

2025 IUHPFL Student-Guardian Orientation

Afternoon Presentation and Parent Panel

2:00pm-3:00pm

Whittenberger Auditorium, IU Bloomington



INDIANA UNIVERSITY

HONORS PROGRAM IN FOREIGN LANGUAGES

This afternoon session

- Helping your student prepare now and succeed abroad
 - Support for you!
- Communication during the program
- Health and Safety, Part II
 - Preparation
 - Privacy and information sharing
 - Medical Insurance
 - Monitoring of global/geopolitical situation
- Money (quick refresher)
- Travel questions
- Question and answer period



Submit Qs throughout, to be answered at the end.

Parent Panel

- How it will work...
 - Introductions; each panelist: 1-2 minute sound bite of their biggest piece of advice or lesson learned
 - Presentation with some planned panel input throughout
 - Address submitted questions with input from parent panel and staff



Introduction of parent panel

Name, where from (city/HS), student and program site/year

1-minute takeaway, best piece of advice, biggest lesson learned



**Helping your student now
and while they are abroad**

You make a world of difference...

- ...in your student's preparation for the program
- ...in their outlook toward the program and its structure
- ...in their response to challenges onsite
- Your outlook, encouragement, support of the Honor Code (and expectation that they follow it), and response to challenges set the tone
- Please share with us the goal of helping your student truly ***live their language.***



How to help your student now

- Read and discuss the Handbook with them
- Discuss their and your (collective) expectations and goals for the summer
- Talk about safety, responsibility, self-advocacy
- Learn about the host city and culture
- Share their excitement
- Help them pack strategically and wisely
- Let go, let grow
- Prepare for a changed person, and possibly some “reverse” culture shock



How to help your student during the program

- Let them know you believe in them
- Encourage flexibility, grace (with themselves and others), a sense of humor
- Ask about progress on their goals; help them set new ones
- Support their adherence to the Honor Code
- Respond to their messages once or twice a week; let them know you're OK and excited for them
- Consider refraining from sharing home concerns unless truly necessary

Support for Parents/Guardians

- The Office Team is here for YOU!
 - Please **email** us at anytime with questions or concerns
 - You can also call our office during business hours with concerns
 - Megan is on call for emergencies during the entire program
- Follow the Program Blogs!

Please do **not**:

- Contact the Instructors (except if needed on flight days)
- Contact Host Family during the program dates
- Share Host Family's contact information publicly
- Send packages to your student



Submit Qs throughout, to be
answered at the end.



2024 Almería students

Parent Panel

Topic: Supporting your student now and while they are abroad



2024 Oviedo students

Communication

Communication with your student

- Written messages (email, letters, messages); 1-2 times per week
 - Students will have their internet time at school during the school day this year
 - We cannot guarantee a set day/time
- Students do not need an international plan; will be instructed to turn off roaming/be on airplane mode, just use wifi
 - Wifi-based messaging platform
- Students' personal cell phones will be unlocked during final excursion (Paris, Vienna, Madrid), July 13-15



2024 Graz students

Communication with your student

- Keep in mind the desired outcomes of the program
- Your student has committed to a **language immersion** program—help us help them be truly immersed



Communication during the program

- Typical communication
 - Day-to-day updates: Program site blog
 - During international travel: Remind app
 - Concerns, important updates, non-emergencies
 - Students > Instructors > Office > Parents/Guardians
 - Parents/Guardians > Office > Instructors > Student
- Emergencies (phone)
 - Megan is primary emergency contact for parents/guardians
 - On call 24/7 during the program.
 - Direct access to instructors/students during emergencies

Emergency vs. non-emergency

- **Emergency**
 - Situations that pose a genuine and sometimes immediate risk to (or have already disturbed) the safety and well-being of students
 - Serious illness or injury, hospitalization, natural disaster
 - Communication happens immediately, 24/7
- **Urgent / Time-Sensitive Issues**
 - Matters that pose no risk to health, safety, or well-being of student but may be concerning and require rapid response
 - Lost credit or debit card, uncomfortable host family environment
 - Communication during waking hours
- **Other concerns**
 - Matters that are not a threat to health and safety
 - Students not getting along with roommate, missing home
 - Communication during business hours, typically via email



Submit Qs throughout, to be
answered at the end.

Parent Panel

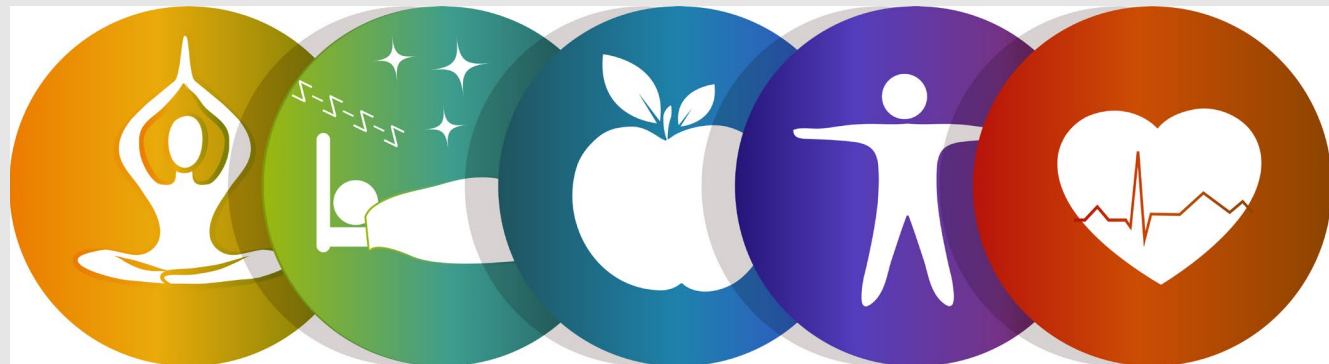
Topic: Communication during the program



2024 Saint-Brieuc students

Health and safety

Part II



Health and safety

- IUHPFL cannot eliminate all risks from a study abroad environment.
- We work to train and prepare our staff thoroughly, and we establish policies and procedures with guidance from IU Public Safety, IU General Counsel, IU Education Abroad, and national study abroad organizations.
 - Careful selection, vetting, and extensive training of program instructors
 - Vetting and training of onsite coordinators, with oversight from service partner with staff based in Europe
 - 24/7 emergency management support
 - Careful selection, vetting, and matching of host families who agree to program policies, procedures, and norms

Monitoring of geopolitical activity

- IU regularly monitors international information relevant to the safety of students traveling on IU-sponsored programs like IUHPFL
 - Travel Advisories issued by the US Department of State
 - Travel Health Notices issued by the CDC
- We strongly encourage all program participants to enroll in the US Department of State's STEP (Smart Traveller Enrollment) program, registering their trip with the nearest US Embassy or Consulate.
 - Nearest U.S. Embassy knows your student is in the country, facilitating contact and help in case of emergency
 - Receive information from the Embassy about safety conditions in host country
 - Flyer about enrolling in student's folder



Enroll before you travel
at [STEP.STATE.GOV](https://step.state.gov)

Health and safety

- We need your help in communicating with your student **their** role in following program policies, making smart decisions, and communicating when there is an issue.
 - Help us **empower** your student to be in control of their own success and safety.

Health and safety

- Stress from being in a new environment, language challenges, changes in diet, and separation from normal support systems and communication channels
 - Can exacerbate pre-existing conditions
- Talk now with your student about managing stress, coping strategies, and when to seek help (and from whom)
 - If you have concerns now or while abroad, let us know!
- If a student has to be sent home early (for health, behavioral, or other reasons), **parents/guardians must cover all travel-related costs**

Health and safety

Medication

- Students must be able to manage their own care and administer their own medications
- Please do not change or cease medications between now and departure unless necessary
 - Keep the Office informed of changes
- Any changes needed during the program will require a doctor's note



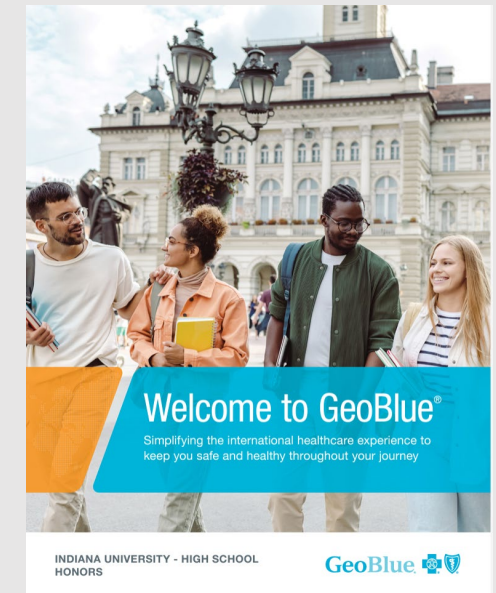
Health, safety, and student privacy

- IU guidelines regarding privacy are strict and specific
- Health information that is shared includes current medical conditions, allergies, and medications; past medical history only when necessary for care onsite
 - Shared with instructors, onsite coordinators, and host families (in loco parentis)
 - Shared and stored using specific secure platforms



Health and medical insurance

- **GeoBlue** Member Guide available on the website (Accepted Students > Insurance); 2-page version in student's folder
- Benefits for individuals:
 - Medical Expenses
 - Office Visits, Inpatient and Outpatient, Emergency (100% of reasonable expenses)
 - \$100,000 coverage / \$0 deductible
 - Includes reasonable costs for counseling services
 - Emergency Medical Evacuation up to \$250,000
 - Emergency Family Travel (for parents/guardians):
 - Up to \$5,000
 - In case of extended hospitalization for student
 - Be sure you have a valid passport, too, just in case
 - Post-Departure Trip Interruption Benefit: up to \$3,500
 - Accidental Death and Dismemberment: up to \$10,000
 - Repatriation of Remains: up to \$50,000



Health and medical insurance

- Students will be enrolled in GeoBlue after Orientation
 - Expect an email
- Students will have insurance card (instructors)
 - Consider sending family plan card if available/relevant
- At partner facilities, no upfront costs, but they aren't always available
 - Pay upfront and file reimbursement
- GeoBlue app, resources



Submit Qs throughout, to be
answered at the end.

Parent Panel

Topic: Health and Safety Abroad



Travel-related questions

- You have flight numbers; flight times can change!!
 - Set an alert and check
 - Remind app for travel-related info and changes
- Can my student have visitors during the program?
 - No, for a variety of reasons (visitor not under Honor Code, not vetted by program)
- For those whose students are not traveling back with the group:
 - Handoff to a parent or guardian (unless previously arranged, waiver on file), typically the night before group departure
 - We will be in touch in the coming week or two to confirm your initial plans
 - Travel Deviation form
 - Instructor/Logistics Coordinator will be in touch directly during last week of program (using information from form) to coordinate in-country handoff



Questions

For Director, Parent Panel



2025 IUHPFL Student-Guardian Orientation

Concluding Remarks

3:15pm-3:45pm

Whittenberger Auditorium, IU Bloomington



INDIANA UNIVERSITY

HONORS PROGRAM IN FOREIGN LANGUAGES

Whittenberger Auditorium Seating Chart

	Left	Stage										Right
Row 1												
Row 2				G	R	A	Z					
Row 3												
Row 4												
Row 5												
Row 6												
Row 7				A	L	M	E	R	I	A		
Row 8												
Row 9												
Row 10												
Row 11												
Row 12												
Row 13			S	T		B	R	I	E	U	C	
Row 14												
Row 15												
Row 16												
Row 17			O	V	E	R	F	L	O	W	&	
Row 18			V	O	L	U	N	T	E	E	R	S

ENTRANCE

Students, Guardians, and Instructors:

Please sit in the section for your site.

Those who arrive first should start filling the front row of their section. Thank you!

**Let's check in about
answers to our quiz...**

Quiz Question #1

1. At IUHPFL, we believe that our language commitment plays a vital role in students' language acquisition. Recently, Raylen was talking with her host sister about her favorite things to do with her family back in the United States. During the conversation, she encountered a challenge— she couldn't remember how to express what she wanted to say in Spanish. What is the best way Raylen can stay true to the Language Commitment?
 - a. Grab her dictionary and look up every word
 - b. Use her host sister's phone to look it up in Google Translate
 - c. Try to express herself using the Spanish vocabulary she already knows
 - d. Say the sentence in English and ask her host sister to translate

Quiz Question #2

2. During your weekly group check-in meetings Jackson, one of your peers, opens up about struggling to adjust to the lifestyle of studying abroad. As others begin to share their own challenges with adapting to the new culture, Jackson realizes he is not alone. His peers' honesty and openness help him feel seen, heard, and supported. Which of the following 8 Core Values best describes this situation?

- a. Diligence: Jackson focused on academic and personal goals with enthusiasm
- b. Respect: The other students treated Jackson with dignity at all times
- c. Unity: Jackson's peers fostered team spirit and trust
- d. Empathy: Jackson's peers choose words and actions that express compassion and create connection

Quiz Question #3

3. After class, Raylen and Jackson decide they'd like to grab something to eat. Fortunately, their school is conveniently located next to a mall, an ice cream shop, and several restaurants. They inform their host parents and instructors where they are going after class. What is the issue with this situation?

- a. They are not spending time with their host families after class, which is a key goal of the program.
- b. They are not following the rule of three.
- c. They were not required to inform anyone before leaving.
- d. They are unaccompanied by an adult, which raises safety concerns.

Quiz Question #4

4. What is something you do not need to carry on you at all times while abroad?

- a. 100 euros
- b. Copy of passport
- c. Student ID
- d. Emergency contact card

Quiz Question #5

5. IUHPFL is structured around 4 pillars. Three are listed below; what is the fourth?

Language Commitment, Academic Focus, Host Family Experience, and Community and Cultural Engagement

And the winner is....

Team

SITE



Days until departure?

45

You depart in 6.5 weeks!

Remember: On departure day, meet your team at ticket counter 3 hours before departure. Wear your IUHPFL t-shirt! Check *Remind* for updates.



What about coming back?

- “Reverse” Culture Shock
 - Common experiences:
 - **Not wanting to speak English**
 - **Trouble re-assimilating into US culture**
 - **Feeling like you don’t “fit in” with your typical friend groups**
 - **Others not realizing how much you’ve changed**
 - **Rollercoaster of emotions**
 - **Missing host family and friends from the program**
 - **Longing for foods and other aspects of host culture**

Post-program

- Mandatory Student Exit Survey
 - Opportunity to evaluate all aspects of the program
 - Required prior to receiving your IUHPFL diploma
- Other opportunities
 - Photo/Video Contest
 - Overall winner from each site, plus category winners (check out previous winners on our website!)



Honors Program in Foreign Languages

for Indiana high school students

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Post-program

- Mandatory Student Exit Survey
 - Opportunity to evaluate all aspects of the program
 - Required prior to receiving your IUHPFL diploma
- Other opportunities
 - Photo/Video Contest
 - Overall winner from each site, plus category winners (check out previous winners on our website!)
 - Best host family photo
 - Best food photo
 - Best excursion photo
 - Best peers/friends photo
 - Best instructor photo
 - Best academic photo
 - Best farewell show photo
 - Best activity photo
 - Best landscape/cityscape photo

Post-program

- Mandatory Student Exit Survey
 - Opportunity to evaluate all aspects of the program
 - Required prior to receiving your IUHPFL diploma
- Other opportunities
 - Photo/Video Contest
 - Overall winner from each site, plus category winners (check out previous winners on our website!)
 - Ambassador for the program– class/community presentations, participate in IUHPFL events, come back to Orientation next year!
 - Join ranks of our 8,700+ alumni

**Advice from last year's
participants**

“I would advise to bring a digital camera to capture every moment, but to also immerse yourself in every opportunity that is presented in class, outside of class, with your host family, etc. Get outside of your comfort zone. **Some of my favorite memories occurred spontaneously with my roommate and my host family.**” –Ben K., Oviedo



“My advice for students gearing up for their own IUHPFL summer would be: **don't stress** about your language skills or where you're at when you start. It's totally normal to feel anxious, but your [target language] will get better every day, and by the end of the trip, **you'll be amazed at how much you've learned**. Make sure to challenge yourself, step out of your comfort zone, and really embrace the experience. Act like a local, immerse yourself in the culture, and **don't be afraid to make mistakes**. The language will come naturally when you're having fun and learning without the pressure. Most importantly, enjoy the journey and experience it stress-free! It's an unforgettable adventure that will stay with you forever.”

– Lily-Francis L., Almería



“If you give it your all and take it seriously, be ready for a life-changing experience.” – Ash C., Almería

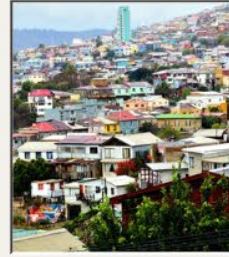


Reminders

- Parents/Guardians: Check out the blogs!
- Make plans for final Program Fee payment (due May 15th)
- Things to discuss:
 - Stress/coping strategies
 - Budgeting and money management
 - Communication norms for your family during the program
 - To acquire: digital camera, gift for host family, games/coloring books for downtime, lunch box/ice packs (Spain, Austria), some Euros
- Contact your host family!! **Please!**

Reminders

- **All** powerpoints from today and pdfs of all site-specific handbooks will go up on our website (Accepted Students > Student-Guardian Orientation)
- Watch email for the following:
 - Insurance
 - Host family
 - Departure day reminders
- Don't forget to enroll in STEP (flyer in folder)



**Bon
voyage!**

**Gute
Reise!**

*Buen
viaje!*