

Study & Intern in Sydney

PROGRAM HANDBOOK 2019



LEARNING ABROAD CENTER

UNIVERSITY OF MINNESOTA

Important Names & Addresses

In the United States

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271 19th Ave. S.
Minneapolis, MN 55455-0430
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Toll Free: 888.700.UOFM
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Contact Prior to Departure

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Ashley Metz, Associate Program Director
Phone: 612.626.6380
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Tim Dohmen, Program Director
Phone: 612.625.5182
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Emergencies

In case of a serious emergency, contact the University of Minnesota Learning Abroad Center (LAC) at 612.626.9000. If it is after business hours, a recording will give you a number to call. The LAC has someone on call to deal with emergencies and can contact the on-site administrators if needed. Once overseas, you should contact your in-country program staff.

In Australia

Note: Please direct pre-departure questions to the Learning Abroad Center, not to the on-site staff.

CAPA The Global Education Network
Building 1, Ultimo Campus Sydney TAFE
1 Mary Ann Street
Ultimo NSW 2007

Telephone Codes

To call Australia from the US, follow these dialing directions:

1. First dial 011, the US exit code.
2. Next dial 61, the country code for Australia.
3. Then dial the phone number.

Time Differences

Sydney is 16 hours ahead of Minnesota (Central Time). Note that due to daylight saving time, the time difference is 15 hours during certain points of the year.

Program Health & Safety

Program health and safety information is available at global.umn.edu/gosafe/index.html.



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Introduction

Purpose of This Handbook

Before you leave the country, make sure that you have read and understand the information in your Confirmation Checklist, the Health & Safety Online Orientation (available in your confirmation checklist), and the information outlined in this handbook. These materials will guide you on a safe and successful learning abroad experience.

Valuable resources for your friends and family members can be found at UMabroad.umn.edu/parents. It discusses topics such as health and safety, program prices, logistics, and travel.

Overview of the Program

The Study & Intern 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, individual initiative, tolerance for ambiguity, and the ability to step outside your comfort zone, but it will pay off in the long run. 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

Documents

Passport

A valid passport is required to enter Australia. If you don't have a passport, you should apply for one right away. Passports can take 4–6 weeks to process, so it's important to begin this process early. More information is available at UMabroad.umn.edu/students/travel/passports.

Embassy Contact Information

Always keep your passport in a safe place. If your passport is lost or stolen, contact the local police, the American Consulate or Embassy, and the on-site staff. To identify the consulate or embassy nearest you, consult usembassy.gov.

Visa/Immigration Documents

Visa information for this program comes directly from CAPA the day prior to departure. Contact CAPA with questions.

Non-US Passport Holders

Students who are not traveling under a US passport may have to follow different visa procedures in order to enter Australia. Contact CAPA for assistance in determining the correct visa process.

Power of Attorney

We encourage you to consider designating 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, including banking and tax issues. For more information, review the information at UMabroad.umn.edu/students/policies/finances/powerofattorney.

Safekeeping Important Documents

Copy all of your important documents and store the copies separately from the originals. Leave an additional copy with someone in the US and keep an electronic copy in a secure location.

Coordinated Group Flight

Purpose & Benefits of Village Travel

The LAC arranges an optional coordinated flight in consultation with Village Travel, a local travel agency. This flight confirms the official arrival date and time. Village Travel will contact you directly when this information is available. Information, booking, and payment are handled directly by Village Travel.

Students from the Twin Cities area fly in a group; students from elsewhere join that group in either a US or an Asian hub. Coordinated flight information will be available in mid-October for spring semester and in late April for fall

semester/academic year. Consult Village Travel's website for information on the coordinated flight: villageinc.com.

The coordinated flight cost is designed to be competitive, but priority is placed on services such as routing, ticketing flexibility, and the ability to make group reservations and reserve specific travel dates. Travel can be arranged from any location in the US or internationally and every attempt will be made to connect with the coordinated flight. While you are not required to choose this group flight, it is designed to offer travel in the comfort of other participants in the program.

If you make your own flight arrangements, select a round-trip flight that has a flexible return date, since most students change their return date. Flying standby is not allowed.

If you are not taking the coordinated flight, you are required to provide the LAC with a copy of your flight and train (if applicable) information by the date requested.

Round-Trip Airline Tickets

Round-trip tickets are the best option, since many countries require travelers to purchase a round-trip ticket as part of the visa process. In addition, one-way tickets can be expensive.

Arriving Early

Students who arrive in country prior to the official start date will be responsible for their own housing, food, and transportation until the official start date of the program. Students are also responsible for making sure they are compliant with immigration requirements associated with an early arrival.

Staying After the Program

Students who stay in country after the end of the program are responsible for their own housing, food, and transportation. Students are also responsible for making sure they are compliant with immigration requirements associated with an extended stay in country.

Packing

Packing Principles

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. Remember, you will want to leave room to bring back souvenirs.

Clothing

Clothing styles are similar to the US but a bit more formal. Unlike in the US, wearing things like pajamas are considered rather inappropriate. Jeans, T-shirts, dresses,

skirts, etc. are all standard wear. You can refer to the packing list at the end of this handbook for details.

You may have a required dress code for your internship; you will find out when you receive your placement.

Laundry

All flats are equipped with a washer/dryer unit to be shared among flatmates. Be aware that most dryers will not completely dry your clothing, so small loads are recommended. You will likely have to air dry your clothing after the cycle is complete.

Students staying in homestays will have access to laundry facilities at home or through public laundromats.

Converters & Adapters

The Australian system uses 220–240 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 LAC, and most other travel or department stores.

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

Important Policies

Policies of the University of Minnesota and the Learning Abroad Center exist primarily for the protection and safety of LAC study abroad participants. The LAC expects all participants to read, understand, and adhere to the University of Minnesota and LAC policies, guidelines, and contractual documents. These include academic policies, finance and cancellation policies, health and safety policies, and student rights and responsibilities: UMabroad.umn.edu/students/policies.

FERPA

Under Federal Family Education Rights and Privacy Act of 1974 (FERPA), Minnesota Government Data Practices Act, and University policy, college students are considered responsible adults and are allowed to determine who will receive information about them. As a result, the LAC does not share academic, personal, or financial information with a third party (including parents, spouse, guardians, etc.) without the student's written permission. As part of their application, all students designate two emergency contacts who will receive information only in the case of an emergency.

Official Communications

Your UofM email address is the official means of communication. LAC messages will be sent to your UofM email address.

Health, Wellness, & Safety

Health

Health Information Form

The purpose of the form is to help the University of Minnesota Learning Abroad Center (LAC) to assist you in preparing for your time abroad. It is critical to disclose fully any health conditions or accommodation needs you may have on the LAC's Health Information Form. If your condition changes after completing this form or you realize you forgot to fully disclose anything, contact the LAC and provide the updated information as soon as possible.

Timely disclosure allows the LAC to support your overseas experience effectively. The information provided will remain confidential and will be shared with program staff, faculty, or appropriate professionals only as pertinent to your own well-being.

For more information, visit: UMabroad.umn.edu/students/healthsafety/healthinfo.

Mandatory Health & Safety Online Orientation

The mandatory Learning Abroad Center Health & Safety Online Orientation contains important information on health precautions, taking prescriptions overseas, and the mandatory insurance policy in which you will be enrolled as a program participant. Refer to your online acceptance checklist for the link to this orientation information and contact the LAC with questions.

Health Insurance

US Health Insurance

All students enrolled at the University of Minnesota are required to have US health insurance. This includes students registered for education abroad.

The travel, health, and security insurance coverage through CISI is specifically exempt from the requirements of the Affordable Care Act (ACA) and was not intended to and does not satisfy a person's obligation to secure minimum essential coverage beginning in 2014 under the ACA. The University encourages travelers to consult with their legal counsel or tax adviser for information on their obligations under the ACA.

For more details and specific process information for students with University of Minnesota Student Health Insurance through the Student Health Benefits Office, visit the LAC's US insurance webpage: UMabroad.umn.edu/students/healthsafety/intlhealthinsurance/ushealthinsurancerequirement.

CISI Insurance

In addition to your US health insurance, the University of Minnesota 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 and a few days to allow for travel to and from the US. 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 preventive care, and individuals are advised to consult their medical providers for any checkups or preventive 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 LAC's insurance webpage: UMabroad.umn.edu/students/healthsafety/intlhealthinsurance.

Medication Overseas

Prescriptions

Bring all necessary medication (including such items as birth control), for the entire term of your program, with you to your study abroad site and bring it in your *carry-on luggage only*. It is illegal to ship medication overseas and will be rejected at customs.

Consult with your LAC program contact if you would like to consult with CISI about obtaining any medication once abroad. Some medications, including those that are commonly available over the counter in the US, are controlled or banned substances abroad. The LAC, in consultation with CISI, will assist you in determining if you can travel with your medications or if alternative solutions must be explored.

Vaccinations, Immunizations, & Travel Medicine

The LAC recommends that all students visit a travel clinic before their program abroad. Make an appointment as soon as possible so that you can get a scheduled appointment in time to complete any required and recommended immunization series. Many travel clinics often book far in advance (especially around the holidays), and some immunizations need to be started months in advance of your departure. For more information, visit: UMabroad.umn.edu/students/healthsafety/preplanning.

Review the Centers for Disease Control and Prevention (cdc.gov/travel) and US Department of State (travel.state.gov) websites for general vaccination, immunization, and other travel medical information for the countries you will visit. However, only a travel clinic will be able to make a recommendation tailored for your specific travel plans and health history.

Wellness

Wellness & Study Abroad

In addition to any medications and required vaccinations, it is important to plan proactively for how you will maintain healthy habits abroad, both mentally and physically. Consider the following guidelines for your time abroad:

- **Physical self-care:** Be physically active for 30–60 minutes daily, sleep enough to have energy through the day, spend at least an hour outdoors, and eat a balanced and moderate diet mostly of wholesome, minimally processed foods.
- **Emotional self-care:** Talk to your medical provider prior to departure about effective ways to cope with the stress that can arise from experiencing unfamiliar surroundings and lack of family and friend support, as well as to identify new ways of centering and embracing change and new experiences. This is a valuable lifelong skill.
- **Stress reduction practice:** Participate in at least one practice to quiet your mind and body. Examples include deep breathing, time in nature, prayer, journaling, sensory grounding, meditation, yoga, tai chi, qigong, progressive muscle relaxation, autogenic training, biofeedback, imagery work.
- **Hydration:** Be certain to drink sufficient water and nutritious fluids as your body adjusts to a new climate and daily rhythm.
- **Making adjustments:** Monitor your stress levels while abroad and adjust your daily routine (sleep patterns, exercise, food balance, hydration) to meet the needs of your new location.

- **Positive attitude:** Try to keep perspective on the challenges that you may encounter and work toward your long-term study abroad goals.

- **Support structures:** Identify who in country is available to provide support and guidance when you feel confused or challenged.

- **Finding resilience:** Keep in mind that it is important to recover and grow from adversity and navigate difficult challenges with awareness, intention, and skill. Seek out healthy connections to others, focus on balanced self-care, keep an open, engaged mind, and work to address manageable challenges with patience and intention.

The following website provides suggestions: gloaled.us/peacecorps/maintaining-strong-mental-and-emotional-health.asp.

Mental Health

Learning abroad can be both fulfilling and challenging for all students and may present some additional challenges for those with mental health conditions. Even if you have no history of a mental health condition, it is possible that the impact of cultural adjustment or being in a foreign environment can influence your well-being.

The Health Information Form requires you to disclose any past and current mental health issues, family history of mental health, indications of mental health concerns, and current prescription medicines. It is imperative for LAC staff to receive this information before you study abroad to best support you and provide reasonable accommodations.

Past or current treatment for psychiatric and mental health conditions does not preclude you from studying abroad. However, if a healthcare professional recommends no travel or travel under certain conditions that cannot be met at a certain study location, you may be encouraged to focus on your health first and postpone program participation until a later time.

The following steps for managing mental health are important, regardless of where you will be traveling:

- Meet with your mental health professional prior to departure to discuss learning abroad and its implications, your plan to manage your health while abroad, and access to alternative support networks.
- Discuss a realistic communication plan for your time abroad with your support networks (i.e., family and friends).
- Understand that ups and downs are normal during study abroad. Check in with yourself often and seek support if you are feeling more intense ups and downs than expected.



- Connect with an LAC staff member prior to departure to set up on-site care with a mental health care professional, if required.
- Plan to bring sufficient amounts of prescriptions with you for the entire duration of your program. Work with LAC staff to ensure you can safely bring all necessary prescriptions abroad.

Resources for UofM Students

- Student Counseling Services (counseling.umn.edu) and Boynton Mental Health Clinic (bhs.umn.edu/east-bank-clinic/mental-health-services.htm): Staff in both settings can inform you about treatment options and offer immediate crisis counseling if needed.
- Behavior Consultation Team (BCT) (mentalhealth.umn.edu/facstaff/behavioral-consultation.html): If you are concerned about causing harm to yourself or others, call the University's BCT at 011.612.626.3030.

For additional resources, visit mentalhealth.umn.edu.

Safety

Travel & Safety Considerations

State Department Travel website

Consult the United States State Department Country Information sheets, travel advisories and travel warnings at travel.state.gov for up-to-date information on travel precautions for the country where you will be studying or traveling.

CDC Information

Review the Centers for Disease Control and Prevention (cdc.gov/travel) and US Department of State (travel.state.gov) websites for travel and safety information.

Embassy STEP Registration

The LAC will register you with the Smart Traveler Enrollment Program (STEP), which makes your presence in Australia known to the US Department of State. Once you are enrolled in this program, you will receive the travel updates and information directly as they are issued. Please carefully review these messages and contact the LAC or on-site staff with questions. For more information, visit: step.state.gov/step.

In addition, the local embassy can be a source of assistance and information in the case of an emergency. Each of our programs has information about the local embassy, and you might even have an embassy visitor at your orientation. For more information, visit the Country Information sheet at travel.state.gov for the countries you will visit and study in.

In order to ensure that all official communication from the US Department of State 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 LAC.

Sexual Harassment & Sexual Assault

The University of Minnesota and Learning Abroad Center take the risk of sexual harassment and assault very seriously. This topic will be covered in orientations in more depth, and LAC staff and our colleagues on site are trained and prepared to provide support to victim survivors.

Anyone who experiences sexual harassment or sexual assault while abroad must deal with the stress of this unwanted event in a place and culture that is unfamiliar. Being away from the support and comfort of home can exacerbate feelings of hurt, confusion, anger, and loss of control. This is normal.

Do not tolerate behavior that feels threatening or disrespectful by staff in country, faculty members, or homestay family members. When in any doubt, consult with someone with whom you feel comfortable.

Report any incidents of sexual harassment or sexual assault to in-country or LAC staff so that we can help you understand your options and supports available. The Aurora Center is a fully confidential resource for all students on LAC programs, even if you don't normally attend the University of Minnesota.

For more information on resources, including the Aurora Center, visit: global.umn.edu/travel/assault/index.html.

The University of Minnesota prohibits sexual harassment and retaliation. In compliance with Title IX, the LAC will work with the University's Title IX coordinator on any related inquiries and complaints. For more information, please contact the LAC or visit diversity.umn.edu/eoaa/titleix.

Alcohol & Drug Use

The University of Minnesota Code of Conduct and Code of Conduct for Education Abroad allow for responsible drinking if you are legally allowed to drink in your host country. Illegal, irresponsible drinking and/or misbehaving while drinking are violations of the University's policy.

The University of Minnesota has a no-tolerance approach to drug use while abroad. Students using drugs abroad may immediately be removed from the program at their own cost. You are subject to the laws of the host country while abroad, and penalties for foreigners using or possessing drugs abroad are often very strict.

For more information, visit: UMabroad.umn.edu/students/healthsafety/alcoholdrugs.

Personal Safety

When traveling overseas, there are a number of precautions you should follow in order to travel safely. Consult the US State Department's resources and your orientation materials for up-to-date information on travel precautions for the country where you will be studying or traveling.

For more information on women travelers: travel.state.gov/content/passports/english/go/Women.html

For more information on students abroad: travel.state.gov/content/studentsabroad/en.html

As with any major city, common sense will go a long way when it comes to safety in Sydney. 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 US must adopt a much more cautious attitude. You should not travel alone at night and you should always be aware of your surroundings.

Unlike the USA, violent crime is not as frequent in Australia. Petty crime (theft of wallets, purses, or cellphones specifically) can be an issue, so you should always be aware of your personal belongings.

For more information on staying safe while abroad: UMabroad.umn.edu/students/healthsafety/safetyabroad.

Emergency Procedures

All students are required to carry a cell phone for use in an emergency. On-site staff will contact you on your cell phone, and you will utilize your phone to contact on-site staff and/or emergency services. In a life-threatening emergency, please seek immediate emergency care; otherwise, please contact on-site staff for assistance and recommendations. On-site staff are trained and have resources available to respond to all types of emergencies including, but not limited to, civil disturbance, natural disaster, illness or injury, hospitalization, robbery or pickpocketing, sexual assault/harassment, hate crimes, and mental health.

The LAC will utilize on-site resources as well as insurance and security resources, including CISI. See more details above on insurance.

For more information, visit: UMabroad.umn.edu/students/healthsafety/emergency.

Independent Travel

Independent Travel Notification

You are encouraged to travel during official program break periods, over holidays, or after the program is completed. During the program, travel on the weekends should be limited to nearby locations to ensure that you are able to maintain good rest, health, and timely completion of all coursework. Students are not permitted to travel during the program dates, including on weekends or vacations, to countries currently under a US State Department Travel Warning. See travel.state.gov for the most up-to-date list.

Consult with the on-site staff, well in advance of your planned travel, to understand if there are other locations,

beyond the Travel Warning locations, that you are not permitted to visit within your host country or region. These limitations are put in place for your safety and security and apply within the program dates. If you choose to visit a Travel Warning or other banned location before or after your program, you do so at your own risk.

All LAC program participants must notify the on-site staff of any independent travel that leaves the program location overnight. The required independent travel form is provided in the appendix of this handbook. Some sites will collect this form and others will have a slightly different way of collecting the same information, so refer to your on-site orientation for more specifics.

Travel Restrictions

During the Program

Students are not allowed to visit any country currently under a US Department of State Travel warning as a part of personal travel. Please visit travel.state.gov/content/passports/english/alertswarnings.html for up-to-date information about travel warning countries. If you have questions about travel restrictions, contact the LAC.

Driving & Renting Vehicles Abroad

It is against University and Learning Abroad Center policy to drive or rent motor vehicles (including motor scooters or motorcycles) while a participant on an LAC program. These limitations extend from the start date to the end date of your program and are put in place for your safety and security. Traffic accidents are the leading cause of injury and death of students abroad.

Arrival Logistics

Arriving at the Program Site

Village Travel organizes an optional group flight in consultation with the LAC. 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 villageinc.com.

Please contact the LAC to let us know your itinerary. If your flight is delayed, contact us 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, you are responsible for making your way to housing accommodations. There is no pickup from the airport. Directions to the housing will be emailed to you about two weeks prior to the start of the program.

Program Information

Orientation in Country

Students will have a two-day orientation held on Thursday and Friday at the CAPA Sydney center. On the first day, you will discuss the specifics of living in Australia. On the second day, you'll learn about the internship, internship interview, and classes.

Program Excursions

Cultural field trips in Sydney and excursions to the Blue Mountains, and a stay overnight at Sydney's Taronga Zoo are included in the program fee. You can also take advantage of My Global City events, a calendar of events centered on key themes that provides you a tool to help personalize your experience in Sydney.

In-Country Staff

CAPA serves as the on-site program administration. They are responsible for housing and coordination of all excursions, and they 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 you to take the initiative to solve minor questions and problems on your own. Part of a successful study abroad experience includes the ability to tackle issues and discover solutions independently.

Program Center

The CAPA Sydney center is located on the Ultimo Campus Sydney TAFE. The center is equipped with a lounge space, several classrooms, and the administrative offices. The center is a 5 minute walk away from the student apartments.

Housing Considerations

You will live within commuting distance of the center, either in homestays or in shared apartments at Urbannest Central. Since CAPA services the needs of several study abroad programs, you will be sharing facilities with students from other universities. Make sure to secure your valuables.

Housing Options

Housing is arranged by CAPA and provided in comfortable, well-equipped apartments or homestays in Sydney.

For apartments, students stay at UrbanNest Central (urbanest.com.au/locations/sydney/sydneycentral).

Up to eight students share apartments, which include double bedrooms and bathrooms. Meals are not included

for students who choose this option, but each apartment has a full kitchen. The washer and dryers are shared with everyone in the complex. It is 4 dollars to wash, and 4 dollars to dry. Be aware that most dryers will not completely dry your clothing, so small loads are recommended. You will likely have to air dry your clothing after the cycle is complete.

Students who choose the homestay option have a room to themselves. Breakfast and dinner are included during the week; you are responsible for lunch and meals on weekends.

Notification of Placement

All students find out their housing placements and directions on how to get to their housing approximately two weeks prior to departure.

Housing Concerns

Should there be any problems with your housing situation, inform the CAPA Sydney staff immediately.

Liability Insurance

Regardless of your housing arrangement, consider your insurance coverage and needs. Does your renter's or homeowner's insurance cover your items if they are lost or stolen abroad? You may also wish to buy additional insurance in case you accidentally damage your accommodations, since any damages will be yours to pay.

For more information, visit: global.umn.edu/travel/insurance/outgoing.html#personal-tab.

Visitors

Program Housing

Students' personal guests (e.g. friends, family, etc.) are not allowed to stay overnight in program housing, including apartments and homestays.

During Program Period

Friends or relatives may visit during official program breaks or before or after the program, but not while classes are in session. Visits during this time interfere with your ability



to focus on the program and host culture. Visitors are not allowed to stay with you in your official program housing.

Academics

Students are responsible for understanding and adhering to the academic policies for study abroad as published on the University of Minnesota Learning Abroad Center (LAC)'s website: UMabroad.umn.edu/students/policies/academic-policies.

Courses

Overview of Program Courses

All academic program courses take place at CAPA's main office building. In Sydney, CAPA's administrative staff has been involved in study abroad through academic development and support services for almost twenty years. The staff will work with the course instructors in coordinating and overseeing all the program's administrative issues.

All semester students are subject to the 13-credit rule unless they are enrolled in the 6-credit internship. Students participating in the 6-credit internship are approved to enroll in 12 credits. Carlson School of Business students are excluded from this 12-credit exemption. All Carlson students are required to maintain a minimum of 13 credits. If you take 12 credits on the program, you must submit a Request For Reduced Credit Load form, available at onestop.umn.edu/forms. All students on the summer program must enroll in 6 credits. Upon completion of the program, all courses will appear on a University of Minnesota transcript and grades will count toward your overall GPA. A full course list can be found online: UMabroad.umn.edu/programs/asia-oceania/sydney/academics/course-list.

Global Identity

Global Identity: Connecting Your International Experience to Your Future

This optional, one-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 multicultural setting and succeed in different cultural contexts is vital to your future. This course will help you apply these skills to your post-graduation plans.

For more information, visit: UMabroad.umn.edu/students/academics/globalidentity.

Internships

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. You must sign up for an internship before you have arrived in Sydney.

The internship coordinator will locate an internship in your general area of interest and provide support services on a continual basis throughout the semester. Upon arrival in Sydney, you will attend a comprehensive orientation covering topics from the interview to dress and norms in the Australian work place. 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, so do not expect to be assigned to positions, which require significant training.

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 online class list. The numbers you need for registration can only be obtained from the LAC. If you register for a course that is listed on the University of Minnesota online 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.

Registration

Registration through the UofM

University of Minnesota–Twin Cities Students

Before registering, you should meet with your academic adviser(s) to discuss the courses you plan to take and complete the Academic Planning form. All University of Minnesota Twin Cities students will be responsible for registering themselves using the University of Minnesota online registration system. Prior to departure, you will receive an email with all the necessary information for

registration. Do not look for your class number to appear on the class schedule on the MyU website. The numbers required for registration can only be obtained from the LAC. If you register for a course that is listed online, you have registered for the wrong course and may be subject to tuition charges. Complete your registration by the stated deadline in the registration instruction email from the LAC. Check online for holds or required registration approvals that would prevent you from registering for classes and clear them before the registration deadline. The LAC cannot remove holds on student accounts. Failure to complete registration may result in late registration fees and may delay or prevent financial aid disbursement. If you do not register for study abroad, your grades cannot be processed. Failure to register before departing for study abroad may result in no credit for your study abroad program.

UMN System Students

Students from the University of Minnesota—Morris, Crookston, Rochester, or Duluth will be set up as a multi-U student by their home campus. Please contact your study abroad office to verify that your multi-U status has been set up. You can then register as a UMTC student (see above).

Non-University of Minnesota Students

Students from other institutions will be registered by the Learning Abroad Center and do not need to register themselves through the MyU website.

Maintaining Full-Time Status

Students are required to maintain full-time registration status as defined by their individual program throughout the duration of their study abroad program. Dropping or withdrawing from a class will not be allowed if it will bring a student below the required full-time enrollment.

Post-Program Registration

While abroad, University of Minnesota students and most other students will need to register for classes for the following term on their home campus. You must make any necessary arrangements prior to departure so that you are able to register while overseas. In many cases, students are able to register online.

Course Drop/Add/Withdrawal

Course Changes

These must be made in consultation with the on-site staff and per the deadlines as outlined on the LAC's Academic Policies website.

Program-Specific Information

CAPA has a one-week drop/add period in country. Students looking to add or drop a course after this period must consult with CAPA and the LAC.

UMN 13-Credit Policy

University of Minnesota students are required to maintain a minimum enrollment of 13 credits per semester or maintain the minimum credit enrollment determined by their study abroad program, whichever is greater. For certain semester programs, 12 credits is considered a full-time course load.

Academic Culture

Teaching Styles

The Australian teaching style is different from what US 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 US 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 US. 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 each student's responsibility to maintain good study habits and complete assignments on time.

Books & Materials

Books for the courses may be purchased once you are onsite. The total cost for books and materials is estimated in the Cost of Participation: UMabroad.umn.edu/programs/asia-oceania/sydney/fees. You may borrow some books 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 Sydney.

Grades & Transcripts

Grades will be posted to the University of Minnesota transcript 6–8 weeks after the LAC has received them from the program. Grades will be converted into US equivalents, if necessary, prior to being posted on the University of Minnesota transcript. The LAC will provide one free transcript to the home institution of all non-University of Minnesota students. Additional transcripts can be ordered separately on the One Stop Student Services website: onestop.umn.edu.

Incompletes

Students are generally expected to complete all course requirements by the end of the term. In very rare circumstances, students can arrange an “Incomplete” in consultation with the instructor, the on-site staff, and the LAC, whereby the remaining work can be finished shortly after returning to the US.

Grade Appeals

If you wish to question a grade issued for a particular course after the program is completed, you must provide evidence that the professor made an error in his/her grade calculation. The following are not reasonable grounds for grade appeal:

- Differences between US and host country educational systems
- Personal disappointment in the grade outcome
- Comparison with one’s own prior academic record/GPA
- Failure to complete one or more assignments

- Minimum grade requirement of college/department or home university
- Health concerns/missed classes

Consult with your program contact in the LAC if you believe an error has occurred and you wish to complete the Grade Petition Form.

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 Learning Abroad Center or affiliated programs offered through the LAC, students should make inquiries and appeals to the appropriate University officials, in the following order: the program representative in the LAC, the assistant dean for Learning Abroad, the Student Conflict 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.

Living in Australia

History Resources

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 with 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. Make sure to 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 three 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 & Climate

Australia is often called the “island continent” due to its isolation and size—it is the sixth 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 River to the north.

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 to the ocean, the temperatures are more moderate and in the western suburbs, they are more extreme.

Average afternoon high temperatures:

Temperature	Oct	Jan	Apr	July
°F	64	72	67	53
°C	17	22	19	11

You can find up-to-date weather at www.accuweather.com/en/au/sydney/22889/weather-forecast/22889.

Language of the Country

Although English is the official language, there is a large amount of slang that is spoken and can be difficult to understand. Look up common slang terms or ask the locals what terms mean.

Food Considerations

Meals

In homes or in restaurants in Australia, breakfast is usually served from 8:30–9:30 a.m., lunch from noon–2 p.m., and dinner from 7–8:30 p.m.

Cooking facilities are available in the student housing. Students staying in an apartment will buy and prepare their own food from local supermarkets. Students in homestays get breakfast and dinner during the week. An estimated budget can be found in the Cost of Participation 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. For those who are after authentic multicultural culinary experiences, there are unique “food districts” scattered around the greater city. It is usually possible to find a restaurant of any nationality, specializing in almost any cuisine.

Eating inexpensively is possible, but it takes some time and effort to find restaurant bargains versus going to your local market.

When eating in a restaurant, using taxis, or using other services for which a tip is customary, the standard tip is 5–10% of the total amount, but tipping is not expected the same way it is in the United States. Most restaurants may automatically add this service charge, so be sure to read

the bill carefully or check for signs in the restaurant to avoid over tipping.

Safe Food & Water

Food and water safety standards are similar to the US, so take the same precautions that you would at home.

Relationships

Dating Apps

Be cautious when considering online dating applications or other venues for meeting people. This is particularly important when seeking to meet new people because there are different cultural norms and values that surround relationships of all kinds. What might be considered a casual drink or meal with a person of interest can have a much more significant meaning in a different cultural context. Online dating applications can carry different connotations or serve different purposes than they do in the United States. It is important to remember that it is very difficult for you to safely determine who might be genuinely interested in you and who has ulterior motives (such as stealing your passport or money, or seeking a visa to the US). Given the significant cultural differences between the US and countries abroad, the Learning Abroad Center strongly encourages students to prioritize their academics and be mindful to seek out cultural experiences that are safe, such as through homestays, local staff, and program activities.

Living in Sydney

With a population of over four million people, Sydney is a diverse, 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 official tourism website: sydney.com.

Transportation

Public transportation in Sydney consists of commuter trains, buses, ferries, light rail, and a monorail that targets typical tourists highlights. You can get practically anywhere in the metropolitan area using public transportation. You will receive a transportation pass for your entire stay in Sydney that will cover all forms of public transportation except ferries.

Entertainment

Sydney offers 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 festivals throughout the year.

Communication

Email & Internet

Students have free Internet and computer access at the CAPA facilities, although it is limited and the computer lab is small. CAPA facilities and housing have wireless Internet access. If you choose to bring your laptop, you can connect wirelessly in many places through Sydney; however, you may find that free Wi-Fi hotspots are less common in Australia 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 for sending and receiving email and web browsing.

It is worth noting that broadband Internet in Australia is much more limited than it is in the US. Do not use the Internet at CAPA or at housing for downloading or streaming large files.

Social Media

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

Phones

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. You will have access to a telephone in your apartment. You may also use a local calling card. Check with your phone company for dialing procedures. 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 with an Australian number 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 phone and service isn't included in the program fee, but it is noted in the estimated additional expenses.

Many students will bring their cellphones from the US and keep them on airplane mode to avoid roaming fees while abroad or purchase a local SIM card to have an Australian phone number. It's not recommended that you buy an international plan because there are less expensive ways to stay in contact with home such as FaceTime, WhatsApp, or Skype.

Mail

Airmail between the United States and Australia takes 10–20 days. Surface mail takes 8–10 weeks. Students staying at UrbanNest can have their mail sent to their

address there. Students staying at a homestay can receive mail at the CAPA office:

CAPA The Global Education Network
c/o STUDENT NAME
Building 1, Ultimo Campus Sydney TAFE
1 Mary Ann Street
Ultimo NSW 2007
AUSTRALIA

Money Matters

Credit Cards

A credit card is a good resource for emergency situations and for obtaining cash advances, including cash for emergency situations, as long as you have a personal PIN. It is important to know your PIN in both letters and numbers. Please note that some ATMs require that the card have a metal “chip” visible on the front for added security. Many US credit cards now have this chip, but it is wise to ask your credit card company whether they can issue you a “chip credit card” if you do not yet have one.

Keep in mind that you may incur fees for using your credit card abroad. 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 assume your foreign transactions are fraudulent and may deny further transactions.

Financial Planning

Sydney is one of the most expensive cities in the world. You should keep that in mind as you plan for your time abroad. It's important that you budget your money prior to departure and stick to that budget. It is not unheard of for a student to arrive in Sydney and spend their money so quickly and carelessly that they exhaust all of their funds within the first month, requiring them to take out extra private loans in order to buy food for the remainder of the program. Plan ahead and use a currency converter so you aren't put in such a situation.

Cost of Living

A great tool to get clear understanding of the cost of living is expatistan.com. Expatistan provides up to the minute costs and comparisons of items in two different cities. We suggest that you take some time to compare both Sydney and Minneapolis-St. Paul or another American metropolitan area to see the differences for yourself.

Extracurricular Activities

On the semester program, students receive a Sydney TAFE student card, allowing access to a restaurant, pub, library, recreation rooms, and more than 100 clubs.

Tips from Students

Here are some tips for past students:

- “Try everything you can, even if it is outside your comfort zone!”
- “Look at the weekly events emails CAPA sends out; ask program staff and professors for recommendations.”
- “Get involved in activities on ACU’s campus early so as to start meeting locals early on but remember some organizations have membership fees.”
- “Public trains will take you up to 2 hours outside of Sydney so it is a great way to see different parts of the city.”
- “Meat and dairy products are more expensive so take that into account when budgeting.”
- “Read up on current events going on in Australia and political topics so you have an idea of what is going on prior to arriving.”
- “This might be the only time in your life that you get to live abroad, so make sure to spend sometime getting to know Sydney rather than leaving every weekend.”
- “Taking the coordinated flight is a great way to meet students on the program before you arrive.”
- “If there are opportunities to volunteer, take advantage of them! It’s an great way to meet new people.”
- “It is important to maintain relationships with those back home, but also to go out and create new ones and meet the locals. Be friendly to everyone and who knows who you might meet. Fellow students on your program or locals may become your friends for life.”



Social & Cultural Adjustments

Student Identity

As a foreigner in Australia, you will need to take the initiative to meet people. Don't be afraid to start a conversation with others.

Race & Ethnicity

You may wish to consult the resources available at the University of Minnesota Learning Abroad Center (LAC) related to students of color and learning abroad. For more information, visit: UMabroad.umn.edu/students/identity.

Gender

Generally, Australia is safe for women and it is suggested that female travelers take the same precautions they would take for any major city in the developed world.

Sexual Orientation

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. As a result, it is important to disclose to the program staff either through the program housing form or by contacting the LAC program staff directly for guidance. For more information, visit: UMabroad.umn.edu/students/identity.

Australia is popular destination particularly for gay and lesbian tourism. While attitudes along the coasts and within major cities tend to be welcoming and tolerant, the further inland you travel, the more likely you are to experience overt homophobic attitudes.

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 LAC in advance to discuss their particular needs. For more information, visit: UMabroad.umn.edu/students/identity.

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

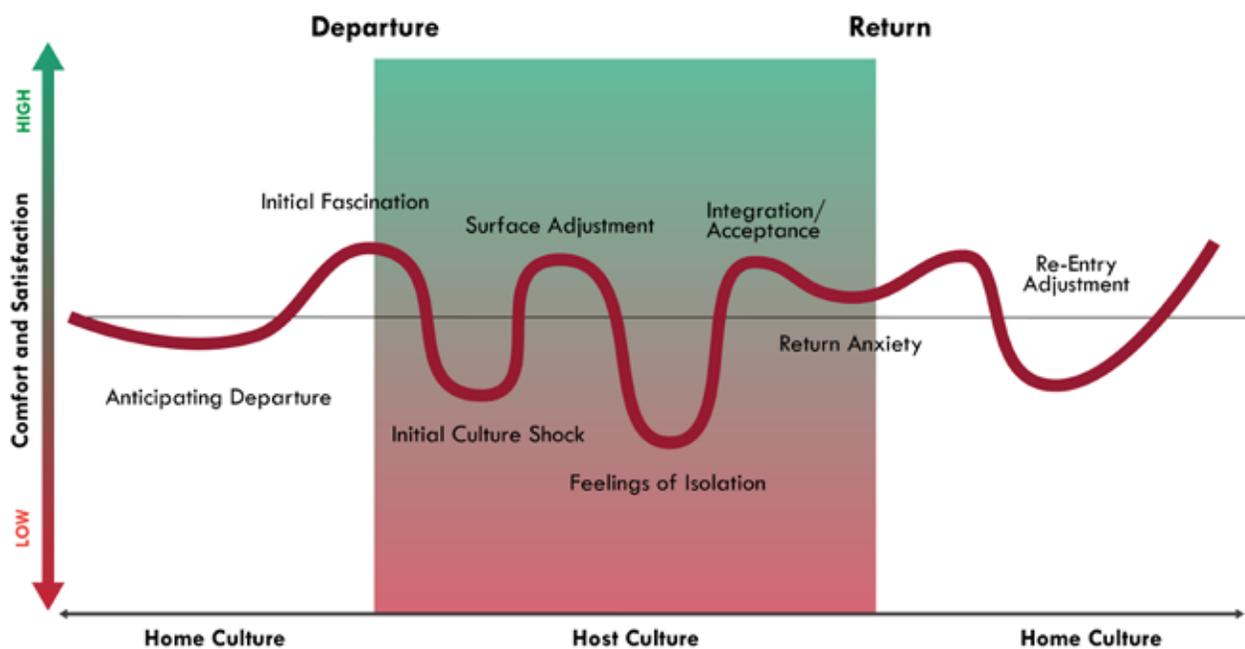
process. A sense of isolation sets in. Boredom and a lack of motivation often follow. Unresolved personal issues often surface during this stage.

Integration/Acceptance: After continued effort you find yourself more at ease with language, friends, and 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 who may not understand your new feelings and insights, yet you may feel guilty for wanting to stay.

When in any of the above phases, you may experience changes in sleeping habits, feelings of helplessness or hopelessness, loneliness, depression, unexplainable crying, placing blame for difficulties on the program or host culture, homesickness, getting angry easily, increase in physical ailments or pain, compulsive eating, or lack of appetite.

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 program’s on-site support staff.



Adjusted from Oberg (1960) and Galloway (1963)

Cultural Adjustment Curve

Looking Ahead

Career Information

Linking Undergraduate International Experience to Your Future Career

Learning abroad can help you develop and enhance intercultural competencies that are appealing to potential employers and graduate schools. Think about your academic and career goals before, during, and after your experience abroad. For more information, visit: UMabroad.umn.edu/students/career-info.

Re-Entry

Students often find that it is just as difficult, if not more difficult, to readjust to life in the US after studying abroad. You may find that your perspectives have changed significantly and that you may not connect with friends and family in the same way you did before going abroad. The LAC offers a variety of resources and opportunities to help you readjust to life in the US. For more information, visit: UMabroad.umn.edu/students/process/reentry.

Appendix

Packing List

- 7–10 pairs of underwear and socks
- 1–2 pair nylons (for women)
- 2 sweaters
- 3 blouses/shirts
- 2 pairs of jeans or khakis
- 1 pair of pajamas
- Comfortable walking shoes
- 1 pair of dress shoes
- Jacket for cool weather
- Raincoat
- Slippers
- Swimsuit
- Sun hat
- Security pouch (for important documents)
- Camera, memory card, and batteries
- Adapter and 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,” so consider dressing 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.

Social Media Hashtag Guidelines

Basic guidelines

- Keep hashtags on topic, always related to the post
- Place hashtags at the end of the post
- Always add a geotag based on the photo location
- Capitalize multiword hashtags for clarity

Number of hashtags to use

- Facebook: 0
- Twitter: 1–2
- Instagram: 9–11

Required hashtags

- #UMabroad
- #UMNProud
- (NOT #UMNabroad)

Recommended hashtags

- #communityengagement
- #globalseminar
- #goglobal
- #internabroad
- #internationaldevelopment
- #lifeonthemove
- #studyabroad
- #studyabroadlife
- #theworldasaclassroom
- #workreadyworldready

Program-specific usernames

- @accentflorence
- @accentrome
- @alc.fes.alif
- @capalondon
- @capasydney
- @cemanahuac
- @fogaargentina
- @fomtoledo
- @idsithailand
- @warawarc

Program-specific hashtags

- #LACFSA
- #MSIDEcuador
- #MSIDKenya
- #MSIDSenegal
- #MSIDThailand

This form must be completed for all independent travel as indicated by the release and waiver you signed prior to participation (<https://gps.umn.edu/registration/release/245>). Failure to complete in full and submit prior to departure will be grounds for review and sanctions as outlined in the Policy on Student Conduct in Education Abroad Opportunities (UMabroad.umn.edu/assets/files/PDFs/policies/rightsResponsibilities/studentConduct.pdf).

Note:

1. Students are not allowed to travel to a country under a US State Department Travel Warning or one not recognized by the US government (e.g., North Korea) without prior approval. A copy of the suspension committee approval is required with this form.
2. Independent travel should not interfere with academic work, classes, or events. On-site staff has the authority to deny travel due to such conflicts.
3. Failure to return on time may be subject to dismissal. Travel with your program contact details and keep the staff updated on any changes to your plans.

Complete one form per student, per trip.

Student name: _____ Cell phone (if applicable): _____

Proposed destination(s): _____

Departure date: _____ Return date: _____

US emergency contact name, email, and phone number: _____

Contact information while traveling (below):

Dates at this location	City	Name of hotel or host	Phone number	Email address

Additional information:

Signatures

Student Signature _____
Date

Authorized On-Site Staff Signature _____
Date

Note to on-site staff: The form must be signed and dated by both the student and the authorized on-site staff person prior to travel and kept on file for the duration of program period.