Pre-Departure Orientation Topics

1. ACADEMIC TOPICS

   **Educational philosophy:**
   - Role of higher education in host country.
   - Role of professors and their relationship to students. How should they be addressed?
   - Role of students. Do they need to be more independent and take more initiative? Is there class participation and how important or not is this?

   **Courses**
   - Courses taught by professors, graduate students or both?

   **How do host university courses differ from UC courses?**
   - Registration process for courses | adding/dropping courses
   - Number of hours/days per class
   - Syllabi | suggested readings vs. required readings
   - Taking courses in a foreign language | language placement exam upon arrival (if applicable)
   - Attendance policy | unexcused absences
   - Frequency of homework, papers and projects
   - Exams (oral vs. written)
   - Grading system

   **Books**
   - Bookstore | library
   - Average cost of books (used/new)
   - Readers instead of books | books on reserve at the library

   **University location**
   - Physical size of the university | campus setting
   - Distance from university to housing
   - Distance from university to city center
   - Transportation to and from the university
   - Type and cost of transportation

2. UCEAP Staff Onsite (Study Center | UCEAP Liaison Office) AND Staff at UCSB

   **UCEAP staff onsite**
   - Who are they?
   - Where are they located?
   - Office hours?
   - Seek them out for assistance: cultural adjustment, housing, academics, etc.

   **Staff at UCSB**
   - Continue to email your academic advisors at UCSB for campus specific questions
     - major, minor GE requirements
     - include course descriptions in the email
3. HEATH, WELL-BEING AND SAFETY CONCERNS
(Refer to the Health & Safety sheet AND info in the Program Guide)
- Specific regions not to visit
- Anti-American sentiment
- Discrimination, harassment, personal safety
- Health concerns specific to host country/region
- Pollution / air quality
- Medical (UCEAP insurance, GHI insurance, prescriptions, pharmacies, hospitals, etc.)
- Contact lenses | bring a pair of eye glasses
- Culture shock – ways to cope with adjusting to host culture
- MyEAP Travel Sign Out

4. CONDUCT
- Your responsibility as a representative of UC, UCEAP and the U.S.
- Cultural sensitivity
- Local laws may differ or may be stricter than U.S. laws
- Controlled substances / alcohol consumption
- Sex, STDs, contraceptives, hygiene
- Acceptable and unacceptable behavior

5. HOUSING
- Options: dorms, apartments, host families, etc.
- Desirable neighborhoods or options
- Housing contracts/leases
- Cost of housing | additional fees (electric, internet, heating/AC, etc)
- When and how to make housing payments
- Security, locks, cooking, electrical appliances, laundry
- Housing rule/regulations | curfews

6. BANKING
- Local currency: exchange rates
- Exchange booths are very expensive
- ATMs (transaction fees) – Banking hours
- Credit cards / debit cards | Are credit cards widely accepted in the host country?
- Contact your U.S. bank and credit card company about your upcoming travels
  - otherwise, your accounts may be frozen (bank may assume overseas charges are fraudulent)
  - ask if ATM password should be 4 digits only
- Setting-up a local bank account

7. COMMUNICATION
- Don’t spend too much time on Skype or Facebook!
- Cell phones

8. PACKING
- What to take, leave behind or purchase upon arrival
- Clothing – things to consider:
  - Type of weather when abroad
  - availability of sizes in host country
  - cost & quality of clothing
- Backpacks vs. suitcases/duffel bags
- Laptop
- Save room in your luggage for purchases abroad

9. CULTURAL LIVING

Fitting In
- Appropriate dress (more formal vs. “California casual”)
- Manners / etiquette
- Time and punctuality
- Eye contact, staring

Relationships, friendship and dating customs
- Male-female, male-male, female-female
- Age differences, ethnocentricity, etc
- Hanging out with Americans vs making international friends

Other
- Local geography & weather
- Current events, news sources
- Food, groceries, snacks, drinks
- Gratuities (tips) in host country

10. LEISURE TIME

Recreation
- Athletics, student teams, gyms, jogging (may get stared at)
- Cultural: theater, dance, concerts (student discounts?)
- Student clubs and organizations

Travel
- Train passes within the host country or host continent (Eurail pass, etc.)
- Trains, buses, airplanes
- ISIC and discounts
- Excursions organized by the Study Center, campus groups, etc.
- Travel tips (seasons, discounts, packing for trips)