International Exchange Program
Pre-departure Information Session

Presented by
Sydney Abroad

Sydney Abroad Staff – Outbound Exchange

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Topics Today

Part 1 – Me!
- Scholarships & Loans
- Insurance
- Safety & Security
- Pre-departure Planning
- Academic & Admin Matters

Part 2 - Georgia
- Mates Abroad and Student Ambassador Roles

Part 3 – Our team
- Student Breakout Groups
- Cultural Adjustment & Country Arrival Information

Scholarships and loans
Exchange Scholarships

- 99 scholarships of $1,000 - $2,500
- Based on:
  - academic merit
  - exchange destination
  - academic faculty
- No application required
  (no double-dipping – B.A. Lang/PGR)
- Successful notifications sent out from November
- Return the Conditions and Return Policy form
- Update your bank details in Sydney Student
- Payments made from January

OS-Help Loan

- Australian citizen, permanent humanitarian visa holder or New Zealand Special Category Visa holder
- Commonwealth supported place
- Completed 48CP of your course
- 6CP left to complete after your exchange
- 2016 loan application deadlines: 31 October
- 2017 loan applications now open!

<table>
<thead>
<tr>
<th>Destinations</th>
<th>Option 1</th>
<th>Option 2</th>
<th>Option 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Asia</td>
<td>$2,000</td>
<td>$4,000</td>
<td>$6,567</td>
</tr>
<tr>
<td>Asia*</td>
<td>$2,500</td>
<td>$5,000</td>
<td>$7,880</td>
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</tbody>
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*Plus $1050 for Asian language preparation

- 2016 loan payments made in 2016
- 2017 loan payments made from January 2017
- Receive two OS-Help loans in a lifetime!
University of Sydney Travel Insurance
- Automatic coverage
- No registration required
- Free!

Key points:
- Starts: 7 days before orientation
- Ends: 7 days after your last exam
- Policy is renewed annually
- You are covered for weekend travel
- Not the same as Healthcare
- Insurance waiver assistance is provided
- Not covered: Partners/accompanying family members
- Not covered: Pre-existing conditions
- You are covered provided actions were not wilful or reckless!
University of Sydney Travel Insurance


Personal belongings: If you’ll be carrying valuables and are concerned with our limited cover, consider taking out a separate insurance policy.

<table>
<thead>
<tr>
<th>Coverage section</th>
<th>Sum per Insured Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>1           Personal injury</td>
<td>$200,000</td>
</tr>
<tr>
<td>2           Medical expenses</td>
<td>Unlimited</td>
</tr>
<tr>
<td>3           Emergency Medical Evacuation</td>
<td>$1,000,000</td>
</tr>
<tr>
<td>4           Repatriation of Mortal Remains</td>
<td>$50,000</td>
</tr>
<tr>
<td>5           Cancellation /Curtailment /Additional Expenses</td>
<td>$100,000</td>
</tr>
<tr>
<td>6           Personal Liability</td>
<td>$10,000,000</td>
</tr>
<tr>
<td>7           Luggage, Personal effects, travel documents, money etc</td>
<td>$15,000</td>
</tr>
<tr>
<td>9           Rental vehicle collision damage and theft excess cover</td>
<td>$5,000</td>
</tr>
<tr>
<td>10          Missed Transport Connection</td>
<td>$5,000</td>
</tr>
<tr>
<td>12          Kidnap, ransom and extortion</td>
<td>$500,000</td>
</tr>
<tr>
<td>13          Political evacuation and natural disaster expenses</td>
<td>$50,000</td>
</tr>
<tr>
<td>14          Corporate Traveller’s family assistance</td>
<td>Included</td>
</tr>
</tbody>
</table>

University of Sydney Travel Insurance

Pre-existing conditions
- Provide a letter from your treating doctor outlining your condition, its manageability and your suitability for overseas travel

Two semester students
- Maximum duration of policy: 365 days
- Provide a written itinerary to Audit and Risk Management 10 days prior to departure

Need to make a claim?
- Excess $200 per claim
- Medical claims: Keep medical bills and receipts.
- Theft of personal items: Keep Police reports, need proof of ownership
Safety and Security

- Register with Department of Foreign Affairs and Trade (DFAT): www.smartraveller.gov.au

- Government can reach you in emergencies
- Check for safety, health and travel warnings
- DFAT’s 24-hour Consular Emergency Centre (CEC)
- Emergency consular services all day
- Alternative contact to host country Australian Embassy / Consulate
- Useful contact for family in Australia
Safety and Security

- Check for travel warnings
- Understand the laws of your host country
- Make sure you can be contacted – update family
- Keep a copy of your key emergency numbers

Emergency Contacts

Chubb emergency assistance
- University’s insurance provider - suitable for medical emergencies
- +61 2 9929 2216 (24 hr reverse charge number)
- Email: security@customercare.com.au

University Security Services
- Phone: +61 2 9351 3333 or 1800 063 487 (24 hours a day)
- Extreme emergency (severe hurt or injury, detainment or political instability)
- Counselling & Psychological Services (CAPS)
- Phone: +61 2 8627 8437/8433 (Mon to Fri, 9am - 5pm)
Insurance and Safety Checklist

☑ Review the policy - ensure it covers your travel requirements
☑ Provide details of pre-existing conditions - if necessary
☑ Provide itinerary - if completing two semesters
☑ Check your host’s requirements - You may be required to purchase host-university’s health insurance plan
☑ Purchase additional insurance - if necessary (eg: personal travel, flight insurance, host-university policy, valuables)
☑ Register with DFAT – smartraveller.gov.au
☑ Review laws of host country – smartraveller.gov.au

Why you need insurance:

Planning for your departure
Host uni Acceptance?

Most will be arriving November to December… Please be patient!

Pre-Departure - Checklist 1

- Passport - valid for at least 6 months after your exchange
- Vaccinations
- Medical Check-ups - including dental & optical
- Prescription Medications
  - Doctor’s letter indicating medications are necessary
  - Check with consulate of host country to ensure medication is not illegal
  - Keep medication in original packaging

Pre-Departure - Checklist 2

- Apply for visa - understand conditions and rights
- Book flights - plan connecting flights and have departure flights
- Accommodation – temporary and/or permanent
- Register with smartraveller.gov.au
- Plan arrival – transport e.t.c
International students - DIBP obligations
- eg: update contact address on Sydney Student, must maintain a valid visa and Australian visa conditions, maintain grades

Permanent Residents - Check re-entry conditions overseas
- eg: students going to the USA may undergo secondary inspection which may cause delays for connecting flights

Accommodation

Temporary Accommodation
- Book prior to arrival
- Check accessibility for late night arrivals

Permanent Accommodation
- Understand conditions and obligations before signing
- On-campus
  - Do you know what you are getting?
  - Single room or shared rooms / facilities?
  - With first years or senior students?
- Off-campus
  - Before you go, research!
  - Host university housing services
Administrative Responsibilities

Life administration checklist
☑ Give notice to landlord – if necessary
☑ Cancel/pause services e.g. Gas, phone
☑ Get your mobile phone unlocked
☑ Register to vote
☑ Email yourself/print important documents e.g. passport, visa, host acceptance, accommodation details, ID, contact information

University administration checklist
☑ Submit proxy form for outbound exchange matters
☑ Request a status letter from Sydney Abroad - Centrelink
☑ Update Address - MyUni or Sydney Student Portal
☑ Check your enrolment - here and with host university
Academic Matters

Enrolment & Credit Principles
- Must be enrolled full-time;
- University of Sydney - normally 24 credits
- Host University - will vary!
- Enrolment is via your home faculty and in Exchange Units of Study
- You can't enrol online but can check enrolment in Sydney Student
- Enrolment is your responsibility
- Invoices / confirmations are sent to your Sydney mailing address
- Have a current address to receive these

Academic Matters

Academic checklist – pre-departure
☑️ Obtain academic approvals and keep a copy
☑️ Record my faculty contacts
☑️ Contact your faculty to enrol
☑️ Set up a proxy

- Have you started academic approvals yet??
- You must submit academic approvals to your home faculty before you leave Australia
Academic Approval Form

References and Forms
**Academic Matters**

**Academic checklist – on arrival**
- Enrol at my host university - if not already enrolled
- Get updated academic approvals - if required
- Contact my home faculty to request updated enrolment - if needed

- Keep copies of emails sent to my faculty documenting approval changes
- Keep copies of syllabi/course outlines/assignments
- Check MyUni to confirm enrolment changes

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**Deadline for changing Sydney Enrolment**

**Final date for Sydney enrolment changes:**
- Be aware of your host university enrolment deadlines as they will be different

- First (March) semester 2017 = 31 March 2017
  - Ensure you submit your academic unit approvals to your home faculty before the end of the current semester

- Second (July) semester 2017 = 31 August 2017
  - Ensure you contact your home faculty well in advance of the 31 August
Faculty Contacts

Faculty contacts sent with pre-departure invite and academic approval information

Contacts used for:
- Academic approvals
- Credit transfer post-exchange

Tuition Fees

- A tuition fee statement will be sent to you once you are enrolled at Sydney
- Pay your fees (HECS-HELP or full-fees) and student activity fee (SSAF) or your enrolment may be cancelled which has repercussions on:
  - Centrelink benefits for recipients
  - Status and validity of international student visas
Mates Abroad & Student Ambassador Roles

Student Ambassador Roles

Being an Ambassador in your host country:
- Know the rules and your responsibilities
- Be respectful
- Speak positively

In addition
- Help the exchange team! 😊
Become a Mates Abroad Mentor when you come home!

Want to feel like you’re still on exchange at in Sydney?

- The Mates Abroad Mentor Program matches our returned exchange students to our new exchange international students

- Mentor roles include: arrival help and welcome, Orientation, social events with your mates and general guidance as a University of Sydney student

- Join our Facebook community too!

Mates Abroad Program

“I had an incredible exchange experience thanks to the many friends I made in the USA. However I know it’s not easy to just step off a plane into a completely new world. I think being a Mates Abroad Mentor is important to help provide exchange students with the best possible opportunities and build Sydney University’s image abroad.”

Shahar Merom, USA,
Mates Abroad Mentor 2015
USYD Instagram

Photo Competition

- Or just tag @SydneyAbroad in your exchange pics!

Photo Categories:

- People of the world
- Landscapes & Architecture
- Once in a lifetime moments
- More information and Ts&Cs on Facebook

International Exchange Program
Cultural Adjustment and Arrival

Presented by
Sydney Abroad
Arrival – culture shock

- ‘There is wisdom in turning as often as possible from the familiar to the unfamiliar: it keeps the mind nimble, it kills prejudice, and it fosters humour.’
  George Santayana, The Philosophy of Travel’

What is culture shock?

- Commonly experienced by travelers, expats and exchange students, “culture shock” describes the impact of moving from a familiar culture to an unfamiliar one.

Language

Dress

Climate

Food

Values

Etiquette & Behaviour
Strategies to cope

**Host country**
1. Everything is new, interesting and exciting.
2. You see your host country as your new home.
3. Differences become apparent and irritating.
4. You work your way through culture shock and begin to adapt to your host culture.
5. You may feel homesick, depressed or helpless.

**Home**
6. You are excited about returning home.
7. You may feel frustrated, angry or lonely because friends and family don’t understand what you experienced and how you changed.
8. You readjust to life at home.
9. You integrate what you learned and experienced abroad into your new life.

Strategies to cope:

**Stay grounded**
What you’re feeling is normal, and most people experience it at one time or another.

**Cook home comforts**
If it’s possible, cook some of your favorite meals from home to share with your new friends.

**Get active**
Exercise lifts your mood, and joining local activity groups can establish connections with your host culture.

**Stay connected**
Family and friends will want to keep in touch, so make time for regular webcam chats and calls.

**Challenge yourself**
Set yourself a goal each day of interacting with at least one new person, whether that’s a shop assistant or a bartender.

**Find a guide**
Before you travel, use a language exchange or similar site to find someone who will help you learn the language and culture.
Culture Compass

- Useful app you might like to download
- Developed by Geert Hofstede - founder of comparative intercultural research
- Helps you understand the impact of your own cultural value preferences and potential behavioural pitfalls

Before you leave?
Packing

Important Documents – print and save copies online
- airline tickets, passport, spare passport photos, bank account details etc
- Translations of important documents
- Leave copies with family, email copies to self as back-up

Customs / Quarantine
- Register expensive items with Australian customs before departure
- Be mindful of customs/quarantine
- Returning home – Quarantine matters

Financial Checklist

✔ Money and Taxation
  " Different culture of financial services
  " Have cash + / money cards for arrival

✔ Credit cards
  " What services are available on these? (Maestro, Cirrus)

✔ Plan financial transfers to overseas
  " Via your local bank?
  " Money transfer services – eg: Western Union

✔ Conversion and exchange rates
  " Check on a currency converter / plan for fluctuations

✔ Financial Planning – Budget
  " Taxation – Australian return completed?
- International Student Identity Card
- International Driving Permit (check if it’s required)

Get to know your Destination
- Personal orientation & navigation - maps & transport
- Climate & weather
- Currency & cost of living
- Local language/s & dialects
- Social customs & values
- History, geography & politics/current affairs

- Resources - internet (on-line news, radio/podcasts), travel guides, movies, books, past exchange students, Sydney Abroad Facebook group
Arrival
- Arrive in time for orientation/extra-curricular activities

Communication
- Stay in touch, Skype, journal/blog, email
- Monitor your Sydney email address
- Alternatively forward your Sydney uni email address to a preferred address

Safety & Security
- Note local security numbers on arrival
- Watch your belongings / be savvy in new areas upon arrival

Extending your exchange

What you need to do:
- Contact your Sydney Exchange Adviser
- Your adviser checks if there are spaces
- Confirms the possibility with the host university

Before approval, you will need:
- Contact your faculty for approval of extension
- If approved, you will receive official notification from your Adviser
- Extensions are not automatic nor guaranteed
- Once approved - seek additional academic approval for subjects

- Not possible for all faculties
- Not available where places are limited (eg: some USA)
Academic Transcripts

- Check arrangements for requesting transcripts from host university.
- Some universities will not send the transcript without an official request from the student.
- Note that official transcripts from UK partners may not be provided until July/August 2018 due to their academic calendar. This may impact graduation and PG applications. Please consult the UK Exchange Adviser for more details.
- In general, host universities may take up to 4 months to provide your official academic transcript. In some cases, this may delay your graduation date.
On Arrival
- What is the ball-park cost of living/housing/food/drinks?
- Mobile phone tips?
- Banking/ money transfer tips?
- What accommodation options did you choose?

Academic Matters
- How do you register/ enrol for classes?
- How do teaching / assessments / exams differ?

Campus Life
- What are good ways of getting involved in campus life?
- Any useful entertainment / travel tips?
- Useful websites/blogs?