

Syracuse ABROAD

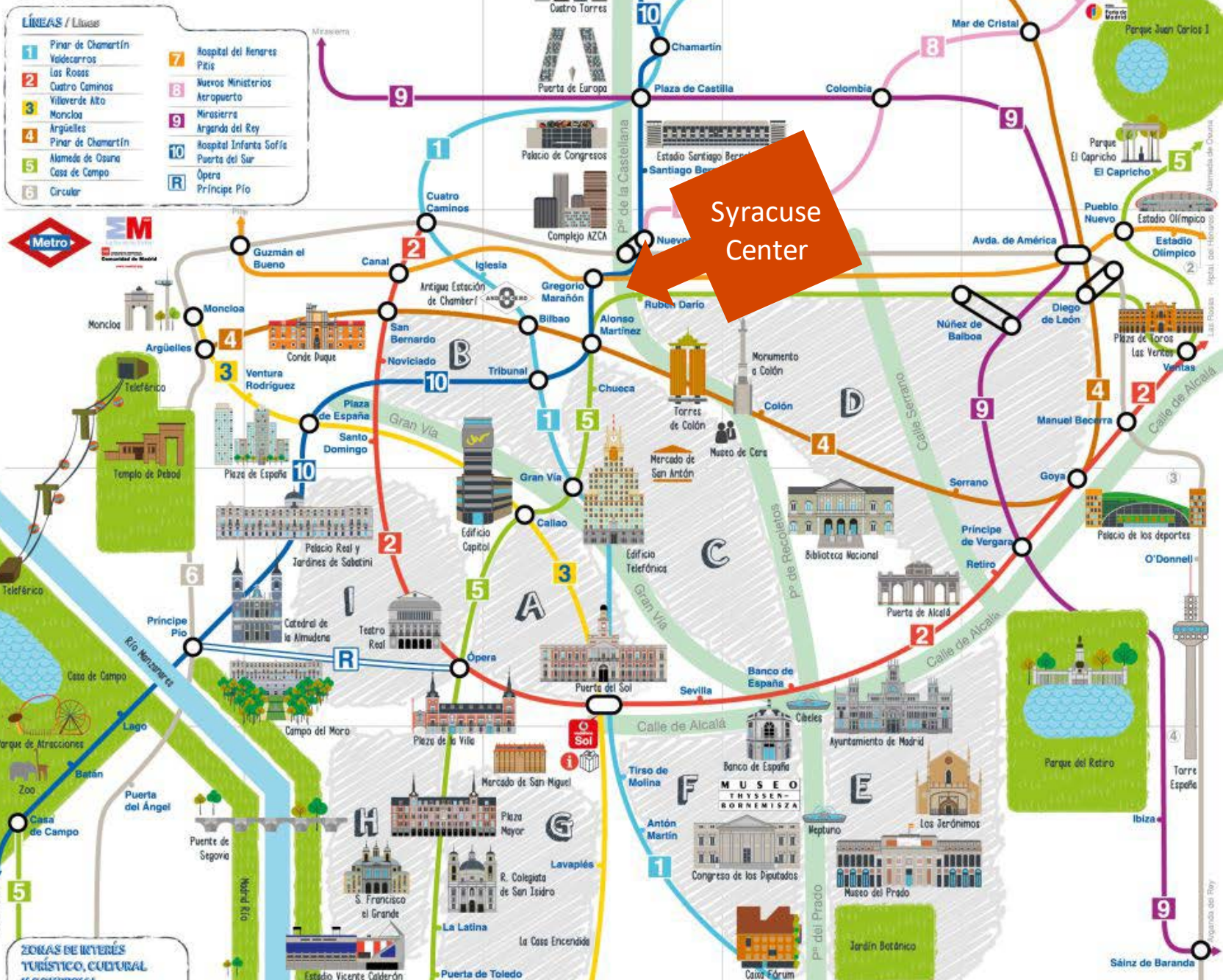
Madrid Pre-Departure Orientation Fall 2018

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, Assistant, Academics



Plano turístico / Tourist map



Flights: Departure

Group flight:

- Group flights will leave on Sunday, August 26 from Newark
- 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 August 27th at 9:30 a.m.
- Madrid staff will meet you at the airport and organize you into groups to begin your Signature Seminar

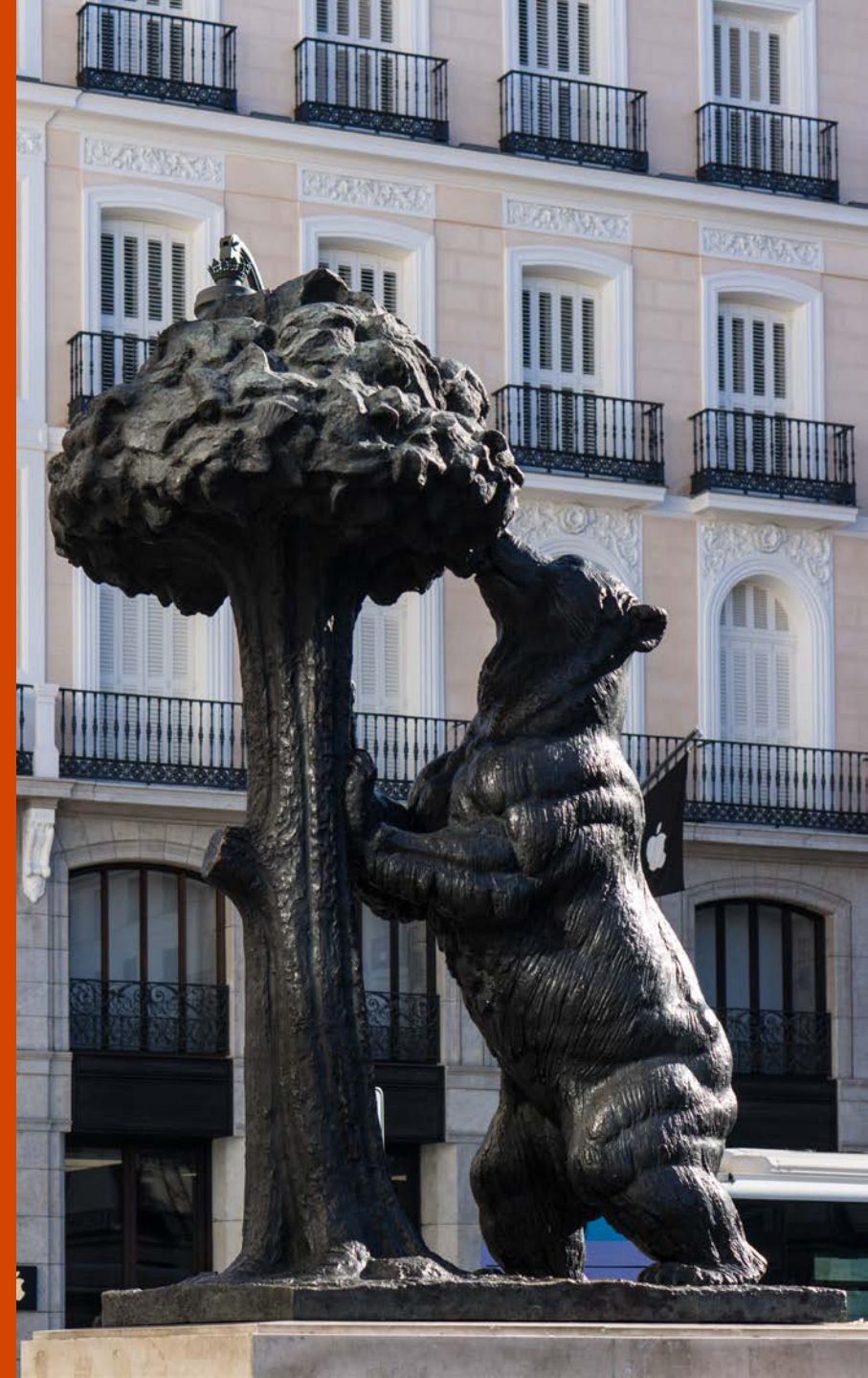
Independent travelers:

- Check-in begins at Terminal 1 at Madrid airport on August 27th at 7:30 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) 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:

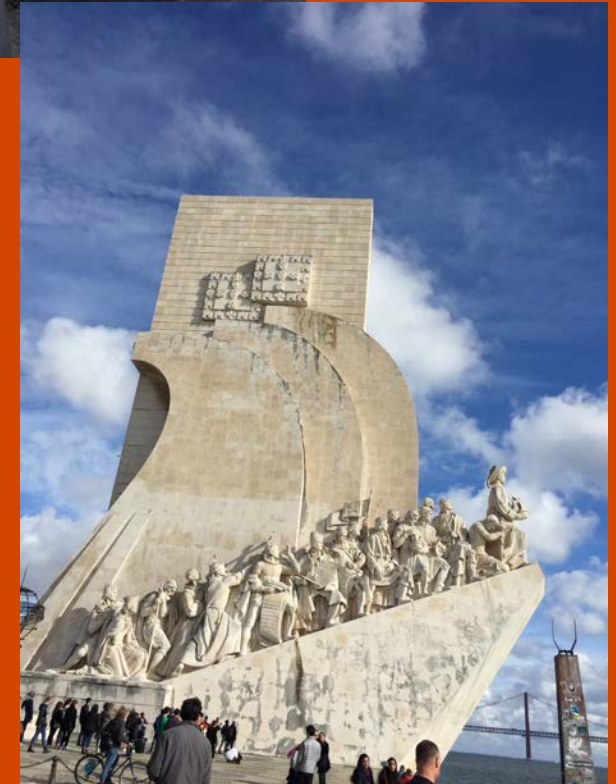
- Spanish Identities: Santander, San Sebastian, Zaragoza, Valencia
- Azahar: Toledo, Cordoba, Malaga, Seville, Granada
- Imperium: Valencia, Granada, Seville, Lisbon
- Marine Ecology: Murcia and Melilla

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

- Health Check-Up: Discuss continued medical/mental health treatment, and any immunizations
- Dental exam

Medication: Bring enough for your entire time abroad.

- You CANNOT mail medication! Contact us for a letter to your insurance company.
- ISOS resources
- Notify us about special storage requirements.

Traveling with medication:

- Pack all medication in personal item **only**
- Medication must be in original containers

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

Insurance Abroad

- Review private insurance for international coverage
- Students pay up front for medical visits, then submit claim for reimbursement
- Personal Property Insurance- consider purchasing additional coverage

For more info, visit our website:
suabroad.syr.edu/health-and-safety/insurance/



International SOS

Medical & Security Advisory Service

- Pre-departure advice:
 - Prescription medication locally
 - Medical travel recommendations
 - immunization requirements
- While abroad:
 - 24/7 availability phone consultation
 - locally vetted English speaking doctors- locations worldwide
 - Country risk ratings, State Department warnings
 - Emergency evacuation services

Download the free ISOS Assistance app

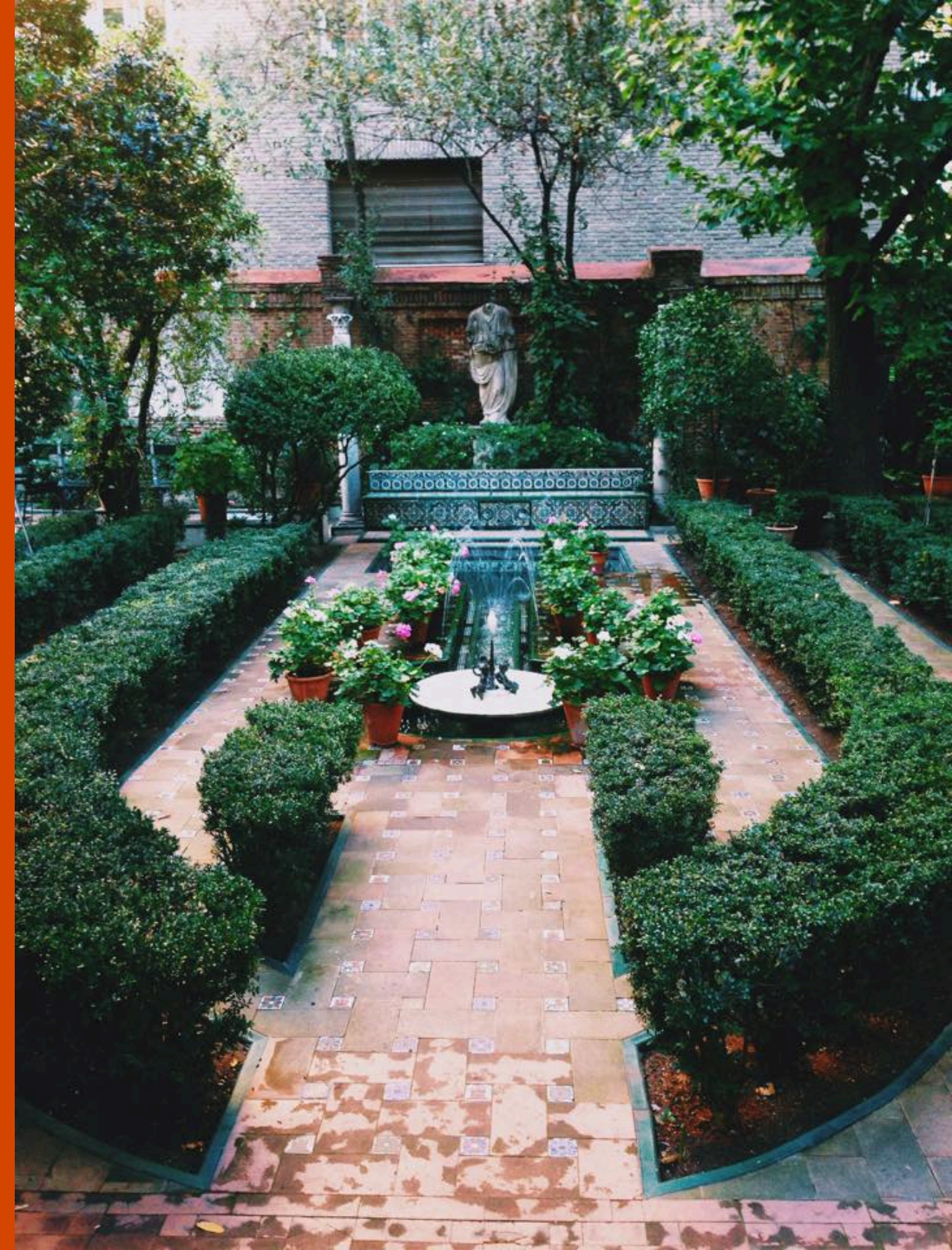
Technology

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



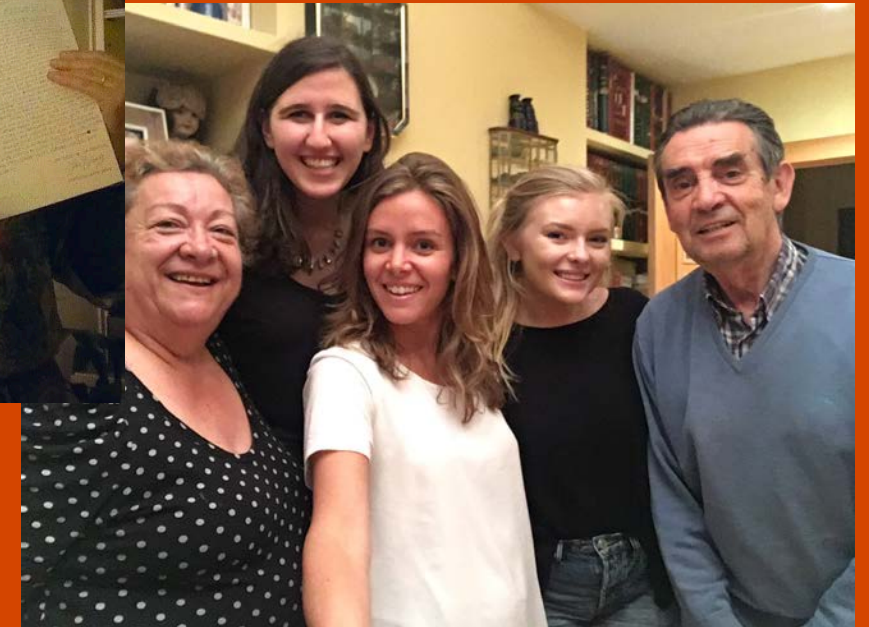
Finances abroad

- 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



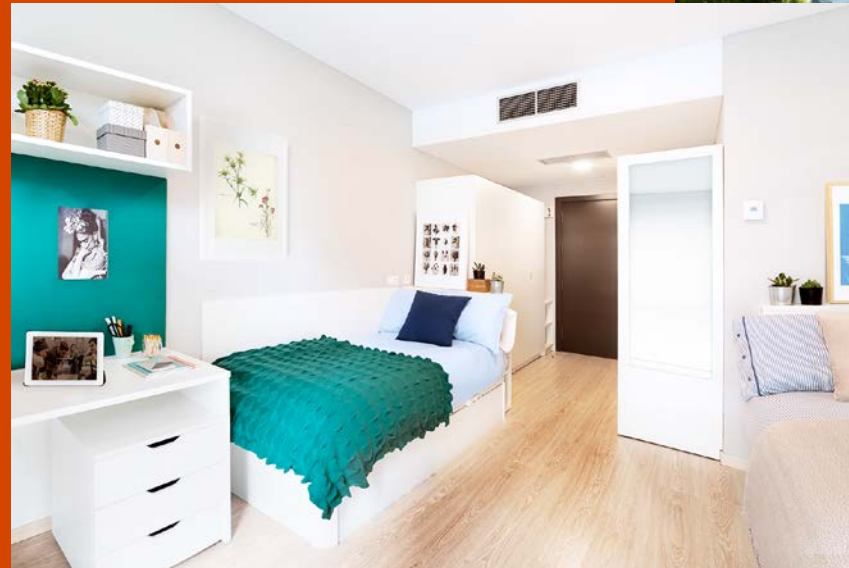
Homestays

- Live with a Spanish host family
- One roommate from the Syracuse program
- 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



Contact/Follow-up questions

- Matt Maloney: msmal100@syr.edu
- Syracuse Abroad: 315-443-3471 or suabroad@syr.edu