

# Syracuse ABROAD

Madrid Pre-Departure Orientation Spring 2018

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

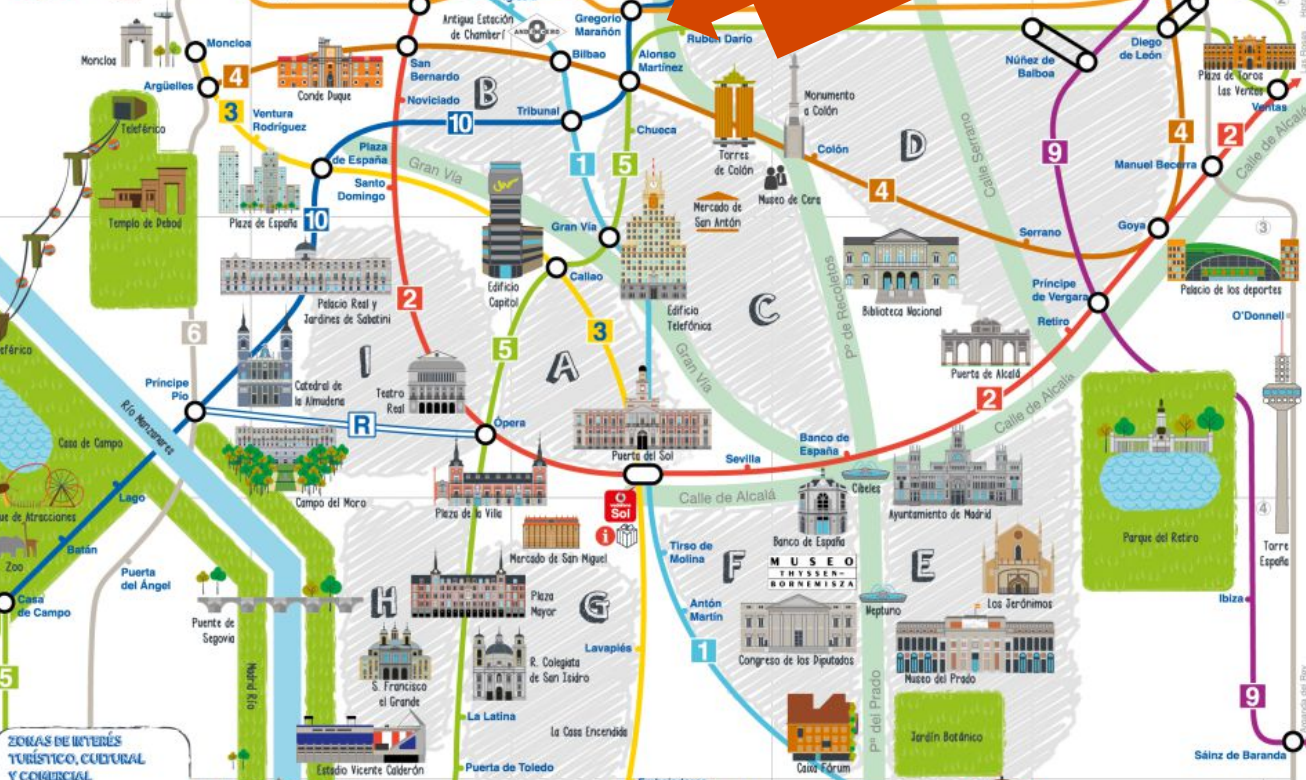
- Dr. Dieter Kuehl, Director
- Amalia Yrizar, Assistant Director
- Ariadne Ferro, Director of Student Life
- Raquel Arenas, Housing Coordinator
- Angela Roquero Health and Safety Coordinator



# Plano turístico / Tourist map

## LÍNEAS / Lines

- |                          |                        |
|--------------------------|------------------------|
| 1 Pinar de Chamartín     | 7 Hospital del Henares |
| 2 Valdecarlos            | 8 Pío                  |
| 3 Las Rosas              | 9 Nuevos Ministerios   |
| 4 Cuatro Caminos         | 10 Aeropuerto          |
| 5 Villaverde Alto        | 11 Mirasierra          |
| 6 Moncloa                | 12 Argüelles           |
| 7 Pinar de Chamartín     | 13 Alameda de Osuna    |
| 8 Casa de Campo          | 14 Circular            |
| 9 Hospital Infanta Sofía |                        |
| 10 Puerta del Sur        |                        |
| 11 Príncipe Pío          |                        |



Syracuse Center

ZONAS DE INTERÉS  
TURÍSTICO, CULTURAL  
Y COMERCIAL

# Flights: Departure

## **Group flight:**

- Group flights will leave on Sunday, January 7 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

# Flights: Arrival

## **Group flights:**

- Arrive January 8 at 9 a.m.
- Madrid staff will meet you at the airport and organize you into groups to begin your Signature Seminar

## **Independent travelers:**

- Check-in begins at Terminal 1 at Madrid airport on Monday, January 8 at 7 a.m.

# Packing

- One large suitcase, one carry-on (for Signature Seminar), 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!



# Signature Seminar & Orientation

## Signature Seminars:

- Spanish Identities: Santander, San Sebastian, Zaragoza, Valencia
- Azahar: Toledo, Cordoba, Malaga, Seville, Granada
- Imperium: Valencia, Granada, Seville, Lisbon
- Marine Ecology: Murcia and Melilla

A detailed itinerary will be provided closer to departure

Your checked luggage will be stored for you at the center during the seminar

## Orientation:

- On-site orientation is **mandatory** for all students
- There will be an extensive overview of housing, academics, health and safety, and the local culture
- Students will meet their host family after 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](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

# Homestays

- Live with a Spanish host family
- One roommate from the Syracuse program
- Students should leave their family over spring break
- All linens provided, family will do your laundry once/week
- Bring a host family gift when you are introduced:
  - Small gift representative of your hometown/home state
  - Buy chocolates or olive oil in Madrid

# Residence Hall

- 25-minute walk to Madrid Center
- Open double: Two students to a room
- Bed linens and bath towels are provided and will be laundered weekly
- Laundry facilities on site for washing clothes
- Meals in the on-site cafeteria

# 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.**



# Health & wellness

- Dealing with stress, anxiety, and homesickness
  - Get rest
  - Eat well
  - Find a quiet place
- A nurse comes to the center twice a week
- Counseling services available (in English)
- Many gyms close to the Syracuse center, staff will give you that info at orientation

# Staying safe

- Watch out for pickpockets!
- Alcohol: Vast majority of problems students have abroad are related to excessive drinking
- Required Independent Travel Form

# 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 Madrid 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
- Visit the Syracuse Madrid website: [suabroad.syr.edu/madrid](http://suabroad.syr.edu/madrid)

# Contact/Follow-up questions

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