forms
  • Purchase additional insurance
  • Look-up claim
  • Review country-specific resources: overseas U.S. embassies/consulates; country profiles, health and vaccination info; DoS travel warning; links
Health & Safety: Preparing to Go

- Health provider(s) and dental visits
  - Required for Special Medical Health Risk & Release
    - Also, just a good idea
  - Medical Self-Disclosure – “The More We Know”
    - CIE may require a letter from provider listing health problem(s), medications, etc.
    - Especially important if you have a pre-existing condition
    - Develop a plan with instructions from your provider based on your condition/needs

- Traveling with Medication
  - B.Y.O. self-care (Advil, Pepto, etc.)
  - Travel kit
  - Pack it in your carry-on
Health & Safety: Travel Resources

CDC Resource
• CDC country name → health information for travelers
• CDC yellow book → 2012 Yellow Book
• CDC malaria or CDC malaria map
  • Your destination will determine how important malaria medication will be – but it is always important!

Bureau of Consular Affairs (US Department of State)
• Travel state name of country

Other
• uwm.edu/norris/ click on services header then travel clinic
• tripprep.com
Health & Safety: Immunizations

Norris Health Center recommends:

For all students:
Be up to date on your routine vaccines:
• Tetanus-Diphtheria-Pertussis
• Measles-Mumps-Rubella
• Polio
• Influenza

For students traveling outside of Western Europe:
• Hepatitis A

For certain areas of the world:
• Yellow Fever
• Typhoid
• Rabies
• Meningococcal Meningitis
• Japanese Encephalitis
• Tick born Encephalitis
Health & Safety: Environmental Factors

• **Altitude**
  - Can magnify the effects of sun and dehydration.
  - Particularly difficult for people with existing respiratory difficulty

• **Animals:**
  - All are suspect for rabies!
  - Monkeys are not cute and they do bite!
  - Any animal bite should be evaluated by a health-care provider as soon as possible, after cleaning the wound for 15 minutes.

• **Sun**
  - Use sunscreen, hat, long sleeve shirt, sunglasses, shade to minimize exposure

• **Water safety**
  - Drinking water - if in doubt-drink only bottled, boiled, or filtered water
    - Watch out for ice cubes – they’re usually made with tap water
  - Practice good water safety - drowning accounts for 13% of deaths of Americans abroad
Don’t get Bit

• Insects Transmit disease
  • Malaria, dengue, yellow fever, lyme disease, leishmaniasis, tick-borne encephalitis

• Prevent bites
  • Stay indoors when insects are biting
  • Wear long sleeve shirt, long pants, and socks
  • Pre-treat outfit with permethrin if a serious problem
  • Use DEET > 30% repellent on exposed skin
Don’t get Hit

• Leading cause of death in travelers under 40 is injury

• Road traffic crashes are the leading cause of injury death to US citizens traveling abroad
Don’t get Lit

• U.S. data show that an alcohol-impaired driver has a 17 times greater risk of being involved in a fatal crash.

• Penalties for drug and alcohol use can be severe

• Drug and alcohol impairment increase your risk for incarceration, sexual assault, injury, unprotected sex and STI
Don’t do ‘It’

- Hepatitis B
- HIV
- HSV
- HPV
- Chlamydia and Gonorrhea
- Syphilis

Recommend

- Bring condoms with
- Watch out for date-rape drugs
- Be mindful of local cultural norms and expectations
‘Don’t eat Sh-t’

“The world is covered in feces, it’s just thicker in some places than others”

“Travel expands the mind and loosens the bowels”

• Traveler’s diarrhea occurs in 22-64% of traveler’s to the developing world
• Severe cramps and diarrhea
  • **Prevent:** Frequent hand washing, eat only freshly prepared steaming hot foods, avoid unpasteurized dairy products
  • Avoid raw fruit and vegetables
  • Treat with antibiotic you have brought with you
In summary…

• Don’t get bit
• Don’t get hit
• Don’t get lit
• Don’t do it
• Don’t eat sh-t
Crime Prevention

• Use common sense
• Beware of pickpocketing!
• Don’t bring/carry unnecessary items which can be stolen
• Don’t flaunt digital cameras, iPods, jewelry, etc.
• Avoid dark, unsafe/unknown places and walking alone
• ALWAYS BE AWARE OF YOUR SURROUNDINGS!
1. Think about how you would respond to an emergency:
   Emergency planning http://studentsabroad.com/planning.asp
2. In the event of an emergency seek local help first:
   • Program leader
   • Staff at International Office
   • Home stay family
3. After emergency has passed, contact home or UWM:
   • UWM Police: 414-229-4627 (Available 24-7)
   • UWM Study Abroad Office: 414-229-5182 (M-F 8:00-4:30. Outside of business hours, leave a voicemail message or transfer to UWM Police.)

<table>
<thead>
<tr>
<th>Real Emergency</th>
<th>Perceived Emergency</th>
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<tbody>
<tr>
<td>Broken bone</td>
<td>Lost suitcase</td>
</tr>
<tr>
<td>Missing student</td>
<td>Difficult roommate</td>
</tr>
<tr>
<td>Robbery or assault</td>
<td>Dirty hotel room</td>
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<tr>
<td></td>
<td>Bathroom down the hall</td>
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<tr>
<td></td>
<td>“Weird” food</td>
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<td></td>
<td>Bad grade(s)</td>
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Women’s Resource Center

Represented by: Ali Swenson
Studying Abroad: Sexual Violence Education & Prevention

Presented by the Women’s Resource Center
Learning Outcomes

- Acquire general knowledge and understanding of sexual violence
- Have an enhanced understanding of consent and the role of alcohol in sexual assault
- Become familiar with bystander intervention to help prevent sexual violence and challenge the cultural norms that support it
Sexual Violence:

- Sexual violence is any act (verbal and/or physical) which breaks a person’s trust and/or safety and is sexual in nature. The term “sexual violence” includes: rape, incest, child sexual assault, ritual abuse, date and acquaintance rape, marital or partner rape, sexual contact, sexual harassment, exposure, and voyeurism.
Sexual Violence Includes But Is Not Limited to the Following…

• Sexual violence is sexual contact or sexual intercourse with another person without consent of that person.

• Sexual violence is sexual contact or sexual intercourse with a person who is under the influence of an intoxicant to a degree which renders that person incapable of giving consent.

• Sexual violence is sexual contact or sexual intercourse with a person who is unconscious.
Sexual Assault Can Happen to Anyone Regardless of Their Gender Identity, Race, Class, Age, Appearance or Sexuality

SEXUAL ASSAULT & THE LGBTQ+ COMMUNITY

MALE SURVIVORS OF SEXUAL ASSAULT
More Important Facts…

• Alcohol plays an important role in facilitating sexual assault – it does not CAUSE sexual assaults.

• An estimated 80-85% of sexual assaults are not reported to the police.
Those Who Assault

- Profile #1: 5%
  - Are strangers
  - Single attack
  - Violent; brutal injuries

- Profile #2: 95%
  - Myth
    - Nice person
    - Not premeditated
    - Miscommunication
    - Drank too much
  - Reality
    - Knows the victim
    - Calculated force
    - Seldom incarcerated; repeat offender
    - Uses alcohol as a weapon
Be An Effective Bystander

- Be an advocate for others
- Be aware of your surroundings, the people that you’re with and what is happening
- Realize if someone is unable to give consent
  - Alcohol use
Learning Outcomes

• Acquire general knowledge and understanding of sexual violence
• Have an enhanced understanding of consent and the role of alcohol in sexual assault
• Become familiar with bystander intervention to help prevent sexual violence and challenge the cultural norms that support it
Women’s Resource Center at UWM & SASHAA

• 2200 E. Kenwood, Union WG-93
  Milwaukee, WI 53201-0413
• (414) 229-2852
• wmncntr@uwm.edu
• Monday - Friday 9:00am-5:00pm and by appointment

WE ARE HERE FOR YOU!!!

• Sexual Assault Support and Help for Americans Abroad (SASHAA)
• Prevention, ending sexual violence, safety tips
• Advocates available 24/7
• Can call from the US & Canada, and internationally
  • (Country code) 866-USWOMEN (866-879-6636)

IT IS NEVER YOUR FAULT
Thank You
Women’s Resource Center!
Assisting Students Studying Abroad

Powerpoint Developed by UWM LGBT Resource Center 2015
Be Aware of the Host Country’s:

- Laws regarding sexuality and gender identity
- Social attitude towards LGBT community
  - Current news of LGBT+ events
- How will this affect you?
  - Short programs VS Long programs
International Lesbian, Gay, Bisexual, Trans and Intersex Association

http://ilga.org/

- interactive map of legislation and current news of countries all over the world

http://old.ilga.org/Statehomophobia/ILGA_Map_2014_ENG.pdf
Overview of LGBT+ Laws in Specific Places
Going Back in the Closet After Being Out

- Certain areas are really not safe for LGBT+ people
- Consider the personal effects of hiding your sexuality and/or conforming to acceptable gender presentations
Same-Gender, Intersex, and Transgender Abuse

- **Myth: Mutual Battering**
  - Assumes that two people of the same gender have no power differences

- **Pattern: Abusers take advantage of oppressions against LGBT+ individuals to invoke fear and continued silence**

- **Seeking Help:** Contact program leader! Contact study abroad advisor! WRC! LGBTRC!
Ally Advice

- Be an outspoken, positive, responsible ally
- Never “out” an LGBT+ student
- Respect an LGBT+ student’s decisions
- Provide news of current LGBT+ trends abroad
- Share resources
- Encourage personal research
Make plans before going overseas

- Will you be out to your host family? Group? Friends?
- If you experience any harassment, what safe, legal steps would you want to be taken?
- Keep an open line of communication between program leaders and other students traveling abroad.
Benefits of studying abroad are far and great!

● Your sexual orientation, gender identity, and personal presentation are just a single part of you!
● No matter where you go, you will bring back great experiences!
Resources

● Locate any LGBT+ supportive communities in the area in which you will be staying
  ○ LGBT publications, advocacy organizations, or LGBT-friendly establishments
● Check out your host campus’ resources!
Important Contacts

Before, during and after your trip: You can always contact us!

LGBT Resource Center Contact Information
General Email: peerout@uwm.edu
Director Email: jrmurray@uwm.edu
Office Phone: 1-414-229-4116
Resources addressing LGBT+ and traveling abroad

- http://ilga.org/
- http://international.uiowa.edu/study-abroad/first-steps/identity/lgbt
- http://travel.state.gov/content/passports/english/go/lgbt.html
Do you go abroad, Bro?

- **Do you lift, Bro?**
  - Translation: Be careful of how you are perceived.
  - Be sensitive and aware of surroundings and cultural norms
  - Be aware of how you may be perceived by locals

- **Do you go to bars, Bro?**
  - Translation: Be aware of your environment.
  - Men are not immune to practicing good safety!
  - Watch your drink and alcohol consumption
  - Look out for one another

- **Do you yoga, Bro?**
  - Translation: Stay calm and don’t over-react to confrontation. Don’t get into fights!
  - Be respectful to others and authority
Abroad = Different; Different ≠ Bad

- Political and Cultural Awareness
- Economic Realities
- Perceptions
Enculturation/Culture Shock

- Is there such a thing as culture shock?
- How do you perceive the culture of others?
- What strategies will you use to bridge differences?
- Becoming familiar with cultural norms
- Journal writing and blogging
Travel Tips & Essentials: Documents, Money, Packing
Tips for Money & Air Travel

Air Travel

• Travel light!! You will have to carry what you pack.
• Medicine/prescriptions: Keep in original container and in carry-on
• Bring copies of:
  • all prescriptions (including eyeglasses/contacts)
  • Passport
  • IDs and credit/debit cards

Money

• Know your spending habits and plan accordingly
• Understand the money culture of your host country (cash or cards?)
• Currency Converters
• Have about $100 worth of local currency when you arrive in your host country.
SITE-SPECIFIC ORIENTATION

Short-term Programs

• Site-specific (or program-specific) Orientations have been or will be scheduled by your faculty leader and study abroad coordinator. Watch your email!

• These are mandatory and attendance may be factored into your course grade.

• Some programs have additional pre-departure classes or multiple pre-departure meetings.

Semester Programs

• Scheduled by study abroad coordinator based on group availability

• May include UWM returnees from prior semesters or exchange students at UWM from the host school
Be smart, be safe, have a great time!

“Travel is fatal to prejudice, bigotry and narrow-mindedness—all foes to real understanding”

-Mark Twain