

SAFETY:

All European emergency number:

112

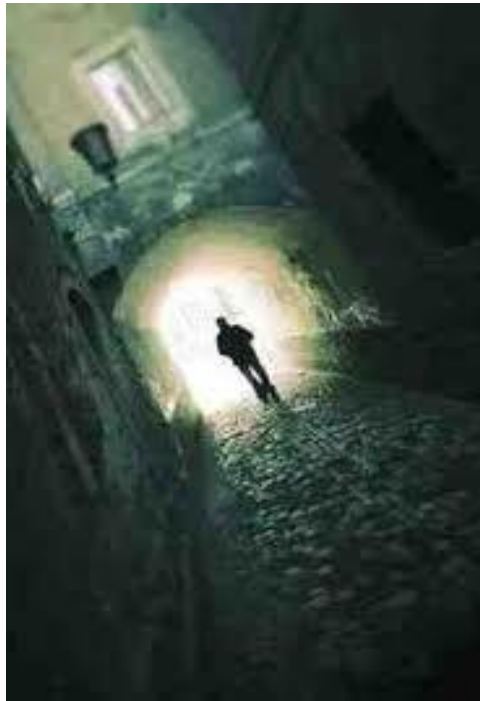
BSM 24/7 EMERGENCY NUMBER

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

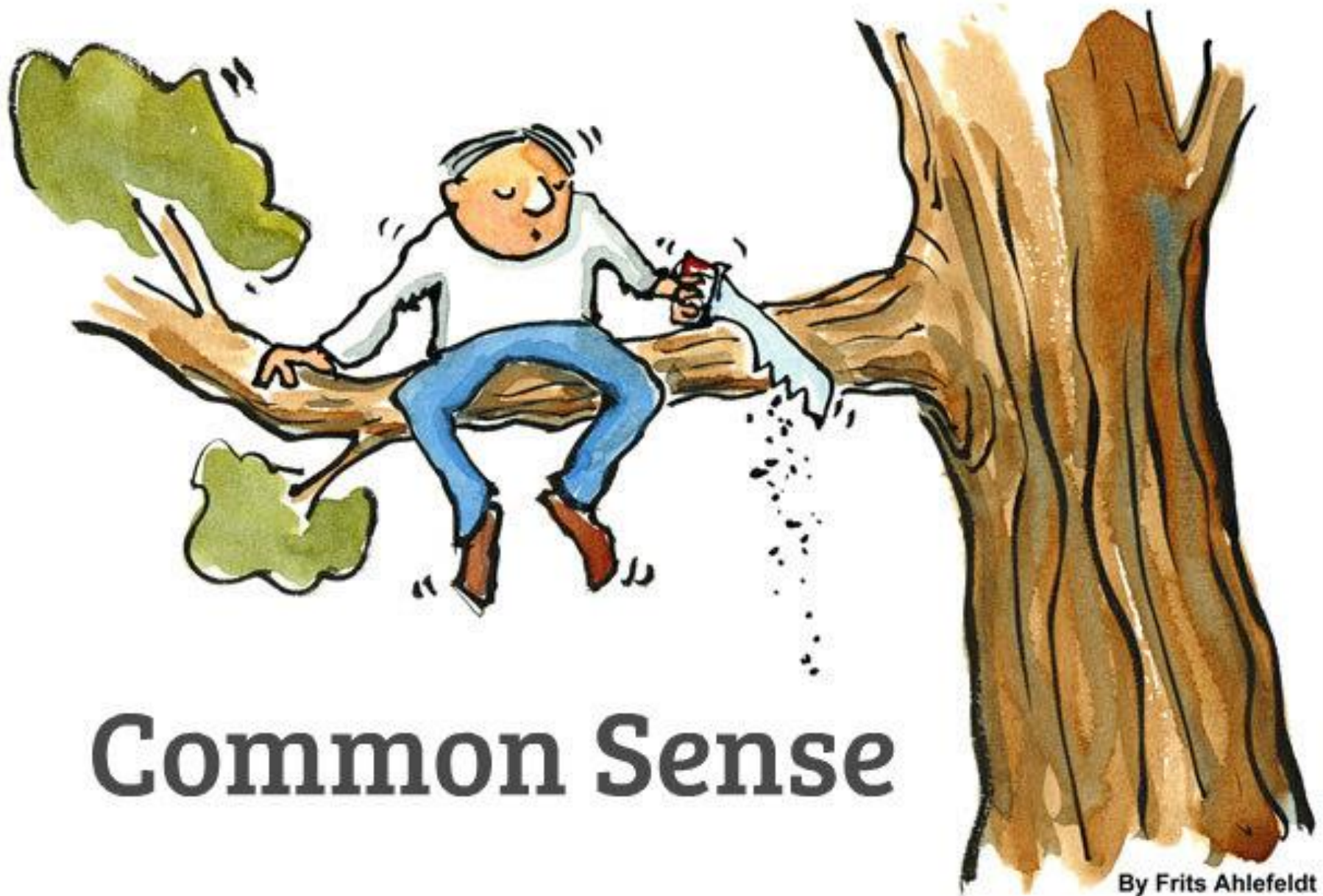






**DO NOT LEAVE YOUR DRINKS
UNATTENDED**





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", a search bar, and the date "Mon Sep 03 2012 02:07:37 GMT+0200 (Central Europe Standard Time)". 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 breadcrumb trail reads "You are in: 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!





www.shutterstock.com - 1077964207



shutterstock.com • 541024885

- 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:

MUST HAVE insurance that is valid in Europe covering at least up to 50,000 USD of your health expenses

YOUR PROVIDERS IN BUDAPEST???

SWISS CLINIC

– *housecalls*

for 50000HUF

(cash)

DUNA MEDICAL

FIRSTMED



SWISS CLINIC
• MEDICAL SERVICES COMPANY •



Local insurance is included in tuition

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

BUT

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

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 rooms through the yard
- Reading room in 205
- No smoking in the building
- Computers, cafeteria in the basement
- Basketball court at the back
- Reference library, textbooks in 219
- library of board games in 218 (Anna)

WHERE TO STUDY

- reading room in 205 - open 7am - 8pm.
- rooms 104, 105, 206, when available
- rooms 004-007 weekdays 8-10pm
& 8am – 8pm on weekends mstuart3@vols.utk.edu
- CEU library (open on weekends too)
- Szabo Ervin Metropolitan library
- Hungarian students also like to study in cafe's

Libraries:

- Reference Library in 218
- Renyi Institute Library
- CEU library
- “Szabó Ervin” Metropolitan Library

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, February 3rd, 8am
Room 102 @BSM

BE THERE!!!

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

.

LET US KNOW

Cultural Shock



DEFINITION:

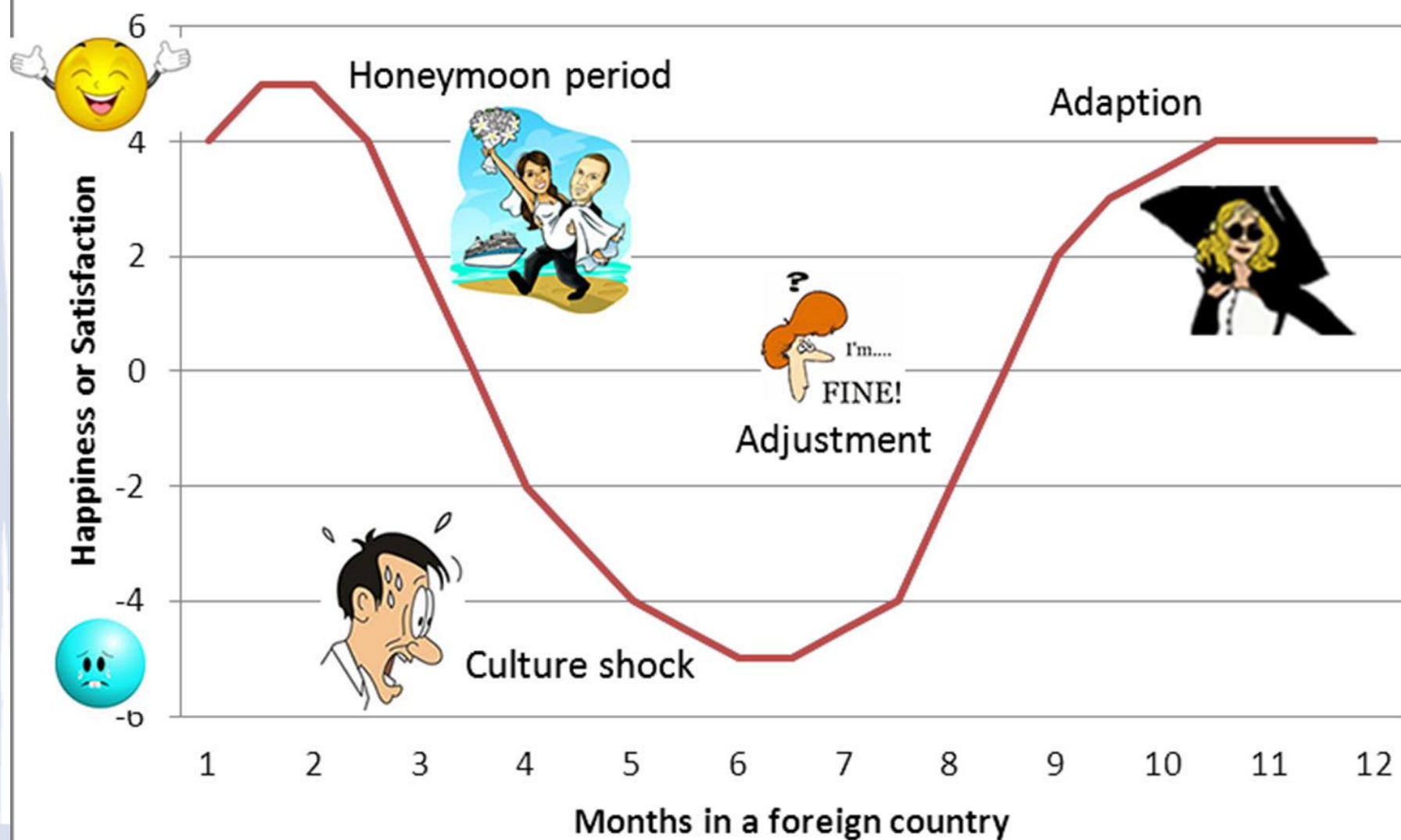
The feelings one
experiences
after leaving their familiar,
home culture to live in
another
cultural or social environment

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