Welcome to The N.U.\textit{in} Program

The N.U.\textit{in} Program is a 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.\textit{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.\textit{in} Program provides a truly transformative experience to students who are ready for the challenge. Our students are well-prepared to translate their knowledge into marketable assets throughout college and in the future. N.U.\textit{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.
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INTRODUCTION

Admitting students into The N.U.im Program allows the university to take talented candidates who possess a unique sense of adventure. N.U.im 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 students 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.im 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/Website</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>The N.U.in Program office</td>
<td>101 Belvidere</td>
<td>northeastern.edu/nuin 617.373.6447</td>
</tr>
<tr>
<td>Housing and Residential Life</td>
<td>4 Speare Commons</td>
<td>northeastern.edu/housing 617.373.2814</td>
</tr>
<tr>
<td>New Student Orientation</td>
<td>101 Ell Hall</td>
<td>northeastern.edu/orientation 617.373.3868</td>
</tr>
<tr>
<td>Student Financial Services</td>
<td>354 Richards Hall</td>
<td>northeastern.edu/financialaid 617.373.2270</td>
</tr>
<tr>
<td>University Health and Counseling Services</td>
<td>135 Forsyth Building</td>
<td>northeastern.edu/uhcs 617.373.2772</td>
</tr>
<tr>
<td></td>
<td></td>
<td>TTY 617.373.5973</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> 617.373.4357</td>
</tr>
<tr>
<td>The Office of Global Services (OGS)</td>
<td>405 Ell Hall</td>
<td><a href="http://www.northeastern.edu/ogs/">www.northeastern.edu/ogs/</a> 617.373.2310</td>
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## COLLEGES & PROGRAMS

<table>
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<tr>
<th>College/Program</th>
<th>Address/Website</th>
<th>Contact Information</th>
</tr>
</thead>
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<tr>
<td>Bouvé College of Health Sciences</td>
<td>120 Behrakis Hall</td>
<td>northeastern.edu/bouve 617.373.3320</td>
</tr>
<tr>
<td>College of Arts, Media and Design</td>
<td>102 Ryder Hall</td>
<td>northeastern.edu/camd 617.373.3682</td>
</tr>
<tr>
<td>College of Computer and Information Science</td>
<td>202 West Village H</td>
<td>northeastern.edu/ccis 617.373.2462</td>
</tr>
<tr>
<td>College of Engineering</td>
<td>230 Snell Engineering Center</td>
<td>northeastern.edu/coe 617.373.2154</td>
</tr>
<tr>
<td>College of Science</td>
<td>115 Richards</td>
<td>northeastern.edu/cos 617.373.5085</td>
</tr>
<tr>
<td>College of Social Sciences and Humanities</td>
<td>180 Renaissance Park</td>
<td>northeastern.edu/cssh 617.373.3980</td>
</tr>
<tr>
<td>D’Amore-McKim School of Business</td>
<td>250 Dodge Hall</td>
<td>damore-mckim.northeastern.edu 617.373.3270</td>
</tr>
<tr>
<td>Explore Program for Undeclared Students</td>
<td>1 Meserve Hall</td>
<td>northeastern.edu/undeclared 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 Lead depending on student numbers
• Assistant Director based in Boston
• 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 an Assistant Director 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, and are available to answer questions or concerns via email, phone or in the Facebook Group.

Boston-based Staff

Director: Lauren Kettler

Associate Directors: Quinn Emmons, International Programs
Benjamin Floman, Academic Administration

Senior Assistant Director: Grant Dauber (Greece and Italy)

Assistant Directors: Kate Berge (Ireland: UCD, Ireland: FIE @ DBS and England)
Laura Brond (Canada, Australia: SUT and Australia: USYD)
Sarah Knight (China and Germany)

Assistant Director of Staff Hiring and Training: Tom Johnston

Program Coordinators: Paola Santana and Tiffany Medeiros
STUDENT VISA

Student Visa for Ireland

Students who hold a US passport do not need to apply for a student visa to study in Ireland. Participants must register with the Garda National Immigration Bureau (GNIB) within a month of entering Ireland.

Students who are citizens of a member State of the European Union, the European Economic Area, or Switzerland do not need to apply for a student visa to study in Ireland, nor will they need to register with the Garda National Immigration Bureau (GNIB).

Depending on their nationality, some students are required to apply for two visas: an Irish student visa and a UK single/multi-entry visa (which is needed to participate in a Northern Ireland excursion). In addition to the requirements listed to the right, these students will also need an Introduction Letter and a Letter of Application. These students will apply for a single-entry Irish visa before arrival, and then apply for a multi-entry Irish visa after arrival by registering at the GNIB.

This process varies by country and some students may be required to submit more documentation based on their nationality.

Please visit our website to learn more about the visa process for both the Irish and the UK single/multi-entry visa, and for a visa guide.

It is the student’s responsibility to obtain an appropriate visa, if necessary. If you cannot obtain a valid visa in time for the program start date, then please refer to the N.U.in Withdrawal Policy (found in the myNEU student portal) and contact the N.U.in office to discuss next steps.

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 the I-20. Students must be prepared to arrive to campus in Boston by early January.

N.U.in Ireland: UCD students who need to obtain F-1 visas will need to begin the process while in Dublin. Our on-site staff is able to assist students in connecting with the US Embassy in Dublin.
PACKING LIST

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 anything that you have an emotional tie with).
• Consider local culture when packing clothes.
• UCD suggests that students bring raincoats, an umbrella, and appropriate shoes for wet weather.
• 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 Dublin can be variable, though expect rain and cooler temperatures as the semester progresses. Beachwear such as flip-flops, shorts, and light dresses are normally not in Dublin. The weather never gets hot enough to warrant these types of clothes. The average temperatures and precipitation in Dublin are:

<table>
<thead>
<tr>
<th>Month</th>
<th>Low</th>
<th>High</th>
<th>Precipitation</th>
</tr>
</thead>
<tbody>
<tr>
<td>September</td>
<td>50°F/10°C</td>
<td>63°F/17°C</td>
<td>2.36 in</td>
</tr>
<tr>
<td>October</td>
<td>46°F/7.7°C</td>
<td>55°F/12.7°C</td>
<td>3.15 in</td>
</tr>
<tr>
<td>November</td>
<td>41°F/5°C</td>
<td>50°F/10°C</td>
<td>2.36 in</td>
</tr>
<tr>
<td>December</td>
<td>38°F/3°C</td>
<td>46°F/7.7°C</td>
<td>3.15 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 Dublin.

Adapter

An adapter is a device that will allows American appliances to be plugged into Irish 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 Ireland if they are planning to travel during breaks.

Voltage Converter

The electricity supply in Ireland is 240 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 Ireland to ensure compatibility. It is possible that the US versions of these appliances will either not work in Ireland 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
- Water resistant footwear
- Sturdy hiking/walking shoes
- Pair of flip-flops
- Socks
- Underwear
- Shorts
- Swimsuit
- Hat
- Professional outfit (a nice pair of pants/skirt; nice button-down top or blouse)
- Dressy outfit
- Skirts/pants
- Shirts
- Scarves and gloves
- Sweaters/sweatshirts
- Jackets/coats (one for cold weather, one water resistant)
- Sleepwear
- Athletic wear/ gear (for intramural sports, exercising etc.)

### Documents
*Please refer to the website for the most up-to-date packing list*
- Passport
- Visa documents (if applicable)
- Flight itinerary (boarding pass will be issued directly to the participants by the airline at the airport)
- Photo ID
- Copies of all credit/debit cards, passport and visa (and leave copies at home)
- Offer letter from host institution
- Health insurance card/ documentation
- Background Check

### Medicine and Toiletries
- Prescription Medicine
  - (make sure you can travel internationally with your prescription; verify what documentation you need to legally transport your prescription)
  - Consult with your doctor about obtaining a supply of all medications for the duration of the program
- Comb/brush
- Travel sized toiletries, cosmetics (recommended to purchase large bottles of sunscreen, shampoo etc. while abroad)
- Deodorant
- Over- the- counter medicine (e.g. Aspirin/Tylenol/Ibuprofen)
- Feminine hygiene products
- Razors/ nail clippers
- Extra eyeglasses and sunglasses
- Contact lenses and solution

### Miscellaneous
- Laptop/charger
- Adapter and voltage converter
- Journal
- Camera
- Unlocked phone (or purchase one on arrival – all students need to obtain a local phone number)
- Books/ e-readers, travel guides
- Water bottle
- Duffle bag/backpack (for weekend trips)
- Towel/washcloth
- Scientific calculator (only applicable to certain majors)
- (Optional)- small amount of local currency ($50-$100)

**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. Students will receive an email prompting them to provide these flight details prior to departure.

Travel to Ireland

Participants travel independently from their home cities to join the Group Flight in either Boston or New York, where they check-in with N.U.in or Advantage Travel staff in 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 Dublin, Ireland. Buses will be waiting to take students directly to their student residence hall.

We ask that participants wear their N.U.in t-shirt for identification purposes in the airports in Boston/New York and in Dublin.

Departure from Ireland

On the last day of the program, buses will be arranged to bring participants on the Group Flight to the airport from the residence hall. 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 Dublin 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. in 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 Ireland

Participants travel independently from their home cities to Dublin, and must arrive on site by September 4, 2017. If an independent traveler’s flight arrives to Dublin 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 residence hall. More information will be sent to students regarding arranging transportation and the addresses of the residence hall.

Departure from Ireland

On the last day of the program, buses will be arranged to bring participants to the airport from the residence halls. 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 DUBLIN

Location & Time Zone

Dublin is a cosmopolitan city with a population of more than one million, making it the largest city in Ireland. Approximately 50,000 Dubliners are students, meaning that Dublin is also a desirable college town. It is within the Irish Standard Time Zone and the time difference between the Eastern Standard Time in the US is +5 hours.

Climate & Weather

Dublin has a reputation for its changeable and rainy weather. A tip for any visitor is to be prepared – take an umbrella and wear layers that can be added or removed as needed.

The weather in Dublin can be variable, but will be somewhat similar to mid-Atlantic US temperatures and precipitation. Expect warmer temperatures near the beginning of the semester, and cooler weather as the semester progresses.

Public Transportation

The public transportation system is an easy and most efficient mode of getting around Dublin. DART trains, Luas trams, and buses make up the transportation system in Dublin. While navigating these various options may be an initial adjustment, most students learn the routes quickly.
Money & Banking

Ireland’s currency is the Euro. Current conversion rates can be found on an array of different websites. Participants will not be able to open an Irish bank account while abroad. We recommend using an ATM card to withdraw money. Visa and Mastercard are the most widely accepted credit cards in Ireland. Students should notify their bank and creditors that they will be studying in Dublin prior to their arrival to ensure that the bank does not enact fraud procedures and deactivate or lock the student’s bank cards. Credit cards should be used wisely though, as foreign transaction fees can add up quickly. We recommend that participants conduct research prior to departure to better understand how their bank cards will work abroad. Certain credit cards do not have foreign transaction fees, and some banks have partnerships abroad to allow for withdrawals to be done without a fee.

Cultural Overview

Dublin is an ancient city that is one of the most dynamic and fastest growing European capitals. With a young and vibrant population of over one million, it has enjoyed considerable economic growth in the last decade. While Dublin may be a city on the move, the charm, culture and heritage of old Dublin is still apparent everywhere.

Dublin has something to indulge all interests, from shopping and dining, to museums and festivals, there is always an abundance of opportunities in the city. While Grafton Street is typically brought to mind as a shopping venue, Jervis Street is where you will find the locals, and excellent deals! On the way to Jervis Street, next to Smithfield Square, look for the Dublin City Fruit and Vegetable Market, where you will find the freshest produce from the friendliest vendors. In the fall, don’t miss the Fringe Festival, with its lavish displays of comedy, drama, and new-age theater productions, all held in the heart of Dublin’s city centre.

The Irish have a great amount of pride in traditional, national sports, Gaelic football and hurling. While Gaelic football season occurs during the spring, students may get to experience hurling, a field sport most closely related to lacrosse. An exciting way to experience hurling culture is to join with the locals in wearing your county’s team colors while watching a match.
UNIVERSITY COLLEGE DUBLIN

About University College Dublin (UCD)

The N.U.in Ireland: UCD program partners with University College Dublin. Established in 1854, University College Dublin is Ireland’s largest and most richly diverse university. Originally known as the Catholic University of Ireland and subsequently as the Royal University, the university became UCD in 1908. Located just 3 miles south of the city center in Belfield, UCD is set in an enclosed campus setting. UCD offers a welcoming campus community in which to live and study. A robust international student support structure exists at the university, complemented by excellent student health services and a wide selection of activities, sports, clubs, and societies for students to join.

Partnering with University College Dublin allows students to experience excellence in academics, while being surrounded by a diverse population that draws scholars from approximately 124 countries. UCD provides a truly global atmosphere. Mirroring the historical and contemporary cultural influences that characterize Dublin’s charm, UCD exhibits a balance between modernity and tradition through its verdant and architecturally-appealing campus. Every day, participants have the option to enjoy the many amenities available on the UCD campus, or to spend time in the city of Dublin, easily accessing the best of both worlds.

UCD Buildings & Resources

UCD’s campus is expansive, and has many services and opportunities for students, including a large amount of student groups and societies. Some of buildings that participants will utilize the most and become familiar with are as follows:

- Gerard Manley Hopkins Centre - UCD International Office and the Global Lounge
- Student Centre - sports/gym facilities (including a pool), debating chamber, and theatre
- O’Brien Centre - main science academic building with state of the art labs & classrooms
- Newman Building (The Arts Building) - classroom space and cafe
- James Joyce Library
BELGROVE STUDENT RESIDENCE HALL

N.U.in Ireland: UCD students, as well as N.U.in International Student Advisors, live in the Belgrove Residence, which also houses Irish and other international students. Belgrove provides participants with an independent living arrangement located within walking distance of UCD’s campus, with easy access to Dublin’s city center via public transportation.

The Belfield Area

Since UCD’s relocation to Belfield in the 1960s, the university has been the main feature of this area of Dublin, providing the perfect environment for students to study, relax, and have fun. The extensive services available at UCD, along with amenities such as sports facilities, a grocery store, and pharmacy make Belfield a veritable “one stop shop” for the students who live and study at the university. A 15-minute walk to the east of Belfield offers an array of cafes and shops that students and visitors can visit if they wish to further explore the immediate area outside of the campus.

Belgrove Residence Features Include:

• Single rooms (4 students per cluster)
• Each bedroom has 1 of the following: single bed, desk, chair, and wardrobe
• A comforter and pillow for each student (students must provide their own linens)
• Bathroom
• Fully-equipped kitchens with refrigerators/freezers, stoves, and microwaves
• Common dining and lounge area with tables and chairs
• Laundry facilities
• High-speed WiFi provided
• 24/7 security presence with a swipe card system

Please note: Students will need to provide their own cookware and dishware.

Belgrove Mailing Address

Name of Student
House #, Apartment #,Room #,
Belgrove Student Residence
UCD Belfield
Dublin 4, Ireland
Laundry

Laundry facilities available to students living in Belgrove. Wash and dry cycles cost approximately €2.50 each, and students must provide their own detergent.

Internet Access & Printing

Participants have Wi-Fi access in all rooms and lounges throughout the student residence. Printers are available in several buildings at UCD, and it is recommended that students plan ahead to print while in these academic buildings.

Roommate Placement

N.U.in Ireland: UCD students will live in private bedrooms with 3 other UCD students in apartments. Students receive their roommate assignments once they arrive in Dublin. 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.
LIFE IN IRELAND

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 UCD 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
• N.U.in Husky Day
• Irish Dancing Workshop
• National Leprechaun Museum
• Thanksgiving celebration
• Gravediggers Tour

Excursions

Also included in the program fee are several excursions which take place throughout the semester. In Ireland, students will have the chance to discover different areas around Dublin and Ireland. Dates will be confirmed once students are on site. The following are examples from past years, and are subject to change:

N.U.in-sponsored Trips
• Day trip to Cork
• Day trip to Kilkenny, Wicklow, and Glendalough

UCD-sponsored Trips/Activities
• West of Ireland
• Northern Ireland

N.U.in staff accompany participants on all sponsored excursions, and all transportation is pre-planned and included. Students will be required to sign up for all excursions prior to attending so that appropriate plans may be made. While not all excursions are mandatory, please understand that they are included in the cost of the program, and 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 students’ 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 Irish 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 typically 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 participants will only be in Ireland for 4 months, pay-as-you-go phones are typically the most economical option. Students can choose to purchase a new cell phone with texting and email, depending upon budgetary limitations. Alternatively, students can utilize their existing phone by unlocking it prior to departure and purchasing a SIM card once in country to obtain an Irish 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.

• Three
• Meteor
• Vodafone
• Carphone Warehouse (sells all brands and network providers)
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 Lead, 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 Science | College of Engineering | Program for Undeclared Students

Courses

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

FALL 2017 & SPRING 2018 COURSE REGISTRATION

Fall 2017 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 2017 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 2018

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 transfer credit and/or AP/IB 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. 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.
IRISH ACADEMIC ENVIRONMENT & STRUCTURE

General Information

University College Dublin operates a 12 week teaching term followed by a reading week and a 2-week final exam period. Most classes have 3-6 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. The workload is not excessive, but students can expect to do 2 hours of work at home for every 1 hour in class, and Faculty and students often have a friendly working relationship when expectations are met on both ends.

Some classes will be with locals, while others will be primarily N.U.in students. Class structure at UCD is large lectures with smaller tutorials and labs where students can practice the skills learned in lectures and ask additional questions. Traditionally, Irish students do not participate very much during classes, however UCD lecturers embrace the questions and input that N.U.in students tend to contribute.

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.

Exams & Success

Assessment is based heavily on mid-terms and finals, which may be an adjustment for those who are used to being tested throughout the length of a course. Exams are very formal at UCD, and may be intimidating for those who have never experienced this atmosphere previously. Students will be required to bring their ID, and no belongings are allowed in the exam room.

Academic integrity is especially important, and any form of cheating or plagiarism will not be tolerated.

To be successful, participants must 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.

Learn the Lingo!

In Ireland...

“Course” means “Major”
“Timetable” means “Schedule”
“Module” means “Class”
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 the Site Lead or 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.

Writing Centre

The Writing Support Centre is staffed by post-doctoral and senior doctoral students with expertise in writing skills and proven track record in teaching excellence. The centre is open Monday - Friday at varying times and located in the James Joyce Library in the Library Link space.

Use The Writing Support Centre for:

- One-on-One help with an experienced tutor
- Improving or tailoring your writing style to match that of an academic essay
- Improving syntax and grammatical sentence structure
- Specific assistance for first-year students not used to writing at a college level

Maths Support Centre

The Maths Support Centre is staffed by dedicated tutors Monday - Friday. No appointment is necessary, and each day has different drop-in hours as assigned to math topics. The MSC is located in the James Joyce Library.

Use the Maths Support Centre for:

- An individual or group study space
- Assistance from a tutor one-on-one or group tutoring sessions
- Additional mathematics classes
- Extra notes and independent study material on particular topics
- Online Tutorials
- Assignment sheets for all first year mathematics subjects

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.

Learning Disabilities

Any participant requiring accommodations must provide documentation to the N.U.in office prior to departure. N.U.in then passes along this documentation to UCD, 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 Ireland: UCD 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 students to build relationships with their respective organizations, engage in meaningful service, and see a different side of Irish culture by further integrating into the local Dublin community. Simultaneously, participants develop professional skills that they can apply to future courses, co-ops, jobs, and study abroad experiences.

N.U.in Ireland: UCD students typically participate in a combination of weekly, individual service commitments and one-time, group service events.

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:

• **Age Action**: promotes positive ageing and helps older people to learn technology skills
• **SpunOut**: fosters wellbeing and healthy living in order to positively intervene amongst peer groups
• **Dublin Christian Mission**: non-denominational focusing on poverty and youth initiatives
• **UNICEF**: overcomes the obstacles that poverty, violence, disease & discrimination place in a child’s path
• **Finglas Youth Resource Center**: provides high quality services to the young people of Finglas

Participants are assigned to their Service-Learning organization once they arrive in Dublin.

TEXTBOOKS

A textbook list will be available on the N.U. in website prior to departure, though we strongly 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.

GRADING & TRANSCRIPTS

The University College Dublin grading system differs slightly from that which is used by the US. Please see the grade conversion chart on the next page to translate grades from the Irish to the US system.

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.

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<thead>
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<th>UCD %</th>
<th>UCD Grade</th>
<th>NEU Grade</th>
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<tbody>
<tr>
<td>70 - 100</td>
<td>A-/A/A+</td>
<td>A-/A</td>
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<tr>
<td>66.67-69.99</td>
<td>B+</td>
<td>A-</td>
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<td>B/B+</td>
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<td>F-/F/F+</td>
<td>D-/D</td>
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<td>below 20</td>
<td>G-/G/G+</td>
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GENERAL SAFETY INFORMATION

Just as in any city, it is important for students 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 WorldAware.

Registering Travel & Downloading the WorldCue Mobile App

- The University’s International Safety Office and N.U.in will enter the program dates, accommodations, and group flight information into the University’s travel registry system (iJET WorldCUE) for all program participants.
- N.U.in participants will receive a confirmation email from WorldcueTraveler@ijet.com that provides instructions to activate the user account and download the WorldCue Mobile App.
- Participants must verify the accuracy of travel details and update personal information.
- N.U.in participants who obtain approval to deviate from the program (for example, a weekend trip away from the program site) must register the travel details by logging into their user account at www.traveler.worldcue.com or by visiting “My Travel Plans” in the MyNEU portal.
- For travel registration instructions and information about the mobile app, visit www.northeastern.edu/international-travel/registry/
- If you have any questions, please email mytravelplans@northeastern.edu
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 Ireland:
    Belgrove Student Residence
    UCD Belfield
    Dublin 4
  ◊ Dates of Program: September 4, 2017 - December 23, 2017

Travel Information Form

The N.U.in Program would like to collect travel information for all participants. Whether 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

General Practice Services

The Student Health Service provides on-campus medical, psychological and psychiatric care to registered students of UCD, and is used for GP services while participants are abroad. The staff of the Student Health Service operates within an ethos of respect, courtesy, and confidentiality, and aims at all times to operate to the highest professional standards.

The care offered at the Student Health Service is envisaged as an addition to the student’s own family doctor or specialist medical services. Most times, students can be seen for a same-day appointment, though there may be times when high volume can mean a next-day visit.

Emergency Services

St. Vincent’s University Hospital
Elm Park
Dublin 4
Phone Number: +353 (0)1 221 4000
Fax: +353 (0)1 221 4001

Packing Prescriptions

Please note that not all medications may be available in Ireland. If possible, arrangements should be made for bringing an entire semester’s worth of medication or for shipping medications to the student throughout the duration of the semester. WorldAware can be a very useful resource for questions about prescription medication, availability, and restrictions.

Ensure that a doctor’s note/prescription accompanies any controlled substances. Additionally, please pack prescription medications in carry-on luggage in their original containers.

HEALTH INSURANCE & WORLD AWARE

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.

Fall 2016 N.U.in Ireland: UCD students are covered by MediCover Student Private Medical Expenses Insurance. The cost of this coverage is included in the program fee. However, please note that MediCover is not comprehensive medical insurance, and will not cover medical costs known or required prior to traveling. Before departing to Ireland, students should also check with their current healthcare providers to see if they will provide coverage for medical expenses incurred abroad or consider purchasing an international health insurance plan.

Students will receive a copy of their individualized MediCover Student Private Medical Expenses Insurance Application/Confirmation of Cover/Policy Summary in mid-August.
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
The Northeaster 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

On-call & 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.

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 on-call phone number to be distributed to students prior to departure. Participants may contact this number for emergency reasons. 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-call.

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.

Escalated Incidents

Participants will typically contact the duty phone first, and speak with the ISA on-call. 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 any hospital visit 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.
TRAVELING WHILE ABROAD

Policies for Travel While On-site

Participants may travel to locations outside of their host cities/countries if they wish. As a safety precaution, any student who leaves for one or more nights must fill out an Acknowledgement of Risk and Informed Consent for Program Deviation form. This online form collects information including the 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 before students arrive on site.

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, 2017, 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 passport, 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 students 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 students’ 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.
REVERSE CULTURE SHOCK

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 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 in early January. Housing preferences are collected in early fall via an online form, and placements are made throughout late November and December. While every effort is made to accommodate housing requests, students may not always receive a placement that aligns with their preferences.
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.
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)
- Explore 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 #NUin2017

Personal
- Gain cooking tips and tricks from your family
- Research your host city/country and get excited!

NOTES

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Wishing you a great 2017 semester!