Study & Internships in Sydney

Program Contacts

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- Past program participants

Pre-departure Preparation

- Submit missing paperwork
- Power of Attorney
- Meet with your academic advisor
- Set up a study abroad financial aid preview meeting
  – Sydney Fees
- Course registration
- Cancellation policy
Pre-departure Preparation Con’t

- Passport
- Visa
  - Visa instructions sent by CAPA 60 day prior to departure
- International Student Identification Card (ISIC card)
- CISI insurance card
- On-site Guide
- Read up on current events

Cultural Preparation

What is culture?

“Culture is defined as the shared patterns of behaviors and interactions, cognitive constructs, and affective understanding that are learned through a process of socialization. These shared patterns identify the members of a culture group while also distinguishing those of another group.” – CARLA UMN

Travel Arrangements & Arrival Procedures

- Optional group flight through Village Travel
- CAPA Online Flight Form
- Students must arrive by the official start date
- Housing is not available for early arrival
- Contact the LAC before buying flights to arrive early or stay after
- Flight delays
- Housing information and directions
Preparing to Go

• Pack light!
• Check the On-Site Guide for clothing recommendations
• Pack enough prescription meds for the program
• Converter/adapter

CAPA Sydney Center

• The program is based at the Australian Catholic University in north Sydney

ACU Facilities
On-site Orientation

- Day 1 - Arrival and walking tour
- Day 2 - General orientation
- Day 3 - Internship orientation
- First Monday in Sydney: Internship interviews

Classes

- Credits
- Course Registration
- Drop/Add period
- Class times
- ACU student pass
- MyEducation

Internship

- Learning Through Internships (LTI) course
- Expectations
- Internship Interview
  - Police Report
- Attire

Students say: I loved the internship and I got the most knowledge and experience out of it than I think I would ever have in the US.
Transportation
- Transportation pass
- Commuting time

Housing: Meriton Apartments
- What to expect
- Linens, laundry, and keys
- $150 damage deposit
- NO overnight guests
- No food stipend
- Transportation pass

Housing: Homestay
- What to expect
- Single room
- Linens, laundry, and keys
- Breakfast and dinner
- Transportation pass
- $150 damage deposit
- NO overnight guests
- Great way to connect with the culture
Communication

• All students are required to have cell phones
• Email and internet access is free at CAPA
• Wireless hotspots
• Snail mail

Money

• Have access to quick cash or a credit card for medical emergencies
• ATMs
  – Notify your bank
  – 4-digit PIN
• Have a general idea of exchange rates
  – www.oanda.com (for exchange rates)

Cost of Living

• Sydney is EXPENSIVE
• Use the budget estimate to plan ahead and budget!
• Expatistan
Health and Safety

• Health Information Form
• CDC for vaccination recommendations
• Pack enough prescription meds for the semester
• CISI Insurance
• What to do if you get sick
• Petty crime is common so be aware of your purses, wallets, smart phones, etc.

Travel

• Full-day excursions to Blue Mountains, Australia Walkabout Park, Featherdale Animal Park, and Sydney Olympic Park are included in the program fee
• You are encouraged to travel on weekends and during breaks
• Don’t forget to spend sometime exploring Sydney!

Travel Resources

• LAC travel resources
• Lonely Planet
• ISIC Card - entitles student to discounts at many hostels, museums, etc.
Preparing to Come Home

- Reverse culture shock
- Perceived lack of interest by friends and family
- Disconnect with family and friends
- Depression
- Missing host culture
- Judging the U.S.
- Reevaluating values

Upon Your Return

- Share your photos and stories or do a student profile
- Serve as a past participant on study abroad website
- Learn how to market your experience abroad to employers and graduate schools

Upon Your Return

- Stay in contact with the people you met while abroad
- Take an internationally focused course on campus and join an international club
- Study abroad again or consider working, interning, volunteering, or teaching English
- Visit the Learning Abroad Center website for more ideas
Cheers!