

TRANSITIONAL SURVIVAL SKILLS
FLTA Summer Orientation Program
Tuesday August 6, 2019

HANDOUTS – REFERENCES:

TRANSITION EXPERIENCES: Adjusting to a new Culture – Handout

36 Tips FROM international students TO international students:

Personal Attributes that Contribute to Successful Living in International Environments
Student Quotes – Bruce Bouslough

HIPAA: Health Insurance Portability and Accountability Act
http://www.caringinfo.org/files/public/ad/HIPPA_Privacy_Rule.pdf

FERPA: Family Educational Rights and Privacy Act
https://www.fordham.edu/download/downloads/id/1850/09_-_dos_and_donts_for_teachers.pdf

STRESS MANAGEMENT:

TIME MANAGEMENT:

IDENTITY SAFETY: Social Media, Preventing identity theft; social security numbers; Police-security (911); state issued ID

MONEY MANAGEMENT: Banking; on-line shopping; credit/debit cards; cell phone options

HOUSING, MEAL PLAN, NUTRITION, DIET:

TRAVEL: - many web-sites available. A few are:

Planning: www.tripadvisor.com Reviews from fellow travelers
www.yelp.com – App for phone – locator with GPS
www.wherfor.com – Website shows where to travel on a budget

Coupons: www.groupon.com

Travel and hotel sites – can be cheaper than purchasing separately.
www.Travelocity.com www.hotels.com
www.expedia.com
www.booking.com

Airlines only – Use the airlines web page; e.g. Southwest is www.southwest.com
In addition to the ticket and taxes, airlines charge fees for checked luggage except Southwest; some airlines have extra fees for carry-on luggage and/or to reserve a seat.

It's best to make reservations one-two months before your departure date. Tickets purchased within two weeks of travel will usually be considerably more expensive.

Rooms in homes – www.airbnb.com

Kayak (<http://www.kayak.com/>) and **Cheapflights** (<http://www.cheapflights.com/>) are good websites for hotels and air travel. In one search it compares prices at various travel web-sites such as Priceline, Orbitz, Travelocity, Expedia, Cheapair, and various others you can select. You can compare as many or as few of the sites you wish.

Travelzoo (<http://www.travelzoo.com/>) is a popular web-site to find travel bargains. If you sign up for their Top20 you can get a weekly email that shows the best travel deals. The site also has deals on sporting events and concerts. You can search by normal flight/hotel or by region/city if you are exploring different places to visit.

Student Travel: <http://www.statravel.com/> (Rates based on student or under 26 though in some cases not required)

Trains: <http://www.amtrak.com/home>

Inter-city Bus: Greyhound - <http://www.greyhound.com/>

Megabus - <http://us.megabus.com/>

Intra-city: Download the latest version of Google Maps application from apple or play store based on your operating system (IOS/ Android). Open the application and type in your destination, then click on the “waiving man with briefcase” option. Before you request a ride, check the price of your ride on each Uber and Lyft. <https://www.youtube.com/watch?v=YnJeDDoKOYE>

