

# SAFETY:

All European emergency number:

112

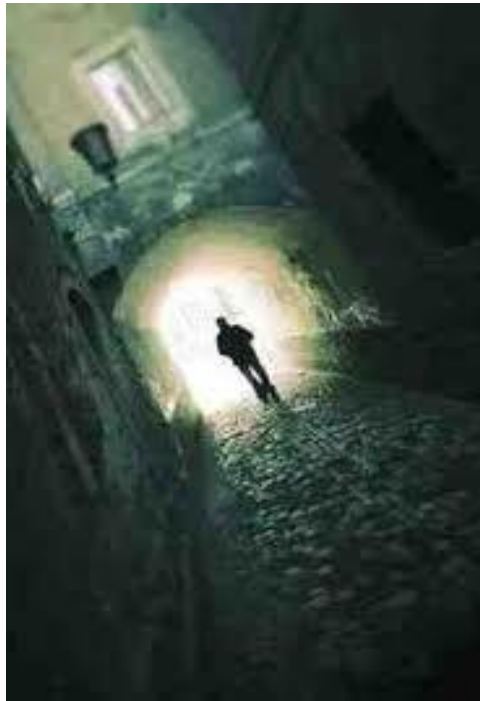
# **BSM 24/7 EMERGENCY NUMBER**

**00 36 20 628 5562**

**ANNA or ORSI**

# Budapest is safe, but do not walk alone in the dark!

Especially if you had drinks, especially ladies



**Always lock the doors of your apartment – even if you are inside.**



**Do not leave your stuff on the corridors!**

# Use common sense when making friends on the street



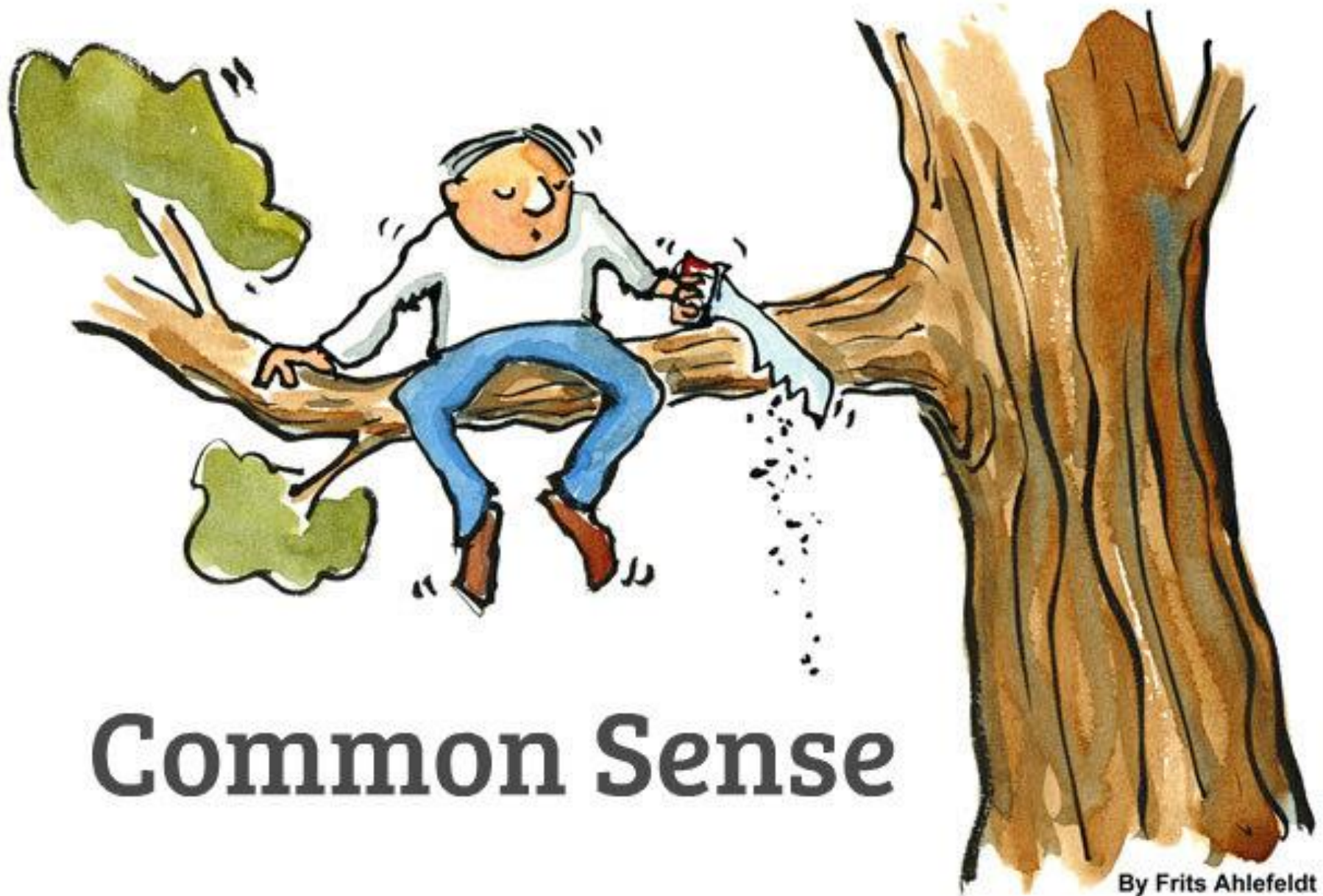




**DO NOT LEAVE YOUR DRINKS  
UNATTENDED**







# Common Sense

By Frits Ahlefeldt

Always let us know where you travel, when you are expected back!

The  
Schengen  
Zone



# For more on safety, visit the relevant page of the US Embassy in Budapest:

The screenshot shows the website for the US Embassy in Budapest, Hungary. The header includes the embassy logo, the text "EMBASSY OF THE UNITED STATES BUDAPEST • HUNGARY", and a search bar. The navigation menu includes "Home", "About Us", "Visas", "U.S. Citizen Services", "News & Events", "Business", "U.S. Information", "U.S. Policy", "Multimedia", and "Communities". The current page is "U.S. Citizen Services" > "Security and Safety".

**U.S. Citizen Services**

- Emergency Contact
- Announcements
- Travel to Hungary
- Living in Hungary
- Security and Safety**
  - Emergency Telephone Numbers
  - Tourist Advisory
  - Disaster Preparedness
  - Drug Abuse in Hungary
  - Pandemic and Avian

**SECURITY AND SAFETY**

Like 0 Tweet 0 +1 0 Share

### Smart Traveler Enrollment Program (STEP)

Last Updated on 11/17/2010

To better serve U.S. citizens in Hungary, ACS regularly updates its Warden system. The Warden system is designed to ensure that U.S. citizens receive timely information about natural disasters, civil emergencies or anything else that could affect their safety while in Hungary.

The Warden system for Hungary has been broken down into smaller units, according to districts, counties and/or by organizations. We would like to enroll every U.S. citizen in each of these regions and to identify U.S. citizen Wardens who would assist the Embassy to inform other U.S. citizens in their area of fast-breaking news. In general, Warden duties are not time-consuming, but could be vital in times of emergency.

U.S. citizens around the world who travel or reside abroad can access a newly launched Department of State web site for enrolling their foreign

**DISASTER PREPAREDNESS**

Please visit our Disaster Preparedness page  
Find practical advice and links to further information.

**ON-LINE ENROLLMENT**

Smart Traveler Enrollment Program (STEP)

# IMPORTANT TO KNOW:

- In Europe, always carry an ID with you – police can stop and check you!



- You are

**NOT eligible**

**for a student pass**

**on the Budapest Public Transport**

**SHOPPING:**

**TESCO**

The Tesco logo consists of the word "TESCO" in a bold, red, sans-serif font. Below the text are four blue, slanted, parallel lines that form a stylized underline.

**SPAR**

The SPAR logo features the word "SPAR" in a white, bold, sans-serif font, centered within a solid red rectangular background.

# INSURANCE:

Local insurance is included in tuition

- with English speaking staff, doctors;
- even covers some dental and medication

**BUT**

- It is only valid within Budapest
- Does not cover evacuation abroad

# **MUST HAVE**

- **US/CANADIAN** insurance that is valid in Hungary covering at least up to 30,000 euros (about 40,000 USD) of your health expenses



## RESIDENCY PERMIT:

- Will be done in groups, (Anna will let you know)
- Costs 18000 forints  
*(for people with NO visa)*
- Once you have it, can freely travel within the Schengen Zone

Always let us know where you travel, when you are expected back!

The  
Schengen  
Zone



# The BSM building:

- Houses different international programs  
(Pre-Med, McDaniel, BSM, BSME)
- Enter/leave with card through front gates only
- Open 7am-7pm & 7pm-10pm weekdays,  
8am – 8pm Saturday & Sunday  
(extended hours 004, 005, 007 only)

- BSM rooms 104, 105 & 206
- C1, C2, C3 & T1, T2 rooms through the yard
- Reading room in 205
- No smoking in the building
- Computers, cafeteria in the basement
- Piano
- Basketball court at the back
- Reference library, textbooks in 219
- library of board games in 218 (Anna)

## **HOUSING:**

- # 1. Make yourself at home.**
- # 2. Please respect your neighbors.**
- # 3. Don't smoke in the apartment.**
- # 4. Keep the apartment in the same condition as it was received**

- **Clean the apartment at least every two weeks – can get a cleaning person do that.**
- **If cleaning is provided by the landlord, make sure the cleaning person can get into the apartment and has room to clean.**
- **Take out the garbage, wash dishes regularly/daily**
- **Recycle paper and plastic/metal**
- **Nothing can be put on the walls unless previously discussed with the landlord.**
- **Do not throw or poured solid stuff into the drains**
- **If anything breaks or goes out of order let the landlord know ASAP.**

# ACADEMICS:

ACADEMIC ORIENTATION  
Monday, September 10<sup>th</sup>, 8am  
Room 102

**BE THERE!!!**

<http://www.bsmath.hu/>

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**LET US KNOW**



# Cultural Shock



# *DEFINITION:*

The feelings one  
experiences  
after leaving their familiar,  
home culture to live in  
another  
cultural or social environment

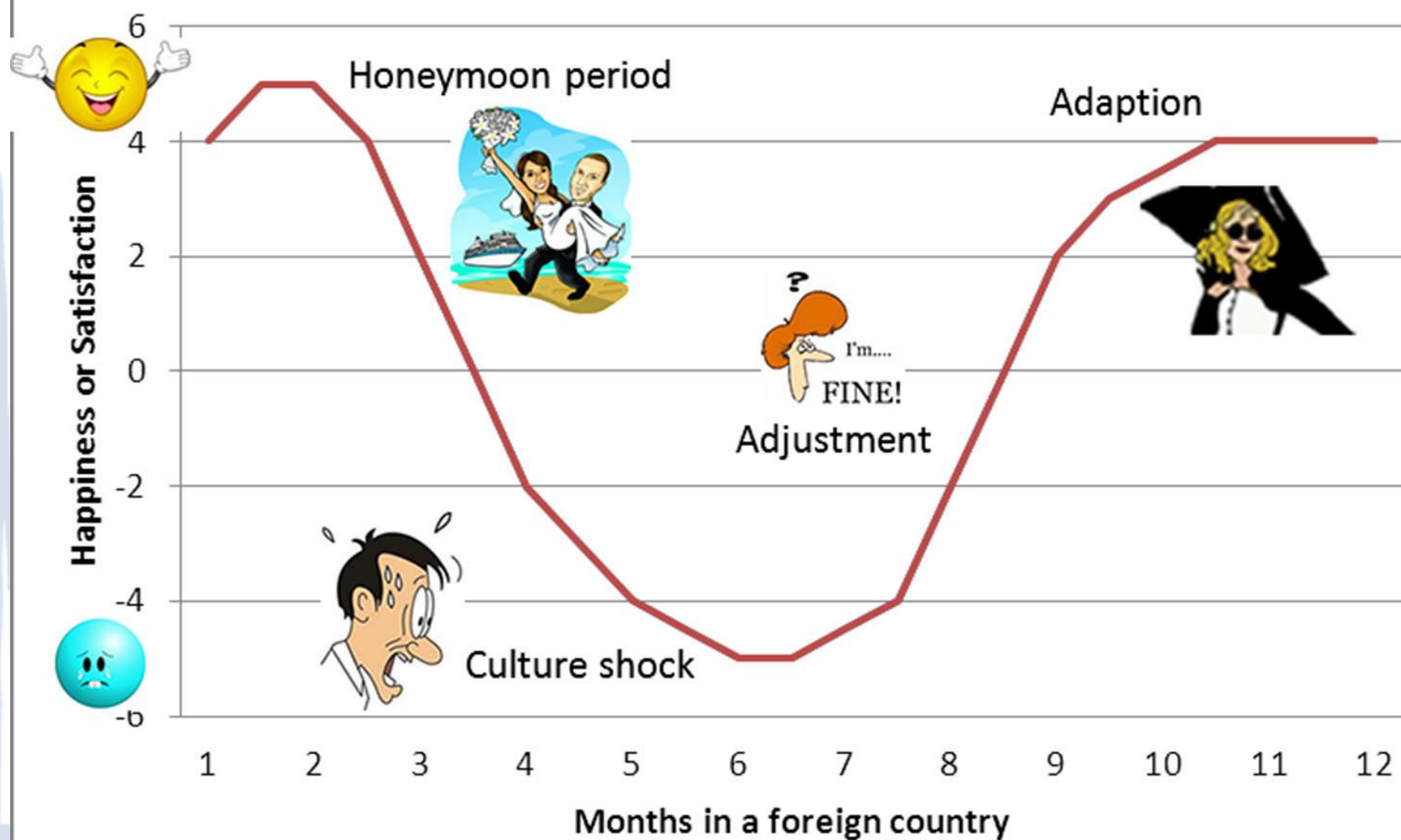
**WHERE THE**

**\*\*\*\***



**AM I?**

# Culture Shock Curve



*...moments and feelings of  
intense isolation  
and loneliness...*



## **More negative symptoms may include:**

- boredom
- withdrawal (e.g. spending excessive amounts of time reading; avoiding contact with host nationals)
- feeling isolated or helpless
- sleeping a lot or tiring easily
- irritation over delays and other minor frustrations
- suffering from body pains and aches
- longing to be back home
- unduly criticizing local customs or ways of doing things

# *How to Deal with It?*

Learn about the new location before you go

Give yourself time.

Don't be hard on yourself.

Don't withdraw! Build new friendships.

Stay active, eat well, and get enough sleep.

Start a blog, vlog or an old fashioned diary.

Be open-minded, ask questions.

Keep in touch with people at home.

*Maintain a sense of humor!!!*

Use our counselling