

# Syracuse ABROAD

Florence Pre-Departure Orientation Spring 2018





# You'll be welcomed by the supportive Syracuse Florence staff:



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Syracuse Florence  
Director



Amy Kleine,  
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# Flights: Departure

## **Group flight:**

- Group flights will leave on Monday, January 8 from JFK
- Arrive at least **four hours** before the flight departs
- You'll be met at the airport by reps from travel agency and Syracuse Abroad staff members, who will accompany your flight
- Complete the travel questionnaire in your application portal and confirm your group flight

## **Independent travelers:**

- Complete the travel questionnaire in your application portal and upload your itinerary

# 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](http://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!

# Orientation

**Mandatory orientation begins on Tuesday, January 9, 2018**

- You will spend the first night in Florence at a local hotel
- At the hotel you will receive an extensive overview of housing, safety, registration, and meet key staff
- You will move to your housing the second day of orientation. Your host family will come to the Center to pick you up.
- An overview of orientation will be emailed to you shortly before departure. Full orientation information will be provided upon arrival



# 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](mailto: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/](http://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 Wi-Fi (Whatsapp, Viber, Skype, etc.)

## Using devices abroad:

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

# Finances abroad

- **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, if needed)
- 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:

- Online class registration: November 15-21
- Any changes to course schedule will be done in Florence
- 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](mailto:brhughes@syr.edu)

## Expectations abroad:

- Students are bound by Syracuse University's Academic Integrity Policy
- Class attendance is mandatory

## Internships:

- Fill out the Internship Request Form in your application portal
- Placements will be finalized in Florence



# Homestays

- Roommate from the Syracuse program
- All linens provided, family will do laundry once/week
- Housing is not available during spring break
- Keep an open mind
- Communicate with your host family
- Practice Italian as much as possible
- Bring a host family gift when you are introduced:
  - Small gift representative of your hometown/home state
  - Buy chocolates or flowers in Florence

# Apartments

- For architecture and studio arts students
- Groups of 3 to 6 people from the Syracuse program
- Syracuse Florence will pay the landlord directly for rent and utilities
- Apartments are fully furnished and include kitchenware, linens, etc.

# Health, wellness, and living abroad

- Dealing with stress, anxiety, and homesickness
  - Get rest
  - Eat well
  - Find a quiet place
- An English-speaking doctor visits the campus twice a week. Visits are free of charge!
- Gym memberships are available, see the Student Life Office for recommendations.

# Staying safe

**An extensive on-site overview of local issues & safety resources will occur during orientation. Attendance is mandatory.**

## General Safety:

- Before departure, students should register travel with [ISOS MyTrips](#) travel locator
- Emergency plans in place at all centers
- Call the emergency number provided at orientation immediately if you feel unsafe.
- Keep track of your belongings, be aware of your surroundings, know how to get home at night

## Personal Travel Abroad:

- Complete the required travel form for local staff
- Register personal trip(s) with ISOS while abroad
- 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



# 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 Florence 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](#)
- Review [Syracuse Abroad Safety Guidelines](#)
- Visit the Syracuse Florence website: [suabroad.syr.edu/florence](http://suabroad.syr.edu/florence)

# Visa update

- All students will need a visa to study in Italy
- Group submission update
- Independent submission
- EU citizens can travel without a visa

**\*Non-U.S. citizens may be required to obtain additional visas for the Signature Seminars, personal travel, or course/program related trips.**

# Contact/Follow-up questions

Gael Noyes: [gknoyes@syr.edu](mailto:gknoyes@syr.edu)

Syracuse Abroad: 315-443-3471 or  
[suabroad@syr.edu](mailto:suabroad@syr.edu)