IUHPFL Orientations 2014

Parent & Guardian Sessions:

I. Banking
II. Health
III. Safety
IV. Host Family Stay
V. Communication
VI. Maximizing the Abroad Experience
VII. Opportunities beyond IUHPFL at IUB
Introduction of student/parent panel

*Each student/parent will introduce himself/herself and answer the following questions:*

- **For students:**
  - Where do you attend high school/college?
  - Where did you go with IUHPFL?
  - What were your biggest concerns before going abroad with IUHPFL?
  - What were your greatest takeaways from the IUHPFL experience?

- **For parents:**
  - What were your biggest concerns for your son/daughter going abroad with IUHPFL?
  - What were your greatest takeaways from the IUHPFL experience—both through your student and as a parent?
I. Banking (pgs. 39-40)

Recommendations from IUHPFL:

- Debit card with PIN
- Credit card for emergencies
- Arrive with some local currency
- Inform bank of dates student will be abroad
- No traveler’s checks
- Agree on a budget with your student, as IUHPFL cannot lend money
- Consult PSTA for what is covered in Program Fees
  - One thing NOT covered: 3-4 meals on overnight excursions; rough estimate $10-$15 USD per meal
I. Banking (pgs. 39-40)
Recommendations from the panel
II. Health while abroad

• Health care on IUHPFL sites
• Medical bills must be paid up front by the student, reimbursement happens after (appropriate documentation required)
• Student will be insured with HTH Worldwide insurance while abroad *during the Program dates*
  – We recommend the student carries his/her insurance card, too
• Importance of physical *and* mental health
II. Health while abroad

HTH Worldwide insurance: *what does that include?*

- Medical Expenses
- Accidental Death and Dismemberment
- Repatriation of Remains
- Medical Evacuation
- Political or Military Situation Evacuation
- Natural Disaster Evacuation
- Return of Deceased Remains
- Safe Haven
II. Health while abroad

• HTH Worldwide insurance: *what does that include?*

• Let’s have a look at the PDF/brochure! Also available on the website.
II. Health while abroad

- Likely ailments:
  - Gastroenteritis
  - Constipation
  - Dehydration
  - Sunburn
  - Stress! (some evident and some ‘hidden’ stressors)
  - Remember: the stress of being abroad exacerbates existing conditions, thus it is crucial to fully disclose medical history; any changes to SMHs should be communicated to IUHPFL office immediately

- Instructors carry IICs, have access to SMHs
II. Health while abroad

• What happens when my son or daughter gets sick or needs medical attention?
• What are the resources available to him/her?
II. Health while abroad

- Medications—what to take, what to leave at home
- Importance of your student knowing and understand his/her medication
- Mental healthcare abroad
II. Health while abroad

• Thoughts/concerns from the panel

• Students:
  – What health concerns did you have before going abroad?
  – Did you have any health problems while abroad? If so, what were they and how were they attended to?

• Parents:
  – What health concerns did you have for your son/daughter before going abroad?
  – If your son/daughter had any health concerns, how were they attended to, from your point of view?
III. Safety while abroad

• U.S. citizens typically not targeted abroad based on their nationality, rather for ‘looking like a tourist’
  – Petty theft: pickpocketing, purse snatching, etc.

• The following are some general tips for safety abroad that you can share with your student:
  – Adhere to the Honor Code.
    • NO ALCOHOL. Please reiterate this with your student (whether you agree or not!).
  – Be attentive to your surroundings and always keep control of your personal items.
  – Utilize your ‘street smarts.’ Take the precautions you take at home, as well as new ones.
III. Safety while abroad

- Use the ‘buddy system’ and never go anywhere new or unfamiliar alone if you can help it. Whenever outside the presence of the instructors or host family, socialize in groups of at least three students if possible. Note: it may not be possible to travel in groups of three commuting to and from host family’s home.

- Keep a low profile during political events abroad that may be anti-American in nature. At such times, avoid places that attract Americans.

- Carefully consider your appearance; dress to fit in with the local culture. Behave appropriately while in public, without calling attention to yourself.
III. Safety while abroad

- What about public transportation?
  - Abroad, public transportation is common, safe and used readily and easily by high school-aged individuals in the host country
  - Host families asked to accompany students to class on first day
  - Be aware! Stay alert! Pay attention! Potential situations?
  - Possible methods of public transportation:
    - Bus
    - Metro
    - Taxi
    - Own two feet!

- What about public beaches?
  - Absence of lifeguards

- What mechanisms are in place to keep students safe?
  - Honor Code!
  - Instructors carry lists of host family addresses & phone numbers, US emergency contacts
  - Students carry emergency card; should also carry map of the city
  - New: IUHPFL cell phones for students
  - Instructor preparedness
III. Safety while abroad

• Safety in your host city vs. on excursion
• Safety in a capital city
III. Safety while abroad

While the IUHPFL office can provide information about health and safety issues, we cannot eliminate all risks from a study abroad environment or ensure that U.S. standards of due process will be applied in legal proceedings outside this country.

- Before your student travels abroad, we encourage you to make copies of all of his/her forms of identification (passport, license), as well as copies of his/her debit cards and credit cards. We also encourage you to keep copies of all of the paperwork you have submitted to our office to have on hand.

- Students and guardians should prepare for the fact that students may depend on public transportation daily. In this regard, student and host family communication about estimated time of arrival home each day is imperative!
III. Safety while abroad

• Thoughts/concerns from the panel

• Students:
  – What safety concerns did you have before going abroad?
  – Is there ever a time when you didn’t feel safe? If so, what would you recommend to students going abroad with the IUHPFL this summer to avoid getting themselves into such a situation?

• Parents:
  – What safety concerns did you have for your son/daughter before going abroad?
  – What would you recommend to parents sending their students abroad with IUHPFL this summer regarding student safety?
IV. Host Family Stay

- IUHPFL Vetting process for host families
- IUHPFL’s system of checks and balances
- Do host families undergo background checks?
- Expectations for host family stay

Students:
- What concerns did you have for your host family stay before you went abroad?
- What recommendations would you have for IUHPFL students going abroad this summer to have a successful host family experience?

Parents:
- What concerns did you have for your son/daughter’s host family stay before he/she went abroad?
V. Communication

• Purpose of Language Commitment:
  – Linguistic progress
  – Avoid homesickness

• Use of personal cell phones abroad

• Students:
  – What concerns did you have for the Language Commitment (specifically, with respect to your language ability and lack of communication) before you went abroad?

• Parents:
  – What concerns did you have for the Language Commitment (specifically, lack of communication) before your son/daughter went abroad?
V. Communication

- **Students:**
  - Tell us about the process of immersion. Does the Language Commitment work? How does it work?
  - What was your one phone call home like for you?
  - What was it like being unplugged from social media?

- **Parents:**
  - Would you say the process of immersion was effective for your son/daughter? How do you know?
  - What was your one phone call home like for you?
  - Often times for parents, their biggest concern is not safety or health, rather how much they will miss their student! Can you speak to how you handled missing your child for the summer?

- **Additional tips:**
  - Avoid sending packages
  - Send your student one e-mail a week
  - Use the instructor blog as an ‘update’
  - ‘No news is good news.’
VI. Helping Your Student to Maximize the Abroad Experience

As a guardian/parent, your attitude towards your student’s trip abroad will greatly affect your student’s attitude towards going abroad. Share with us in the goal of trying to make your student responsible and accountable for his/her actions abroad, and of truly ‘owning’ this experience.
VI. Helping Your Student to Maximize the Abroad Experience

• A few tips…
  – Help your student identify his/her expectations for the Program.
  – Educate yourself about the host country and specific Program site.
  – Share in your student’s excitement for the country’s language and culture—pre-departure and upon their return home.
  – ‘Let go, let grow.’
  – Prepare for re-entry into the U.S.
Parting thoughts from our panel…

• For students:
  – What is your one piece of advice for an IUHPFL student?
  – If you could rewind to a year ago, knowing what you know now about the IUHPFL experience, what advice would you give yourself?

• For parents:
  – What is your one piece of advice for an IUHPFL parent?
  – If you could rewind to a year ago, knowing what you know now about the IUHPFL experience, what advice would you give yourself?

• Parting thoughts/questions?
VII. Opportunities beyond IUHPFL at IUB
IUB’s College of Arts and Sciences

• 70 degree-granting departments and programs
• 77 foreign languages offered
• Three undergrad degrees: Bachelor of Science, Bachelor of Arts, Bachelor of Fine Arts
• 9,000 undergraduate majors
VII. Opportunities beyond IUHPFL at IUB

IUB’s Global Village Living-Learning Center

- Undergraduate residence that fosters students’ international interests (i.e., a great place for your student to live on IUB’s campus!)
- GV events
  - Dinners
  - Movies in the Lounge
  - Faculty conversations
  - Language Opportunities
- Houses about 150 students
- Many GVers are IUHPFL alumni