Welcome to The N.U.in Program

The N.U.in Program is unique and innovative first-year international program that reflects the mission of Northeastern University: encouraging our students to grow as individuals, develop an affinity for Northeastern, and actively engage in a supportive community that emphasizes global citizenship and a holistic academic experience.

The N.U.in Program is a good fit for students who wish to engage in a personally challenging and academically integrated experience with an international edge. The N.U.in Program provides a truly transformative experience to students who are ready for the challenge. Our students are well-prepared for translating their knowledge into marketable assets throughout college and in the future. N.U.in alumni are adventurous, ambitious, intellectually curious, reflective, and independent individuals who engage in their own learning. They share a passion for the world and thrive in their community.

Wishing you a great 2016 semester!

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INTRODUCTION

The N.U.in Program provides an enrollment opportunity for talented students who we wish to welcome to our community but are unable to accommodate on the Boston campus in the fall. N.U.in is a selective program designed for those who are especially motivated to enroll at Northeastern and to participate in co-op and other experiential learning programs. This unique first-year experience provides participants with the support to develop as trailblazers with skills to differentiate themselves in the classroom, the job market, and beyond.

Goals

• To provide students with an early opportunity to have an enriching first-year international experience
• To provide a supportive environment that encourages students to develop self-awareness, enhanced cultural sensitivity, respect for diverse beliefs and opinions, ability to interact and collaborate with individuals and communities of diverse backgrounds
• To provide N.U.in participants with a holistic academic experience while earning credit toward their Northeastern undergraduate degree
• To provide structure and support to help transition from high school into college
• To provide guidance to families and students as they navigate this important transition
• To foster a community-building environment
• To build Northeastern affinity and orient students to the Northeastern culture
# USEFUL CONTACTS

## GENERAL

<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>The N.U.in Program office</td>
<td>101 Belvidere</td>
<td>northeastern.edu/nuin</td>
<td>617.373.6447</td>
</tr>
<tr>
<td>Housing and Residential Life</td>
<td>4 Speare Commons</td>
<td>northeastern.edu/housing</td>
<td>617.373.2814</td>
</tr>
<tr>
<td>New Student Orientation</td>
<td>101 Ell Hall</td>
<td>northeastern.edu/orientation</td>
<td>617.373.3868</td>
</tr>
<tr>
<td>Student Financial Services</td>
<td>354 Richards Hall</td>
<td>northeastern.edu/financialaid</td>
<td>617.373.2270</td>
</tr>
<tr>
<td>University Health and Counseling Services</td>
<td>135 Forsyth Building</td>
<td>northeastern.edu/uhcs</td>
<td>617.373.2772</td>
</tr>
<tr>
<td>Help Desk - myNEU Portal Assistance</td>
<td>184 Snell Library</td>
<td><a href="mailto:help@neu.edu">help@neu.edu</a></td>
<td>617.373.4357</td>
</tr>
<tr>
<td>International Student and Scholar Institute</td>
<td>405 Ell Hall</td>
<td>northeastern.edu/issi</td>
<td>617.373.2310</td>
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## COLLEGES & PROGRAMS

<table>
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<th>College/Program</th>
<th>Address</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bouvé College of Health Sciences</td>
<td>120 Behrakis Hall</td>
<td>northeastern.edu/bouve</td>
<td>617.373.3320</td>
</tr>
<tr>
<td>College of Arts, Media and Design</td>
<td>102 Ryder Hall</td>
<td>northeastern.edu/camd</td>
<td>617.373.3682</td>
</tr>
<tr>
<td>College of Computer and Information Science</td>
<td>202 West Village H</td>
<td>northeastern.edu/ccis</td>
<td>617.373.2462</td>
</tr>
<tr>
<td>College of Engineering</td>
<td>230 Snell Engineering Center</td>
<td>northeastern.edu/coe</td>
<td>617.373.2154</td>
</tr>
<tr>
<td>College of Science</td>
<td>115 Richards</td>
<td>northeastern.edu/cos</td>
<td>617.373.5085</td>
</tr>
<tr>
<td>College of Social Sciences and Humanities</td>
<td>180 Renaissance Park</td>
<td>northeastern.edu/cssh</td>
<td>617.373.3980</td>
</tr>
<tr>
<td>D’Amore-McKim School of Business</td>
<td>250 Dodge Hall</td>
<td>damore-mckim.northeastern.edu</td>
<td>617.373.3270</td>
</tr>
<tr>
<td>Program for Undeclared Students</td>
<td>1 Meserve Hall</td>
<td>northeastern.edu/undeclared</td>
<td>617.373.2306</td>
</tr>
</tbody>
</table>
THE N.U.in PROGRAM STAFF

Spending a semester abroad is an exciting and rewarding opportunity, and The N.U.in Program is committed to maintaining an academically challenging, healthy, safe and fun environment for all students. As part of this commitment, Northeastern provides staff members at each location who accompany and provide on-site support to students, 24 hours a day, 7 days a week.

Each location has:

• Site Lead
• Assistant Site Leads (based on location enrollment)
• International Student Advisors (ISAs)

Site Leads and Assistant Site Leads all hold advanced degrees, and have experience in the student affairs and international education fields. ISAs are either current Northeastern students on co-op, or recent graduates of Northeastern. Together, this team can respond to a range of concerns and serve as a resource to participants on-site and family members at home. Email addresses for our Site Leads will be made available via email before departure.

Each team also has a Site Lead/Assistant Directors who is Boston-based. This person coordinates the planning with our international partners prior to enrollment and departure, works with students and parents during the pre-departure process, and communicates with site staff on a daily basis while participants are abroad. Assistant Directors are also a resource for parents and families throughout the fall semester.

Boston-based Staff

Director: Lauren Kettler
Associate Director: Gary Vogel
Senior Assistant Directors: Grant Dauber (Greece)
Quinn Emmons (Canada and Ireland: UCD)
Assistant Directors: Laura Brond (Australia: SUT and USYD)
Josh Hochman (England, Germany and Ireland FIE @ DBS)
Site Leads/Transition Managers: Kate Berge, Alex Ries, and Anna White
Program Coordinators: Paola Santana and Tiffany Medeiros
STUDENT VISA

Student Visa for Greece

Most students with US passports DO NOT have to apply for a Greek visa. If students plan to travel within the Schengen Region immediately before the start of the Fall 2016 semester, or plan to stay in this region beyond program end date, they WILL NEED a visa and should contact their local Greek Consulate for further information. If students have traveled within the Schengen Region in the six months previous to the start of the Fall 2015 semester, they may also need a visa and should contact their local Greek Consulate. (The Schengen region is different from the European Union; please check on our website for a full list of countries). Please visit our website to learn more about the visa process, and for a visa guide.

European Economic Area and Swiss citizens may freely reside in Greece during the program. EU national students who will be in Greece for longer than three months should contact their local Greek consulate for more information on documentation requirements.

Third country nationals, before travelling to Greece, may not receive a Greece Visa from the Greek Embassy or Greek Consulate of the country of their residence. The Greek Embassy website lists all nationalities and indicates whether they will need a visa or not.

Any student planning to stay in Greece for longer than 90 days will also need to apply for a Residence Permit once arriving on site.

F-1 Student Visa for the US (International Students only)

All international N.U.in students must apply for a nonimmigrant student visa at a US Embassy or Consulate to start their Spring semester in the US at Northeastern University. For information regarding the requirements for an F-1 Student Visa, please contact your nearest Embassy or Consulate directly.

International students receive an information sheet detailing the application process for a student (F-1) visa with their admissions letter. The first step requires international students to submit certain paperwork, including the Declaration of Finances form to Northeastern. Once students submit the required documentation, they will then receive their I-20. Students must be prepared to arrive to campus in Boston by early January.

N.U.in Greece students who need to obtain F-1 visas will need to begin this process while in Thessaloniki. Our on-site staff is able to assist students in connecting with the US Embassy in Athens, to submit their F-1 visa application.

PACKING LIST

Generally, participants should pack as lightly as possible while remembering to bring essential items. This is not an easy task, so we recommend not waiting until the night before to begin packing. We suggest not over-packing, as rooms may be smaller by American standards. Please use the packing list provided on the following two pages as a guide for packing.
General Tips for Packing

• Remove anything that could be perceived as threatening or suspicious at a security checkpoint.
• Avoid over-packing so that all luggage and checked bags can be opened and closed with ease.
• Check with your airline prior to departure for any updates regarding luggage allowances.
• Take a few personal items that will help remind you of home (i.e. pictures, stuffed animals, or any thing that you have an emotional tie with).
• Consider local culture when packing clothes.
• ACT suggests that students bring at least one warm coat, warm sweater, walking and trekking shoes, sandals, bathing suit, one set of clothes for a formal outing, and a light back pack.
• Do not take expensive jewelry or luxury items which would mark you as a target for a pickpocket.

Pack for the Weather!

The weather in Thessaloniki can be variable, though expect rain and cooler temperatures as the semester progresses. The average temperatures and precipitation in Thessaloniki are:

<table>
<thead>
<tr>
<th>Month</th>
<th>Low</th>
<th>High</th>
<th>Precipitation</th>
</tr>
</thead>
<tbody>
<tr>
<td>September</td>
<td>59°F/15°C</td>
<td>81°F/27°C</td>
<td>0.79 in</td>
</tr>
<tr>
<td>October</td>
<td>52°F/11°C</td>
<td>70°F/21°C</td>
<td>1.97 in</td>
</tr>
<tr>
<td>November</td>
<td>45°F/7°C</td>
<td>57°F/13°C</td>
<td>3.15 in</td>
</tr>
<tr>
<td>December</td>
<td>37°F/3°C</td>
<td>50°F/10°C</td>
<td>1.97 in</td>
</tr>
</tbody>
</table>

Pack Lightly!

• Remember, WHATEVER YOU PACK, YOU WILL HAVE TO CARRY. Be conscious of the weight of your bags, since transporting them around the world on planes, trains, and buses will be difficult if you over-pack.

• Put everything you plan to pack on your bed. Then, pack HALF of that. Most students say they brought about twice as much clothing as they needed!

• Bring mostly clothes that are machine washable. Dry cleaning may be expensive. Dark clothing will not show wear as quickly.

• In most cases, it may be better to purchase toiletries and appliances (hair dryers and straighteners) once you are in Thessaloniki.

Adapter

An adapter is a device that will allows American appliances to be plugged into Greek outlets. They can be purchased at any electronics store for about $5. Students may want to consider buying a universal adapter for use outside of Greece if they are planning to travel during breaks.

Voltage Converter

The electricity supply in Greece is 220 volts alternating at a frequency of 50 Hertz. Some electrical appliances will require a converter. We strongly recommend that participants purchase items like hair straighteners and blow dryers in Greece to ensure compatibility. It is possible that the US versions of these appliances will either not work in Greece or will be ruined when used repeatedly with a converter.
**Use the below list as a guideline to pick and choose what is essential for you.**

### Clothing
- 1 pair of rainproof walking shoes
- 1 pair of flip-flops
- Socks
- Underwear
- Shorts
- 1 bathing suit
- 1 hat
- 1 professional outfit
- 1 dressy outfit
- Skirts/trousers
- Shirts
- Sweater/sweatshirt
- Poncho/rain jacket
- 1 light jacket/Windbreaker
- Sleepwear
- Athletic wear

### Miscellaneous
- Watch
- Camera and film
- Batteries
- Journal
- Books, guides, maps
- Duffle bag/Backpack
- Change purse
- Luggage lock/tags
- Battery operated alarm clock
- Adapter and voltage converter
- Towel/washcloth
- Ethernet cord
- Required textbooks (can be bought on-site as well)
- Laptop/charger
- Scientific calculator

### Documents
- Passport, Visa (if applicable)
- 3 copies of passport, visa
- Acceptance Letter
- Plane tickets and itinerary
- ISOS card
- Photo ID
- Cash, travelers’ checks, credit/debit cards (and copies), calling cards

*Remember to leave copies of all documents/credit cards at home!*

### Medicine and Toiletries
- Prescription Medicine (make sure you can travel internationally with your prescription, verify what documentation you need to legally transport your prescription; travel supply advised)
- Comb/brush
- Sunscreen, moisturizers, cosmetics
- Deodorant
- Aspirin/Tylenol/Ibuprofen products
- Feminine hygiene products
- Razors (in checked-luggage only)
- Extra eyeglasses and sunglasses
- Extra contact lenses and solution
- Tweezers, nail files/polynomial, etc. (in checked-luggage only)

### Notes
GROUP FLIGHT

Pre-departure

Participants on the Group Flight must check their email for an important Departure Information communication that will include all details for the day of travel, including phone numbers to call in case of a travel delay or emergency. To ensure the safety of everyone, both students traveling on the Group Flight and those traveling independently must provide N.U.in with the details of their itinerary, including any and all connecting flights. Participants will receive an email prompting them to provide these flight details prior to departure.

Travel to Greece

Participants travel independently from their home cities to join the Group Flight in cities such as Boston, Newark, or San Francisco, where they check-in with N.U.in or Advantage Travel staff at the appropriate ticket counter, outside of security at least 3 hours before the Group Flight departure. Students then travel on the Group Flight together, and N.U.in site staff greet them in the airport in Thessaloniki, Greece. Buses will be waiting to take students directly to their student residences.

We ask that participants wear their N.U.in T-shirt for identification purposes in the airports in the United States and in Thessaloniki.

Departure from Greece

On the last day of the program, buses will be arranged to bring participants on the Group Flight to the airport from the student residences. From there, students will go through security together and travel as a group back to the US. Students may depart for home, or travel elsewhere, once all finals and academic requirements have been completed.
INDEPENDENT TRAVELERS

Pre-departure

Any participant who chooses to fly to Thessaloniki separately from the Group Flight books his/her own flights, and will receive a credit on their bill equal to the cost of one Group Flight airline ticket.

Just like participants on the Group Flight, independent travelers must check their email for an important Departure Information communication that will include all details for the day of travel, including phone numbers to call in case of a travel delay or emergency. To ensure the safety of everyone, both students traveling on the Group Flight and those traveling independently must provide N.U.im with the details of their itinerary, including any and all connecting flights. Students will receive an email prompting them to provide these flight details prior to departure.

Travel to Greece

Participants travel independently from their home cities to Thessaloniki, and must arrive on site by September 13, 2015. If an independent traveler’s flight arrives to Thessaloniki around the same time as the Group Flight, he/she may utilize the buses set up for those students. Otherwise, independent travelers must arrange their own transportation to their student residence. More information will be sent to students regarding arranging transportation and the addresses of the hotel.

Departure from Greece

On the last day of the program, buses will be arranged to bring participants to the airport from their residence. If an independent traveler’s flight is departing on or around the same time as the Group Flight, he/she may utilize these buses to get to the airport. Otherwise, independent travelers are responsible for their own transportation to the airport.
ABOUT THESSALONIKI

Location & Time Zone

Thessaloniki is the second largest city in Greece (urban area population 1,000,000) and was labeled as the “European Youth Capital” in 2014 for its large number of permanent young residents. More than 100,000 students give the city a completely unique pulse and vibe. Thessaloniki is within the Eastern Europe Time Zone (EET), and the time difference between the Eastern Standard Time in the US is +7 hours.

Climate & Weather

Thessaloniki residents need to be prepared for anything – take an umbrella and wear layers that can be added or removed as needed. Greeks dress modestly and although most people will not be concerned with what others wear, following the local mores allows one to blend in more easily.

From September to mid-October the weather is pleasant and dry and people still visit the beach. Toward the end of October it begins to get cold and at times, rainy. By December there is a small chance of snow. Students need to dress warmly during November and December.

Transportation

On weekends, a complimentary shuttle is available between the student residence and the ACT campus. Should participants decide to travel to or from campus before or after the scheduled shuttle, they can take a taxi for around ten US dollars, or a city bus pass which is included in the program fee.

Thessaloniki has a modern bus system with numerous routes within an 1-minute walk from ACT and a 1-minute walk from the residence. Buses can take students to the domestic bus terminal, to the downtown area, the airport, or to destinations well outside of the city.

Taxis are also easily available outside of the hotels, and are the preferred method of travel to the airport when students conduct any independent travel during the semester.
Money & Banking

Greece’s currency is the Euro. Current conversion rates can be found on an array of different websites.

Participants will not be able to open a Greek bank account while abroad, unless they are applying for a Residence Permit as part of their visa. Please keep in mind that Greece is primarily a cash economy, and we recommend using an ATM card to withdraw money. This means that while Visa and Mastercard are the most widely accepted cards, credit and debit cards are not as ubiquitous as they are in the United States. People will typically pay for purchases with cash and many vendors may not accept any other forms of payment.

Participants should conduct research prior to departure to better understand how their bank cards will work abroad, and should notify their bank and creditors that they will be studying in Thessaloniki prior to their arrival to ensure that the bank does not enact fraud procedures and deactivate or lock the student’s bank cards. Additionally, credit cards should be used wisely, as the foreign transaction fees can add up quickly. Certain credit cards do not have foreign transaction fees.

Cultural Overview

Thessaloniki, founded in 315 B.C., has historical and cultural roots in the Macedonian, Roman, Byzantine, and Ottoman empires. Today, it is an important Aegean port and a center of commerce, culture, and education. A university town, with the largest Greek University campus, it is famous for its friendliness, vibrant night life, and beautiful museums, restaurants, cafe and bars.

Only an hour away to the east are the golden beaches of Halikidiki, while toward the south lies Mount Olympus, the seat of the Greek gods, offering breath-taking views.

Aristotle Square in the city center is a good place to start with many public spaces and cafe-lined streets that are a haven for small boutiques, restaurants, and coffee shops. The White Tower serves as a symbol of the city of Thessaloniki. In addition to the museum housed inside, the cafes in the surrounding area are perfect for sharing a Greek coffee with friends. Thessaloniki also boasts a six mile long boardwalk which serves as a popular gathering spot and is the perfect place for an evening stroll by the sea.

Sport is also a significant part of Greek culture, with Thessalonians pledging their loyalty to their beloved PAOK soccer team.
AMERICAN COLLEGE OF THESSALONIKI

About the American College of Thessaloniki (ACT)

The N.U.in Greece Program partners with the American College of Thessaloniki, which strives to be the premier, internationally-oriented, English-language college of tertiary education in the Balkan region serving to promote both innovative learning and humanitarian values. ACT is a division of Anatolia, a private, not-for-profit educational institution founded in 1886 in Asia Minor and relocated to Thessaloniki in 1924. It is one of only six NEASC-accredited academic institutions outside of the US and the only institution in Southeast Europe with both full American accreditation and European validation. ACT offers American-style undergraduate and graduate education with teaching standards and campus infrastructure unmatched in the region with rich student life.

ACT Buildings & Resources

ACT’s programs are centered around its two main buildings located in the foothills of Mount Hortiatis, on the lower campus of Anatolia School System. The American College of Thessaloniki’s facilities include:

- Bissell Library (pictured above), one of the largest English language libraries in Europe with a collection of over 27,000 books, 130,000 E-books, 45,000 full text e-journals, and access to Credo Reference.
- Wireless internet access, data projection, and multimedia players
- Faculty offices for ACT and visiting faculty
- ACT offices for administrative and academic staff
- 50 acres spacious green and an outdoor amphitheater for studying and relaxing outdoors
- Campus cafe that serves as a popular gathering area or a place to grab lunch or a frappe

The upper campus at Anatolia includes other amenities, such as an indoor gym, outdoor track and soccer fields that students may utilize during specific hours.
STUDENT RESIDENCES

N.U.in Greece students, as well as N.U.in International Student Advisors, live in dormitory-style housing in hotels located a short walk from Thessaloniki’s waterfront. At the Metropolitan and Queen Olga Hotels, each room is shared by two participants, and is equipped with standard furnishings as well as a bathroom with a shower and hair dryer. Additional features are as follows:

- All linens - sheets, blanket, towels
- Television
- Small refrigerator
- Air conditioning and heating
- Wireless internet throughout the hotel
- Cleaning service twice a week
- Breakfast and dinner, daily
- Access to conference rooms

Shavers and similar electronic devices must be provided by students and used with an adapter. Fire safety procedures will be reviewed upon arrival and check-in.

Common areas

There are common areas available to all residents, including the dining areas and study rooms.

Meals

Students will be provided with breakfast and dinner when they are in Thessaloniki in the hotel dining room. Meals are served buffet-style and available during certain hours each day. If a student has a dietary restriction, N.U.in staff will work with the student and the hotel to communicate and meet that need.

Students will not be provided lunch, but have a number of local options including the cafe at the ACT campus and local eateries around Thessaloniki.

Mailing Address for All N.U.in Greece Students

Student Name

c/o Queen Olga Hotel
Leof. Vasilissis Olgas 44
Thessaloniki, Greece 546 41

Student Name

c/o Metropolitan Hotel
Leof. Vasilissis Olgas 65
Thessaloniki, Greece 546 42
Laundry

A laundry service (wash, dry, and fold) is available for a fee at a nearby laundromat. Limited services may be available at the hotel for a fee.

Mail & Packages

Please be aware that N.U.in students can receive packages at the hotels. Please also note that packages may be reviewed by customs authorities in Greece and items such as gifts, food, electronics, clothing and medications may incur additional customs fees. It is not recommended to send medications as they may be subject to laboratory testing. USPS is the recommended shipping service. Courier services (e.g., FedEx, UPS) for items other than documents typically experience a longer delay and higher taxes in customs than items shipped via USPS.

Roommate Placement

N.U.in Greece students will live with one other roommate. Students receive their roommate assignments once they arrive in Thessaloniki. We encourage students to develop adaptability skills and to broaden their social network as much as possible, and as such, we are not able to accommodate roommate requests.

Living with roommates can certainly be an adjustment for some students. Students can prevent conflict by being proactive with their communication. Keep in mind that the N.U.in on-site staff is available to students who are seeking advice about how to handle a roommate conflict.
PROGRAMMING & EXCURSIONS

Programming

The N.U.in Program aims to foster the development of a tightly-knit community. One avenue for community-building is programming, planned by both ACT and N.U.in staff. Our International Student Advisors (ISAs) are involved in planning weekly free or low-cost activities to encourage students to come together for some fun, and to get to know each other.

Programs cover a variety of topics, including, but not limited to, local culture/events, academics, health & safety, and transition to Northeastern. Some examples from past years include:

- “Family” dinners around the city
- Pozar Hot Springs
- Halloween pumpkin carving
- Traveling 101: Tips & Tricks (prior to fall break)
- N.U.in Husky Day
- Postcards from Thessaloniki

Excursions

In Greece, students will have the chance to discover different areas around Thessaloniki and the country. Dates will be confirmed once students are on site. The following are examples from past years, and are subject to change:

ATC and N.U.in Sponsored Excursions.

- Athens & Delphi
- Halkidiki Beach/Mt. Athos
- Vergina
- Mt. Olympus
- Volos
- Meteora

N.U.in staff accompany participants on all excursions, and all transportation is pre-planned and included for those trips that are fully sponsored by either N.U.in or ACT Sponsored. Students will be required to sign up for all excursions prior to attending so that appropriate plans may be made. While excursions are not mandatory, please understand that some of the ATC excursions are not included in the program fee. Also, monetary credits cannot be issued to participants who do not attend.
STAYING IN TOUCH WITH HOME

Staying in Touch

Keeping in touch with family and friends back home can be difficult at times with the hustle and bustle of classes, adjusting to a new country, and the myriad activities and adventures that can be had while abroad. Past N.U.in students have suggested that it is best to set up a schedule for calling home to check in every week. Frequency of check-ins, of course, can vary depending on participants’ schedules, but having a set time can make time differences much easier and less stressful to handle.

By far the least expensive way to stay in touch with family and friends back at home is over the Internet. There are choices of instant messaging services that allow voice chat (such as Whatsapp messenger), or voice over IP phone programs such as Skype or Vonage, which allow you to video chat for free, or call directly to a phone for a small per-minute fee. For an annual fee, you can purchase a local US number, allowing family and friends at home to call and pay what they would to call an area code in the US. Calls are received through a computer and voicemails can be left with this service. The person at the other end also has to be connected and running the same program (i.e. calls are best scheduled ahead of time).

Cell Phones

For safety reasons and for ease of communication, participants are required to have a working cell phone with a local Greek number for the duration of their time abroad. Phones must be acquired and working within a week of arriving on-site. During on-site orientation, students have a chance to learn more about phone plans and purchase a phone. Participants should research, ahead of time, the mobile phone options available to them during their time abroad.

Since students will only be in Greece for 3 months, the pay-as-you-go phones are typically the most economical option. Participants can choose to purchase a new cell phone with texting and email, depending upon budgetary limitations. Alternatively, participants can utilize their existing phone by unlocking it prior to departure and purchasing a SIM card once in country to obtain a Greek phone number. We recommend speaking with your existing wireless carrier to discuss what options may exist for global calling, or if your phone can be used with a SIM card while abroad.

While The N.U.in Program does not endorse any particular cell phone plan or company, the following companies all offer pay-as-you-go plans. We recommend researching each of these thoroughly on-line before selecting a plan and carrier.

- Cosmote
- Vodafone
- Wind
CULTURE SHOCK

As a visitor from another country, you may experience culture shock at some point during your N.U.in experience. Culture shock is defined as the lack of direction, the feeling of not knowing what to do or how to do things in a new environment, and not knowing what is appropriate or inappropriate. The feeling of culture shock generally sets in after the first few weeks of arriving to a new place. Some students experience all of these symptoms, while others may not encounter any feelings of culture shock. Generally, most students will fall somewhere between the extremes.

Symptoms of Culture Shock

- Comparisons and unwarranted criticism of the new culture and people
- Constant complaints about the climate
- Heightened irritability
- Preoccupation with returning home
- Continual offering of excuses for staying indoors
- Utopian ideas concerning one’s previous culture
- Continuous concern about the purity of water and food
- Refusal to learn the language
- Preoccupation about being robbed or cheated
- Pressing desire to talk with people who “really make sense.”

Dealing With Culture Shock

These are a few strategies that participants can implement to help cope with the stress of culture shock. Remember, these are easier said than done, so students will really need to push themselves to act on the following.

- Realize that this is a normal process.
- Don’t be quick to judge – keep an open mind.
- Set some personal goals and evaluate your progress.
- Get involved in activities or find a hobby.
- Talk to your Site Leads, Assistant Site Lead(s), or ISAs – they can help!
- Make an appointment to see an on-site mental health professional.
- Ask questions.
- Exercise.
- Be patient and don’t compare.
- Don’t take yourself too seriously.
- Treat yourself to your “must haves” from a specialty market.
- Allow yourself to feel sad about the things that you have left behind: your family, your friends, etc.
- Find ways to live with the things that don’t satisfy you 100%.
OVERVIEW

Compatible Colleges

Bouvé College of Health Sciences | College of Arts, Media and Design | College of Engineering
| College of Science | College of Social Sciences and Humanities | D’Amore-McKim School of Business | Program for Undeclared Students

Courses & Credits

• 4 ACT Courses
• 1 Northeastern Course titled The Global Experience
• Courses fulfill NU Core & Major Requirements
• 17 – 19 Northeastern credits for a successfully completed semester

FALL 2016 & SPRING 2017 COURSE REGISTRATION

Fall 2016 Course Registration

Participants should have already registered for courses online through their myNEU portals. Schedules (with days and times) will be available to students upon arrival on-site.

Fall 2016 Course Changes

After May 20, our partners begin to prepare their resources and have a number of elements to consider, including classroom space, number of sections for each course, scheduling, availability of faculty, etc. Before any changes are made on-site to a student’s schedule, The N.U.in Program and Northeastern advisers must confirm and approve any changes. Students who receive AP/IB/other college credit can have their schedules adjusted by their academic advisers only.

Spring 2017

Registration for spring classes takes place in early- to mid-November. The registration process is different for each college. When processing course registration, advisors have access to current N.U.in course information and any/or AP/IB transfer credit completed during high school through college courses or examinations. Depending upon the flexibility of their major’s curriculum, students may be pre-registered for all, or just a few, courses during the month of November by their advisors. Northeastern college advisors will contact students via email regarding course selection and any college-specific protocols in October.

All students meet with their academic advisors during Spring New Student Orientation in January to finalize their schedules and to rectify any concerns. If students have additional questions they may contact their college directly. Contact information for academic advisors can be found on the N.U.in website.

Students should also consider the N.U.in staff as a resource during the registration period, as all International Student Advisors (ISAs), are current Northeastern students, or recent graduates of Northeastern. They can be especially helpful to those students who are not pre-registered for all of their spring courses, and may need to register for courses using Northeastern’s online system.
GREEK ACADEMIC ENVIRONMENT & STRUCTURE

General Information

The American College of Thessaloniki operates 11-week semesters, followed by a 1-week final exam period. Most classes have 4-6 hours of contact per week, distributed between lectures and learning outside of the classroom.

Academic Environment & Etiquette

The overall environment is generally similar to that of a US college classroom. Students can expect to do up to 2 hours of work at home for every 1 hour in class. Faculty and students often have a friendly working relationship when expectations are met on both ends.

Classes will be taken with other N.U. in students and have historically been small (less than 40 students). As such, participation is valued, and required, in most classes.

Attendance

Class attendance is mandatory except in the case of documented illness or emergency. Students are requested to email their professors before a missed class to inform them of an illness. Absences may only be excused by obtaining a doctor’s note. The doctor’s note should be submitted to the Registrar’s Office. All material is important and it is essential for the student’s successful completion of the course. Courses are Monday-Friday and students should plan their independent travel accordingly around their course schedule.

Studying

When it comes to classes, preparation counts for a lot. Lectures are usually designed to provide broad overviews and key concepts, with readings included to offer more detailed coverage. Participants tend to study on campus, or find that cafes are good places to experience the city while also concentrating on homework.

Exams & Success

Assessment structure depends upon the class, and could be based heavily on mid-terms and finals, or on tests throughout the length of a course. Academic integrity is especially important, and any form of cheating or plagiarism will not be tolerated.

To be successful, students should attend all classes and tutorials, keep up with the readings and homework, and hand in all assignments on time. One of the most common mistakes students make is not asking for help when it is needed.
RESOURCES & ACCESSING THE NORTHEASTERN LIBRARY

Seeking Assistance

Tutoring and additional support is available for participants, but they must first seek out these resources. Students may speak to their professor or an N.U.in staff member to discuss any issues that they may be having academically. At the midpoint of the semester, each student will sit down with either the Site Lead or an Assistant Site Lead for an individualized check-in meeting. These meetings are used to identify how students are adjusting culturally, as well as academically, and can be a good opportunity for students to reach out for assistance before beginning the second half of the semester.

Being a small college, ACT faculty and professors are often able to give individual support through office hours and tend to be aware of academic difficulties. ACT also provides support with their Writing Center and offers math tutoring to interested students.

Academic Resources

The Bissell Library on ACT’s campus has access to a variety of research databases, including the Anatolia College Digital Archives & Special Collections. The library also has study rooms, Bibliographic Instruction lab and the Niarchos Technology Center, which includes computer teaching labs, a multimedia center, viewing rooms, teleconferencing center, and lounges.

Accessing the Northeastern Library

N.U.in students may utilize the electronic resources available through the Northeastern University Library by accessing http://www.library.neu.edu.

The Writing Center

The ACT Writing Center is a service provided to all ACT students throughout their years at ACT. It offers a warm and supportive atmosphere in which students can receive assistance with all writing assignments and with the overall development of their language skills, both English and Greek.

The Center operates on an appointment or walk-in basis throughout the academic year, during which times both professional and peer tutors are available to assist students of all levels with improving their written and oral expression. From helping students explore a subject, to working with students to restructure a document for better coherence or unity, to rethinking and revising – the Writing Center tutors are available to provide customized guidance. Students may seek such guidance on their assignments at any stage in the writing process.

The ACT Writing Center is located on the 1st floor of the Bissell Library, and participants can either walk-in or schedule an appointment in advance.

Learning Disabilities

Any participant requiring accommodations must provide documentation to the N.U.in office prior to departure. N.U.in then provides this documentation to ACT, but students should also speak to their professors individually to alert them of their necessary accommodations.
THE GLOBAL EXPERIENCE COURSE

Overview

The Global Experience course is a one-credit class taught by each location’s N.U.in site staff (Site Leads and Assistant Site Leads). All participants at all locations take this class, making it the main unifying element of The N.U.in Program.

Course Description

The main aim of this one-credit course is to help participants prepare for, gain from, and reflect upon their term abroad as a global experience. Through workshops, seminars, course readings, discussions, and local civic engagement, the course challenges students to become global citizens and ambassadors by actively participating in their own learning community as well as in the greater study abroad community, Northeastern, and beyond. Ongoing reflection helps students articulate their own experiences, respond to the experiences of others, and ultimately make connections between the two.

Digital Storytelling Project

The final project in The Global Experience is a reflection video, created by students to look back upon their time in their host countries as well as their experiences with Service-Learning.

SERVICE-LEARNING

Service-Learning Placements

N.U.in Greece students engage in ongoing Service-Learning placements as part of the Global Experience course. This is a major, required component of the GE course and is often the central topic of class discussions and assignments. Having this exciting component built into their schedules enables participants to build relationships with their respective organizations, engage in meaningful service, and see a different side of Greek culture by further integrating into the local Thessaloniki community. Simultaneously, students develop professional skills that they can apply to future courses, co-ops, jobs, and study abroad experiences.

N.U.in Greece students either participate in weekly, individual service commitments or in ongoing group projects. Students also have the opportunity to volunteer in additional projects and events throughout the semester.

What is Service-Learning?

Service-Learning differs from traditional volunteerism in that the volunteering is ongoing, tied to the academic curriculum, and paired with purposeful reflection. In this form of experiential learning, students engage in hands-on service roles, through which they learn about and apply course concepts while intentionally addressing the needs identified by community-based partners.
SERVICE-LEARNING

Service-Learning placements in past years included:

- **Anatolia Kindergarten**: Students assist children in learning and practicing English.
- **Agia Varvara Community Center**: Volunteers help, shop, prepare and serve food to locals or assist with clothing donations.
- **ARSIS**: Supports young people and refugees; volunteers run arts and crafts sessions with children.
- **St. Dimitris Center**: Students assist teachers as they support youth with special needs.
- **Hortiati English Tutoring**: Volunteers implement English conversation workshops.

Participants are assigned to their Service-Learning organization during the 1st week of class. Staff use the Volunteer Background Survey filled out by students prior to departure to help place them at appropriate locations that align with their abilities and academic schedules.

TEXTBOOKS

A textbook list will be available on the N.U.in website prior to departure, though we recommend that participants wait until arriving on site to purchase the necessary books. It is generally a good idea to review the syllabus for a class prior to buying any materials. Packing textbooks is also cumbersome when traveling abroad. Some books will be available in Ebook format and provided to the students through their moodle account.

GRADING & TRANSCRIPTS

ACT uses the American grading system, meaning that grades will look similar to those earned in the US. The rubric is explained clearly at the beginning of the semester in each syllabus to ensure consistency and offer a guide from the beginning of the class.

Official transcripts for The N.U.in Program are issued by our partner institutions, and will be mailed to the N.U.in Program office in Boston after completion of the fall semester. They will be distributed at a set time and place, and then will be available for pick-up from our office. In order to receive transfer credit, participants must attain a grade of “C” or better in the US grading system.

In accordance with Northeastern’s transfer credit policies, participants’ final grades will not appear on their Northeastern transcripts or count toward their GPAs. Each student’s Northeastern degree audit and official transcript will only reflect that he or she has received credit for a course, but not the grade itself. However, if a student decides to transfer to a different school or applies for further educational opportunities or scholarships, official transcripts from all institutions attended will typically be requested.
GENERAL SAFETY INFORMATION

Just as in any city, it is important for participants to take precautions, be mindful of their surroundings, and follow basic safety principles.

- Walk along well-lit areas and avoid alleys or poorly-lit areas.
- Use the buddy system and do not travel alone at night.
- Avoid public demonstrations, riots, and other civil disturbances.
- Keep a low profile, and avoid loud conversations or arguments.
- Do not discuss travel plans or other personal matters with strangers.
- Wear the shoulder strap of your bag across your chest.
- Look purposeful when moving about. Even if lost, act as if you know where you are going.
- Try to ask for directions only from individuals in authority (police officer, train operator, etc.).
- Make a note of emergency telephone numbers: the N.U.in staff, police, fire, hotel [if traveling], and the nearest US embassy or consulate.

Registering Your Travel Plans

As an added layer of protection, students may register their travel plans with the greater Northeastern community, the US Department of State, and Aon WorldAware

Register on your myNEU portal

Go to the Self-Service tab and select “My Travel Plans” under the section labeled Registrar. Fill out all required personal information and see below for guidance on specific program details:

- Select “Create New”
- Select “University” and “International”
- Enter the Program Information:
  - Program Trip: N.U.in Greece – American College of Thessaloniki
  - Initial Travel Term: Fall 2016 Semester
  - Multiple Terms: No
  - Dates of Program: September 13, 2015 – December 10, 2015
  - On-campus contact: The N.U.in Program; Phone: 617 373 6447; Email: nuin@neu.edu
- Enter the Trip Contact Information:
  - Location Name: American College of Thessaloniki
  - Street Address: [insert your personalized mailing address]; Country: Greece
- Enter the Flight Information

- Click Submit!
Register for Smart Traveler Enrollment Program (STEP) with US Department of State

- Visit the US Embassy Website: https://travelregistration.state.gov
- Create an account by clicking “If not, click here to create an account” (underneath the log in)
- Once you have an individual account, follow the steps to fill out the required information:
  ◊ Address to use while in Greece:
    American College of Thessaloniki - IPO
    17 Sevenidi Street
    Pylea, 555 10
    Thessaloniki, GREECE
  ◊ Dates of Program: September 15, 2015 – December 12, 2015

Travel Information Form

The N.U in Program would like to collect travel information for all participants. Whether you you are traveling to your N.U in location on the Group Flight, or you are traveling independently, we would appreciate your cooperation in providing us with your travel plans.
MEDICAL FACILITIES

Health & Counseling Services

A physician is available at no cost on ACT’s campus for routine and basic health screenings for minor ailments and health advice. For serious matters, Euromedica Geniki Kliniki, located 10 minutes from Student housing, and St. Luke’s Hospital, located 10 minutes from ACT, accept all N.U.in students on a 24-hour basis. Ambulances are available, if needed, at all times. If admitted, participants are given the option of having a private room. St. Luke’s will accept Visa and Mastercard, but not American Express cards as payment for services rendered. Receipts can be issued in English and may be submitted by the student to their insurance company for reimbursement according to their individual path.

The ACT Counseling Office is headed by a licensed professional. Students are referred to off campus specialists if further assessment or treatment is needed.

Nearby hospital to ACT
St. Luke’s Hospital
552 36 Panorama
Thessaloniki, Greece
+302310380000

Near by hospital to housing
Euromedia Geniki Kliniki
Marias Kallas 11
Thessaloniki 546 45
+302310895100

HEALTH INSURANCE & WORLDAWARE

Health Insurance

The N.U.in Program requires that all participants maintain health insurance coverage that is valid in the US and abroad. Students may be covered under a domestic health insurance plan with international coverage, or a supplemental international health insurance carrier. Participants are strongly encouraged to check with their current insurance carrier to see what kind of coverage is offered abroad, as some policies will provide it, but as reimbursable costs. International students might need to arrange for coverage with a company in their home country. Most policies do not cover international students traveling in a country other than the US.

While N.U.in does not endorse any particular provider, the following providers have international insurance plans available that are specific to students:

• HTH Worldwide
WorldAware

WorldAware provides students with access to worldwide, quality health care, travel warnings, and emergency assistance services 24-hours a day. This can include access to logistics coordinators, doctors, security professionals, and network providers like hospitals, physicians, ambulances, and aviation resources. Membership provides students with pre-travel information and advice, rapid response, and emergency help, and evacuation capabilities.

All N.U.in students are automatically enrolled in WorldAware, and will receive an email with information on how to access the mobile application. They are also automatically granted access to the risk managed travel website. They may contact WorldAware at the following number specific to Northeastern University members: +1.312.470.3108.

Before departure, to prepare:

• Access accurate, updated information on the WorldAware mobile application
• Visit the risk managed travel website or call the WorldAware operations center for pre-travel information (e.g. vaccination, required medications, and travel security concerns)

While abroad, stay healthy, safe and secure. Contact WorldAware for:

• Health, safety and security advice
• Access to speak with an experienced, Western-trained doctor or security specialist
• Assistance finding a local doctor or other provider credentialed by their medical staff
• Information regarding prescription medication or medical equipment
• Assistance due to the loss of travel documents or legal advice

In an emergency, call WorldAware immediately to:

• Arrange for medical transportation or care
• Coordinate medical fees, when approved (note: WorldAware may front costs for medical care while your personal insurance is pending, but as it is not an insurance provider it will not cover any costs)
• Monitor local conditions and receive advice
• Evacuate to a center of medical excellence if local care is inadequate
• Provide help if one’s personal safety is at risk
• Contact family members whom the participants indicate are emergency points of contact

Access WorldAware Mobile Application

• All participants are automatically enrolled in WorldAware and will receive an email with information on how to access the mobile application
• Search “WorldAware” on your mobile phone application store to download
• Save the number to contact WorldAware, specific to Northeastern University: +1.312.470.3108
NORTHEASTERN CODE OF STUDENT CONDUCT & N.U.in SUPPLEMENT

The Northeastern Code of Student Conduct

The purpose of the Code of Conduct is to set expectations of behavior that promote the safety and welfare of the Northeastern University community. The University seeks to provide a supportive environment that is conducive to learning, the pursuit of truth, the exchange of knowledge, the intellectual development of students, and the general good of society. In those instances where violations of the behavioral expectations occur, Northeastern University has developed policies and procedures to protect the rights of members of the University community, individually and collectively.

The N.U.in Supplement

This supplemental guide establishes the guidelines and processes specific to The N.U.in Program, as they may differ from or incorporate the Northeastern University Code of Student Conduct.

As a participant in The N.U.in Program, you are responsible for adhering to the rules and regulations published in Northeastern University’s Code of Student Conduct, the policies of your partner institution or educational partner, and the guidelines set forth and/or referenced in the supplemental guide, as may be amended from time to time. Behavior by participants at any time during The N.U.in Program that is found in violation of the Code of Student Conduct, this supplemental guide, partner institution conduct policies, local, state, federal law or laws of the host country could adversely affect the educational mission of N.U.in and Northeastern University or its relationship with the surrounding international community and may subject participants to discipline.

The N.U.in Program seeks to provide participants with an opportunity to have an early study abroad experience, increase their intercultural competency, and form a supportive community that facilitates the transition from high school to college, with the opportunity to earn academic credit. In addition, The N.U.in Program strives to provide participants with a healthy, supportive and welcoming community. In those instances where violations of the behavioral expectations set forth in the aforementioned documents occur, The N.U.in Program and Northeastern University have developed procedures to address the violations, with the goal of serving the interests of members of the community, individually, and collectively.

The N.U.in Program site staff will administratively handle alleged violations that occur at an N.U.in site and involve an N.U.in participant. The Office of Student Conduct and Conflict Resolution, in collaboration with the NU Global Office and Northeastern University Admissions, will handle alleged violations that occur at an N.U.in site, involve an N.U.in participant, and could involve withdrawal and/or dismissal from The N.U.in Program or withdrawal from The N.U.in Program and/or rescission of admission to Northeastern University. Please find both of these documents on our website.
EMERGENCY PROTOCOL

Duty & Staff Availability

The first point of contact for participants is always the N.U.in staff. International Student Advisors (ISAs) live within the same building as the students, and serve in a similar capacity as Resident Assistants (RAs) in Northeastern residence halls. Students should feel comfortable approaching our staff, and asking for assistance or advice at any time.

At least one ISA and one professional staff member (Site Lead or Assistant Site Lead) are on duty at all times, meaning that a staff member can always be reached 24 hours a day, 7 days a week. There will be a specific duty phone number to be distributed to students prior to departure. Participants may contact this number for emergency situations. Common concerns include inquiries about how to set up a doctor’s appointment, visit a hospital, or navigate an emergency situation, though any question can be addressed to a staff member on duty.

Doctor & Hospital Visits

Students can request guidance at any time when it comes to medical care and visits, and an ISA is always available to accompany a student to a doctor’s appointment. Typically, students are seen by a local doctor for routine ailments such as a cold, cough, or sore throat. The local doctor or clinic may recommend that a student visit a hospital for any more serious injury or illness. In an emergency situation, a student may be transported directly to a hospital. Staff usually accompanies students for all hospital visits, especially in emergency situations. Staff are also available to accompany students to assist with translation from Greek to English.

Escalated Incidents

Students will typically contact the duty phone first, and speak with the ISA on duty. Depending upon the situation, a professional staff member may become involved, along with any medical professionals, if needed. If an incident is more serious, the Boston office will be contacted by site staff, ensuring that all members of the N.U.in team are aware of any escalated situations on-site.

Parental Notification

Parents will be contacted in the event of a hospital admittance or medical emergency. The N.U.in team will encourage participants to make the initial contact to their parents, though staff will reach out to parents if the student is unable to do so.
POLICIES & PROTOCOLS

TRAVELING WHILE ABROAD

Policies for Travel While On-site

Participants may travel to locations outside of their host cities/countries if they wish. Please note that students requiring entry visas into Canada may not be permitted to leave Canada during the semester. Please verify with the Canadian Immigration Center.

As a safety precaution, any student who deviates from the program must fill out a program deviation form. This online form collects information including dates and destination, means of travel and any flight/train numbers and times, and names of other students who may be traveling as a group. This form will be made available to students when they arrive on-location.

WITHDRAWAL POLICY

A great deal of advance planning is required to develop The N.U.in Program. Immediately upon your deposits, N.U.in makes financial commitments to travel agents, as well as to each partner institution to secure housing, class space, and co-curricular activities. Therefore, a participant who withdraws from the program at any time after placing the deposits will be responsible for all non-recoverable expenses incurred by The N.U.in Program (related to the withdrawing participant). Non-recoverable expenses may include but are not limited to travel costs, partner institution tuition, and housing costs. Individuals are urged to plan carefully and are required to review and understand the withdrawal policy. If a participant has not paid the program fee in full or entered into a payment plan by July 15, 2016, they will not be eligible to participate in The N.U.in Program and any deposits made will be forfeited.

If a participant is asked to leave The N.U.in Program in connection with any violation of an applicable policy:

• No refund will be granted.
• Northeastern spring admission status will be reviewed and possibly rescinded.

If a participant leaves The N.U.in Program for medical reasons supported by a physician:

• The participant will be refunded any recoverable costs.
• Northeastern spring admission status may not be affected.

If a participant chooses to leave The N.U.in Program for personal reasons such as homesickness, family concerns, language difficulties, adjustment issues, climate, geography, or political climate:

• No refund will be granted and the participant will be charged for any fees related to changing the date of the airline ticket.
• Northeastern spring admission status may not be affected.

If a participant withdraws from The N.U.in Program prior to the program start date due to an inability to obtain a student visa:

• The participant may be refunded any recoverable costs.
• Northeastern spring admission status may not be affected.

If a participant would like to officially withdraw from the program and decline their admission to Northeastern University, they must go through their MyNEU portal: http://myneu.neu.edu. Click “Decline Admission” under the self-service or enrollment tab. Student must fill out the pop-up window and press “go” for their withdrawal to be officially registered with the University. If you have forgotten your password, you may click on “forgot password” on the login screen. If you have forgotten both your username and password, please call 617.373.4357 to get assistance in recovering your username.
TRANSFER CREDIT & ENROLLMENT POLICIES

Northeastern’s Transfer Credit Policy

The N.U.in staff has worked closely with the Northeastern University Colleges and our partners abroad to ensure that participants are enrolled in courses abroad that fulfill Northeastern major, Core, and elective requirements. Upon returning to campus, all courses successfully completed with a grade equivalent of a “C” or higher while in the N.U.in Program will appear on participants’ Northeastern academic records as transfer credit, but will not be calculated into their Grade Point Average. Students receive one original transcript each, which will have their grades from our partner institutions abroad should they require the transcripts to apply to graduate school or other post-undergraduate opportunities. Any additional copies will need to be requested directly from our partner institutions by students.

Enrollment in The N.U.in Program

Without exception, all students must successfully complete their current academic program and submit all final transcripts. Students must also submit proof of graduation, which is typically found on their final high school transcripts. Failure to submit final high school transcripts may impact financial aid awards, and failure to complete one’s current academic program in good standing could result in a decision to rescind the offer of admission to The N.U.in Program and the university.

Matriculation to Northeastern

Participants must successfully complete their N.U.in Program courses during the fall semester. Failure to complete coursework and earn a grade of “C” or better could result in the need to take extra courses during the summer or subsequent semesters, or a decision to postpone the student’s matriculation to Northeastern University.

Disciplinary issues that have occurred since admission, at Pre-departure Orientation, while participating in The N.U.in Program, at Northeastern’s New Student Orientation programs, during Move-In, or prior to the official start of the semester, must be fully disclosed. Northeastern reserves the right to rescind your offer of admission or engage in any appropriate disciplinary action related to these issues.
Not only may students experience culture shock while living in a foreign country, but they may also encounter “reverse culture shock.” Reverse culture shock occurs when students return to their home country after having been away for an extended period of time. Symptoms of reverse culture shock resemble those of culture shock in many ways.

Reverse culture shock is usually described in four stages:

1. Disengagement
2. Initial euphoria
3. Irritability and hostility
4. Readjustment and adaptation

Stage 1 begins before you leave your host country. You begin thinking about re-entry and making your preparations for your return home. You also begin to realize that it’s time to say good-bye to your friends abroad and to the place you’ve come to call home. The hustle and bustle of finals, farewell parties, and packing can intensify your feelings of sadness and frustration. You already miss the friends you’ve made, and you are reluctant to leave. Or, you may make your last few days fly by so fast that you don’t have time to reflect on your emotions and experiences.

Stage 2 usually begins shortly before departure, and it is characterized by feelings of excitement and anticipation - even euphoria - about returning home. This is very similar to the initial feelings of fascination and excitement you may have when you first entered your host country. You may be very happy to see your family and friends again, and they are also happy to see you. The length of this stage varies, and often ends with the realization that most people are not as interested in your experiences abroad as you had hoped. They will politely listen to your stories for a while, but you may find that soon they are ready to move on to the next topic of conversation.

This is often one of the transitions to Stage 3. You may experience feelings of frustration, anger, alienation, loneliness, disorientation, and helplessness and not understand exactly why. You might quickly become irritated or critical of others and of your home culture. Depression, feeling like a stranger at home, and the longing to go back abroad are also not uncommon reactions. You may also feel less independent than you were while abroad.

Most people are then able to move onto Stage 4, which is a gradual readjustment to life at home. Things will start to seem a little more normal again, and you will probably fall back into some old routines, but things won’t be exactly the same as how you left them. You have most likely developed new attitudes, beliefs, habits, as well as personal and professional goals, and you will see things differently now. The important thing is to try to incorporate the positive aspects of your international experience while abroad with the positive aspects of your life at home in your home country.
SPRING 2016 NEW STUDENT ORIENTATION & BOSTON MOVE-IN

New Student Orientation

It is mandatory for all N.U.in students to take part in Spring New Student Orientation, held in early January, and hosted by the Office of New Student Orientation and Parent Programs. During this orientation program, students have the chance to meet N.U.in students from other locations and learn their way around campus and Boston. Students prepare for the start of their academic study at Northeastern by exploring their college and major, continuing to work with their academic advisors, learning more about experiential learning, and expanding their knowledge of what makes Northeastern unique. Parents and family members of students are invited to participate along with their student in the Orientation experience.

Students must register for Spring Orientation through their myNEU portals, beginning in late fall. An email will prompt students to register.

Boston Move-In

N.U.in students move into their Northeastern housing early January. Housing preferences are collected in early fall via an online form, and placements are made throughout late November and December.
WELCOME WEEK

Welcome Week is where it all begins. New students are about to embark on a life-changing journey. At Northeastern, you will engage, inspire, and transform in the rich mixture of courses, learning experiences, and activities that make a Northeastern education excellent and distinctive.

Welcome Week is packed with fun and exciting events. Students will be given many options to choose from, all with the goal of allowing you to meet your new classmates and to get to know your new surroundings. Students also have the opportunity to explore the many, diverse student organizations and clubs that they may join in the spring.

N.U.in TRANSITION MANAGERS

The N.U.in Program has full-time staff who are Site Lead/Transition Managers. These staff members spend the fall semester overseas at one of The N.U.in Program locations, directing and managing all facets of academic, administrative, and student life activities. In the spring, they return to the Boston campus and manage the transition of the N.U.in students into the Northeastern community, planning events and making themselves available to students as they adjust to the Boston campus.

Transition Managers also focus on improving the student experience each year, and are always interested in hearing feedback directly from N.U.in alumni. In addition to planning outings, they also organize focus groups to better understand students’ needs during their transition to campus. Students can always feel free to reach out to our ‘Transition Managers if’ they need support navigating their new surroundings, or encounter an issue and require assistance.
CHECKLIST

Please review The N.U.in Program website for a list of tasks that should have been completed before Pre-departure Orientation.

Academics
☐ Work with N.U.in office and academic adviser to complete course registration  
☐ Review textbook list online

Travel and Safety
☐ Make copies of important documents to leave at home: passport, ID, credit/ATM/debit cards (front and back), prescriptions, flight itinerary  
☐ Save e-ticket email from Advantage Travel (typically sent week of departure)  
☐ Register your trip in myNEU and STEP  
☐ Explore Aon WorldAware mobile application and website  
☐ Check in with your health insurance provider about overseas coverage

Banking
☐ Prepare budget and make financial plans  
☐ Check in with your local bank about using credit and debit cards abroad

Communication
☐ Check in with your phone company about options for using your phone abroad  
  *Please note: students are required to have a local cell phone number while abroad  
☐ Help your family set up Skype, Face Time, Viber, etc. to stay connected with you while you’re away  
☐ Join Facebook group for your site and follow us on Twitter/Instagram and use #NUin2016

Personal
☐ Research your host city/country and get excited!

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