

STUDENT HANDBOOK

FALL 2023

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WELCOME

Congratulations on your acceptance to the Budapest Semesters in Mathematics program!

The BSM program offers students the opportunity to study mathematics in the historic European city of Budapest, Hungary. The coursework is challenging and provides students with a new understanding of mathematics focused on problem solving, student creativity, and group learning.

Please read the entire Student Handbook and reach out to Vanessa Bodrie, BSM Program Administrator, with any questions: budapestsemesters@gmail.com or 507-786-3114

PRE-DEPARTURE CHECKLIST

- Email budapestsemesters@gmail.com to confirm acceptance.
- Pay Tuition Deposit: **\$750 within 3 weeks of acceptance confirmation.**
- Pay Tuition Balance: \$13,495-\$750 = **\$12,745 due by July 1st, 2023**
- Pay Optional Babilon Language Course Fee: **\$410 due by July 1st, 2023**
- Read, sign, and return the two contracts at the end of this handbook (pp 15-21)
- Fill out all required forms (links will be sent in an email from BSM)
- Make sure you have a valid passport
- Send proof of Covid vaccination to budapestsemesters@gmail.com
- Verify Medical Insurance coverage for study abroad

PRE-DEPARTURE ORIENTATION

Participation in an online pre-departure orientation is required for all students. As part of this orientation, you will meet the BSM team and fellow students, receive updates on Covid related policies and travel guidelines, and have an opportunity to ask question.

Date: **July 30th, 2023, Noon CT via Zoom.** Students will be notified by email and will receive a Zoom link to the session.

BSM OFFICE AND PARENT COMMUNICATION

Please note that due to student privacy laws, our office cannot always communicate specifics about students with parents. Student safety and well-being are our highest priority.

WITHDRAWAL FROM THE PROGRAM

Although BSM works to make your stay in Hungary as educationally exciting and culturally rewarding as possible, there have on rare occasions been students who decided to withdraw from the program.

- If you choose to withdraw from the program within the first five weeks of the semester, the program will reimburse a portion of your refundable tuition according to the following schedule: less than 1 week, 90%, less than 2 weeks, 80%, less than 3 weeks, 60%, less than 4 weeks, 40%, less than 5 weeks, 20%.

TUITION INFORMATION

Important information regarding payment, please read carefully.

Dear Students/Parents:

On the next page, you will find an invoice for tuition for the Budapest Semesters in Mathematics program.

If you receive federal student loans, financial aid, grants, or scholarships through your home school, it is often possible for some or all of this money to be applied toward your Budapest Semesters in Mathematics tuition. **Please check with your college/university Financial Services Office or Study Abroad Office to see if they will remit payment or if it is your responsibility. Also check with them to make sure your federal student loans will not begin repayment status when you are absent for a semester.**

If your school is responsible for your tuition, please share **this letter and invoice** with the office responsible for payment. BSM is an Independent Study Abroad program, **not** a St. Olaf College program. The BSM North American Office is physically located at St. Olaf College only. **If your school needs an invoice to come directly from our office, please let me know as soon as possible and I will email it to them directly.** An invoice is not automatically sent to home schools.

Whether it is you or the school making payment, please make checks payable to:
Budapest Semesters in Mathematics

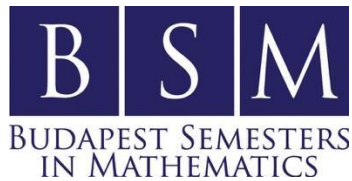
Mail to:
Budapest Semesters in Mathematics
Attn: Vanessa Bodrie
St. Olaf College
1520 St. Olaf Avenue
Northfield, MN 55057

Regardless of your financial aid package, ALL tuition must be paid in full to the Budapest Semesters in Mathematics office in Minnesota by the date listed on the next page.

If you have questions, please contact Vanessa Bodrie, Program Administrator, at budapestsemesters@gmail.com or 507-786-3114.

Thank you,
Vanessa Bodrie
BSM Program Administrator

Tuition Invoice



Fall 2023 Semester

Tuition Due Date: July 1, 2023

Tuition Deposit	\$750.00
<u>Tuition Balance</u>	<u>\$12,745.00</u>
Total Tuition Cost:	\$13,495.00

Optional Babilon Language and Culture Course Fee*: \$410.00

Total Tuition + Babilon Fee: \$13,905.00

Please make check payable to: **Budapest Semesters in Mathematics**

Mail to: Budapest Semesters in Mathematics
Attn: Vanessa Bodrie
St. Olaf College
1520 St. Olaf Avenue
Northfield, MN 55057

BSM tuition and Babilon fee can be paid with one check.

***Optional Hungarian Language and Culture Course (Babilon School)**

This is an optional, **non-credit**, two-week course scheduled prior to the start of the BSM semester. The course takes place in Budapest. If you indicated that you would like to participate in the Babilon course when you filled out your application, you will automatically be enrolled in the course. If you change your mind and would either like to be removed from or added to the class list, please contact Vanessa Bodrie at budapestsemesters@gmail.com or 507-786-3114.

Students can show up in Budapest and participate in the Babilon course, however, then will have to pay for the course in cash (in Hungarian Forints) in person and at a higher price.

If your school is responsible for your tuition, please give this invoice to the office responsible for payment. If your school needs an invoice to come directly from our office, please let me know as soon as possible and I will email it to them. An invoice is not automatically sent to home schools.

Please contact Vanessa Bodrie, Program Administrator with questions:
budapestsemesters@gmail.com or 507-786-3114

Additional Program Costs

Flights and associated travel fees remain the responsibility of the student. Please take into consideration Visa requirements and the BSM Academic Calendar when buying your plane ticket.

The estimated costs of living in Budapest during the Fall semester are listed below and are paid for by the student in Hungary.

Estimated Additional Program Costs

Expense	Cost
Rent (per student per term)	\$2600
Meals (eating out liberally)	\$3150
Utilities*	\$650
Local transportation	\$270
Entertainment, Misc.	\$550
Textbooks	\$150-350
VISA/Residency Permit	\$80

The above expenses will be paid by the student in Hungarian currency (Forints) in Budapest. These are rough estimates and will vary depending on the current exchange rate.

*Utility costs: Recent changes to Hungarian law are impacting the market cost of utilities in Budapest; if students have concerns or questions please contact Anna Foti, Director of Student Services at office@bsmath.hu.

ACADEMIC INFORMATION

BSM classes are held at **College International** (proprietor of BSM headquarters) near Keleti Train Station and close to the red metro line (subway). The building is shared by four independent international programs: “Pre-Med” (preparing students for medical school), McDaniel College (Budapest branch of a US institution), BSM, and BSME (Budapest Semesters in Mathematics Education).

During the fall semester, students usually take four courses. During the first two weeks of the program, students may shop around for courses. Final registration is during the third week of the semester. This way, students may analyze which courses best fit their interests or are required by their home institution.

Each course, except the research course has eight contact hours (four meeting times) per week. The fall semester comprises fourteen weeks of teaching and one week of comprehensive exams.

If a student would like to pursue a course of study that is not offered, they should reach out to BSM to inquire. In many instances arrangements can be made to accommodate the student.

The “Research Opportunities” class is an undergraduate research course designed for very advanced students. It gives them the opportunity to participate in research within a small group setting (or individually) under the guidance of a professor. NOTE: those interested in doing research will meet with their professors at the Welcome party, where they should arrange for weekly meeting times.

Academic Calendar

During the summer semester, the typical course load is two classes. Students will learn about this during the mandatory orientation in Budapest. **Course registration occurs during the second week of the semester.**

For detailed information on prior courses, professors, and syllabi go to: www.bsmath.hu

- The academic program always begins on a Monday.
- The Welcome Party for new students is held on Friday afternoon of the week preceding classes or on Monday afternoon.
- The Farewell Party is held on Thursday afternoon during final exam week.

Fall Semester	2023
Arrival days for Babilon course	August 11-14
Arrival days for non-participation in Babilon course	August 14-30
Babilon Course	August 14
BSM Classes Begin	September 4
Break Days	October 23, November 1, & 23-24
Exams – classes end	December 8
Program Ends	December 14
Deadline for vacating BSM housing	December 21

The complete BSM Calendar can be found here:

<https://www.budapestsemesters.com/academic-calendar/>

Transcripts

St. Olaf College, Northfield, Minnesota, USA serves as the School of Record for BSM and provides the official transcripts for the program. Transcripts will reflect either letter grades A-F, audit/non-attending, or incomplete. For details see http://www.bsmath.hu/academic_rules.pdf.

Transcripts will be mailed or emailed to the name and address you listed on the BSM Transcript Release Form. Additional transcripts can be ordered here: <https://wp.stolaf.edu/registrar/transcript-requests/>

Course Weight

The BSM Program uses course units to describe its courses rather than ‘credit hours’ or ‘semester hours.’ This is in concert with the St. Olaf system of counting courses toward graduation. We encourage each institution to make its own evaluation of our courses relative to local requirements and credit levels, but that said, some experience with what is done at other institutions might be useful. Most schools using a semester credit system give 3 credit hours per BSM course. Those that do not, give 4 semester credit hours for the mathematics courses and 3 or 4 semester credit hours for the non-mathematics courses. Those on the quarter system give 4 or 5 quarter hours per BSM course. Those schools (like St. Olaf) that use the course unit system give 1 semester course unit for each BSM course taken: For reference, at St. Olaf, 35 courses are required to graduate and a Budapest Semester course transfers as exactly one St. Olaf course.

Academic Accommodations

College International and BSM do not have a learning disabilities center in their building but can usually provide the same academic accommodations that you are currently entitled to at your home college/university. To qualify, please provide documentation regarding the accommodation to our Director in Budapest, Professor Dezso Miklos. A signed letter brought from your learning disabilities office or advisor, or an email sent by an appropriate staff person from your school will suffice.

GRE/Putnam

Students must check with GRE organizers to see if the GRE will be offered in Budapest, Prague or Vienna. It can be difficult to apply to graduate schools and NSF graduate fellowships when you are away from your home college. Please plan ahead to request and obtain letters.

Fall semester participants are encouraged to take the **Putnam Exam** while in Budapest. The North American BSM office will contact the Putnam advisor at your home institution, but your home institution must list you on their home school Putnam list to be eligible for participation.

LIVING IN BUDAPEST

Climate

Budapest has a continental climate and four distinct seasons. Note that in Europe, temperature is measured in centigrade.

Currency

ATM machines are readily available in Budapest and accept most major credit and bank debit cards (checking accounts only). You can easily withdraw Hungarian Forints using your debit card; the fees are much less than if you obtain Forints at a U.S. bank. Check with your personal bank on best options in order to incur minimal fees.

Don't trade currency with strangers, there are designated exchange booths all over the city for that. It is **not** a good idea to exchange all your money upon arrival as the bank will charge you for the privilege.

Personal checks, cashier checks, money orders, etc., cannot be readily exchanged, as international banking is quite slow. Although you may deposit a personal check at some local banks in Hungary, it may take several months for the check to clear. However, it is a good idea to bring some personal checks along in case, for example, you need to send in graduate school applications. If you arrive in Budapest without Forints, simply exchange some US dollars for Forints at a bank near your apartment or withdraw money from an ATM using a debit or credit card.

Electricity

The voltage used in continental Europe is 220v. This renders most North American appliances useless unless they are convertible, battery operated, or you have an adapter. Note that the outlet geometry is also different. For battery-operated devices it may be advisable to take a spare set of batteries along for the trip. It can be difficult to get the right size batteries in Budapest.

Housing

Students are housed in BSM approved apartments in Budapest city center and suburbs. City center locations have the advantage of being close to the main cultural attractions of Budapest and the commute time to BSM is short. Housing and roommate assignments are arranged by our Hungarian

BSM staff based on the information you provide in your Housing Form.

Housing assignments are given upon arrival in Budapest. The BSM representative who picks you up at the airport or train station will accompany you to your apartment. They will give you a mini orientation in your new neighborhood including the location of the nearest ATM or currency exchange booth and how it works, where to catch public transportation and how to purchase tickets, and directions to the nearest food store and pharmacy. They will also explain how to get from your location to both BSM and the Babilon Language School.

Typically, two or three students are housed together, and each student will have their own bedroom with a door. Apartments come completely furnished including pillows, sheets, towels, kitchenware, washing machine, etc. Clothes dryers are extremely rare. Keep in mind that thick items, such as sweatshirts, take several days to air dry; please pack accordingly. Apartment might be small by North American standards, with modest kitchen facilities. All apartments are located within easy reach of the university, either on foot or using convenient and inexpensive public transportation. **There will not be apartment changes after arrival.** Specific questions on housing can be directed to Anna Foti, Director of Student Services, at office@bsmath.hu.

Rent prices per person, regardless of location, should be in the range of about \$450-\$475 per month plus one time security deposit. The security deposit is usually equal to one month's rent. The first month's rent will usually be payable within a week of your arrival. Please be aware that Hungarian laws governing rental properties vary greatly from laws in North America. Lease details may vary from apartment to apartment. **Do not pay any rent until a lease has been signed. Do not sign any lease agreements until you fully understand and are comfortable with the terms.** Your landlord should be willing to give you a few days grace period in which to do so. Please address housing questions to the Director of Student Services, Anna Foti, office@bsmath.hu

For our part: For the rental apartments offered via BSM, each landlord has been provided with a list of basic equipment each apartment should have. You can expect your apartment to be equipped with all basic and necessary items (including bed linens, towels, pillows, and kitchenware) and to be clean and scrubbed when you arrive.

For your part: We expect that you treat each apartment and its contents with respect and care. After the term is over, it is up to you to be sure that all trash has been removed from the premises, beds are made, dishes are washed, and all keys are returned. Owners are allowed to deduct trash collection, repair, and extra cleaning costs from your refundable security deposit. As members of the BSM class, you are the forerunners for future students and your conduct and behavior will affect how willing Hungarians are to rent to BSM students in the future.

Language

All BSM classes are conducted in English. Many of the Hungarian people you meet in Budapest will speak some English. Though it is not necessary to learn Hungarian in order to participate in the BSM program, learning a few key words and phrases can make your stay in Budapest a little easier. We recommend taking the optional Babilon Language and Culture course if it is of interest to you and fits into your schedule.

Babilon Language and Culture Course

The **Babilon School of Languages** offers an optional, non-credit, intensive Hungarian language course as well as immersion in local culture and life in Budapest. The course begins two weeks before the start of the fall semester. This course is not included in the BSM tuition fee.

If you indicated in your application that you would like to attend, you are already enrolled. If you did not indicate this and would like to attend, please email the BSM North American office at budapestsemesters@gmail.com. All Babilon students will receive an email from Babilon about a month before class begins with details on the program.

Babilon School of Languages
1075 Budapest
Károly krt 3/a IV em
Hungary

telephone: (011) (361) 269-5531
fax: (011) (361) 322-6023
email: info@babilon-nyelvstudio.hu
website www.babilon-nyelvstudio.hu

Phone and Internet

Cell phone - It is important to check with your existing carrier to understand the rates and fees if you choose to use your phone in Budapest. One option is to unlock your phone and purchase a pay-as-you-go SIM card in Hungary. Cell phone rental may also be an option.

<https://www.studyabroadscholarships.org/how-you-can-use-your-phone-while-studying-abroad/>

Internet - Most students choose to bring a personal laptop. There is a free wireless network available at the BSM for student use. There are also many free WIFI hotspots throughout the Budapest. Most apartments have high-speed internet connections. Remember to bring any adapters, converters, and/or cords for all electronics.

Prohibitions

Do not take any weapons or illegal drugs to Hungary. It is considered a major felony and will result in immediate expulsion from the program. Note that Hungary has zero tolerance for drugs, including marijuana. In addition, vehicles can only be driven by a person with a 0% blood alcohol level. Please note that it is also illegal to mail prescription medications to Hungary.

Safety

Budapest is a safe city. Caution and common sense are always advised when getting to know a new place. Keep money and valuables in your apartment or hidden from view, especially when traveling on public transportation or in crowded venues. We also advise students to lock their apartment doors to reduce the chance of burglary. As in any city, it is best to travel in groups if going out at night. The legal drinking age in Hungary is 18, but we advise students to use caution and moderation if choosing to drink.

Transportation

Public Transportation - Budapest has an excellent public transportation system (BKK). There are underground metro lines, a suburban rail line (HÉV), trams, and busses. Fares are reasonable and you can purchase monthly transportation passes. Additional information including timetables and fare information can be found here: <https://bkk.hu/>

Taxi Cabs - Taking a taxi is another option. The following companies are known to provide reliable service: TAXI4, City Taxi, FöTaxi. If you call to arrange a ride, you can request an English-speaking driver. You can also use a service called Bolt, a mobile app similar to Uber.

Useful Links

<http://www.budapestsemesters.com/other-useful-links/>

TRAVEL

Travel to Budapest

Flights and associated travel expenses are the responsibility of the student. Compliance with Covid19 related travel requirements and flight change policies of the airline are the responsibility of the student.

Arrival Dates

If participating in the Babilon Language and Culture course plan to arrive in Budapest **August 11-14**. If not participating in the Babilon course arrive **August 14-30**.

Passport and Visa/Residence Permit Requirements

All students must have a current passport, valid for at least 6 months beyond their return date.

Some students will need a Visa to enter Hungary.

All students will require a Residence Permit to stay in Hungary for the semester.

- Visa = permission to enter a country
- Residence Permit = permission to stay in a country long-term (in this case, for more than 90 days)

Hungary is one of the Schengen Area countries. The Schengen Area is a geographic zone made up of 27 European countries that have abolished their internal borders and unified their immigration policies and procedures. The borders between Schengen countries are open. Once you enter a Schengen Area country, you are free to travel anywhere within the Schengen Area without need for a Visa for each of the countries. <https://www.schengenvisainfo.com/hungary-visa/>

- **If you are a citizen of a Schengen Area country:** you do not need a visa to enter Hungary or the Schengen Area if you present your Schengen Area passport.
<https://sites.google.com/a/bsmath-forms.net/visainfo/main/home/section-1>
- **If you are a US or Canadian citizen** (countries with a tourist Visa waiver agreement with Hungary): you can enter the Schengen Area countries without a visa, as a tourist. However, since you intend to stay in Hungary for more than 90 days, you will need to apply for a Residence Permit. This can be done in one of two ways:
 - Apply for a pre-approved residency permit at a Hungarian consulate and obtain a D type visa before you travel to Hungary. You will then pick up your Residence Permit in Budapest.
 - Enter Hungary as a tourist without a visa and apply for a Residence Permit in Budapest with the help of BSM staff. <https://www.bsmath.hu/bsm visa american citizens.html>
- **All other citizens:** apply for a pre-approved residency permit at a Hungarian consulate and obtain a D type visa. <https://www.bsmath.hu/bsm visa other citizens.html>

Students who arrive in Budapest without a Residence Permit will need to apply at the Immigration Office in Budapest. BSM staff make a group appointment for students and will assist with the process after arrival in Budapest.

To apply for a Residence Permit you will need the following documentation:

- Passport
- 1 passport photo for application at the Immigration Office
- Official BSM Acceptance Letter
- Official College International Letter
- Bank statement verifying you will have sufficient funds for your term abroad. Be sure to cross out all identifying account numbers (a set number is not determined but somewhere around \$1000-\$2000 USD)
- A copy of your U.S. health insurance card (required)
- Money to cover the fees for this process – the fee changes but is typically somewhere around \$80 USD.

Visa and Residence Permit questions should be addressed to Agnes Szilard at agnes.szilard@bsmath-forms.net

Travel Documents

In addition to your valid passport, please carry the three important BSM letters (Acceptance Letter, College International Letter, and Travel Letter) emailed to you as part of your acceptance email to show to customs officials if requested.

- Hungarian law requires every adult to always carry a photo ID. It is best to have a copy of your passport page together with your driver's license or a student photo ID.
- You must always have your passport with you when traveling outside of Budapest.
- If the Immigration Officer at the border asks for your lodging information, please provide "Budapest Semesters in Mathematics, Bethlen Gábor tér 2, Budapest, 1071 Hungary" as your address.

International Student Identity Card (ISIC) - Students may choose to purchase international student IDs in the United States before traveling to Budapest as they offer some discounts to museums and other activities. <https://www.myisic.com/isic-card/>

Luggage

Tagging Your Luggage

Make sure your luggage is labeled inside and out with your destination:

Budapest Semesters in Mathematics
Bethlen Gábor tér 2
Budapest, Hungary 1071

If your luggage is lost or delayed, use this same address. There is 24-hour door service to receive your luggage. Please notify the BSM office in Budapest so they know to expect it. office@bsmath.hu

Mailing Luggage or Packages to Budapest in Advance of Travel

Email office@bsmath.hu, prior to mailing packages or luggage to Budapest. Declare the value of the contents under \$50, and mark the form: "used, personal items" and mail to the address listed above. Please note that it is illegal to mail prescription medications to Hungary.

What to Pack

Things to include in your carry-on luggage:

- Airline or train ticket
- Passport (plus a paper copy to keep in a safe place in case you lose your passport)
- Prescription medications with a doctor's note certifying that you need this medication.
- Major credit card / plus a small amount of cash
- Debit card for withdrawing local currency
- A physical copy of your official BSM Acceptance Letter
- A physical copy of the Visa Letter - Official College International letter stating official acceptance. College International is the umbrella institution of BSM in Budapest.
- A physical copy of the Airline Letter
- BSM Budapest contact and emergency numbers (see p.12)
- Health insurance card or documentation (required)
- Phone charger
- A change of clothes in case your luggage is delayed

Airport Arrival

A BSM representative will meet you upon arrival at the airport or train station and drive you to your apartment. After clearing customs, you will leave the baggage claim area and go to the arrival hall (follow signs for ground transport). Look for a BSM representative holding up a sign saying, "Budapest Semesters". Do not leave the airport until you locate each other. Send an email to office@bsmath.hu or call 00-36- 20-628-5562 the BSM emergency number if you cannot find the BSM representative.

In the very unlikely event that you miss the BSM representative at the airport, during office hours (8am-3pm), take a taxi to BSM, Bethlen Gábor tér 2, 1071 Budapest, Hungary, District VII

The trip takes about 45 minutes and costs about \$20.

In the very exceptional case that you might need to find lodging at a hostel or hotel for the night, take a taxi to BSM on the next working day.

Flight Delays

In North America: Once you begin your journey, please remember to notify the office in Budapest and the North American Office of any flight changes or delays. E-mail both office@bsmath.hu and budapestsemesters@gmail.com or use one of the telephone numbers below.

Outside of North America: It is important to notify our BMS team in Budapest about any flight delays as this will have an impact on transportation from the airport on arrival. If you need to contact Budapest from Europe, the country code for Hungary is +36, followed by the BSM 24/7 emergency cell phone number 20-628-5562. **You may need to ask airline staff for assistance in making this international call.**

BSM Budapest Office Contact Information

Budapest Office Hours:	8:00 a.m. - 3:00 p.m.
BSM Office Cell Phone (when calling within Hungary):	00-36-30-474-3924
BSM Office Cell Phone (when calling from the US):	011-36-30-474-3924
BSM Fax number (from the US):	011-36-1-413-3030

Address: Budapest Semesters in Mathematics, Bethlen Gábor tér 2, Budapest, 1071-Hungary

BSM 24/7 Emergency Cell Phone # (when calling within Hungary): 00-36-20-628-5562
BSM 24/7 Emergency Cell Phone # (when calling from the US): 011-36-20-628-5562
EMAIL: office@bsmath.hu

When it is noon in New York and 9 a.m. in San Francisco, it is 6 p.m. in Hungary. At 6 p.m. in New York, it is midnight in Budapest. If a parent is calling the student's cell phone from North America, dial 011-36-30- plus their 7-digit phone number. [011=overseas access, 36=country code (Hungary), 1=city code (Budapest)].

Remember to notify both BSM offices at budapestsemesters@gmail.com and office@bsmath.hu with any arrival changes or delays to keep them informed.

HEALTH and SAFETY

Medical Insurance

For long-term benefits and coverage outside of Budapest, **it is mandatory that you have an insurance policy that is valid for your travel dates and your entire stay in Hungary.** Before you leave, please call your home insurance company and make sure your insurance is valid in Hungary and the EU. **Students are required to have a valid insurance policy, covering at least \$50,000 of their health expenses as well as covering medical emergency evacuation costs.** If your medical insurance does not cover evacuation costs, we encourage you to acquire additional travel insurance. Several US companies offer appropriate insurance for your travel/study abroad needs (e.g. Gateway US, IMG, CMI or ISOS).

As part of your tuition, you will be provided with supplemental student health insurance offered by the Swiss Clinic.

<https://www.budapestsemesters.com/wp-content/uploads/2021/11/Swiss-Medical-Nov.-30-2021.pdf>

. This insurance covers emergency medical benefits (including hospitalization) **within Budapest ONLY** during your stay in Hungary. It will not pay for treatment outside the city limits of Budapest, ongoing treatment for chronic issues, evacuation due to medical emergencies, or other major issues not easily addressed by the municipal health system. This supplemental health insurance allows access to a reliable, English language health service. It does not replace your home insurance, especially since it does NOT cover you outside of Budapest.

Mental Health and Wellbeing

We believe that a student's overall health, both mental and physical, is of utmost importance. Adjusting to a new urban environment and the demands of academic life can be stressful. Talking with a professional counselor can help you find ways to manage academic pressures, personal problems, and cultural adjustments. College International provides BSM students with access to a counselor who will be available on campus. For those seeking long-term counseling outside the campus setting, the College also retains the services of an experienced clinical and pastoral psychologist.

Mental Health Counseling

BSM also provides a counseling service in English. Counseling differs from psychotherapy in the sense that it is aimed at issues, difficulties, and challenges in the present moment and its focus is coming up with practical solutions that the client can immediately apply in their everyday life. During counseling,

we work together with the student to find available resources and to come up with a plan for addressing issues. At BSM you can work with two English speaking psychologists, Andrea Turner and Laszlo Biro. Please email the Director of Student Services (DSS), Anna Foti, at afoti@mcdaniel.hu if you would like to make an appointment with one of our counselors.

Well-Being Support - Director of Student Services (DSS)

The BSM Director of Student Services, Anna Foti, is the first line of contact whenever a student encounters challenges that they do not know how to address on their own in Budapest. Examples include, but are not limited to, help with housing issues, assistance with transportation, and general questions about life and learning at BSM in Budapest.

Prescriptions

It is important that you bring an ample supply of any prescription medicine you use for the duration of the semester with a note from your doctor certifying that you need the medication for your condition. Please list all prescription medications on your Medical Form.

Note that it is illegal to mail prescription medicines to Hungary from the U.S.

Use the service provider <http://www.northernpharmacyinternational.com/> as suggested by the U.S. Embassy at http://hungary.usembassy.gov/medical_information.html

BSM POLICIES

Sexual Harassment and Assault Policy and Procedures

Budapest Semesters in Mathematics is committed to a safe and healthy environment and as such will not tolerate sexual assault or sexual harassment in any form. Sexual assault is a crime in both Hungary and the United States and sexual harassment is a violation of federal and state laws in the United States. BSM recognizes both as serious violations of individual rights and dignity. Sexual assault and sexual harassment are not only acts of disrespect, violence, aggression or coercion against an individual, but also are attacks on our community.

Our policy can be found here:

<https://www.budapestsemesters.com/wp-content/uploads/2021/01/Sexual-Harassment-and-Assault-BSM-2021.pdf>

Reports of sexual assault or sexual harassment may be made by students, faculty members, or staff members to the Director of Student Services in Budapest, Anna Foti: afoti@mcdaniel.hu

BSM 24/7 emergency cell phone # (within Hungary): 00-36-20-628-5562

The same cell phone # from the United States: 011-36-20- 628-5562

If there is a conflict in reporting, please contact the North American Director of BSM, Prof. Kristina Garrett at budapestsemesters@gmail.com and the Hungarian Director of BSM, Prof. Dezso Miklos at dezso@renyi.hu or the Directors of College International.

COVID19 Policies and Procedures

The BSM Directors are closely monitoring the Covid situation in Budapest, Europe, and the United States. The BSM program will run only if there is confidence that we can do so safely and anticipate

completion of the semester in-person and in-country. Once students arrive in Budapest, they are bound by their commitment to the [Community Contract for Covid19 Safety](#) (one of the required BSM forms).

Proof of vaccination (including the most recent eligible Covid booster recommended by the CDC) and a negative Covid PCR test taken no more than 72 hours prior to departure is required for program participation. Any expenses related to vaccination or testing are the responsibility of the student. Proof of vaccination and the negative test result should be sent to budapestsemesters@gmail.com prior to departure.

Students may be required to participate in group and/or individual Covid19 testing throughout the semester.

REQUIRED BSM ONLINE FORMS

Please fill out the following **required forms** as soon as possible using the links in the email sent to you by the BSM North American Office. A copy of the completed forms will be sent to both the North American and Hungarian BSM Offices.

1. Medical Form
2. Housing/Roommate Form
3. Travel Form
4. Transcript Release Form
5. Community Contract for Covid19 Safety
6. Contract to Participate in BSM

- 1. Medical Form** - this information is used in the event of a medical emergency so please be sure to include all necessary medical information. If you use prescription medication, please list its purpose.

Before you depart for Hungary, please call your insurance company and make sure your insurance is valid in Hungary and find out what type of costs are covered and the amount of coverage. **Students are required to have a valid insurance policy, covering at least \$50,000 of your health care expenses, as well as coverage for emergency evacuation costs.** If your insurance does not cover evacuation, we encourage you to purchase supplemental travel insurance in the event of a medical emergency. Several US companies offer appropriate insurance for your study abroad needs: e.g. Gateway US, IMG, CMI or ISOS.

- 2. Housing/Roommate Form** – this information is used to determine housing assignments in Budapest. **You will receive your housing information when you arrive in Budapest and are picked up at the airport.** Questions about specific housing information that is not found in this handbook or on the website may be directed to the BSM Hungarian Office at office@bsmath.hu.
- 3. Travel Form** - this information is used for coordinating pick-up at the airport and transportation to your apartment. It is essential that the travel details you provide are accurate so please inform both the North American and Hungarian Offices of any changes to your travel plans. **Check the academic calendar for the earliest arrival date and the latest departure date.**
- 4. Transcript Release Form:** Indicate where you would like to have an official transcript sent at the end of the semester.
- 5. Community Contract for Covid19 Safety** – a hard copy of this form can be found on pp. 15-16 of this handbook. **This form requires a physical signature from the student.**
- 6. Contract to Participate in BSM** - a hard copy of this form can be found on pp. 17-21 of this handbook. **This form requires physical signatures from both the student and parent(s)/guardian.** *Independent students can request a revised version of the contract.*

Contact budapestsemesters@gmail.com or call 507-786-3114 if you have questions regarding these forms or if you have not received the email with links to the forms.

BSM Community Contract for Covid19 Safety

Updated for Spring 2023

The Covid19 pandemic and the risks posed to the BSM community require that each of us continue to observe heightened safety precautions during the semester. We have designed a set of policies and procedures to minimize the incidence and spread of Covid19 within the BSM community. These are outlined in our **Covid19 Policies and Procedures** document, which we expect you to read carefully.

To set a clear expectation of your commitment to our safety policies and procedures, each BSM student is **required** to acknowledge their agreement with the contract below as a condition of their participation in BSM during the Semester.

I agree to the following:

Pre-Departure and Arrival:

- I will participate in the pre-departure orientation.
- I will provide proof of vaccination and a negative Covid test prior to departure.
- I will comply with all travel and visa requirements that may affect my entry into Hungary.
- Upon arriving in Budapest, I will comply with the “lay low” period prior to the group PCR testing and follow the guidelines as outlined in the BSM **Covid19 Policies and Procedures**.
- I will participate in the Hungarian arrival orientation once in Budapest.

Monitor and Care:

- I will monitor my health daily and report any Covid19 symptoms, exposure, or positive test result to the Director of Student Services.
- If I am experiencing symptoms, I will self-isolate in my apartment room and participate in classes remotely until I receive a Covid test.
- If I receive a positive test result, I agree to comply with current isolation/quarantine/masking policies and procedures for return to in-class meetings as communicated by the BSM Hungarian staff.

Prevention:

- While in my apartment, I will act responsibly to limit possible transmission of COVID-19.
- While in the BSM classroom building, I will wear a mask when required (e.g. by the program, the instructor, or due to my covid status).

Personal Travel:

- I understand that personal travel during the semester may increase exposure to Covid19, and that I embark on personal travel at my own risk and expense.
- Prior to any personal travel, I will inform the Director of Student Services and provide contact information where I will be accessible for the duration of said travel.

Local / Regional / National Regulations:

- I will adhere to all local, regional, and national regulations. I understand that these regulations may include (but are not limited to) masking requirements, closing of classroom buildings, local curfew or lockdown, or national evacuation.

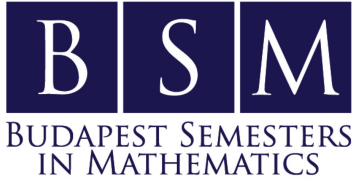
Participation in BSM:

- I have read the BSM **Covid19 Policies and Procedures** and agree to adhere to the safety standards as outlined in that document.
- I understand that participation in BSM is contingent upon following these standards.
- I understand that **not** following the standards may result in removal from BSM.

Signature:

Printed name:

Date:



READ, SIGN, AND RETURN

Contract to Participate in the Budapest Semesters in Mathematics Program

This four-page Contract Agreement requires the signatures of both the student and both of their parents or legal guardian in order to receive permission to participate in the Budapest Semesters in Mathematics Program.

In consideration of being allowed to participate in the Budapest Semesters in Mathematics Program,
I, _____ hereby agree to the following conditions of participation:

1.0 ASSUMPTION OF THE RISKS, GENERAL RELEASE, PERSONAL CONDUCT, AND INDEMNITY:

1.1 I understand that the Budapest Semesters in Mathematics Program will be conducted in a foreign country, and that there are certain dangers, hazards and risks inherent in international travel, living, and the activities included in this Program, including but not limited to those arising from crime, civil disturbances, health conditions, and travel or other accidents. I understand that these dangers, hazards and risks could include serious or even fatal injuries and property damage.

I understand that the Budapest Semesters in Mathematics Program has not made, and does not make, any representations regarding my personal safety or the safety of my property while participating in the Program.

1.2 I understand that as a participant in Budapest Semesters in Mathematics Program I am subject to (a) the same standards of conduct and academic regulations while abroad as stipulated at my home institution, (b) the regulations set by my home study abroad office, (c) the regulations set by the Program and the host institution, (d) the laws of the host country. I also acknowledge that it is essential to understand and respect norms of conduct and patterns of behavior that may be different from standards in my own country. **I agree to abide by these rules and standards of behavior when I am in the company of other study abroad program participants and also when I may be physically separated from Program participants.**

1.3 I further understand that it is important to the success of the present Program and the continuation of future semesters that participants observe standards of conduct that would not compromise the Budapest Semesters in Mathematics Program in the eyes of individuals and organizations with which it has dealings. I acknowledge that the North American and/or the Hungarian Director's responsibility for setting rules and interpreting conduct for this purpose. I understand and agree that if the North American and/or the Hungarian Director, the Program, or the host institution may, at their discretion, impose disciplinary measures or withdraw me from the Program because of a violation of such rules, improper behavior, academic reasons, or conduct which could bring the Program into disrepute, or its participants or personal into jeopardy, that decision will be final and may result in the loss of academic credit and the loss of Program fees.

1.4 It is understood that should the student elect to remain abroad after their dismissal from or their withdrawal from the Program, that the Budapest Semesters in Mathematics Program nor any additional Program Sponsors will continue to act as sponsor for the student, nor will the Budapest Semesters in Mathematics Program nor any additional Program Sponsors be in any way liable for that student.

1.5 Knowing the dangers, hazards and risks of such activities, and in the consideration of being permitted to participate in this study abroad program, I agree to assume all the risks and responsibilities surrounding my participation in the Budapest Semesters in Mathematics Program. In advance of my participation, I release, waive, forever discharge, and covenant not to sue the Budapest Semesters in Mathematics Program, its governing board, officers, agents, employees, and students acting as employees (here-in-after referred collectively as “the Budapest Semesters in Mathematics Program”) from and against any and all liability for any harm, injury, damage, claims, demands, actions, causes of action, costs, and expenses of any nature whatsoever which I may have or which may hereafter accrue to me, arising out of or related to any loss, damage or injury, including but not limited to suffering and death, that may be sustained by me or by any property belonging to me whether caused by the negligence of the Budapest Semesters in Mathematics Program, or otherwise, while I am on this study abroad program, engaged in any activities in connection with the Program, or in transit to or from the foreign country where the Program is being conducted.

I agree that the Budapest Semesters in Mathematics Program does not assume responsibility or liability for any personal injuries or property damage. I also agree to hold the Budapest Semesters in Mathematics Program harmless from any loss, liability, damage or cost the Budapest Semesters in Mathematics Program or any third party may incur due to my participation in any of the above-described activities.

1.6 I, on behalf of myself, my heirs, and personal representatives, hereby release the Budapest Semesters in Mathematics Program and any cooperating institution and their officers, employees, successors and agents from any and all claims and causes of action, including but not limited to, for inconvenience, damage to or loss of property, medical or hospital care, personal illness or injury or death arising out of my participation in the Budapest Semesters in Mathematics Program and/or travel or activity conducted by or under control of the Budapest Semesters in Mathematics Program or any cooperating institution.

2.0 MEDICAL:

2.1 I understand and acknowledge that inherently there are health risks associated with living and studying abroad and I agree I am personally responsible. I assume full responsibility for any undisclosed physical or psychological problems that might impair my ability to complete the Program, and I release the Budapest Semesters in Mathematics Program from any liability for injury to myself or damage to or loss of my possessions caused by acts of God or by situations beyond the control of the Budapest Semesters in Mathematics Program. I state that there are no pre-existing health related reasons or problems which preclude or restrict my participation in Budapest Semesters in Mathematics Program.

2.2 I understand and agree that, in the event of psychological illness to me, I authorize and grant permission to the Budapest Semesters in Mathematics Program to secure medical treatment on my behalf. I understand and agree that the Budapest Semesters in Mathematics Program will notify my emergency contact if I am unable to grant consent or if circumstances warrant, and to grant, deliver or execute written or oral consents to medical action as may be required or requested by service providers. I understand and agree that the Budapest Semesters in Mathematics Program assumes no responsibility or liability for any injury or damage which might arise out of or in connection with such authorized medical treatment, and that I accept all financial responsibility for such medical treatment and related services.

2.3 In the event of physical illness or injury to me, I authorize and grant permission to the Budapest Semesters in Mathematics Program to secure medical treatment on my behalf including but not limited to surgery and the administration of anesthetic, to notify my emergency contact if I am unable to grant consent or if circumstances warrant, and to grant, deliver or execute written or oral consents to medical action as may be required or requested by service providers. I understand and agree that the Budapest Semesters in Mathematics

Program assumes no responsibility or liability for any injury or damage which might arise out of or in connection with such authorized medical treatment, and that I accept all financial responsibility for such medical treatment and related services.

2.4 I understand that psychological or physical illness or injury can be sufficiently serious as to prevent me from continuing the Program, and that if at any time the North American Director, Hungarian Director, Program, or Host Institution deems my continuing stay a threat to my health, they may at their discretion withdraw me from the Program and that this decision is final. Knowing this, I (a) release, waive, forever discharge, and covenant not to sue the Budapest Semesters in Mathematics Program its governing board, officers, agents, employees, and students acting as employees from and against any and all liability for any harm, injury, damage, claims, demands, actions, causes of action, costs, and expenses of any nature whatsoever which I may have or which may hereafter accrue to me arising out of or related to any loss, damage or injury, (b) including but not limited to suffering and death, that may be sustained by me or by any property belonging to me whether caused by the negligence of the Budapest Semesters in Mathematics Program, or otherwise, while I am on this study abroad program, engaged in any activities in connection with the Program, or in transit to or from the foreign country where the Program is being conducted. I agree that the Budapest Semesters in Mathematics Program does not assume responsibility or liability for any such personal injuries or property damage. I also agree to hold the Budapest Semesters in Mathematics Program harmless from any loss, liability, damage or cost the Budapest Semesters in Mathematics Program or any third party may incur due to my participation in any of the above-described activities stemming from or related to this withdrawal.

3.0 TRAVEL/TRANSPORTATION:

3.1 I understand that I will be traveling during the Budapest Semesters in Mathematics Program by various modes of transportation. **I agree that the Budapest Semesters in Mathematics Program is not responsible or liable for any loss of property, injury or death during such travel.** I also understand that, due to traffic congestion, different traffic laws and regulations, and the language barrier, riding a bicycle and driving a motorized vehicle in a foreign country can be extremely hazardous. I understand that insurance requirements and other financial responsibility laws vary from country to country, and I agree that if I choose to do so, the Budapest Semesters in Mathematics Program assumes no responsibility or liability should I be involved in an accident.

4.0 INSURANCE:

4.1 I understand that I am required to have adequate health, accident and hospitalization insurance to cover myself while traveling to and from the Budapest Semesters in Mathematics Program, during participation in the Program, and at the Program site. I have arranged for adequate insurance to meet any and all such needs. I agree that the Budapest Semesters in Mathematics Program is not responsible for attending to any of my medical or medication needs, that I assume all risk and responsibility therefore, and that if I am required to be hospitalized or otherwise receive medical treatment during my study abroad program, the Budapest Semesters in Mathematics Program does not assume any responsibility for payment of such costs.

4.2 Additionally, I agree to complete, in full, a BSM Medical Information Form, a copy of which I have received. Failure to complete the form, to answer the questions truthfully, or failure to have and maintain proper insurance may be ground for non-acceptance or for expulsion from the program.

This Contract Agreement constitutes the entire agreement between the undersigned persons and the Budapest Semesters in Mathematics Program pertaining to the subject matter hereof. It is agreed that no oral or written representations, statements or inducements have been made, except as expressly set forth in the Agreement. No supplementation, modification, waiver, or termination of this Agreement shall be binding unless executed in writing by the undersigned persons and the Budapest Semesters in Mathematics Program.

Please note that this form requires the signature of the student and both parent/s or legal guardian regardless of the student's age. In particular, if a student is considered a dependent for federal or state income tax purposes or for financial aid, the parents waiver portion of this form must be signed and returned prior to participation. If the student is financially and legally independent, they should send us a letter to that effect and request an alternate form. Please make a copy for your records.

I have read and understand all the terms of the Contract Agreement as stated above, and I agree to be bound by those terms. I have been given the opportunity to understand any terms that I did not understand previously.

Signature of Participant Date

Name (please print) semester/s attending

We have read and understand all the terms of this Contract Agreement as stated above, and we agree to be bound by those terms. We give our child (ward) permission to participate in the Budapest Semesters in Mathematics Program.

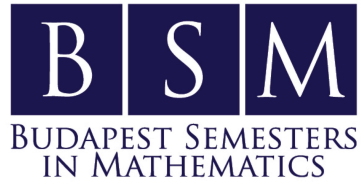
Signature of parent/s (or legal guardian) Date

Signature of parent/s (or legal guardian) Date

Please sign this form and upload all 4 pages into the BSM Waiver Form link in the BSM email that was send to students.

OR: mail to Budapest Semesters, c/o St. Olaf College, 1520 St. Olaf Avenue, Northfield, MN 55057

OR: return all 4 pages, via fax (1-507-786-3116)



www.budapestsemesters@gmail.com

Office Phone: 507-786-3114

BSM North American Director: Professor Kristina Garrett
BSM Associate Director: Professor Katheryn Ziegler-Graham
BSM Program Administrator: Vanessa Bodrie