

TIME FOR TAKEOFF!

Lausanne

Summer Orientation 2020





INTRODUCING



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AMBASSADOR



your ambassador
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Faculty In Residence



**Loretta
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**Mina
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Introducing

your RA's...

GRANT LEE

FAITH PEARLMAN

HANNAH TU



FACULTY CONVERSATION ON COMMUNITY



PROGRAM STAFF



your director
EZRA PLANK
(& his family!)



PROGRAM STAFF



your assistant director
MARK BARNECHE
(& his family!)



PROGRAM STAFF

your facilities coordinators
**MONIKA ZIMMERLI
& KARINE GRIVET**



LAUSANNE FACILITY



PROGRAM VIDEO

<https://vimeo.com/363194402>



GET TO KNOW YOUR GROUP

Human Scavenger Hunt!



DAY TRIPS



Get in groups of 3-4 and research a cool place to visit that is within 2hrs of your home base. Be ready to share the following with large group the location, travel costs, & 3 interesting facts about location



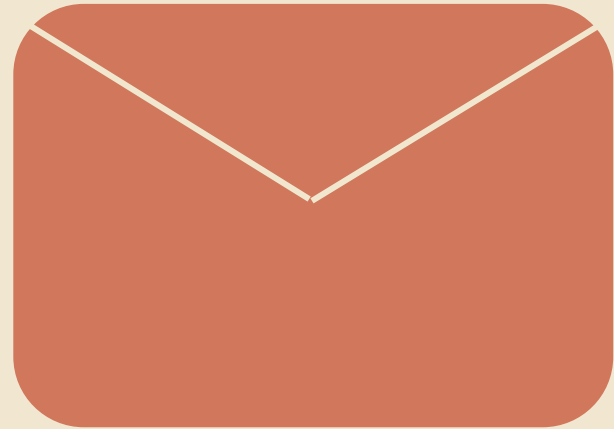
MUST DO'S

1. *Swim in Lac Léman*
2. *Have a picnic in the park*
3. *Go for a run along the shore*
4. *Take the ferry to Evian, France*
5. *Get coffee with a local student*
6. *Have a bonfire in MDL's backyard*
7. *Eat at Holy Cow*
8. *Take a sailing trip on the lake*



MAILING TO LAUSANNE

Av. Marc-Dufour 15
1007 Lausanne
Switzerland



***Be aware of shipping policies by carrier
and country**



INFO HUNTING

Check out IP's website and other sources to find information on these topics.

- Study locations near house
- Local lunch options
- Where and how to get cash
- Phone plan options
- 3-5 cultural facts
- Airport to facility directions
- Popular in-country travel destinations
- Where and how to get cash
- How to get around the city



LOCAL MEALS

- *Meals work on a rotating schedule!*
- *Digital disbursement covers some weekday lunches & dinners*
- *Pro-tip: Cook at home & save this money to travel & for other fun things*



ACADEMICS

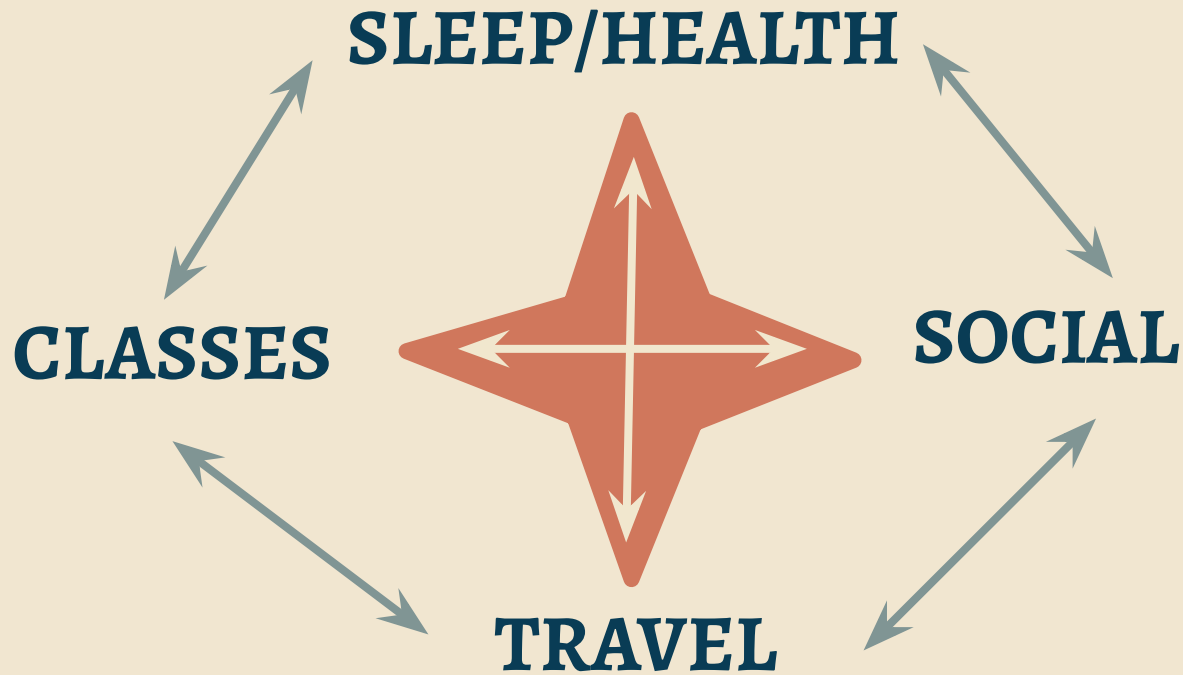
DO NOT expect overseas classes to be **EASY!**

It's the same amount of class hours as Malibu, but finished in less time.

Classes are held **Monday - Thursday** for European programs
2.0 GPA requirement (cumulative and semester) before and during program.



BALANCE ACTIVITY



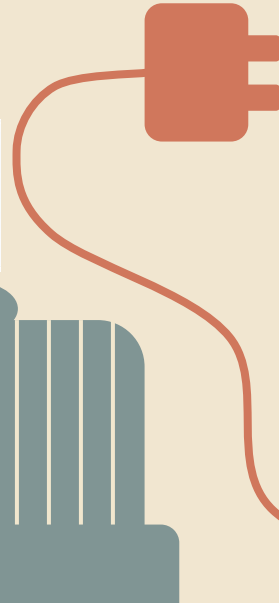
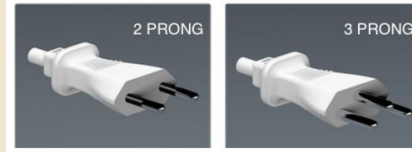
WHERE DO YOU STAND?

- Every culture has norms and values.
- What are your norms and values?
- How do your norms/values compare to host culture? To your group?



WHAT TO BRING

- Bring converter/adaptor for anything electrical
- Special hygiene products
- Warm and cold-weather clothes & 1 nice outfit
- Enough medications for length of program
- Good walking/hiking shoes
- Learning supplies
- Credit/Debit Card with International chip
- Check program website for other items



WHAT TO BRING

tips for packing:

- You won't need as much as you think you need
- Pack a few nice, versatile pieces of clothing for interning
- It gets cooler at night - don't forget a few sweaters and a nice jacket!



WHAT NOT TO BRING

- Linens or towels unless otherwise instructed
- Pillows or blankets
- Expensive jewelry or valuables
- Too many shoes
- Anything you don't absolutely need

*less
is
more!*

Check out our website under “Packing” for more detailed advice!

<https://community.pepperdine.edu/seaver/internationalprograms/programs/year-programs/lausanne/about.htm>



TELECOMMUNICATIONS

- Use your existing smartphone
- Purchase a new U.S. smartphone with global service (e.g. google phone plan, select T-Mobile, and select Sprint offerings).
- Purchase an international sim card similar to one found at Cellular Abroad
- Bring your existing unlocked smartphone or another unlocked smartphone phone that you can put a local sim card into
- You will need to purchase a Swiss SIM card (around 40 U.S. dollars ~ his requires you to remove your American SIM card, so it's important to know if that will impact your phone plan in the future)
- Sunrise, Salt, Swisscom

<https://community.pepperdine.edu/seaver/internationalprograms/programs/year-programs/lausanne/about.htm>



ALUMNI CONVERSATIONS

*Use your Orientation Worksheet
for specific questions*



HEALTH & WELLNESS

How did you stay healthy?

- Gyms?
- Sports?
- Classes?

Are you introverted or extroverted?



ACADEMICS & STUDY HABITS

Study spots:

- Student cafe/sun room
- Several study rooms with computers and printer access
- Library
- Backyard
- Cafes around the city
- Local university library access



TEXTBOOKS

The program will sell and buy back textbooks!

- Purchase through the link & your books will be waiting for you when you arrive
- Sell your books back to the program when you leave



SPIRITUAL LIFE

There are lots of opportunities for growing your spiritual life while abroad. Here are some things to consider:

- Spiritual pathways - how do you find God? Nature? Scholarship?
- Local churches
- Take initiative - start what you want to see!



TRAVEL

- Trains!
- Planes!
- & Automobiles!
- (and the 24-hour clock!)



CULTURE

- *What were the major cultural differences?*
- *How do you get plugged in with your new city/culture?*
- *What's the best local travel?*
- *What was the hardest thing?*



FINANCES

- Digital disbursements
- Card with chip
- Grocery Shopping vs. Eating Out
- Spending more than you'd like
- Set and stay on a budget
- YOLO (You Only Lausanne Once)



EXPLORE WITH A PURPOSE!

Develop goals for yourself:

- Get in groups of 3-4 people and share your initial ideas about goals for 1-2 developmental areas and what potential mechanisms are there to help you achieve your goals. (5 minutes total for activity)
- Take 5 minutes to draft at least 3 goals for yourself

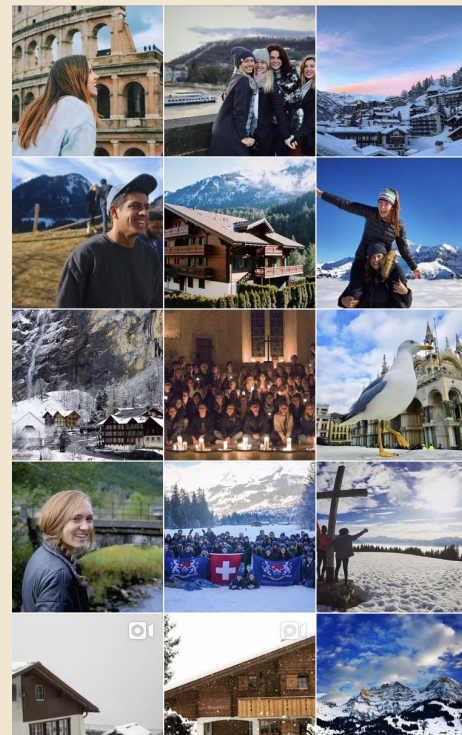


STAY CONNECTED

share your adventures.

@pepperdineip

@pepperdinelausanne



BON VOYAGE!

Check out our IP Bound Blog to hear more about the programs:
<https://community.pepperdine.edu/seaver/internationalprograms/ip-bound/>



HOW DID WE DO?

- Check your e-mail now and take the IP Orientation Survey and Orientation Quiz
- You can leave orientation once you show the orientation student leader your 100% score and the submission page at end of survey on your smartphone or computer

