

# GET READY FOR TAKEOFF!

*Summer IP Experience, 2019*





# WELCOME MESSAGE



*Dr. Charles Hall*

**Dean of International Programs**



# WHY PREPARE FOR TAKEOFF?

*greg muger, ip director*



























# WHY PREPARE FOR TAKEOFF?

*greg muger, ip director*



# 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 Shirt & \$25 cash! 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

Tuition	\$1,685 per unit
Room and Board	\$562 per week
Flight	\$0 (if on group flight)
Visa and Local Country Fees	Unique to each program Check <a href="#"><u>here</u></a>



# 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

- Hired by program staff once you arrive
- 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 with provider
- Bring all prescriptions
- International SOS provides health consults: vaccines, prescriptions, etc.



# HEALTH INSURANCE ABROAD

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

- Pepperdine SHIP provides global coverage for emergencies only
- You alone pay for all health deductibles and copayments abroad





# MENTAL HEALTH SERVICES ABROAD

2 options for professional counseling at no charge\*

- IP campuses: Up to a limited number
- International SOS: 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

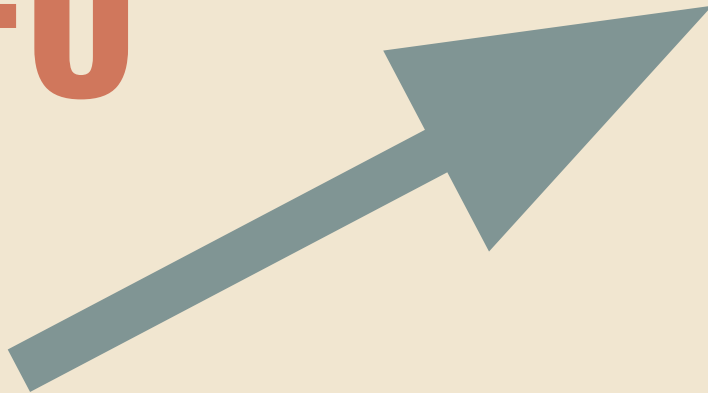


# REGISTER TRAVEL IN MYTRIPS

*Search for keyword 'Required for  
your summer orientation'*



# 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

- Personal Data Form - Due now!
  - Passport Copy
  - Homestay Form
- Vital Document Submission Form - Due 45-90 days prior
  - Health Form
  - Itinerary
- Visa Submission Form - Due April 26, 2019
  - Visa Copy



# 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

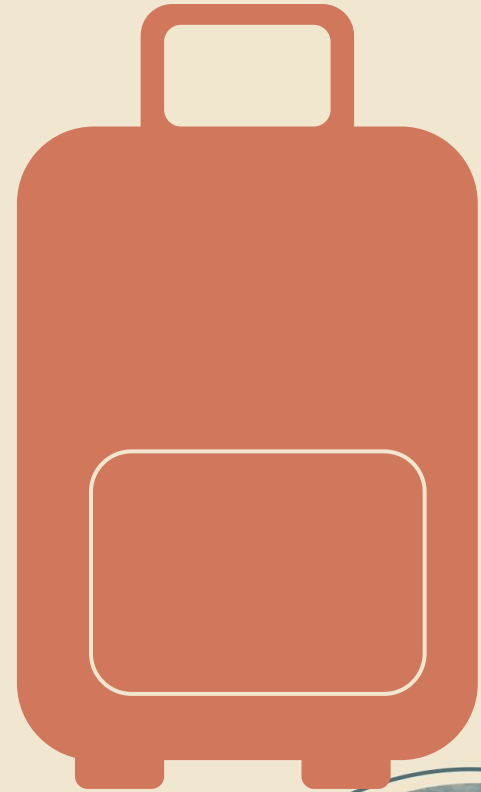
- Flights purchased and communicated by Feb 2019
- Don't be late!
- Read our [Flight FAQ!](#)
- Consider purchasing travel insurance for luggage and cancelled flight coverage



# 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

Make sure you register!

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



# IP AMBASSADORS



**Gracie Orr**  
Lead Ambassador



**Dani Villaruz**  
BA Ambassador



**Katie Garreston**  
London Ambassador



**Kenzie Winslow**  
Lausanne Ambassador



**Brock Petty**  
Heidelberg Ambassador



**Carolina Borjas**  
DC Ambassador



**Emily Tran**  
Shanghai Ambassador



**Ashley Stephens**  
Florence Ambassador



# PROGRAM ROOMS

## Program

## Room

Lausanne

PC 190

BA

PC 188

Florence

AC 263

London

Elkins

Shanghai

PC 191

Washington DC

AC 290

## Program

## Room

Madrid

AC 270

Fiji

AC 286

Kenya

AC 280

New Zealand

PLC 153

Jordan

AC 261



# GET READY FOR TAKEOFF!







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# APPROACH TO ALCOHOL



# Alcohol and Study Abroad



Dr. Sparkle Greenhaw  
Counselor/AOD Coordinator  
Counseling Center

Dr. Ron Cox  
Associate Dean  
International Programs

# **Myth or Fact?**

Everyone drinks when they attend IP.

# Myth

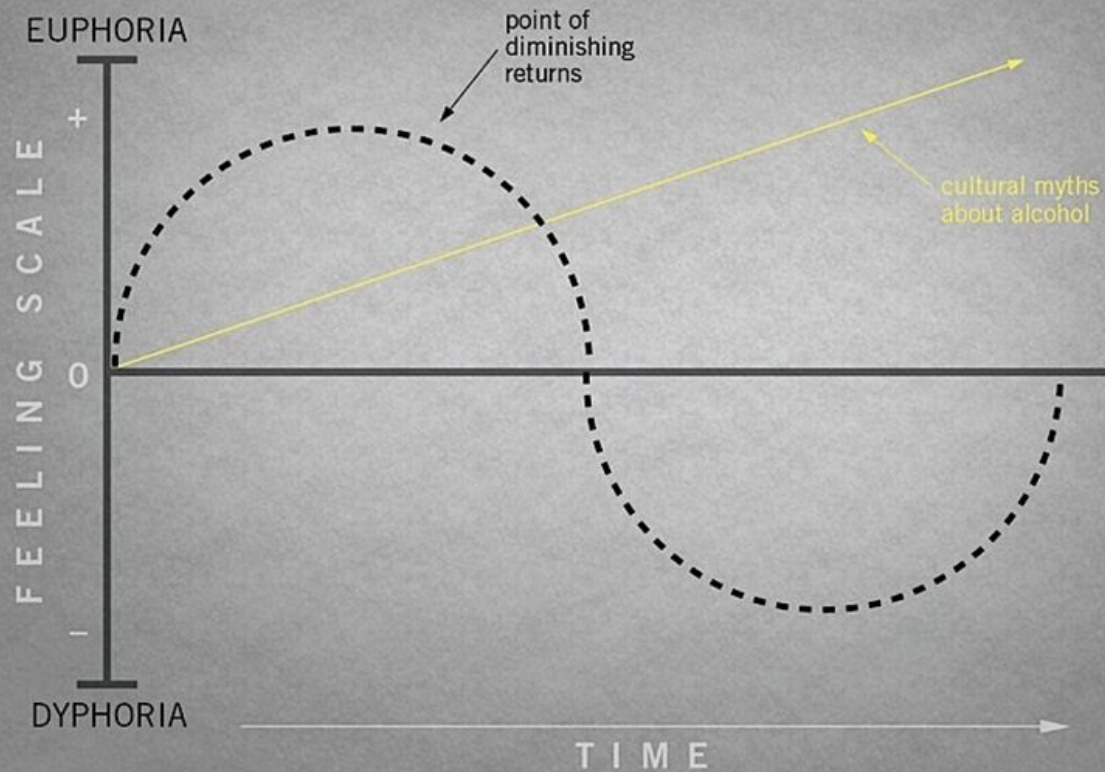


# **Myth or Fact?**

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.



# 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



# FREE SELF DEFENSE CLASSES

4 Sessions in March: 5th, 12th, 19th, 21st

Look for an email from IP this coming Monday  
to sign-up



# 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





# 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



# TELECOMMUNICATIONS



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



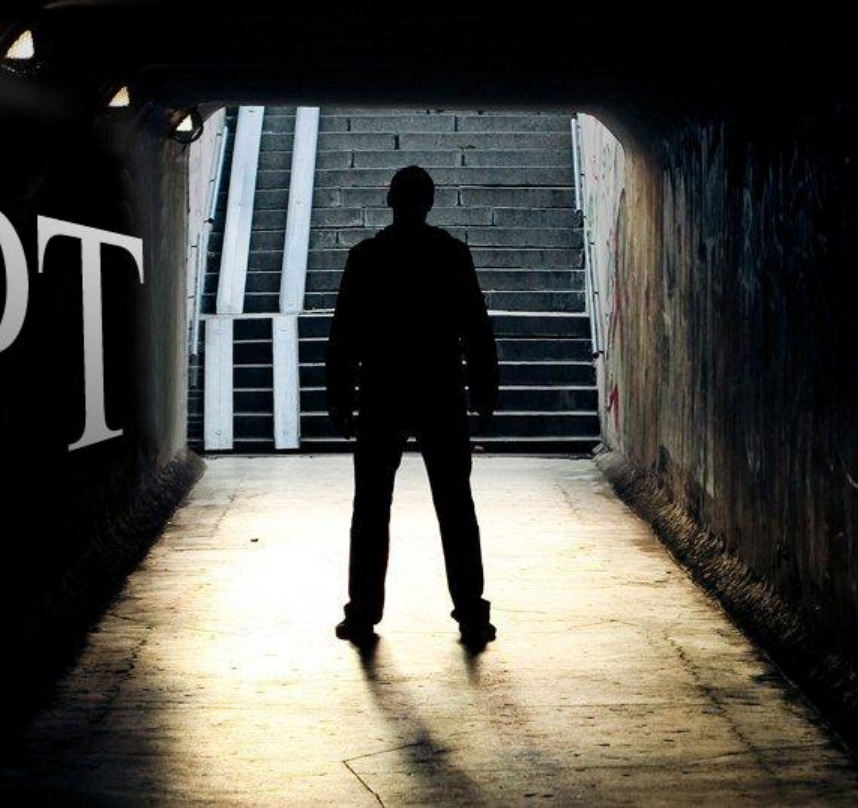
# STEP (SAFE TRAVELER PROGRAM)

**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/>



# ADAPT



## ADAPT 2019 International Travel



# Instructor - Chris Dunn

President and CEO



DGP International

DEFEND GUARD PROTECT

RTD  
READY TO DEPLOY

SAVIOR<sup>®</sup>  
MULTI-THREAT SHIELD

CONDOR ELITE<sup>®</sup>

/fu-bär/  
It's all you need



A.D.A.P.T.  
Awareness and Defense Against Physical Threat

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DEFEND GUARD PROTECT

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# Awareness

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

"Awareness without action is worthless"

Phil McGraw





# Focusing on Behaviors



# Paying attention for 10 minutes...



# What is a normal?



Subject was doing the opposite of everyone else.





# Selection Phase



What is this guy looking at?





# You will not see what you don't look for!





# Confrontation





**“Charm” is a verb**

# Adapt Principles

- Avoiding the “Prey” Behavior “A criminal who has progressed to violent crimes has established a pattern of behavior”
- Intuition – Most victims know or have recently met their attackers...“I knew something was wrong”. Be sure to trust your intuition.
- “Gift of Fear” - subconscious reality...don’t ignore something if it causes worry.
- Flight or Fight. Do one or the other, just don’t freeze.
- Knowing Limitations. Be smart and do not put yourself in situation you cannot get handle.



# Preventive Measures



Don't act like an easy target – “If you don't want to get eaten, don't act like food!”

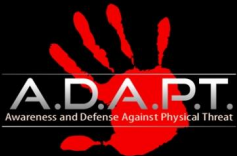
- Set your boundaries and be sure to enforce them.
- If a stranger provides too many details...be aware.
- Loan Sharking – “If I carry your bags you should at least let me buy you a drink.”
- Unsolicited Promises – “ I promise...its just a ride.”
- Isolation – Don't separate from your friends!

# Preventive Measures

- If you sense a problem, change your route, prepare to run or defend yourself
- Avoid walking alone in areas not well lit
- Strength in numbers “One can fight one, two can fight ten”
- ‘No’ is a complete sentence
- Have a plan—Predators count on you not knowing what to do
- Be sure to Anticipate and try to Avoid
- Remain proactive when it comes to your safety



# Circle of Safety



# Defensive Tactics

- Verbal Judo – Attitude of control
- Body Language
- Preparing for action
- Do not plead or beg
- Sizing up your opponent “Not the size of dog (or cat) in the fight....
- Non Violent Postures – Don’t telegraph intentions
- Just enough to create space and escape!

Strangers generally do not help...its up to you!



# 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
- Do not use large amounts of cash
- Know the local laws – Not the US!
- Get generic prescriptions so you can purchase abroad
- Do NOT trust people you do not know



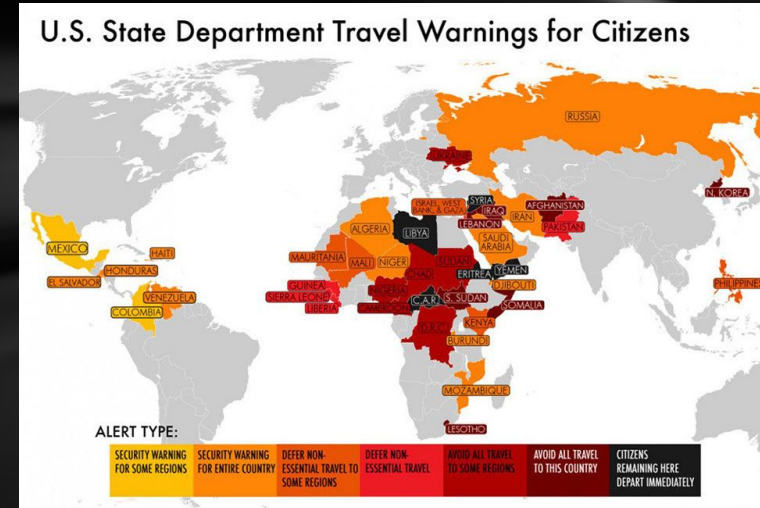
# Worldwide Caution



As of January 2018 the Department of State has issued a “Worldwide Caution” alert for all US Citizens traveling abroad.

- Terrorism
- Copycats
- Kidnappings
- Violent Attacks
- Reprisal
- Religious Motivations

*“Examples of such targets include high-profile sporting events, residential areas, business offices, hotels, clubs, restaurants, places of worship, schools, public areas, shopping malls, and other tourist destinations”*



Do not travel in fear. Just be aware!



# Travel Warnings 2019



November 2015

# Pay attention!



## WHAT



# Defensive Counters





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A.D.A.P.T.

Awareness and Defense Against Physical Threat

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# 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.



**Assistance**



# QUIZ Q4U

*Q: What are 4 ways you safeguard yourself abroad?*

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





# LUNCH

*One meal per person*

*Limited vegan/vegetarian meals available*

*Return to program rooms promptly at 12:45 for attendance*

