

# 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!*

# 2025 IUHPFL Student-Guardian Orientation

Morning All-Program Session

10:00am-11:15am

Whittenberger Auditorium, IU Bloomington



INDIANA UNIVERSITY

**HONORS PROGRAM IN FOREIGN LANGUAGES**



Team Almería 2024



Team Graz 2024



Team Saint-Brieuc 2024

# Welcome!

Willkommen! Bienvenue! ¡Bienvenidos!

# Who are you?

IUHPFL 2025 cohort







# 121

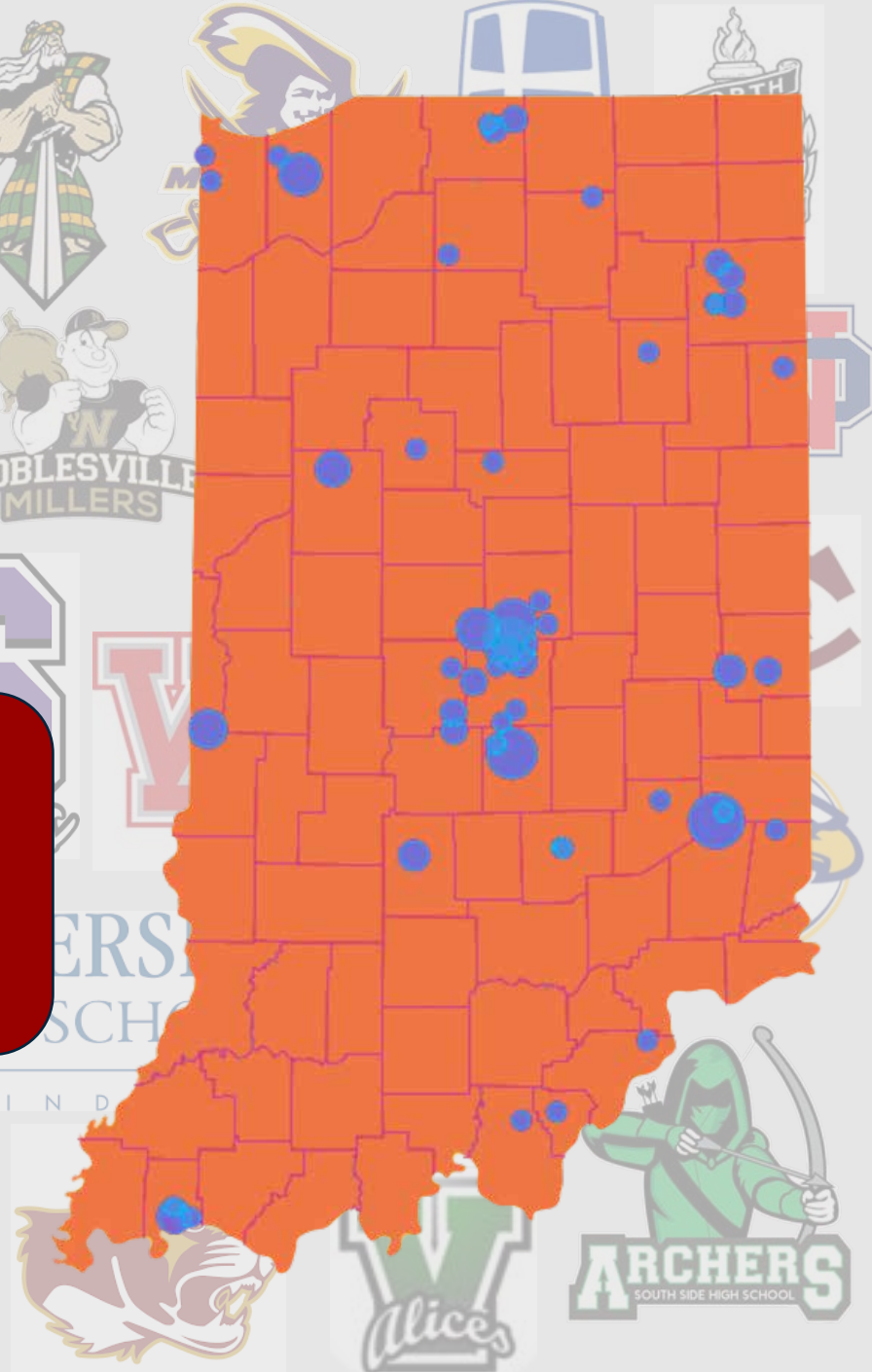
students

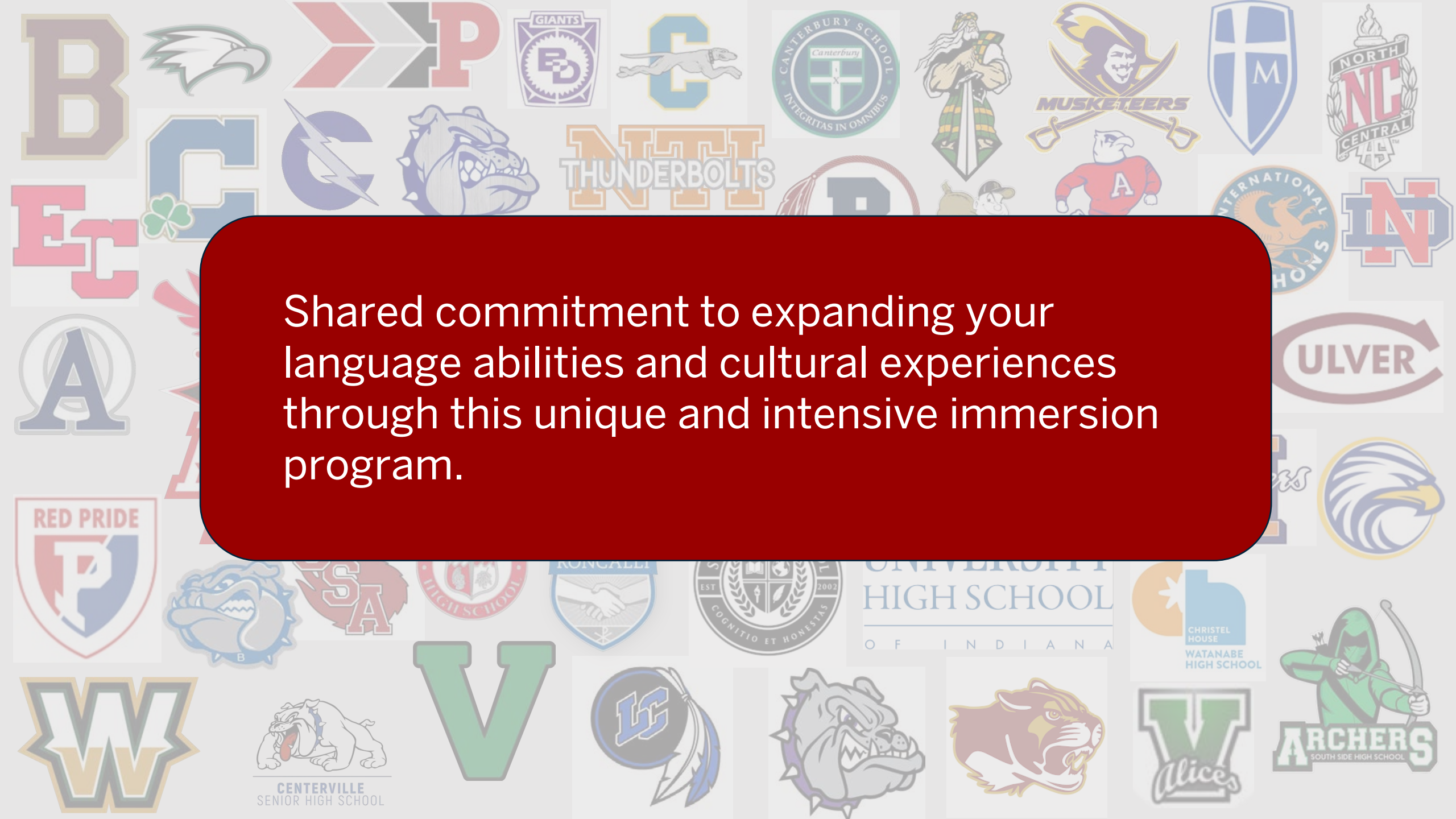
# 51

high schools

# 27

Indiana counties



The background is a dense collage of various school logos and mascots. Visible logos include: a large 'B', an eagle head, a stylized 'P', a 'GIANTS' logo with a 'B', a blue 'C' with a dog, 'CANTERBURY SCHOOL' with a cross, a knight, 'MUSKETEERS' with crossed swords, a blue shield with a white cross and 'M', 'NORTH CENTRAL' with a torch, a 'THUNDERBOLTS' logo, a 'D', 'ULVER' in an oval, 'RED PRIDE' with a 'P', 'SA', 'HIGHSCHOOL', 'CONCANN', 'UNIVERSITY HIGH SCHOOL OF INDIANA', 'CHRISTEL HOUSE WATANABE HIGH SCHOOL', 'ARCHERS' with a green archer, 'ALICES' with a green 'V', a 'W', 'CENTERVILLE SENIOR HIGH SCHOOL' with a bulldog, a green 'V', a blue 'LC' with a feather, a bulldog head, a brown bulldog head, and 'ND'.

Shared commitment to expanding your  
language abilities and cultural experiences  
through this unique and intensive immersion  
program.

# What is orientation all about?

- It's the 1<sup>st</sup> day of your IUHPFL experience!
- Objectives (By the end of today, we want you to...):
  - Feel informed and prepared for your experience
    - Program details
    - Logistical information
    - Health, safety, security, and wellbeing
    - Answers to your questions
  - Have gotten to know your teammates and instructors; gotten a taste of what it will be like onsite
  - Know your next steps in your own preparation





# Orientation materials

- IUHPFL T-shirt
- Course Materials\*
- Folder
  - Name tag
  - Student-Guardian Handbook (site-specific)
  - Today's schedule
  - Team roster/directory
  - GeoBlue Health & Medical Insurance flyer
  - Information about STEP enrollment
  - Flight Itineraries (as of 4/14)
  - Honor Code Agreement (sign and return at end of this session)
  - Pass for discounted parking
  - For some: Notice of Acceptance Materials still needed
  - Sticker, preparation bingo



# **This morning's session**

- Important Dates and Reminders
- IUHPFL's Four Pillars
- IUHPFL Honor Code and Responses to Infractions
- Money Matters
- Healthy and Safety
- Challenges and Support
- Your IUHPFL Team

# Important Dates and Reminders

- Please read the Student-Guardian Handbook if you have not already
  - Important all-program information
  - Site-specific section
- Acceptance materials needed (notice in folder)
  - Drop off with Anneliese at the Check-In table
- Program Fees: Final balance due **May 15<sup>th</sup>**
- Group flights and ticketing: Information sent this past week
- Host families: Matches sent approx. 2-3 weeks prior to departure

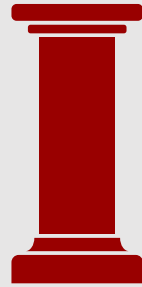


# A little IUHPFL history

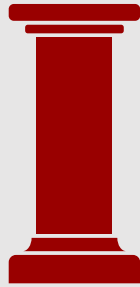
- Program first established in 1962 with sites in Saint-Brieuc (FRA), Trier (GER), Oaxaca (MEX)
  - Over 8,700 IUHPFL alumni worldwide
- Original mission: Total language and cultural immersion for Indiana high school students
- Each year is different!
  - This is *your* experience
  - Structured to help you succeed and keep you safe; you get out of it what you put into it



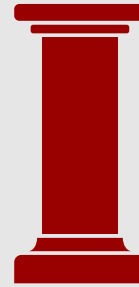
# The 4 Pillars of IUHPFL



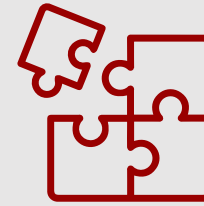
**Language  
Commitment**



**Academic  
Focus**



**Host Family  
Experience**



**Cultural &  
Community  
Engagement**

# Pillar 1: Language Commitment

- 100% immersion program
  - Target language from the moment the plane lands in your host country until you depart.





# Language Commitment

- Remember, this program is about **language learning**
  - You completed a writing sample to be admitted into the program; your language level was determined to be appropriate for the program
    - We do not expect you to come to the program with expert language skills!
    - We know that you will all come with differing abilities and levels of knowledge/experience across different skills, genres, topic areas

Saumur, 2024



Oviedo, 2024



# Language Commitment

- Your abilities and progress will look **DIFFERENT** from those of others– that's how it should be!
  - You will experience challenges
  - You will make progress
  - You will contribute to your team
- We do expect commitment and dedication from **all** participants



# Language Commitment– Communication policies

- No smart devices throughout the program
  - Upon arrival, students will lock their personal smart phones within a magnetic pouch; it will only be accessible during weekly internet time at school
  - Plan accordingly (e.g., digital camera, MP3 player for music, alarm clock)
  - Books and music should be in target language! (IUHPFL handbook and English-target language dictionary are permitted)
- All participants will receive a program phone for local calls and texts





# Language Commitment– Communication policies

- No phone calls or video chats with U.S. family/friends during program (except in cases of emergency/medical necessity)
  - Birthdays are not an exception!
- When there are concerns, instructors will contact the IUHPFL Office

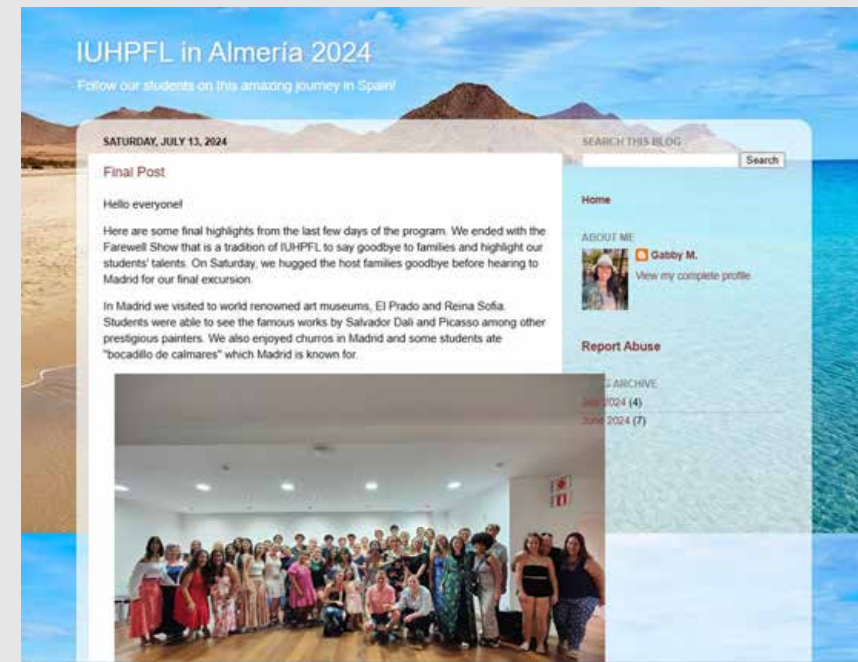
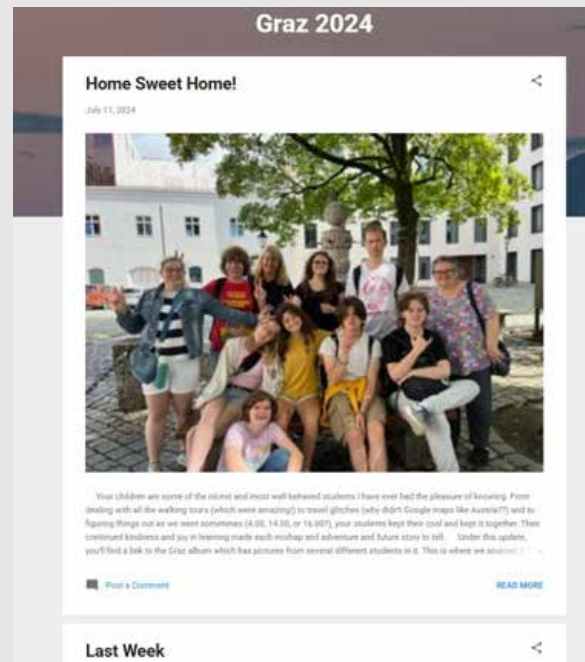
# Language Commitment– Communication policies

- One hour of internet time per week
  - For **written** messages (email, social media; these can be in English/languages other than the target language)
- On personal smartphone (using school **wifi**)
  - Unlocked at school twice a week
  - Make sure you have email set up on phone; apps you may want to use during that time
  - Turn off roaming; put phone in airplane mode



# Language Commitment– Communication policies

- Parents/guardians:
  - Each instructor team will keep a blog that you can follow to know what your student and their team are up to
  - Other questions or concerns should come to the **IUHPFL Office**





# Pillar 2: Academic Focus

- Two primary course subjects per day
  - Language and Culture
- You received your course materials today
  - Bring those with you, along with some standard school supplies
- You will be evaluated in each primary subject and receive one overall grade for your academic coursework



# Academic Focus

- Two days per week, you will have a “Community Engagement” class
  - Preparation for excursions, community activities



Oviedo, 2024



Saint-Brieuc, 2024

# Academic Focus

- At the end of the program (after you complete the Student Exit Survey), you and your parents/guardians will receive your **Final Student Evaluation**
  - Evaluation in each course subject and overall grade for your coursework
  - Written comments/feedback
  - Information regarding participation in Community/Cultural Engagement Activities, Adherence to Honor Code
- Program recognitions
  - Diploma
  - Diploma with Honors



# Academic Focus: Diploma (with Honors)

- To earn the **Diploma**:
  - Successful completion of program
  - Passing coursework grade
- To earn the **Diploma with Honors**:
  - Successful completion of program
  - Combined B+ or higher in coursework
  - Participation to best of abilities in Cultural/Community Engagement Activities including Afternoon Activities
  - Adherence to Honor Code throughout program





# Pillar 3: Host Family Experience

- Carefully selected, vetted, and matched by our onsite coordinators
  - Go through a host family orientation specific to the program before your arrival
- Some are new; some have hosted for years
- Host families come in all shapes and sizes
  - Wonderful way to “live your language”
  - Different students/families have different relationships
  - Top priority: That you are safe and cared for



# Host families: What you should expect

- Respect for the Honor Code
- Accuracy on Host Family Information Form (e.g., smoking, pets, etc.)
- Feel safe at all times
- Privacy while dressing and bathing
- Separate bed
- Private or shared bedroom
  - If shared, program participant or host sibling of same gender, similar age
- Reasonable cleanliness in the home
- Nutritious meals and snacks
- Kindness, patience, encouragement



# Host families: Matching process

- Students submit Host Family Placement form and Letter to Host Family
- Host families complete a Host Family Information Form
- Match based on medical/health/dietary needs first, then based on shared interests
- Matches shared approx. 2-3 weeks prior to departure
  - You'll receive an email with information about your host family, contact information, possibly a picture
  - **PLEASE** reach out to them ahead of time!



# Host families: Make the most of it!

- Enjoy time with your family!
- To prepare:
  - Practice key words and phrases you'll need
  - Pack small gifts
  - Take photos of your friends, family, life in the US
- Participate as a member of the family
- Respect the curfew and your host family's schedule, house rules
  - Pay attention to differences related to, for example, shoes in the house, use of utilities
- Show your appreciation



Saumur, 2022 student with host family



# **Host families:**

## **What to do if you have concerns**

- Living with a new family can take some adjustment
  - Be open, flexible, adaptable
  - Give yourself and your host family some grace and time
- Depending on the concern,...
  - Talk to your host family
  - Talk to your instructors
  - Talk to the onsite coordinator
- You should always feel safe
  - Instructors and onsite coordinators are there to help; changes are possible when necessary

# Pillar 4: Cultural and Community Engagement

- Every weekday afternoon after class\*, you will partake in some sort of activity
  - Sometimes, organized by your instructor team: Sports, preparation of a site magazine and for farewell show
  - Sometimes, out about in the community (or community coming “in” to your school): visits to local sites, museums, and community groups; dance classes



Ciudad Real, 2024



Saumur, 2024



Oviedo, 2024



Saint-Brieuc, 2024

# Pillar 4: Cultural and Community Engagement

- Opportunities to use your language skills in varied environments/activities, interact with local community
- Take advantage!
  - Approach activities with attitude informed by program's **eight core values**





# IUHPFL Honor Code





# Honor Code at a glance

Please read full Honor Code, pp. 59-62

- Eight core values
- Language Commitment
- No romantic relationships
- No alcohol, drugs, tobacco
- No risky behaviors
- Rule of three
- Curfew

## Purpose:

Set of clear norms that help you maximize your experience and learning and help keep you safe.

# IUHPFL's Eight Core Values



Appreciation  
Diligence  
Discovery  
Empathy  
Encouragement  
Honor  
Respect  
Unity

# Language Commitment

- Speaking target language throughout entire program
- Limiting contact home/non-target language to written messages
- No smart devices
- One hour of internet time per week
- Books, music, entertainment in target language

# Romantic relationships

- IUHPFL students agree not to engage in romantic relationships with anyone in the host country during the program, including other program participants
- Purpose: Focusing attention on one person during this program can limit your experience, make you less likely to take advantage of the opportunities available to you, and can affect team dynamics



# Alcohol and other substances; risky behavior

- IUHPFL students are to conduct themselves as **minors** from the U.S., even when laws in the host country differ
- No alcohol (no consuming it, purchasing it, accepting it as a gift), **even if you are 18+**
- No drugs, tobacco, other substances
- No operating a motorized vehicle or riding passenger on motorcycle; no tattoos, piercings, other risky behaviors

# Rule of three and curfew



- When not under direct supervision of instructors or host family, students are required to be in groups of at least three program participants at all times
  - Exception: Traveling to/from classes
  - Waiver for running/exercising solo within parameters

• 'We encourage students to run in a group of three during their free time. However, we understand that some students may have strict training goals that do not align with those of other students. IUHPFL's policy is that students wishing to run solo must always do so during daylight. They must inform their host family before each run and communicate their anticipated return time. Prior to running on their own, students must also work with their host families to ensure they know a safe and appropriate running route or path near their home.' (p. 18)

# Honor Code Infractions

- We want to help you succeed in this program
  - Instructors are trained and provided with tools to help **engage** students in the program, check in and support students throughout the process
- Following the Honor Code is expected of **all** participants **at all times**
  - Violations of the Honor Code can lead to an *immediate* Conduct Report (sent to your parent/guardian, may disqualify you from Honors diploma)
  - Repeated violations or serious offenses = return home
- Students: **You** have the most control over your own success and safety



# Money Matters

# Managing money abroad

- Talk about a reasonable budget together ahead of time
  - Different for every student
- You will need money for:
  - Snacks/food during international travel
  - Lunch/snacks on ride from airport to host city upon arrival (already in Euros)
  - One lunch in final destination/excursion city (Vienna, Paris, Madrid)
- Other spending money: souvenirs, ice cream/coffee/snacks, optional activities





# Managing money abroad

- Obtain some currency prior to departure (\$50-\$100 equivalent)
- Debit card for ATM withdrawals
- Credit card for emergencies
  - For medical emergencies, students may need to pay upfront and be reimbursed by insurance company later.
  - NO ONE else is permitted to pay or sign a promissory note for a student's medical expenses

# Managing money abroad

- Make copies of cards before departure
- Call bank and credit card companies with travel dates and destinations
- Investigate international transaction fees, ATM fees, etc. to be able to strategize *how* you obtain money or make purchases
- Divide up currency and cards onsite
- Because the program covers day-to-day essentials, running out of money is **not** an emergency.
  - It is time-sensitive, and the Office and Onsite staff will work to help you find solutions to issues in a timely manner.



# **Health and Safety Abroad**



# Health and safety

- Your safety is our top priority
- Role of **students** in safety
  - Ultimately, students, you must take responsibility for your decisions, choices, behaviors, and personal safety

# Health and safety information

- Handbook provides important health and safety information
- Instructors will provide brief orientation upon arrival to the host country regarding important safety information
  - Emergency contact information and cards, abbreviated medical cards, insurance cards, safety protocols
- Students, host families, instructors, and onsite coordinators will then have a more extensive orientation the day after arrival



# Safety abroad

- Be prepared
  - Program important phone numbers into program phone right away
  - Carry copy of passport, student ID, abbreviated medical card, emergency contact card
  - Be where you're supposed to be; be communicative
- Follow the Honor Code
  - No risky behaviors, rule of 3, curfew
- Be aware of surroundings, live/behave like a local, keep an eye on belongings, do not carry large sums of money
- Speak to instructors, host families, onsite coordinator about concerns

# Health and wellbeing abroad

- Importance of disclosure
- Prescription medication
  - Work with your medical provider to see if you can fill your prescription for the amount of time you will be abroad
  - Check host country's customs regulations related to your medications (e.g., to ensure that you have all necessary documentation)
  - Keep **all** medications in **original packaging**
  - Have a copy of your prescription or your medication information (with generic names) with you in case you do need to fill a prescription abroad

# Health and wellbeing abroad

- Allergies
  - Consider obtaining and carrying a Food Allergy Card in your target language (e.g., [Select Wisely](#), [Equal Eats](#))
  - Carry your EpiPen at all times (and bring multiple EpiPens with you)
    - Let your host family and instructors know where you keep your EpiPen
- Medical insurance through GeoBlue (more info in parent/guardian session)
- Seek help/support when you need it
  - Instructors, host family, onsite coordinator



# A word about the (geo)political climate

- Recent executive orders and actions impact our program, our students, and our instructors.
  - Greater scrutiny at passport checkpoints and border crossings
    - Be prepared (legal documents and permissions with paper and digital copies, emergency contact information)
    - Stay calm
    - Be aware
  - Reception while abroad
    - Think ahead about how you might respond to questions of a political nature
    - Consider your context
- Avoid protests or demonstrations.

# **Time for a quiz...**

Raylen and Jackson



# **Students: Check your folders (halfsheet)**

Write your site where indicated. Then, mark your answers on the back of the Honor Code Agreement

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, \_\_\_\_\_, Host Family Experience, and Community and Cultural Engagement



**We'll tally your scores let  
you know how you did this  
afternoon!**

# Honor Code Agreement

On the other side of your quiz

Please sign and return after this session

# IUHPFL

A challenging and exciting journey!



**Graz 2023**

# You should expect challenges!

- Physical
- Mental/Emotional
- Linguistic

Oviedo 2023



**Jetlag**

*Difficulties expressing your  
personality in new  
language/environment*

*Homesickness*

**STRUGGLES WITH THE  
LANGUAGE**

*Feeling weird or off*

**Obstacles getting to  
know others**

Adjusting to new foods, customs, and  
habits

# Tips for success

- Expect and embrace challenges
- Don't compare yourself to others (on the program or what you've heard from previous participants)
  - Set your own goals, celebrate your own successes, have your own experience
- Control what you can control (e.g., sleeping well, eating nutritiously, exercising, partaking in activities that help you feel like yourself)
- Communicate (even if only a few words)
- Reach out to others



**Saumur 2022 students**

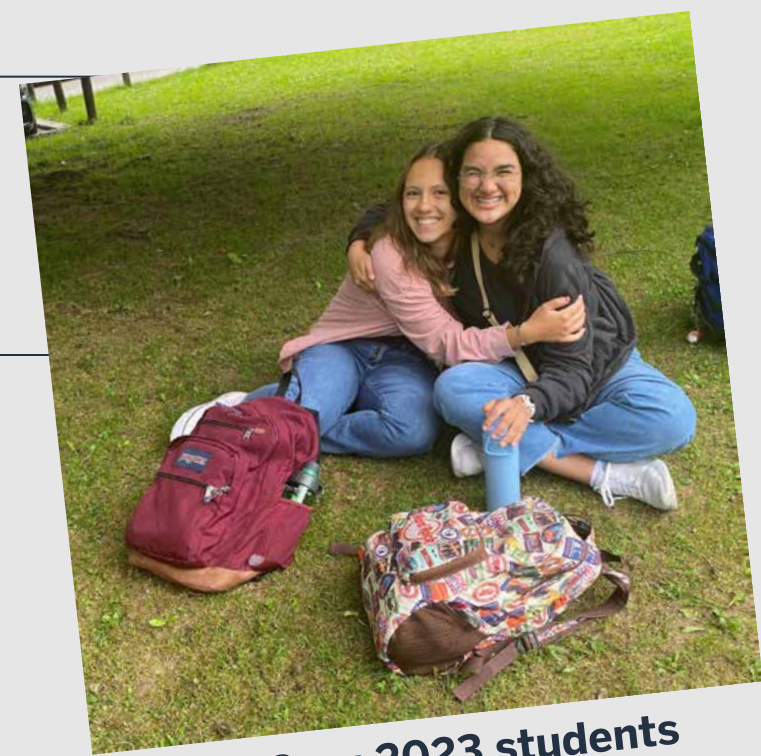


# Seek support

- Your main support system while abroad:

- Peers
- Instructors
- Host family
- Onsite coordinator

- You'll notice, we don't list your U.S. family and friends here...



Graz 2023 students

# Built-in support

- Weekly Support and Success groups
  - Smaller, non-academic group meetings with a program instructor focused on:
    - Normalizing and validating what you're going through
    - Providing opportunities to share, connect, seek support; converse more informally
    - Setting goals and celebrating accomplishments
- Onsite coordinators can help connect students with local mental health providers if needed.

# IUHPFL Teams

- Each site is a **team**.
- This experience is both an individual one and a group one
- You are accountable to yourself and to your team.
- YOU are essential to your team's success!

Almería 2024 students



Graz 2024 students



Ciudad Real 2024 students





**Saint-Brieuc 2024 students**



**Almería 2024 students**

# **Let's meet your teams!**

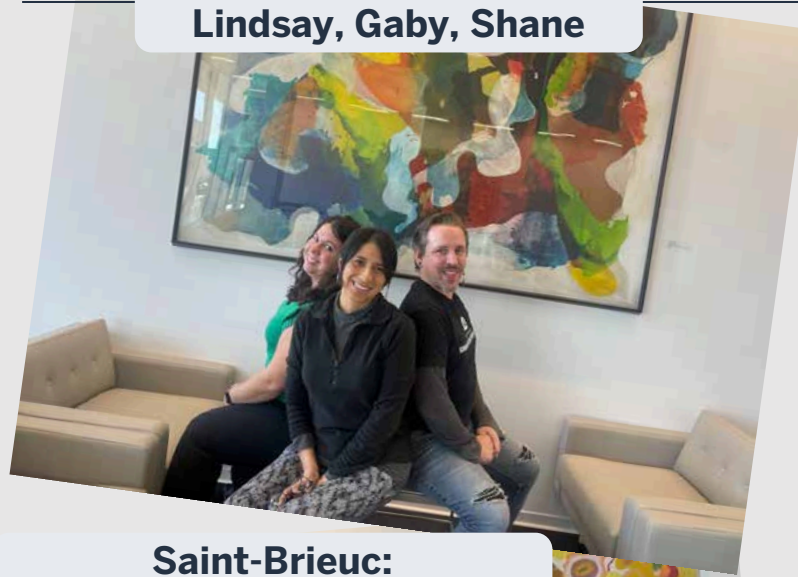


# Instructors

**Almería:**  
Nick, Alicia, Mónica,



**Ciudad Real:**  
Lindsay, Gaby, Shane



**Graz:**  
Lane, Nikole



**Oviedo:**  
María, James, Christopher



**Saint-Brieuc:**  
Corentin, Océane, Edouard



**Saumur:**  
Jane, Ye-Ye

