

# *Pre-Departure Orientation*

SUNY Cortland International Programs  
Winter/Spring 2024



# Today's Agenda

- Welcome and Introductions
- Health, Safety, and COVID Considerations
- Health Insurance and Wellness (+ Optional Trip Cancellation Insurance)
- Forms, Billing, Registration, and Scholarships

## *Break*

- Student Panel
- Packing, Cell Phones, and Travelling
- Travelling Sustainably
- Identity Resources
- Stay Engaged After Returning
- Ethical Videos and Photos

## *Lunch*

- Title IX
- Relationships Abroad
- Q&A

Optional Faculty-Led Meeting

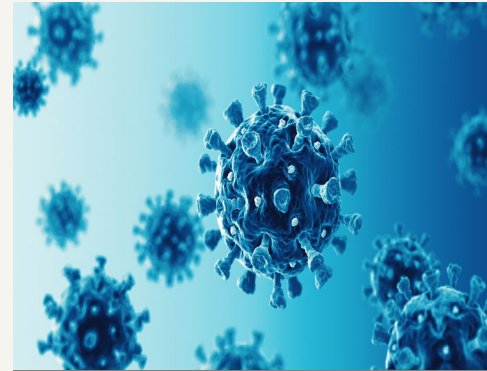
# *Health & Safety Considerations*

# RESOURCES



**STATE  
DEPARTMENT**

[www.travel.state.gov](http://www.travel.state.gov)



**CENTERS FOR  
DISEASE  
CONTROL**

[wwwnc.cdc.gov/travel/](http://wwwnc.cdc.gov/travel/)

## ENROLL IN S.T.E.P.

Smart Traveler Enrollment Program

[>https://step.state.gov/step](https://step.state.gov/step)

for up-to-date safety and security  
information, and to help the State  
Department reach you in an  
emergency.



# Communication Checklist



## PREPARE YOUR EMERGENCY CONTACT LIST

- Include local contacts, the "911" equivalent, faculty/host university contacts, host family, etc.



## INFORM OTHERS OF YOUR CONTACT INFORMATION

- Provide your new contact information (new phone #, local address) to IPO, the trip director, host university, family, etc.

## SAFE FOOD AND DRINK

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Check CDC.gov for detailed information on local food & water safety. In many places, avoid ice and drinking tap water.

## DRUGS PROHIBITED

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Immediate dismissal from any and all programs. Strict laws in many countries.

## DRINK RESPONSIBLY

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Drinking excessively puts you at higher risk for accidents, victimization, and might be disrespectful of your host community.

Faculty leaders have the right to ban drinking on any program.

If you choose to drink, use the "buddy system" and designate a non-drinker.



**SAFETY  
ABROAD**  
*Food and Drink*



# SAFETY ABROAD

*Fun and Travel*

## HITCHHIKING

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Do not do it!

## C A R R E N T A L

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The vast majority of deaths during study abroad programs are due to motor vehicle accidents.

Be careful - avoid driving and riding on motorcycles.

## W A T E R S A F E T Y

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Obey posted warnings.

For example: Be aware of riptides - if caught in one, swim **parallel** to the shore.

## D O C U M E N T S


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Travel with your passport and any documents needed when you first entered the country.

## A L E R T S O M E O N E

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Make sure someone else (friend, host family, IPO) knows you are traveling and for how long.





## L A W S & S O C I A L N O R M S

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Laws and social norms relating to sexual health and safety, sexual orientation, and gender identity vary worldwide.

## S E X U A L H A R A S S M E N T

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Risk factors: greater access to alcohol, unfamiliarity with the culture, language barriers, "easy target" perception.

## R I S K F A C T O R S - D I S E A S E S

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STIs and HIV/AIDS are more prevalent in some parts of the world.

## H E A L T H C A R E


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Consider a pre-departure medical checkup and ensure you have any prescriptions/supplies you'll need abroad. Access to health care, meds, and information varies. Research local resources that provide testing and treatment.



**SAFETY  
ABROAD**  
*Sexual Health*

# *SAFETY TIPS*

- *Trust your intuition and use your common sense.*
  - *Go out in groups and intervene when you are concerned about an interaction.*
  - *Drink responsibly. Designate a non-drinker and don't accept drinks from strangers.*
  - *Never accompany a stranger anywhere.*
  - *Affirmative consent: Your partner might have a different way of understanding or expressing consent.*
- 

# GENERAL EMERGENCY PROTOCOL

1

## SEEK HELP

Medical provider  
Counselor  
Emergency responders  
Law enforcement  
Embassy/Consulate  
International Programs

2

## USE INSURANCE

UHC Global for  
referrals to providers,  
to arrange payments,  
Telehealth, and other  
services

3

## CONTACT

Local staff/director  
International Programs  
Parents/family  
\*Download Aerogami  
card and carry printed list  
of contacts.

4

## COMMUNICATE

Your needs for managing the  
situation and recovery.  
In cases of large-scale natural  
disasters or terrorist attacks,  
IPO might contact you to  
check on your safety. Please  
respond immediately.

# EMERGENCIES ABROAD

## ILLNESS (INCLUDING COVID) OR ACCIDENT

- Carry your United Health Care card and contact information.
- Seek medical care if you need it.
- Always have a working phone on you that can call locally and globally WITHOUT Wi-Fi.
- Notify IPO, your host's international office, or your family.

## DEMONSTRATIONS/PROTESTS

- Avoid demonstrations of any kind. If you are caught up in a protest, leave right away.
- Do not wear clothing that identifies you as a foreigner.

## CRIME

- Report to program leader or host university and IPO.
- Consider reporting to local authorities, if advised by the Consulate.

## NATURAL DISASTER

- Research if your host region is prone to earthquakes, cyclones, tsunamis, hurricanes, etc. If so, learn about specific preparations or steps to take in case one occurs.  
Work with local staff.
- Seek safe shelter and communicate with your contacts.

## TERROR ATTACK

<https://travel.state.gov/content/travel/en/international-travel/emergencies/terrorism.html>

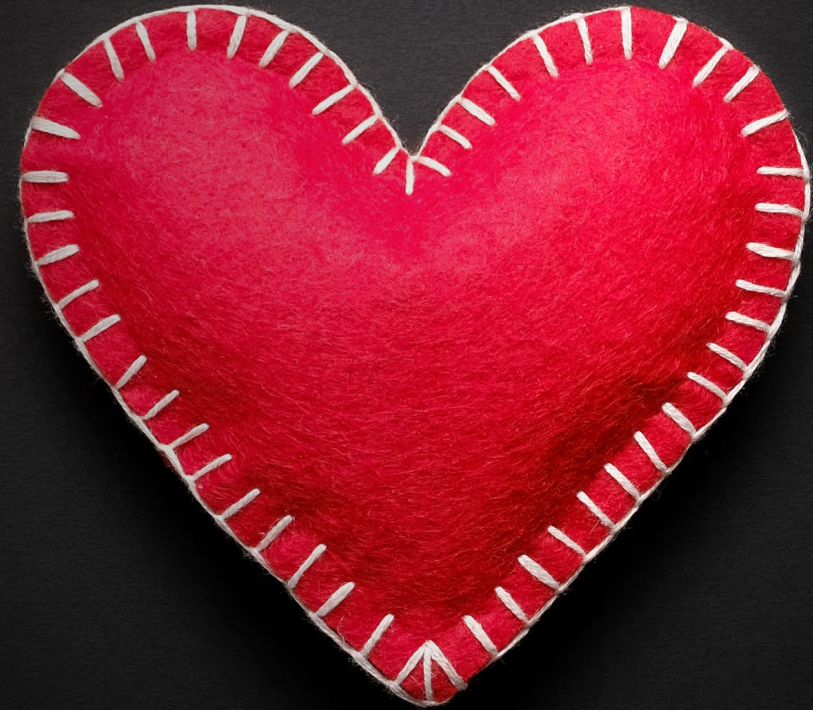
- Communicate with the IPO and contacts.



# *Health Insurance and Wellness*

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+ Optional Trip Cancellation  
Insurance



## **BEFORE YOU GO**

- Have any required check-ups or appointments
- Check CDC for required vaccines or medication
- Get Rx filled and bring with you in carry-on
- Check to see if there are any restrictions on your meds in your destination
- Log in to United Health Care (study abroad insurance) and familiarize yourself

# HEALTH

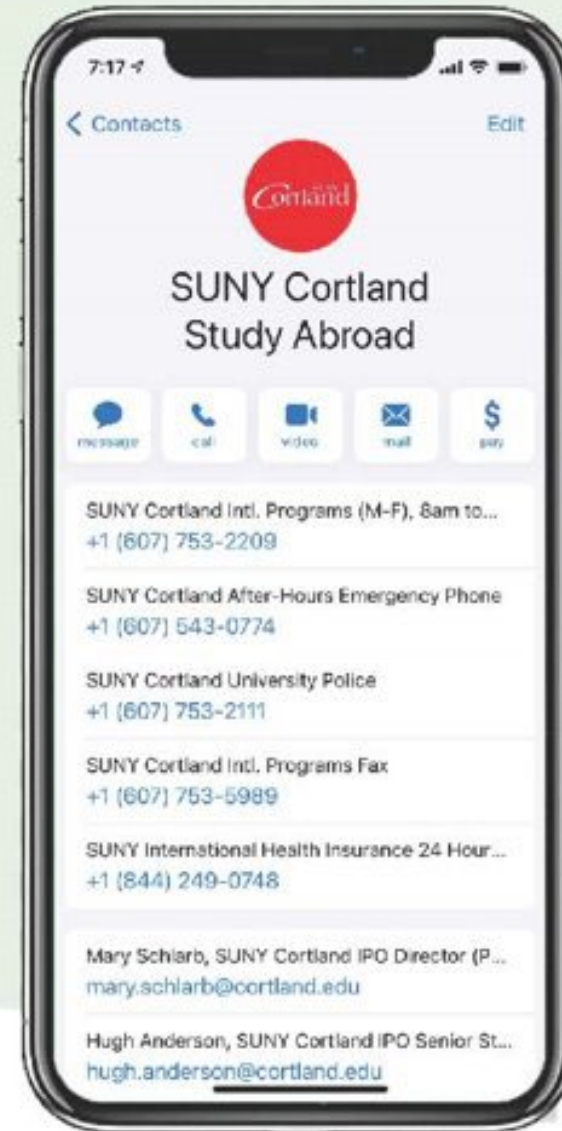


## **WHILE ABROAD**

- Print and carry your insurance information
- Seek medical care when needed, keep receipts
- Carefully read (or translate) dosage of medication purchased abroad

## Save study abroad resources directly to your phone

- Save numerous travel resources on your phone, including travel assistance, emergency contacts, and more - ready for easy access at any time during your travels
- No app required; download the contact card with one simple QR scan (directions on reverse)
- Once downloaded, you can find the contact card in your phone's contacts app; search for "SUNY Cortland" or "study abroad" in your contacts app






# How can I download the cards?



1. Start downloading the contact card by scanning the QR code with your smartphone's camera, or any QR scanning app

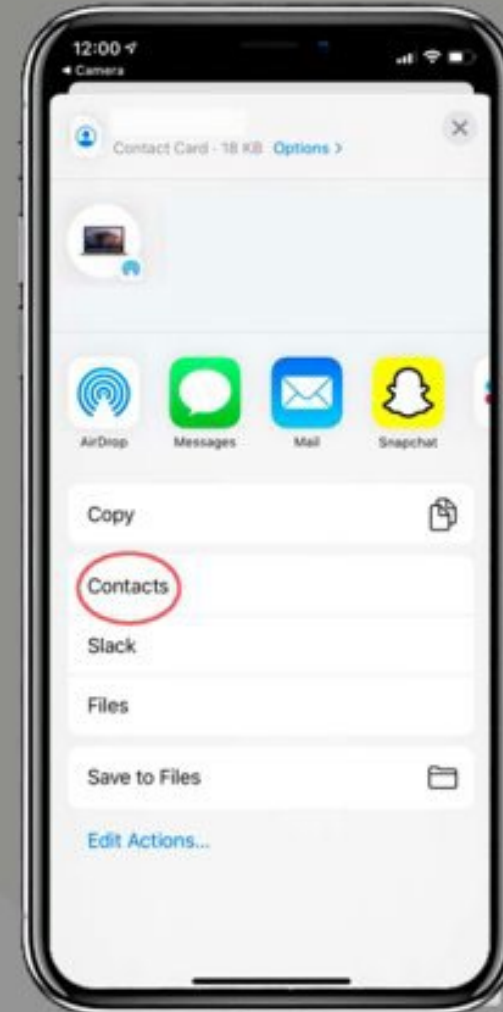
2. Tap the link that pops up. Once in the web browser, fill out your info. Then, click the "download card" button

3. On iPhones: once you see a preview of the card, click the **export** button  in the top right corner. Click the wide **"contacts"** button (not the icon), then **"Save"** (top right corner)

4. On Androids: open the file by tapping "Open" or by sliding down on screen. Save the cards to the "Phone" option

Need help? Email us for assistance:  
[support@aerogami.co](mailto:support@aerogami.co)

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# UNITED HEALTHCARE INSURANCE

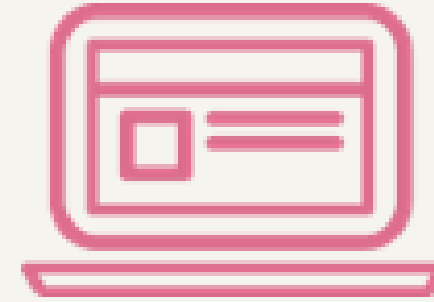
## STUDY ABROAD INSURANCE

- Insurance is managed by administrating campus
- SUNY Cortland programs: you are automatically enrolled
- Other-SUNY programs: you may need to opt in
- Look out for an email from United Health (notifications@uhcsr.com) with log in information **sent to your cortland.edu email**
- Log in to find insurance card, policy info, find doctors/hospitals abroad, and to file/check on a claim



## UNITED HEALTH CARE STUDENT RESOURCES

[HTTPS://MYACCOUNT.UHCSR.COM](https://myaccount.uhcsr.com)



Use this to login and view your benefits and file a claim. Your login information will be emailed to you. If you don't receive the enrollment email, you can create your account with your name, date of birth, and email address.

- ✓ Find doctors or hospitals
- ✓ Read health profiles by country
- ✓ Find international drug equivalents and immunization information.

# UNITED HEALTH CARE ID CARD

**UnitedHealthcare®**  
**StudentResources**

2021-22 Academic Year

Insured: [REDACTED]

SR ID #: [REDACTED]

Policy #: [REDACTED]

Plan Name: SUNY Cortland - Int'l Student and Scholar

Members: Customer Service  
1-888-714-6544


Providers: Customer Service  
1-888-224-4875

Virtual Visits: Medical/Mental Health  
1-855-870-5858 telehealth4students.com

24/7 SAP: Counseling Services 1-866-671-9302

Fully Insured- Coinsurance and copays apply; call Customer Service for details.

UnitedHealthcare Options PPO Network

 **MultiPlan.**  
Complementary Network

 **OPTUMRx**

Rx Bin: 610279  
Rx PCN: 9999  
Rx Group:  
UHCSTRC01

ID5:21S

Underwritten by UnitedHealthcare Insurance Company of New York

## Travel Assistance Services

Insured: [REDACTED]

SR ID #: [REDACTED]

Policy #: [REDACTED]

Plan Name: SUNY Cortland - Int'l Student and Scholar

If you require medical assistance and are more than 100 miles from your permanent residence, campus or are travelling/studying abroad, call UnitedHealthcare Global at:

1-844-249-0748 (toll-free) or 1-410-453-6330

or email: [assistance@uhcglobal.com](mailto:assistance@uhcglobal.com)

Reference ID Number: [REDACTED]

# United Health Care Student Resources Login

Login to My Account to access and manage your policy.

### Login to My Account

Enter your username and password to continue...

\* Indicates required field

Username \*

Password \*

Did you forget your Username or Password?

[Create Account](#)[SACM Member Create Account](#)[Login](#)

<https://myaccount.uhcsr.com>

HOME

MY COVERAGE

MY CLAIMS

MY BENEFITS

CARE OPTIONS

MESSAGES

ACTION CENTER

NEED ASSISTANCE?

## My Account



Take Action

1 action pending

### My Claims/Balances



Pending Claims

Summary of claims pending and in progress



Completed Claims

Summary of finalized claims



Member Balances

Deductible and Out-of-Pocket Balances

### My Benefits



Medical



Additional Benefits



Coverage Information

View coverage details



Need Assistance?

How may we help you?



PRA

Appoint Personal Representative

<https://myaccount.uhcsr.com>

Read 2022-23 SUNY Study Abroad Health Insurance Information in Document Library

UNITED HEALTH CARE STUDENT RESOURCES DASHBOARD

# OPTIONAL TRIP CANCELLATION & INTERRUPTION PLAN

→ Additional charge to enroll

## What This Policy Will Cover

### WHAT YOU MAY INCLUDE ✓

\*Remember to only include these costs if they are pre-paid and non-refundable.



### WHAT YOU SHOULD NOT INCLUDE ✗

These examples are usually not eligible to include in your trip cost.



### SUNY Education Abroad Trip Cancellation & Interruption Plan Offers You The Following Benefits/Protection:

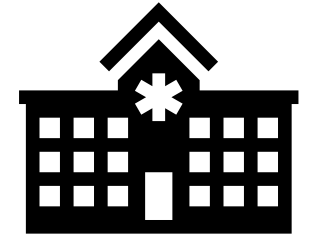
- Trip Cancellation
- Trip Interruption
- Trip Delay (Including Quarantine)
- Lost or Delayed Baggage
- Legal Referral
- Translation Services
- Passport/Visa Retrieval
- RX Drug/Eyeglass Replacement
- ID Theft Resolution
- Concierge Services

### Highlights of the Policy

Benefit	Maximum Limit
Trip Cancellation	Trip Cost* (Less SUNY Tuition and Academic Fees)
Trip Interruption	150% of Trip Cost* (Less SUNY Tuition and Academic Fees)
Travel Delay	\$750 (\$150/day)
Missed Connection	\$500
Baggage/Personal Effects	\$1,500
Baggage Delay	\$300
Non-Insurance Worldwide Emergency Assistance Services	Included
*Trip Cost as defined in the policy	

# *SICK, INJURED, OR NEED TO TALK WHILE ABROAD?*

- Seek immediate medical attention if it is an emergency. Get help first.
- Emergency or not, contact your study abroad advisor and they can open up a case with United Health Care. You do not need to share any medical details if you do not want to. You will then be contacted by UHC for detailed information.
- You may also call United Health Care at 1-844-249-0748 to open a case for you. UHC can find a local doctor or hospital and set up an appointment for you to be seen. Ask for UHC to pre-authorize payment so that you don't need to pay upfront. If you do pay, keep all receipts from your treatment.
- *Can't find a local doctor or hospital that accepts United Health Care?* Make your own appointment with a doctor or hospital based on recommendations at your host study abroad site. Be sure to keep all receipts from your treatment and submit later for reimbursement from United Health Care.
- Mental Health Telehealth Services are available 24/7/365. Go to [www.betterhelp.com](http://www.betterhelp.com) to provide your information (UHC details needed). You will then be contacted within 24 hours by a counselor to set up an appointment.



## LOST YOUR PASSPORT WHILE ABROAD? (TRAVEL.STATE.GOV)

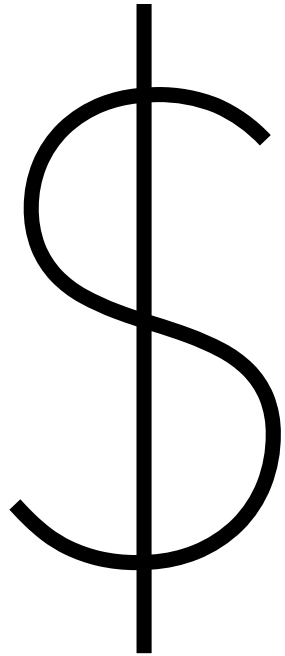
- Find and contact the nearest U.S. Embassy or Consulate.
- If your passport was stolen or you were the victim of a crime, file a police report.
- Take a new passport photo (bring this with you to the U.S. Embassy/Consulate).
- Fill out an application for a new passport and a statement regarding your lost passport.

**NOTE: The following are needed to apply for a new passport:**

- Passport Photo
- Drivers License or other official photo ID
- Travel Itinerary (train/plane ticket)
- Copy of your original passport (bring a digital copy with you abroad)
- Passport Application and Statement







# Billing, Registration (etc.)

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What are the next steps in the process?

# Required Documents



## ACADEMIC POLICIES

Our expectations and policies regarding your academic participation and performance abroad



## CONDITIONS OF PARTICIPATION

What you are agreeing to do by participating in a SUNY Cortland program



## CONDUCT ABROAD

Our expectations and policies regarding your personal conduct while abroad.



## WITHDRAW AND REFUND POLICY

Outlines that students are responsible for all funds expended on their behalf

\*Signing of Agreement and Release Document

\*Access to these documents in Post Acceptance section of online application

## Winter Billing Dates:

-Posted: November 13, 2023

-Due: December 1, 2023

## Spring Billing Dates:

- Posted: January 5, 2024

- Due: January 18, 2024

## DEPOSIT

Winter & Spring deposit due 2 weeks after date of acceptance: for majority here, deposit is overdue

## FINANCIAL ARRANGEMENTS

Form for Non-Cortland students to indicate the use of financial aid from home school

## HEALTH INSURANCE

Verifies your knowledge of your health insurance coverage

## PERMISSION FOR EMERGENCY TREATMENT

Emergency treatment authorization: print and keep with you

## STUDENT HEALTH INFO

Self-disclosure of medical conditions, med, allergies, etc.

## FLIGHT INFORMATION

Describe your flight details, must include return flight

## COURSE APPROVAL FORM

SUNY Cortland students only

# POST ACCEPTANCE SECTION

# Registration & Course Approval

## CORTLAND STUDENTS

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All students are registered for a study abroad "placeholder course" by the IPO. Students do not register themselves.

When you return, we "match up" the courses on your overseas transcript (we get this from admin campus if you are going through another SUNY) with your course approval form. Expect up to 3-4 month delay in grade posting. You will receive **GRADED** Cortland credit.

## OTHER - SUNY STUDENTS

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You must be registered with your home campus. Check with your home study abroad office regarding having courses pre-approved.

When we receive your grades, we create a transcript supplement to send to your home campus.

Credit type and grading policy varies by campus. Check with your study abroad office if you have questions.

## NON - SUNY STUDENTS

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You are registered at Cortland for the purposes of your study abroad program.

We will send a Cortland transcript to your home campus.

Check with your study abroad office to find out about applying these Cortland credits towards your degree.

# COURSE APPROVAL FORM

## *Cortland Students*

Course Approval form must be uploaded to your application pre-departure. You must inform us immediately if your academic plans change while you are abroad.

## *Non-Cortland Students*

You are welcome to browse the database and add courses to your My Courses portal. However, you need to follow your home campus' procedures for having equivalents assigned. The transcript that you receive from Cortland at the conclusion of your program will list the overseas courses – not the Cortland equivalents.

View Approved Courses

My Courses

Login

Signup

Use the "Text Box" below to search by program, course title, Cortland department, or location (city or country).

Search...

Q

🔄

Add Filters

1780 Records

Page...

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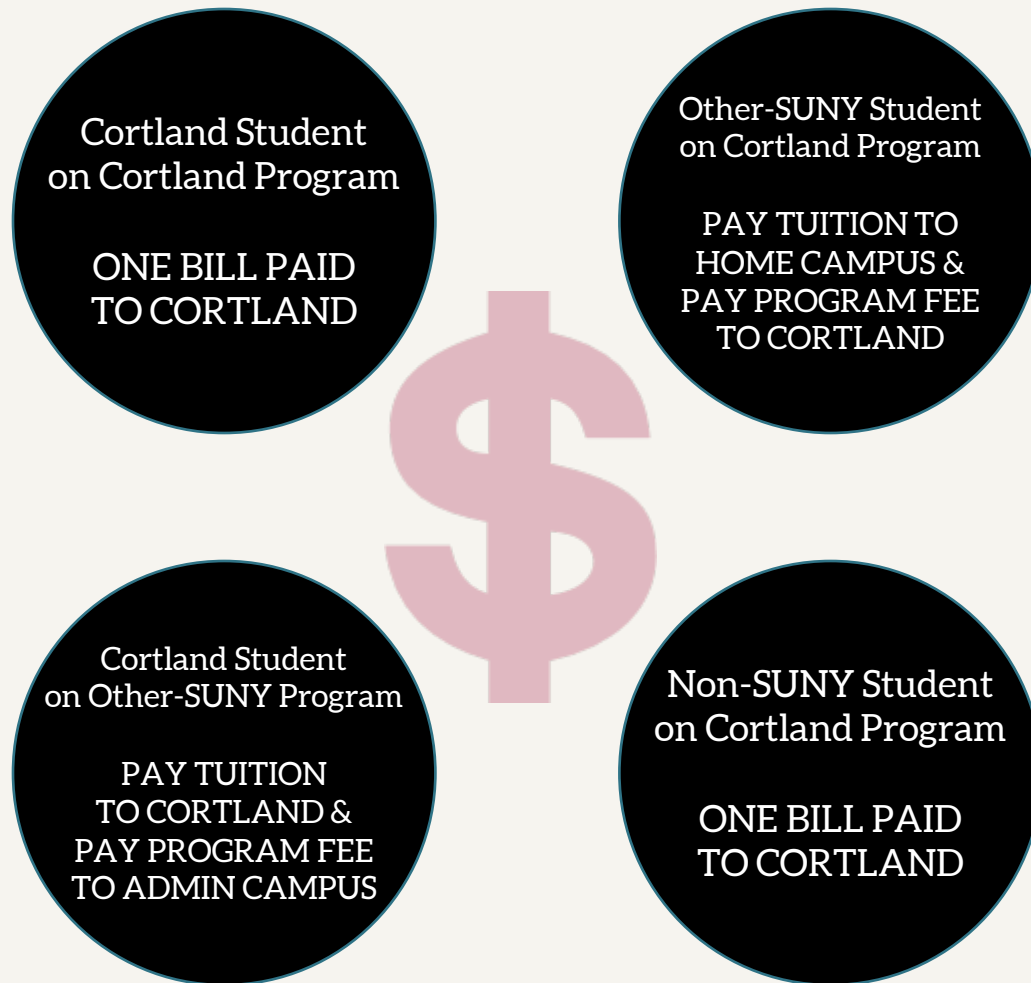
5

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Program	Country	Program Course Title	Cortland Number	View
Academia Latinoamericana de Espanol	Peru	Internship	LAS 3XX	<a href="#">View</a>
Academia Latinoamericana de Espanol	Peru	Hispanic American Literature since 1888	SPA 3XX	<a href="#">View</a>
Academia Latinoamericana de Espanol	Peru	SEMINAR IN LATIN AMERICAN CINEMA	SPA 3XX	<a href="#">View</a>
Academia Latinoamericana de Espanol	Peru	Hispanic-American culture & Civilization	SPA 3XX	<a href="#">View</a>
Academia Latinoamericana de Espanol	Peru	Hispanic-American Culture & Civilization	SPA 319	<a href="#">View</a>
Academia Latinoamericana de Espanol	Peru	Regional Literature of Hispanic America	SPA 3XX	<a href="#">View</a>
Accademia Italiana	Italy	Basic Design-Computer Design	COM 2XX	<a href="#">View</a>
Accademia Italiana	Italy	Marketing	COM 3XX	<a href="#">View</a>
Accademia Italiana	Italy	Italian Cinema	CIN 1XX	<a href="#">View</a>
Accademia Italiana	Italy	Italian Style	COM 303	<a href="#">View</a>

# Billing Scenarios



## ★ PAYING THE BILL ★

1. Sign in to MyRedDragon
2. Accept Charges
3. Make Payment

*Using Financial Aid? Be sure to have a Financial Arrangements Form*

*uploaded in Horizons*

**Summer bills due May 5**

**Spring bills due January 10**



## Grades

Grades are sent from the faculty or host institution abroad to ADMIN campus, then on to students' home campus. This takes time!



## Course Approval

If you took a course that was not pre-approved it must be approved after you return. This really slows things down, so stay in touch.

# UPON YOUR RETURN



## Evaluations

You will be sent an online program evaluation. Please complete these immediately.



## Stay Involved

- Study Abroad Office Peer Adviser program
- Photo contests
- Welcome back events.

# PACKING, MONEY, CELL PHONES

& OTHER PRACTICAL MATTERS







# BEFORE YOU GO

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- **PASSPORT AND VISA REQUIREMENTS**

Ensure you have a passport valid for at least 6 months after return. Work with your admin campus on any required visas. Check the CDC website for immunization and medication guidance.

- **MAKE A PLAN**

Communicate with loved ones regarding your communication plan, check to see if someone has a passport in case of an emergency that would require them to travel to you



# *PACKING: PLAN*

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## RESEARCH THE WEATHER

*The weather may be very different from Cortland and may change drastically in the time you are there. Research average temperatures in the country/city you'll be in and pack accordingly.*

## LOCAL DRESS EXPECTATIONS

*Local dress expectations may differ dramatically depending on your study abroad destination. Some locations may require more modest clothing, some locations will be more dressy or more casual. Don't bring a lot of branded gear--whether it's a company or a college--this is an automatic indication that you're not a local. Athletic pants and workout gear are not common outside of the gym. Europeans especially get dressed up, even to go to class or the grocery store.*

## AVAILABILITY OF PRODUCTS

*Make sure to pack things that may be difficult to get abroad, like prescription medications, or that you will need right away, like a converter/adaptor.*

# PACKING: LESS IS MORE

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- **PACKING LIGHT ALLOWS MAXIMUM FLEXIBILITY**

*If you can't manage your luggage by yourself through a crowded airport or on public transportation, you need to cut some items out.*

- **BRING SOME, THEN BUY LOCAL**

*Think about what you'll need for the first week when it comes to toiletries and then buy local after that. There's no point in bringing large bottles of shampoo/conditioner that will only weigh your suitcase down. \*if you use a particular product that may be difficult to find abroad, consider bringing more of that item.*

- **SMALL ELECTRONICS**

*Do not bring your curling iron or straightener from home--the only thing this will do is guarantee you blow a circuit breaker. Wattage is different from country to country so plan to buy your small/cheap electronics when you arrive.*



# PACKING: THINK AHEAD

- **KEEP THE IMPORTANT STUFF IN YOUR CARRY ON**

*Be sure to pack the essentials in your carry on. This way you know they won't get lost. Suggested items include important documents, medications, a change of clothes (in case your checked bag does get lost), your laptop, etc.*

- **BRING A TRAVEL BAG**

*If you plan on taking shorter trips, make sure you have a bag that fits a lot, but is regulation as a carry on. Most inexpensive airlines will make you pay outrageous prices to check a bag so make sure you have a bag that fits all of the essentials.*

- **DON'T OVERPACK**

*Don't overpack--remember you need to be able to manage your luggage by yourself and you'll want to bring things home at the end of your experience. Leave room in your suitcase, or plan ways to make room in your suitcase for the return trip.*





# GETTING THERE


## A R R I V E   E A R L Y

- You can check in online 24-hours before your flight. Arrive 3 hours early. Expect an hour at security and boarding to begin an hour before flight.

## S T A Y   H Y D R A T E D   &   M O V E

- Pack an empty reusable water bottle and fill it after security. You can ask a flight attendant to fill it for you on the plane. Try to get up and stretch every few hours on long flights.

## A R R I V I N G   I N   C O U N T R Y

- Follow the signs (and the crowd) to immigration. Be prepared with the landing forms given to you on the plane, your passport, and copies of your local address, local contacts, and emergency numbers.
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# Security Here and Abroad

## US Security:

- Be prepared

*Remove shoes, belts, jackets, and hats*

*Have any food, liquid, and large electronics (such as a laptop) out of your bag*

*Take everything out of your pockets*

- Getting Scanned

*Metal Detectors are gender based and scan you based on how the TSA agent assumes you present*

*Scanner flags and pat-downs*

*Know your Rights*

## Security Abroad

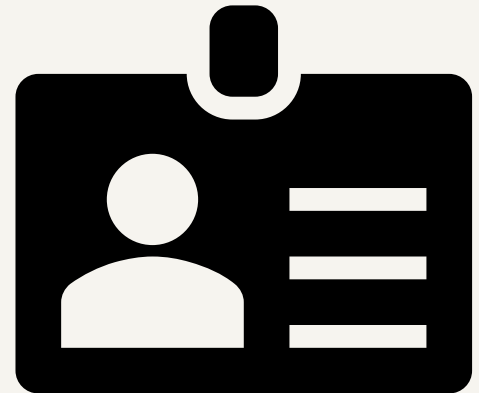
- Questions you'll be asked

*Where are you going?*

*What are you traveling for?*

*Where are you coming from?*

*How long will you be in the country?*



# Medications and TSA



It is advised you carry any medications in your carry on for easy access and in case your luggage gets lost. Most medications will get through TSA without a problem. Here are some things to remember:

- Keep all medications in their original bottle or packaging.
  - If your medication is a controlled substance, keep a copy of the pharmaceutical label to prove you're meant to have it on you.
  - If you're medication is a liquid, it's still subject to the liquid limit. Some exceptions can be made for medications, however; talk to your doctor and ask the airline if you're concerned.
  - If you're carrying needles, syringes, or hormones, you *must* have proof that they are prescribed (pharmaceutical label). Tell a TSA agent if you have prescribed needles and syringes in your carry on.
  - If you need to dispose of needles while abroad, you can bring a sharps disposal with you, though these may be bulky. Some airport bathrooms may have sharps disposals. You can also purchase smaller containers that hold a minimal number of needles. Research local laws pertaining to sharps disposal before you travel.



# Staying in Touch



## YOUR PHONE IN AIRPLANE MODE

Functions like a computer - can connect to wi-fi and make calls/text via Google Voice (can call landlines for \$), WhatsApp, Facetime, Facebook Messenger, Zoom, etc.



## INTERNATIONAL PLAN

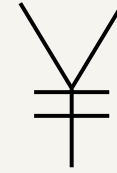
Check with your provider for options to purchase a daily plan, new SIM card, and/or unlocking your phone.



## LOCAL PHONE

You can purchase a local phone and pre-pay for minutes or buy a short-term plan. Work with faculty leader or on-site staff to determine best option.





# While You're There

## BANKING ABROAD

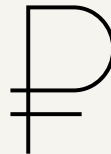
Inform your bank and credit card company of your travel plans.

Carry around \$200 with you on the flight - order local currency from your bank ahead of time or change some money at the airport.

Depending on the location and how long you are studying, you may want to consider opening a bank account in that country. For other locations, this is not necessary. Ask your study abroad advisor or staff at your host institution.



Ask host institution staff or other international students where to find the ATMs with the cheapest withdrawal fees.



- Debit cards are the easiest way to access money abroad. Talk to your bank about foreign transaction fees. Take a picture of the back of it (with the phone number to call from abroad if the card is lost or stolen).
- Credit cards are accepted widely (Visa and Mastercard) and often have the best exchange rate. Use a credit card when you can. Take a picture of the back of it (with the phone number to call from abroad if the card is lost or stolen).
- If you choose to use a credit or debit card while abroad, make sure it has a chip in it. If it doesn't, it likely won't work. Some countries may also use contactless transactions (tap to pay).
- Consider getting a prepaid card (Visa or Mastercard are common), that you can add money to as needed and act like a credit card.
- Be sure to carry cash with you when you travel. While credit/debit cards are widely accepted, depending on where you study abroad, you'll want to plan to carry more cash than what you might be used to. Keep it safe!



# WHILE YOU'RE THERE

## MONEY ABROAD

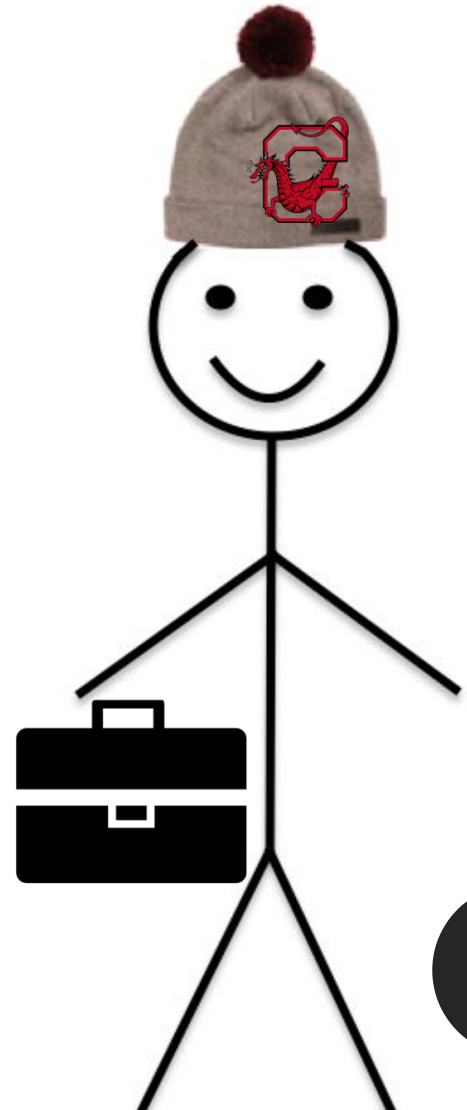
# While You're There: --- Independent Travel

This is Bob

Bob is studying  
abroad to Egypt  
through Cortland's  
AUC program

Bob knows he wants to  
do some personal  
traveling. Bob is careful  
to check where he is  
going to make sure he's  
traveling to a safe  
destination.

Be like Bob.



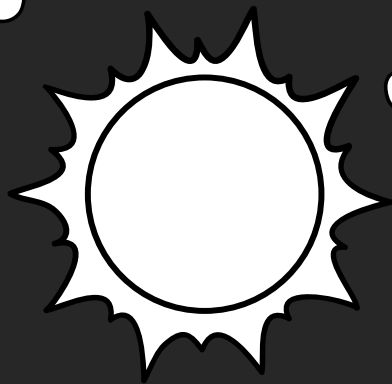
# While You're There

## Returning to Campus



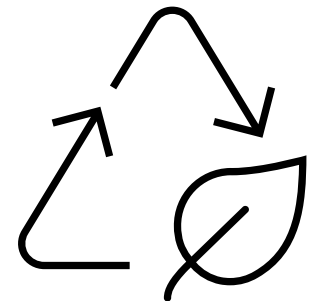
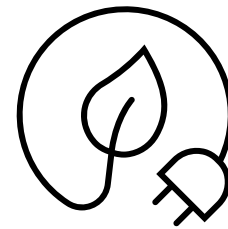
- Don't forget to plan for your return!  
*Sign up for next semester's classes*  
*Keep in touch with your academic advisor*  
*Check in with Residence Life and Housing*

# *Traveling Sustainably*



# PERCEPTION OF STUDY ABROAD FOOTPRINT > REALITY

- *SUNY Albany conducted a carbon audit of all travel associated with the university from 2005 to 2020.*
- *Study abroad travel amounted to roughly 1700 carbon tons per year.*
- *That equals **2.6%** of the total SUNY Albany carbon footprint.*
- *By comparison, commuting to and from campus amounted to 12,799 carbon tons per year, which accounts for **19.5%** of the total SUNY Albany carbon footprint.*



# UNDERSTANDING / AUDITING PERSONAL IMPACT

*Know the impact that your travel is making  
Gain the tools to evaluate your decisions*

- Carbon Footprint:
  - A measurement of the amount of carbon dioxide that a person produces at any given time.
- Calculate your carbon footprint:
  - Individual Travel:  
[Sustainable Travel International Calculator](#)
  - Holistic Approach:  
[Global Footprint Calculator](#)
  - More Advanced Comparables:  
<https://www.epa.gov/energy/greenhouse-gas-equivalencies-calculator>

How many flights would you like to offset?

Enter the number of **round-trip** flights that you would like to offset

Short Flights (less than 3 hours)	Medium Flights (3-6 hours)	Long Flights (6+ hours)
<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
1,100 pounds CO2	1,535 pounds CO2	4,406 pounds CO2

[Calculate My Footprint](#)

FOOD

## How often do you eat animal-based products?

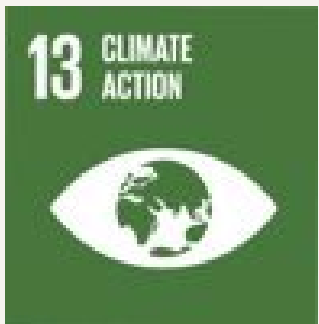
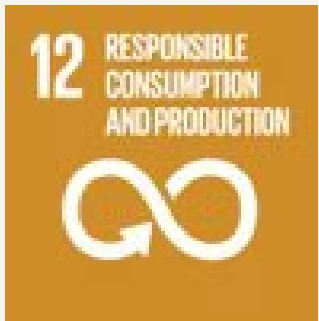
(beef, pork, chicken, fish, eggs, dairy products)

NEVER  VERY OFTEN

**Occasionally**  
(really like veggies - occasional meat, eggs/dairy)

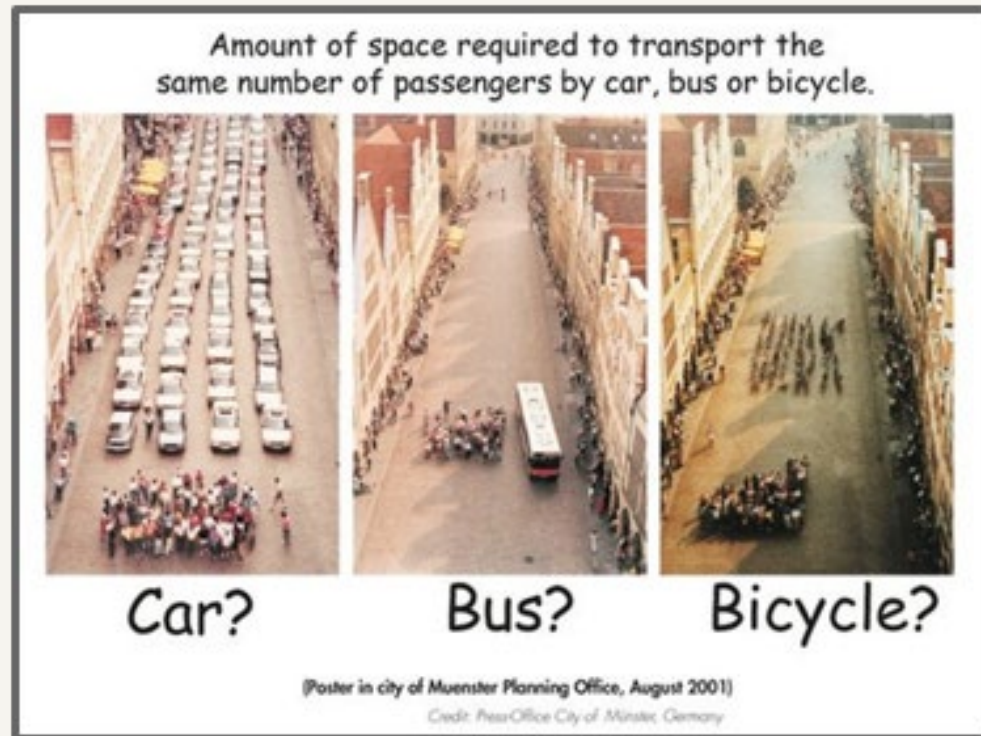
[ADD DETAILS TO IMPROVE ACCURACY](#)





## CONSIDER ALTERNATIVE TRANSIT OPTIONS

- Reduce Quantity
  - Travel longer and less to reduce flights
  - Take direct, non-stop flights
  - Fly coach, not first class
- Public or shared transportation whenever possible
  - Walk if you can!
  - Bicycle sharing programs
  - Carpooling / Ride-sharing
  - Travel by land instead of air if possible



## HOW TO PACK IN ORDER TO ACT



Below find some recommendations for an environmentally friendly packing list. Traveling sustainably is not difficult, it just requires some planning in advance.

### 1 PACK LIGHT

Pack effectively and efficiently by researching the area you are traveling to. Packing strategically is a great way to minimize your carbon footprint. Less luggage means less fuel and emissions.



### 2 REUSABLE WATER BOTTLE, STRAW & UTENSILS

Stay hydrated, save money, and lower the amount of trash you produce both inflight and in-country. Say no to single-use items.



# RESPONSIBLE PACKING

### 3 REUSABLE SHOPPING BAG, TOTE BAG, OR BACKPACK

This bag can be used when grocery shopping, going to the beach, or when you go on a day/weekend excursion and ensure you won't use a plastic bag.



### 4 PACK BAR SHAMPOO/CONDITIONER AND BAR SOAP

Ditch the plastic. You don't need to worry about these liquids exploding in your bag!



### 5 CLOTHES YOU ARE COMFORTABLE LEAVING BEHIND

Pack basic items you can wear multiple times. Get creative with the clothes you are bored of wearing. You're going to a place where no one knows you or ever saw you. Donate your clothes to friends at the end of your program.



### 6 SUNSCREEN

Look for sunscreen that does not include Oxybenzone and/or Octinoxate. These ingredients are damaging to marine life. Research sunscreen laws and options in your host country prior to bringing your typical bottle.



### 7 PACK YOUR OWN TOILETRIES

Look for eco-friendly deodorant, mouthwash, toothbrush, floss, toothpaste, razor, menstrual products, and bug repellent.



It is the small acts that can make *all* the difference



- Sustainable Eating
  - Locally produced food
  - Foods that are in season
  - Organic and vegetarian options
  - Avoid wasteful pre-packaged goods when possible (including flights)
- Water Usage
  - Recognize the appropriate amount of water usage in a given region.
  - Reflect on showers, teeth brushing, dishes, toilets, and more.
  - Respect regional/cultural norms (flushing toilet paper; flush it down; etc.)
- Energy Usage
  - Just like water usage, do what you can to minimize your energy footprint.
  - Turn off lights in the hotel! Don't keep things plugged in if they don't need to be. Turn off the TV, AC, etc.
  - Reuse bathroom towels and sheets.
  - Avoid mass produced souvenirs
    - Ask where a product comes from.
    - Don't buy products made from endangered species or cultural/historical artifacts.

• [Green Passport Pledge Program](#)

## LOCAL, REUSABLE, AND RESPONSIBLE CONSUMPTION TIPS



# FURTHER RESOURCES

- UN Joint SDG Fund: Youth Meetings, Social Media Events, and blogs that highlight youth engagement ideas
  - <https://www.jointsdgfund.org/>
- [UN Act Now](#) (website and app)
- Finger Lakes Climate Fund
  - <https://www.fingerlakesclimatefund.org/>
- Get involved with University Global Coalition!
  - <https://universityglobalcoalition.org/>
- SUNY CIE Sustainability Committee [Best Practice Guide](#), [Carbon Offset Calculators Guide](#), [Packing Infographic](#), [Packing Video](#), and [UN SDG Infographic](#).



YOU

~~SPIDER-MAN~~

*Far From Home*

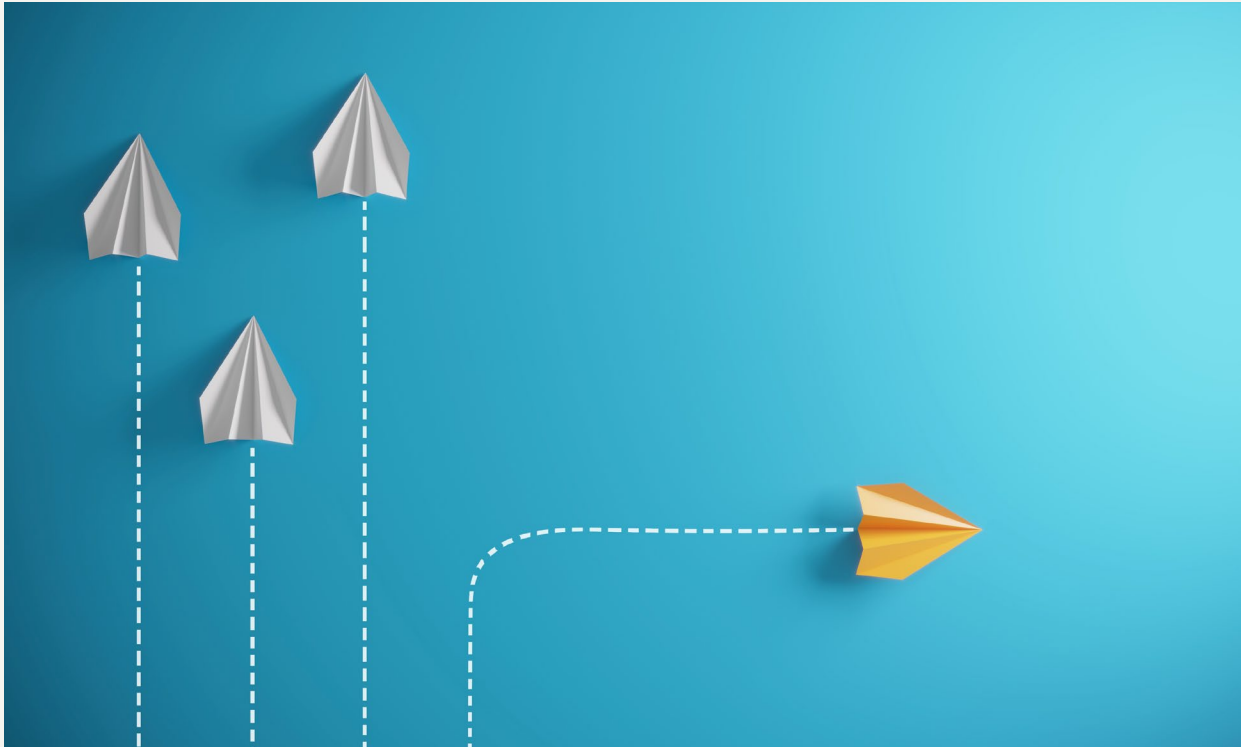
# Being Abroad

*Identity, Culture, and A New Home Away From Home*



# Preparing for different academic expectations and culture abroad.

- Course expectations
- Class length
- Assignments
- Academic Atmosphere



# KNOW BEFORE YOU GO

## PRE-DEPARTURE QUESTIONS

Perceptions about gender and gendered interactions vary, and your intentions and actions could be misconstrued. Research:

- What are the cultural norms for gender?
- Do gender roles differ in the host community?
- Are there expected ways for an individual to talk with, approach or act towards each other based upon gender or other identity?
- Are there expectations of gender-norm clothing or appearance?
- What are the local laws that students should be aware of?

SHE/HER

HE/HIM

THEY/THEM



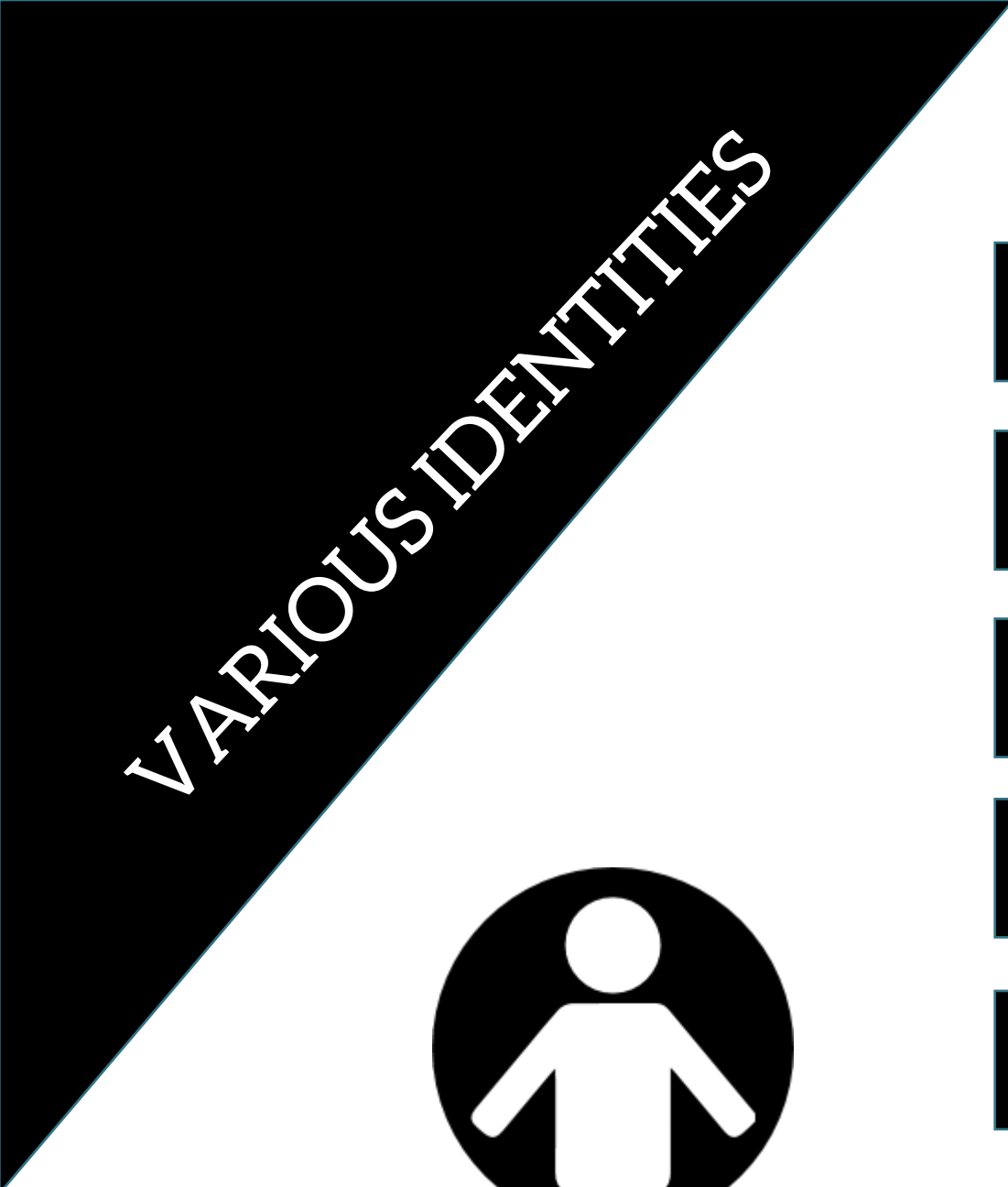
# IDENTITY & CULTURE ABROAD

WHO WE ARE AND HOW WE LIVE

Culture:  
shared  
history, attitudes,  
and practices.



Identity:  
a person's sense of who  
they are based on their  
group membership(s).



# VARIOUS IDENTITIES



Race

Class

Religion

Disability

Language

Gender

Age

Sexual  
Orientation

Education  
Level

Nationality



# IDENTITY RESOURCES

Check out identity resources on our website under Planning for Study Abroad.

## SHARE YOUR OPINION

Tell us what other identities you'd like to see us build resources for next!

## Diversity and Identity Resources

[Home](#) / [Offices](#) / [International Programs](#) / [Study Abroad](#) / [Planning for Study Abroad](#) / [Diversity and Identity Resources](#)

Do you know of a resource that you think should be shared on this page? Do you have other ideas for this page? Please contact the International Programs Office at [studyabroad@cortland.edu](mailto:studyabroad@cortland.edu) to let us know.

Did you know that there are many study abroad scholarships specifically for students from historically underrepresented groups? Check out our [Study Abroad Scholarships Page](#) to learn more!

[Expand This Section](#)

Race and Ethnicity

LGBTQ+ Students

Gender

Students with Disabilities

First Generation Students

Transfer Students

Religion and Spirituality

# BEING IMMERSED IN A NEW CULTURE MEANS EXPERIENCING IDENTITY IN NEW WAYS

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- While identity may remain the same - it may "feel" different to be who you are abroad. Privilege operates to normalize some identities over others.
- Example: If you speak English as your first language, in the US you rarely need to think about language as an aspect of your identity.

*ALL THE  
FEELS*





## AVOID THE US BUBBLE

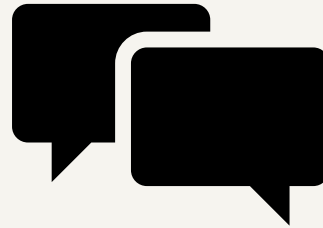
Push through the awkwardness and make LOCAL friends - you lose out by spending time exclusively with other US students



## USE THE LOCAL LANGUAGE

Even if you are just learning, ATTEMPTING to communicate in the local language shows respect

# ENGAGING WITH HOSTS



## ASK QUESTIONS

Faculty, and local administrators choose to work with visiting students - they WANT to share their culture with you, so ask!



## GIFT GIVING

Is typical in many places - pack something small from home to share with people you meet (ex. candy, coffee, etc.)

## THE US AS A GLOBAL POWER

*Even if you occupy marginalized identities in the US, as a US student abroad you wield power. Be aware of (and prove wrong) the "ugly American" stereotype.*

## WOULD I DO THIS AT HOME? AM I RESPECTING PEOPLE'S DIGNITY?

*Think about this in particular as you document your experience; when taking photos and posting to social media.*

## ETHICAL PHOTO TAKING

*Just because it would make a great profile picture, doesn't mean you should take the photo, or share it! This (especially) includes photos/videos of:*

- children*
- people with disabilities*
- people with minoritized identities (racial, ethnic, religious, etc.)*
- people who are economically and/or educationally disadvantaged*

***Never photograph a person without their consent and remember that not everyone can give their consent, like children.***

# CHECK YOUR PRIVILEGE





# BEING AN AMERICAN ABROAD

THINGS TO  
CONSIDER

## GET READY

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Non-U.S. students may have many questions for you about the U.S. – including history, politics, and geography so be prepared for this!

## US DIVERSITY

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The U.S. is a diverse country, with people who have lots of different perspectives based on their lived experiences. You don't have to speak for everyone!

Engaging with locals in these types of conversations can be difficult but is important for increasing mutual understanding.





# SCHOLARSHIPS AND GETTING INVOLVED

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*for SUNY Cortland Students*

# SCHOLARSHIPS



Conditions of your scholarship vary from scholarship to scholarship so be sure to check your original offer information, but typically include:

- You must write a thank you note to the donor/organization.
- Write a Post-Program Essay (500 words)
- Complete your study abroad program
- Participate in study abroad promotion efforts in conjunction with the International Programs Office while abroad and upon your return!
- Any additional requirements outlined in the particular scholarship.
- Questions? Ask your study abroad advisor!

# ENAGEMENT WITH OUR OFFICE WHILE ABROAD



## NEWSLETTER

We profile a different student in each of our newsletters. We'd love to highlight you!

## SOCIAL MEDIA TAKEOVERS


Share with the campus community all the highs and lows of your time abroad.

## BLOG

Our office runs a blog focusing on students' international experiences. Consider being interviewed for it or write your own piece for us to feature!

## PICTURES AND POSTCARDS

We're almost as excited as you that you're going abroad! Share your experience with us by sending us pictures and postcards--we'll feature them on our social media and in our newsletter.



# ENGAGEMENT WITH OUR OFFICE AFTER ABROAD

## PEER ADVISOR

Become a peer advisor and earn academic credit while sharing your study abroad experience with fellow students.

## WELCOME CELEBRATION

Attend the International Welcome (Back) Celebration at the start of the next semester. Connect with other return study abroad students and share your stories!

## STUDY ABROAD FAIR

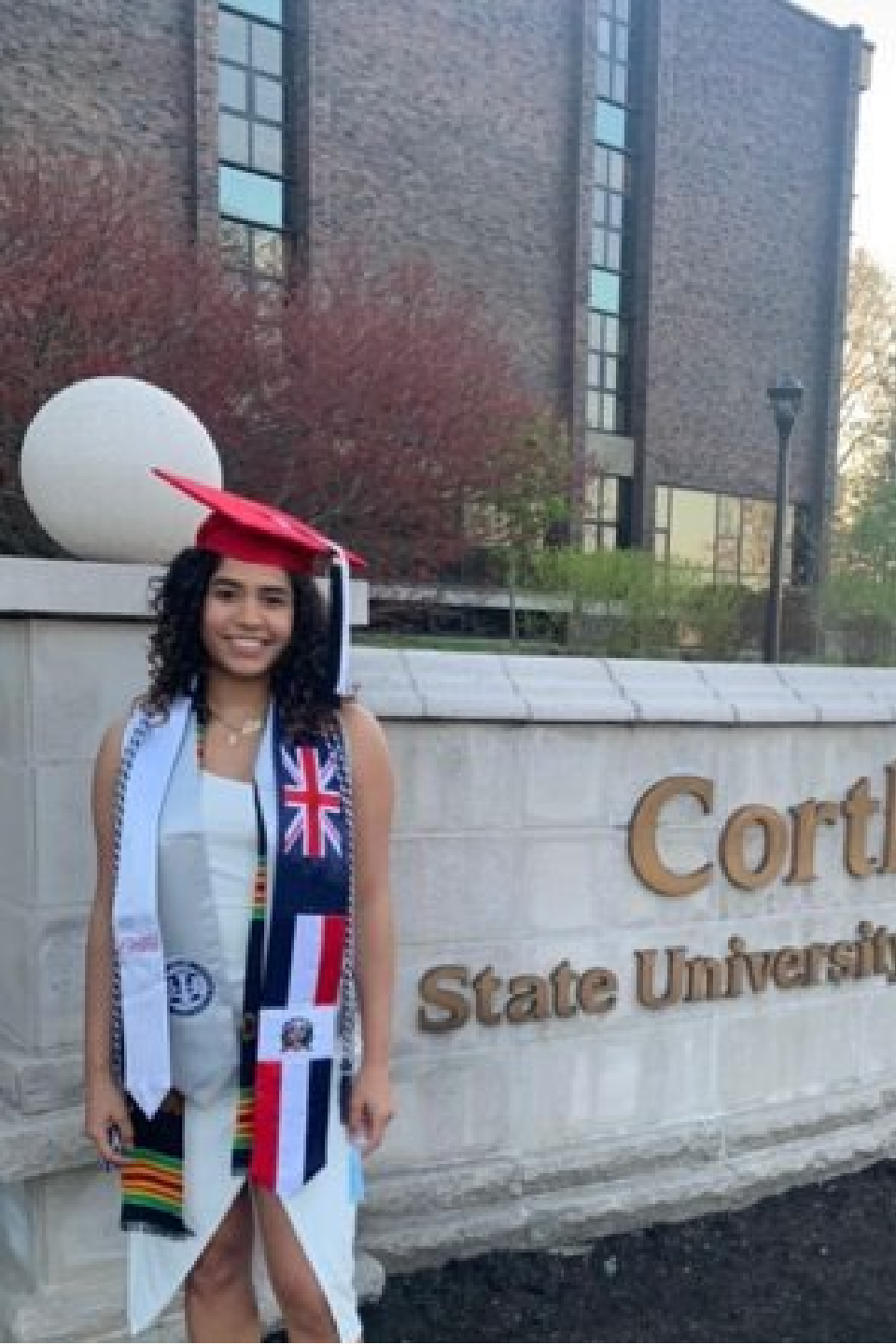
Represent your program at our study abroad fair and tell other students why they should go to that location.

## PHOTO CONTEST

Enter your best study abroad photos into the Fall 2024 Study Abroad Photo Contest and win up to \$100.

## ORIENTATION ASSISTANT

Apply to become an Orientation Leader and help orient international students to the Cortland community!



# INTERNATIONAL GRADUATION SASHES

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## ORDER A FLAG SASH

- Can feature up to three flags and the SUNY Cortland logo.
- Great way to represent your study abroad experience(s) as well as any cultural heritages you may want to honor at graduation.
- Available at a much lower cost through our office due to a CAS grant.

## SASH CEREMONY

- Participate in an international graduation sash ceremony the week of graduation with other study abroad, international, and heritage students!
- Allow the International Programs Office to see you off on the next step of your journey!