Welcome to The N.U.in Program

The N.U.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.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 to translate 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.
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INTRODUCTION

Admitting students into The N.U.in Program allows the university to take talented candidates who possess a unique sense of adventure. 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 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.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/Contact Information</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>The N.U.in Program office</td>
<td>101 Belvidere northeastern.edu/nuin</td>
<td>617.373.6447</td>
</tr>
<tr>
<td>Housing and Residential Life</td>
<td>4 Speare Commons northeastern.edu/housing</td>
<td>617.373.2814</td>
</tr>
<tr>
<td>New Student Orientation</td>
<td>101 Ell Hall northeastern.edu/orientation</td>
<td>617.373.3868</td>
</tr>
<tr>
<td>Student Financial Services</td>
<td>354 Richards Hall northeastern.edu/financialaid</td>
<td>617.373.2270</td>
</tr>
<tr>
<td>University Health and Counseling Services</td>
<td>135 Forsyth Building northeastern.edu/uhcs TTY</td>
<td>617.373.2772 617.373.5973</td>
</tr>
<tr>
<td>Help Desk - myNEU Portal Assistance</td>
<td>184 Snell Library <a href="mailto:help@neu.edu">help@neu.edu</a></td>
<td>617.373.4357</td>
</tr>
<tr>
<td>The Office of Global Services (OGS)</td>
<td>405 Ell Hall <a href="http://www.northeastern.edu/ogs/">www.northeastern.edu/ogs/</a></td>
<td>617.373.2310</td>
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## COLLEGES & PROGRAMS

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

Due to the length of the N.U.in Italy program, all students not holding a European Union passport will be required to obtain a Student Visa before arriving on site. If you have not already, it is urgent that you book an appointment with your regional Italian Consulate as soon as possible as appointments during the summer fill up quickly. Please visit [http://www.ambwashingtondc.esteri.it/ambasciata_washington/en/informazioni_e_servizi/la_rete_consolare](http://www.ambwashingtondc.esteri.it/ambasciata_washington/en/informazioni_e_servizi/la_rete_consolare) in order to locate your consulate. If you are unable to secure a visa appointment before the date of departure, please continue checking the consulate’s online booking system as appointments are updated every day at 12:00am CEST (Central European Summer Time).

Students must also complete steps in order to obtain their Permit to Stay once they arrive in Italy. Once students have secured their Study Visa, they must upload a copy of the Visa page to their myOrientation portal through John Cabot University. Email communications about the Permit to Stay process will be sent out to students in July and August. There will be a session during on-site orientation that will guide them through next steps after their arrival.

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 Italy students who need to obtain F-1 visas will need to begin this process while in Rome. Our on-site staff is able to assist students in connecting with the US Embassy in Rome, 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.
- We suggest 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 Rome is typically pleasant during the months students are on site. Though expect rain and cooler temperatures as the semester progresses. The average temperatures and precipitation in Rome are:

<table>
<thead>
<tr>
<th>Month</th>
<th>Low</th>
<th>High</th>
<th>Precipitation</th>
</tr>
</thead>
<tbody>
<tr>
<td>August</td>
<td>Low: 63°F/17°C</td>
<td>High: 89°F/32°C</td>
<td>1.50 in</td>
</tr>
<tr>
<td>September</td>
<td>Low: 58°F/14°C</td>
<td>High: 82°F/28°C</td>
<td>2.50 in</td>
</tr>
<tr>
<td>October</td>
<td>Low: 51°F/11°C</td>
<td>High: 72°F/22°C</td>
<td>3.47 in</td>
</tr>
<tr>
<td>November</td>
<td>Low: 42°F/6°C</td>
<td>High: 62°F/17°C</td>
<td>4.45 in</td>
</tr>
<tr>
<td>December</td>
<td>Low: 38°F/3°C</td>
<td>High: 56°F/13°C</td>
<td>3.25 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 HALFW 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 Rome.

Adapter

An adapter is a device that will allows American appliances to be plugged into Italian 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 Italy if they are planning to travel.

Voltage Converter

Some electrical appliances will require a converter. We strongly recommend that participants purchase items like hair straighteners and blow dryers in Italy to ensure compatibility. It is possible that the US versions of these appliances will either not work in Italy 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
- Sweaters/sweatshirts
- Jackets/coats (one for cold weather, one water resistant)
- Sleepwear
- Athletic wear/ gear (for intramural sports, exercising etc.)

**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)

**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

**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

**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 Italy

Participants travel independently from their home cities to join the Group Flight in cities such as Boston, or Newark, 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 Rome, Italy. 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 Rome.

Departure from Italy

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 Rome 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.i.s 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 Italy

Participants traveling independently from their home cities to Rome, and must arrive on site by August 22, 2017. If an independent traveler’s flight arrives to Rome 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 Italy

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 ROME

Location & Time Zone

Rome is the capital of Italy and is also its most populous city. With over 2,500 years of recorded history, the 4.3 million residents living in the Metropolitan City of Rome are surrounded by a number of UNESCO World Heritage Sites including the Colosseum, the Pantheon and Piazza di Spagna (The Spanish Steps). Rome, Italy is within the Central European Time Zone (CET), and the time difference between the Eastern Standard Time in the United States is +6 hours.

Climate & Weather

The climate in Rome, Italy during the start of the semester can be quite warm while also remaining mild in the evenings. Later on, during the beginning of fall days are warm but not stifling and although evenings may have a chill towards the end of the season, it’s pleasant enough to eat outside most nights. From September to October, expect a drop of about 10 degrees Fahrenheit with an increase in rain. November to December are the rainiest months in Rome so be sure to pack an umbrella.

Transportation

Public transportation is easily accessible in Rome where there are a number of options to get around including the Roman Metro, buses, trams, and trains. The city has two main underground lines that cross in the middle of the city and will take you to almost any sightseeing destination. The Roma Termini station is a great way to travel around Italy and the rest of Europe. Upon arrival, students may purchase a monthly pass for 35 Euros that resets the first of every month. Students can also take taxis around town as well although many times the best option is to get in some exercise by walking between destinations.
Money & Banking

Italy’s currency is the Euro. Current conversion rates can be found on an array of websites. Participants should not open up a bank account in Italy. It is recommended that students check with their current banking providers to see what fees may apply when withdrawing cash. Many of the local shops and restaurants do not accept credit cards. Visa and MasterCard are the most widely accepted cards in Italy, although credit and debit cards are not as ubiquitous as they are in the United States. When withdrawing cash from ATMs, it may be challenging to break large bills in some of the smaller venues so it is recommended that students withdraw smaller bills when possible or get change from a bank before trying to spend cash.

Participants should notify their bank and creditors that they will be studying in Rome prior to their arrival to ensure that the bank does not enact fraud procedures and deactivate of lock a student’s bank cards. You may also want to check with your credit card company to see what kinds of foreign transaction fees may apply as well.

Cultural Overview

Rome is a reflection of both its rich history and a bustling modern metropolis. From ancient Roman architecture that still stands tall after thousands of years, to the most decadent gelato and high end fashion, the city is a mixture of historic and modern cultures. Every year millions of tourists flock to the Eternal City’s museums and world heritage sites. From the Roman Colosseum to the Fontana di Tevi there is an endless list of places to see.

Italians are known for their style and they take considerable care in their appearance. Even if they are running out to the supermarket to pick up some fresh produce for dinner, they always look their best when venturing our of the apartment. Food is also an integral part of culture in the city of Rome. Fresh fruits and vegetables purchased daily from grocers or open air markets are essential as Italians take food seriously.

Living in the neighborhood of Trastevere, it is important to note a few key differences from college life in the U.S. Italian students typically keep a low-profile and live at home while completing their studies. Many have full-time jobs as well and express little sympathy towards college students that behave loud and inappropriately.
JOHN CABOT UNIVERSITY

About John Cabot University (JCU)

The N.U. in Italy Program partners with the John Cabot University, an independent, four-year liberal arts university in the heart of Rome. JCU offers undergraduate degrees and study abroad programs to English-speaking students from all over the world. Students study in the Trastevere neighborhood on the banks of the Tiber River.

Founded in 1972 and welcoming more than 1,000 visiting students every year, John Cabot University utilizes small classes and professors who encourage dialogue as well as use the city of Rome as a learning laboratory. Rome is a city rich in culture, history, art, creativity, business and international affairs and John Cabot University encourages its students to explore these areas for professional and personal growth.

The mission of the University is to provide an educational experience firmly rooted in the American tradition of the liberal arts and solidly international in orientation. The academic programs are designed to use to the fullest extent the special resources of a multicultural faculty, and international student body, and the extraordinarily rich culture and history of Rome and the surrounding region. The words “Explorando Excello” appear on the university’s crest which mean “I excel by exploring”.

JCU Buildings & Resources

JCU’s student life and programs are centered around three main areas: Gianicolo Residence Hall, Tiber River Campus, and the Guarini Campus.

- Frohring Library a unique, dynamic and highly appreciated learning environment open to all members of the JCU community. It’s over 32,000 books and multimedia items are available on campus as well as a number of online databases available from anywhere

- The Fitness Center is conveniently located inside the JCU Gianicolo Residence and has many fitness classes free of charge

- Wireless internet access, data projection, and multimedia players

- JCU offices for Immigration, Well-being and Community Service with full-time administrative staff

- Students can use their meal plan at The Tiber Cafe to grab a bite to eat or meet up with classmates
STUDENT RESIDENCES

N.U. in Italy students, as well as N.U. in International Student Advisors will all reside in the Gianicolo Residence. Coping with different housing standards is part of the student learning experience in Rome. It is important for students to remember that you won’t be living exactly like you may have back home. All N.U. in Italy students are expected to abide by both the Northeastern University Code of Conduct and N.U. in supplement as well as the JCU Housing Policies and Regulations. Apartments functions as fully independent living units which include an equipped kitchen, 1-2 bathrooms and a common area. The building is equipped with 24/7 security guards and central A/C and heating. Rooms come supplied with the following items:

- 2 sets of sheets, 2 sets of towels
- 1 bath mat, 1 comforter and 1 pillow
- Basic kitchen supplies including: pans, pots, cooking utensils, cutlery, knives, mixing bowls, cutting board, plates and
- Nightstand, desk
- Wardrobe space with hangers
- Clothing drying rack, trash bags

Common areas

There are two types of common spaces in the Gianicolo Residence area, The Social Room and the Quiet Study Area. The Social Room is open 24-hours a day and is available to all residents when not otherwise reserved for special events hosted or approved by the Housing Office. The Quiet Study Area is a strict quiet space where voice chatting of any form is prohibited.

Meals

While on site in Rome students will have access to a student meal plan that includes 60 preloaded meals at the Tiber Cafe. Students may add to these preloaded meals if desired but no refund will be given to students who do not use all of these meal swipes. The Tiber Cafe offers a variety of food including home-style favorites, Mediterranean Cuisine and international dishes as well.

Mailing Items to N.U. in Italy Students

Every student has a mailbox on campus where they may receive traditional letters only and or small/medium sized packages (no larger than a shoebox). Packages larger than this will be returned to the sender. Students cannot receive packages at their JCU Housing address unless you have arranged with the delivery company to be present for a delivery.

Student Name
John Cabot University
Via della Lungara, 233
00165 Rome, Italy
Laundry

Students have access to a washer in their apartment but may also utilize laundry services located locally. Wash, dry, and fold is available for a fee at nearby laundromats. It is important to read the washing machine instructions in the JCU Housing and Residential Life “Roman Housing Booklet” before attempting to do laundry.

Mail & Packages

Please be aware that N.U.in students can receive letters and small packages at their campus mailbox. Please also note that packages may be reviewed by customs authorities in Italy 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. Courier services (e.g., FedEx, UPS) are available for items other than documents and typically experience a longer delay and higher taxes in customs than items shipped via USPS.

Roommate Placement

N.U.in Italy students will live with one other roommate. Students receive their roommate assignments once they arrive in Rome. 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 JCU and N.U.in staff. Our International Student Advisors (ISAs) are involved in planning of weekly free or low-cost activities to encourage students to come together for some fun, and to get to know each other. Through John Cabot University, students can also sign up for other optional activities taking place in Rome and throughout Italy, such as a weekend trip to Pompeii and the Amalfi Coast, Olive Harvest and Olive Oil Tasting, a night at the opera, and much more. For more information or to sign up: https://myjcu.johncabot.edu/trips/

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
- Museum tours
- Halloween vegetable carving
- Traveling 101: Tips & Tricks (prior to fall break)
- N.U.in Husky Day
- Postcards from Rome

Excursions

In Italy, students will have the chance to discover different areas around Rome and the country. Dates will be confirmed once students are on site. The following are scheduled excursions for the upcoming fall semester but may be subject to change:

JCU and N.U.in Sponsored Excursions.
- Florence & Siena Weekend Trip
- Ostia Antica

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 N.U.in and JCU. 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 JCU 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 Italian 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 Italy 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 an Italian 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.

- TIM
- Vodafone
- Wind
- Tre
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

College of Arts, Media and Design | D’Amore-McKim School of Business | Program for Undeclared Students

Courses & Credits

• 4 JCU Courses
• 1 Northeastern Course titled The Global Experience
• Courses fulfill NU Core & Major 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 University Advisors must confirm and approve any changes. Students who receive AP/IB/other college credit can have their schedules adjusted by their academic advisors 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.
ITALIAN ACADEMIC ENVIRONMENT & STRUCTURE

General Information

John Cabot University operates on a very similar academic schedule to that of any U.S. higher education institution. The end of the academic semester will be 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 as well as other John Cabot University students. 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.

JCU faculty and professors are often able to give individual support through office hours and tend to be aware of academic difficulties. JCU also provides support with their Writing Center and offers support through their Math Tutoring Center to interested students.

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.

Advising & Academic Success Program (AASP)

The AASP provides academic support need to maximize your education pursuits at JCU. Open to study abroad students, the AASP assists through individual or small group advising and sets up presentations or workshops aimed at developing the most important learning skills. In order to better assist students, the AASP team includes the University’s Tutoring Centers, the Counseling Services and the Library. Students may reach out at any time to academicsuccess@johncabot.edu with questions or concerns.

Learning Disabilities

Students seeking disability accommodations should identify themselves at the beginning of the semester with their faculty members. Any participant requiring accommodations must provide documentation to the N.U.in office prior to departure. N.U.in then provides this documentation to JCU, but students should also speak to their professors individually to alert them of their necessary accommodations. The determine feasible and appropriate accommodations, JCU will need recent (no later than four years), detailed medical and/psychological documentation of the disability to be accommodated. Students will be informed directly by the Academic Dean’s Office of the accommodations that have been granted. Please contact your Boston-based Assistant Director should you have any further questions.
THE GLOBAL EXPERIENCE COURSE

Overview

The Global Experience course is a one-credit class taught by each location’s 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 Italy 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 Italian culture by further integrating into the local Rome community. Simultaneously, students develop professional skills that they can apply to future courses, co-ops, jobs, and study abroad experiences.

N.U.in Italy students either participate in weekly, individual service commitments or in on-going 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 at JCU may include both weekly and one time events at various locations including:

- Italian Red Cross
- Joel Nafuma Refugee Center
- Casa Internazionale Delle Donne
- Instituto Leonarda Vaccari

The Community Service Program’s intent is to prepare our students to become future civic leaders and raise awareness and understanding of diverse cultures and communities. It encourages a multicultural and multi-perspective service education, and intends to teach students about the context in which service is provided. Students have the possibility to develop skills such as ethical decision making, effective verbal and non-verbal communication, and team work amongst many others. Focus groups, workshops and lectures are a fundamental part of the Program that help students acquire knowledge on the various aspects in the humanitarian field. Some of the activities offered include teaching English, feeding the homeless, blood donation, working with refugees, and neighborhood clean-ups. You can receive a certificate of participation by completing 15 hours of service and attending 2 classroom experiences. Find more information here: http://www.johncabot.edu/student-services/community-service/

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

JCU 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 Italy – John Cabot University
  ◊ Initial Travel Term: Fall 2017 Semester
  ◊ Multiple Terms: No
  ◊ Dates of Program: August 22, 2017 – December 9, 2017
  ◊ On-campus contact: The N.U.in Program; Phone: 617 373 6447; Email: nuin@neu.edu
• Enter the Trip Contact Information:
  ◊ Location Name: John Cabot University
  ◊ Street Address: [insert your personalized mailing address]; Country: Italy
• 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 Italy:
  
  Student Name  
  John Cabot University  
  Via della Lungara, 233  
  00165 Rome, Italy

◊ Dates of Program: August 22, 2017 – December 9, 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

Health & Counseling Services

The Italian National Health system provides Italians and foreign nationals alike with free emergency treatment in public hospitals and associated clinics. The Student Services staff is available to help students arrange medical care and appointments with English-speaking doctors and specialists. JCU also has professional psychologists who provide counseling services to students having difficulty adjusting or who have other personal problems.

Packing Prescriptions

Please note that not all medications may be available in Italy. If possible, arrangements should be made for bringing an entire semester’s worth of medication. Shipments of medication may be stopped by customs for testing or otherwise denied if sent from outside the European Union. 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 & WORLDAWARE

Health Insurance

The N.U.in Program requires that all participants maintain health insurance coverage that is valid abroad during their time on site. In following with Italian law, all students must be covered by insurance for student visa purposes and have therefore been automatically enrolled in a plan with Cultural Insurance Services International (CISI). This cost is included in the program fee. If there are questions about specific coverages, we urge you to contact CISI directly or to visit their page on the JCU website for more information (https://www.culturalinsurance.com/johncabot/). Students will be able to submit a claim and process payment through their JCU student portals. The JCU Office of Student Health, Wellbeing, and Conduct is available to students who are navigating the CISI claim process.
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 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

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. Additional staff may be provided by our partner institutions to assist within the residence halls or with cultural adjustment and understanding. 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 on-call 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 a 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 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.
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 2018 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

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)
☐ Register your trip in myNEU and STEP
☐ 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
☐ Research your host city/country and get excited!

NOTES

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Wishing you a great 2017 semester!