

Study Abroad @ JMU

General Orientation Fact Sheet | *Spring 2020*

Terra Dotta Forms and Requirements –

- Three items to secure your space in the program:
 1. Status change from Accepted to “**Committed**”
 2. E-Sign the “**Intent to Participate Document**”
 3. “**Deposit Payment Receipt**”
 - Please note, this section will not automatically fill upon deposit payment through MyMadison
 - Completing this is the only way for the CGE to know you have paid
- All other Application Questions and Documents must be completed at your earliest convenience – You will receive reminder emails from studyabroad@jmu.edu until all boxes are checked off
 - Passport Information, Health and Emergency Treatment Authorization, Travel Itineraries, etc.
 - Talk to your Program Director about dates **before** your book a flight and complete the Travel Itinerary sections in Terra Dotta

CISI Insurance –

- Cost included in Program Fee, CGE will enroll students in the insurance plan.
- Covers basic health issues up to \$250,000 and medical evacuation for the duration of your program
- Insurance cards will be distributed via email by CISI
- Participants have the option to extend insurance coverage if they stay longer. This is done at your own expense via the CISI website.

Academic Information –

- You are **NOT** registered automatically for your study abroad program courses
- You must register for your courses via MyMadison
- Special Term (non-JMU) students should contact Katie Sensabaugh (sensabkb@jmu.edu)

JMU Financial Checklist –

- Before going abroad, make sure your...
 - Account is paid in full with UBO
 - No holds in your account
 - FAFSA is complete/on file (to use aid for Study Abroad)

Dates to Remember –

- Study Abroad program remaining bills are due and payable in full by:
 - Spring 2020: **January 17, 2020**
 - Or prior to departure, whichever comes first*

JMU Policies and Procedures –

- Academic Policies: Registrar, Honor Code
 - Registrar – Still expected to abide by the rules and regulations in terms of enrollment, registration, and billing
 - Honor Code – Still a JMU student, bound to the Honor Code
- Alcohol/Drugs
 - Know the relevant country and local laws in regards to alcohol and drug (medication) possession and consumption – some prescription medicines that are legal in the U.S. may not be legal abroad
 - Be responsible when drinking alcohol – If your drinking impacts your ability to function in the classroom or any program activities, you will be dismissed from the program at your own expense.
 - You can be sent home for hospitalization due to alcohol poisoning
 - JMU has a zero tolerance policy when it comes to illegal drugs
 - Keep all prescription medications in their original bottles
- Judicial: Violence, Theft, Sexual Harassment
 - Be cautious in regards to behavior that refers to a person's gender, race, religion, age, disability, sexual preference, or natural origin
 - Report any acts of Violence, Theft, or Sexual Harassment that you see or hear about to your Program Director and/or FMIR immediately
- Working Abroad
 - Students are not legally allowed to work while abroad
 - While internships are integrated into some programs, working for pay is not a part of the JMU study abroad program design
- Disability Services
 - Students in need of accommodations must make contact with the Disability Services on campus, prior to departure. Documentation must be on file 60 days prior to the program start date.
 - Disability Services will work with the student and faculty member to address accommodation, given the structure and location of the program.

Managing Expectations –

- Make a list of expectations and goals during your time abroad
- Brainstorm ways in which you will want to record your experiences
 - Blog, Video Diary, Photos, Journal

The Cultural Iceberg –

“What this model teaches us is that we cannot judge a new culture based only on what we see when we first enter it. We must take the time to get to know individuals from that culture and interact with them. Only by doing so can we uncover the values and beliefs that underlie the behavior of that society.” Edward Hall

- Only 10% of cultural differences can be seen on the surface
 - Food, Music, Language, Celebrations, etc.
- Immerse into the culture of your host country in order to gain an understanding of the 90% of culture that lies beneath the surface
 - Beliefs, Concept of Time, Eye Contact, Space Orientation, etc.
- Be Open-minded – Be Flexible – Be Aware

Plan for Cultural Adjustments –

- Most of you may experience levels of culture shock (emotional highs and lows) both going abroad and returning home
- This is NORMAL!
- Research your Host Country
 - History, Culture, Leadership, Current Events

Health and Safety –

- Health: Be Proactive – Be Prepared – Be Protected
 - Discuss health issues; Schedule doctors visits
 - Get any necessary medications you will need while abroad
 - Maintain healthy habits
 - Limit your alcohol intake

<http://wwwnc.cdc.gov/travel> - for country specific health related topics
- Safety
 - Communicate – Keep in touch with key people in your life
 - While we advise you to disconnect as much as possible in order to absorb all aspects of your study abroad experience, do touch base with those back home so let them know you're safe
 - Use Common Sense
 - Don't get TOO comfortable – Immerse in your host country's culture, but be aware of your surroundings and always keep a guard up
 - Prepare – Do your research and prepare yourself to make the most of your experience

Remember these 5 –

- Turn in/sign forms in Terra Dotta and Register for courses
- Prepare yourself, don't just wing it
- Pace yourself – it's the key to staying healthy
- Keep in communication with key people
- Make good choices!