**Important Names & Addresses**

**In the United States**
Learning Abroad Center  
University of Minnesota  
230 Heller Hall, 271 19th Avenue South  
Minneapolis, MN 55455-0430  
Phone: 612.626.9000  
Fax: 612.626.8009  
Toll Free: 888.700.UOFM  
Email: UMabroad@umn.edu  
Website: [www.UMabroad.umn.edu](http://www.UMabroad.umn.edu)

Contact Person Prior to Departure & Once Overseas  
Vanessa Walton, Associate Program Director  
612.626.7561, vwalton@umn.edu

Holly Zimmerman LeVoir, Program Director  
612.625.9888, zimme001@umn.edu

In case of emergency, you contact the Learning Abroad Center at 612.626.9000 at any time. If it is after business hours, there will be a recording giving you a number to call. The Learning Abroad Center has someone on call to deal with emergencies and can contact the on-site administrators if needed. Once overseas, students should contact CAPA in case of an emergency.

**In Australia**
CAPA International Education  
Suite 301  
21 Berry Street  
North Sydney, NSW 2060  
Tel: 61.2.9929.5253

**CAPA Staff**
Debbie Shively, Resident Director  
Rachel Little, Student Affairs Coordinator  
Sarah Thompson, Student Affairs Assistant

**Prior to the program, participants should contact the Learning Abroad Center for all questions. Friends and family members should not contact CAPA directly, but rather direct all program questions to the Learning Abroad Center, even once the participant is overseas.**

**Know Before You Go**
Before you leave the country, make sure that you have read and understood the information in your Confirmation Checklist, Online Orientation and the Learning Abroad Center's policies ([www.UMabroad.umn.edu/students/policies](http://www.UMabroad.umn.edu/students/policies)). These materials will guide you on a safe and successful learning abroad experience.

**Friends and Family Resources**
Valuable resources for your friends and family members can be found at [www.UMabroad.umn.edu/parents](http://www.UMabroad.umn.edu/parents). Topics such as health and safety, program prices, logistics, and travel are discussed.
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Introduction

The Study and Internships in Sydney program provides you with an excellent opportunity to learn more about Australian culture and the chance to participate in an internship, giving you a unique look into Australia’s work culture.

Although Australia and the US share many cultural and linguistic similarities, you may be surprised by the many differences in attitudes, language, and culture. It is important that you prepare for your upcoming experience by reading this guide carefully and by expecting the unexpected while studying abroad. Read this guide in conjunction with the CAPA Sydney Student Handbook. Between the two, you will find an overview of such topics as arrival, academics, and life in Australia. These materials supplement the orientation you will experience in Sydney. Take these materials with you to Australia. The better prepared you are, the quicker you will adjust to, and function effectively in, Australian society.

Study abroad requires independence and individual initiative. To guide you, the Learning Abroad Center provides a full range of services from preliminary program advising to assistance with re-entry upon return. Please feel free to contact the Learning Abroad Center at any point—staff will do their best to make your study abroad a rewarding and successful experience. While staff in Sydney and the Learning Abroad Center will provide assistance and support, the ultimate success of this unique opportunity depends on your ability and commitment to make the most of your study abroad and to adjust effectively to the changes you encounter.

Good luck and best wishes for a rewarding and successful study abroad experience.

Preparation & Planning

FERPA

It is important to be aware that the Learning Abroad Center and the Office of Student Finance, in compliance with the Federal Family Education Rights and Privacy Act of 1974 (FERPA) and Regents policy, cannot share financial information with a third party (including parents, spouse, guardians, etc.) without your written permission. You can download a Student Information Release Authorization at onestop.umn.edu. The Learning Abroad Center must receive a copy of a notarized Power of Attorney form in order to share any program-specific information.

Documents

Passport

A passport is required to enter Australia. If you do not have one yet, apply as soon as possible. Review the Learning Abroad Center’s Travel Documents webpage for more information: www.UMabroad.umn.edu/students/travel/documents.php.

If your passport is lost or stolen, contact the local police, the American Consulate or Embassy, and the onsite staff. Consult the US Department of State Websites of US Embassies, Consulates, and Diplomatic Missions for the Consulate or Embassy nearest you (www.usembassy.gov).

Do not carry your passport on you unless necessary. Copy all of your important documents and store the copies separately from the originals. Leave a copy of all important documents with someone in the US.

Visas

Detailed visa instructions are emailed by CAPA at least 60 days prior to departure. All semester participants are required to apply for a 676 Tourist visa online. This visa allows study in Australia for up to 12 weeks and visiting the country for up to 6 months. Students are not allowed to work for pay with this visa, but unpaid internships and volunteer work are permitted.

All summer participants are required to apply for a 976 Visitor ETA visa online. It is an electronically stored authority for travel to Australia. It allows you to stay up to 3 months. Applications for ETAs can be submitted through travel agents or airlines.

Work Abroad & Work Permits

Students on study abroad programs should give careful consideration to the practicality of working while participating in the program. In most countries it is not possible to work when entering with a student visa.

Full-time students who plan to stay beyond the end of their program may be able to obtain a work permit through a variety of work permit programs, depending on the country. Students often find this a useful way to complement their study program and extend their stay. Students going abroad with the specific goal of working should work with a permit program or obtain all necessary documentation before departing for their destination. Information on work opportunities can be found at the Learning Abroad Center.
US Embassy Registration
The Learning Abroad Center strongly encourages you to register with the US Embassy in Australia.

U.S. Consulate General
MLC Centre
Level 59
19-29 Martin Place
Sydney, NSW 2000

Doing so makes your presence in Australia known and in the case of emergency, the embassy can be a source of assistance and information.

For additional information and to register go to https://travelregistration.state.gov.

Power of Attorney
We strongly encourage you to designate someone as your Power of Attorney while you are abroad. Your Power of Attorney can act as your legal representative in a number of situations. Review the information on the website at: www.UMabroad.umn.edu/students/policies/finances/powerofattourney.php.

Your Address
In order to ensure that all official communication and billing information is sent to the correct address while you are abroad, check your official contact information prior to departure. Visit onestop.umn.edu to verify that the information is correct. If your contact information changes, you must notify the Learning Abroad Center.

Customs
If for any reason you should have legal difficulties while in the Australia, the American Embassy cannot intervene on your behalf. They will assist you in contacting a lawyer if necessary. Small gifts under $50 in value may be mailed home to friends duty-free, but only one package per address per day. All packages mailed to you are subject to duty, unless they are American goods being returned. Keep receipts available to show the customs officials if necessary.

If you will be taking an expensive camera, ipod, etc., with you, register it with customs before departure. This is done to avoid paying duty on previously owned goods. You should also be aware that there are severe restrictions on foodstuffs that may be brought back to the States.

It is imperative that you make a copy of all of your important documents, and store the copies separate from the originals. We also recommend that you leave a copy of all documents with someone in the United States.

Health & Safety

All participants were required to complete the health information sheet. This information is used to assist the onsite director and the Learning Abroad Center in making any necessary preparations on your behalf. If there is any further information we should know regarding your health, please contact the Learning Abroad Center.

Bring all necessary prescription medications and vitamins with you. If you are bringing a large quantity with you, you should also have a statement from your physician explaining the purpose of the medication. Keep in mind that it is illegal to ship medication overseas, and any packages that are held at customs abroad will require payment of a high import tax before they are released. Bring all necessary medication (including such items as birth control) with you to your study abroad site.

Eat and drink lightly for several days after arrival until your system has had a chance to adjust to changes in climate and food. Adjusting to a new diet often causes mild intestinal upsets or diarrhea. If you are very ill, see a doctor.

In order to avoid medical and dental expense on-site, we strongly encourage you to see your doctor and dentist prior to your departure. Since many insurance plans require that you pay up front and be reimbursed later, we also advise you to budget some money or bring a credit card for medical situations on site.

Vaccinations
No special vaccinations are necessary to enter the Australia or re-enter the United States after traveling in Australia. For more information on vaccinations visit the Center for Disease Control at www.cdc.gov.

Health Insurance
All students enrolled at the University of Minnesota are required to have US health insurance. This includes students registered for education abroad. For more details and specific process information for students with University of Minnesota Student Health Insurance through the Student Health Benefits Office, visit the Learning Abroad Center’s US Insurance webpage: www.UMabroad.umn.edu/students/healthsafety/intlhealthinsurance/ushealthinsurancerequirement.

In addition to your US health insurance, the University has contracted with Cultural Insurance Services International (CISI) to provide comprehensive international travel, health, and security insurance. This coverage is mandatory for all students and included in the program fee. You are covered by CISI only for the dates of the program. If you plan to travel...
before or after your program you should extend your CISI coverage or purchase your own insurance.

CISI does not include any preventative care, and individuals are advised to consult their medical providers for any check-ups or preventative care prior to departure.

Your CISI card and insurance policy will be emailed directly to you. Carry the card with you at all times. If you have any questions or need additional information about CISI, visit the Learning Abroad Center’s insurance webpage: www.UMabroad.umn.edu/students/healthsafety/intlhealthinsurance.

Safety Precautions

It is important to consider safety issues while overseas. You should not travel alone at night and should always keep your personal belongings hidden. Sydney is a metropolitan city with people from many different economic levels and cultures, and you should not assume that you are safe to travel without concern. Particularly students from smaller towns or who have lived in relatively safe neighborhoods in the United States must adopt a much more cautious attitude. You should also consult the United States State Department Travel advisories at www.travel.state.gov for up-to-date information on travel precautions for the country where you will be studying or traveling.

Emergency Procedures

In case of political emergency, we will be in close contact with CAPA who will seek advice from the United States Embassy.

The United States State Department’s Bureau of Consular Affairs in Washington, D.C. aids Americans needing emergency assistance. They are in contact with their consulates and embassies overseas and can assist friends and family members with a number of different kinds of emergencies. During a crisis, the State Department will try to locate the whereabouts of an American overseas if needed. In case of injury overseas, the Bureau of Consular Affairs can assist in sending funds to the injured American and collects any necessary health information to forward to the in-country embassy or consulate.

In case of evacuation, the embassy or consulate overseas will try to establish special air flights and ground transportation to help Americans depart. In an emergency, Americans can turn to a United States consular officer abroad for help. The Citizen's Emergency Center will help by contacting the destitute person's family, friends, or business associates to raise private funds. It will also help transmit these funds to destitute Americans overseas. If necessary, it can provide small government loans to tide an American over until private funds arrive. In case of the death of a participant overseas, the Bureau of Consular Affairs provides guidance on how to make arrangements for local burial or return of the remains to the United States.

The United States State Department’s Crisis Emergency Center telephone number in Washington, D.C. is 202.647.5225. Updated recordings on State Department travel advisories are also available at this number.

Alcohol

The Learning Abroad Center expects moderation and good judgment in the use of alcohol. Keep in mind that the consumption of alcohol may be more socially prevalent in other cultures; however, excessive consumption is not appropriate. Drunkenness can seriously jeopardize student safety as well as damage relations with roommates or communities. Monitor carefully your approach to alcohol consumption; unfamiliar surroundings and the emotional strain of adjusting to another culture can sometimes cause alcohol to affect you differently. If excessive drinking becomes a problem in terms of a student’s safety, class attendance, academic performance, or relations with other students, it could be grounds for expulsion from the program.

Arrival Logistics

An optional group flight is organized by a Twin Cities travel agent, Village Travel, in consultation with the Learning Abroad Center. Travel can be arranged from any location in the United States, and every attempt will be made to connect with the group flight. While participants are not required to choose this group flight, it is designed to offer travel in the company of other participants in the program. Information, booking, and payment are handled directly by the travel agent. Information about the group flight is available at www.villageinc.com

Contact the Learning Abroad Center to let us know your itinerary. If your flight is delayed, contact the Learning Abroad Center if you are in the United States or CAPA if you are in Australia so that we know your new arrival time and date. Directions to your housing will be sent out in the final email.

Upon arrival, students are responsible for making their way to housing accommodations. There is no pick-up from the airport. Directions to the housing will be emailed to you about two weeks prior to the start of the program.

You will have a comprehensive on-site orientation that will include cultural and internship information, as well
as practical information on banking, transportation, safety concerns and procedures, housing guidelines, how to send and receive mail, and more.

The on-site orientation is usually conducted as follows: on the first day, students arrive, move into accommodations, settle in and have a tour of the area. On the second day, you will meet with Debbie Shively, the resident director, and go through important program-related and internship information. You will also have an arrival party. Classes and internships will begin shortly thereafter.

**Practical & Program Information**

**On-Site Support**

CAPA serves as the on-site program administration. They are responsible for housing, coordination of all excursions, and can assist you with individual travel suggestions and daily routine questions. Academic concerns should be brought to the attention of CAPA staff.

Because CAPA serves the needs of all students who reside at their housing, it is important for students to take the initiative to solve minor questions and problems on their own. Part of a successful study abroad experience is the ability to tackle issues and discover solutions independently.

**Accommodations**

While the program is in session, there are two housing options:

Students live in the Meriton Apartments. The staff at Meriton Apartments is very receptive and willing to work with students to ensure they are accommodated prior to the beginning of the program.

Meriton Apartments are located in the Waterloo district of Sydney—an urban, diverse, but up and coming area that has in recent years become a trendy arts community with lots of local shops and restaurants a short walking distance away. It is about 35 minutes away from the CAPA Sydney office.

Students who choose to live at Meriton Apartments will be placed in double rooms. Rooms have two beds, study desk, chair, vanity, and built-in wardrobe and linen. There are two bathrooms and a kitchen.

Meriton Apartments have full amenities including laundry, DVD player, radio and a gym.

Upon arrival, students receive arrival documents and are given an opportunity to note any damages that have already been done to the apartment. Upon departure, students receive departure paperwork and need to note any damages they have incurred over the duration of their stay. After the students depart, a Meriton Apartments staff member does an audit on the room and compares the student’s departure paperwork with their own review of the room noting anything that has been damaged. One big difference in Australia is that the students are responsible for everything (i.e. down to functioning lightbulbs) when they depart. Essentially, the apartment needs to be in the exact same condition when the student arrives as when they depart.

Since CAPA services the needs of several study abroad programs, you will be sharing facilities with students from other programs. Students should be careful about securing their valuables.

Students can also choose to live in a homestay. Locations will vary—some will be near the CAPA Sydney office, while others might be near the student’s internship site. Breakfast and dinner are provided during the week, and lunch is provided on the weekends. Students should budget for all other meals not included in the program fee.

**Housing Deposits**

Prior to your arrival, you will be asked to pay a $150 damage deposit to CAPA. The deposit will be used to cover damages, cleaning and/or outstanding bills. Any unused portion of the deposit will be returned to you after the program has ended.

**Laundry**

All flats are equipped with a washer/dryer unit to be shared among flat mates. Students should be aware that most dryers will not completely dry their clothing so small loads are recommended and most students will have to air dry their clothing after the cycle is complete.
Electricity
The Australian system uses 230 volts while the American system uses 110 volts. Converters and adapters, which transform the plugs and current of American-made appliances to correspond to the Australian system, are available at the Learning Abroad Center, and most other travel or department stores.

If at all possible, you should avoid taking electric appliances such as hair dryers or shavers with you to Australian as these types of appliances have difficulty operating even with adapters.

Meals
In homes or in restaurants in the Australia breakfast is usually served from 8:30–9:30 a.m., lunch from noon–2:00 pm, tea from 3:30–5 p.m., and dinner from 7–8:30 p.m. in the evening.

Cooking facilities are available in the student housing. Students will buy and prepare their own food from local supermarkets. Student are responsible for purchasing their own food. An estimated budget can be found in the “Budget Estimate” on the Fees page:UMabroad.umn.edu/programs/asia-oceania/sydney/fees. More information about meals will be discussed at the CAPA orientation.

If you get tired of your own cooking or just want to splurge, you can find plenty of different cuisines in Sydney. There is a wide array of Asian cuisines and you’ll also find a variety of pubs, cafes, sandwich shops, and patisseries. Well worth the price is a Sunday afternoon “high tea” at one of the older traditional hotels or at Fortnum and Mason.

Eating inexpensively is possible, but it takes some time and effort to find restaurant bargains or your local market. You shouldn’t leave the United Kingdom, however, without trying fish and chips, and the traditional ploughman’s lunch at your local pub. Also be sure to sample some of the spicier offerings from London’s multi-ethnic population—an Indian meal should not be missed.

Tipping
Tipping is not usually expected and isn’t compulsory—this is the standard for most restaurants and cafes. If you do decide to tip, the standard is 10%.

Money Matters
Currency
The Australian dollar (AUD) is divided into 100 cents and is the monetary unit in Australia.

Check the exchange rate at www.xe.com before you travel since the value fluctuates.

Cash & Traveler’s Checks
The Learning Abroad Center recommends that you enter a country with some of its currency in hand. You may be able to exchange money at major banks or airports. You can also withdraw dollars from an ATM upon your arrival in Australia.

With ATM access widespread and credit cards accepted in many places of business, traveler’s checks have become much less common. They are also increasingly difficult to cash. They can be a back-up source of money in case your wallet is lost or stolen and you need fast access to cash.

Debit
One of the easiest ways to obtain Australian Dollars is by using your debit card at an ATM machine. This is convenient because you do not need to find a bank, carry large amounts of cash or pay commission for converting fees. Most ATMs accept cards on the Cirrus or Plus networks. You will need a four digit numerical PIN. A standard is charged for the transaction, do not plan to withdraw money daily and check with your bank regarding any additional charges.

Credit Cards
A credit card is a good resource for emergency situations but you may incur large fees for using it at ATMs. Be sure to notify your bank and credit card company that you will be traveling abroad for the semester/summer. If you do not, they may think your foreign transactions are fraudulent and may suspend your card.

Communications
Email & Computers
Students have free internet and computer access at the CAPA facilities, although it is limited and the computer lab is small. CAPA and most classrooms have wireless access throughout. Wireless internet is available for a fee at the housing (but not homestays). If you choose to bring your laptop, you can connect wirelessly in many places through Australia, however you may find that free wifi hotspots are less common than in the US. Most students who own laptops will bring them to Sydney, however a laptop is not required. Internet cafes are available throughout Sydney.
Social Media

Not all countries share the same laws about freedom of expression that we have in the US. Students should keep in mind that derogatory comments, especially on social media, can result in legal claims and have extended legal implications even after a student has returned to the United States.

Mail

Meriton Apartments have mail-receiving facilities, and you will be able to have mail sent directly to your address.

If you are staying in a homestay, you can receive mail at your homestay address or at the CAPA office. The addresses will be sent to you in the final arrival instruction email.

Telephone

Sydney is fifteen hours ahead of the United States (Central Standard Time). International and local calls can be placed from public phones using a phone card, which can be purchased from a post office, newsagent, chemist, or grocery store. Phone cards are purchased in units with ten units equaling one pound. Students may have access to a telephone in their flat, one phone per flat. Calls made to the US from Australia, using a US calling card, tend to be the most expensive calling option.

The Sydney program requires all students to purchase and carry cell phones while on the program. This is not only a good safety precaution, it also facilitates communication between students and program staff. Sydney on-site program staff will assist students with selecting and obtaining cell phones and service contracts. The cost of the cell phones are included in the program's budget estimate. The service contract or minutes that are purchased by students are not included in the budget estimate.

Students may have access to a telephone in their residences. Additional information will be provided at the onsite orientation.

Skype, an Internet calling company, is a popular way to call internationally. Visit www.skype.com for more info.

Communicating with Your Family

Before you leave, you and your family should read as much as possible about where you are going in order to gain some perspective about the experience. This might include reading guidebooks, international newspapers, magazines, novels, plays, poetry and political and economic analyses. You may also want to talk to international students and returned students who have been where you are going.

You may not be able to call home immediately upon arrival, as this may be too inconvenient, complex, or difficult. Please share this reality with your family before departure.

During certain phases of adjustment, your friends and family should be prepared to receive calls or correspondence in which you complain and talk about how frustrating everything is in the host country. While these feelings should be taken seriously, students abroad tend to call and write home when things are not going so well and do not call or write when things are going well; don’t forget to share the many new and exciting experiences you are having—offer an honest, balanced report.

Excursions

Cultural field trips in Sydney and a full-day excursion to the Blue Mountains, Featherdale Animal Park, Sydney Olympic Park, and Australia Walkabout Park will be included in the program fee.

Travel

Any time you travel for more than a day’s outing, you should notify your roommates of your destination and return date. If you are traveling for several days, it is essential that you inform CAPA of your destinations, planned return date, and address(es) where you can be reached as this is an academic program, and we discourage extensive travel except during the semester break or before or after the program.

Due to its size, the easiest way to travel around Australia is via plane. Information on travel services is available at the Learning Abroad Center.

Hostels are another good way to stay within budget while traveling. Accommodations in a hostel provide a bed usually in a room of 4-20 people. Generally they are same sex, although some hostels may be able to accommodate men and women who want to stay together. Generally, hostels have a lockout period—a time during the day in which the hostel is completely closed for maintenance and cleaning. More information on hostels is available at the Learning Abroad Center.
Academics

See the Learning Abroad Center’s website for academic policies: www.UMabroad.umn.edu/students/policies.php.

Australian Catholic University

Students will be taking their courses through CAPA. CAPA is located on the Australian Catholic University campus in North Sydney. ACU is a public university funded by the Australian government and open to student and staff of all backgrounds and beliefs. Approximately 1400 students attend ACU.

Courses

Semester

Semester students enroll for 13 or 15 credits in any combination of 3-credit courses listed in the course offerings, three courses plus a 6-credit internship, or two courses plus a 6-credit internship and the one-credit global identity online course. Summer students have two enrollment options for 6 credits: a 6-credit internship or a 3-credit internship and a 3-credit course on Australian Politics and Government. Each course will have readings and assignments just as in the United States, and you will earn a grade based on effort and ability.

All semester students are subject to the 13-credit rule. If you take 12 credits on the program, you must submit a Request For Reduced Credit Load form, available at www.onestop.umn.edu/onestop/forms.html. Students must enroll in 13–15 credits per semester. Students who have applied for an internship will generally choose two or three classes. Students who have not applied for an internship will take all of the classes. Upon completion of the program, all courses will appear on a University of Minnesota transcript and grades will count toward your overall GPA.

Global Identity: Connecting Your International Experience to Your Future

This optional, 1-credit course will provide opportunities for you to “make meaning” of your learning abroad experience and prepare you to communicate your intercultural competence to future employers, graduate schools, or law schools. As global connectivity becomes increasingly important, you are asked to think beyond the borders of your own perception and better understand the world based on the new ideas and experiences to which you are exposed. Your ability to work in a multi-cultural setting and to succeed in different cultural contexts is vital to your future. This course will help you apply these skills to your post-graduation plans.

Summer

Students have the option of a 6-credit internship or a 3-credit internship and a course on Australian Politics and Government.

Internship

There are a wide variety of internships available in many fields. Placements cannot be guaranteed at a specific site, but most students who ask for a certain field will receive an internship within that field. An internship site is secured through an interview process and matching of interests, talents, and background. Participants complete and hand in an internship application prior to their departure. Students cannot decide to sign up for an internship once you have arrived in Sydney.

The internship coordinator will locate an internship in the student’s general area of interest and provide support services on a continual basis throughout the semester. Upon arrival in Sydney, there will be a comprehensive orientation covering topics from the interview to dress and norms in the Australian workplace. There will also be an academic component. Students attend class once a week as well as keep a journal and complete any additional course work. Past internships include placements in small businesses, corporations, art facilities, government agencies, brokerage houses, publishing companies, museums, radio stations, and many others. As stated, specific placements depend on the background and training, interests, and ability of students as well as their success during the interview process held during the first few days in Sydney. The kinds of activities assigned during the workday will vary, and students should not expect to be assigned to positions, which require significant training.
Registration

All participants are required to turn in a CAPA registration form, indicating the courses you would like to take, before leaving for Sydney. Class times and offerings will be determined by the need of the participants. CAPA will try to accommodate all student class requests to avoid overlaps with classes and internship hours. Please contact the Learning Abroad Center with any additional questions.

University of Minnesota Twin Cities students will also be responsible for registering themselves for their classes at the University of Minnesota using the on-line registration system. Instructions will be emailed to students and each student is guaranteed a spot in their study abroad program courses.

Students from the University of Minnesota Morris, Crookston, or Duluth will be registered on their home campus. Please contact your study abroad office to verify you are enrolled for study abroad. Non-University of Minnesota students will be registered by the Learning Abroad Center and may disregard these instructions.

At orientation or via email you will receive all of the necessary information for registration. Do not look for your class numbers to appear on the University of Minnesota on-line class list. The numbers you need for registration can only be obtained from the Learning Abroad Center. If you register for a course that is listed on the University of Minnesota on-line course catalogue, you have registered for the wrong course and may be subject to tuition charges.

You will need to register while overseas for classes for the following term on your home campus. You must make these arrangements prior to departure.

Grades

Grades will be available six to eight weeks after the program ends. We provide one official transcript to all non-University of Minnesota students, sent to the address listed on your Transcript Request Form. Additional transcripts are ordered separately. University of Minnesota students can get an unofficial student transcript free of charge. Your professors will give you grades according to the American system. Please note that all CAPA courses can only be taken on an A/F grading basis. No CAPA course will be offered pass/fail. The Global Identity course is offered on an S/N grade base.

Drop/Add

Semester and summer session students drop/add their own courses on-line. This must be done in consultation with the on-site staff. Students have the first two weeks of class to drop and add. After two weeks students will receive a “W” for dropping a class and will have to contact the Learning Abroad Center to have their course dropped. Adding a class after the first two weeks must be done with instructor consent. Again, you will have to contact the Learning Abroad Center in order to get the class added after the first two weeks.

Teaching Style

The Australian teaching style is different from what United States students are accustomed to, yet most will find it a welcome change. You will also have guest speakers in many of your classes from time to time. Australian professors teach students, but all the students in your classes will be other United States students participating in the program. There will mainly be students from State University of New York at Oswego, University of Massachusetts at Amherst, University of Pittsburgh, University of South Florida, and the University of Minnesota. Absences from class are not allowed except for valid reasons (illness or accident). Your grade will be affected if you have unexcused absences. You are there to experience another culture but keep in mind that your main goal is to take classes.

While on a study abroad experience, the professor-student relationship can be quite different from the kind of relationship you may be used to in the United States. You may find that your interpersonal relationships with your instructors vary depending on differences in cultural background and teaching style. If you have questions about a course, discuss your questions with the professor. If you need additional assistance, contact the CAPA staff.

Many students have expressed in their evaluations that they have had some of the very best teachers in their academic careers while studying abroad, citing the professor’s passion for the field and extensive knowledge of the subject matter under discussion. However, any course demands student participation in order to be stimulating, and it is important that participants are actively engaged in class discussions and complete homework assignments.

Academic Rigor

The program is designed to be academically rigorous, and it is up to each individual student to maintain good study habits and to complete assignments on time.

Incompletes are usually not an option, since faculty is hired only to teach for the duration of the semester. If you have a personal emergency that requires you to return from the program early, you must speak with the on-site staff in advance to discuss the possibility of any incompletes.
Books & Materials

Books for the courses may be purchased once you are onsite. The total cost for books and materials is estimated at $100. You will be provided with this information at the Sydney orientation. Some books may be borrowed from the CAPA Library. If you are concerned about saving money on school supplies, bring them from home. You will have access to library books at the local libraries. More information on use of the libraries will be provided once you are in London.

Student Grievances

Academic grievances are complaints brought by students regarding the provision of education and academic support services affecting their role as students. For grievances concerning University of Minnesota sponsored or affiliated learning abroad programs offered through the Learning Abroad Center, students should make inquiries and appeals to the appropriate University officials, in the following order: the program representative in the Learning Abroad Center, the Director of the Learning Abroad Center, the Student Dispute Resolution Center, and the Office of the General Counsel. For complaints concerning non-University of Minnesota programs, students should make appeals to the program sponsor.

Life in Sydney & Australia

With a population of over four million people, Sydney is a dynamic and friendly place with nightly live music, neighborhood pubs and cafés. Sydney offers a cosmopolitan lifestyle and is just minutes away from Australia’s famous countryside, beaches and national parks. For more information on Sydney, visit the website for the city of Sydney at www.cityofsydney.nsw.gov.au.

Government and History

The history of the people of Australia begins with the many indigenous Australians that were present on the continent prior to the arrival of the first Europeans. These indigenous people were hunter gatherers and had a rich oral history. Australia, as the country and sovereign state we recognize it to be today, recognizes January 26, 1788 as its national day. This was the day that the British established their first settlement, which would later become Sydney. Australia has seen everything from gold rushes to the tragedies of war, from prosperity to the effects of a global depression. You should learn more about this rich history prior to your departure.

Australia is a constitutional monarchy with a federal division of powers. Like in the USA, there are 3 branches of government: the Prime Minister and Ministers of State (executive branch); Parliament—made up of the Senate, House of Representatives, and Queen Elizabeth the Queen of Australia (legislative); and High Court of Australia and other federal courts (judicial).

Geography

Australia is the often called the “island continent” due to its isolation and size—it is the 6th largest country and smallest continent in the world. It is home to the largest coral reef in the world, rainforest; deserts; and the Outback, the remote arid plains.

Sydney is bordered by the Pacific Ocean on the east, the Blue Mountains to the west, a national park to the south, and the Hawkesbury Rive to the north.

Climate

Due to its proximity to the ocean, Sydney has a temperate climate with warm summers and mild winters. January is the warmest month while July is the coldest-- rainfall is spread throughout the year. Closer the ocean, the temperatures are more moderate while temps tend to be more extreme in the western suburbs.

Average afternoon high temperatures:

<table>
<thead>
<tr>
<th></th>
<th>Oct</th>
<th>Jan</th>
<th>Apr</th>
<th>July</th>
</tr>
</thead>
<tbody>
<tr>
<td>°F</td>
<td>64</td>
<td>72</td>
<td>67</td>
<td>53</td>
</tr>
<tr>
<td>°C</td>
<td>17</td>
<td>22</td>
<td>19</td>
<td>11</td>
</tr>
</tbody>
</table>

Entertainment

Living in Sydney provides you with numerous activities for entertainment. If you are interested in outdoor activities there are plenty of beaches for swimming, fishing, kayaking, canoeing, and surfing. There are also several parks and skating facilities located around the city. In addition to being home to a thriving performing arts, music, and art scene, Sydney offers multiple music, cultural, food, and art festival throughout the year.

Local Transportation

Public transportation in Sydney consists of commuter trains, buses, ferries, light rail, and a monorail that targets typical tourist highlights. Students can get practically anywhere in the metropolitan area using public transportations. Students will be provided with a transportation pass for their entire stay in Sydney and will cover all forms of public transportation except ferries.
Your transportation pass is included in your program fee. These cards are expensive to replace and, if lost or stolen, you will be responsible for any fees associated with obtaining a new one.

Social & Cultural Adjustments

As a foreigner in Australia, you will need to take the initiative to meet people. Just as you have established a circle of friends in the US, Australians also have established friends and habits. Don’t be afraid to start a conversation and pursue contact in order to meet new people.

On-site staff will try to ease the transition to life in Australia by planning social and educational events for you to enjoy. Students will be able to attend guest lectures and seminars, which cover topics relevant to Australian life and culture.

Gay, Lesbian, Bisexual & Transgender Issues

Attitudes toward sexuality vary greatly from country to country. Some cultures are open about homosexuality, and strong gay communities exist in many cities. However, some cultures and peoples are intolerant of different sexual preferences, and strict taboos or laws against such relationships may exist. We encourage you to find out how different sexual preferences are viewed overseas and where your support may exist, so that your time overseas can be as enriching as possible. Consult your program guide or program sponsor for more information on gay, lesbian, bisexual and transgender issues in your country of choice.

For additional resources, you can contact the Office for Equity and Diversity at www.academic.umn.edu/equity.

Students of Color

You may wish to consult the resources available at the Learning Abroad Center on issues related to students of color and learning abroad. Also, program-specific material may include information more specific to the host culture. If you have questions about the country in which you will be studying, do not hesitate to contact a Learning Abroad Center staff member.

For additional resources, you can contact the Office for Equity and Diversity at www.academic.umn.edu/equity.

Students with Disabilities

Many of the disability accommodations or services that are provided at US universities may be different or unavailable overseas. Being in a new environment can also be stressful, and accommodations that you may not have needed at home may become necessary in an unfamiliar setting. Participants with any kind of disability, whether hidden or visible, should contact the Learning Abroad Center in advance to discuss their particular needs.

Coming Home

By the time you return home from Australia, you will have grown and changed significantly. You will probably find yourself experiencing reverse culture shock. Many students find that returning home is harder than leaving was. It is very normal to experience these feelings and you aren’t alone. You are encouraged to tap into the resources available in order to make the transition home easier.

To stay connected to your study abroad experience, you may want to:

• Become a Global Ambassador Intern: www.UMabroad.umn.edu/students/process/reentry/internships.php.
• Become a classroom visit intern
• Serve as a past participant at pre-departure orientations
• Stay in contact with friends from your program

These are just a few ways to stay connected. More information can be found at: www.UMabroad.umn.edu/students/process/reentry.php.

Stop by the Learning Abroad Center office any time. Staff enjoy talking to students who have returned from study abroad and would love to see your pictures and hear your stories.
Cultural Adjustment

The On-Site Experience

What happens when you suddenly lose clues and symbols that orient you to situations in everyday life? What happens when facial expressions, gestures, and words are unfamiliar? The psychological discomfort and adjustment period in a foreign country is commonly known as culture shock or cultural adjustment.

You will almost certainly experience some form of culture shock. It might hit you after two days, two weeks or two months—timing varies widely for different people. Six common phases of cultural adjustment are listed below. These may be out of order for you, one phase may last longer than another or you may skip a step entirely.

Initial Fascination: On arrival your surroundings seem glamorous and exotic, you feel like the focus of attention and activity.

Initial Culture Shock: The initial fascination and euphoria fade as you settle in and you enter an emotional decline.

Surface Adjustment: After the initial “down” (a few days to a few weeks for most), you begin to truly adjust and settle into your surroundings. Language skills begin to improve, and you’ll feel less fatigued. Often you’ll be forming a small group of friends at this stage as well.

Feelings of Isolation: Difficulties in your new culture seem to stubbornly remain and you grow frustrated with the process.

Integration/Acceptance: After continued effort you find yourself more at ease with language, friends, professional, and academic interests. The culture you are living in is more easily examined. Differences between yourself and the society you live in become understandable and you come to accept both the situation and yourself in it, allowing you to relax and feel at home.

Return Anxiety: Just when you feel at home in the new country it’s time to go. Thoughts of leaving new friends raise anxiety similar to those felt before departure. You sense that you’ve changed as a person and apprehension grows when you think about people at home that may not understand your new feelings and insights, yet you may feel guilty for wanting to stay.

A sense of isolation sets in. Boredom and a lack of motivation often follow. Unresolved personal issues often surface during this stage.

Other symptoms may manifest themselves as well. It is important to understand these are part of a normal process of adjustment, however, if uncomfortable feelings persist for extended periods or seem unbearable, seek assistance from your programs onsite support staff.

Cultural Adjustment Curve

Adjusted from Oberg (1960) and Gallahorn (1963)
Appendix

Packing

It is extremely important that you pack lightly, because you will be carrying your luggage yourself during the trip, often for long stretches in airports and bus and train stations. Take only as much as you can carry easily by yourself. One way to measure what is “easily carried” is to pack everything you would like to take, pick it all up and walk around the block. If you are not comfortable doing so, you may want to re-evaluate what you’ve packed.

Important: Take clothing that needs a minimal amount of care (especially if you plan to do any independent traveling). You may have to go a couple of weeks without doing any laundry, especially at the beginning of the program. Suggestions might be a hiking pack or a large suitcase and backpack.

Starter Packing List:

Please adjust this according to your own tastes and style.

- 7 or more pair of underwear and socks
- 1–2 pair nylons (for women)
- 2 sweaters
- 3 blouses/shirts
- 2 pair jeans or khakis
- 1 pair pajamas
- Comfortable walking shoes
- 1 pair dress shoes
- Jacket for cool weather
- Raincoat
- Slippers
- Swimsuit
- Sun hat
- Security pouch (for important documents)
- Camera, memory card, and batteries
- Adapter & Converter
- Toothpaste/toothbrush
- Deodorant
- Comb/Brush
- Washcloth and towel
- Shampoo
- Prescription medication
- Umbrella

Interns

- Dress shirt (men)
- Tie (men)
- Skirt
- Suit (men and women)
- Copy of your résumé

You will find Sydney and other Australian cities quite “hip” and you may want to dress up a bit when going out in the evening to restaurants or clubs. Many places will not allow flip-flops at night, so plan accordingly.
# Sample Price Chart

<table>
<thead>
<tr>
<th>Item</th>
<th>AUD cost*</th>
<th>USD cost*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can of Coke</td>
<td>$1.50–3</td>
<td>$1.10–2.25</td>
</tr>
<tr>
<td>Lunch</td>
<td>$8–12</td>
<td>$6–9</td>
</tr>
<tr>
<td>Pint of beer</td>
<td>$4–8</td>
<td>$3–6</td>
</tr>
<tr>
<td>Mixed drinks</td>
<td>$18–20</td>
<td>$13.50–15</td>
</tr>
<tr>
<td>15 min. at an internet café</td>
<td>$2</td>
<td>$1.50</td>
</tr>
<tr>
<td>In country cheap flights</td>
<td>$150–200</td>
<td>$110–150</td>
</tr>
<tr>
<td>Dinner out (no alcohol included)</td>
<td>$15–20</td>
<td>$11.25–15</td>
</tr>
<tr>
<td>Magazine</td>
<td>$5–7</td>
<td>$3.75–5.25</td>
</tr>
<tr>
<td>Opera tickets</td>
<td>$35–290</td>
<td>$25–220</td>
</tr>
<tr>
<td>Movie tickets</td>
<td>$14–25 (half price on Tuesdays)</td>
<td>$10.50–18.75</td>
</tr>
<tr>
<td>Latte/Cappucino</td>
<td>$2.50</td>
<td>$1.90</td>
</tr>
<tr>
<td>1 kg (2.2 lbs) of fruit from the grocer</td>
<td>$5.99</td>
<td>$4.50</td>
</tr>
<tr>
<td>Train Pass</td>
<td>one way- $2.20 daily- $15 weekly- $32</td>
<td>$1.65 $11.25 $24</td>
</tr>
</tbody>
</table>