



FIU

Study Abroad

Emergency Procedures
Faculty-Led Programs

Our Agenda

- **Greetings and Introductions**
- **State of US and FIU Study Abroad**
- **While Abroad**
 - Mental Health and Study Abroad
 - Interactive Exercise
 - Potential Scenarios
- **Final Remarks**

Welcome to the EOC

- Amy Aiken, Director of Emergency Management
- Introductions of the OSA Team
- Introduction of the International Travel Committee

US Study Abroad

DURATION OF U.S. STUDY ABROAD

65%
short-term

summer, or eight weeks or less

33%
mid-length

one semester, or one or two quarters

2%
long-term

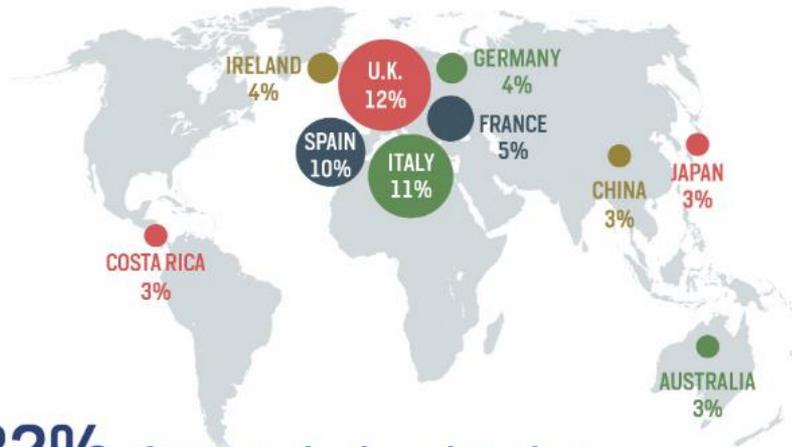
academic or calendar year

341,751 U.S. students
studied abroad for academic credit in 2017/18.

Source: Open Doors: Report on International Educational Exchange is a comprehensive information resource on international students and U.S. students studying abroad. It is sponsored by the U.S. Department of State with funding provided by the U.S. Government and is published by IIE. For more information, visit www.iie.org/opendoors.

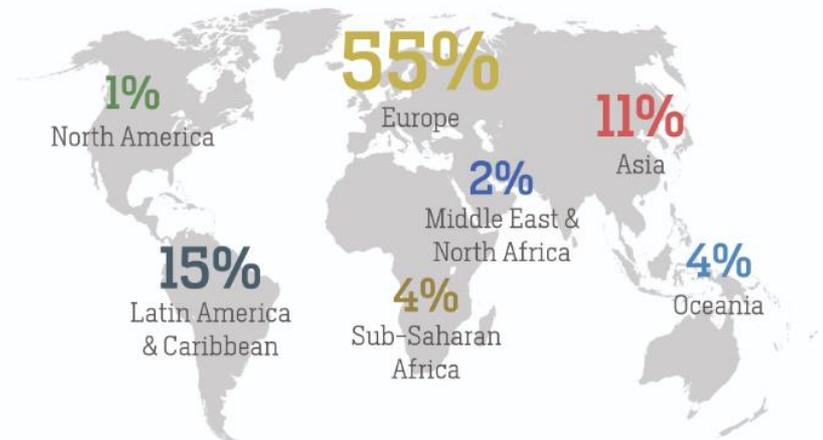
opendoors®

TOP TEN DESTINATIONS FOR U.S. STUDY ABROAD STUDENTS



32% of U.S. study abroad students
are hosted by the United Kingdom, Italy, and Spain.

HOST REGIONS OF U.S. STUDY ABROAD STUDENTS



Europe hosts **over half** of U.S. study abroad students.

WHY Study Abroad?

Student Success



HIGHER GRADUATION RATES

Four-year graduation rates are
18% HIGHER
for students who
study abroad!



HIGHER GPA

Studying abroad has been shown to
INCREASE
a student's GPA²



MORE EMPLOYABLE

75% of companies said a
GLOBAL PERSPECTIVE
was important for their staff³

SOURCES 1 tinyurl.com/Sutton-LessonsLearned | 2 tinyurl.com/CCC-SOAR-SAITR | 3 tinyurl.com/BizNeedsEmpl-IntrnlExp | 4 tinyurl.com/InternationalTradeJobs 5 tinyurl.com/IJSA-2009-Fall-xviii | 6 tinyurl.com/UMinnesota-ImpactEduAbroad | 7 tinyurl.com/WaPo-20150820-StudyAbroad

WHY Study Abroad?

U.S. STUDY ABROAD CONTRIBUTES TO...

The Nation



AMERICAN WORKERS

36 MILLION
JOBS

in the United States are tied to international trade!¹

86% BELIEVE
BUSINESS
WOULD INCREASE
if more staff had international experience?²



GLOBAL ENGAGEMENT

Students who study abroad show **GREATER IMPROVEMENTS IN LANGUAGE SKILLS**^{5,6}



ENLIGHTENED CITIZENSHIP

Studying abroad develops a greater **APPRECIATION OF U.S. CULTURE** and less fear of others.⁷

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US Department of State Travel Advisories

- These warnings no longer exist.
- The US Department of State has significantly changed its travel information, using travel advisories instead.
- There are 4 levels:
- Some destinations within a country can be level 3 or 4.

Travel Advisory Levels

1 Exercise normal precautions

2 Exercise increased caution

3 Reconsider travel

4 Do not travel

International Travel Committee

The committee meets monthly to discuss

- International travel/health insurance issues as well as safety and liability topics
- Issues with countries on travel advisory
- Legal and policy matters
- Other related topics related to faculty and staff traveling on behalf of the university.

FIU Study Abroad Portfolio



FIU offers numerous program formats that encourage students to engage and gain hands-on experience across the globe. These programs represent the ideal progression from the university's global learning curriculum to expand on global competencies and to promote the international mindset that leads students to professional success.

228

We have approved over 200 faculty-led programs to 50+ countries led by over 50 professors in different concentrations since 2016.



4.15K

Over 4,000 students have studied abroad since 2016, over 1,000 students study abroad annually.



30+ 

Third Party Providers that offer 5,000+ opportunities for our students.

70+



Exchange partners around the world. Since 2016 450+ students have participated in our exchange program.

TOP 10 LOCATIONS 2016-2019



Study abroad at FIU

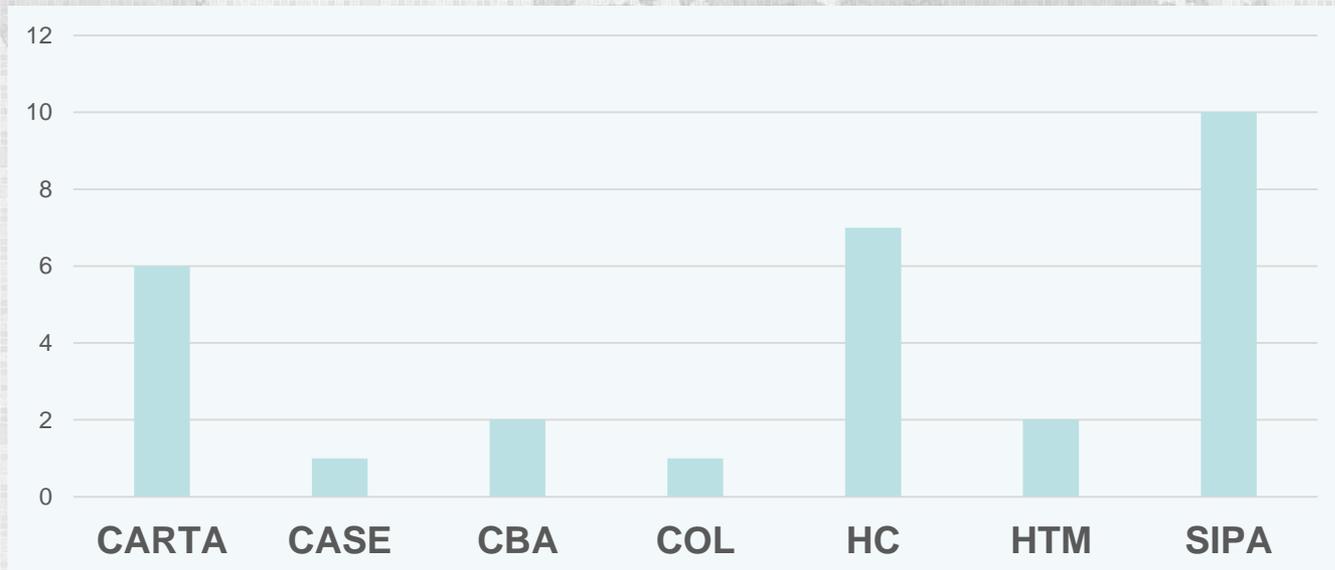
920

students participated in study abroad programs in
2018-2019

Countries visited: *Argentina, Australia, Bahamas, Bahrain, Brazil, Canada, China, Chile, Costa Rica, Croatia, Denmark, Ecuador, France, Germany, India, Italy, Jamaica, Japan, Jordan, Mexico, Montenegro, Morocco, New Zealand, Panama, Peru, Portugal, Saint Martin, Singapore, South Africa, South Korea, Spain, Thailand, Vietnam, United Arab Emirates, United Kingdom*

FIU Study Abroad Summer 2019

- 29 Programs
- 23 countries
- **540** FIU students abroad!



Upcoming Programs

Fall 2019 Programs

Hospitality in London	HTM	U.K
Food and Culture in Florence	HTM	Italy
Honors Costa Rica Study Abroad	HC	Costa Rica
International Business in Dubai and India	CoB	U.A.E. & India
Magic of Christmas Markets	SIPA	Italy & Germany

Upcoming Programs

Spring 2020 Programs

Ecuadorian Amazon: Indigenous Cultures and the Environment	SIPA	Ecuador
Cruise Ship and Super Yacht Design	CARTA	Italy, Germany, France, & Switzerland
Cultural Communication in Amsterdam and Brussels	CARTA	Netherlands & Belgium
Landscape and Urbanism Abroad - Paris	CARTA	France
Landscape and Urbanism Abroad - Barcelona	CARTA	Spain
Hospitality in Cuba	HTM	Cuba
International Business - London & Paris	CoB	U.K. & France
Marketing in Spain and Portugal	CoB	Spain & Portugal

Emergency Phone Number and Email for OSA

Emergency phone number and email in
use for OSA:

305-348-4288

studyabroadhelp@fiu.edu

*The OSA is working on a cell-phone based
communication mode for internet communication
purposes while abroad.*

Mental Health Issues

"Mental Health on College Campuses"

FIU Conference October 15-16, 2019

Poster Presentation:

The Study Abroad Experience

Maria Elena Villar and Maria Marino

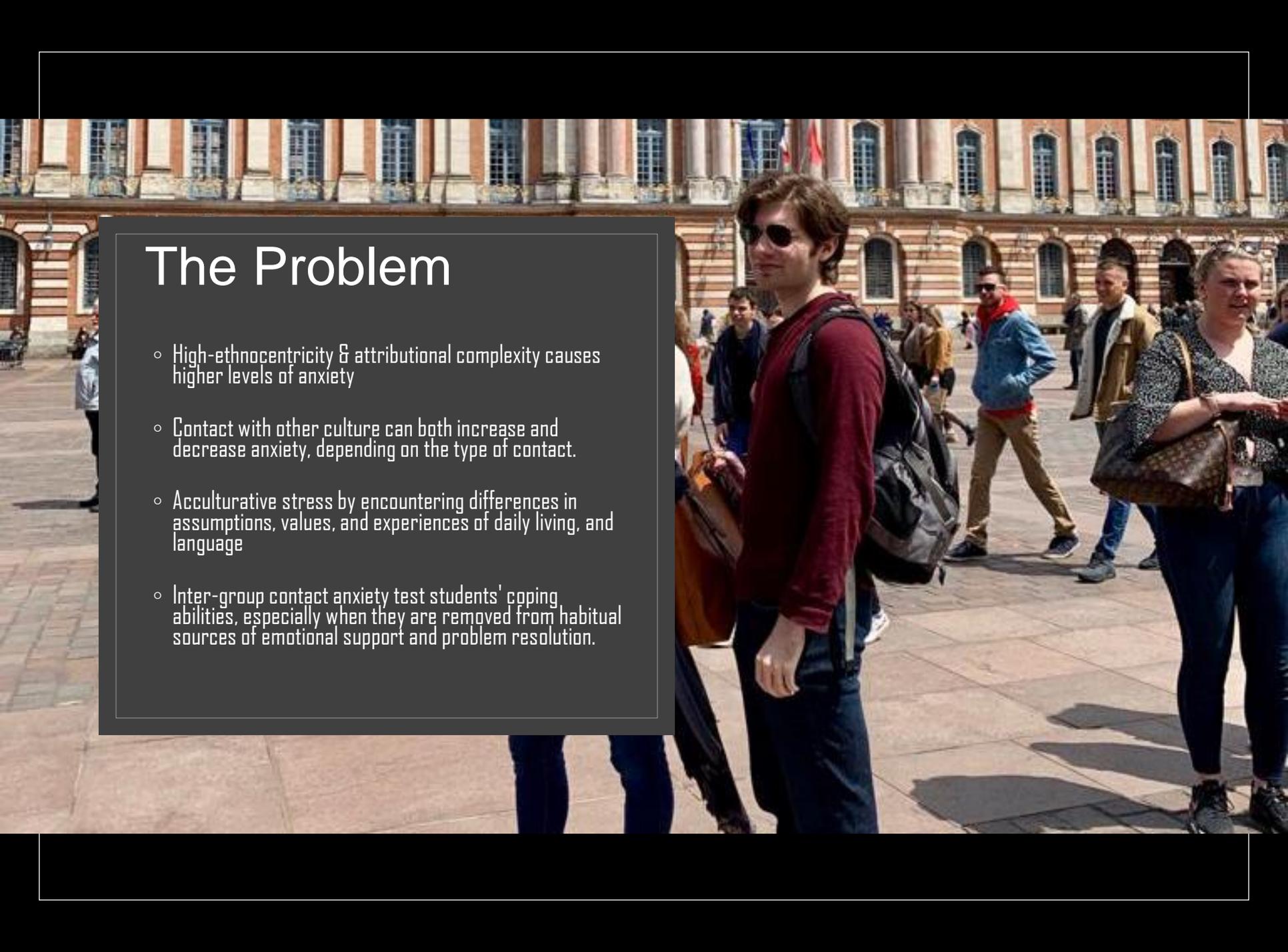


FIU

Communication

**STUDY ABROAD: DEALING WITH
ANXIETY AND THE UNKNOWN**

Maria Elena Villar and Maria Ines Marino

A young man with brown hair, wearing sunglasses, a maroon long-sleeved shirt, and a black backpack, is walking in a public square. He is looking towards the camera. In the background, there are other people walking and a large, ornate building with many windows. The ground is paved with large stone tiles.

The Problem

- High-ethnocentricity & attributional complexity causes higher levels of anxiety
- Contact with other culture can both increase and decrease anxiety, depending on the type of contact.
- Acculturative stress by encountering differences in assumptions, values, and experiences of daily living, and language
- Inter-group contact anxiety test students' coping abilities, especially when they are removed from habitual sources of emotional support and problem resolution.

What it Looks like

- Anxiety abroad can be more paralyzing than anxiety at home, because students are in unusual place doing unusual things (often surrounded by an unusual language).
- Daily struggles like getting lost, being late, getting sick, and feeling lonely seem to take on bigger consequences abroad.

Anxiety and depression while abroad can result in

- Staying in more than going out | Not connecting to my classmates.
- Not exploring new surroundings. | And generally not making the most out of the study abroad experience.



What students can do

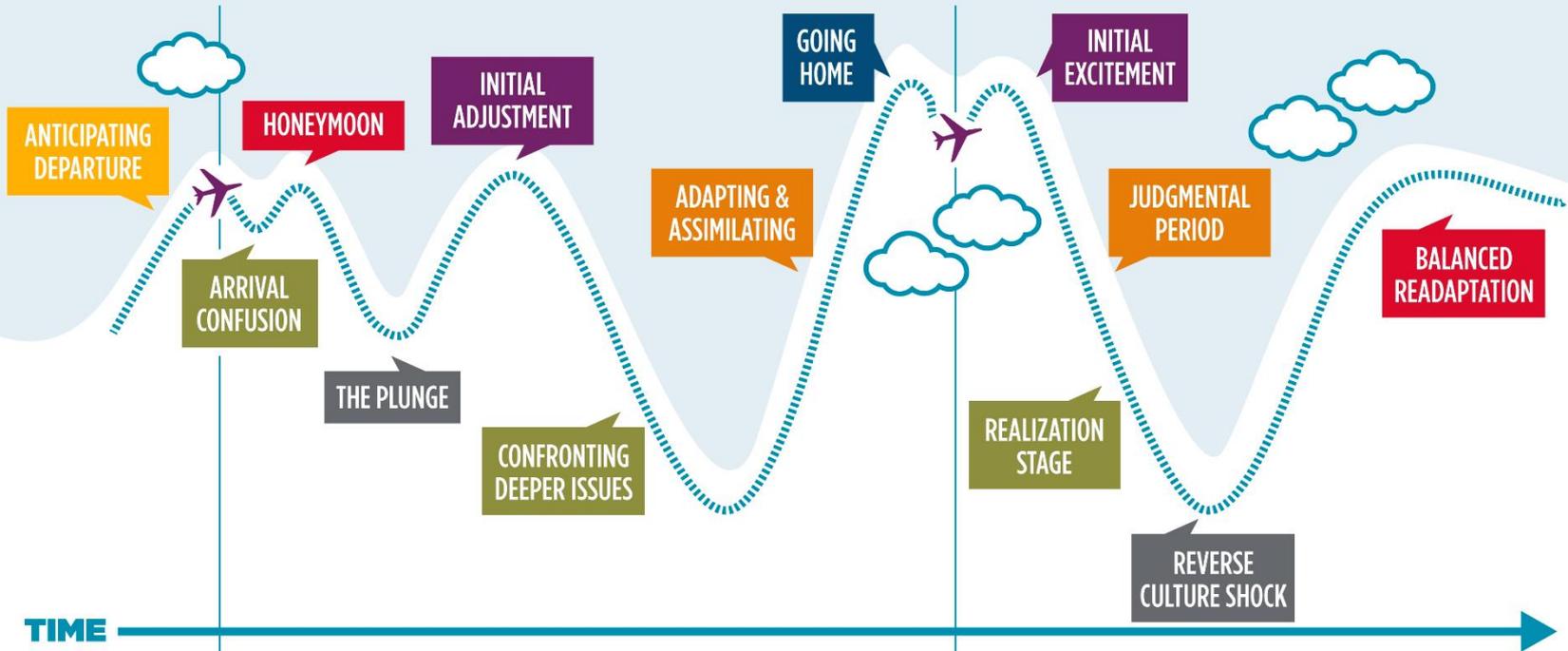
- Take your medication if you're on it
- Keep communication flowing with your family, peers and professors. Don't isolate yourself.
- Look for little things to do alone. It can be grocery shopping, getting a coffee, reading in a garden.
- Don't be afraid to say no to social invitations that will make your anxiety worse.
- Ask for help if you need it. Remember that Everyone wants to make sure that you are able to enjoy





What Study Abroad Faculty can do

- Be intentional about letting students know that you are open to talk about anxiety and depression (any other mental health issue).
- Familiarize yourself with your students' medical needs and communicate with your Study Abroad support team.
- Create pre-departure group chats, one with faculty and one without faculty
- Be as descriptive as possible about what students should expect: Talk about the stages of cultural adaptation.
- Design team building activities pre departure and during study abroad program. Invite students from previous S.A. programs
- Respect student confidentiality.



STAGES OF CULTURAL ADAPTATION:

Anticipate the down periods and prepare

*Depression tells you that the only way to make it stop is to quit.
Anxiety tells you that you can't handle this.
Travel teaches you that you can.*

We were ready for the rain, but the rain wasn't ready for us.



Takeaways

Studying abroad can exacerbate symptoms of depression and anxiety.

As students encounter new peers, culture, and situations, they are forced outside their comfort zone.

There are things that both instructors and students can do to mitigate symptoms: Preparing, communicating, positively facing the challenges.

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Thanks!

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Student Safety Abroad

Department of Justice
Federal Bureau of Investigation



The Key to US Student Safety Overseas

INTRODUCTION

To ensure that you have a positive study abroad experience, the US government seeks to generate awareness about risks that you could face overseas – including those from foreign intelligence services.

PROTECT YOURSELF ABROAD

You can protect yourself from foreign intelligence service targeting.

BE AWARE

You are a potential target of interest for foreign intelligence services.

For more information visit:
www.fbi.gov



Let's Discuss-Interactive Exercise

1. Natural Disasters
2. Missing Student
3. Crime against a student
4. Student death
5. Infectious diseases/Outbreaks
6. Faculty Director emergency or death
7. Change of Itinerary
8. Behavioral problems



Scenario 1 – Political Unrest

- You are one of two Faculty Directors traveling with a group of 20 students to Hong Kong for 10 days to learn about current issues in the area.
- Though protests have been ongoing, the area that the program is visiting has remained calm, and you are all staying at a hotel away from the protests.
- On your second day in Hong Kong, tensions escalate, and increasingly violent protests expand to where you are. Street demonstrations are taking place throughout Hong Kong, and police officers are deploying tear gas and firing rubber bullets to disperse demonstrators. The protests are also affecting local transportation.
- What do you do?



Scenario 2 – Drugs / Student Arrest

- You are the Faculty Director for a faculty-led program in the fall semester, and you have 13 students in your program. The program is being hosted by our partner university, the American University in Dubai (AUD), and they have coordinated on-campus housing, classroom space, and some activities.
- One of your students misses class, and as you are leaving campus walking by the student dorms, you smell marijuana and find your missing student in a corner of the patio smoking.
- As you approach him, you see the AUD coordinator that has arranged your program walking towards you.
- What do you do?



Scenario 3 – Sexual Assault / Rape

- You are the only faculty director for a 10-day spring break research program in the Bahamas, and you have 9 students.
- The program site is away from the touristy areas of the Bahamas, and because meals are provided, the students do not need to leave the site.
- One evening, a group of three female students approaches you to ask if they can leave the site to explore the island and have dinner at one of the hotels. Because these students are responsible, you give them permission. At the restaurant, one of the girls goes to the restroom and is followed by a male individual who pulls her into a private area of the establishment and rapes her. She returns to the other girls in tears, and they speak to a manager at the restaurant who contacts you at the ashram to explain what happened.
- What do you do?

Scenario 4 – Medical Emergency

- You are one of two Faculty Directors for a 25-student study abroad program that is taking place in Barcelona, Spain over spring break.
- They group is staying in local hotels and visiting local businesses to learn the inner workings of corporations abroad.
- During one of the visits, one of the students looks pale and seems to not be focused. When you approach the student, she tells you that she has a strong pain in her abdomen. She has been feeling it all day but did not want to say anything to not disrupt the program. You take her to a local doctor who diagnoses an acute appendicitis.
- What do you do?



Additional concerns

What are specific situations that concern you?

- A student who wants to travel to another country during his/her free time.
- A student's family member or close friend who picks him/her up to go to dinner/lunch during program activities.
- How to stay in touch with OSA during a national emergency abroad.
- Other?

Faculty Final Preparations for Study Abroad

- Submit **Acknowledgement Form for International Travel Emergency Action Plan** at go.fiu.edu/OSA911.
- Send OSA your **final itinerary** for your programs (Dates and locations to be used in Studio Abroad for risk management).
- Review **medical forms, special needs questionnaires, and emergency contacts** for your students.
- **Distribute Insurance Cards** to students once you received them from OSA.
- Students are receiving **daily emails** regarding missing documents.



Email to all students and faculty for each program

- Pre-departure sessions are not program-specific.
- OSA sends out an email to you and all students on your programs highlighting the areas of concern at your destination prior to departure.



Recent ITC Policy Updates

Non-Students/Spouses/Children and Study Abroad

The faculty director is responsible for all aspects of the study abroad program including the academic program and safety of all involved. As a result, it is important that the faculty director and any FIU employees providing support for the study abroad program give their full attention to the program. Given this, non-students, spouses, domestic partners, and/or children are not allowed to join the faculty director and/or the travel group for the study abroad program (January 2019)

If you have anyone other than students or faculty traveling with your group, please contact us.

Thank you!

We hope this was helpful to you. Please sign the last page of the Booklet and submit to OSA.



Stay Connected



FIU Office of Study Abroad



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fiustudyabroad



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*Have a good and
safe trip!*

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Happy Holidays!

