

# TIME FOR TAKEOFF!

## *Lausanne*

### *Summer Orientation 2019*



# SESSION FACILITATOR



**Dean Hall**



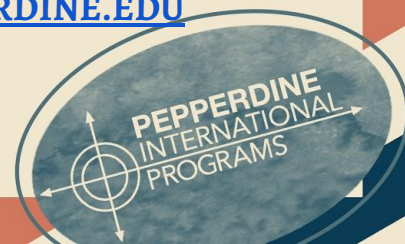
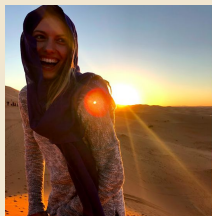
# AMBASSADOR



your ambassador  
**MACKENZIE WINSLOW**

[MACKENZIE.WINSLOW@PEPPERDINE.EDU](mailto:MACKENZIE.WINSLOW@PEPPERDINE.EDU)

(303) 921-7848



# INTRODUCING



**Catherine Riley**



# INTRODUCING

**Faculty in Residence:**

**Cynthia Colburn**



# Introducing

your RA's...

**HOLLAND FREEMAN**

**SKYLAR CAPUTO**

**CAMERON CASENHISER**





# PROGRAM



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



# PROGRAM



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





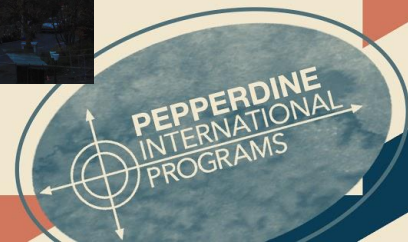
# PROGRAM STAFF



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



# LAUSANNE FACILITY



# GET TO KNOW YOUR GROUP

## Human Scavenger Hunt!





# PROGRAM VIDEO

<https://vimeo.com/236141384>



# 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

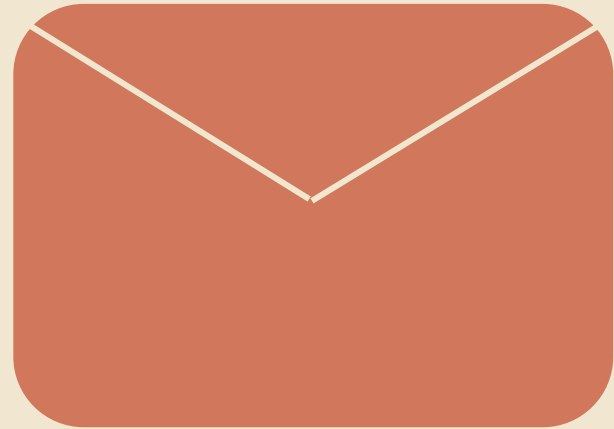
1. *Swim in Lac Léman*
2. *Have a picnic in the park*
3. *Go for a run along the shore*
4. *Take the ferry to Evian, France*
5. *Get coffee with a local student*
6. *Have a bonfire in MDL's backyard*
7. *Eat at Holy Cow*
8. *Take a sailing trip on the lake*





# 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

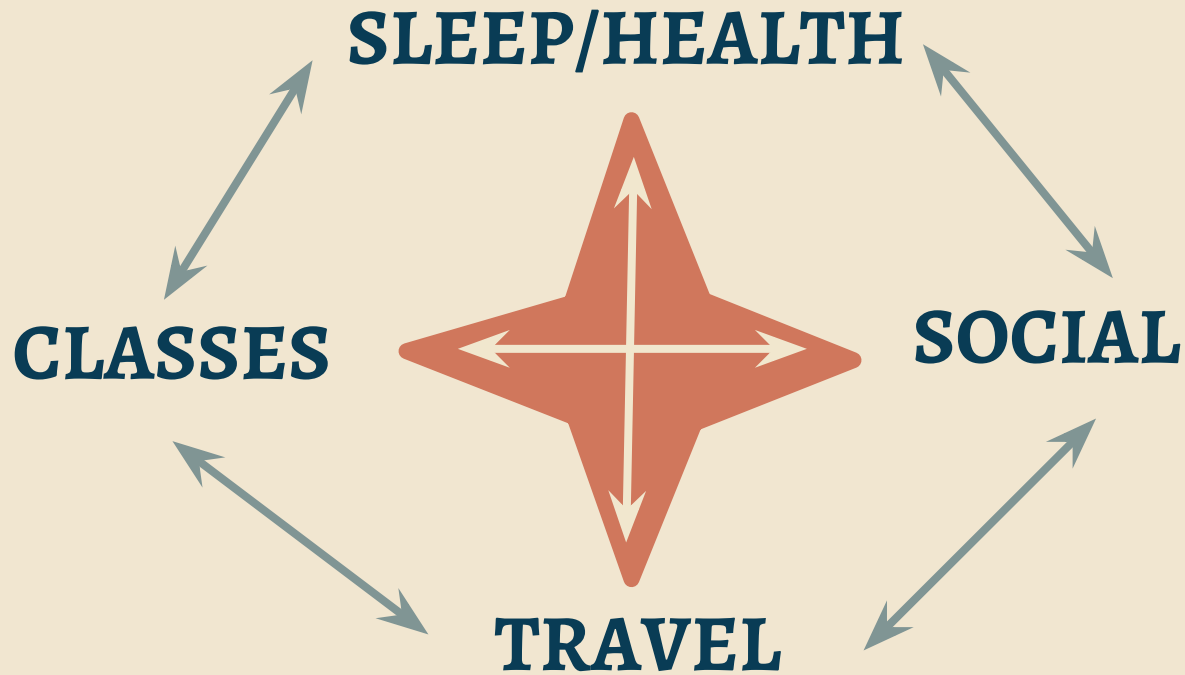
**DO NOT** expect overseas classes to be **EASY!**

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?

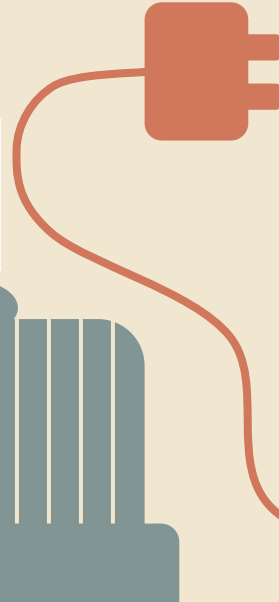
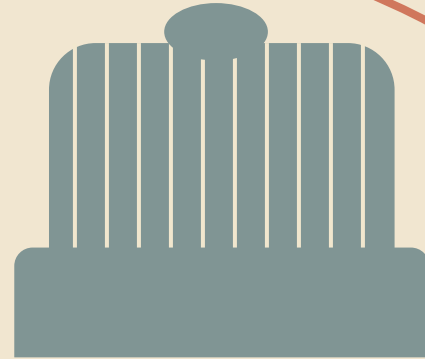
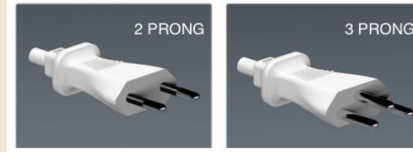
- Every culture has norms and values.
- What are your norms and values?
- How do your norms/values compare to host culture? To your group?





# 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 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>



# 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!



# ALUMNI CONVERSATIONS

*Use your Orientation Worksheet  
for specific questions*



# FACULTY IN RESIDENCE



your visiting faculty  
**Cynthia Colburn**





# FACULTY CONVERSATION ON COMMUNITY



# 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

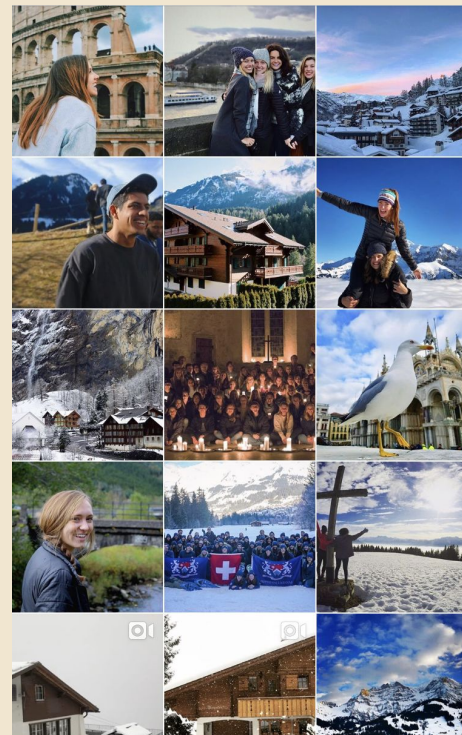


# STAY CONNECTED

*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

