

CU PARENT ESSENTIALS

Essential Information for Parents from Cornell ABROAD

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In an EMERGENCY

1. In an emergency concerning health, safety, or security call Cornell Abroad at **(607) 255-6224**.

After hours, call the Cornell Police Department at **(607) 255-1111**.

Please let them know that you are trying to reach Cornell Abroad so they will alert our staff.

2. If your student is seriously ill or injured, is experiencing a travel emergency, or is in need of a security or medical evacuation, call UHC Global immediately.

UHC Global Emergency Response Center phone:

1-410-453-6330

Your student should identify him/herself as a Cornell University Study Abroad student and provide the **UHC Global ID # 343211**



Parent Preparations

Please read and keep this information letter for reference.

It's a delicate balance: making sure your son or daughter is prepared and letting them take the lead...

Travel Documents Your son or daughter must make sure that their passport and any required visas are in order. You should also have a valid passport in case of emergency.

Health Before departure, your son or daughter should have a general physical and dental exam; women should also have a gynecological checkup. Make sure he or she packs a complete medical record and a copy of all prescriptions, including vision. Students working with a counselor or psychiatrist should discuss their SA plans with their health professional. *Read page 2 for more about health.*

Finances Decide with your student how to access money for both everyday financial needs and emergencies. *Read about study abroad costs, billing and Financial Aid on pages 3-4.*

Insurance Continue carrying your student as a dependent on your health insurance policy, even if he or she will have other coverage while studying abroad. *Read the insurance info on page 2.*

Travel Planning Help your student research travel costs and flights. Encourage them to pack lightly. Be aware of any restrictions the tickets you purchase may have [such as a change policy]. A money belt can help keep valuables safe during the trip.

Contact Planning Make sure you have a telephone number where you can reach your student and know the times of day when he or she is most likely to be there. Minimize the cost of staying in touch by establishing methods in advance. Research Internet phone options, or learn the most inexpensive way to call to and from the destination country. Given the cost of telephoning, it might be better to set up a regular schedule for e-mailing instead.

Emergencies

Keep this Newsletter for the emergency information on the left column of this page. Make sure that you will be informed if your student runs into difficulty overseas. Since students are typically legal adults, you will not receive that information unless you are designated as an emergency contact.

Data File

Gather all of the information you and your student might need while away and keep it in a file easy to find. Include:

- Contact information for your student, the on-site Resident Director, the home office of the program provider, this Newsletter with Cornell numbers, doctors who have treated your student in the past, citizen assistance section of the embassy or consulate nearest your student.
- Insurance policy numbers and how to submit claims
- Credit card numbers for your student
- Passport number and photocopy of passport's photo, signature, and visa pages
- Program calendar

...ideas borrowed & condensed from the CIEE parent pamphlet

A person needs at intervals to separate from family and companions and go to new places. One must go without familiars in order to be open to influences, to change.

—Katharine Butler Hathaway



Photo by Christina Manto, New Zealand

HEALTH, SAFETY, AND SECURITY

Cornell Abroad gives top priority to the safety and security of our students abroad.

Health, safety, and security concerns, including recognition and assessment of possible risk, advice on minimizing exposure to risk, and instructions on dealing with illness, injury, or other crises are major elements in the mandatory pre-departure meetings we conduct here in Ithaca.

Cornell Abroad collects and disseminates information about the special concerns of female students, minority students, LGBTQ students, and students with disabilities. Sections of the Cornell Abroad Student handbook discuss the challenges of adjusting to life away from the Cornell campus and to coping with homesickness and culture shock.

The on-site staff at your program location will have the best grasp of local security issues; all programs conduct orientation meetings upon arrival to discuss practical measures for safety and security in light of the specific local situation.

The Cornell Abroad office receives up-to-date State Department Travel Information and works with other information sources to assess the degree of health and security risks in countries where students plan to study. As in all matters, the staff is available to talk with parents who have concerns, recognizing that the ultimate decision about whether a student should participate in a program abroad and, very occasionally, about whether a student should return home before the end of

a program, needs to be made within the family.

Returning study abroad students report that the experience has fostered tremendous personal growth and self-confidence. For a very few, however, the independent living arrangements that are the norm overseas and the cultural adjustments that are required may prove too difficult. Every year one or two students return home without finishing the semester because they cannot cope with the challenges. Cornell Abroad is very anxious to avoid such an unfortunate scenario.

We have no access to personal health records when a student applies; a student who has any ongoing physical or mental health problem should seek professional consultation in order to consider carefully the advisability of being away. We encourage students to disclose to us and to their program sponsor significant issues that might affect participation in study abroad; the information disclosed can help all parties prepare for a successful experience. Respecting confidentiality, the Cornell Abroad staff and college study abroad advisors are eager to help students weigh the study abroad decision.

Please note that because of the risks associated with driving under unfamiliar road conditions and signage, including the possibility of driving on the LEFT side of the road, Cornell Abroad strongly discourages students from driving while overseas.

INSURANCE WHILE ABROAD

Cornell Abroad takes seriously the need for all study abroad students to have ample coverage for their health and travel needs.

Health and Accident Insurance

Every student is required to identify a comprehensive health and accident insurance policy that will be valid outside the United States. This may take the form of Cornell Student Health Insurance (SHIP) or another approved policy.

Cornell requires identification of health and accident insurance coverage for a maximum benefit of at least \$500,000. The company must also be licensed to do business in the US and have a claim payment office in the US, as well as a US phone number. This information should be provided to Cornell Abroad on the Medical and Accident Insurance questionnaire as part of your student's pre-departure on-line submissions.

If your family carries a policy that only provides coverage within a restricted network, international coverage may need to be purchased from SHIP or any company that provides study abroad supplemental insurance (such as HTH Worldwide, iNext, CISI, ISO Abroad), unless it is possible to purchase a "rider" on your policy.

Please note that single term enrollment in SHIP is available to Spring Study Abroad students.

In the event of serious illness or an accident, Cornell Abroad must be notified (607-255-6224 and/or cuabroad@cornell.edu).

The university or program your son or daughter will attend may provide some insurance, but it will not replace his or her comprehensive health insurance issued stateside which must be maintained in order to cover such possibilities as an illness or injury sustained while traveling or any pre-existing condition. Normally, students will pay up front for medical services, save all receipts, and file claim forms to seek reimbursement.

Traveler's Emergency Assistance

A traveler's assistance policy has been purchased for each student by Cornell from UHC Global. This policy, which should not be confused with either the stateside or host country health and accident insurance policy, will offer coverage for emergency medical evacuation and repatriation.

The UHC Global Website provides valuable country and region-specific health and security information. The Cornell Abroad website has a link to the Cornell portal for UHC Global, www.cuabroad.cornell.edu/?go=safety.

UHC Global coverage starts on the first day that the student's program begins and ends on the last day of the program. Cornell University strongly encourages students who plan additional travel beyond these dates, particularly in less-developed countries, to purchase additional coverage through UHC Global. Students should identify themselves as Cornell University members in order to secure a lower rate.

Personal Property Insurance Coverage

Cornell Abroad encourages study abroad students to review the insurance coverage that they may have on their personal belongings—such as their laptop computer, camera, or anything that would take a lot of money to replace if it was stolen or damaged. Unfortunately, a few students every year experience being robbed. Each student receives a brochure about coverage recommended by Cornell's Risk Management and Insurance office with their pre-departure materials.

WITHDRAWAL FROM A PROGRAM, TUITION REFUNDS, AND MEDICAL LEAVE

Every year one or two students withdraw from their program, typically for health reasons, which is why students are strongly encouraged to consider the study abroad decision with their families and physicians very carefully. If considering withdrawal, for health or other reasons, timely communication with Cornell Abroad and awareness of the following policies are very important.

Withdrawal from a program can result in significant loss of tuition money. If your son or daughter is thinking about leaving a program, Cornell Abroad would like to help him/her weigh options and make sure that s/he understands the academic and financial implications.

The date of a withdrawal is determined by written notification from the student, email or fax, to Cornell Abroad or from a responsible representative of the program if the student is unable to communicate on his/her own behalf. The earlier a decision is made to withdraw from the program, the less of a tuition loss will be incurred.

be refunded less any program deposit and non-recoverable cost.

Payment refunds after the start dates of these Cornell programs will be on the schedule in the box on this page.

For Universities and Externally Sponsored Programs

Students attending externally-run programs are subject to the refund policies of the program sponsor. Many programs' withdrawal penalties begin long before the start of the program. Program websites are often good initial resources for policies and procedures. Cornell Abroad staff can provide assistance in finding out whom to contact about these policies, but are not responsible for, nor can we dispute their policies. Should you decide to withdraw, it is imperative that you notify your program or university immediately, as well as Cornell Abroad, in writing.

The Cornell International Program Tuition (CIPT), paid by students attending externally sponsored programs or universities in the UK or Israel, will be refunded in full until the official program start date, and afterward according to the schedule in the box.

Financial commitments regarding air travel, insurance, and visa applications are usually

communication with his or her college and faculty advisor.

Along with loss of tuition money after the dates referenced, late withdrawal will likely result in loss of financial aid funding for the semester. A leave of absence from his/her college needs to be arranged for the duration.

Medical Leave

Should a medical leave become necessary at any point in the semester/year, Cornell Abroad is ready to help in the coordination of arrangements with overseas program staff, colleagues here in Ithaca, and with a student's family.

PASSPORT AND VISA

All students must hold a valid passport in order to travel abroad, and should apply for one immediately if they do not already have one. Passports that will expire within six months of the end of the program should be renewed before going abroad.

Students will need a passport to apply for a student visa to study in most countries. A visa is a special stamp in the passport issued by a country permitting access by a foreigner for certain purposes; application procedures vary depending upon the country and type of visa sought. The sponsor of the student's program will provide updated information on visa requirements.

Non-U.S. citizens with U.S. Permanent Residence status may travel to most places, although they may have to complete special visa application procedures.

Students who plan to travel on a passport issued by a country other than the U.S. are advised to check visa requirements for all countries they plan to visit.

Did you know?

A student studying abroad remains registered at Cornell through Cornell Abroad.

Cornell Abroad sends out periodic *Cornell Connection* e-news to keep students on top of what is happening at Cornell, remind them to pre-enroll for their next semester, and inform them how to handle the application of credit to the Cornell transcript at the end of the study abroad semester or year.



REFUND SCHEDULE FOR CU ABROAD STUDENTS

Date of Notification	Maximum Refund
Within 6 days of start of program <i>Minus non-recoverable costs</i>	100%
7 days after start date	90%
8-14 days after start date	80%
15-21 days after start date	70%
22-28 days after start date	60%
29-35 days after start date	40%
36-42 days after start date	20%
More than 42 days after start date	no refund

For Cornell Managed & Affiliated Programs

The Consortium for Advanced Studies in Barcelona, the Berlin Consortium, the Bologna Consortial Studies Program, EDUCO in Paris, the Kyoto Consortium for Japanese Studies, the Cornell Nepal Study Program, the Cornell-Michigan-Penn Program in Seville.

If withdrawal occurs prior to the start date of the program, tuition and related fees for all Cornell administered programs will

not covered by program refund policies. We suggest you work with your travel agent for purchase of airline tickets and any traveler's insurance you are considering.

Late Withdrawal

Withdrawal more than a very few weeks after the start of the Cornell semester will likely be too late for a student to return to Ithaca and register for the semester, although Cornell Abroad will do everything possible to support

STUDENT CONDUCT AND LEGAL LIABILITY

While abroad, students are subject to the disciplinary regulations of their host university or program, as well as to the laws of their host country. Cornell students bear responsibility to the Cornell University Code of Conduct while studying abroad because they remain registered at Cornell throughout their semester or year away from campus. Records of any disciplinary actions taken overseas become part of a student's file at Cornell Abroad and are communicated to the Cornell Judicial Administrator.

Students need to be aware that violation of host country laws will make them liable to legal proceedings within judicial systems that may be very different from those of the United States. No study abroad student should contemplate the distribution or use of illegal drugs, the penalties for which may be extremely strict.

Any student who poses a threat of danger to him/herself or anyone associated with the study abroad program or university, risks being sent home before semester's end.

Pointers for Parents

This article is borrowed from "Parents: Pointers to Prepare for the Transformation" created by CIEE, a leading U.S. non-governmental international education organization.

Studying abroad will almost certainly be a defining period in your son or daughter's educational experience—a psychological journey that can transform them into a global thinker with international perspectives and put him or her a step ahead of the competition in the eyes of prospective employers. In spite of this, you—and your son or daughter—may have a wide range of feelings about the upcoming experience, from excitement to stress. By understanding each other's feelings and supporting decisions before, during, and after the period of overseas study, you can help maximize this opportunity. Here is some advice on what to expect.

Encourage, but don't push

Before your student leaves, offer your full support. Let him/her know that you will be there throughout the experience if needed, including that you can still be reached from overseas.

Time abroad often begins with a honeymoon period during which students are excited to finally be in the setting that they have dreamed of. After facing realities such as unfamiliar university procedures, unexpected difficulty with the local language, commuting woes, and the absence of usual support groups, culture shock can set in. At the same time, the student is away from on-campus medical, psychological and advisory services they may have come to rely on.

Expect to hear some tales of frustration, though your student will likely be experiencing many wonderful things as well, even if you are not the first to hear about them. In most cases he or she won't expect you to solve problems—as much as you may want to—and is just looking for an understanding ear.

If studying abroad was your idea to begin with, be sure not to push too hard. Every year, program directors hear complaints from students who didn't want to come in the first place—and those students experience more difficulty than others adjusting to the new environment. In fact, some never do.

Maintain a level of distance

It is by overcoming any difficulties that your son or daughter will quickly rise to a new level of independence, so avoid the temptation to become too involved. Ultimately, this is his or her learning experience.

Also, it's important to remember that study abroad students are not on vacation. Attending class with him or her—or taking your student out of class to sightsee—will interrupt the educational process and immersion experience. If you want to visit, it's best to do so when the program has finished so you can travel together. And it's not wise to press your student to return home early; the end of the semester is the most important part of his or her academic experience.

Prepare for the transformation

After living abroad for as long as study abroad students do, they can't help but be changed by the experience. This can take many forms, from new ways of dressing to cravings for different kinds of food to new political perspectives. Don't worry too much: negative feelings usually last for a very short time, while a realistic view of America and its place in the world remains with most students for life.

Be prepared for him or her to experience some degree of reverse culture shock—most do—and need some time to fully readjust to living at home again. In some cases, he or she may even experience a period of depression or longing to return abroad. Once again, your support, interest, and understanding will help your son or daughter during this life-altering experience. Observing and discussing changes like these is an excellent way to share in your son or daughter's international experience, and you will probably want to hear more than most other people, which will be satisfying to your son or daughter. Most study abroad participants report years later that the time they spent overseas was the best part of their college years—and that it changed them for life.

Stay till the End! Universities and programs abroad expect students to stay until their last scheduled exam. They do not permit early departure for internships, weddings or graduations.

Thinking Ahead: What to Expect When They Come Home

These suggestions come from SIT, a leading provider of field-based study abroad

For some students, re-entry to the U.S. is not difficult; however, some students describe experiencing some degree of stress upon their return. Some research suggests that the more successfully a student has adapted to a foreign culture, the more difficult their re-entry to the United States will be.

Some students have gone so far as to state that the task of re-adapting to the U.S. after living abroad is more difficult than the initial need to adjust to the foreign culture.

In general, you should recall that your son or daughter will have just completed an experience that's likely to have changed the way he or she views the world. Try not to take anything for granted and leave time for the re-adjustment process to run its course.

Photo Contest captures student cultural experiences...

Each Semester students who have returned from abroad are invited to enter a photo contest and exhibit. Here are some 2015 winners.



Winner: Danielle Hu: Hong Kong, China



Winner: Madeline McDermott
Melbourne, Australia



WINNER: Danielle Corona
Khon Kaen, Thailand

Cornell Abroad Staff

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