

# TIME FOR TAKEOFF!

## *Lausanne*



## *Academic Year Orientation 2019-2020*



# SESSION FACILITATOR



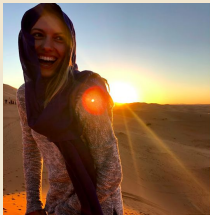
**Dr. Charles Hall**



# AMBASSADOR



**Mackenzie Winslow**





# FACULTY IN RESIDENCE

**Charles Choi  
(& his family!)**



# PROGRAM



your director  
**EZRA PLANK**  
(& his family!)



# PROGRAM



your assistant director  
**MARK BARNECHE**  
(& his family!)



# PROGRAM

# STAFF



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





# RESIDENT ADVISORS



**Jennifer Gold & Michelle McGuire & Dimitri Smith**



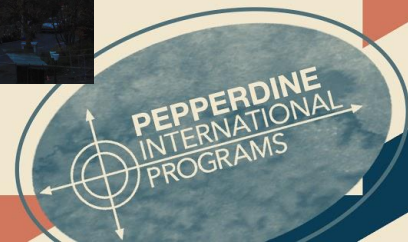


# Visas

- If you are traveling internationally this summer or will be in your home country, meet with Beverly ASAP!
- Make sure you schedule your visa submission (the week of April 15th). All documents must be ready at that time!



# MAISON DU LAC



# MAISON DU LAC





# PROGRAM VIDEO

*Welcome to Switzerland!*





# SERVICE OPPORTUNITIES

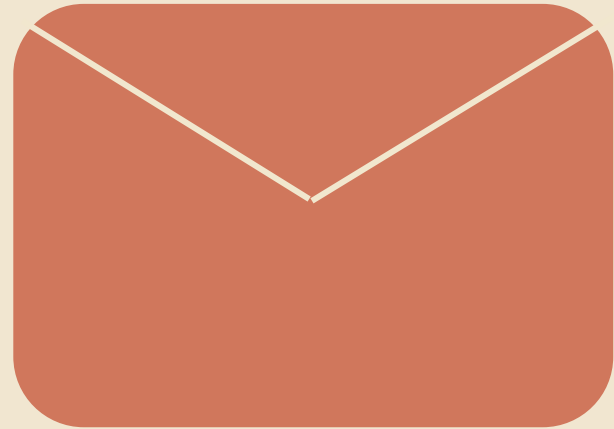
Below are example of service opportunities from the past ~

- Work with a church & refugees
- Step Forward Day - Abroad!
- L'institution de Bethanie



# MAILING TO LAUSANNE

Av. Marc-Dufour 15  
1007 Lausanne  
Switzerland



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



# LOCAL MEALS

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



# AWESOME, YET BUDGET CONSCIOUS TRAVEL

*Get in groups of 3-4 and choose one of these 4 locations: Geneva, Bern, Gruyères, Zermatt. Your budget is \$200 per person for 2 days. Research the travel options, lodging, meals, & activity ideas within the budget for 4 people.*





# STUDENT EMPLOYMENT

- **Kitchen Worker - setting up and cleaning up**
- **Student Kitchen Worker**
- **Linens worker**
- **Student Residence Coordinator**
- **IT Coordinator**
- **Graphic Designer**
- **Weekend Coordinator**
- **Service Coordinator**
- **Alpine Outfitters Gear Coordinator**
- **House Decoration Coordinator**
- **Librarian, Media Coordinator, and RA hired ahead of time.**



# 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 ~ this 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>



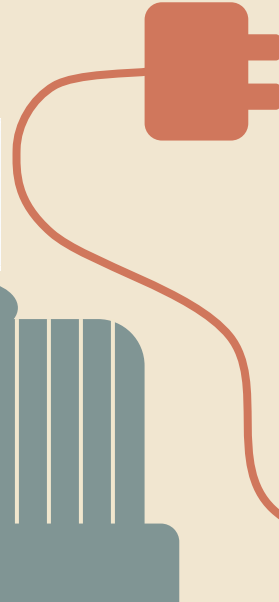
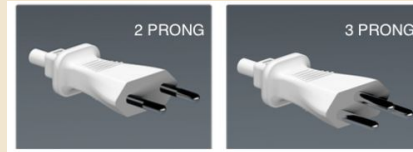
# TIME WITH ALUMNI

*Use your Orientation Worksheet  
for specific questions*



# 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!*



# 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**

2.0 GPA requirement (cumulative and semester) before and  
during program



# 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





# HEALTH & WELLNESS

*How did you stay healthy?*

- Gyms?
- Sports?
- Classes?

*Are you introverted or extroverted?*



# 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?
- House church
- Bible study groups
- Local churches
- Take initiative - start what you want to see!



# COMMUNITY & COMMUNICATIONS

- Community in the house is what you make it.
- Choose to buy into your abroad experience and community!
- Check in with home - but not too often! Being abroad is a unique period of growth, embrace it.



# TRAVEL

- **Trains!**
  - Voie 7 & Half-Pass
- **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?*

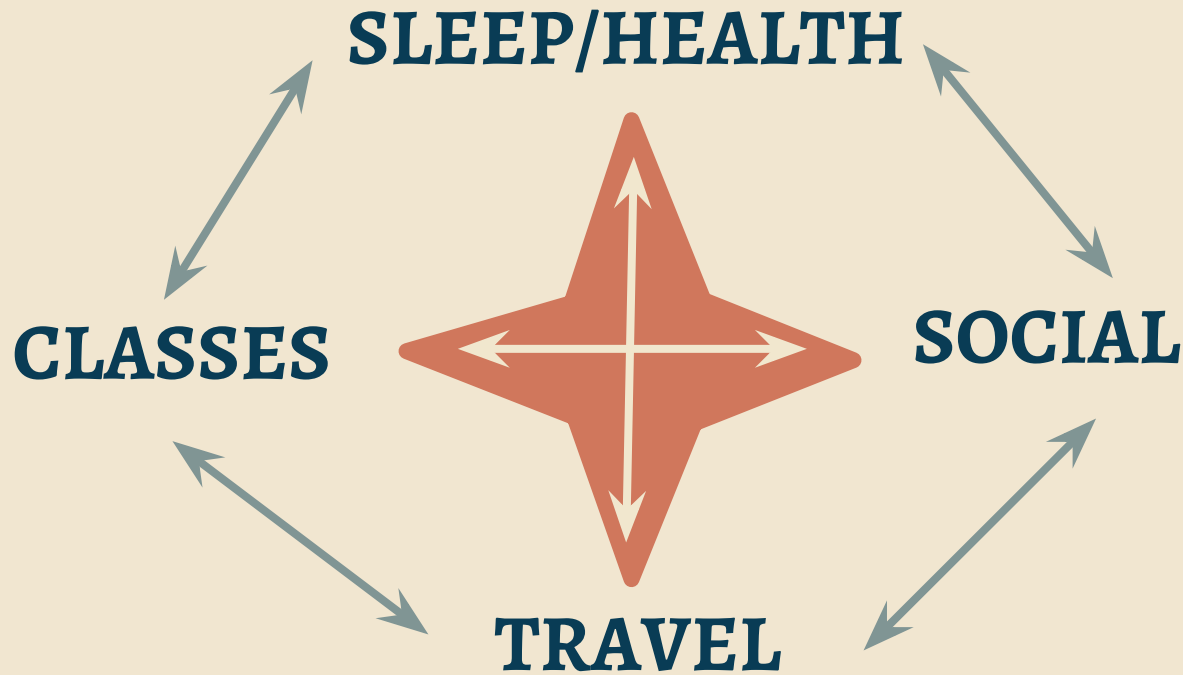


# FINANCES

- Digital disbursements
- Card with chip (look into cards that have no international fees)
- Grocery Shopping vs. Eating Out
- Spending more than you'd like
- Set and stay on a budget
- YOLO (You Only Lausanne Once)



# BALANCE ACTIVITY



# EXPLORE WITH PURPOSE!

## *Develop goals for yourself:*

- Take 5 minutes to draft at least 3 goals for yourself
- Get in groups of 3-4 people and share your developmental goals & how you will achieve them





# NOTE TO YOUR FUTURE SELF

**Using the pen, paper and envelope provided, write yourself a letter that you will open while you are abroad.**

**Consider including the following:**

- **Goals:** spiritual growth, personal growth, academic growth, etc.
- **A statement on your current stage in life.** You will be amazed how much can change in a year!
- **Your hopes:** You will be reading this letter at this time next year ... what do you want to get out of your time abroad?

**Your RAs will hold on to these during your year abroad:)**



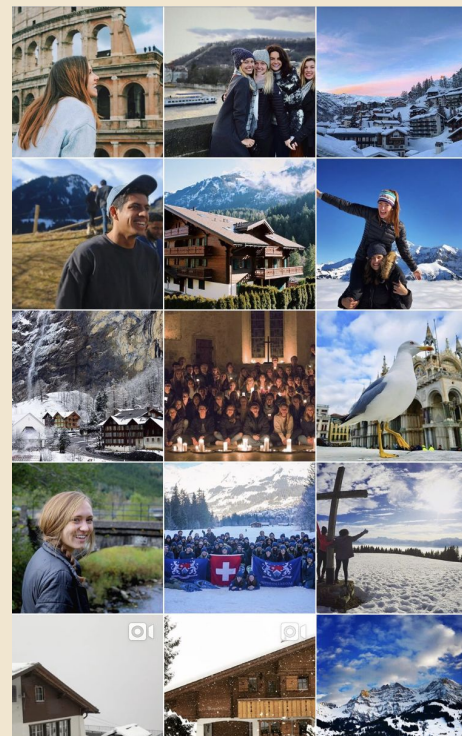
# STAY CONNECTED

*share your adventures.*

[Pepperdine Lausanne Website](#)

[@pepperdineip](#)

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# BON VOYAGE!

