

Syracuse ABROAD

Pre-Departure Orientation: Spring 2018

Flights

- All students must complete the Travel Arrangements Form in application portal
- **Group flight:**
 - Arrive at least four hours before the flight departs.
 - Be sure connecting flights arrive on the correct day, at least four hours before the international flight's departure.
 - Questions?
 - Contact Advantage Travel: (315) 471-2222
- **Independent travel:**
 - Detailed information on when to arrive and where to meet the rest of the group will be provided by the program admissions counselor
 - Coordinate your own ground transportation upon arrival (HK); All Beijing students are met at the airport

Packing

- One large suitcase, one carry-on, and one personal item (tote, purse)
- Valuables/medication(s) should go in personal item (in case baggage is delayed, lost, etc.)
- Check with your airline(s) for baggage restrictions and fees: Too many bags or overweight bags will usually incur fees!
- Check the TSA website (www.tsa.gov) for the most up-to-date security regulations
- Don't bring too much stuff! Most clothing and daily necessities can be purchased abroad
- Leave room in your suitcase for souvenirs that you're going to buy!

Arrival and Orientation

Signature Seminar

- Two-week traveling course to begin your semester abroad
- Detailed itinerary provided closer to departure
- Required for Hong Kong and Beijing (except for Hong Kong CityU students)
- Pack one carry-on suitcase with all your belongings for the seminar
- Pack one other larger suitcase for the rest of your semester, which will be stored for you

Orientation

There will be an extensive overview of housing, academics, health and safety, and the local culture

Attendance is **mandatory** for all on-site orientation meetings

- General orientation
- Housing orientation
- Academic orientation

Health Preparations

Before departure:

- Discuss continued medical/immunization/mental health treatment with your doctor
- Dental exam
- Compile all medical/health information and bring it abroad in case of a medical emergency

Traveling with medication:

- You **CANNOT** mail medication - bring enough for the entire time abroad
- Pack all medication in personal item **only**
- Medication must be in original containers with a copy of the prescription
- Notify Syracuse Abroad's Assistant Director of Student Services of special storage requirements for medication

Questions: Contact Assistant Director of Student Services, Bridget Demorest:
brhughes@syr.edu

Insurance Abroad

- Review current insurance policy for international coverage
- Students will pay up front for the cost of a doctor's visit, then submit claim for reimbursement
- For more information on insurance, visit the Syracuse Abroad website: [*suabroad.syr.edu/health-and-safety/insurance/*](http://suabroad.syr.edu/health-and-safety/insurance/)

International Student ID Card (ISIC)

- Included in program fee
- Students receive their card at on-site orientation
- Limited supplemental emergency health and travel insurance
- Over 41,000 discounts worldwide on travel, hotels, entrance fees, and restaurants
- For more details of what ISIC Premium Plan covers, visit: www.myisic.com/insurance/

International SOS

- Included in program fee
- SU Membership Number: 11BCPA000177
- Download the free ISOS Assistance app
- Medical referral services available 24/7 for phone and in-person consultation
- Contact the medical teams at ISOS for country-specific information
- Emergency evacuation services

Technology

Cell phones:

- Bring U.S. phones for use pre- and post-semester travel
- Students can purchase a prepaid cellular phone plan or a SIM card for an unlocked U.S. phone
- Many apps provide free texting, calling, and video chatting with Wifi (Whatsapp, WeChat, Viber, Skype, etc.)

Using devices abroad:

- Single voltage appliances will need a converter
- All appliances need a plug adaptor

Budgeting

- **Contact your bank:**
 - Let them know how long you will be living abroad
 - Notify them of your travel plans (while abroad)
 - Ask about affiliate banks abroad
 - Ask about international fees
- Do NOT bring large amounts of U.S. dollars
- Create a budget for shopping, traveling, and spending abroad
- **Optional:** Bring a small amount of local currency (taxi from airport)
- Be aware of exchange rates: They change all the time!
- Review the financial information section of the online **Preparing to Go** guide

Academics Abroad

Course registration:

- All students have received an academic packet with information about courses
- Hong Kong: Registration completed online before arrival
- Beijing: Registration will be completed on-site
- Hold off on making personal travel plans until registration is finalized abroad: Required course trips

Academic accommodations (if applicable):

- Complete the Request for Accommodations in application portal
- Contact your office of disability services
- Questions? Contact Assistant Director, Student Services, Bridget Demorest: brhughes@syr.edu

Co-curricular activities:

- Take advantage of field trips offered through the center
- Internship and volunteer opportunities
- Join local groups and clubs

Expectations abroad:

- Students are bound by Syracuse University's Academic Integrity Policy
- Class attendance is mandatory (not excused for personal travel, visits from family/friends)

Housing

Hong Kong Apartments: Grand Blossom House

- 3 bedroom, 2 bath apartments shared with other students from the program
- Bedding, linens are provided; bring a towel
- Weekly cleaning service at the apartments
- No overnight guests

Beijing International Student Dorm:

- Single room with private bathroom
- Bedding, linens are provided; bring a towel
- Weekly cleaning service & sheet changing
- Internet access
- Campus facilities: library, health clinic, gym



Living Abroad

Adjusting abroad:

- Be patient, adjust your expectations, keep an open mind
- Get involved with the local community
- Rely on your support system
- Maintain a sense of humor

Keep an open line of communication with the Syracuse Center staff about your health

Keep the local emergency phone number from orientation on hand

Attitudes toward your gender, race, nationality, ethnicity, or sexual orientation may be different than what you are used to. Staff are available to answer any questions you may have.

Staying safe

Personal travel abroad:

- Complete the required **travel form** for local staff
- Students must travel with their cell phones and chargers
- Check ISOS or State Department sites for up to date travel advice on travel warnings or delays

Physical safety:

- Traffic on the other side in some cities (HK)
- Be aware of your surroundings
- Alcohol: Vast majority of problems students have abroad are related to excessive drinking

In case of emergency

Keep cell phone on and charged at all times. Always travel with phone and charger.

Contacts before departure:

- Group flight questions/concerns: Advantage Travel (315) 471-2222 Emergencies: Syracuse Abroad 1-(800)-235-3472

While abroad:

- Students: Call the Syracuse Center emergency number provided at orientation
- Parents: Contact Syracuse Abroad on-call staff 24/7 1-(800)-235-3472

Email:

- All official program information, including emergency information, will be sent to your Syracuse email account, so students must check that account

Final reminders

- Read and review the online Preparing to Go guide
- Complete any remaining post-acceptance forms ASAP
- Set up Syracuse email (visiting students)
- Make health care arrangements (medication, insurance, etc.)
- Contact your bank about your travel plans
- Unlock your U.S. phone (*optional - check with provider*)
- Research baggage restrictions and luggage fees for your airline(s)
- Connect with a global ambassador

Contact/Follow-up questions

Syracuse Abroad

315-443-3471

1-800-235-3472

suabroad@syr.edu