Pre-Departure Orientation
Spring 2018
November 2017
• KNOW your resources

• UNDERSTAND your responsibilities

• BE READY to make the most of your time abroad
Before you go:

Housing Application
Course Registration
Flight & Arrival
Phones
Health & Wellness Resources
Safety

After you arrive:

Required Orientation
Student Life & Academics Resources and Policies
Essential German
How to use public transportation
Where/how to get money
Setting up phones
Health & Wellness
Safety
Pre-Departure Timeline

- October 13 – Courses available on Albert
- November 1 – Study Away Confirmation Portal
- November 13 – Course registration begins
- November 17 – Housing Application and $1000 housing deposit due in Study Away Confirmation Portal
- November 29 – Bursar billing date
- January 4 – Bills due to bursar
- January 22 – Arrival Date
What is Berlin going to be like?
• Berlin is a multicultural city
• There are traces and marks of history everywhere
• It is full of world-class museums, galleries, theaters & operas
• It is THE place for contemporary art, cutting edge galleries, and a vibrant electronic music scene
• Berlin is a tolerant and young city, comfortable with navigating difference
• It is a relatively quiet urban environment that encourages reflection
What is NYU Berlin?
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• Your strongest resource in Berlin is the NYU Berlin Global Academic Center.

• NYU Berlin welcomes students with different majors from NYU New York, Abu Dhabi, and Shanghai, as well as from other U.S. universities. This makes for an interesting classroom and enriching general group dynamic.

• Students arrive in Berlin with various levels of German proficiency, but the vast majority has no prior experience and will begin with Elementary German classes.

• NYU Berlin is affiliated with Humboldt University Berlin. You will be registered with HU, and have the opportunity to audit or take a class.

• Seminar and learning culture may be different to what you are used to, e.g. less or more discussion, different methodologies and approaches to argumentation, etc. It’s important for you to remain open-minded and curious towards diverse approaches and perspectives, and not expect your experience at NYU Berlin to closely resemble the class dynamic and your home institution.
NYU Berlin facilities:

- Courses taught at NYU Berlin’s Academic Centers by locally hired faculty.
- The main Academic Center is located in the KulturBrauerei, a converted former brewery in the district of Prenzlauer Berg.
- Studio art classes and a variety of other courses are taught at the St. Agnes studio near the Student Residence in the neighborhood of Kreuzberg.
- Enrollment: 80–115 students

It will be a full house this semester!
• Studio art classes, Tisch Drama, and a variety of other courses are taught at the St. Agnes studio, NYU Berlin’s second Academic Center.
**DIRECTOR:**
Dr. Gabriella Etmektsoglou

**STUDENT LIFE:**
Linn Friedrichs (Assistant Director)
Ngoc-Le Nguyen (Administrator)

**ACADEMIC LIFE:**
Dr. Roland Pietsch (Assistant Director)
Julia Rogers (Program Assistant for Academics)
Denise Uhl (German Language Coordinator)
Dr. Katrin Dettmer (Arts Coordinator & NYU Berlin Faculty)

**ADMINISTRATION:**
Dominik Fungipani (Special Projects Coordinator)
Lygia Müller (Senior Program Coordinator)
André Bretzke (Finance and Operations Manager)

**WELLNESS:**
Dr. Sara Zeugmann, Clinical Psychologist and Wellness Counselor

**RESIDENTIAL LIFE:**
Catharina von Bredow
Emma van Rossum
Adam Silow
• Arrival: January 22nd
  • Check-in begins at 8:30 am at the Student Residence
  • Earlier check-in is NOT possible
  • Students who arrive early are responsible for making arrangement for alternative accommodations

• Submit Travel Details (Due December 1)
  • Study Away Confirmation Portal (travel details due December 1) – for site staff to plan for arrivals
  • NYU Traveler – for Public Safety, in case of emergency
    • www.nyu.edu/nyutraveler

• At Tegel Airport
  • NYU Berlin staff will meet students at the airport between 7:30 am and 4:30 pm
  • Shuttle service will be provided during these hours
  • Students who arrive after 4:30 pm are responsible for their own transportation to the Student Residence
  • An Arrival Cheat Sheet will be provided closer to departure with further details and emergency contact information. The Arrival Cheat Sheet will also contain directions to the residence for students arriving at Schönefeld airport.

• Do not plan personal travel until you arrive in Berlin!
  • You will not know the precise details of your class schedules, extra- and co-curricular activities, or immigration requirements until you arrive in Berlin
  • You cannot miss class or required activities for travel or visitors
• Required Orientation: January 22-27

• **Includes all topics pertinent to everyday life in Berlin:**
  - Banking
  - Obtaining a cell phone
  - Academic questions
  - Getting to know the city
  - Etc.

• Informal welcome dinner on the first night

• Events organized by the NYU Berlin staff, such as:
  - Neighborhood tours
  - Theater and concert visits
  - Guided walks with NYU Berlin professors
  - Art walks
• 12-18 Credits
• Unexcused absences will negatively impact your grade!
• Add/Drop period & Faculty Presentation
• Textbooks should be purchased prior to arrival
  • More information available on Pre-Departure Blog in July
• Other resources:
  • NYU Berlin’s small Reading Room
  • NYU’s Global Library services
  • Humboldt University Library

**Humboldt University: Audit a class.**
• German semester runs from mid-October through Mid-February.
• You can audit courses or take for credit.
• If you want to take courses for credit or have any questions about Academics, contact Assistant Director for Academics Roland as early as possible: rp99@nyu.edu.
• NYU Berlin has high profile faculty of international reputation who are teaching at German universities or working as experts and consultants in their field.

• Often with interdisciplinary approach and frequently using Berlin as a classroom.

• In Berlin, there will be a 2-week period to add/drop courses.

• You will meet most professors on Faculty Day during Welcome Week. Use this opportunity to learn more about the different courses and make an informed choice about your selection.

• You will receive syllabi for all courses on a flash drive in your welcome package.
You must take one course in German Language
- All levels are offered
- Cannot be taken Pass/Fail
- Regular (4 credits) or Intensive (6 credits)
- Unsure of your current level? Contact the Language Coordinator, Denise Uhl (denise.uhl@nyu.edu)

Other Language Resources
- Tutoring
- Tandem-Program
- Language Trainings
- German Language-Related Field Trips
• All students are required to live in NYU Housing!

Residence
• Fully furnished apartments, located near Checkpoint Charlie
• Shared bedrooms, bathroom and kitchen space for 2-8 students per apartment
• Very limited number of singles – priority goes to students registered and approved by the Moses Center
• Larger apartments (6-8 students) have bigger kitchens (2 sinks and 2 fridges, for example)
• TV Lounge, Space for Spiritual Practice, bike room
• Wireless Internet, no meal plan, weekly linen service
• Laundry in basement
• Study rooms on each floor
• Housing application available in the Study Away Confirmation Portal
  • Available November 1 through November 17. Application is not “first-come-first-served”
• Housing assignments will be available about two weeks prior to arrival
NYU BERLIN STUDENT RESIDENCE

- Wireless Internet, No Meal Plan, weekly Linen Service
- Laundry in Basement
- Computer lab
- Study Lounges on each floor
- TV lounge, with a pool table, piano, and Wii
- You can host movie nights & potlucks
- Bike room
- 24/7 Security
Guest Policy

- **Guest policy at NYU Berlin**
  - Overnight guests are permitted with permission of Student Life (ResLife). Guests can stay no more than 3 consecutive nights.
  - Hosts required to submit overnight guest form to front desk
  - Approach your Residential Life staff if you have any questions or concerns
  - All guests must adhere to NYU policies and NYU Berlin students are responsible for their guest’s behavior

- **Immigration restrictions**
  - Make sure your guests know whether they must obtain an entry visa to visit Germany

- **Suggested timing**
  - Again, wait to set up visits from guests until you see your syllabi for classes.
  - You may not miss class because you have guests in town (even parents!).
• Student Residence is located in the central neighborhood of Kreuzberg (red point)

• Historical Sites & Places of Interest:
  • Museum Island
  • Checkpoint Charlie
  • Berlinische Galerie
  • Jewish Museum
  • Martin Gropius Bau
  • Topography of Terror
  • Plazas, like Gendarmenmarkt
  • A shopping area

• Short bike ride/walk to the Bergmannkiez with lots of cafés and places to explore and other interesting parts of Kreuzberg

• NYU Berlin Academic Center (purple point)

• Additional questions about the area? Reach out to Linn or Ngoc-Le in Berlin (berlin.studentlife@nyu.edu) or our Global Peer Mentors (global-peer-mentors@nyu.edu)
• NYU Berlins Academic Center, Residence, and Studio Space at St. Agnes are secured entry.

• There is ALWAYS an NYU Berlin staff member on duty (24/7 emergency phone).

• Be aware of pickpockets.

• Help us keep you safe. Follow all staff recommendations:

  • Don’t invite strangers into the apartments. Your guests should always be in your company.

  • Have the emergency card with all phone numbers on you at all times!

  • When you go out at night, use your good judgment about this as you would in other larger cities: ensure that people know where you are, walk quickly and with purpose, drink responsibly! Excessive drinking will impede on your senses and ability to communicate in German.

  • Know your surroundings – be aware!
Life in Berlin
Berlin foods to try

- Döner Kebap - Turkish meat in a pita with vegetables and sauces.
- Bratwurst - Grilled sausage in a roll.
- Currywurst - Chopped sausage smothered in ketchup and curry powder.
- “Bio” Products – Organic, healthy options available everywhere in Berlin, farmer’s markets!
- Affordable and creative vegan and vegetarian cuisine
- Lactose-free, gluten-free products available in most supermarkets (you will receive more information during orientation)

Shopping/cooking

- Everyone has a kitchen!
- Group dinners/ Potlucks
- Huge markets with tons of great options for high quality produce
Public transportation
- Superb public transport system (U-Bahn, S-Bahn, buses, trams)
- On-time, regular service to all parts of the city of Berlin
- **Discounted Transport Pass** for students (staff will advise on how to obtain this upon arrival)
- Get a bike!

Commute to Academic Center
- 30-35 minutes on the subway
- 20-25 minutes on a bike

Commute to St. Agnes (from Student Residence)
- 10-15 minutes walking distance
- 5 minutes on a bike
**Orientation**
Welcome Dinners
Socializing Activities throughout

**Weekend & Day Trips to:**
Hamburg, Weimar/Leipzig, Dresden & Potsdam. Language Excursions

Join the Earth Impact Club or become editor of *Abend(b)rot*, NYU Berlin’s Arts & Literary Magazine

Join local organizations – get into Berlin’s many scenes (art, film, politics, music, sports, etc.)

Multi-faith dinners

**RA organized activities**
Soccer matches
Hiking
Cooking classes
Graffiti walks
Picnics, e.g. on Tempelhof Feld

**Immersion opportunities**
Language Tandems
Humboldt University access
Volunteering
Regular German Stammtisch with local students
- Skype/Facetime/Google Hangout
  - This is a great way to stay in touch with family, especially so they can see your face!

- **Cell Phone**
  **NYU Berlin requires all students to have a working cell phone**
  - Pay as you go
    - Incoming calls & texts are free if you have a German SIM Card
    - Very affordable option
  - Unlock smart phone before arrival
    - Purchase new SIM card on site during Orientation

- Create a **REALISTIC communication plan** with family and friends back at home
  - Are you going to talk daily, weekly, or say see you next semester?

- **Why?**
  - Facebook, skype, gchat and texting are part of your everyday lives and often interfere with students' ability to focus on settling into their days in Berlin.
  - Managing the time differences and feeling responsible for maintaining daily contact with those you care about at home can begin to erode a healthy sleep pattern and, eventually, your ability to focus on academics.
How do I plan my travel?

- Take advantage of planned excursions by NYU staff. Past trips included:
  - Hamburg, Weimar, Nature Trip to the coast (over-night)
  - Day Trips to Dresden, Potsdam, Görlitz
  - Faculty-led excursions within and beyond Berlin

- Check NYU Berlin website for information on important dates and holidays
- Participate in travel workshop for tips on cheap and smart travel!
- Use the break to travel to farther destinations:
  - Fall Break itineraries from past students:
    - Dresden, Leipzig, Prague
    - Vienna, Budapest

"Try and make the most of the experience but don't over extend yourself either. Yes you should travel, but don't do it at the cost of seeing everything your city has to offer."

– Fall ‘11 Berlin student

IMPORTANT:
- You will not be excused to miss class for travel!
- Please take the pre-departure immigration deadlines seriously so your visa is issued prior to arrival
If you take prescriptions regularly we recommend getting a full supply prior to going abroad. 
  * Shipping medication internationally is illegal.

**IMPORTANT**: If you currently take medication regularly, you must contact the NYU Student Health Center or your health provider immediately to ensure it will be available in Berlin. Medications differ throughout the world.

You are enrolled under the *GeoBlue Study Abroad Plan*, a comprehensive international health insurance plan
  * Appointments are facilitated by Student Life staff during the first weeks of the program, then you are encouraged to make your own appointments!

**DO NOT** cancel your domestic health insurance while you are abroad!

Questions about seeking regular medical care abroad should be directed to Linn (linn.friedrichs@nyu.edu)!
• If you have accommodation needs—academic or otherwise—you must contact the Moses Center prior to departure; resources and services may differ abroad www.nyu.edu/osl/csd

• If you have a disability that affects your studying or exam performance and require special arrangements, we also encourage you to inform Roland Pietsch, Assistant Director for Academic Programs, before the start of the semester. (rp99@nyu.edu)
• NYU Berlin has a Wellness Counselor on staff.

• Many students who seek counseling in Berlin have never had counseling! The counselor often helps students with managing stress – normal transition challenges such as homesickness, missing boyfriends and girlfriends, finding strategies to balance one’s social media time and “landing” in Berlin.

• Through GeoBlue, NYU Berlin has access to other mental health providers. Approach the Student Life staff if you require assistance with making an appointment!

• Arrange ongoing counseling in advance through the NYU Health Center’s Wellness Exchange, available 24/7: +1 212 443 9999

**Tips for Self-Care Strategies:**

• Take breaks! Monitor your energy!

• Explore, ask for help, share impressions, brainstorm with friends, fellow students, staff

• Stay curious and be patient with yourself

• Maintain exercise/relaxation routines/balanced diet

• Find an expressive outlet – start a journal/blog, dance, exercise, speak through your art

• Do your best to sleep and eat well

• Build your support network and create a communication plan with your family and friends

• Check in with Wellness
Adjustment is a normal component when encountering cultural transitions.

**Cultural Adjustment Curve**

- Everything is new, exciting & different
- Surface adjustment
- Adapting & assimilation
- Confronting deeper cultural/personal issues
- Frustration/annoyance with everyday differences

**Time & Place**

- Native culture
- Foreign culture
- Native culture

**Level of Comfort & Satisfaction**

- Source: University of Cincinnati

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**Routines**

**Reactions**

**Roles**

**Relationships**

**Reflections**

*the five R’s of cultural transition*
Resources

• Visa Questions: OGS.outbound@nyu.edu
• Academics: Global.Academics@nyu.edu
• Other Questions: nyuberlininsiterep@nyu.edu
Danke!