

VERTO DISCOVERY WEEK

Discovery Week, your first week onsite, is dedicated to helping you discover your new home and Verto community, and prepare for your academic journey. Attendance at all Discovery Week events is **mandatory**.



What to Look Forward to:

- **Making New Friends:** Get to know your Care Team, peers, and Verto community through activities, excursions, meals, and more.
- **A Welcome Event:** This typically involves delicious food, socializing, and music.
- **Venturing Out Together:** Find out what's in your neighborhood, get your SIM card, and get oriented! Whether it's discovering your new favorite coffee shop, figuring out how to use public transit, or learning basic phrases in your host language, this week is all about settling in and learning how to navigate your host city.
- **Goal Setting:** What do you want to achieve? How will you get involved? This is a week to reflect on how you want to show up for yourself and the Verto community.
- **Topical Workshops:**
 - **Academics:** From study skills and academic support, to policies and expectations, you'll delve into all of the must-know information to set you up for success in your coursework.
 - **Health & Safety:** Learn how to access local medical care, use your CISI insurance, how and when to use the 24/7 emergency phone number, and local laws you need to be aware of, among other topics.
 - **Housing:** Learn the ins and outs of your home away from home, including how to do laundry, file a maintenance request if something is broken, go grocery shopping (and cook if applicable), live with roommates, and more.
 - **Community:** Building community is at the center of any Verto experience. You'll learn how to make the community yours through leading or joining student clubs, signing up for community events, volunteer activities, and other opportunities to get involved!



New Opportunities for Second-Semester Students:

With previous experience in Discovery Week, take the next step in your self-authorship journey and serve as a **Discovery Week Student Leader**. Connect with your Care Team Leader during your Pre-Departure Orientation to learn more about ways that you can get involved as a peer mentor.

Ideas include hosting Wellness activities, participating in the return student panel, helping to run your Care Team Circle, founding a club, and more!

Discovery Week Advice From Past Vertoans:

- "Show up and enjoy!"
- "Relax and have fun."
- "Don't be shy to socialize - everyone is going to make new friends as well."
- "Pay attention and participate because the info comes in handy down the road."
- "Make sure to talk with Verto staff. They are incredibly helpful."
- "Be prepared to take in all the information so that you can apply it to your experience. Even things I thought I already knew, I've realized now there is always more to learn."
- "Ask questions - most likely someone else has the same one!"
- "Be open minded, trust the journey, and trust that the staff who live in this location know what information you need to be safe in their city."