Goals for Today’s Presentation

- Meet Oviedo Instructor Team
- Talk about flight information
- Discuss Finances
- Get to know Oviedo
- Discuss life on site
¿Dónde está Oviedo?
Instructors

- Rebecca Clay (Culture and Linguistics coordinator)
- James Lang (Literature and logistics coordinator)
- Ángel Milla (Linguistics and student coordinator)
- Krista Weirich (Grammar and public relations coordinator)
Mariví – On-site Coordinator

- Selects host families
- Helps guide excursions
- Knows tons about Oviedo & Spanish art & history!
- Loves to dance
- Teaches literature and Tai Chi
Departure:
Monday, June 6\textsuperscript{th}, 2016

- Flying with the group: Rebecca and James
- Flight: Indianapolis – Atlanta – Madrid
  - FLIGHT Delta 1613 to Atlanta
    - DEPARTS 2:18 p.m. from Indianapolis
    - ARRIVES 3:59 pm in Atlanta
  - FLIGHT Delta 108 to Madrid
    - DEPARTS 6:09 p.m. from Atlanta
    - ARRIVES 8:45 a.m. in Madrid
- ARRIVE @ Indianapolis airport by 10:30 a.m.
Departure: Meeting Point

• Delta counters
  – Check in TOGETHER
  – WEAR THE T-SHIRT and your NAMETAG!

■ ARRIVE @ Indianapolis airport by 10:30 a.m.
Departure: Contact Information

- **Rebecca Clay**: 812 - 281-1002
- **James Lang**: 317 – 753 – 7563
Return:
Monday July 18, 2016

Flying with the group: Rebecca and Krista

- Madrid – Atlanta - Indianapolis
  - Flight Delta 109
    - Departs 11:05 a.m. from Madrid
    - Arrives 2:32 p.m. at Atlanta
  - Flight Delta 1898
    - Departs 10:15 p.m. from Atlanta
    - Arrives 11:50 p.m. at Indianapolis
Return: Contact Information

- **Rebecca Clay**: 812 - 281-1002

- **Krista Weirich**: 405 - 255 - 1773
Packing

- **One suitcase**
  - no more than 62’’ in total dimensions and weighing no more than 50 lbs. Any more luggage will result in around $80 charge per piece.

- **The Oviedo T-shirt**

- **One personal item**
  - For example, a small backpack or a purse.

- **Carry-on**
  - No more than 45’’ in total dimensions and weighing no more than 40 pounds.

- Bring US cell phone to airport & turn off once in the plane

*The less you bring the better! We have limited space on the bus!*
Departure Day

- Bring
  - **Passport**
  - Boarding documents and itinerary
  - Instructor phone numbers
  - Snacks
  - Things to do on the airplane (it’s a 10+ hour flight!)
  - Bring Euros for emergencies
The Cathedral of Oviedo and "La Regenta"
The School –
Seminario Padre Enrique Ossó

Stairs to our School – about 100! 😳
View from a Classroom
Dining Hall (el comedor)
Las madres de Oviedo
New experiences!!
Deportes
End of Program Show For Host Families
Excursions: Picos de Europa
Excursions: Cangas de Onís

Puente Medieval

Museo

Aula del Reino de Asturias
Excursions: Covadonga
Excursions: Naranco
Gijón
Excursions: Santiago de Compostela
Foz
Excursions: Segovia
Excursions: El Museo del Prado in Madrid
Excursions: Canoeing (optional)
Money

- Consider bringing some Euros (cash) with you and using them only for emergencies.
- Get Euros from your bank BEFORE leaving.
  - Order this from your bank several weeks before departure (3-4 weeks).
- 24-hours to transfer money for fill-up cards.
- No traveler’s checks.
- You need a **credit card** for emergencies.
- No money needed to get to school.
- Lunch at school & dinner at host family home.
- Money for souvenirs, extra travel (non-program), snacks.
- 1 Euro = 1.10 U.S. Dollars (10€ = $11.10)
Finances - What to Bring

- An ATM/debit card (preferably Visa) that can be recharged in the US.
  - Request card to bank with enough time for delivery and use it in the US, before travelling
  - Call your U.S. bank and let them know the card will be used abroad
  - Check fees with your bank beforehand
  - Must be in student’s name
  - Withdraw maximum to avoid fees. Trying to withdraw more than your maximum results in a rejection. Try again at a lower amount.

- Cash
  - For the very first days (≈€100)
  - For excursions
  - For snacks/drinks from estancos/quioscos (stands that sell food)
  - REBAJAS!!! (Nation-wide retail sale beginning July 1st)
  - Many banks will provide Euros if you order it at least 2 weeks before departure.
Managing Your Finances

- Many places prefer cash over credit/debit cards
  - American Express is not accepted in many places.
  - Withdraw enough cash for several days
  - Always have some cash on you (≈€15)

- Write down your card numbers and bank phone numbers in a secure place (students in Spain and parents at home) in case your card gets lost or stolen.
  - Know your pin number by the NUMBERS and not by letters (there are usually no letters on keypads in Spain)
Spending Money

- An ice cream
  - 1 scoop = 2,00€

- A coffee and a pastry
  - Around 5,00€

- A postcard and stamp to be sent to the US
  - Stamp 0,64€, post card = 3,00€

- A souvenir-related t-shirt
  - 12,00-15,00€

- A bus ride
  - 1,05€

You don’t need any money to get to school.
Packing and Weather

- **Weather**
  - Mild summer
  - 13° (55°F) in the morning
  - 20-25° (68-77°F) in the afternoon
  - Humid
  - Expect rainy days in beginning of June
    - Shoes will get wet, be prepared
  - Rain coat, rain boots (or shoes that are appropriate for rain) & umbrella

- Medicines clearly labeled both OTC and prescription

- Favorite American products (especially feminine products)

- School supplies (Tiendas chinas)
Typical Week Day on Site

- 10 a.m. classes begin
  - Communication
  - Culture
  - Grammar
  - Linguistics

- Afternoon
  - Lunch (at 2 p.m.)
  - Support Groups
  - Choir / Theatre (to prepare for thank-you show for host family) / Sports
  - Time to shop / explore city (at 5 p.m.)

- Evenings (Last bus home at 7 p.m.)
  - Homework
  - Time with host family
Typical Weekend Day on Site

- Spend time with host family
- Optional local excursions with program
- Personal ‘down time’ for reflection, rest, and Internet correspondence (1hr/week)
  - 1 hour total internet per week
- Inform instructors of plans if they’re outside of Oviedo
- Students may only go out in the evenings with host parents
Communication while away

- Parent’s blog site:
  - http://iuhpflovidoe2016.blogspot.com/
  - Keep up to date with what is going on in Oviedo with weekly posts.

- Parent communication with instructors

- Students: Join Facebook group (Sorry, parents! Not for you!)
  - IUHPFL Oviedo 2016
Language Preparation

- BBC Spanish (fun review geared toward ‘castellano’ with some advanced activities)
- La Voz de Asturias (www.lavozdeasturias.es) (Newspaper)
- www.copeasturias.com (Radio Station in school building)
- http://www.notesinspanish.com/ (Podcast in Spanish)
- Cadena Dial (for music only in Spanish)
- Group playlist/ music posts on facebook page
- Read a novel you already know in Spanish
If you get car sick...

- Please bring Dramamine!!

- We have some long bus rides!
Medical issues

- It is VERY important that we resolve any potential medical issues TODAY.

- We need to know about medical or psychological conditions your students are currently dealing with or have dealt with in the past. This could include:
  - Asthma
  - Eating disorders
  - Depression, anxiety
  - Epilepsy

- It is ESSENTIAL that we have this information to ensure your students’ safety!

- Please see us if you an have allergy to:
  - Latex
  - Medication
  - Food
Medical issues

- Krista is first-aid trained and we have all gone through an informational session with counseling and psychological services, but we are not prepared to care for students with conditions that are not disclosed. We will not hesitate to send a student home if we determine that we are unable to give them the care they need in Oviedo.

- Please help us take care of your students by disclosing medical history. We will be available at the beginning of lunch and after the orientation ends in the afternoon to discuss any relevant questions or concerns.
Questions?
Lunch
Conversation activities
Communication with host families

- Spend as much time as possible with them!!
- You have to speak up. Don’t just say “si” if you don’t understand something.
- Be honest without being rude
- Don’t ask “do you need help?”, just do it!
- Keep your bedroom clean and the door open
- Try not to make assumptions, always ask for clarification
  - Going out to eat
- Discussion is not always an argument. Spaniards may have a different tone than what you’re used to.
- Bring something for your host family
  - A photo album about your life in the US
  - Something that represents where you’re from
Honor Code

- Language Commitment
- Alcohol / Tobacco / Drugs
- No piercings or tattoos
- Safety
  - Avoid risky behavior (¡Actividad peligrosa!)
  - Nighttime outings accompanied by host parents only
  - Always stay in groups of 3 or more
- Host family experience
- NO cell phones allowed!! Bring your camera!!
  - (And paper dictionaries)
Classes

- **To succeed it is important to:**
  - Set specific and obtainable goals! Don’t be vague.
  - Arrive to class on time
  - Always do the assigned homework and be prepared to participate
  - Participate actively in groups and speak Spanish at all times
  - Demonstrate a positive attitude

- **Make sure to sleep enough to be awake in class!!!**
Classes – Supplies

• Bring
  • All of your class books
  • A notebook or folder and loose-leaf paper for notes and writing assignments
  • A small notebook to keep with you and write down vocabulary you are learning
  • Pens/pencils
  • A Spanish-only dictionary or a Spanish thesaurus
Oviedo Alumni

- Cultural differences / cultural shock?
- Lo mejor de Oviedo
- Suggestions to maximize your experience
- What’s it like to follow the Honor Code
- Host family experience
- Trying new things, especially food
U.S. vs. Spain

- Personal space/ Touch
- Alone time
- Argument vs. discussion
- Americans are “cold” while Spaniards are direct, open
- Greetings: Shaking hands
  - Man + man
- Greetings: Kisses *noises* on cheek
- People smoke a lot, but there is a nation-wide indoor (public places) smoking ban 😊
- Cleanliness

- A LOT of improvisation happens during excursions
- Meals:
  - Large, late lunch ~2pm
  - Small breakfasts
  - Small, late dinner ~8-10 pm
  - Tips for home: Eat more but in smaller portions
- Carry kleenex & water
- On Sundays everything is closed
- People will not “patiently wait for you”
- Expect Spaniards to be a bit late except for programmed events*

*This does not apply to YOU!
Culture shock

Stages most people go through in adjusting to a new culture

**Fun**: The excitement and adventure of experiencing new people, things, and opportunities.

**Flight**: Disorientation brings the urge to avoid everything and everyone that is different.

**Fight**: The temptation to judge people and things that are different as bad or foolish.

**Fit**: Creative interaction with the new culture that includes a willingness to understand and embrace.

*Reverse culture shock*
The First 72 Hours

- Exhaustion from travel (long flight, long bus ride)
- Jet Lag
- Different family
- Different friends
- Different instructors
- Different city
- Different language
- New home

Imagine just ONE of these things by itself. The first 72 hours might be challenging. Plan to do something to help you relax: music, journaling, taking a walk, talking to host family. Be patient!
Culture Shock: How to Handle It

- **Remember, you are not alone!** All international students share what you are going through.

- **Focus on what you can control.** Don't invest major energy in minor problems.

- **Don't avoid things.** Tackle major stresses head on.

- **Be physically active and keep your sense of humor!** Try to get the best out of your experience no matter what.

- **Ask for help.** Create a wide support network as quickly as you can in your target culture.

- **Write it down.** Record your thoughts and frustrations in a journal. This will give you a healthy outlet for expressing your feelings.
Remember that we are a group

- Communicate with each other: Be patient and understanding; be sensitive to each others' feelings and difficulties.

- Support your groupmates’ efforts to speak Spanish and explore the foreign culture in a healthy and productive way.

- Participate actively in group work. Be a team player!