

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. Discovery Week happens before your first day of class, ensuring you have all the resources you need to start the semester strong.

Attendance at all Discovery Week events is **mandatory**, because we will share need-to-know information. It's also the most exciting week of the semester!



What to Look Forward to:

- **Arrival Day:** Your first task is to get unpacked, meet your roommates, call your family to let them know you arrived safely, and relax after a long journey. Get plenty of sleep for the first official day of Discovery Week!
- **Welcome Event:** This typically involves a welcome from your Program Director, socializing, and a preview of the week.
- **Make New Friends:** Get to know your Care Team and Verto community through activities, tours, meals, and more.
- **Discover your new home:** 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? You will reflect on how you want to show up for yourself and the Verto community; you'll even write a letter to your future self.
- **Topical Sessions:**

- **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, Roommate Agreements, and more.
- **Community:** Building community is at the center of every Verto experience. You'll learn how to make the community yours through signing up for community events, volunteer activities, and other opportunities to get involved!



Tips For a Successful Discovery Week:

- **Come each day rested and hydrated.** This sounds simple, but you will be overcoming jet lag in some cases and will be getting used to a new daily routine.
- **Ask questions.** This is *your* experience, so take responsibility for getting the information you need to know to succeed.
- **Meet as many people as you can.** This includes both students and staff. Our team is incredibly friendly and helpful. Come to them with questions, or simply get to know them!