NYU Berlin Spring 2016 Pre-Departure Orientation

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After reading through this orientation, you should:

Know Your Resources

Know Your Responsibilities

Know How to Make the Most of Your Experience
• How do you define culture?

• How do you define your own cultural identity?

This is one definition:

“Culture is the way we perceive the world; it is how we behave according to the values, attitudes, and beliefs that we have learned. It is the glasses through which we see the world.”

It’s important to spend some time thinking about where you learned your cultural values before you leave for Berlin. The Cultural Iceberg image helps us visualize what we see on the surface, and everything beneath that we may not see so easily. What are your own values and beliefs? Where do they come from? How have these molded you?

Everyone has their own cultural iceberg. All of these aspects of our cultural iceberg impact how we interact with others, and also how others interact with us. By exploring our own cultural iceberg, we can understand our own positions, but also be open to knowing that others are coming from their own positions. This may be something you’ve experienced at NYU, at home, and you may experience this while studying in Berlin.
Adjustment is a normal component when encountering cultural transitions.

Learn more at http://www.idrinstitute.org/allegati/IDRI_t_Pubblicazioni/15/FILE_Documento.pdf

The Oscillating Brain

Adapted from Jim Loehr The Power of Full Engagement

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THE CITY

- Berlin is a multicultural city
- There are traces and marks of history everywhere
- It is full of world-class museums, galleries, theatres & operas
- It is THE place for contemporary art, cutting edge galleries, and a vibrant music scene.
- Berlin is a tolerant and young city, comfortable with navigating difference
- It is a relatively quite urban environment that encourages reflection
Public transportation
- Superb public transport system (U-Bahn, S-Bahn, busses, 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)
- Great and cheap bus lines to domestic and international destinations
- Get a bike! Sign up for the NYU Berlin BikeShare

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

Commute to St. Agnes (from Residences)
- 10-15 minutes walking distance
- 5 minutes on a bike
NYU Berlin is made up of students with different majors and from different universities. This makes for an interesting classroom and general group dynamic.

- Also houses Global Research Institute with doctoral/post-doctoral fellows & NYU faculty on leave

- NYUB is affiliated with Humboldt University Berlin

- Seminar and learning culture may be different to what they are used to, e.g. less or more debate, different approaches and ways of arguing etc. It’s important for students to be open-minded to other approaches, and not expect that everything goes exactly how they have experienced it in classes at their home institutions.

- Although students come from various majors and with various levels of German, the vast majority has no prior experience and will be in Elementary German classes.
NYU Berlin facilities:

- Courses taught in NYU’s own academic center by locally hired faculty. The academic center in the KulturBrauerei is a converted former brewery in the district of Prenzlauer Berg.
- Enrollment: 80 – 115 students per semester
- Around 10% non-NYU students
ST. AGNES

• New studio at St. Agnes
• Part of a converted former church
• Now a renowned art gallery in neighborhood of Kreuzberg
• Tisch Drama students will use this space for spring 2016
DIRECTOR:  
Dr. Gabriella Etmektsoglou

STUDENT LIFE:  
Linn Friedrichs (Assistant Director)  
Anne Strauss (Coordinator)

ACADEMIC LIFE:  
Dr. Roland Pietsch (Assistant Director)  
Dr. Katrin Dettmer (Arts Coordinator & NYU Berlin Faculty)  
Denise Uhl (German Language Coordinator)

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

RESIDENTIAL LIFE:  
Karen Welsch  
Britta Dehnel  
Dàire MacFadden

MEET THE NYU BERLINERS
• Arrival: January 25
  • Check-in begins at 8:30 am at student residences
  • Earlier check-in is NOT possible
  • Students who arrive early are responsible for making arrangement for alternative accommodations

• Submit Travel Details (at least 2 weeks prior to departure)
  • Study Away Confirmation Portal – for site staff to plan for arrivals
  • NYU Traveler – for Public Safety, in case of emergency

• At Tegel Airport
  • NYU Berlin staff will meet students at the airport between 8:00 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 residences
  • An Arrival Cheat Sheet will provided closer to departure with further details and emergency contact information

• Do not plan personal travel until you arrive in Berlin!
• Required Orientation: January 25-30

• **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

• Neighborhood tours

• Art walks

• Other social gatherings planned by staff
• Students must enroll in 12-18 Credits
  • Keep in mind there are many aspects to studying away, so we recommend to not overload your course schedule, if you can

• Global Orientation Program
  • Understand German Histories in Contemporary Life – lectures, discussion panels, concert & cinema visits
  • Exciting texts to read before arrival for this course will be upload to NYU Classes

• Unexcused absences will negatively impact your grade! Do not book trips before arrival.

• Textbooks are bought in Berlin.

• Other resources:
  • NYUB’s small Reading Room
  • NYU’s Global Library services
  • Humboldt University Library – all NYUB students are enrolled at Berlin’s Humboldt University.

• Humboldt University: Audit a class.
  • 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.
All students must take one course in German Language
All levels 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
• 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

• Students will see all faculty present and meet over dinner (Faculty Day) – use this day to meet them and chat!

• Students will receive syllabi on a thumb drive during Orientation
All students are required to live in NYU Housing!

Residence
- Newly renovated housing, located near Checkpoint Charlie
- Fully furnished apartments
- Shared bedrooms, bathroom and kitchen space for 2-8 students per apartment.
- Double rooms, very limited singles & economy rooms with bunk beds – Cost Varies
- Very limited singles – priority goes to students registered and approved by the Moses Center
- Larger apartments (6-8 students) have bigger kitchens (2 stoves, 2 microwaves, etc.)
- Housing application is in the Study Away Confirmation Portal
- Housing assignments: two weeks prior to arrival

Update – Mondrian Suites
- Limited number of studio apartments
- Details coming at end of November – don’t worry! You will be notified & able to update your application!
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
- Students hold movie nights & potlucks
- Bike room
- NYU Berlin BikeShare
NYU Berlin’s Zen Lounge: for calm, peaceful studying, yoga, or meditation

The Home Theatre “Kino Babelsberg”, with high-definition projector, dvd/blue-ray player, surround sound, & pool table

Student lounge “Wohnzimmer” with flatscreen TV, blue-ray player, electric keyboard, & Wii
• Dorm is located in the central neighborhood of Kreuzberg (red point)
• Historical sites nearby:
  • Topography of Terror
  • Museum Island
  • Checkpoint Charlie
  • Plazas, like Gendarmenmarkt
  • A shopping area
• Short bike ride/walk to “breakfast Kreuzberg”, with cafes and places to explore
• The gym NYU Berlin works with is located close to the NYU housing
• NYU Berlin Academic Center (purple point)
• Additional questions about the area, reach out to Linn or Anne in Berlin (berlin.studentlife@nyu.edu) or our Global Ambassadors (global.ambassadors@nyu.edu)
**Guest policy at NYU Berlin**

- Overnight guests are permitted with permission of Student Life (ResLife)
- Review student handbook for overnight and day guest policies (received at Orientation)
- 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!).
• NYU Berlin’s center and housing buildings are secured entry
• There is ALWAYS an NYU Berlin staff member on duty (24/7 emergency phone)
• Berlin’s crime rate is lower than that of major cities in the U.S.
• 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!
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
GETTING INVOLVED & MEETING PEOPLE

A great way to adjust to life in Berlin is getting involved.

Here are a number of options to consider:

Orientation
Welcome Dinners
Socializing Activities throughout

Weekend & Day Trips
Hamburg and Weimar/Leipzig
Over-Night trips, Dresden &
Potsdam day trips
Language Excursions

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

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

RA organized activities
e.g. Soccer matches
Hiking
Cooking classes
Graffiti walks

Immersion opportunities
Language Tandems
Humboldt University
access
Volunteering
• 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
    o Incoming calls & texts are free
    o Very affordable option
  
  • Unlock smart phone before arrival
    o Purchase new SIM card on site during Orientation

• Create a REALISTIC communication plan
  
  • 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, Wolfsburg
  - Faculty-led excursions within and beyond Berlin

- Check NYUB 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.

• All students are enrolled under the HTH NYU Study Abroad Plan or GeoBlue, a comprehensive international health insurance plan
  • Appointments are facilitated by Student Life staff during the first weeks of the program, then students are encouraged to make their 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)!
• Students with accommodation needs--academic or otherwise--must contact the Moses Center prior to departure; resources and services may differ abroad www.nyu.edu/osl/csd

• Students with disabilities that affect their studying or exam performance and require special arrangements MUST also 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 HTH, NYUB has access to other mental health providers. Approach the Student Life staff if you require assistance with making an appointment!

• NYU Health Center’s Wellness Exchange is 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
REMEMBER YOUR NYU RESOURCES AT HOME & AWAY

Questions about spiritual life abroad?
Email jal19@nyu.edu

Questions about diversity abroad?
Email cmep@nyu.edu

Questions about LGBTQ life abroad?
Email mwh279@nyu.edu
VISA & IMMIGRATION QUESTIONS?

NYU Office of Global Services
ogs.outbound@nyu.edu
+1-212-998-4242
How do you feel about these goals?

Know Your Resources

Know Your Responsibilities

Know How to Make the Most of Your Experience

Please reach out if you still have questions!
miriam.halsey@nyu.edu  |  +1-212-992-9962
Thank You!

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