PRE-DEPARTURE BRIEFING SESSION 2016

See the world!

Ms Emily Wong
Senior Student Advising Officer
CEDARS (Campus Life)
Pre-departure Briefing for Outgoing Exchange Students

1. Psychological preparation
2. Safety issues
3. Financial assistance
THE PROCESS OF ADJUSTMENT

How most students experience the early days of life in a foreign country

LEAVING HOME
- Farewells
- Happy & Sad

ARRIVAL IN VISITING COUNTRY
- Confused
- Tired
- Basically Happy

CULTURE SHOCK
Lonely • missing family
New • food
study • culture

FEELING VERY UNHAPPY
- Was I right to come to the visiting country?
- Will I achieve my goal?

frustrations; problems

Honeymoon stage

ARRIVAL IN HOME COUNTRY
- Getting to know family & friends again
- Starting work
- High expressions

ADAPTION TO LIFE IN HOME COUNTRY
- Sense of achievement
- 'I have benefited from being overseas'

REVERSE CULTURE SHOCK
- Disappointed if expectation are not met
- Negative feelings about home
- Comparing the visiting country with Hong Kong

differences valued

LEAVING VISITING COUNTRY
- Farewells
- Happy & Sad

COMPLETION OF STUDIES

differences accepted

ADJUSTING
- Confident
- Study OK
- New friends & activities

coping well

differences more apparent

RE-ADJUSTING
- Successfully re-establishing lifestyle

How most students experience life returning to their home country

LEAVING HOME
- Farewells
- Happy & Sad

ARRIVAL IN VISITING COUNTRY
- Confused
- Tired
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RE-ADJUSTING
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STRESS WARNING SIGNALS

**Physical**
- Headaches,
- Dizziness
- Racing heart;
- Shallow breathing
- Indigestion,
- Stomachache
- Tight neck, shoulders;
- Muscle tension;
- Easily fatigued
- Diarrhea,
- Constipation

**Behavioral**
- Avoidance and procrastinate
- Sleeping/Eating too much or too little
- Short-tempered
- Excessive smoking;
- Drug/alcohol use
- Self harm

**Cognitive**
- Inability to think, make decisions
- Difficulty with concentration
- Forgetfulness
- Constant worry
- Pessimistic

**Emotion**
- Unhappy, depressed
- Anxious, nervous
- Overwhelming pressure
- Irritable, anger
- Helplessness

*Extract from Talk by CoPE*
Emotional preparation

• What can I do?
  • Aware of stress warning signs
  • Adopt appropriate coping
    - Problem-solving
    - Take rest and relax
    - Maintain healthy lifestyle
    - Get back to your routine
    - Know your environment
    - Emotional sharing among friends
    - “Think positive” technique

• Ask and seek help in host university
  - Be aware that not all your questions can be answered

Remember to visit the International Students Office in host university upon arrival.
What can I do NOW to prepare?

- Our Counselling Service in CEDARS.
- It is free.
- We may talk about:
  - Psychological preparation for studying abroad
  - Stress management

- Make appointment by phone / email / in person
- Call CEDARS (Counselling and Person Enrichment) at 3917-8388 for an appointment to meet a counsellor.

CEDARS (CoPE) available in Room 301-323, Main Building
• CEDARS - CoPE
  • We trust that every student has the same right to choose what they want to be; your dream will come true with preparation.

  • If you or your family members have history of mental health problems, we highly encourage you to seek professional advice on psychological preparation in response to stress.

  • If you have been seeing a counsellor, let him/her know of your exchange plan.

Extract from Talk by CoPE

CEDARS (CoPE) available in Room 301-323, Main Building
• Keep close contact with family in HK.
• Keep check your university email account regularly.
• Keep contact with CEDARS, including IAO, your faculty office or department, etc.
• Share your travel experience through iMAP.

Make sure you let someone from home know if you go travelling during your period abroad. Always stay connected.
www.cedars.hku.hk/imap
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(852) 1868  Hong Kong Immigration Department Hotline
香港入境事務處求助熱線電話
Safety Issues

- Personal Safety
- Campus Safety
- Home Safety
- Travelling
- Alcohol
- Drugs
- Sexual Harassment
- Romantic Relationship
- Natural Disasters
- Health

Remember the drinking regulations may be different in your host country.
HKU Global Assistance Programme

• HKU partnered with International SOS to provide worldwide medical and security support for HKU staff and students.
• Not an insurance policy.

*Retrieve the HKU membership ID number on the HKU portal.*

*Register with the University before the trip.*

Pre-trip medical and security brief:
• Contact the International SOS’s Hong Kong centre 2528 9900
• Download the “International SOS Assistance App” to have instant access to country-specific medical and security alerts while abroad.

While abroad:
• Contact the nearest 24/7 assistance centre
Some general safety tips for you. It is dangerous to

- jaywalk,
- stay alone at night in an isolated area,
- sleep in an unlocked room or open place,
- carry a large sum of money with you,
- accept rides from a stranger,
- take a short cut to a place through dark alleys,
- cross busy streets while you are using your smart phones,
- overload electrical circuits by using too many extension cords or appliances,
- forget to turn off your gas oven,
- get drunk
- ......
Safety Issues

- Emergency exits
- Emergency contact number
- What to do if there is a fire......
Handling Alcohol

• No. Thank you.
• I can’t drink alcohol
• Alcohol makes me ill.
• I would like a non-alcoholic drink.
Never stay ALONE with a stranger or even your professor in private or enclosed places. (e.g. their house, hotel or some enclosed area)

- Know the boundaries of physical touching.
- Be sensitive and do not give out the wrong body language or impressions.
- Be firm and say NO and walk out!

If you don’t feel comfortable, you just simply say “NO!”
Coping Strategies

- Be alert.
- Street smart
- Trust your instincts.
- Be prepared
- Be assertive
- Follow safety advices given by your host university.

Observe, Listen, Inquire

Observe and Listen before you know what you don’t know
You can only inquire when you know what to ask
Crisis management

• Do not try to handle it ALONE!
• Contact your host university.
• Keep your parents, HKU and the HK side informed.
• Contact the local Chinese Embassy for assistance.

PRC, Ministry of Foreign Affairs 24-hour hotline: 86 10 12308

• Ring up the HK Immigration Department 24-hour hotline.

HKID 24-hour hotline: 852 1868

• Worldwide Emergency Support Services by International SOS
6 SERVICES PROVIDED BY HKSAR GOVERNMENT: "ASSISTANCE TO HONG KONG RESIDENTS UNIT"

You are advised to familiarise yourself with the services provided by the "Assistance to Hong Kong Residents Unit". You can read more information on the website of GovHK at http://www.gov.hk/en/residents/immigration/outsidehk.

- Assistance to Hong Kong Residents 24-Hour Hotline
- Assistance to Hong Kong Residents in the Mainland
- Assistance to Hong Kong Residents Travelling Outside Chinese Territory
- Travel Tips and Advice
- Registration of Outbound Travel Information

The "Assistance to Hong Kong Residents Travelling Outside Chinese Territory" (http://www.immd.gov.hk/eng/services/Assistance_Outside_Hong_Kong.html) is extracted below for your quick reference.

What is consular protection

Consular protection is the act of diplomatic or consular organs or officers in protecting the national interests and legitimate rights of citizens or legal persons in another country within the limits permitted by international law. When the legitimate rights and interests of a Chinese citizen or legal person are illegally violated in another country, the Chinese diplomatic or consular mission there will, in accordance with customary international law principles, relevant international conventions, bilateral treaties or agreements and the relevant laws of China and the other country, reflect the citizen or legal person's request and urge the related authorities of the other country to handle the issue in a fair, friendly and proper way.

Consular protection also includes assistance rendered by Chinese diplomatic or consular missions to Chinese citizens or legal persons, such as providing information on international travel safety, assisting in employing lawyers and translators, visiting detainees and assisting in evacuating from dangerous places, etc.
• **Student Travel Loan (STL)**

Interest free loans are available to **LOCAL** students studying for a full-time degree programme who need financial support to take part in exchange programme.

Submit the student travel loan application. Call CEDARS (Campus Life) at 2859-2305 for an appointment to meet a student advising officer.

• **First-in-the-family Education Fund (FIFE)**

The fund is available to **LOCAL** students who are the first generation in their families to attend university to take part in different extra-curricular activities.

Apply **STL** to CEDARS at least **14 working days** prior to your departure

• **Payment of tuition fee.**
Befriend Us

Facebook: https://www.facebook.com/hku.cedars

Twitter: https://twitter.com/HKU_CEDARS

iMAP: http://cedars.hku.hk/imap

Website: cedars.hku.hk

Enquiry: cedars@hku.hk / 2859 2305