

## **Faculty-led Program Pre-Departure Orientation (PDO)**

This content is required reading for all faculty-led program students, whether to domestic or international destinations. Students must successfully complete quizzes on this material before they are allowed to participate.

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## **PDO1: Introduction**

### **Congratulations on your decision to study abroad!**

This Introduction includes information on how to manage WSU business while you're away, and practical tips for studying abroad. Please review the information carefully, then take the quiz found in the Post-Decision Assessment section named Faculty-led PDO1: Introduction Quiz.

### **Email**

Your WSU Email is the official means of communication even while you are abroad. Please ensure that you continue to check it!

### **Billing and Payments**

Billing for program fees/tuition will be placed on your WSU student account approximately 90 days prior to departure.

- As part of the application process, you have paid a \$500 deposit which goes toward the cost of the program. You have been accepted to this program. At this point, the deposit is non-refundable (unless the program is cancelled).
- If you withdraw prior to 90 days before departure, you forfeit the \$500 deposit, and any non-recoverable costs incurred on your behalf.
- If you withdraw after 90 days before departure, you are responsible for the full program fee. (if you have questions about these dates, please ask the Assistant Director for faculty-led programs).
- The balance of the program fee must be paid prior to departure.

Payment deadlines for program fees adhere to the [WSU payment schedule](#).

### **WSU Registration**

For the time you are abroad, our office will enroll you in the appropriate course.

### **WSU Laptops**

Consult your faculty leader to decide whether you are required to bring your WSU laptop abroad.

### **Housing Information**

If you currently live in university housing (residence halls or apartments) and will be away from campus for the semester, you will need to contact the Housing office to cancel your agreement. See the information under Early Move-Out at <http://www.winona.edu/housing/moving.asp>, and be sure to check out with your RA. You will be charged an administrative fee for cancelling the agreement. Please provide written documentation that you are studying abroad so you will not be charged an additional cancellation fee. Contact the Housing Office (235 Kryzsko Commons, 507.457.5305, or [reslife@winona.edu](mailto:reslife@winona.edu)) for cancellation instructions and cancellation fees information.

### **Graduation**

If this is your last semester before you graduate, please make the necessary contacts to find out what [paperwork](#) you will need to be added to the graduation list. You will be able to walk for graduation, however your DARS and certificate will not be available until after you've completed the program. (If those credits are needed for you to graduate.)

### **WSU Policy Links**

One of your post-decision materials is a Student Release and Waiver, which you have signed. Links

to WSU's full conduct policies and study away policies can be found below.

[WSU Conduct & Citizenship Policies](#)

[WSU Study Away Policies](#)

## **Practical Information Before Departure**

### **General Visa Process**

If your host country requires a visa, that process is facilitated by the Study Abroad office.

#### *What is a visa?*

A visa is permission to enter a country. Some countries require you to apply for a visa for any length of time, while other countries may only require one if you're staying longer than 90 days or six months.

#### *Why do I need a visa?*

Student visas allow you to study and remain in the country longer than a typical tourist.

#### *What does a visa look like?*

A student visa is typically a sticker that is placed directly inside of your passport. Some visas may be on a piece of paper attached to your passport, others are issued electronically.

#### *What do I need for a visa?*

The Study Abroad office will request supporting documents from you if needed. Some common items include:

- Completed visa application
- Passport
- Passport sized photos (2 x 2)
- Letter proving international health insurance
- Evidence of funds

Even an FBI background check and a medical certificate may be required.

### **Travel Alerts**

The Study Abroad office will monitor all travel warnings and alerts. Our office make decisions based on the State Departments advisory level. We will communicate with you via your WSU email if the need arises.

### **Flights**

When can I buy my flight?

Your airfare is purchased for you as part of a group.

### **Immunizations**

If specific immunizations are required for entry into a particular country, you will be notified by the faculty leader. We recommend checking with your personal health care provider to see if there are any inoculations they would recommend.

### **Electricity**

Outlets can be different shapes for different countries. You need an ADAPTER in order to fit an American-style plug into an outlet in another country.

Electrical current varies around the world from 100-240 volts; most US devices run on 110V, but

some are designed to run on 220V as well. Check any devices you plan to bring along to see if you'll actually need to bring a CONVERTER to run your device in the host country.

### **Legal Considerations Abroad**

If you'd like to vote while abroad, or if you would like your parents (or other responsible party) to be able to act on your behalf financially/legally while you're abroad, review the following documents.

[Absentee Voting Information.pdf](#)

[Power of Attorney.pdf](#)

### **Research Your Country!**

Get to know the:

- Climate
- Customs (Traditions, Holidays, Meal Time, etc)
- Time Zone (time difference from home)
- Cultural Norms/Taboos
- Clinics/Hospitals/Emergency info

### **“When in Rome...”**

- Learn and use the foreign language.
- Make a language pact.
- Develop friendships with locals or other travelers.

While you're enjoying the beauty of your host country, be aware of the *environmental impact* you have. Keep in mind the saying: "Take only pictures - Leave only footprints". For example, if you're snorkeling, don't step on coral. If you're observing wildlife, don't touch or interact with it. Never litter. Recycle where possible.

**MOST IMPORTANTLY:** Be open-minded!

### **Your background**

How might your identity impact your experience abroad? [DiversityAbroad.com](#) has developed information for students who would classify themselves in any of the categories below at the following link:

[Diversity Considerations Abroad](#). Feel free to explore their site, and/or click on any applicable links below to read more about how your identity can impact your experience abroad.

- [Adult Students](#)
- [Economically Disadvantaged Students](#)
- [First Generation Students](#)
- [Heritage Seekers \(studying abroad to connect with your ancestry\)](#)
- [Racial & Ethnic Minority Students](#)
- [Religious](#)
- [LGBTQIAA](#)
- [Students with Disabilities](#)
- [Women](#)

**Bias and Discrimination**

While on your program, you should make every effort to understand local cultural differences, but there may be times when you experience something beyond genuine cultural curiosity. If you feel you have experienced bias or discrimination, we urge you to come forward and discuss it with the appropriate people or resources. Depending upon the situation and cultural context, these may include your faculty leader, your local travel organizer, local police, and/or the WSU Assistant Director of Study Abroad (Kathy Jicinsky, [kathy.jicinsky@winona.edu](mailto:kathy.jicinsky@winona.edu)). If you are nervous or scared to report the situation, or uncertain who to start with, please contact Kathy to discuss the situation or ask for advice on how to proceed.

**Conclusion**

Your faculty leader will be in touch regarding an in-person pre-departure orientation/meeting for your group.

Once you have read this entire Learning Content, please go to the Faculty-Led PDO1: Introduction quiz found under Assessments. After completing the quiz, you may move on to the other PDO sections.

## Pre-Departure Orientation 2: Health and Safety

The following is an introduction to the topics of Health and Safety while at your destination. Please review the information carefully, then take the quiz, found in the Post-Decision Assessment section as Faculty-Led PDO2: Health and Safety Quiz.

### Health

You have the best odds of staying healthy while traveling if you:

- have researched your country and come prepared
- are careful about what you eat and drink
- and don't engage in risky behavior that can jeopardize your health

### Before You Go

Research your destination to learn about health and safety concerns, as well as the social, cultural, and political situations. If your destination is international, or a US Territory, you can use the [Centers for Disease Control \(CDC\)](#) website to find:

- Which diseases might be prevalent at that destination
- Which vaccinations might be required for travel to or in that destination
- Other information including how to stay healthy and safe

### Prescriptions

- Bring sufficient quantities in case you can't get refills at your destination (ask your physician about this)
- Know the generic name
- Carry your prescriptions in their original medication bottles
- Research your destination in advance to make sure that your prescriptions and over-the-counter meds are legal (for example, Ritalin is illegal in Japan; Sudafed is illegal in New Zealand)
- if you need special storage (ie. Refrigeration), check to see that it's available
- Bring extra contacts (and glasses) and the prescription if you have it

### Pre-Departure Exam

After you have reviewed the CDC website, you may need to schedule an appointment with a health care provider for a physical exam.

When making the appointment, let the doctor's office know where you are traveling so they can have any vaccinations ready.

You may be able to use WSU Health Services, your personal physician, or a Travel Clinic.

### WSU Health Services

WSU's Health & Wellness Services can do many lab tests for you, as well as provide most vaccinations -- though not all. It depends on your destination country. Check with the clinic to make sure by calling 507-457-5160 or visit <https://www.winona.edu/healthservices/>.

### Your Personal Physician

You may prefer to visit your personal physician for a health check-up before you travel, advice about

how to stay healthy while traveling, and for vaccinations. However, your personal physician may not know very much about your destination. Make sure you check the CDC website before you visit your doctor!

### **Travel Clinics**

A third option is to visit an International Travel Health Clinic, which is knowledgeable about diseases and required vaccinations for destinations around the world. The [Minnesota Department of Health](#) website lists all the travel clinics in the state, including options in Rochester and La Crosse.

### **Gundersen Travel Clinic**

The nearest travel clinic to WSU is the Gundersen Lutheran Travel Clinic in La Crosse. For more information about the Travel Clinic or to schedule an appointment:

608-775-6882 (local)

800-362-9567 extension 56882 (long distance)

1900 South Avenue in La Crosse

### **Food**

The food at your destination may be quite different from what you're used to. The local diet may be based on meat, entirely vegetarian, very spicy, or just "odd" by Minnesota standards.

Try to give your stomach time to adjust. If possible, include some familiar foods in your diet. Look around for a grocery store that sells some foods that you would eat back home, but also be willing to try new foods in moderation.

The Old Addage: "Peel it - Boil it - Cook it - or Forget it!"

Consult with your faculty leader for advice about what to eat. When in doubt:

- Peel all fruits and vegetables before eating them; anything that can't be peeled should be cooked thoroughly. This means no green salads at some destinations!
- In areas where sanitation is poor, avoid unpasteurized milk and cheese made from unpasteurized milk.
- In some areas it is unhealthy to eat food sold from stalls on the street. In others, "street food" is fresh and high quality.

### **Can You Drink The Water?**

Find out before you go whether the local tap water is drinkable. The CDC website will provide this information for international/US Territory destinations.

If the tap water isn't drinkable, drink bottled water. Also remember to brush your teeth with bottled water, or water that has been boiled for at least ten minutes. In restaurants, order bottled water and don't request ice (it is usually made from tap water). If you want to reduce your disposable bottle waste, consider bringing a water purifier such as a SteriPen.

### **Diarrhea**

No matter how careful you are about what you eat and drink, you can still contract diarrhea.

Travelers commonly experience this temporarily debilitating illness after a few days in a new country. In most cases, it lasts no longer than about five days, and the only treatment required is to replace lost fluids by drinking bottled water, fruit juice, or carbonated drinks. If diarrhea persists or is severe, please contact your faculty leader and ask to see a doctor.



## Exercise

Regular exercise will help fight the culture shock blues and speed you through your initial jet lag. If possible with your itinerary, you will feel more energetic and less stressed if you regularly stay active.

## AIDS and Other STDs

In some locations, HIV, the virus that causes AIDS, is a widespread health problem. If that is true at your destination, the CDC website will give you that information. Take the same steps to avoid this disease as you would at home.

- Use a condom if you are sexually active.
- Never share needles or use a needle that has been used before. This applies to ear or body piercing, tattoos, and acupuncture, not just injecting drugs!
- Other sexually transmitted diseases such as syphilis and herpes, are also present worldwide. Use the necessary precautions to avoid these diseases.

## Summary

Remember: Staying in good health is up to you.

- Visit the CDC website to learn about health issues in your destination.
- Once you've arrived, stay healthy by eating well and getting sufficient rest.
- If you become ill, take care of yourself by getting the proper care. Don't be afraid to talk to your faculty leader, or visit a doctor or hospital because you don't speak the local language.
- If you aren't sure what to do, talk to your faculty leader or contact the International Programs office.

## Safety

### Safety & the State Department

If you're traveling internationally, know where your US Consulate is located. Visit the [State Department](#) website and click on your destination for that and more information:

The **Study Abroad office will enroll you in** the [Smart Traveler Enrollment Program \(STEP\)](#) if your destination is outside of the United States, which alerts the nearest US Embassy or Consulate to your presence. By enrolling, the State Department will:

- Keep you informed about safety conditions in your destination
- Contact you in an emergency
- Help family & friends get in touch if needed

### Illness or an Emergency

In the event of illness or an emergency, you should contact the WSU faculty leader on site. If necessary, contact the WSU International Programs office (001-507-457-5081 (office hours 8am-4:30pm M-F), [studyabroad@winona.edu](mailto:studyabroad@winona.edu)). If after hours, contact WSU Security (001-507-457-5555). Also contact your parents to keep them informed of your situation.

### Top Five Safety Tips

1. Inform yourself ahead of time about safety issues at your destination.

- Be informed and pay attention to the news.
- Do not participate in demonstrations.
- Always plan where you are going so that you are aware of your surroundings.
- Check out the US State Department Country-Specific Information: <https://travel.state.gov/content/passports/en/country.html>
- View the following video: "Know Before You Go" at <https://youtu.be/XgpYhz0awzo>

2. Be prepared to respond to emergencies. Ask yourself these questions:

- Do you carry a list of phone numbers of people to contact in case of emergency?
- Is your cell phone charged and with you at all times?
- What will you do if you are a victim of a crime or are injured?
- What will you do if someone else needs help?

3. Avoid high-risk activities.

- Avoid certain activities like bungee jumping, whitewater rafting, mountain climbing, and other "high-risk" adventures.
- Above all, do NOT at any time ride on a motorcycle.
- The insurance that covers you while you are on study away specifically EXCLUDES these activities from coverage, except when these activities are part of the curriculum. If you have questions about the insurance, please contact the International Programs office for clarification.

4. The effects of alcohol and drugs can hurt you.

- Although alcohol may be legal at a younger age abroad, its use and abuse is many times tied to becoming a victim of crime, violence, accident, and/or injury.
- Drug use can result in severe consequences.
- Plan on being treated as guilty (in jail). There is little the university, or a US embassy can do on your behalf in these cases, and the laws in many countries are more severe than at home.
- View the following video: "Health and Safety Abroad: Alcohol": <https://youtu.be/Sltn0mr0pa4>
- Policies - Also remember that you must abide by [WSU policies](#) while you are on a faculty-led program, including the [WSU Alcohol and Drug Policy](#). Violations of these policies may result in disciplinary action once you return to campus. <https://www.winona.edu/sld/alcoholdrugpolicies.asp>

5. Be able to communicate at all times.

- Some methods of communication include cell phones, regular phones, email, fax, satellite phones (for remote locations), and Skype.
- ALWAYS know how to contact people who can help you!

(Adapted from the Center for Global Education's Top Ten Health and Safety Tips, Study Abroad Student Handbook)

## **Culturally Appropriate Behavior**

Appropriate behavior for young women and men varies from country to country, and even within some countries.

For instance, you may find that behavior and dress that are acceptable in major cities are inappropriate in rural areas, or vice versa.

Observe how local women and men your age act and dress, and try to do likewise.

### **Observing Behavior**

In particular, observe how young people interact with each other. In some countries, simple friendliness on the part of a US woman may be interpreted as flirtation to a man from a country where gender roles are more rigid than in the US.

Likewise, the way a US man interacts with a local woman may be perceived as aggressive when it was only intended to be friendly.

In many parts of the world, US woman and men are perceived as promiscuous. This may be a stereotype, but remember it derives from the images that are projected by US movies and media.

### **Bias and Discrimination**

While on your program, even though you have made every effort to understand local cultural differences, there may be times when you experience inappropriate behavior. If you feel you have experienced bias or discrimination, we urge you to come forward and discuss it with the appropriate people or resources. Depending upon the situation and cultural context, these may include your faculty leader, your local travel organizer, local police, and/or the WSU Assistant Director of Study Abroad (Kathy Jicinsky, [kathy.jicinsky@winona.edu](mailto:kathy.jicinsky@winona.edu)). If you are nervous or scared to report the situation, or uncertain who to start with, please contact Kathy to discuss the situation or ask for advice on how to proceed.

## **Sexual Harassment**

In spite of your efforts to be culturally appropriate, you may still find you are harassed.

In some countries, women are routinely whistled at, pinched, and even grabbed, especially foreign women. Young men may be harassed by locals who have stereotypes about US Americans. If you are sexually harassed, do the following:

- get to a safe place as soon as possible
- contact on-site program provider support staff and/or the local police

## **Sexual Assault**

Here is the definition of sexual assault used at WSU : "Sexual assault means an actual, attempted, or threatened sexual act with another person without that person's consent."

This includes the acts "in which there is force, expressed or implied, or use of duress or deception upon the victim".

If You Are Sexually Assaulted:

- Get to a safe place as soon as possible.
- Immediately contact on-site program provider support staff
- Contact the International Programs office or WSU Security if after office hours.
- Evidence collection procedures vary by country. Contact on-site program staff for advice if you would like to preserve evidence for the police or local authorities.

- GET SUPPORT! You can reach members of WSU's Confidential Gender-Based Violence Helpline 24 hours a day at 001-507-457-5610 or [gbvhelpline@winona.edu](mailto:gbvhelpline@winona.edu)

Keep the Following in Mind:

- Alcohol is the number one date rape drug!
- Be careful what you drink, and with whom. It is very easy for someone to put a date rape drug in your drink. Rohypnol is the best known, but it's not the only one.
- It is YOUR responsibility to take care of yourself and be attentive to your own safety, but if you are assaulted, it is NOT YOUR FAULT. No one has the right to assault you. Even if you are passed out drunk, and you are raped, that is sexual assault and you have been the victim of a crime!

### **Safety Advice**

- Ask for advice from locals about safe and unsafe areas.
- Use the buddy system when you go out, especially at night. Watch out for each other.
- Carry a whistle. Blow on it HARD if you feel you are in danger.
- Don't assume that every person you meet wishes you well. Don't be too paranoid, but don't be too trusting until you get to know someone.
- Always remember - if you or someone you know is sexually assaulted, it is not your fault. Somebody chose to do that TO you.
- Be informed and pay attention to the news. Do not participate in demonstrations and always plan where you are going so that you are aware of your surroundings.

### **The Most Important Factor in Safety Abroad.....is likely to be your behavior!**

It is wise to remember:

- Don't go out alone at night.
- Only take clearly marked official taxis.
- Don't flash expensive jewelry, cameras, or electronic equipment.
- When crossing streets, keep in mind that pedestrians may not be given the right of way. Remember to look both ways! In some countries, traffic comes from the opposite direction from what you expect.
- Stay away from demonstrations or any kind of civil disturbance.
- Protect your passport.
- Do not accept anything from a stranger.

### **Remember:**

It is important that you take your own safety very seriously!

But it's also important to remember that, comparatively, the U.S. is one of the most dangerous countries in the world. Our street crime statistics back this up. No country has as many guns or gun-related injuries or deaths. U.S. drug and alcohol abuse is among the highest in the world. So, take our safety advice very seriously, but don't become paranoid or fearful about what may happen to you. Above all, know before you go!

### **PDO3: Finances, Technology, and Insurance**

The following is an introduction to the topics of Finances, Technology, and Insurance while abroad. Please review the information carefully, then take the quiz, found in the Post-Decision Assessment section as Faculty-Led PDO3: Finances, Technology, and Insurance Quiz.

#### **Finances**

##### **Money**

There are a number of ways for you to have access to funds while studying off-campus:

- ATM debit card
- credit card
- exchanging US currency into foreign currency prior to departure or after arrival

Of these options, we recommend that you carry an ATM debit card AND a credit card.

It is always good to have a back-up means of accessing funds in case of loss or theft or inability to use one of the cards.

The usefulness of Traveler's Checks is increasingly limited now that ATMs are widely available and credit cards are accepted at many destinations.

##### **Currency Conversion for International Destinations**

One of the aspects that will contribute to your growth and self confidence while traveling internationally is to master the currency conversions.

Stay away from exchange booths that change US currency into local currency. The rates are never as good as at a bank or by using your debit/credit card.

##### **Research**

Do some research on your destination before you go to find out if:

- debit/credit cards can be widely used,
- and if you'd be better off with a chipped card (whether you are going to a domestic or international location)

##### **Remember**

Memorize your PIN, and keep a copy of it in a safe place.

Keep a copy of your passport and credit/debit card numbers and not in the same safe area as where you store your originals

##### **International Transaction Fees**

If your program location is international, make sure to contact your credit/debit card companies for information regarding additional charges, such as:

- fees applied to your account for using an ATM at your destination
- and/or for converting the foreign currency into dollars.

Most credit/debit card companies and banks charge an international transaction fee for using the card abroad.

### **Card Suspension**

Wherever you travel, it's a good idea to inform your bank and/or credit card company of your plans.

If you are traveling outside the U.S., you **must** contact your bank and credit/debit card company and inform them of the dates and the specific places you will be visiting during your absence from the U.S.

If you fail to do this, an automatic safety mechanism may be activated which may prohibit you from using your card.

### **Contact Information**

Make sure you record and keep in a safe place the telephone contact number for your credit/debit card in order to report a lost or stolen card. This step will be critical if you find yourself in the unfortunate situation of losing your card.

You may also need to make a number of other calls should you lose other personal information such as your social security card. In this instance, go to the Social Security Administration website for instructions on how to replace your social security card: <http://www.ssa.gov/top>

### **Making Payments**

Most students work closely with family members back home to replenish credit lines in credit/debit cards. We strongly suggest you discuss this issue with members of your family who will provide this support for you.

### **Power of Attorney**

Something important to consider, and talk to your family about, is appointing a power of attorney to take care of any legal or financial business you may have. WSU does have an attorney available once/week to students for free. Contact the Student Resource Center (Kryzsko Commons) at 507-457-2800 or [src@winona.edu](mailto:src@winona.edu) to make an appointment.

If you think you may have any of these issues while gone, you may want to appoint a power of attorney:

- Completing financial aid paperwork
- Handling issues related to some types of financial aid checks
- Processing banking transactions, including checks made payable to you and Winona State University
- Processing insurance transactions

#### *Do I need a Power of Attorney while I am gone?*

Many students who are studying, working, or traveling for an extended period of time appoint a trusted person to take care of their personal, business, and financial affairs while they are away.

#### *What are the steps to assigning a Power of Attorney?*

Granting a Power of Attorney is a legal process that involves the drafting of a document which assigns to another person the power to act as your legal representative (Attorney in Fact) in specific situations. There are two ways to go about assigning Power of Attorney. The first is to make an appointment with an attorney or other type of legal service to draft a Power of Attorney document. This may require a fee which will cover advice on the legal implications of assigning Power of Attorney, the drafting of a Power of Attorney document, and the notarizing of that document.

The second approach does not require a lawyer's assistance and involves purchasing a generic Power of Attorney form from an office supply store, filling it out yourself, and then having your signature(s) notarized.

Since granting Power of Attorney is a legal process with serious implications, it is strongly recommended that you seek legal advice before drafting a Power of Attorney document.

Note: If someone is currently taking care of your financial paperwork, this does not mean they have Power of Attorney. It may only be granted by completing the legal document with a notarized signature.

Winona State University provides an attorney for currently enrolled students to use, free of charge. To make an appointment contact the Student Union at 457-5310.

*Who should I ask to represent me?*

You should select a person you consider trustworthy to make decisions in your best interests and sign on your behalf. Most students select a parent, long-term significant other, or long-term friend. A casual acquaintance is not recommended.

*What type of Power of Attorney form do I need?*

There are several types of Power of Attorney forms. Students usually only need to complete the statutory short form, as you will most likely limit the powers granted and the duration.

*For what period of time should I have a Power of Attorney?*

The Power of Attorney should include the entire time you plan to be away, including terms of study, work, and travel.

*How far in advance should I begin arranging Power of Attorney?*

You should take care of arranging your Power of Attorney well in advance of your departure.

### **Discount card**

Your faculty leader may talk to you about purchasing an International Student Identity Card (ISIC) which can give you discounts on some entry fees, particularly in Europe. However, this card is NOT an official identity card (only your passport or U.S. driver's license are official identity documents). Find out more at <http://www.isic.org/>.

### **Technology**

#### **Cell Phones**

Check with your phone provider to ensure that you understand your phone, its functions, and the costs to operate it wherever you travel.

If you are using your regular U.S. based cell phone abroad be sure to turn off or disable the international data roaming option.

#### **Be Thorough!**

If enabled, your phone's International Data Roaming may be in use without you even realizing you've tapped into it. You do not want to be surprised with a huge phone bill (one student's bill was over \$3000 for a month. Quite unexpected!)

#### **Keeping Connected**

There are some great free ways to stay connected with family and friends back home...

- Blogs (wordpress, tumblr, livejournal, blogger, etc)
- Travel journal to share with others
- Social media (Facebook, Instagram, Snapchat, etc)
- Calling/texting apps (Skype, WhatsApp, Viber, etc)

...but it can be easy to get TOO connected. Be sure to learn about and enjoy your surroundings much more than you communicate with home.

## Laptops

Please check with your faculty leader regarding the laptop requirement.

If you will be traveling as part of your program for the majority of spring or fall semester, but you are not required to take your laptop, you have two options:

Option 1: Keep your laptop computer during your semester away from campus. If you decide to keep your laptop computer your student account will be billed for the semester laptop fee. Before you leave it is very important that you notify the Technical Support Center of your situation and your intention to keep the laptop. There are 3 ways that you can do this:

- 1) Email [Techsupport@winona.edu](mailto:Techsupport@winona.edu)
- 2) Call the Technical Support Center at 507-457-5240.
- 3) Stop in to the Technical Support Center at Somsen 207 and talk to someone at the front desk.

Note: If you do not give Technical Support notification of your status, they have no way of knowing your student status and it will appear to us that you are no longer a WSU student and have failed to return your laptop. PLEASE SEE "Receiving technical support and laptop service" section below.

Option 2: Return your laptop computer to the Technical Support Center before you leave and before the semester begins. Since you are not required to have a laptop computer, returning the laptop to technical support will result in a removal of the semester laptop fee if it is returned BEFORE the semester begins. When you return to WSU you can pick up a different laptop at the Technical Support Center. When you return the laptop, please inform them about your time away from campus so that they can make a note in your record so that you are not billed for the laptop.

Receiving technical support and laptop service while away from campus:

If you keep your laptop during your semester away from campus you are still eligible for technical support. You can call or email them for your support needs. If you call during normal US Central time business hours, they can use a remote diagnostics tool to troubleshoot issues, but only if you have an active internet connection when you call. For hardware problems, they can arrange to have a part or a unit shipped to you but you will have to pay return shipping for the broken machine –please insure the package appropriately. Depending on which laptop you have, other service options may be available to you.

IMPORTANT NOTE: If your study away from WSU is your last semester before graduation, please contact the Technical Support Center for information regarding laptop purchase options for graduates. You may be eligible for discounted fees.

Technical Support Center  
Somsen 207  
507-457-5240  
[Techsupport@winona.edu](mailto:Techsupport@winona.edu)



## **Insurance**

If your program is low-risk and has a domestic destination, you should use your primary health insurance while traveling.

### **Health Insurance**

All WSU students participating in international faculty-led, summer, semester or academic year programs must have adequate international health insurance. The Study Abroad office automatically enrolls you in the MN State Student Accident and Sickness insurance plan through HTHWorldwide/GeoBlue. Students going on domestic programs with high-risk activities also have health insurance policies purchased on their behalf for the duration of the program. The cost is included in the program fee.

The health insurance you will be enrolled in will serve as your primary health insurance at your destination and will provide medical benefits for injury and sickness.

### **HTHWorldwide/GeoBlue Plan**

This coverage includes (per person):

- \$100,000 injury or sickness expense
- \$10,000 accidental death & dismemberment coverage
- \$100,000 medical evacuation
- \$25,000 repatriation coverage
- Prescription drugs are covered at 100%

### **Coverage**

Once you are enrolled under [GeoBlue](#), you will be provided with a login to access your insurance card as well as the wealth of information on their website. Coverage begins the day you leave for your off-campus study program and continues until the final date of your program.

Be aware that the insurance provider, not WSU, makes all decisions regarding what would actually be covered under this policy.

Some medical providers abroad insist on being paid in cash for routine services. Make sure you get a receipt as this is what you will need to submit a claim for reimbursement.

### **Travel Insurance**

You may want to consider purchasing travel related insurance that may cover delays, cancellations, lost baggage, etc. [Insuremytrip.com](#) is one option for additional travel insurance.

Check out their website for more information: <http://www.insuremytrip.com/>

## **PDO4: Culture**

The following is an introduction to the topics of culture & cultural adjustment. Regardless of location, you will encounter another culture while on this program. Please follow the links to the presentations, worksheets, and activities, and review the information carefully. Then take the quiz, found in the Post-Decision Assessment section as Faculty-Led PDO4: Culture Quiz.

### **What Is Culture?**

View the What is Culture presentation at the following

link: [https://prezi.com/zgxr91g04lj/?token=3ed7ef3486cbef4a699312e0404102a60dc39713735ca2f00c5331ed7fd0682e&utm\\_campaign=share&utm\\_medium=copy&rc=ex0share](https://prezi.com/zgxr91g04lj/?token=3ed7ef3486cbef4a699312e0404102a60dc39713735ca2f00c5331ed7fd0682e&utm_campaign=share&utm_medium=copy&rc=ex0share)

### **What Does It Mean To Be An American?**

Read through the [BeingAmericanWorksheetInstructions.pdf](#), then complete [BeingAmericanWorksheet3.pdf](#), thinking carefully about your reactions to these generalizations about Americans, and why someone from another country might have this impression. Even within the US, there are variations on what it means to be an American. How might that differ in your destination?

Then read the information found on [BeingAmericanWorksheet4.pdf](#). Think about the reasons given for each generalization. How might that impact how others interact with, or treat, you?

View the presentation on "What Does It Mean To Be An American?", thinking about the generalizations discussed here. How true are they? What are the generalizations you have about your host culture? Just as you may think "not all Americans are like that", beware that some of your own notions about your host culture may be too broad. Click on the following link to get to the presentation: [https://prezi.com/es6o-afwxqks/?token=af4df219fd92709fb6e9376061dc404c2d913a6959f24585f16e65f52c72fdb6&utm\\_campaign=share&utm\\_medium=copy](https://prezi.com/es6o-afwxqks/?token=af4df219fd92709fb6e9376061dc404c2d913a6959f24585f16e65f52c72fdb6&utm_campaign=share&utm_medium=copy)

### **Communicating Across Cultures**

The following link is included at the end of the "What does it mean to be American" presentation above. You're encouraged to read and complete any of these modules, but for our purposes, please complete Module 1.6, "Communicating Across Cultures: What are They Trying to Say?".

### **Culture Shock**

View this presentation to learn more about what culture shock is, and how to minimize it. People can experience culture shock, regardless of their destination - domestic or international. There is no way to avoid it - everyone goes through it - but being prepared for it can help it pass more easily and quickly. Click on the following link to get to the presentation: [https://prezi.com/cbvtzye4ltka/?token=fd83cf99d7eeb4088229f65353c7f9d1ffdb2cc6335aa36871d0016d1581a15&utm\\_campaign=share&utm\\_medium=copy](https://prezi.com/cbvtzye4ltka/?token=fd83cf99d7eeb4088229f65353c7f9d1ffdb2cc6335aa36871d0016d1581a15&utm_campaign=share&utm_medium=copy)

Once you have gone through these presentations and activities, please go to the Faculty-Led PDO4: Culture Quiz.