

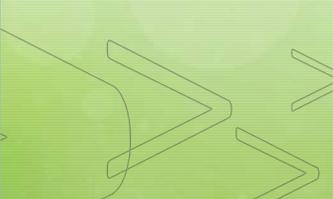


Center for Global Education

# PRE-DEPARTURE ORIENTATION



MORAVIAN COLLEGE



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Center for Global Education  
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## Pre-Departure Orientation Overview

- Concerns & Expectations
- Policies & Procedures
- Before You Go!
- Health & Safety
- Cultural Adjustment
- Post Orientation Survey
- Questions?



## Concerns & Expectations

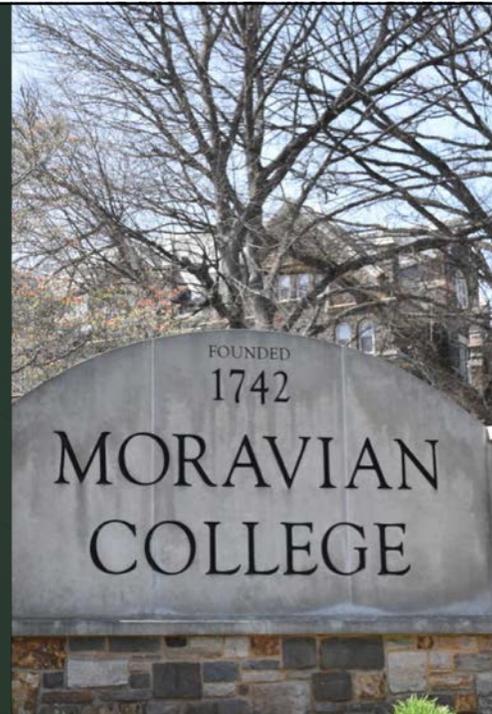
You're heading abroad very soon. What are your major concerns/fears? Expectations about the trip?

Take 10 minutes to discuss in groups of three.



## Policies & Procedures

Some of the necessary, official “stuff” that we need to review to ensure you have a successful *academic* experience.



## Moravian College policies

- Academic expectations
  - This is a credit-bearing, academic experience
  - Accommodations through Office of Academic & Accessibility Support
- Statement of responsibility
- Outstanding balances to Moravian College
- Student affairs/conduct
- Scholarships
- Post-program survey

## Before You Go!

Not much time left before you get on that plane! What do you need to take care of before you head to the airport?



## Before You Go!

- Make a couple copies of your passport and visa - leave one with your parents/guardians/spouse and take one with you - keep it separate from your passport. CGE also has a scan of it on the online portal.
- Contact your bank and credit card companies to alert them of travel plans. Make copies of cards, front and back.
- Consider making a budget, especially for longer periods of time abroad
- Phone plans/WhatsApp
- Awareness of identity while abroad - do some research. Talk to your faculty member. Talk to CGE. We're here to help!

## Packing



- Put your name, address, and telephone number on the inside and outside of all your luggage pieces. Take photos of what's inside your suitcase.
- If you are traveling with your laptop, iPad, phone, etc, be sure you have the correct travel adapter or converter.
- Check airline website before traveling to determine whether you will need to pack any of your electronics in your checked luggage. (Lithium batteries, for example)

## Packing



- Rain jacket / poncho / small umbrella for the occasional shower, layers for changing climates is always a good choice
- Pack your carry-on like you will lose your luggage—it happens!
- Check your airline for baggage regulations and fees (weight/size limits, number of suitcases, cost per suitcase). Also consider regional airlines, if flying is part of your agenda overseas.
- Pack light (in some cases you will be carrying luggage on and off buses/trains in multiple cities—keep it simple!).

## Before You Go! *Travel Apps*



- WhatsApp
- XE Currency Converter
- Unit Converter
- Translation app
- City specific transportation apps
- Uber
- SitOrSquat
- Rayka

## Health & Safety

What do you need to know to stay safe and reduce risks while abroad? How will you keep healthy while traveling in a foreign country?



## Health

- Insurance coverage
  - Students enrolled (credit or audit) in a program abroad are covered under the College's foreign accident/sickness insurance for the duration of their program (not before, not after)
  - The insurance covers some sickness or injury expenses, emergency medical evacuation, eligible emergency family travel, repatriation of remains, accidental death and dismemberment and other situations
  - There are coverage exclusions.
  - We may be purchasing travel insurance for your programs. Information on this will be emailed to you as soon as possible
- For more information, visit the CGE website or contact Emily Graber (grabere@moravian.edu)

## Health

- Be proactive
  - Medications and doctor's visits
  - CDC travel advice
  - Mental health concerns
- Staying healthy
  - Keep hydrated
  - Get enough sleep
  - Eat and drink responsibly

Health Information for Travelers to Japan  
Traveler View

Outbreak alert: There are outbreaks of [polio](#) and [rubella](#) in Japan. Travelers to Japan should be vaccinated against measles and rubella.



**On This Page**

- Vaccines and Medicines
- Stay Healthy and Safe
- Health, Travel, Public List
- Travel Health Notices
- After Your Trip

[Clinician View](#)

**Vaccines and Medicines**

Check the vaccines and medicines list and visit your doctor at least a month before your trip to get vaccines or medicines you may need.

**Find Out Why** **Protect Yourself**

**All travelers**

You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.

**Measles**

- Infants 18 through 11 months old: 1 dose of measles mumps rubella (MMR) vaccine before travel. This dose does not count as the first dose in the routine childhood vaccination series.
- People 12 months old or older, with no evidence of immunity or no written documentation of any doses: 2 doses of MMR vaccine before travel. The 2 doses must be given 28 days apart.
- People 12 months old or older who have written documentation of 1 dose and no other evidence of immunity: 1 additional dose before travel, at least 28 days after the previous dose.

## Safety

- CGE monitors US government advisories, considering both those issued by in-country embassies and consulates and by the Department of State in Washington, D.C.
- We register all students on faculty-led programs abroad with the US State Department Traveler Enrollment Program (STEP). CGE and students may get alerts before and during their travel. Also this alerts the local embassy when they will be in the destination country in the event of an emergency.
- Students traveling with a program provider/exchange must register with STEP on their own. Contact CGE for assistance.
- Students abroad are integrated into our institutional crisis response plan. As such, students who are studying abroad can contact Moravian College Campus Safety 24 hours a day, seven days a week. (Next slide)

## Safety/Risky Behaviors

- Alcohol is often a part of a study abroad experience. If you drink, drink responsibly and follow guidance from your program director
- Be cautious in bars and clubs where alcohol is served, and do not leave your drink unattended or accept a drink from strangers, as they may have slipped drugs into the drink
- NEVER let a classmate head home alone at night
- Be vigilant, maintain awareness of your surroundings; American tourists are often prime targets of petty crime
- Avoid environments that increase your risk while overseas. Stay away from demonstrations, protest groups, or other potentially volatile situations.

## Emergency Protocols

- In case of minor incident, email us at [globalprograms@moravian.edu](mailto:globalprograms@moravian.edu)
- For a major crisis and if the director(s) cannot respond, call Moravian College Campus Police at +1 610 861 1421
- The ADVOCATES for Survivors of Sexual Violence can be reached for immediate support by texting or calling +1 484 764 9242

## Emergency Protocols

- Moravian College Title IX Reporting Form
  - This form should be used to report incidents or concerns of sexual misconduct (sexual harassment, sexual assault, intimate partner violence, sexual exploitation, or stalking) or discrimination related to sex, gender, or gender identity/expression.

Home / Title IX / Support Resources

**SUPPORT RESOURCES**

**Private v. Confidential Resources**

Before a survivor discloses, it is helpful to understand the difference between private and confidential resources. Confidential resources are able to receive disclosures without an obligation to tell anyone; private resources have an obligation to inform the Title IX Coordinator, whose purpose is to ensure the wellbeing of the survivor and the campus community.

Only three specific groups of campus professionals are licensed as confidential resources. All other staff and faculty at the College, including Resident Advisors, are considered responsible employees with

**REPORT AN INCIDENT**  
TITLE IX  
REPORTING  
FORM

**Title IX Coordinator and Compliance Officer**  
Leah Naso Breisch

## Cultural Adjustment

You may not have enough time to fully adjust to your new environment, but there will be some unforeseen instances where the new culture “interferes” with your experience!



## Stereotypes of Americans Abroad

*Answer questions/watch video*

**What are some American stereotypes?**

**What could Americans do to counteract negative stereotypes?**

▶ ⏪ 🔊 0:06 / 4:16



## While abroad

- Jet lag
- Homesickness, culture shock and cultural adjustment
- Personal conduct (student conduct applies while abroad!)
- Legal problems
- Awareness of identity/diversity while abroad
  - Discrimination based on citizenship, race, gender, or sexual orientation
- Each person's experience abroad is different

## While abroad *Other considerations*

- Program excursions and outings
  - Each program has a different itinerary
  - Be punctual, consider the group
  - Lots of walking
- Accommodations
  - Vary from program to program
  - Sharing a room is standard; be respectful of your roommate(s)
- Transportation
  - Works differently in different countries
  - Always keep an eye on your belongings
  - Be aware of cultural norms
- Language
  - Learn some basic phrases
  - Not everyone abroad speaks English, but many do
  - Allergies?

## #globalgreyhounds

- Keep in touch and share photos while abroad
  - Tag them with #globalgreyhounds #moraviancollege #studyabroad
- Send us photos/videos when you come back
  - Email ([globalprograms@moravian.edu](mailto:globalprograms@moravian.edu)) them or share on Google drive
- Let us know if you want to be featured on our “student story” webpage

## POST-ORIENTATION SURVEY



QUESTIONS?