GUIDE TO YOUR CARE TEAM

What is the Care Team?

Your Care Team is your main support system within the Verto community. Care Teams meet together in smaller groups of around 30 students and model Verto's core values: sharing **compassion** and **vulnerability** with each other, helping you take **responsibility** for your experiences, and ultimately guiding you towards **transformation** within Verto and beyond.

Who is in the Care Team?

Student Support Advisors (SSAs):
- Help students with academics throughout the semester
- Guide students through co-curricular activities throughout the semester
- Support habits that will serve students throughout college and life
- Provide logistical and social-emotional support and mentorship
- Provide 1:1 check-ins and goal setting sessions throughout the experience

Verto Participants - including you!
- Engage in small group discussions
- Lead warm-up questions and closing sessions. Become a Care Team leader for your group!
- Treat each other with compassion and contribute to a supportive community

Care Team peers are there to share advice, an afternoon snack, and join you on your transformative study abroad experience!

When will Care Teams meet?

Care Teams meet at multiple points during the semester and we expect all Vertoans to participate. Our community building works when

everyone contributes what they can to the experience.

Pre-Departure:
- Attend your Care Team Circle to meet your team and participate in an activity to get to know each other and break the ice.

Discovery Week:
- There will be multiple Care Team Circles during Discovery Week, the first week on-site. You will create your Care Team name, shared values, and grow together as a team.

During First Six Weeks:
- You'll meet together at least 4 times during the first six weeks. This will be a space where you can share about your experience, learn new skills, and have fun.

During Closing Ceremony:
- Wrap up your experience with your Care Team. Expect friendly competitions, reflections, and a graduation ceremony to officially recognize your achievement!