

GET READY FOR TAKEOFF!

Summer IP Experience, 2020



WELCOME MESSAGE



Beth Laux

**Executive Director
International Programs**



WHY PREPARE FOR TAKEOFF?

LaShunte Portrey



PRE-FLIGHT ITINERARY

Elkins

Preparation details / safety & wellness

Program Rooms

Get to know your group & culture/ learn from alumni

Lunch

Around noon



PRE-FLIGHT GUIDELINES

- Win IP Shirts! Stand up and raise hand when you know answer
- Stick around: attendance taken
- You will receive slide decks via email
- If multiple programs: attend first program orientation room



FINANCES & HEALTH

Greg Muger



FINANCES

Tuition	\$1,745 per unit
Room and Board	\$570 per week
Flight	\$0 (if on group flight)
Visa and Local Country Fees	Unique to each program Check <u>here</u>



DIGITAL DISBURSEMENTS

- Digital disbursements are used for meals outside the facility (except Florence & some faculty led programs)
- Directly deposits meal funds into your US-based personal bank account
- You must have: access to online banking, a debit card, and a U.S. bank account
- You will be emailed more information



STUDENT EMPLOYMENT

- Very limited opportunities abroad in summer
- Must obtain I-9 form
- **Work study can apply!** Contact financial assistance for details
- Examples of jobs discussed in program rooms



RENTER'S INSURANCE

- **You** are responsible for lost, stolen, or damaged items while abroad including personal phones and computers
- Consider purchasing renter's insurance which provides full replacement costs for lost or damaged items

<https://www.collegestudentinsurance.com/>



HEALTH ADVICE

- Communicate health needs & all locations you will go to with provider
- Bring all prescriptions
- International SOS provides health consults: vaccines, prescriptions, etc.
- Pepperdine Health Center has travel clinics
- Visit [Health & Safety Page](#)



HEALTH INSURANCE ABROAD

You must have personal dental and health insurance for non-emergency needs (Lausanne exempt)

- Pepperdine SHIP provides global routine/emergency coverage
- You alone pay for all health deductibles and copayments abroad



MENTAL HEALTH SERVICES ABROAD

2 options for professional counseling at no charge*

- IP international campuses: Up to a limited number
- Faculty led: International SOS provides up to 5 sessions

*Students pay for psychiatry services in full at point of service



THE BIG SEVEN

violations that warrant university suspension

1. threat/act of violence
2. theft
3. possess/sell/distribute/ and or use of any amount of a controlled substance in/out of a Pepperdine facility
4. substantial disruption to the living community
5. repeated drunkenness in/out of Pepperdine facility
6. significant property damage
7. traveling to a location not approved by Pepperdine

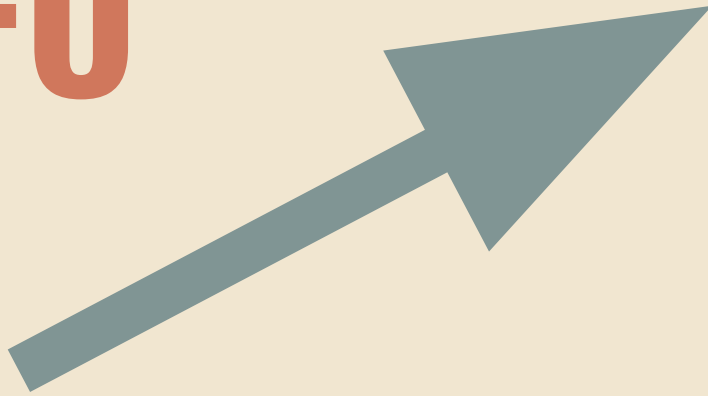


REGISTER TRAVEL IN MYTRIPS

*Search for keyword 'Mytrips sign
up'*



PROGRAM INFO



About Buenos Aires >

- History
- Living in Buenos Aires
- Visiting Buenos Aires



Academics >

- Courses
- Book Lists
- Library



Visa Information >

- Academic Year
- Fall/Spring
- Summer



Faculty and Staff >

- Meet the Staff
- Faculty in Residence



Vital Documents & Deadlines >

- Required Documents
- Dates & Deadlines
- Vital Document Checklists



Summer Offerings

>> Buenos Aires GE

Check out [website](#) for help program location information like packing info, visitor info, meals, etc.! Review [IP Bound Blog](#) as well.



QUIZ Q4U

Q: What are 3 health actions you need to take prior to going abroad?

A: Health clearance, vaccinations, get prescriptions, & ensure you have health and dental coverage



OTHER PREPARATION INFO

Natalie Forde & Beverly Cawyer



VITAL DOCUMENTS

- [IP Document Submission Form](#)
 - Passport Copy - Due now!
 - Homestay Form (BA only) - Due now!
 - Health Form - Due 45-90 days prior
 - Itinerary (if exempt) - Due 45-90 days prior
 - Visa Copy (if required) - Due April 24
- Faculty-led programs: other docs as required



EMERGENCY ENVELOPE

Create your own!

1. photocopy of passport
2. 4 extra passport photos
3. list of all medical prescriptions from doctor
4. names, phone #s, and addresses of 2 emergency contacts
5. list of all credit card international phone #s
6. health history form (p3 of health form)
7. certified copy of birth certificate if possible



QUIZ Q4U

Q: Name 3 of the 5 vital documents.

A: Passport copy, homestay form, health clearance form, exempt flight itinerary, visa copy



MAIL FORWARDING

U.S. Mail will not forward mail overseas.

Fill out a **mail forwarding request** before leaving campus



FLIGHT INFO

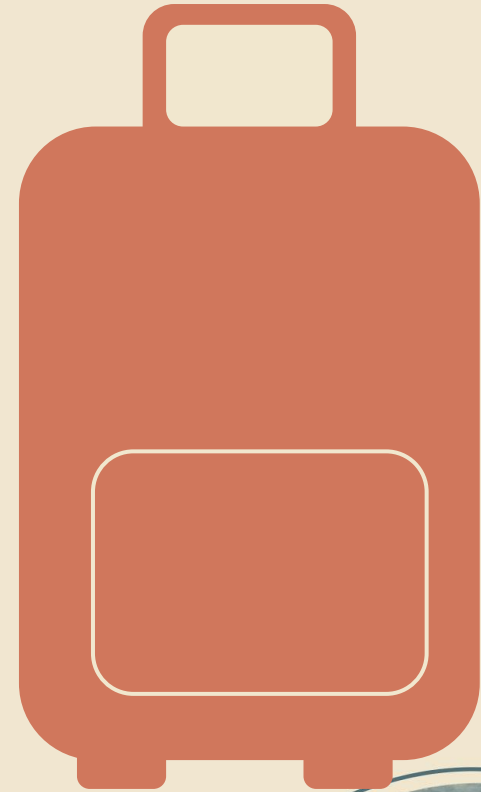
- Flights purchased and communicated by Feb 2020
- Don't be late!
- Read our [Flight FAQ!](#)
- Consider purchasing travel insurance for luggage and cancelled flight coverage



LUGGAGE

checked baggage fees:

- Most airline carriers charge a fee for each piece of checked luggage.
- Fees vary by airline, and it is the student's responsibility to research and pay these fees at the airport.
- Maximum weight and dimensions also vary and are changed often. Check website.
- Lost or stolen luggage is your responsibility - consider purchasing travel insurance



QUIZ Q4U

Q: I'm on the group flight. What do I do when I arrive at LAX?

A: Look for the IP staff member! Do not check in! Do not go through security!



QUIZ Q4U

Q: I want to change my return flight. What do I do?

A: Contact our travel agent (see itinerary). Remember you can change your return date, but not the route.



ACADEMICS

Registration Deadlines:

- | | |
|------------------------|-------------------|
| • Heidelberg | March 31, 2020 |
| • Florence | March 31, 2020 |
| • Lausanne | February 29, 2020 |
| • London | February 21, 2020 |
| • Buenos Aires | April 10, 2020 |
| • Shanghai | March 31, 2020 |
| • DC | March 15, 2020 |
| • Faculty Led Programs | March 15, 2020 |

Textbook information is available about a month before program starts. You will be sent an email with information about your textbooks.



STUDENT ACCESSIBILITY

*If you require special accommodations,
contact Office of Student Accessibility
immediately*

1. Access needs
2. Mental and other health-related matters - including diet
3. Academic learning needs



PROGRAM ROOMS

Program	Room
Lausanne	PC 190
BA	PC 188
Florence	AC 263
London GE/Intern	Elkins
Heidelberg	PLC 147
Washington DC	AC 290

Program	Room
East Africa	AC 280
Fiji	AC 286
Jordan	AC 261



**GET READY FOR
TAKEOFF!**





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Alcohol and Study Abroad



Stacey Lee

Myth or Fact?

Everyone drinks when they attend IP.

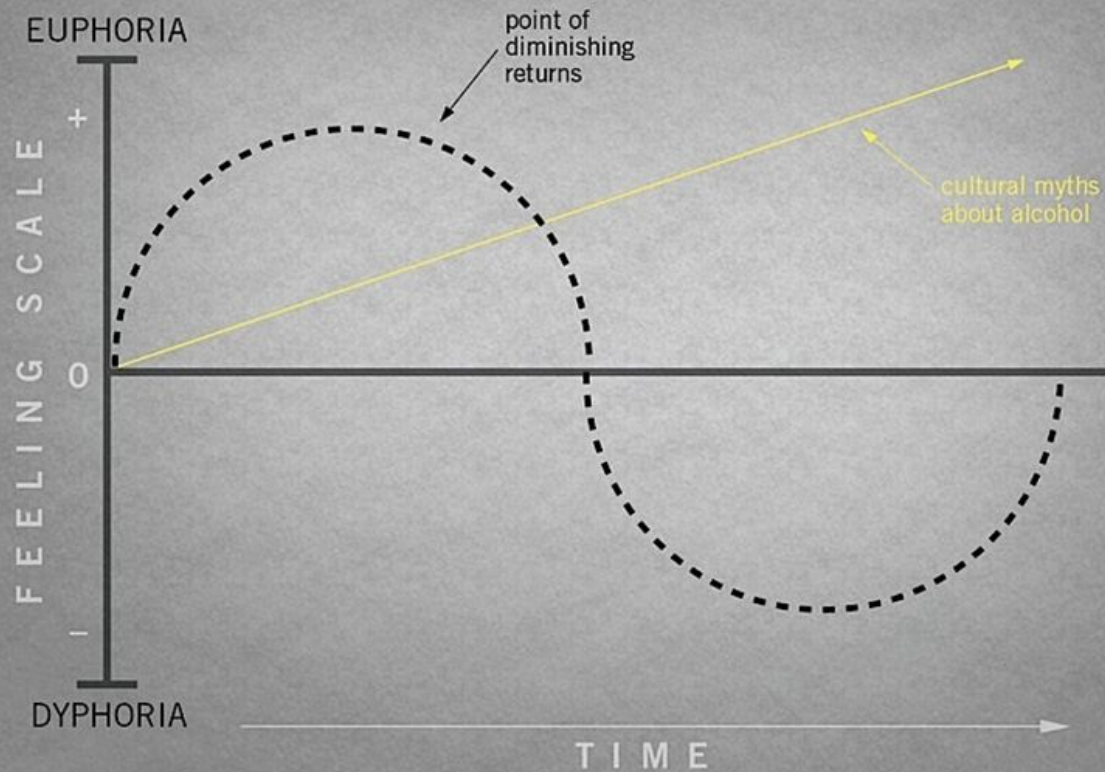
Myth



Myth or Fact?

The more you drink, the more fun you have.

ALCOHOL'S BIPHASIC EFFECT





12 fl oz beer

or



5 fl oz wine

or



1.5 fl oz liquor

What if...

...you return to your house and a friend who has been drinking can't walk on their own, can't answer basic questions, and passes-out.

Call for help! These are potential signs of alcohol poisoning.

Who do I call?

first responders (911), program director/staff, faculty director, faculty in residence, and/or RA.

Good Samaritan policy applies at every location. Call Stay Cooperate



Myth or Fact?

Since the drinking age is 18 or lower at IP locations, students do not get in trouble with Pepperdine if they drink.

Seaver College policies apply at every IP location

Violations of the Pepperdine alcohol policy include:

- “Drunkenness, on or off campus,...may result, minimally, in University probation on the first offense and suspension on the second offense. Drunkenness is defined as a blood alcohol content of .08% or more and/or as offensive, disruptive, destructive, hazardous, and/or vulgar conduct during or following the consumption of alcoholic beverages.”
- No alcohol allowed at IP houses. (Reference Seaver College student handbook for entire policy.)
- Every country has laws related to alcohol, including public intoxication.
- There are some faculty led program locations where students are not allowed to consume alcohol at any point in time for cultural and/or religious reasons.

Myth or Fact?

A person's tolerance stays the same--
regardless of where someone is drinking.

Situational specificity of tolerance

If alcohol is presented “in a manner divorced from the usual alcohol-associated stimuli, the effects of the alcohol are enhanced (Siegel, 2011, p. 358).”

Myth or Fact?

Drinking a few drinks per week while abroad is not very expensive.

*London: \$2,890

*Florence: \$2,346

*Shanghai: \$1,710

*Buenos Aires: \$1,530

*Lausanne: \$3,060

*Heidelberg: \$2,295



*Approximate cost of 3 drinks, 3x/week per academic year at each location.

Adventure



FUN

SAFETY ABROAD



SAFETY ABROAD IS ABOUT DECISIONS



SAFETY TOPICS

- Awareness
- Safety tactics
- Golden Rule
- Safeguarding (Pepperdine & Self)



Awareness

“The state or ability to perceive, to feel, or to be conscious of events, objects, or sensory patterns.”

Tactics to Safeguard Self

- Leave situations that that don't seem right
- Only accept drinks from bartender
- Never be isolated
- Set boundaries- "No" is a complete sentence
- Be wary of offers (rides, help with luggage, find where you are looking for)
- Confident body language
- Non-violent body language

Traveling Safety



- Be a “smart” traveler – Check for country specific warnings
- International drivers license vs. passport
- Pack light so you can move faster
- Carry a minimum number of valuables and have places to conceal them
- Avoid keeping your documents in places you will not have constant control of
- Store cash in different locations
- Know the local laws – Not the US!
- Do NOT trust people you do not know

Golden Rule

Never leave anyone alone

Free Self Defense Workshops



SAFEGUARD YOURSELF

- Fill in travel log completely and accurately during travel breaks and weekends
- U.S. Passport holders enroll in STEP
- Follow safety guidelines from Malibu and local orientation
- Speak with family about an agreeable personal travel itinerary on weekends and travel breaks
- Use Live Safe App



PEPP SAFEGUARDS YOU

- Conducts travel safety orientations
- Offers free self-defense classes
- Campuses equipped with security cameras, secure entry doors and policies that help safeguard the community
- International SOS for travel emergencies
- Monitor campus locations and vet all group travel itineraries



TELECOMMUNICATIONS



Keep your phone on for emergency phone calls and texts at all times. **Don't use airplane mode.** Turn data roaming off instead.



STEP (SAFE TRAVELER PROGRAM)

For U.S. Passport holders: All students are required to enroll and log all travel in STEP (U.S. Department of State Safe Traveler Program) which gives you detailed safety information for your locations, enables the U.S. Government to better assist you while abroad including giving you and your loved ones alerts and updates.

<https://step.state.gov/>



International SOS (ISOS)



**Travel
Tracking**



Assistance

International SOS (ISOS)

All IP students & faculty are automatically enrolled and can use International SOS services.

Assistance



International SOS (ISOS)

- Health, safety, and travel advice at no charge
- Assistance with passport replacement or other travel issues for a fee
- Urgent medical assistance: Will ensure you receive medical attention. Click [here](#) for coverage information. \$100 min. copay for **urgent** medical. Students should not use this service for non-urgent care.
- Download ISOS app for mobile check-ins

Assistance

QUIZ Q4U

Q: What are 4 ways you safeguard yourself abroad?

A: Travel log, STEP, telecommunications, Livesafe app, agreeable travel, & follow safety guidelines



Self-care

The practice of taking action to
preserve or improve one's own
health



What is #selfcare?



SANVELLO. | PEPPERDINE

On-demand
help for stress,
anxiety, and
depression.

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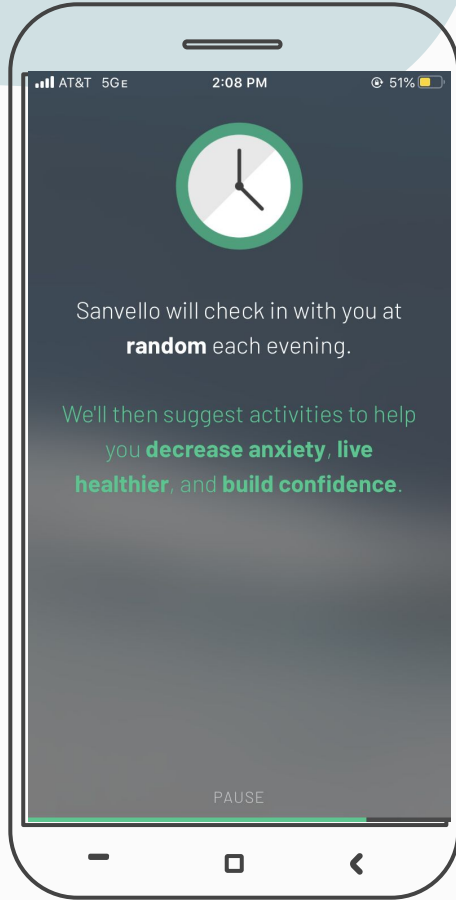


Find relief when you need it:

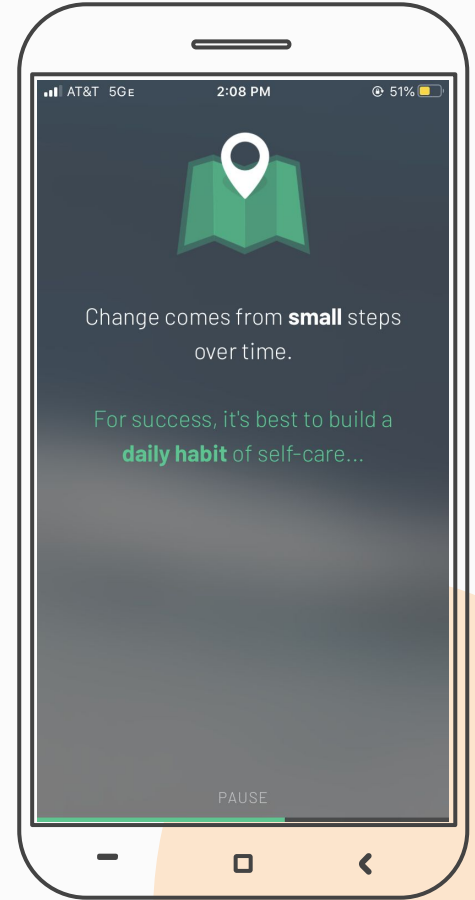


sanvello.com

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- Guided meditations
- Mood tracking
- Journaling
- Playlists
- Assessments





Join us today in the
Fireside Room!

LUNCH

One meal per person

Limited vegan/vegetarian meals available

Return to program rooms promptly at 12:45 for attendance

