IUHPFL – León
Orientation
April 7, 2019
Horario 2019

• 9:30-10:30 Students and guardians with Loni
• 10:30-12:30 Students and guardians with their site specific Instructor teams
• 12:30-3:30 Students with their instructor teams (lunch and activities)
• 12:30-2:00 Guardians’ lunch
• 2:00-3:30 Guardians with Loni
• 3:30-4:00 Closing remarks with everyone
Overview

• Introductions
• Team identity and vision
• Team information
• Travel planning & logistics
• Preparation
• Living in León
• Honor Code

*Please hold all questions until the end!
INTRODUCTIONS
Equipo León 2019

Ollin García Pliego
PhD Spanish Literature student – Indiana University
Public Relations Coordinator
Literature Instructor

Sarah Grauvogl
High school teacher – Marian Catholic High School
Student Coordinator
Culture Instructor

Israel Herrera
Senior Lecturer – Indiana University
Logistics Coordinator
Grammar Instructor

Sarah TeKolste
High school teacher – Shortridge High School
Logistics Coordinator
Linguistics Instructor

Sira Quindós
León onsite coordinator
TEAM IDENTITY AND VISION
¡Somos los peregrinos!
León Team Identity

• We are all peregrinos (pilgrims) on our own camino (path).

• Group goal this summer
  – Identify our individual goals for the trip
  – Work towards them
  – Support each other in order to make sure we all, as a team, reach our goals

• We will be all completing our own metaphorical camino this summer (while seeing several sights on the actual Camino de Santiago)
TEAM INFORMATION
El Programa de Honor – León

• 2 minutos en León
  – https://youtu.be/1I307RK0j0E

• Mi verano en León
  – https://www.youtube.com/watch?v=aaYz7VPg3DI
Facebook group: IUHPFL León 2019

- A resource for students to get to know one another, share their excitement, and ask questions about the program, León, or anything else
- How to join (if you haven’t already)
The Blog

• A resource for families, friends, and fans of the students to follow their adventures
• The blog will be regularly updated (at least once weekly) by Personal Relations Coordinator, Ollin
• http://iuhpfl-leon.blogspot.com/
TRAVEL PLANNING AND LOGISTICS
Going to Spain

• Two instructors will be traveling with your students to Spain.
• Isra will fly with students departing from the Indianapolis airport. Sarah T. will meet up with the group at the Chicago O’Hare airport. Ollin and Sarah G. will meet up with everyone in Madrid.
Arrival Plan

• Departure date:
  – Monday, June 10th – flight departs at 4:00pm

• Arrival at airport:
  – Chicago O’Hare – At the check-in counter – 1:00 pm
    (*remember Chicago is on Central Daylight Savings Time, not Eastern Daylight Savings Time)
  – Terminal 3
  – You can go ahead and check-in but don’t go through security. We’ll go through security as a group.
  – The instructor team will be there to meet you.
  – Bring entertainment for the long flight (cards, books, crossword puzzles, sudoku puzzles, snacks for the instructors)
    • ¡En español claro!

HAVE A PLAN ‘B’ FOR GETTING TO CHICAGO
IT IS ALWAYS ‘CONSTRUCTION SEASON’ IN INDIANA AND ILLINOIS
Where do we meet?

– counter

– Please, please, please!!! Review the items that you can and can’t carry in your carry-on luggage!! Check the United website before you leave home.

– DON’T FORGET TO WEAR YOUR OFFICIAL PROGRAM T-SHIRT!!!

– AND…. DON’T BE LATE!!!!
Departure Day Do’s and Don’ts...

• Do...
  – try to get some rest the night before.
  – weigh your suitcase before leaving home. You don’t want to have to repack at the counter!
  – have a snack before you arrive at the airport. Food at the airport is pricey, and you’ll want to save your money for Spain.
  – bring plenty to keep you busy on the plane. Card games, books and magazines (in Spanish, of course!) are great diversions.

• Don’t...
  – wait to the last minute to decide what you are going to bring.
  – forget to check for power cords, adaptors and medications before leaving.
  – leave any liquids over 3 oz in your carry on. I guarantee, you’ll have to throw them out.
What to have on hand

• Passport
• Flight information / boarding passes
• Any medication you (might) need while at the airport or on the plane
• Cash or debit cards to exchange money for Euros before departing (this can also be done beforehand – we will not have time to do this in Madrid).
And in Madrid...
En Madrid

- We arrive to Madrid at 9:30 am
- 4 hours in bus to León
  - We do make a stop to allow students the opportunity to use the restroom and get a snack
- One of the instructors will update Loni and Amy as able
  - Wifi isn’t always available until the instructors get to León so don’t worry if you don’t hear anything until later that day.
- The office will notify the parents that we arrived
BE PREPARED
What to Pack

• León gets chilly, León gets hot, it rains a lot
  
  – 1 large suitcase (<50 pounds; 62 inches for height + width + length combined).
  – Backpack
  – Collapsible duffle bag for new purchases
Clothing

- For cold weather: Jeans, sneakers, a couple sweaters and a jacket
- For warm weather: Short sleeve shirts, shorts, or lighter weight pants
- One dress outfit
- Athletic clothes (for sports and outdoor activities)
- Bathing suit
- Important! Spaniards dress less casually than Americans, so you wouldn’t really want to wear yoga or sweatpants outside of the house.
Other things to pack

- UMBRELLA!
- Sunscreen/sunblock
  - 50 SPF or higher
  - Allergies
- Particular brands of make-up, lotion or hygiene products that you prefer
- Medicine for the whole summer
- Digital camera! (No other electronics)
- Adapters and converters
Money

• Bring some cash with you! (euros)
• Debit and **CREDIT card in the student’s name** – Visa/Mastercard. No Discover/American Express
• No traveler’s checks
• Call your bank and let them know where, when and how long you are traveling.
• Take maximum amount of money out at a time = fees
  – BUT don’t keep it all with you or in the same place
• BUDGET! (know if you can get more $ during the program if needed).
• $ in case of emergency
  – Trip to ER requires 150 euros
  – Dr’s appt requires 75–125 euros in cash
  – Keep all receipts
In León

- Postcard = 50–75 cents
- Stamp = 1 euro
- Coffee = 1 euro
- Soda = 1–2 euros
- Ice cream cone = 2–4 euros
- Bus tickets = 2 euros
- Movie ticket = 5’80 – 6’20
- Museum ticket = 5–6 euros
- T-shirt = 5–15 euros
- Concert ticket = 25–40 euros
- Soccer jersey = 65 euros
Excursions

• It’s important to save money for:
  – Santiago de Compostela
    • You will be responsible for at least one meal (probably lunch on day 2)
  – Madrid
    • Breakfast and lunch will be provided but you will be responsible for one dinner

• It’s always good to save more money than you think you’ll need
Cell phones

- Every student gets a cell phone for program purposes
  - So that your instructors or host family can get a hold of you if necessary or vice versa
  - Prepaid with a certain amount of money that is sufficient for students to get by during the summer if they use it for program purposes
  - There must ALWAYS be money on the phones; thus, use the phone responsibly
- If you use for personal purposes and run out of money, it is YOUR responsibility to put more money on the phone.
- It can add up so be economical in your choices
  - 18 cents to establish call
  - 6 cents/minute during call
  - 12 cents for text messages
  - Thus, very expensive!
Preventing bad stuff before it happens...

• Things to remember
  – any medications (Over-the-counter and prescription – even if you don’t think you’ll need them)
    • REMEMBER generic name (loratadine = claritin)
  – Contact lenses/glasses: bring extras and prescription
  – feminine products
  – lots of waterproof sunscreen

• The importance of the recommended credit card

• Medications
  – Know what to take, when to take it, and how to take it

• Mental healthcare
Preventing bad stuff before it happens…

• Avoid wearing things that show you’re a tourist ("sloppy/comfy" clothes, t-shirts with school name, clothing that shows too much skin)
• Be careful with your belongings, pay attention, use your head! (There is no lost and found)
• Public transportation
What if something bad does happen?

Onsite Instructor Team will phone or email: The IUHPFL office, who will then contact The guardian

Guardian/Family in the U.S. will phone or email: The IUHPFL Office who will contact: The Instructor Team abroad who will contact the student

*Include Loni Dishong and Amy Dowell in all e-mail correspondence
LIVING IN LEÓN
Weekdays

7:45-8:00am – Wake up, breakfast at home
8:50 am – Arrive at the school
9:00-9:20 – Games, music, announcements, support and success groups
9:25-1:15–Classes (grammar, culture, linguistics, literature) break
1:30-2:45 – Lunch
2:45-3:00 – Return to school
3:00-4:30 – Afternoon activities / sports
8:00 – Maximum curfew for students to be with host families
Afternoons & Evenings

- Free time in the city (TBD) with other students in groups of 3 or more
- Homework
- Spend time with host family
- Students should be at home by 8pm
- Dinner with host family (9/10pm)
Weekends

• Spend time with host family
• Socialize with other students
• Optional local excursions with instructors
• Personal ‘down time’ for reflection, rest, and Internet correspondence (1hr/week)
• Inform instructors of plans
• Students may only go out in the evenings with host parents
Tips for Successful Host Family Relationships

• Be aware of family habits & routines
• Be aware of your use of home resources
  – Water, electricity, internet, phone
• Be open to new practices and customs & be willing to share your experience
• Ask, ask, ask
• Talk, talk, talk
• Be thoughtful, present, & express gratitude
• Communicate your needs
What if things aren’t so great with my host family?

• Give it a week
• Host Family Inventory Form
• Grounds for a change:
  – Physical health/well-being
  – Incompatibility of personalities
  – Lack of communication
  – Host family’s lack of time
  – Failure of family to abide by Host Family Guidelines and/or the Honor Code
  – Inappropriate behavior of a host family member towards the student and vice versa
HONOR CODE
Honor Code

• Language Commitment
  – All Spanish, all the time
  – One phone call home upon arrival
    • A good time for this phone call is 3 – 4 days after arrival
    • Your U.S. family will know you arrived ok because they will receive an e-mail
  – No personal electronic devices
    • The program cell phone: Must be carried at all times; must maintain usage time; taking care of the cell phone is YOUR responsibility
    • Bring a camera that isn’t also a cell phone and a mini-computer
    • Departure day/arrival
  – No English music or books (summer reading books must be in Spanish)
  – Think of these as opportunities, not restrictions
Honor Code

• Post Program Language Commitment
  – Continue your study of Spanish
  – Contribute to your school’s language program
Honor Code

• Restriction on dating

• No drugs, alcohol, or tobacco
  – even if offered to you by a host family member

• No risky activities

• Weeknight activities (1 – 2 hours)
  – Keep your host family informed
  – Abide by curfew
  – Rule of 3

• Weekend activities
  – Permission from onsite staff; chaperone
  – Discos/clubs prohibited at all times
  – Rule of 3
Honor Code

• Travel
  – No unaccompanied travel outside of León
  – Ask permission from onsite staff if planning to travel far
    with the host family
  – No hosting of U.S. friends or family

• Pledge to adhere to host family norms
  – Remember that different ≠ weird
  – Meet your host family halfway
  – Two tools: respect and dialogue
Honor Code

• Our expectations of students
  – Abide by the Honor Code
  – Take advantage of this one-of-a-kind experience
  – Beware of the ‘F’ word
  – Keep a positive attitude and encourage one another
  – Don’t compare your experience to someone else’s
Honor Code

• U.S. parents’ expectations of students
  – ?

• Students’ expectations of each other
  – Work as a team– hold each other accountable
  – A chain is only as strong as its weakest link
Consequences

- Infractions of the Honor Code have consequences
  - Disciplinary action
  - The entire group is affected
Peaks of Europe National Park

- Hiking!!
- Lakes of Covadonga
Santiago de Compostela

- We’re going to walk at least 20 kilometers of the last part of the Camino de Santiago.
- If this poses a potential problem, please contact us.
¿Preguntas?
Alumni Panel

• Questions with Honors’ Program Alumni
  – Host families
    • Communication
    • Expectations
  – Homesickness/culture shock
  – How to maximize your time abroad
  – Questions
La promesa leonesa (2019)

Prometemos hablar exclusivamente en español.
Prometemos apreciar la cultura nueva, especialmente la familia.
Prometemos respetar y ayudar a los demás.
Prometemos no beber, no fumar ni tener novios/as.
Ésta es la promesa de León.