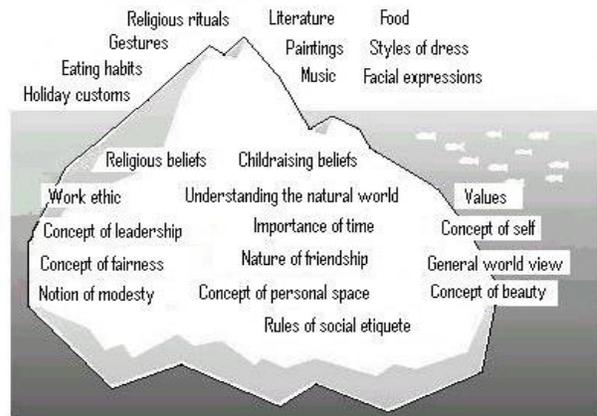
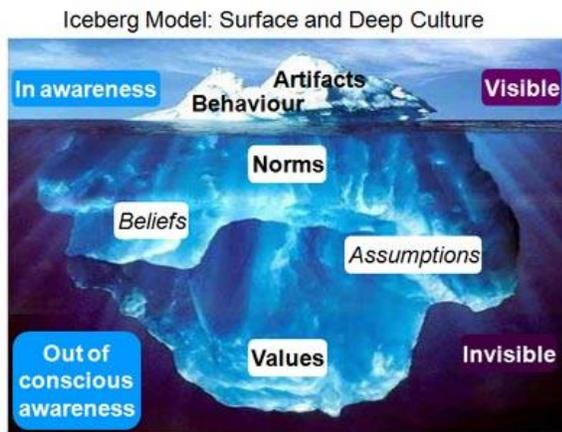




Studying away is an experience that can provide personal, academic, and professional growth and transformation. The process is ongoing, but does take time and reflection as we immerse ourselves into new cultures. The cultural iceberg is way to visualize the visible and subtle aspects of culture, and also of ourselves. Exploring our own cultural iceberg allows us to learn how our values formed and how they might impact our interactions with others. By exploring our own cultural iceberg, we can understand our own positions, but also be open to knowing that others are coming from their own positions. This may be something you've experienced at home and may experience while studying in New York.

In this exercise, please select one cultural concept from the iceberg on the right and complete the prompts.



Cultural Adjustment: Preparing to Live in a Different City

You might find yourself getting a bit anxious as you get closer to the date of your departure. It's natural to be nervous before moving to new surroundings. Here are some steps you should take to prepare:

1. View the ["What is Culture" Webinar](http://www.nyu.edu/global/culturaladjustment) and ["Culture of New York" Webinar](http://www.nyu.edu/global/culturaladjustment) at: www.nyu.edu/global/culturaladjustment
2. Plan how you will *Reflect on the Experience* before arrival, during, and after you return, which may include blogging, posting on Facebook, or keeping a personal journal.
3. Research the culture you will experience by logging into Culture Compass through NYUHome. Culture Compass is a web-based cultural awareness training tool which provides quick and easy access to extensive knowledge on how to engage effectively with people from countries around the world.
4. Get involved in local German events or sign up for Speaking Freely.
5. Think about your own Cultural Iceberg...What are your Behaviors, Norms, Beliefs, Assumptions, and Values?
6. Ask questions and use resources...The Office of Global Programs is a great place to start.

Packing & Travel Tips From Your Site Representative

We've done a decent amount of traveling and have made some classic travel mistakes in our time. Be smarter than us by following the below tips!

In addition to clothing, here are some basic suggestions on what to pack:

- A small weekend-size bag/backpack/collapsible duffel bag for trips you'll take during your time abroad
- Plug adapters for the U.S.
- Battery-operated travel alarm clock
- Any medication you need (and copies of the prescription written in generic term)
- Your favorite over-the-counter medication that you like to take when you have a cold, headache, etc.
- Camera (and camera battery charger)
- Comfortable shoes
- Warm clothes! You will arrive in winter.
- Your NYU ID card
- Any items that you cannot live without

What should you leave at home?

- Kitchen utensils, pots, or pans
- Appliances (e.g. hairdryer, flat irons, shavers). Even with a plug adaptor and converter, the higher voltage can destroy your small appliances and could potentially knock out power in entire buildings, which isn't a great way to make friends abroad. If you're not willing to forgo the blow dryers and flat irons for a few months, then it's best to purchase local versions once you get abroad.
- Electricity converter. They don't work!

What should you pack in your carry-on?

Pack your weekend bag (backpack, duffel bag, etc.) with everything you'll need for the first few days of your trip and bring it as a carry-on on the plane, so you'll be ready in case your baggage is delayed.

- Copy of your travel itinerary and documents
- Passport (and copies of your passport) and original I-20 if traveling to NY on an F-1 visa
- Medication (with copies of the prescription written in generic term)
- Copy of your health insurance card and information
- Valuables (e.g. laptop, camera)
- Copies of important phone numbers
- Arrival cheat sheet (sent to students about two weeks before that start of the term)
- Two to three outfits & necessary items for a couple days in case your checked luggage gets lost
- Don't forget that you cannot bring more than 3 oz. of any liquid in your carry on for your flight overseas. Airport security can be very strict. Make sure you follow all the rules when it comes to flying!
- Snacks. It's horribly unpleasant to be hungry and thirsty while you're on a plane and they control when you get meals, so bring some snacks (stay away from fruit, especially if you have a layover, as some countries don't want you to bring perishable food into their airports). And make sure you have your own water on the flight (though, remember, you can't take any through security).

RESOURCES

- **THE BLOG:** <https://nyunewyorkspring2017.wordpress.com/>

ALL students should be checking all blog posts each week. You are responsible for the tasks set out on the blog.

- **Site Staff at NYU New York**
global Programs New York City (GPNYC): gpnyc@nyu.edu
- **Global Ambassadors:** global-peer-mentors@nyu.edu

	<p style="text-align: center;">NYU LGBTQ Center Kimmel Center, Suite 602</p> <p style="text-align: center;">Ask a question of Safe Zone-trained staff: lgbtq.global@nyu.edu</p>
	<p style="text-align: center;">Center for Multicultural Education & Programming Kimmel Center, Suite 806</p> <p style="text-align: center;">nyu.edu/cmep</p>
	<p style="text-align: center;">Global Spiritual Life 238 Thompson Street 4th Floor</p>
<p style="text-align: center;">NYU Wasserman The Center for Career Development</p>	<p style="text-align: center;">Wasserman Center for Career Development 113 East 13th Street, 2nd Floor</p>
	<p style="text-align: center;">NYU Wellness Exchange 24/7 at +1-212-443-9999 wellness.exchange@nyu.edu 726 Broadway, 4th Floor, Suite 402</p> <p style="text-align: center;">You will have access to the Wellness Exchange while away, with a local phone number</p>



NYU

Global
Programs

NYU New York Spring 2017 Calendar

January 22	Student Arrival
January 23	Classes Begin
January 27 @ 4PM	Mandatory Orientation
February 5	Last day to drop/add NYU courses. Last day to drop courses and <i>not</i> receive a "W". Last day of active waitlists.
February 20	Presidents' Day (no classes)
March 13 – 19	Spring Break (no classes)
March 31	Last day to withdraw from a course (with a "W" on transcript). Last day to declare pass/fail grading option.
May 8	Last Day of Classes
May 9	Reading Day
May 10-16	Final Exams
May 17 @ noon (12PM)	Last day to be in NYU Housing

* **Please note** that all calendars are subject to change.

Do not make ANY travel plans until you have attended the first week of classes and received all of your class syllabi.

Money and Budgeting

Debit cards *will* allow you to withdraw money from local ATMs

- Easiest way to access local currency!
- Check with your bank for fees. Look for partner banks.
- Make a few large withdrawals vs. many small ones. Carry what you need, and store rest safely.
- Look into a Bank of American account (cooperation with Deutsche Bank)
- Lock into Capital One 360 Checking Account

Credit Cards (specifically Visa and MasterCard) are widely accepted

- Credit cards usually offer the best exchange rate.
- Fee is generally very small; typically a small % of the total transaction, ranging from a few cents to a few dollars per swipe.
- Check with your credit card company for international fees/charges.

Be sure to inform your bank and credit card company that you will be traveling abroad to make sure they won't block your accounts when they see international charges. Also ask for phone numbers to call from abroad in the event you have any issues. The 1-800 numbers on the back won't always work from overseas.

Create a budget:

1. How much money do you have in total for your semester in New York?
 - a. Determine how much spending money you'll have (which does not include any scholarships or financial aid that goes directly to your e-bill).
2. How much money will you need for essential items each month?
 - a. Outline your transportation costs, food shopping, cell phone bill, course books, laundry, toiletries, school supplies, etc.
3. Set aside an emergency fund.
4. How much money do you have after you deduct essential spending and the emergency fund from total amount for the semester?
 - a. Allocate this money among items for fun: personal travel, splurges, souvenirs, eating out at restaurants, going out with friends, entertainment, etc.
5. Refine and adjust your budget once you get into your host country.
6. Tipping is customary in the U.S. When a person performs a service, you are expected to tip at least 15%. If you frequent a restaurant with wait staff service, take a taxi cab, or have food delivered be prepared with a tip. Failure to offer a tip considered rude by U.S. standards.

Tips for staying on budget:

- | | |
|--|--|
| <ul style="list-style-type: none">• Choose a bank or credit card wisely• Use your kitchen or your meal plan instead of eating out for each meal• Take advantage of budget travel• Explore your host city and country• Get acquainted with the public transportation• Before scheduling your own day trips, look to see what programming is available through NYU New York | <ul style="list-style-type: none">• Skype with friends and family at home (instead of using your cell phone)• Watch the exchange rate (and create your budget in the host exchange rate)• Take advantage of the student deals• Make friends with the local students• Track your spending and keep receipts |
|--|--|