

Exchange Semester 1, 2019



Pre-departure briefing

Pre-departure briefing

Presented by: ANU Global Programs



Exchange Timeline

EXCHANGE SEMESTER ONE 2019

ANU Global Programs











2 Semesters Before

2 Semesters Before

1 Semester Before

1 Semester Before

Exchange Semester

Mar 2018









Dec 2018 Jan 2019



1. RESEARCH

- a. Attend an Exchange Info Session. Mar/April
- b. Check our website and program search.
- c. Research list of partners and course offerings.
- d. Check eligibility (units, year level, GPA, language requirements).
- e. Find 5 universities and complete a "College Endorsement Form" (CEF)
- f. Meet with your academic college(s) with CEF
- g. Get Language Approval Form (LAF) completed (if relevant)

2. APPLICATION

- a. Register with the online Global Programs system at http://anu-ausa.terradotta.com.
- b. Start vour application and upload your CEF.
- c. Complete and submit 5 university applications before the deadline. May 31
- d. Continue to study well and get a gréat GPA

3. NOMINATION

- a. Await exchange partner allocation results. mid-Aug
- b. Successful applications will have a nomination for one exchange partner.
- c. Accept (or decline) the nomination.
- d. Attend a Nomination Briefing. Aug
- e. Apply to the nominated host university with supporting documentation.
- f. Organise course approvals with your ANU academic college.
- g. Wait for offer from the host university.

4. PRE-DEPARTURE

- a. Apply for accommodation, insurance, visas etc.
- b. Apply for OS-Help (if eligible).
- c. Attend a Pre- XX Oct Departure Session.
- d. Complete an "Enrolment Change Form".
- e. Obtain final course approval from your academic college.
- f. Finalise all arrangements like flights, immunisations. currency etc.
- g. Register with Smartrav-eller

5. ON-EXCHANGE

- a. Go on exchange!
- b. Keep in touch and continue to check your ANU email.
- c. Share your exchange experiences on social media (FB, Instagram) and tag

#anuglobalprograms

d. Don't forget to order a transcript before vou come back home (if applicable for your partner)

f follow us on Facebook: https://www.facebook.com/anuglobalprograms/



Today's Agenda

- ☐ ANU Travel Insurance
- ☐ Centrelink Payments
- ☐ Information Consent Form
- ☐ ANU Enrolment
- ☐ OS-Help Loans
- □ Forms and Deadlines for International students
- ☐ Communication Lines ANU email
- ☐ Personal & Psychological Well-being
- ☐ The Global Society
- □ Exchange Ambassador/ Storyteller program

PRO TIP: Print this page and tick items off the list when you've completed them

Always remember: use your ANU email account when contacting ANU



ANU "TRAVEL" Insurance

- Travel Insurance DOES NOT equal to Health or Medical Insurance, or a Health Care Plan. It is a "Travel" insurance policy.
- The "ANU Travel Insurance Policy" provides cover for **emergency** situations whilst you are studying overseas for approved courses/programs.
- This is a "Reimbursement Policy" which means you must pay at the time of treatment.
- Remember to keep all your receipts and documents and organise any reimbursements with the ANU Insurance Office (not Global Programs).
- Please read up on what is covered by the ANU Travel Insurance Policy. It is up to you
 to look at the policy to see if it provides the cover you require.
- Please note some countries or universities require the student to purchase compulsory domestic insurance policies that are offered by that country or university.
 You are responsible for obtaining this insurance yourself if your exchange partner or country requires it.
- Please organise your own "Health or Medical Insurance" cover if you or your host university requires you to obtain this.



What the travel insurance covers



Subject to terms and conditions of policy, cover exists for:

- Personal accident & sickness
- Kidnap & ransom/extortion
- Hijack & detention
- Loss of deposits
- Loss of electronic equipment, deprivation of baggage & money/travel documents
- Personal liability
- Missed transport connections
- Overbooked flights
- Political & natural disaster evacuation
- Search & rescue expenses

The policy is underwritten by Chubb and Cover is subject to the Terms and Conditions of the Policy (Policy Number 01PP528643).



What is **NOT** covered

- Routine Medical / Dental Consultations
- Professional Sport (if you're paid to play)
- Incidental (private) travel that exceeds 60% of the approved business trip or exchange days
- Anxiety, depression, suicide, drug or alcohol related injury/illness, or any illegal or criminal act
- Pre-existing medical conditions etc.

All details are in the travel insurance policy.



How to lodge a travel insurance claim

- Complete a claim form (on the website) with yours and a witness's signature (no need for delegate approval).
- https://policies.anu.edu.au/ppl/download/ANUP_000971
- Supporting documentation: travel approval and original receipts for expenditure incurred must accompany Claim Form.
- Claims must be lodged via ANU Insurance Office at insurance.office@anu.edu.au and NOT directly to Chubb.
- The claim will be forwarded to the insurer and if there is insufficient information in your claim form, they will request for further documentation via the insurance office.
- It is in your interest to ensure all required information is provided with your claim to avoid delays in processing. Reimbursement will be made directly into your bank account.





Travel Insurance – contact point

ANU INSURANCE OFFICE

- <u>Web: https://services.anu.edu.au/financial-management/insurance/policies-claims</u>
- Email: Insurance.Office@anu.edu.au
- Telephone: 6125 8734

TRAVEL INSURANCE KIT

https://services.anu.edu.au/financial-management/insurance/policies-claims

Please print/read/save a copy for yourself

- Travel policy
- Travel information kit
- Travel policy wording
- How to use your Chubb Assistance Card



Travel Insurance FAQ

Where can I get more details about the travel insurance policy?

Website: https://services.anu.edu.au/financial-management/insurance/policies-claims

Can I submit a claim while I'm overseas?

- Yes, forward your completed claim form and supporting documentation to the ANU Insurance Office
- You have 12 months to submit your claims so there is no hurry, you can even do it when you get back.

I am taking some time for private travel before/ after the exchange program. Will I be covered under the University's travel policy?

Yes, as long as the private travel period does not exceed 60% of the approved travel.

How do I contact the ANU Insurance Office?

- Email: Insurance.Office@anu.edu.au
- Please make sure you read the insurance policy documents (at site above) before contacting the Insurance office with your questions.



How to use your Chubb Assistance Card







and case management with

anubb Insurance Australia Limited

Pre-travel advice

Accident & Health

Medical Assistance

- 1. Telephone Medical Advice Chubb Assistance will arrange medical advice to insured clients over the telephone.
- 2. Medical Service Provider Referral Chubb Assistance will provide clients with information about physicians,



8. Arrangement of Emergency Repatriation

Chubb Assistance will arrange for the return of the client to Australia following an emergency medical evacuation for subsequent in-hospital treatment.

left unattended as a result of the accompanying client's illness, accident or hospitalisation.

The above services (item 6-11) are charged on a case basis, Chubb Assistance shall not be responsible for any third party expenses.

- 1. Pre-trip Information Services Information concerning visas and inoculation requirements for foreign
- The address, telephone number and hours of opening of the nearest appropriate consulate and embassy

To assist the clients who have lost their luggage while travelling outside their usual country of residence by contacting the appropriate authorities involved and providing directions for

To assist the clients who have lost their passport while travelling outside their usual country of residence by contacting the appropriate authorities involved and providing directions for



Exchange participation letters

REQUESTS FOR:

- Travel Insurance Cover letter
- Letter for Centrelink purposes



Exchange Participation Letter for Centrelink and/or Travel Insurance Letter

- Student must use your ANU email account to contact ANU Global Programs.
- Request an Exchange Participation Letter and/or Travel Insurance Letter from Global Programs (email outbound.global@anu.edu.au).
- Students need to provide the following information to Global Programs as per table below:

Information heading First name: Last name (surname): Date of Birth: ANU student number: Name of student's ANU degree Name of exchange partner university: Name of country of partner university: Duration of exchange: Exchange partner semester start date: Exchange partner semester end date: The last day of term at partner university The date you fly out / leave Australia		
Last name (surname): Date of Birth: ANU student number: Name of student's ANU degree Name of exchange partner university: Name of country of partner university: Duration of exchange: Exchange partner semester start date: Exchange partner semester end date: The last day of term at partner university The last day of term at partner university	Information heading	Details
Date of Birth: ANU student number: Name of student's ANU degree Name of exchange partner university: Name of country of partner university: Duration of exchange: Exchange partner semester start date: Exchange partner semester end date: Date of Birth: u12343567 BA / BA (Hons) degree name etc One semester The start date (inc orientation) at partner university The last day of term at partner university	First name:	
ANU student number: Name of student's ANU degree Name of exchange partner university: Name of country of partner university: Duration of exchange: Exchange partner semester start date: Exchange partner semester end date: The last day of term at partner university	Last name (surname):	
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Name of exchange partner university: Name of country of partner university: Duration of exchange: Exchange partner semester start date: Exchange partner semester start date: The start date (inc orientation) at partner university The last day of term at partner university	ANU student number:	u12343567
Name of country of partner university: Duration of exchange: Exchange partner semester start date: Exchange partner semester end date: The start date (inc orientation) at partner university The last day of term at partner university	Name of student's ANU degree	BA / BA (Hons) degree name etc
Duration of exchange: Exchange partner semester start date: Exchange partner semester end date: One semester The start date (inc orientation) at partner university The last day of term at partner university	Name of exchange partner university:	
Exchange partner semester start date: The start date (inc orientation) at partner university The last day of term at partner university	Name of country of partner university:	
Exchange partner semester end date: The last day of term at partner university	Duration of exchange:	One semester
	Exchange partner semester start date:	The start date (inc orientation) at partner university
Student's overseas travel start date: The date you fly out / leave Australia	Exchange partner semester end date:	The last day of term at partner university
	Student's overseas travel start date:	The date you fly out / leave Australia
Student's overseas travel end date: The date you return to Australia	Student's overseas travel end date:	The date you return to Australia

Need one?
Please
provide
this
information
to Global
Programs.

- The letter/s will be emailed back to you to your ANU email address.
- PLEASE NOTE Global Programs <u>cannot</u> negotiate with Centrelink or the Insurance Office, <u>it is</u> <u>your responsibility to contact Centrelink.</u>

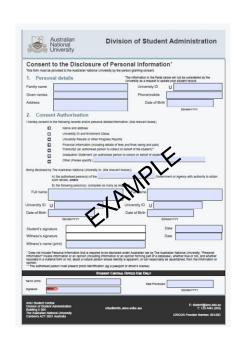


Consent Form – for other individuals to access your information (if required)



Consent to the Disclosure of Personal Information Form (if required)

- Complete a Consent to the Disclosure of Personal Information form and submit to ANU Student Central, specifying who you permit ANU to discuss personal matters with if they contact ANU.
- EXAMPLE: If your parents/ friends contact us and ask us about your exchange or personal information, we will not discuss any matters relating to your studies/exchange unless your have completed this form.
- Visit: http://www.anu.edu.au/files/resource/Consent-form.pdf to download the form and submit to student@anu.edu.au.





Your ANU Enrolment While on Exchange



Exchange enrolment at ANU

- You have to complete an Enrolment Change form and get this actioned after your exams but <u>before you leave ANU!!!!</u>
- You must be enrolled at ANU for the duration of your exchange in a specific exchange code relevant to your ANU degree:

ARTS 5920

contact CASS

ASIA 5920

contact CAP

• ECCO 5920

contact CBE

ENGN 5920

contact CECS

LAWS 5920

contact COL

SCNC 5920

contact JCoS



Please contact your own academic College(s) for all enrolment enquiries, as well as any course approvals / changes for exchange.

ACTION REQUIRED - DURING YOUR EXCHANGE, YOU MUST BE ENROLLED AT ANU with TUITION FEES PAID TO ANU!



Student's Responsibility – MUST DO

- You MUST complete an "Enrolment change form". It must be handed/emailed to your Academic College (NOT Global Programs).
- You MUST check ISIS to ensure that you are correctly enrolled at ANU for your exchange, before departure. It is your responsibility to check this.
- If there are any changes to your exchange enrolment, contact your Academic College by e-mail immediately.
- Your exchange duration is only for one semester, unless you are doing "Year in Asia".
 So you must be enrolled in a shell code totalling 24 units of study at ANU for 2019
 Semester One before you leave for exchange.

ATTENTION – read this!

Failure to organise your enrolment and non-completion of the "Enrolment change form" **Will have serious consequences**, such as:

- cancellation of student visa (International Students);
- cancellation of Centrelink payments;
- No credits will be counted for your overseas semester, and you will be required to complete an additional 24 units of study at ANU to complete your degree.



Course approvals and Enrolments

Example:

- A student in a single degree eg. Arts (or only taking courses in one degree)
 only needs to seek approval from the one academic College eg. CASS.
- A student in a combined Arts/Law degree that plans to study towards both components of their degree MUST obtain course approvals from both academic Colleges. You must also enrol in both colleges eg. CASS and Law.
- Remember who you spoke with for approval and keep records of your forms and your course approval email/letter.

ANU enrolment will look like this:

Semester 1, 2019

- ARTS 5920 12 units
- LAWS 5920 12 units
- Total = 24 units for the semester (equivalent full time)



Credit equivalency and Enrolment



- A full semester course load differs from country to country. Some universities, even in the same country, may have unit value loads that differ from each other!
- To achieve enrolment in a full semester load, it will be made of "X" units/credits, see the host institution program information, equivalent to 24 ANU units. You must find out what a full semester load is for your partner, it could range from 3 to 9 courses.
- All credit equivalencies can be found for each of the partners on the program brochure within the Global Program System: http://anu-au-sa.terradotta.com

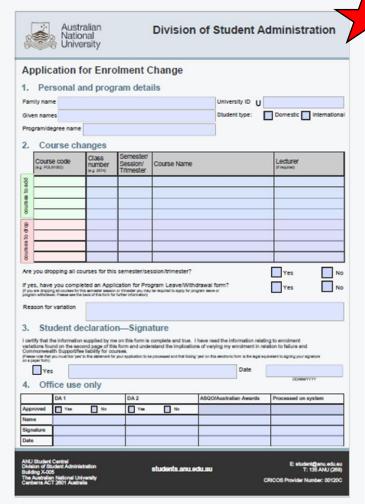
Full semester course load equivalent to ANU 24 units, example: Singapore NUS = 20 modular credits.

Student's degree	Enrolment at Partner	Enrolment at ANU
CASS student - single degree	Student takes 100% of course in "arts" subjects. So 5 courses, each course worth 4 credits	ARTS 5920 24 (units)
CASS/LAW student - double degree - 50/50 split	Student takes 50% of courses in "arts" subjects and 50% of courses in "law" subjects. So 2 courses in "arts", 2 courses in "law" and 1 course to compliment both degrees	ARTS 5920 12 (units) LAWs 5920 12 (units)
CASS/LAW student - double degree - 75/25 split	Student takes 75% of courses in "arts" subjects and 25% of courses in "law" subjects.	ARTS 5920 18 (units) LAWs 5920 6 (units)



Complete an Enrolment Change Form!

- ✓ 1) Complete an "Enrolment change form"
- ✓ 2) Give it to your ANU academic College(s) for enrolment. If double degree, both colleges will need a form completed.
- √ 3) Check with your particular ANU
 College if there are any other extra
 requirements you must complete for
 exchange!!!
- √ 4) Check ISIS you are enrolled at ANU for your "exchange studies"





Academic College contacts - for all course approvals, changes and enrolments



CAP Student Office

E: cap.student@anu.edu.au

T: 6125 7912

CASS - Undergraduate Students

E: ug.students.cass@anu.edu.au

T: 6125 2898

CBE Info

E: info.cbe@anu.edu.au

T: 6125 3807

CECS - Student Enquiries

E: studentexp.cecs@anu.edu.au

T: 6125 8809

CoL Exchange Team

E: exchange.law@anu.edu.au

T: 6125 4164

JCS - Joint Colleges of Science Student Office

Science Enquiries - E: science.enquiries@anu.edu.au

PhB Science Enquiries - E: phb.science.enquiries@anu.edu.au

T: 6125 2809

ANU College of Asia and the Pacific

CAP Student Centre

HC Coombs Building #9 (main entrance - up stairs), ANU

ANU College of Arts and Social Sciences

CASS Student & Education Office Beryl Rawson Building, ANU

ANU College of Business and Economics

CBE Student Administration

Level 2, Building 26c, Kingsley Street, ANU

ANU College of Engineering and Computer Science

CECS Student Office

CSIT Building 108, Room N202, North Road, ANU

ANU College of Law

Law Student Office 5 Fellows Road, ANU

ANU Joint Colleges of Science

Science Student Administration Office Building 42 Peter Baume Building, ANU



Access and Inclusion considerations

- If you have an EAP with Access and Inclusion (A&I) which would likely be in place on an International Program, you need to meet with them to discuss the requirements which you may need to consider.
- You may have considerations that require A&I to assist you with, so that you have the support you
 require when participating in an International Program. For example, you may need to ask for
 assistance about contacting the host university about any arrangements. Your information is
 confidential. It is not shared with the host university unless you have arranged to do so personally.
- Please note the importance of disclosure of any pre-existing medical or accessibility requirements
 that would render a student unable to participate in the program. Eg. when a program has predisclosed inherent requirements as part of the course (e.g. labs, field trips etc). If students do not
 disclose any pre-existing requirements, they are at risk of being limited in the opportunity to take
 courses / to be successful.
- To connect with Access and Inclusion, here are their details: http://www.anu.edu.au/students/contacts/access-inclusion





OS-Help Loans (for Commonwealth Supported Students)



OS-HELP

OS-HELP applications can be completed online through the Global Programs system

In 2018, the maximum OS-HELP amount is \$7,998 for students studying in Asia, or \$6,665 for students studying elsewhere in the world.

- Payments are made directly into the bank account declared on your ISIS
 account* four-six weeks after you submit your application.
- *Make sure your bank details are up to date!

Visit http://www.anu.edu.au/students/scholarships/os-help for eligibility criteria.

OS-Help applications are done online.



Forms and Deadlines for International Students

 Request OSHC Leave of Absence for international students before departing from Australia

 Check with DIBP on notification requirements for your study outside of Australia (student visa concerns)



Student Email Accounts and Change of Address

- All correspondence from the university is sent to your ANU email account please continue to use it and check it even when you are overseas!
 (it is not possible to verify yahoo/ gmail/ hotmail email accounts etc and these account may not work in certain countries)
- ANU will <u>not</u> email information or communicate with non-ANU email accounts.
- Update your contact details (eg. any phone numbers) on ISIS as soon as you have relocated.



Returning to ANU

Before you finish exchange and leave your host university, please make sure you:

- Settle outstanding fees: finalise any outstanding fees at host university (accommodation, library, Gym etc). Please note outstanding fees at partners may impact graduating from your degree at ANU. The partner will contact ANU regarding these matters.
- Request Transcript from Partner: Will your host university send your transcript to ANU directly? If not, you must organise this yourself.
 - For many partners in the USA and some in Germany, exchange students MUST order their transcripts themselves. Check with partner.
- Ensure your Transcript is Processed: After you have received an email from us about your transcript, please pick up the transcript from our office. You can make an appointment with your ANU College Advisor to ensure your exchange credits are transferred.

A few tips before you go...

- Immunisations book an appointment at least a month in advance, keep records.
- Personal info have you given someone permission to access your personal info on your behalf?
- Records keep records of all communications, including who you are speaking to, when, where etc.. / create an "Exchange doc" file on dropbox
- ANU email monitored / diverted / check spam box, just in case.
- Travel plug universal adaptor/power board multiple charge points.
- Finances what's the back-up plan? See your bank. Check international withdrawal fees.
- Mobile put yours on hold before you go/cancel contracts/check if you can get a local SIM.
- Follow up when you get home, follow up your transcript and enrolments.

PLAN AHEAD!



Personal & Psychological Well-being



Items to Consider

- Personal safety
- Managing unexpected events
- Culture shock
- Homesickness
- Additional resources



Personal Safety

- Be aware of the risks associated with independent travel
 - Different laws and customs
 - Transport dangers
 - Theft/ Robbery
 - Lack of support overseas
 - Language and communication barriers



Tips for ensuring your safety

- Research!
 - Laws/legal system
 - Cultural customs
 - Language (basics)
 - Water quality
- Register with Smart Traveller

- Buddy up! Create a support network
- Plan for easy access to money
- Do not take valuables
- Clothing/footwear choices
- Be prepared!
 - E.g. Contraception



What if Something Happens?

- Stay calm and try to be rational
- Seek somewhere safe
- If it's an emergency, seek immediate assistance. Get to know the emergency numbers in-country: examples - 000 (Australia), 999 (UK), 911 (USA) etc
- Utilise the support of the host institution
- Notify ANU Insurance
- Notify ANU Global Programs team
- Who do you trust to assist you?
- Make sure you stay in touch with family and friends
- Respond to ANU if we email you (your ANU email account) to check-in with you from time to time



Mental Preparations

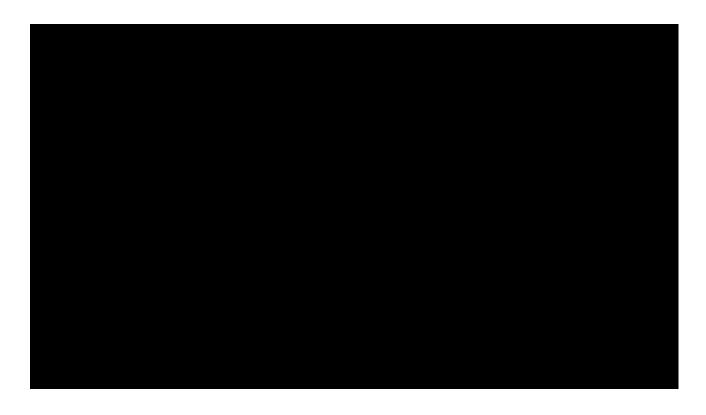
- Preparing to travel
 - Preparing to minimise culture shock
 - Homesickness and FOMO (Fear of Missing Out)
 - Relationships abroad
 - What if something happens?
- Have a plan for how to help yourself!



Based on Oberg (1960) and Gallahorn & Gallahorn (1963)



Cultural Adaptation



https://www.youtube.com/watch?v=g-ef-xhC_bU&feature=youtu.be



Tips for managing during exchange

- Be realistic about your expectations overseas it may not be exciting all the time
- Don't isolate yourself & keep an open mind;)
- Don't forget to take care of yourself: exercise often, eat well and sleep well
- Stay in contact with home, family, and friends regularly
- Become a member of the Exchange club at your host university
- Take up an activity/sport/interest at host destination
- Make yourself known to the local exchange office
- Find out about student services at your host university
- If needed, call us via Skype



Additional resources - seeking help

- Your host institution
- **ANU Counselling Centre**
- Other websites:
 - E-couch
 - MoodGym
 - Blueboard
 - Reach Out
 - Smiling Mind
 - Anxieties.com
 - Black Dog Institute



• ANU website: http://www.anu.edu.au/students/health-wellbeing/counselling/community-services



The Global Society



Claim Your Membership [+]

Follow these three steps!

- 1. Go now to: www.globalsociety.com.au
- 2. Click the pink 'Join Now' button
- 3. Be sure to enter your uni email on the first page!





Volunteers wanted!

Ambassadors and Storytellers



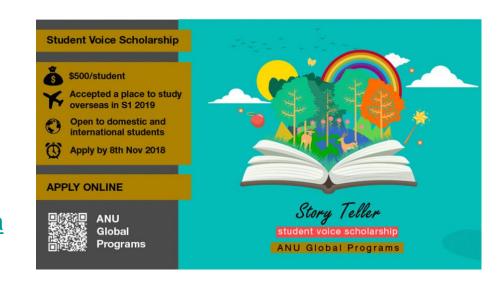
Volunteering for events

- Volunteer for events at exchange partners to promote exchange, ANU and Australia.
- Volunteer for Global Program events, like the annual Global Fair! We can only make the event work with the many volunteers we need for each country/partner!
- So, please help as often as possible.
- We will send you invites to your ANU email account.



Become an Exchange Ambassador or Storyteller

- Student Voice Scholarship \$500 per student.
- Share your experiences from overseas!
- Videos, stories, photos, and your exchange life!
- http://www.anu.edu.au/students/ca reers-opportunities/globalprograms/student-voicescholarship



Sign up here: https://apollo.anu.edu.au/apollo/poll.asp?pid=10897

Hope to hear from you! ©



Homecoming session

- Global Programs, in conjunction with the Careers Office will run a "Homecoming session" in early Semester 2, 2019.
 - What to do next
 - Unpacking your overseas experience
 - Using your experience for your career
- Come along and make the most of your overseas program towards future opportunities!



Final Points to Remember

- Be the best ANU Ambassador! Promote Exchange, ANU, Canberra, Australia.
- Keep in contact with family and friends at home and us!
- ANU Enrolment Change form for 2019 Semester 1 must be done. Go see your Academic College!
- Know your ANU academic College Advisor's email. You need to get your academic College to approve the courses (and any course changes) you take at the exchange partner!
- Leave a "Consent to the Disclosure of Personal Information Form" and submit at Student Central (if required)
- Ensure you always use your ANU email address to contact your ANU Colleges and Global Programs.

All the best on your exchange everyone.

K

ANU Global Programs

A Ground floor (Student Central), Building X-005,
 121 Marcus Clarke Street, Canberra ACT 2601

T 02 6125 7857

E <u>outbound.global@anu.edu.au</u>

#ANUglobalprograms

DROP-IN SESSIONS

9 to 5 Monday to Thursday and 10 to 5 on Fridays

