UNO-Innsbruck International Summer School 2015
Pre-Departure Orientation
What will we talk about in this Orientation?

- Who are the Innsbruck 2015 Students?
- The UNO-Innsbruck Summer School Team
- Passport / STEP
- Flight & Eurail Information
- Textbooks
- Money
- Weather, Clothing & Packing
- Nurse’s Recommendations & Health Insurance
- Electronics / Internet
- Contact Information in Innsbruck
- Cell Phones
- Safety, Program Rules & Regulations
- Cultural Differences
- Arrival, Opening Events
- Dormitory and University/Classrooms
- Forms to submit
Who are the Innsbruck 2015 Students?

- 275 enrolled
- Universities represented: UNO, UGA, Ole Miss, LSU, U of Alabama, SMU, U of Texas
- Home State: Georgia (28%), Louisiana (26%), Texas (15%)
- Gender Distribution: 59% Females vs. 41% Males
- Majors: Business (55%), Humanities (17%), Science (12%)
- GPA: 3.5 and above (43%), 3.0 - 3.5 (43%)
- Classification: Sophomores (79%), Juniors (16%)
PASSPORT

APPLY IMMEDIATELY!!!

Processing time for routine service is 4-6 weeks.

Expedited service is approximately 2-3 weeks and costs extra.

FEES:

First U.S. Passport = $110.00 (+ $25.00 execution fee)
Passport Renewal = $110.00
Expedited Service = $60.00 (in addition to the above fees)

http://travel.state.gov/passport/

Passports must be valid 3 months past the return date!
Do the STEP…

Smart Traveler Enrollment Program (STEP)

A free service provided by the U.S. Government to U.S. citizens abroad. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency.

step.state.gov

Enter information on your trip. Subscribe to receive updates on Travel Warnings, Travel Alerts and other information for a particular country.
FLIGHT INFORMATION

Arrival in Innsbruck on June 27th!

Book your flight now!

Contact ITS Tours at 1-800-533-8688 for information on group flight.

Depart the U.S. on June 26th for a June 27th arrival in Munich.

You must complete the Pre-Departure Information Form online to let us know your arrival information and whether you will take the shuttle from Munich to Innsbruck.

We will have free bus shuttles ONLY on June 27th until 12:00 noon.
Reserve your Eurail pass before May 27th, 2015.

Types of rail passes include:
* 10 days of travel in two months * Recommended
* 15 days of travel in two months * Recommended
* 1 month unlimited travel
* 2 months unlimited travel

Look for a Youth, Second Class Flexi Pass.
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You must buy textbooks BEFORE your departure to Innsbruck and bring them with you!

- Course texts can be purchased from the UNO Bookstore. Textbook list and links have been sent to you.

- If Course Pack is required: available in Innsbruck for an extra fee

- E-textbooks
MONEY

- Best method for money exchange: ATM
- **Cirrus** and/or **Pulse** logo on back = international networks for ATMs
- We don’t recommend Traveler’s Checks.
- Inform your bank that you will travel in Europe and that you will make foreign currency transactions on your ATM and credit cards.
- Bring some cash in Euro (approx. € 50.00)
- Never carry around a lot of cash. *(Pickpockets are everywhere!)*

CURRENT EURO/ DOLLAR EXCHANGE RATE
1 U.S Dollar = .90 Euro Cents (as of May 11, 2015)
WEATHER

- Hard to predict
- Ranges from about 45F to about 95F
- Sun, rain, even snow on mountains
- Rain jacket and light-weight umbrella
- Good walking shoes
- Hiking boots for glacier field trip
- No air-conditioning
CLOTHING and PACKING

- Packing list in Pre-Departure Guide
- One free checked bag on transatlantic flights
- Carry-on
- Laundromat
- Formal wear for the Opening Ceremony and some field trips
NURSE’S RECOMMENDATIONS

- Immunization Compliance Form, meningococcal immunization

- Prescription medicines in your carry-on!

  Enough for six weeks: “Vacation override.” Do not send!

  U.S. prescription medicines CANNOT be refilled in Austria or elsewhere in Europe.

  For example:

  Microgestin       Vyvanse       Beyaz       Lexapro
  Loestrin          Finasteride   Adderall    Flurazepan
  Remeron           Dexamethylphenide Adderall    Minastrin
  Intuniv           Prozac        Reclipsen   Trazadone
  Concerta          Omeprazole    Celexa      Asthma inhalers

  Migraine medications
  Or any other medications that require a prescription

- Diabetics on insulin, please bring an extra pump or extra injectables in case of breakage or loss.
NURSE’S RECOMMENDATIONS

• Consider bringing the following U.S. drugstore items:
  ✓ Cough Syrup, Cough Drops, Sore Throat Lozenges
  ✓ Nasal decongestants and Sinus medications
  ✓ Headache and general pain medication
  ✓ Cold and flu medications
  ✓ Multivitamins
  ✓ Band-Aids
  ✓ Imodium
  ✓ Antacid tablets
  ✓ Analgesics
  ✓ Antibiotic cream
  ✓ Antibiotics: Talk to your family doctor!

• Pepcid, Prilosec, Tums, and Benadryl are nearly impossible to get in Europe.
• Pain medication such as Tylenol or Ibuprofen is rather expensive in Europe.

More information on our web site under “Health and Safety”
• Coverage from 6/26 – 8/7
• Coverage can be extended for extra cost if you travel before or after program
• You have to prepay and then file a claim!
• $50.00 deductible per accident/illness, then % of charges
• Covered expenses include charges for
  ✓ Hospital room & board
  ✓ Diagnosis, treatment and surgery by a physician
  ✓ Cost and administration of anesthetics
  ✓ Medication, X-ray, lab work, etc.
  ✓ And more….
• Emergency Medical Evacuation
• Family Assistance Benefit
• U.S. voltage 110 volts - Europe 220 volts!
• Hair dryers and straighteners – buy in Innsbruck. A small hair dryer, for example, costs about €10 ($11).
• Electronic items with a power pack (laptop, IPod, etc.) usually include a voltage converter. You will only need a plug adaptor.
• Ethernet cable for internet in dorm room.
Your Mailing Address in Innsbruck:

(your name)
THE INTERNATIONAL SUMMER SCHOOL
c/o Rössl in der Au
Höttinger Au 34
A-6020 Innsbruck
Austria, Europe

Phone: 011-43-50447611

- We don’t recommend shipping luggage to Innsbruck.
- Don’t mail medication, especially not prescription drugs! They will be held up in customs and may be confiscated.
CELL PHONES

- No outside phone lines in dorm rooms
- U.S. cell phone usage VERY expensive
- We recommend buying a local Prepaid Cell Phone
- Cost of phone is about 20 Euros (approx. $25.00) – in dorm on June 27th
- You have to purchase phone recharge cards.
- **To reserve a cell phone, please complete the [Pre-Departure Information Form online](Forms/Downloads).**
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SAFETY

There are a few precautions you should follow to travel safely:
(for a full list see the Pre-Departure Guide)

1. Don’t leave your bags or belongings unattended at any time.
2. Don’t let anyone give you anything to carry when traveling.
3. Never keep all your documents and money in one place, and make duplicate copies of your documents (especially your passport).
4. Beware of becoming intoxicated and do not get involved in drugs.
5. Let people know where you are going and when you expect to return.
6. Have sufficient funds and/or a credit card on hand to purchase emergency items such as transportation tickets.
7. Be cautious when you meet new people and **NEVER** bring them into the dormitory.
8. Be mindful of your appearance and avoid expensive jewelry and accessories when traveling.
9. Try not to flash your money and be discreet when showing your passport.
What do I need to know about safety?

4 simple rules to stay safe:

- Don’t drink to the point that you lose control and endanger yourself and others.
- Don’t use drugs.
- Watch out for your friends and stay together (Buddy System).
- Use common sense!

You can avoid becoming a victim of accidents and crimes if you stick to these simple rules!
Safety in the Mountains

- Wear proper shoes and clothing.
- Never go hiking alone and always tell someone where you are going.
- Always stay on the marked trails.
- Weather conditions on the mountains can change fast!
- Make sure to bring your cell phone.
- Beware of ticks! Check yourself after the hike.

Don’t miss the guided hike on the first Wednesday of the program. Trained hiking guides will introduce you to safety rules in the mountains during a beautiful hike!
What are the program rules & regulations?

A complete list is on our web site and will be distributed upon arrival.

Here are the main rules:

• 2:00 am curfew on school nights
• No guests in the dorm
• No smoking or flammables in the dorm
• No alcohol in the dorm, on program field trips & events
• Drunkenness and disorderly conduct are not tolerated
• No drugs
• Class participation is required: No unexcused absences
• Dishonesty will not be accepted
Academic Regulations

• DROP / ADD in Innsbruck: June 29 and 30 in UNO-Innsbruck office ONLY!!

• Attendance Policy: **NO UNEXCUSED ABSENCES**

• Intense program. 6 credits. Long weekends for travel.

• *Excused* absence can be requested for medical or other legitimate reasons (after appeal).
  To request a medical excuse, you have to see the nurse BEFORE class!

• Grades will be dropped by a full letter grade for each unexcused absence.

• Remember that the summer will go by very fast and mid-terms are during the third week of the program. Please keep up with your studies!
CULTURAL DIFFERENCES

• Don’t wait to be seated in a restaurant.
• Don’t be surprised if another customer asks to share your table in a restaurant.
• No free re-fills and very little ice
• Give the tip to the wait staff, don’t leave it on the table.
• 10:00 pm “Nachtruhe” – it’s the Law!
• Bring your own grocery bag
• Date notation: 7.8.2015 = August 7, 2015

Little German Lesson:

“Bitte” (BIT-uh) = "please" and "you're welcome"
“Danke” (DunK-uh) = "thank you"
“Guten Tag! Hallo!” = “Hello!”
“Auf Wiedersehen!” = “Good bye!”
“Sprechen Sie Englisch?” = “Do you speak English?”
ARRIVAL

Tips to help you prevent and overcome JETLAG:

• Get a good night's sleep for several nights before your departure.
• The time change between CST and CET is 7 hours+. Set your watch when you arrive in Europe.
• Drink lots of water on the travel day: 2-3 liters are recommended. Avoid caffeine and alcohol.
• On arrival day, do not take a nap. Exercise and natural light help overcome jetlag.
• Power through the day and go to sleep at about 10:00 pm.
ARRIVAL ON JUNE 27th

All students can take our bus transfer to Innsbruck on June 27th before noon.

If your plane lands at 11:00 – 11:30 am or later, or if your flight is delayed, you may miss our busses. In this case, we recommend the private shuttle service Four Season’s Travel. One way fare is about $60.

Four Season’s Shuttle Service: www.tirol-taxi.at
ARRIVAL ON JUNE 27th

• Check-in begins at 12:00 pm @ the dormitory
• Complete **Room Damage Report** (in your welcome packet)

Please note: You will be responsible to pay for any damages in your room after your departure, unless the damage was reported **on** the day of your arrival.

• 2:00 - 5:30 pm Cell phones available for purchase in the lobby
• 6:00 pm **MANDATORY STUDENT ORIENTATION**
• Dinner at the Mensa
RÖSSL IN DER AU: Your home away from home…
Each room has a private bath.  
2 single beds, desks, chairs, desk lamps, closets and safes.

Internet access. (Bring Ethernet cable.)

Linens and towels are provided and changed regularly.

The dormitory is staffed 24/7 and is monitored by CCTV surveillance for your protection.

No guests: Feel free to e-mail or call us for hotel recommendations.

A generous breakfast buffet is served on all class days in the dormitory.

For laundry, we recommend a nearby laundromat.
RÖSSL IN DER AU Dormitory
RÖSSL IN DER AU Dormitory
The University of Innsbruck
The Mensa Cafeteria: Lunch
Sunday, June 28th

- Mandatory walking tour of the campus in the morning
- Free afternoon
- Opening Ceremony
  Representatives of the University, City, State and US Embassy welcome our students, faculty and guests. Dinner, live music and dancing to follow.
- Curfew starts at 2:00 am
# UNO - Innsbruck 2015 Calendar of Events: Tentative

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>U.S. departure for June 27</td>
<td>Arrival and Check-in Until 5:30 pm at Rissl Dorm</td>
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<td></td>
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<td></td>
<td></td>
<td></td>
<td>6:00 pm MANDATORY ORIENTATION MEETING</td>
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<td>28</td>
<td>29</td>
<td>30</td>
<td>JULY 1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Mandatory Walking Tours of Campus (See flyer in Welcome Packet for your assigned time)</td>
<td>CLASS DAY DROP/ADD 8:30am – 11:30am DROP/ADD 12:30pm – 2:00pm</td>
<td>CLASS DAY</td>
<td>JULY 1</td>
<td>CLASS DAY</td>
<td>REQUERED CLASS FIELDTRIP DACHAU (All SOC, PSYC, some HST, ANTH, JOUR and POLI classes)</td>
<td>REQUIRED CLASS FIELDTRIP DACHAU (All SOC, PSYC, some HST, ANTH, JOUR and POLI classes)</td>
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<td>11</td>
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<tr>
<td>REQUIRED CLASS FIELDTRIP OBERGURGI GLACIER (All ES classes) BERCHTESGADEN (some HST and all SOC classes)</td>
<td>CLASS DAY</td>
<td>CLASS DAY</td>
<td>CLASS DAY</td>
<td>WEEKEND FREE for all students &amp; faculty</td>
<td>NO CLASS</td>
<td>NO CLASS</td>
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<td>12</td>
<td>13</td>
<td>14</td>
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<td>16</td>
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<td>18</td>
</tr>
<tr>
<td>NO CLASS Weekend free for all students &amp; faculty</td>
<td>CLASS DAY</td>
<td>CLASS DAY 2:00 – 3:20 pm MIDTERM EXAMS (TP I) 4:30 – 5:50 pm MIDTERM EXAMS (TP II)</td>
<td>CLASS DAY</td>
<td>NO CLASS</td>
<td>NO CLASS</td>
<td>WEEKEND FREE for all students &amp; faculty</td>
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<tr>
<td>CLASS DAY 2:00pm – Lecture Series, HS 4</td>
<td>CLASS DAY 2:00pm – Lecture Series, HS 4</td>
<td>CLASS DAY</td>
<td>REQUIRED: Afternoon Fieldtrip to Bolzano for some ANTH, all ITAL classes</td>
<td>NO CLASS</td>
<td>NO CLASS</td>
<td>WEEKEND FREE for all students &amp; faculty</td>
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<td>26</td>
<td>27</td>
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<td>29</td>
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<td>NO CLASS</td>
<td>NO CLASS</td>
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<tr>
<td>NO CLASS Weekend free for all students &amp; faculty</td>
<td>CLASS DAY</td>
<td>CLASS DAY REQUIRED: Afternoon Fieldtrip to Munich for select Business classes</td>
<td>CLASS DAY REQUIRED: Afternoon Fieldtrip to Salzburg for all MUSIC classes</td>
<td>NO CLASS</td>
<td>NO CLASS</td>
<td>WEEKEND FREE for all students &amp; faculty</td>
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<tr>
<td>NO CLASS Weekend free for all students &amp; faculty</td>
<td>CLASS DAY</td>
<td>CLASS DAY</td>
<td>CLASS DAY</td>
<td>FINAL EXAMS TP I: 9:30am – 11:30am TP II: 1:30pm – 3:30pm</td>
<td>FINAL EXAMS TP II: 9:30am – 11:30am CLOSING PARTY for all students &amp; faculty 6:00pm @ the Ubibach</td>
<td>4:00am but transfer to Munich airport! Students must check out by 12:00pm!</td>
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First Week of Classes

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<th>Monday</th>
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<tbody>
<tr>
<td><strong>CLASS DAY</strong></td>
<td><strong>CLASS DAY</strong></td>
<td><strong>JULY 1</strong></td>
<td><strong>CLASS DAY</strong></td>
<td><strong>CLASS DAY</strong></td>
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<tr>
<td>DROP/ADD 8:30am</td>
<td>DROP/ADD 8:30</td>
<td>1:30 pm – Guided</td>
<td>2:00pm – Lecture</td>
<td>Free afternoon.</td>
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<tr>
<td>– 11:30am</td>
<td>– 11:30am</td>
<td>Hike including</td>
<td>on Dachau and</td>
<td>Weekend free for</td>
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<tr>
<td>DROP/ADD 12:30p</td>
<td>DROP/ADD 12:30</td>
<td>Mountain Safety</td>
<td>Hitler’s Eagle’</td>
<td>those not on</td>
</tr>
<tr>
<td>– 2:00pm</td>
<td>– 2:00pm</td>
<td>Instructions</td>
<td>s Nest in</td>
<td>required class</td>
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<tr>
<td>2:00pm – City Bus</td>
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<td></td>
<td>Berchtesgaden</td>
<td>field trips</td>
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<tr>
<td>Tour</td>
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- Classes start at 8:00 on Monday! Don’t be late…
- Monday - Friday
- Drop/Add (Mon-Tues)
- City Bus Tour
- Guided hike with mountain safety instructions
- Eurailpass Orientation
- Lecture on Dachau and Hitler’s Eagle’s Nest in Berchtesgaden
FIELD TRIPS

Required **day trips** are scheduled on first weekend only:

**Saturday, July 4: Dachau Concentration Camp Memorial Site**
ALL SOC and PSYC classes,
ANTH 1020 - Fads, Fallacies, and Human Origins
ANTH 3090 - Anthropology of the Roma Peoples
MANG 3401 - Introduction to Management & Org. Behavior
POLI 1010 - Contemporary Issues in Politics
HIST 2991 - Nazi Germany and the Second World War
HIST 4346 - Postwar Europe, 1945 - Present
JOUR 2790 - Travel Writing

**Sunday, July 5: Glacier Field Trip**
All EES classes

**Sunday, July 5: Berchtesgarden Field Trip**
All SOC classes
HIST 2991 - Nazi Germany and the Second World War
HIST 4003 - Modern Military History

**Many other exciting afternoon fieldtrips. See Summer Course Guide for details.**
Glacier Field Trip:
Hiking boots required!
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FORMS to Submit

Everything is online under “Forms/Downloads”

Did you upload your photo and passport yet?

Medical History Form vs. Immunization Form

Pre-Departure Information Form

QUESTIONS?
Join the Facebook Group: 2015 UNO-Innsbruck Summer School
Like the Facebook Page: UNO-Innsbruck Summer School

Follow us on Instagram @unoinnsbruck and tag us in your photos!
SEE YOU IN INNSBRUCK!