

LAKE FOREST COLLEGE

Study Abroad Advisory Guide



IN AN EMERGENCY

What to do...

If at any time of the day or night, in an emergency situation, you need to call Lake Forest College, please call Security (**847-735-5555**). Identify yourself, state your location and phone number in case you get disconnected, and ask the operator to immediately contact the security officer. The officer will contact the appropriate personnel.

Keep a copy of the contact person's (e.g. On-Site Director, International Student Advisor) name and phone number from the school you will be attending. It's always a good idea to memorize the emergency numbers in the countries you visit. Otherwise, be sure to keep this information on your person at all times.

***NOTE: If you are injured, hospitalized, or experiencing serious problems (e.g. harassment), please contact Jan Miller as soon as possible.**

***NOTE:** if you are an international student here on campus, or if you do not hold a U.S. passport, you **MUST** see Erin Hoffman (Rosemary House) before leaving to ensure that your documentation is in order and that you meet the requirements for leaving and returning to the U.S. You also must inform your program sponsor (if not Lake Forest College) that you do not carry a U.S. passport.

A cell phone can be invaluable, for convenience of personal calls but especially in an emergency. You are encouraged to purchase a cell phone at your destination if you do not own one capable of global service. Enter a local emergency number or contact into your cell phone address book. Pay as You Go phones are excellent as they do not lock you into a yearlong contract. Buy an International Calling Card before you leave to give yourself enough calling minutes until you can purchase a phone. When you return, you may be able to sell your phone to another student going to the same country. **Please send your cell phone number to Jan.**

Emergency physicians recommend adding "ICE" (In Case of Emergency) entries into cell phone address books. Medical professionals use this to notify the person's emergency contacts and to obtain critical medical information when a patient arrives unconscious or unable to answer questions. ICE entries are increasingly recognized globally. They can be saved as "ICE01 [NAME]" and/or "ICE02 Parents". In all cases, the "ICE" designation should appear before the name, but remember that all "ICE" numbers should be someone familiar with your medical history.

You are urged to know the location and phone number of the nearest U.S. Embassy or Consulate and to register with them; you can do this online. For information regarding Embassies and Consulates abroad, see:

http://travel.state.gov/travel/abroad_embassies.html
<http://embassyworld.com/embassy/directory.htm>

In emergency cases, the Office of Overseas Citizens Services in the U.S. can assist American students abroad and their families in the USA. The 24 hour number to call is **(202) 647-5225**. Americans abroad may also find these services available through the local consulate or embassy.

Your Health and Safety While Abroad

(Adapted from the Northern Arizona University International Office's Study Abroad Handbook, which is easily accessed from <http://internationaloffice.nau.edu/studyabroad/menu/downloads/handbook.PDF>)

Important Safety Information

Keeping Informed about Your Place of Study is Important

Make an attempt to become knowledgeable about the culture, history, politics, and customs of the country you are going to be visiting. This can be important in understanding subtleties that are prevalent and inherently understood by citizens of a country but misinterpreted or ignored by visitors. Research the customs and society of the country you will be visiting prior to your trip.

Here are some suggested sources:

Lonely Planet Website, a company producing resources for travelers

<http://www.lonelyplanet.com/destinations>

World News

<http://www.wn.com/>

University of Texas Perry-Castafieda Library Map Collection

<http://www.lib.utexas.edu/maps/index.html>

CIA The World Fact Book

<http://www.odci.gov/cia/publications/factbook/index.html>

U.S. Department of State—background notes

<http://www.travel.state.gov>

The State Department offers a special phone number for those concerned about travel abroad or about American citizen family or friends overseas.

The toll-free number to call is:

1-888-407-4747

Callers who are unable to use 800 numbers, such as those calling from overseas, can call:

1-202-501-4444

Read the State Department's *Consular Information Sheet* for the country or countries in which you plan to study and travel during your time abroad.

***Consular Information Sheets** are issued as a matter of course, and are available for every country of the world. They include such information as location of the U.S. Embassy or Consulate in the subject country, unusual immigration practices, health conditions, minor political disturbances, unusual currency and entry regulations, crime and security information, and drug penalties.*

Consult any ***Public Announcements*** and ***Travel Warnings*** that pertain to the country in which you plan to study or travel.

***Public Announcements** are issued as required, and are a means to disseminate information about terrorist threats and other relatively short-term and/or transnational conditions posing significant risks to the security of American Travelers.*

Travel Warnings are issued when the State Department decides, based on all relevant information, to recommend that Americans avoid travel to a certain country.

You may access ***Consular Information Sheets, Public Announcements, and Travel Warnings***, via three electronic media:

By internet at: <http://travel.state.gov/>

By fax: From your fax machine, dial **202-647-3000**

By telephone: A summary may be heard any time by dialing the Office of Overseas Citizens Services at **202-647-5225** from a touch-tone-phone.

Become informed about the health and sanitary conditions of any country in which you will be studying and traveling.

Consider things like water safety (Is tap water safe for drinking? Which bottled waters are considered safe? Is ice in beverages served at restaurants safe?) and food safety (How is the food prepared? Are conditions safe or questionable? Which foods must you be certain to clean and how?).

How You Present Yourself Can Make a Difference

Be mindful that as a citizen of your country, you represent not only yourself while you are abroad, but also your country. Additionally, as a student, you serve as an *ambassador* representing all Lake Forest College students, and your actions will, therefore reflect upon the College.

Students often possess a broader social status, and so their actions carry greater significance while abroad. In any social situation, practice courtesy and patience. You will undoubtedly find yourself in situations that will challenge your resolve to be mindful and to act appropriately. Keep in mind that ***“How you present yourself will make a difference!”*** You should expect that those whom you encounter while abroad will be curious about your viewpoints and opinions on a wide range of issues. Don't be surprised if you are asked to opine about U.S. foreign policy issues, or anything relating to the U.S. or whichever country you represent. Prepare yourself before you leave to deal with these possible situations.

American Prejudice

It does exist! However, those with anti-American sentiments are usually not against individual Americans. Be prepared to hear others criticize America, and remember to keep a positive attitude!

Women Studying Abroad

Although not wanting to seem alarmist and to perpetuate unfair stereotypes, we urge you to be especially careful about where you go, when you go, and with whom. In certain locations and programs, women may have to adjust to attitudes that are unfamiliar, both in public and private

settings. For instance, eye contact between strangers or a smile at someone on the street, which is not uncommon in the U.S., may have different implications in other countries. Try to become aware of norms that may govern behavior in the countries you will be visiting.

Don't Make Yourself Susceptible to Unnecessary Losses

Simply being a foreigner will make you susceptible to theft. You will “stick-out” in ways of behaving, speaking, dressing, etc., unbeknownst to you. Awareness of this reality will lessen your chance of becoming an unsuspecting target. Anything that could distract your attention (someone asking the time or for directions, spilling something on you, etc.) is an opportunity for a thief to steal a bag.

Before departing from the U.S., remove from your wallet or purse all superfluous credit cards, etc., that won't be used while you are abroad. Do not carry anything of value in a fanny pack, back pockets, or backpack which could be snatched from behind.

You should make two photocopies of all documents (passport, visas, ID cards, credit cards, etc.) that you bring with you. Bring one set of copies with you and keep them in a secure place separate from the actual documents; leave the other set with an appropriate individual in the U.S.

If your passport is lost or stolen, immediately contact the nearest U.S. Embassy or Consulate. Having a photocopy of your passport will significantly affect the responsiveness of the U.S. Embassy or Consulate in addressing your lost or stolen passport.

Tips to Help You Avoid Theft

Always keep everything attached or in direct contact with your body at all times. **Remember that your American Passport is worth a large amount of money overseas and is the most important document you carry.** It is very important to make a copy of your passport and keep it in your suitcase. Carry money, passport and tickets in a pouch that goes under the clothes.

You may not need to carry your passport with you on a daily basis; check with the International Office or program staff at your site for advice on whether it is necessary to keep your passport on your person all the time. Passports not carried should be stored in a very safe place (not a suitcase). Passports will be required when cashing traveler's checks or visiting government agencies. When changing money in a bank (done in full view), be extra careful; *having someone with you is a plus*. Street crime is possible in any large city.

Beggars may approach you and local children may offer to carry your bags. Be aware that while some beggars are in genuine need, others make as much as several hundred dollars a day. Most of the time, it is a ploy. Giving money is a personal decision, but use common sense.

Avoid arriving in an unknown town late at night if you haven't already made arrangements for spending the night. Calling the hostels before showing up at their door is a good idea; their space is limited, especially during holiday or festival times.

ALWAYS keep change for the phone and cab money with you at all times, either in your front pocket or money belt.

ALWAYS tell someone where you will be and when you expect to return.

ALWAYS check for the location of exits in buildings and on public transportation.

The Law

It is your responsibility to be aware of and familiarize yourself with local laws while you are abroad. **You are subject to these laws!** Being an American does not make you impervious to the laws that govern citizens in a country you are visiting. Use common sense and be mindful of your actions.

Once you arrive in another country, *you are no longer protected under U.S. laws and constitutional rights*. It is your responsibility to know and obey the laws of the land. To learn more about the legal systems of the world, see:

- Law Library of Congress, Multinational Reference: <http://www.loc.gov/law/guide/multiref.html#legal>
- World Law Index: <http://www.worldlii.org/catalog>
- International Constitutional Law Country Index: <http://www.oefre.unibe.ch/law/icl/home.html>
- Judicial Assistance Abroad: http://travel.state.gov/judicial_assistance.html

One of the biggest legal problems that students face abroad is **drug use**. Other problems stem from **alcohol** and **disorderly behavior**. Every year approximately 2,500 Americans are arrested abroad. Half of these arrests are on drug-related charges. If you feel unable to obey the laws of your host country, carefully consider the consequences. Jail time is not the way you want to spend your semester!

Many countries have lower legal drinking ages than the U.S. This does not mean, however, that they accept drunken, disorderly conduct at any age. If you are legally able to drink in your host country but not accustomed to doing so in the U.S., be sure to remember that the dangers don't go away simply because you may now drink legally! Be careful to go out in groups, make sure someone stays sober enough to get you home, even if you are taking public transportation, and keep a close eye on your drink. Date rape drugs are available in foreign countries too. Be responsible, and you will enjoy your time abroad and come home safely.

What U.S. Consular Officers *Can* and *Cannot* Do to Help U.S. Citizens Abroad

If students find themselves in trouble overseas, an officer at the nearest U.S. embassy or consulate can provide certain assistance and advice. Consular Staff are available 24 hours, on-site or by phone, so in an emergency, students should not hesitate to contact the Consulate. Students with an extreme financial emergency-- but without sources of money in-country or abroad-- can ask Consular Officers about Repatriation Loans to provide emergency funds for return to the U.S.

Consular Officers can also help in the event of illness, injury, natural catastrophe, evacuations, destitution, or death.

If you are arrested, a consular official can visit you and give you a list of attorneys. The only other things the official can usually do is to notify your friends and family of your arrest, intercede with local authorities to help assure your rights are observed under the local laws, and

protest mistreatment and abuse to appropriate authorities (according to internationally accepted standards). Consular officers at American embassies *cannot* cash checks or serve as an attorney for American citizens abroad.

In the United States, the Office of Overseas Citizens Services can also assist American students abroad and their families in the USA in emergency cases. The 24 hour number to call is **(202) 647-5225**.

Safety in a Foreign Language: Phrases to Know

If you are studying or traveling in a non-English speaking country, you should already be relatively proficient in that country's language or, at least, know some common phrases to help you communicate in an emergency (for example, to ask for help if injured or ask for legal protection if your rights are in jeopardy) and to navigate in unfamiliar territory.. If you have a specific health condition, a special need, or if you are allergic to any medication, know exactly how to say so in the local language. Regardless of your language proficiency level, there are a few basic words, phrases, and questions that you should be able to pronounce fluently. Fill out the "Phrases to Know Sheet" (in on-line Advisory Guide) and take it with you for reference.

Language Barriers

When you travel to a country where English is not predominantly spoken, buy a phrase book and try to learn and speak some of the language. You will demonstrate that you are interested in the culture and are at least making an attempt to communicate in the native tongue. People will probably be more responsive and friendlier if they hear you attempting to speak the language.

Something else you may experience while abroad is *cultural claustrophobia*. Other countries have different standards or notions of "personal space". In many countries, people stand much closer to each other while talking or have more intimate ways of greeting each other that may make you uncomfortable. Be prepared for people to be a little too close for "American comfort."

Important Health Information

Dating and Sex

It is important to recognize that different countries have different gender norms that govern overt and covert behavior. Men and women should be aware of norms governing dating and sexuality in the countries in which they will be living and traveling. Such things as eye contact, the way one dresses, and body language can send very different messages depending on countries and cultures.

Be cautious and prudent in your choices for engaging in sexual activity. If you choose to be sexually active, take the most responsible cautions to protect yourself and your partner against sexually transmitted diseases, AIDS, unintended pregnancy, and misunderstandings about the meaning of the relationship.

If you think you will be sexually active while abroad, take condoms with you as availability may be limited and quality may vary considerably between different countries. **It is extremely important that you be aware of your host culture's view towards gender, dating, sex and morality.**

Insurance

All study abroad participants must have proper insurance coverage during their study period abroad. Requirements can vary from country to country. Lake Forest students must provide proof of coverage for medical evacuation and repatriation of remains. An International Student ID card (available for purchase at the Gates Center desk in the Commons) will provide some coverage for those situations. If you are planning to carry coverage under your U.S. policy, contact the carrier to ensure that coverage is available while outside the U.S. **Some policies only cover you while you are in the U.S.**

Regardless of the policy that you have while abroad, you should maintain coverage in the U.S. as well. **Do not cancel coverage in the U.S. while you are abroad. If there is a medical emergency and you need to return to the U.S. you will need to have insurance that provides coverage. Many specifically international policies do not provide coverage in the U.S!**

When making a decision regarding health insurance, Americans should consider that many foreign doctors and hospitals require payment in cash prior to providing service and that a medical evacuation to the United States may cost well in excess of \$50,000. Uninsured travelers who require medical care overseas often face extreme difficulties. When consulting with your insurer prior to your trip, please ascertain whether payment will be made to the overseas healthcare provider or if you will be reimbursed later for expenses that you incur. (Always keep copies of your receipts.) Some insurance policies also include coverage for psychiatric treatment and for disposition of remains in the event of death.

The Health Care System

U.S. students may find that the Western model of health care is not prevalent in countries they visit and should be prepared for treatment different from what they are used to. Health care practitioners in the host country may not be accustomed to treating the range of problems raised by U.S. students, especially in areas related to sexuality and other lifestyle choices.

Blood transfusions in developing countries *should be refused* unless to do so is life-threatening; some countries do not screen blood for HIV or hepatitis. Sources of safe blood should be identified in advance in case of an emergency; these may include U.S. and western European embassies, private hospitals and clinics, and U.S. military bases.

Vaccinations

It is your responsibility to determine if any vaccinations are required or recommended for your place of study and for any countries to which you will be traveling. You can find this information on the Center for Disease Control web site (www.cdc.gov), the Embassy/ Consulate web site of the particular country, or you can consult your family physician.

Immunize against *Hepatitis A* before you leave on your trip. The immunization requires two shots, six months apart and will protect you against a common food-borne virus. If you do not have time to get both shots before you leave, one injection will give you some protection. In addition, update your *tetanus booster* and inquire about other recommendations for immunizations, depending on where you will be traveling.

If an *anti-malarial medication* is recommended, be sure to get this in advance, as it must be taken before you leave and after you return.

Medication Abroad

If you are taking medication, prescription or non-prescription, it is best and most convenient if you can take an ample supply for the period of your study abroad. For example, take Tylenol, Motrin, or something similar for headaches, achy muscles, or menstrual cramps. However, all countries have different policies regarding the importation of both prescription and non-prescription drugs. Check the Consular Information Sheet for your country for specific details on any limitations. You can also contact the Embassy or Consulate of the country to ask about specific medications and any restrictions that may apply to their importation.

Obtain the generic name of all medications you take with you in case you need a refill while abroad. Ask your doctor to determine if the medication is available internationally. Keep clear descriptions of your medications ready to show Customs when you enter the country as well as a copy of the prescriptions and a letter from the prescribing physician indicating the needed use of each medication.

If you wear glasses or contacts, take a copy of your most recent prescription with you (and take an extra pair).

Diabetics and others who self-inject medication are advised to carry enough needles for their full stay and to check in advance about regulations governing the transport of needles. Please advise all program directors of any medical conditions you may have prior to departure.

Advice for Studying and Traveling Abroad

Some of these tips may seem like common knowledge, but you never know when the excitement of your journey abroad will cause you to misplace your common sense.

Funds Abroad and Money Saving Tips

Money, Money, Money!

You may want to bring some traveler's checks with you (*American Express* checks are usually accepted). Sometimes traveler's checks aren't good for every day money access; however, they are an excellent back-ups and are insured against theft.

In most Western European countries and in many Latin American and Asian countries, students may withdraw money from ATM machines with a debit card. Using a debit card might be the most convenient way to access funds and may also offer the best rate of exchange.

If you have a debit card to draw money from your checking account, keep in mind that it may take a week or more for the transaction to be recorded at your bank. This could cause a problem when trying to balance your checking account.

The best credit card to take with you abroad is *VISA* - it is accepted almost everywhere. *MASTERCARD* is not as popular, but is becoming more useable under the *EUROCARD* name. In any case, make sure you have **more than one way to access funds** while abroad (e.g. traveler's checks, debit card, credit card, cash, etc.). This can be useful in a money emergency.

Keeping in Touch from Abroad

Many study abroad participants to European sites have found having a cell phone to be the most convenient way of ensuring communication. You may want to consider this investment for easier access to make and receive phone calls.

There is good chance you may not be able to telephone out from the residence in which you are staying. Dormitories abroad do not always have phone jacks. It is definitely worth looking into telephone calling cards for use at nearby phone booths. In some countries, a local charge is often assessed for each moment the telephone is off the hook, even if the call is being charged to another party. Often, you can purchase calling cards with relatively good rates at tobacco shops or newsstands.

Cybercafés can be found in just about any city, providing travelers with yet another convenient way to communicate with people at home or at your host university while you travel. They range in price and are usually found in a bar, restaurant or café.

Hospitable Hostels

The 5,300 hostels around the world range in cleanliness and quality but are generally inexpensive and simple. At hostels you can meet other young travelers from all over the world.

If the night life of a destination is alluring, make sure the hostel doesn't have a curfew. Most hostels will let you stay if you're not a member, but you receive discount rates with the membership card. Most hostels have a place to lock your possessions.

Keep in mind that taking a shower abroad can be a new experience. Do not assume which side the cold water may come from or how long the hot water may last. This can happen not only in hostels, but also in hotels and Bed & Breakfasts.

Transportation Tips for Easy Travel

Know the Unsuspected Risks of Travel

After illness, road accidents are the second leading cause of death for Americans abroad. Be sure to make appropriate choices when seeking road transportation in countries of study and travel. Consular information sheets contain reports on road safety in countries of the world. Review these comments and other resources may be accessible at the following internet addresses:

Association for Safe International Road Travel (ASIRT) - www.asirt.org
Kroll Associates—<http://www.krollworldwide.com/>

Airports

Be mindful of increased security measures at airports. No sharp objects (pocket knives, nail clippers, etc.) will be allowed in carry-on luggage. You must place these items in checked baggage. Do not carry on your person, or in your hand luggage, anything that could be regarded as a weapon (knife, corkscrew, etc.). Matches and lighters also are usually not allowed. It is a

good idea to purchase these items once you arrive at your destination or make sure they are in your checked baggage.

Airports have increased baggage searches. Make sure that medications are properly labeled and that appropriate items are in carry-on luggage (see medicine abroad section). Put your name and address on the outside of each piece of luggage. Bright or fluorescent string or tape around your luggage will make it easier to identify.

Check in with your airline as soon as possible and proceed immediately through the security clearance. Respond to all questions asked by security personnel seriously and honestly. Don't joke about terrorism or hijacking, or you may find that you are the object of unwanted attention.

NEVER carry packages or letters for strangers. Watch for unattended pieces of luggage. If you see any, move out of the area immediately and notify security personnel. **NEVER** leave your bags unattended.

If you are taking battery operated appliances (camera, alarm clock, etc.), pack it in your carry on luggage with the batteries; customs may ask you to prove that the appliances are what they appear to be.

Remember to put all liquids and gels in your checked luggage. While some countries have relaxed this rule, others have not.

For further luggage rules, visit:

<http://www.tsa.gov/travelers/airtravel/prohibited/permitted-prohibited-items.shtm>

Traveling by Train and Train Stations

Most European countries offer railway passes for unlimited travel within their borders. It is a good idea to purchase these passes if you plan on doing a lot of traveling in your host country. Since there are a variety of passes available, it is important to determine which pass, or combination of passes, is most accommodating to your transportation needs. It is important to remember that *EuroRail* passes can **only** be purchased in the United States, so you may want to do the research when you begin planning your study abroad excursions.

Many stations require that your ticket be stamped by machines or conductors **prior** to getting on the train. Sometimes this is not obvious, so be sure to check.

In some cities, tickets cannot be purchased on the bus or subway, but must be purchased at central stations and then stamped at the outlying stations. Penalties can be expensive, so be careful.

To save money and meet other students, the second class ticket is a must. Most second class sections are very comfortable and provide the perfect atmosphere to meet and swap stories with native people and fellow student travelers.

While waiting for your train, look for the diagram which shows the locations of the sleeping cars, first class cabins and second class cabins. This may help because you can wait at the right section of the platform and then find a seat quickly.

Trains, especially long-distance international ones, are not merely a group of cars linked together with a common destination. Each individual car might, at some predetermined stop, switch over to another train. When boarding a train be sure to check the routing information posted on the side of the car.

For short day trips, many stations provide lockers to store your bags, but for longer periods you may want to use the luggage room (consign). Drop off your suitcase and get a ticket - eventually you'll return to claim your luggage, after paying a relatively modest daily storage fee. The consign can be quite convenient if you plan your traveling itinerary to form a circle. It saves your back!

Most importantly, when sleeping on trains, make sure your U.S. passport, nonrefundable rail pass, money and other valuables are on you at all times (belt or necklace wallets worn under the clothes are convenient for these items).

Be sure to bring a:

Compass: Handy for hiking, driving, and coming up from a subway station! It is extremely easy to get lost in an unfamiliar city, especially if the streets aren't labeled. Heading north instead of south can be a simple but time consuming mistake.

Travel Guidebook: Useful for pointing out interesting sights that you don't want to miss! It's amazing how fast the time goes; you'll be there long enough to catch seasonal festivals and events, but not if you don't know about them!

First Aid Kit: Health supplies can be hard to find in foreign countries, and even pharmacies in big cities won't have the brands and medicines you are accustomed to. Be prepared with Band-Aids, antibiotic ointment, aspirin, and an ace bandage. If you are susceptible to colds or headaches that aspirin won't cure, be sure to bring along enough of your usual medicine, even if it isn't prescription. You may not be able to find it abroad.

Medium sized bag or purse: preferably one that hangs across the chest to protect it from thieves. It should hold your camera, lunch, wallet, water bottle, and any other necessities for those day trips and walks.

Camera, film/digital storage and extra batteries: You won't want to miss a photo opportunity because you ran out of batteries, or film. An extra digital card if you're using a digital camera is also an excellent idea. If you don't have computer access and a place to save lots of large files, bring several cards, because you will soon fill them up, and you won't want to lose your pictures! If your program gives you access to a computer but no file storage space, consider purchasing a USB drive or portable hard drive to keep your files.

Culture Shock

What is Culture Shock?

“Culture Shock” describes the psychological and physical reactions most people experience when they spend an extended period of time in a culture different from their own. Culture shock is precipitated by the anxiety that results from losing all our familiar signs and symbols of social intercourse. These signs or cues are the multiple and various ways in which we orient ourselves to the situations of daily life -- like knowing when to shake hands or how to greet someone when first meeting.

Characteristics of Culture Shock

Look for these symptoms:

- Intense discomfort
- Irritability
- Bitterness
- Resentment
- Depression
- Withdrawal
- Boredom
- Avoiding contact with host nationals
- Ethnocentrism
- Helplessness
- Stereotyping
- Hostility
- Psychosomatic physical symptoms (e.g. headaches)
- Compulsive eating, drinking, and/or sleeping

How to Reduce Culture Shock

Find out as much as you can about the host culture before leaving. You can do this by reading books on the culture, history, and customs of the country you will be visiting. Talking with people who have visited or lived in the country is also a great way to become familiar with what you may expect on your visit.

Make an effort to explore your own cultural identity and cultural values before leaving. Think about and write down typical values that characterize your culture and family. When you are in the host country, consciously look for logical reasons behind everything in the culture that seems strange, difficult, confusing or threatening.

Take every aspect of your experience and look at it from the perspective of your hosts. Find patterns and relationships. In addition, realize that sometimes there are not always logical reasons for everything! Relax your grip on your own culture so you can be open to learning and understanding.

Try not to succumb to the temptation to disparage the host culture. Resist making jokes and comments that are derogatory. Avoid hanging out with people who do this.

Find and use a “Cultural Informant” when you are there. This is someone you can ask questions and confide in when you are looking for answers and are confused. This may be a member of your host family, a peer or a teacher, or a friend.

The information in this section has been adapted from the following sources:

1. Adler, Peter S. “The Transitional Experience: An Alternative View of Culture Shock.” Humanistic Psychology Vol. 15, No. 4, Fall 1975; 2. Kohls, L. Robert. Survival Kit for Overseas Living. Intercultural Press, 1984; 3. UNC Charlotte, Office of Education Abroad, Study Abroad Handbook.

Web Resources

Currency converter

www.oanda.com/converter/travel

Travel info and gear

www.letravelstore.com

Study, work, travel abroad resources

www.transitionsabroad.com

Hostelling International

www.hihostels.com

List of over 1,550 hostels in Europe

www.europeanhostels.com

Budget travel info

www.budgettravel.com

Site for the popular travel book

www.lonelyplanet.com

Network with other travelers

www.iagora.com

Travel magazine for women

www.journeywoman.com

The International Society of Travel

Medicine www.istm.org

Voltage/outlet information

www.voltagevalet.com/idx.html

Resources and information for gay,
lesbian and bisexual students

www.indiana.edu/~overseas/lesbigay

Resources for travelers with disabilities

www.miusa.org

Cyber café search engine

www.cybercaptive.com

Passport and visa info

travel.state.gov/passport/passport_1738.html

Embassy info

www.embassy.org/embassies

US State Department travel warnings
and consular information sheets

travel.state.gov/

Search and book cheap flights

www.cheaptickets.com

www.orbitz.com

www.travelocity.com

www.expedia.com

www.statravel.com

Center for Disease Control & Prevention

www.cdc.gov/

U.S. Customs

www.customs.gov/xp/cgov/home.xml

Study Abroad Handbooks Online

The following are a list of Student Handbooks provided by the Center for Global Education. The general handbook is useful for any countries that do not yet have their own specific published handbook. There are more handbooks than are listed here; if your country is not listed, check the website.

The Center for Global Education website also offers a useful general checklist, helpful information, and great suggestions for studying abroad.

General Study Abroad Handbook: www.studentsabroad.com

Australia: www.studentsabroad.com/australia

Austria: www.studentsabroad.com/austria

China: www.studentsabroad.com/china

France: www.studentsabroad.com/france

India: www.studentsabroad.com/india

Italy: www.studentsabroad.com/italy

Japan: www.studentsabroad.com/japan

Spain: www.studentsabroad.com/spain

United Kingdom: www.studentsabroad.com/uk

Another comprehensive and helpful guide can be found on the Syracuse University study abroad website. This student handbook offers helpful packing tips as well as important information about health, safety, and emergency planning while abroad.

This handbook is in the form of a PDF file. Make sure you have the appropriate viewing software before trying to access it.

Syracuse University Abroad Handbook:

<http://suabroad.syr.edu/accepted/preparingToGo/handbook>

The University of Minnesota's Learning Abroad Center also has a comprehensive study abroad website that provides information on health and safety while abroad, travel resources and information, as well as a section about how to compare costs across different study abroad programs

The University of Minnesota: Learning Abroad Center:

<http://www.umabroad.umn.edu/>

Many different study abroad handbooks exist. These are just a few helpful resources to get you on your way. However, you should also look at the web resources page for other helpful websites to prepare yourself for your study experience abroad. Browsing the world wide web using a search engine such as Google to look for other study abroad student handbooks may also yield useful information.

Recommended Reading List

Arco, Ann Moore, editor. Unofficial Guide to Studying Abroad. Macmillian Press, 2000.

Althen, Gary, editor. Learning Across Cultures. NAFSA Publications, 1994.

Austin, Clyde N., editor. Cross-Cultural Reentry: A Book of Readings. Abilene, TX: Abilene Christian University, 1986.

Axtell, Roger E. and Mike Fornwald. Dos and Taboos Around the World. John Wiley and Sons, 1993.- also Dos and Taboos of Body Language Around the World. 1998.

Bezruchka, Stephen, MD. The Pocket Doctor: A Passport to Healthy Travel, 3rd Edition. Mountaineers Books, 1999.

Daniel, J. Studying Abroad/Learning Abroad. Yarmouth, ME: Intercultural Press, 1997.

Hubbs, Clayton, ed. Alternative Travel Directory: The Complete Guide to Work, Study, and Travel Overseas. Transitions Abroad Publishing, 2000.

Kohls, L. Robert. Survival Kit for Living Overseas. Yarmouth, ME: Intercultural Press, 1984.

Layton, Marilyn Smith. Intercultural Journeys through Reading and Writing. New York, NY: Harper-Collins Publishers, Inc. 1991.

Nwanna, Gladson L. Americans Traveling Abroad: What You Should Know Before You Go (Second Edition). World Travel Institute, 1996.

Piet-Pelon, Nancy and Barbara Hornby. Women's Guide to Overseas Living. Yarmouth, ME: Intercultural Press, 1992.

Rabe, Monica. Culture Shock. Graphic Arts Publishing Co., 1997.

Samovar, Larry A. and Richard E. Porter. Intercultural Communication: A Reader. Wadsworth Publishing CO., 1999.

Storti, Craig. The Art of Crossing Cultures. Yarmouth, ME: Intercultural Press, 1990.

Storti, Craig. Cross-Cultural Dialogues: 74 Brief Encounters with Cultural Difference. Yarmouth, ME: Intercultural Press, 1994.

Summerfield, Ellen. Survival Kit for Multicultural Living. Yarmouth, ME: Intercultural Press, 1997.

Let's Go. This is a series of travel books written by Harvard students, published by St. Martin's Press, New York. You can find these books for regions all over the world in bookstores and on line.

Lonely Planet. Another series of travel books, published by Lonely Planet Publications. Great for adventurous travelers on a budget.

Tips From Other Foresters

--Expect to pay more than anticipated; the dollar is not very strong in Europe (and elsewhere). Learn to convert prices you see into dollars. It will help you budget.

--Remember that in many countries clock time is based on a 24-hour schedule. You will be less likely to miss your train or be late for an event if you keep this in mind.

--If you bring anything electronic, be sure to bring both converters and adapters. Check your host country's voltage before going. Don't wait to buy them when you get there; they'll be impossible to find! A universal adapter set is a good idea if you will be traveling to many different countries.

--Check refrigeration standards in your host country. Food may not contain preservatives, and the refrigerator can only keep things fresh for a few days.

--Get lost...in a nice way! You find so many fun places and out of the way treasures by getting lost. If you're too worried about directions or your destination, you won't have as much fun.

--Travel a bit by yourself, if only around your host town. You miss things in groups, and being by yourself forces you to make all the decisions and talk to people.

--Talk to people in hostels. They're all travelers, and they want to get to know people from around the world.

--Learn the language of your host country; it makes a big difference in your experience abroad. Use the language, even if you only know a little; people respect that you're trying, and they'll try to help.

--Keep an open mind.

--Pack clothing that is machine washable and that you can wear in layers. Bring a few things for parties or going out; there's always a party sooner or later! A simple skirt or pair of slacks and a nice shirt will be perfect. If you're in some of the big cities, you can feel like you're a complete slob because you see so many people wearing designer wardrobes. Don't sweat it, and don't break the bank!

--Pack light; you'll want to bring things back. Bring things you won't mind throwing away at the end, like old towels and sheets. When you are packing to return, toss the stuff that's worn out. It isn't worth spending extra money for overweight luggage just to bring back something you won't use again, or that you have tons of at home!

--If you're afraid, it's OK. If you are homesick, don't give up. Live every day abroad and learn from the culture around you. Take it easy, and you will soon settle into your life abroad!

--Travel a lot. It's amazing how much you can see and do!

Know Your Conversions

Temperature

C → F: multiply by 1.8 and add 32

F → C: subtract 32 and multiply by 5/9

Length, Distance and Area

Inches → Centimeters

Centimeters → Inches

Feet → Meters

Meters → Feet

Meters → Yards

Yards → Meters

Miles → Kilometers

Kilometers → Miles

Multiply By:

2.54

0.39

0.304

3.28

0.91

1.09

1.61

0.62

Weight

Ounces → Grams

Grams → Ounces

Pounds → Kilograms

Kilograms → Pounds

British tons → Kilograms*

US tons → Kilograms*

28.35

0.035

0.45

2.20

1016

907

*A British ton is 3240 lbs, a US ton is 3000 lbs

Volume

Imperial gallons → Litres

Litres → Imperial gallons

US gallons → Litres

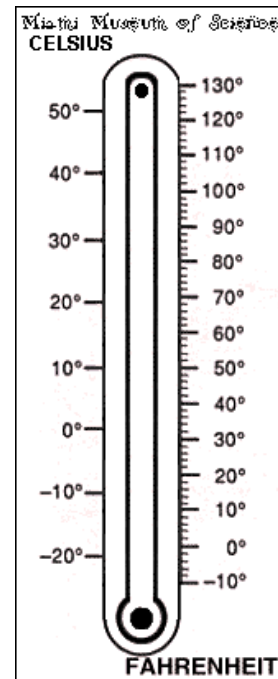
Litres → US gallons

4.55

0.22

3.79

0.26





Emergency Contact

Argentina	101
Australia	000 (112 on cell phones)
Austria	112
Botswana	999
Chile	133
China	110
Costa Rica	911
Czech Republic	112
England	999
France	112
Germany	112
Greece	100
Hungary	112
India	100
Ireland	999
Italy	113
Japan	110 (English-speaking—03-3501-0110)
Portugal	112 (115 for Forest Fires)
Russia	112
Scotland	999
South Africa	112 (07 with a landline)
Spain	112
Switzerland	117
Thailand	191 (1155 in Bangkok)
USA	911

***NOTE:** Be sure to visit this website, hosted by the Santa Clara Fire Department, which lists up-to-date emergency numbers (911 equivalents) for individual countries. You should memorize the numbers for your area!

<http://www.sccfd.org/travel.html>

Phrases to Know...

Arrests

I am a United States citizen.

I have a right to call the United States
Embassy/Consulate.

Please call the United States Embassy/Consulate
immediately.

Food & Water

Where is the market?

Is this safe drinking water?

Where can I get something to eat?

I can't/don't eat meat/pork, etc.

I am allergic to...

General Info

My name is...

I don't understand.

Please speak slowly.

What (time, date, day) is it?

Where is the nearest (bathroom, telephone, bank, ...)?

Can you give me directions to ...?

Where can I find information about ...?

Can you write this down for me?

Can you show me on this map?

I'm lost.

Can you contact this person for me?

Where is the closest internet café?

Help

This is an emergency.

Where can I get help?

I need help.

Please help me!

Where is the police station?

Stop! Thief!

Medical

My blood type is...

I'm not feeling well.

Please take me to the hospital/doctor.

I'm allergic to penicillin/aspirin.etc.

Money

Do you take travelers' checks?

Do you take credit cards?

Where can I exchange money?

Where is the closest ATM?

Transportation

How long is the trip?

How much is the ticket?

Can you take me to a (bus,taxi,train,metro)?

Please take me to the airport.

Does this bus/metro stop at...?

How do I get to the (doctor, hospital)?

I am diabetic, etc.

I need a cash advance from my credit card.

What is the exchange rate for (dollars) to (local currency)?

How much does this cost?

Where is the closest bank?

Are there student rates?

Where can I get a (bus, taxi, train, metro)?

Where can I rent a car?

What is the fare?

Helpful Icons

You may find it helpful to print and cut out our Service Icons Card that you can carry with you. The card contains a series of simple images that represent services you may require—services like a telephone, post-office, taxi, and hospital. If you don't remember or don't know how to say a certain word in the language of the country where you are studying, you can point to the picture on the card that represents that word. For example, if you need to find a telephone, you can show someone the picture of a telephone on the card, and they can assist you. It is better to already be able to comfortably communicate in the language of the country in which you will be studying. However, you should keep this card with you just in case you forget how to say a certain word, or in the case of injury, you become physically unable to verbally communicate.

