

UNIVERSITY OF WISCONSIN PARKSIDE STUDY ABROAD MANUAL



Study Abroad
International Education Office



Dear Study Abroad Student:

Congratulations on your decision to Study Abroad! You will find that studying and traveling abroad is a transforming experience. You will never be quite the same. Oh the stories you'll tell.....

But before you head out, it is important that you read this manual and become familiar with many important aspects of studying abroad. Preparing yourself for what to expect before, during and after will make your experience that much more valuable-not to mention less frustrating and less confusing. So, we hope you will take the time to read the information contained in these pages. Also, we urge you to take the manual with you during your travels, and/or access it on- line while abroad. It will be a good resource and friend.

From the International Education Office-Study Abroad we'd like to wish you well on your studies & travels. Remember, "One's destination is never a place, but a new way of seeing things". ~Henry Miller~

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Thank you all for your dedication.

International Education Office-Study Abroad

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INTRODUCTION

This manual contains general and specific information which all UW-P students going abroad should know. Here, you will find information on how to prepare to go abroad, what to expect from your experience, legal issues that may affect you, documents you shouldn't forget, contact information, health issues, and how to prepare to return to the U.S.

It's important that you read this manual and refer to it whenever you have any questions. You might not find all the answers you need here, but you certainly will have some guidance on how to proceed to get the right information. It's also important that you share the information you find here with your family and loved ones, who will need to know about your study abroad program. And don't forget to take this manual with you when you go abroad or view it online.

FERPA

What is FERPA?

FERPA is the Family Educational Rights and Privacy Act which requires UW-Parkside keep student academic records confidential.

In addition, students have the right to inspect and review most educational records maintained about them by UW-Parkside and, in many cases, decide if a person can obtain information about them. In studying abroad, UW-Parkside staff cannot discuss aspects of a student's participation unless the student has given our office permission in writing. Students will need to sign a Study Abroad – Release of Information Form before departure, which will allow the Center's staff to discuss financial and personal details of your study abroad experience with other parties such as your parents and /or guardians. Please be sure this form is signed prior to your departure.

<http://www.ed.gov/policy/gen/guid/fpco/ferpa/index.html>

<http://www.ed.gov/policy/gen/reg/ferpa/index.html>

BEFORE YOU LEAVE HOME

PRE-DEPARTURE CHECKLIST ¹

- 🍏 Read this handbook, your program handbook, and all acceptance materials.
- 🍏 Apply for your passport immediately and a student visa, if required.
- 🍏 Non-U.S. citizens should consult with International Student Services at UW-Parkside to make sure your visa and other papers are in order.
- 🍏 Attend your study abroad pre-departure orientations.
- 🍏 Make travel arrangements and provide the study abroad office with a copy of your flight itinerary.
- 🍏 Meet with your Academic Advisor to discuss how your program fits in with your degree program and complete the Advance Transfer of Credit Form.
- 🍏 Register online with the U.S. Embassy (non U.S. citizens should register at your home country's embassy.)
- 🍏 Meet with your healthcare provider and/or travel nurse to discuss your travel plans. Get needed immunizations.
- 🍏 Obtain copies of your current prescriptions and coordinate bringing all necessary prescription medications with you abroad.
- 🍏 Know how you plan to handle money while abroad, how much to take, and how to get emergency funds if necessary.
- 🍏 If receiving Financial Aid, meet with a Financial Aid Advisor, apply for the UW-P study abroad grant and complete the Consortium Agreement Form.
- 🍏 Pay all required fees and clear all registration holds.
- 🍏 Read information about the history, culture, and economy of your host country.
- 🍏 Make photocopies of important documents (passport, visa, insurance card, prescriptions, credit cards, etc.) to bring with you and to leave at home.
- 🍏 Contact your credit card company and notify them you be traveling abroad.
- 🍏 Discuss safety issues and emergency contact procedures with your family.
- 🍏 Arrange for continuation of your regular health insurance coverage while you are studying abroad.

You must complete an **Advance Approval** form before you leave

Emergency evacuation insurance is mandatory for all students

Health Info for travelers:

wwwn.cdc.gov/travel/default.aspx

¹ Adapted from UW-Madison's Study Abroad Manual

- 🍎 Review CISI or other health insurance coverage dates and terms to determine if you need to extend your coverage dates while abroad.
- 🍎 Update your contact information through your SOLAR account.
- 🍎 Remind yourself to have a positive attitude, be flexible, and have an open mind.
- 🍎 Read article- Before you study Abroad: <http://www.fastweb.com/college-search/articles/683-10-things-you-should-do-before-studying-abroad>

READ ALL THE MATERIALS PROVIDED BY YOUR STUDY ABROAD PROGRAM

It can be tempting to put off reading important materials until a later time, but students have responded in their evaluations just how important it is to pay attention to the information provided for them before departing. Much of the information in this manual has been painstakingly developed and prepared specifically to help you! So, please read on...

NEEDED TRAVEL PAPERWORK

Obtain a Passport.

Passport applications are available at the International Education Office.

However, you may also go on-line. See:

http://travel.state.gov/travel/requirements/requirements_1233.html

To receive a passport, you will need a copy of your birth certificate, your driver's license or other identification, two passport size photos (see Walgreen's) and pay a fee. Currently, International Education Office-Study Abroad advises students to bring documents to the Kenosha Post Office located on 56th Street, downtown Kenosha. Once you receive your passport, you will need to make several copies; for your records, for the Center's records and for your file. Don't forget you will need between 4 and 6 weeks for processing, so, don't delay in sending in your application. Again, once you receive it, please make a copy for International Education Office-Study Abroad.

Your passport should be valid for at least six months after your planned return date to the U.S.

International Students

- + Obtain travel signature & re-entry documents
- + May have different visa requirements

Get a Visa.

Some countries require you to have a visa. Keep in mind that getting a visa is time-consuming process and you'll likely need some extra documents. The earlier you familiarize yourself with the procedures, the better. For U.S. students, see: http://travel.state.gov/visa/visa_1750.html

For non-U.S. students, see the country's Embassy/Consulate website for visa requirements.

International Student Identity Card

This card states that you are a student and makes you eligible for many discounts. You can obtain one via the STA Travel organization's website, which also has many useful tools for student travel. The Student ID card is not required but it might come in handy in some countries. Their website is: <http://www.statravel.com> or see

<http://www.isecard.com/isecard/aboutb.html>



Police Record.



For some programs, you might have to provide a copy of your police record. For further information go to www.doj.state.wi.us/DLES/cib/crimback.asp

Or see UW-Parkside Campus Police.

PRE-DEPARTURE ORIENTATIONS-A MUST!

This is one of the most important steps in the study abroad process. At the University of Wisconsin-Parkside, to better prepare you for your study abroad experience, you are required to attend a 1-2 pre-departure orientations, where several topics are discussed: i.e. transfer of credit, arrival, insurance, safety, emergency plan, money matters, program specific information and cultural sensitivity. Keep in mind that attendance is required for the pre-departure orientation meetings. These meetings are designed to provide important and more detailed information about your chosen host country, as well as an opportunity to meet other program participants.

To further prepare you for your journey, you should enroll in a (1) credit course INTS 205- International Studies- Orientation to Study Abroad. In this course students learn various stages and theories

associated with culture shock, intercultural sensitivity, communication, and reverse culture shock presented in recent scholarship. You will also learn how to apply these theories to your own up-coming international experience. At the end of the class, our aim is for you to increase your cultural awareness, cross-cultural sensitivity, and have the ability to adapt to a new culture. The final project will be a Country Portfolio of your host country.

Required test is: Maximizing Study Abroad by Michael R. Paige.

TRAVEL AND HOUSING ARRANGEMENTS

AIR TRANSPORTATION



Some programs include airfare, while other programs you must arrange your own travel. International Education Office-Study Abroad will assist you with this process. Be sure to make plane reservations well in advance. Once you make travel arrangements, International Education Office will need to have a copy of your airline ticket, and travel itinerary for our file. Always buy a roundtrip air ticket, even if you do not know when you are coming back. Many countries require a round-trip ticket to enter the country.

RAIL PASS



For many countries especially in Europe, railway is the most wide spread form of transportation. If you pay for a rail pass while still in the U.S. it can dramatically decrease the price. There are special discounts for students as well. Check the web for more information at: www.raileurope.com

YOUTH HOSTELS



When traveling around your host country, or to nearby countries, you might consider staying in a youth hostel. These are less expensive than a hotel, and come in many different varieties. Some may be a dorm style with 6 or even 12 beds in a room. These can cost as little as \$15 a night, or as much as \$30 depending on which countries you decide to visit! Eastern Europe (Prague, Krakow, Budapest) are on the cheaper end of that scale, while places like London, Amsterdam, and Paris are on the high end. Hostels are an excellent place to meet fellow young travelers from all over the world. Hostels also usually have private rooms, which will still be cheaper than a room at a hotel, and give you a little more privacy.

Keep in mind that Youth Hostels come in several varieties. Some of them are affiliated with organizations like Hostelling International, and others are independent. HI affiliated Youth Hostels are more likely to have a curfew (usually around 10 or 11pm), and lock their doors after the curfew. Remember, you will be locked out if you are not back before this time! There is also typically a lockout period during the day when you will not have access to your room. This usually falls sometime between 10am and 3pm, and the hostel uses this time for cleaning all of the rooms, and public areas of the hostel. Hostels that are members of organizations such as HI, or their international counterparts (JH in Germany, etc.) typically have the most regulations, like the lockout period, curfew, or another common rule: no alcohol on the premises. These hostels are more likely to contain school groups of traveling high school students, and young families. They also tend to be efficient, usually clean, and orderly. If you want to read more about European hostels, please see recent article:

<http://travel.nytimes.com/2009/04/19/travel/19hostels.html?scp=1&sq=HOSTELS&st=cse>

<http://travel.nytimes.com/2009/04/19/travel/19hostels.html>

For more information contact:

Hostelling International/ American Youth Hostels

National Office

P.O. Box 37613, Room 804

Washington, DC 20013-7613

Phone: 1-800-444-6111

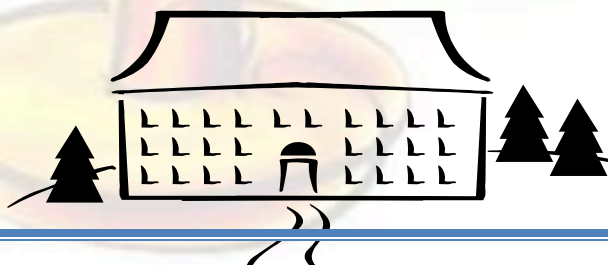
Website: <http://www.hiusa.org/>

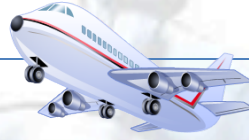
The opposite of this type of hostel is the Independent Backpackers Hostel. These places usually have no curfew or lockout, and very few regulations. They have more of a lively atmosphere in many cases, and sometimes even have their own bar or pub attached where you can get a cheap drink and a meal. They can be excellent places for meeting fellow travelers from all over the world! The only drawback to them is that they are far from uniform in cleanliness, and the helpfulness of their staff. Still, if sampling the nightlife is a priority, you may find the lack of a curfew at these places useful. You can read reviews of these, and affiliated hostels on many websites which will help you choose a hostel that you feel most comfortable with.

BUG Europe (Backpackers Ultimate Guide) is another excellent source of information on Youth Hostels, as well as destination information, train and bus schedules...and most importantly, hostel reviews by people who have actually stayed there before. They list the prices for the various room categories, and sometimes include links to the individual hostel's websites, which might have photos of where you'll be staying. In addition to extensive information on Europe, there are also a wealth of listings for Australia & New Zealand; good information, but few reviews of hostels in Asia and the Americas, and future plans to add information and listings for Africa.

Have a look at their website: <http://www.bugeurope.com>

<http://www.hostelworld.com/videos/>





AIRFARE²

Buy a round
trip plane
ticket !

Past participants have recommended the following websites for locating low airfares:

STA Travel.....	www.statravel.com	Expedia.....	www.expedia.com
Best Fares.....	www.bestfares.com	Orbitz.....	www.orbitz.com
Cheapfares.....	www.cheapfares.com	Student Universe....	www.studentuniverse.com
Cheap Tickets.....	www.cheaptickets.com	Travelocity.....	www.travelocity.com

You can also search individual airline websites for flight information or use a travel agent to make your flight arrangements. When booking a flight it is important to know the stipulations placed on the ticket. Consider the following:

- Can the ticket be purchased for the time period you desire? Return dates for airline tickets cannot be purchased if the return date is over 330 days in the future. Passengers must purchase a round-trip ticket with an earlier return date and then push back the return date or purchase 2 one-way tickets.
- Can you change the ticket?
- What costs will be incurred if you make changes to the ticket?
- Do you need trip insurance?

Flight security has become more stringent and regulations about what can and cannot be carried on to an aircraft continually change. The Transportation Security Administration (TSA) website (www.tsa.gov) provides up to date information regarding air travel. Knowledge of travel regulations will prepare you for the increased security checks at airport, so check this website regularly up to the date of your departure. Questions about luggage regulations or airport security can be addressed to your specific airline carrier. Students traveling internationally are required to pass through customs and immigration in their host country and upon return to the United States. Immigration officials will check your passport

² Adapted from UW-Madison's Study Abroad Manual

and visa (if required), so carry these items with you on the plane. After passing through immigration, customs officials will monitor what goods and services you are bringing into the country and may check your luggage to ensure that you are following the import/export regulations for the country.

Airlines restrict the amount and weight of luggage that passengers are allowed to bring with them. Consult your airline to determine what the limits are for your flights and what fees will be charged for baggage.

EMBASSY REGISTRATION

All program participants who are U.S. citizens should register at the U.S. Embassy of their host country before departure as this will help in case of a lost passport or other mishap. You can register on-line here: <https://travelregistration.state.gov>.

If you are not a U.S. citizen, register at your home country's embassy.

RESEARCH YOUR DESTINATION PRIOR TO DEPARTURE

READ UP ON YOUR HOST COUNTRY

Become well versed in the countries' politics and current affairs. Know who the president is! If available, read an online newspaper from your host country regularly before departing – not only will familiarity with your host country's politics and news give you something to talk about with locals, it will help to dispel the widespread stereotype of the “ignorant American”. Read novels and watch movies from your host country, if available – they can provide insight into nuances of humor and personal interactions, which are often strikingly different from those at home. In short, find out about your host country. You will have a better picture of what to expect, how to behave and interact. To find stories by location see: <http://blogs.glimpseabroad.org/countries/> OR <http://www.professionaltravelguide.com/Destinations/>

Also helpful is the following web site: www.state.gov- See Countries/Background Notes or see the syllabus for INTS 205-Orientation to Study Abroad for further resources.

Recommended books:

1. Lonely Planet TRAVEL Guides
2. Frommer's [TRAVEL](#) Guides

3. [Fodor's TRAVEL Guides - Plan Your Trip Online](#)
4. [Amazon.com: TRAVEL: BOOKS](#)
5. Rick Steves Europe Through the Back Door
6. Let's Go [TRAVEL](#) Guides
7. The 86 Greatest Travel Books: Conde Nast Traveler
<http://www.concierge.com/cntraveler/articles/11341?pageNumber=1>

TALK TO STUDENTS WHO HAVE STUDIED IN THE SAME REGION:

The best way to find out about the etiquette, social norms, unspoken rules and idiosyncrasies of your host culture is by talking to people who have already lived there. If you know or can locate international students on our campus and/or faculty who are from your host country, talk to them about the challenges they encountered in coming to the United States. This 'reverse perspective' can lend you valuable insight into the cultural differences between the United States and your host country.

KEEP AN OPEN MIND:



While pre-departure “research” is essential, mentally prepare yourself for surprises. No matter how much you think you know about your host country, not everything is going to match up to your expectations. Use books, newspapers, movies, study abroad materials, etc. to familiarize yourself with local issues and customs, but keep your preconceptions flexible!

* The above information was adapted for this manual from the Glimpse Abroad webpage!³

³ Thanks to glimpseabroad.org for the contribution to our handbook.

HANDLING BUSINESS AT HOME WHILE OVERSEAS

While you are studying abroad for a semester or a year, you will need to take care of certain civil, financial and legal matters in the United States. Advance planning in these areas will make life easier.

POWER OF ATTORNEY

Giving a family member or trusted friend power of attorney, while you are abroad, is a good idea. Power of attorney gives that designated person the power to act on your behalf in case a legal document requires your signature while you are away. This is especially important if you receive financial aid. Checks you receive to cover educational costs must be endorsed by you before they can be deposited. The Power of Attorney may also be helpful when completing and signing financial aid forms, such as your FAFSA (Free Application for Student Aid), which must be taken care of while you are abroad. Check with International Education Office-Study Abroad to obtain and complete this document. You can also give someone power of attorney by simply writing what duties that person will be allowed to perform on your behalf and having the form notarized.

ABSENTEE VOTING

If elections are going to take place in the United States while you are studying abroad, you can still take part in the election process by completing an absentee ballot. You must, however, register to vote before you leave home. Contact local election officials to obtain information on absentee voting, including whether you need to have your ballot notarized at a U.S. embassy or consulate. Please see:

WISCONSIN: <http://www.longdistancevoter.org/wisconsin>

ILLINOIS: <http://www.elections.il.gov/VotingInformation/DownloadAbs.aspx>

FILING INCOME TAX

If you currently pay income tax and will be out of the United States during spring semester, you can request an extension of the deadline for filing federal, state and local tax returns. If you choose to file from abroad, then you can request your family or friends send you the necessary paperwork. You can also find out if the closest American embassy or consulate has forms. The embassy and consulate staff may also be able to find someone to help you complete the forms.

See: http://law.freeadvice.com/tax_law/income_tax_law/filing-taxes-abroad.htm

Also: <http://www.irs.gov/>

U.S. CUSTOMS AND DUTIES

If you plan on taking expensive items, such as cameras, Walkmans, CD players, personal computers, etc., you should consider registering them with U.S. Customs before you leave. That way those items won't be subject to duty when you return. Save receipts for major purchases made overseas, as you may be able to get reimbursed for the taxes (VAT) paid. You are allowed to bring up to \$400.00 of gifts and souvenirs duty free. Above that amount, you will be charged an import duty equivalent to ten percent of the value of the items. A good publication to get before you leave is "**Know Before You Go**" which can be obtained from the U.S. Customs Office. See: <http://www.cbp.gov/xp/cgov/travel/vacation/kbyg/>

PRE-ARRANGING MONEY MATTERS

You can use
your financial
aid to study
abroad

The major costs of your study abroad program (tuition and fees, housing, sometimes food and occasionally international airfare) are usually billed and paid prior to departure to the sponsoring institution study abroad program or to International Education Office-Study Abroad. Be sure you know exactly what is covered and what is not covered in those costs so that you are prepared to cover all other expenses. It is a good idea to make a weekly budget and then live by it so you don't run out of money and have no quick way to replace it.⁴

CREDIT AND BANK CARDS

Credit cards can be used to get foreign currency at a good rate of exchange and are invaluable if an emergency arises. They are widely accepted in most places in most countries, although some countries will only allow cash for financial transactions. The three main cards are American Express, Visa and Master Card, although American Express is less common in most student settings. A debit/check card is also recommended. Check before you leave to be sure that your PIN can be used overseas. If not, then you will need to get a new one. Again, remember to contact your credit card company before departure.

⁴ At this page <https://www.higheroneaccount.com/info/marketing/controlfinances3.jjsp> you can find a budget worksheet and copy it so you keep a track of your expenses.

UW-PARKSIDE-FINANCIAL AID OFFICE

Please visit the Financial Aid Office at UW-Parkside prior to departure if you are receiving financial aid/loan or a travel grant. You may have to complete a Consortium Agreement or other paper work prior to any release of funds.

PERSONAL PROPERTY INSURANCE

International Education Office-Study Abroad recommends you have insurance to cover damage or theft to your personal property abroad. Insurance company policies vary widely on the circumstances and amount of coverage. In some instances, your parents' homeowners policy or your own renter's insurance policy is enough to provide limited coverage. In other cases, a special policy must be purchased. Check with your insurance company, or contact any insurance company that provides home or renter's insurance more about the extent of coverage possible for personal property that you take with you abroad. Also, compare insurance at: <http://www.squaremouth.com/>

HANDLING MONEY ABROAD⁵

HOW MUCH MONEY TO TAKE

Your personal spending habits, the cost of living in your host country/city, and fluctuating exchange rates should all be taken into consideration when figuring out your study abroad budget.

When you meet with a study abroad adviser at the International Education Office, a study abroad budget worksheet will be developed based on your program. This sheet will help you estimate the amount of money you will need to finance your study abroad program. Budget in extra money for emergencies and consult past program participants about the out of pocket costs they incurred while abroad.

USING YOUR CREDIT CARD WHILE STUDYING ABROAD

See <http://melibeeglobal.com/2010/08/top-5-tips-for-using-credit-cards-for-study-abroad/>

⁵ Adapted from UW-Madison's Study Abroad Handbook

HOW TO EXCHANGE MONEY

Familiarize yourself with the current exchange rate of your host country prior to departure. Current exchange rates can be found online (www.oanda.com/converter/classic) or (www.xe.com/ucc/).

Cash or traveler's checks can be cashed abroad at a variety of locations: airports, banks, hotel lobbies, currency exchange centers, etc. Your passport is often needed for identification when exchanging money and there will be a commission or fee assessed to the transaction that is based on the amount of money being exchanged or by a pre-determined fee set by the establishment.

SAFETY WITH MONEY

Use the same precautions with money abroad that you would when traveling in any large city in the United States. Be aware of pickpockets in crowded areas and on public transportation. Carry your money and other documents in a money pouch worn inside your clothing. Use the same precautions you take at home when using an ATM; keep your pin number separate from your ATM/debit card and use machines inside banks or other buildings. Maintain a copy of all credit card numbers, traveler check numbers, and any PIN numbers in a safe place, and do not carry these with you at any time. Leave a copy of these documents with your Financial Representative in the United States.

ATM/DEBIT CARDS

With an ATM/debit card, you will be able to withdraw cash (in the host country currency) from a money machine and have it debited (in U.S. dollars) to your U.S. account. ATM/debit cards are now easy to use in destinations all around the world. ATM/debit withdrawals use a fairly favorable exchange rate and do not entail the additional charges that could be imposed for processing checks, although your U.S. bank may impose a service fee for an international withdrawal. Your U.S. bank establishes the upper limit on the amount that can be withdrawn at any one time and on any one day. Check with your U.S. bank on all rules before departing and ask for a duplicate card in case one is damaged or lost in a machine while you are abroad. Arrange with your U.S. bank for an internationally accepted ATM/debit card and PIN number before you leave the United States. Since ATM/debit cards are linked to banking accounts, you can monitor your expenses, especially with on-line banking services. Inform your financial institution of your expected time abroad so they do not stop processing any of your ATM/debit card transactions due to belief that your card has been stolen. Keep your pin number in a secure location and do not carry it on you.

VISA ATM Locator..... <http://www.visa.com>

Mastercard ATM Locator..... <http://www.mastercard.com>

Check if your
US bank has no
fee ATM
agreements
with host
country banks

CREDIT CARDS

Credit cards are widely accepted throughout the world. International Education Office-Study Abroad advises you to obtain a credit card in your own name before studying abroad to assist in emergency situations. Be sure to inform your credit card company of your expected time abroad. MasterCard and Visa are the most widely accepted cards worldwide. Both of these cards can be used to obtain cash advances at most banks and many ATMs. You must request an international four-digit PIN number from your issuing bank or card company. Record your credit card number and emergency card numbers in a separate place in case your card is stolen or lost. Also, find out what fees your credit card company charges for a cash advance as well as the maximum daily withdrawal amount. Typically, the amount charged to your credit card bill is based on the exchange rate on the day that your bank or credit card company processed the transaction. Credit card companies often have a 2-3% charge for using your credit card outside of the United States.

Although credit cards are widely accepted, not all merchants accept them. Some past participants have found it difficult using a Discover Card or American Express as they are not as widely accepted as Visa or MasterCard. Cash It is advisable to obtain a reasonable amount of cash in the local currency prior to departure to pay for incidentals and/or transportation costs upon arrival. While in the United States, some foreign currencies can be purchased at banks or at currency exchange centers in international airports. Avoid carrying large amounts of cash at any time.

See: Educator's Credit Union: <https://www.ecu.com/>

TRAVELER'S CHECKS

Traveler's checks are fixed amount checks that can be bought in different denominations (in U.S. or foreign currency) from banks or companies, like American Express (www.americanexpress.com/travel), and cashed for local currency in foreign countries. Traveler's checks are not as widely accepted as they once were with the advent of ATM/debit and credit cards. They are accepted mainly at hotels and restaurants, but not as much for other purchases. Traveler's checks are insured against theft and can be replaced if lost. It is essential to keep a record of the check numbers (in a separate safe place away from the checks) in case they are lost or stolen, as they cannot be replaced unless you have a record of the numbers. Traveler's checks are a safe way to take funds overseas, particularly if you plan to open a bank account. American Express now offers a traveler's check card instead of paper checks. When cashing your traveler's checks overseas, most banks and bureau de change will charge a commission. You will need your passport with you when cashing traveler's checks.

OPENING A BANK ACCOUNT ABROAD

If you are studying for a semester or longer, you may want to open a bank account. If you plan to open an account, make your initial deposit with traveler's checks. Personal checks are very hard to cash overseas due to the long amount of time it takes a bank abroad to clear the check. In most cases, you will receive an ATM/debit card for your bank account abroad. Running out of Money Abroad Monitor your money while abroad carefully and try to avoid running out. In the event that you do need money transferred to you, consider the following options:

ATM

If you have an ATM card, have a family member or friend deposit funds into your U.S. bank account.

Bank electronically or designate someone to make your payments

WESTERN UNION

Western Union transfers money worldwide (www.westernunion.com). They charge a fee for this service based on the amount of money sent. See:

http://www.westernunion.com/WUCOMWEB/staticMid.do?method=load&countryCode=US&languageCode=en&pagename=NewHomePage&tt=1&src=gg_US_sendm_eng

AMERICAN EXPRESS MONEYGRAM

This is an immediate cash transfer, where neither sender nor receiver needs to have an American Express card. Call the Moneygram Information Line at (800) 543-4080 to find the nearest participating office from which money can be sent. Transactions must be initiated at a U.S. American Express office and completed at one of their branch offices abroad. Fees vary according to the amount of money sent.

See: <https://www.moneygram.com/MGIRewards/Change/index.htm?IPCheck=fail>

WIRING FUNDS

If you have opened a bank account abroad, money can be wired directly to it from the United States. This can take 2-10 working days and there is a fee payable at the U.S. end of the transaction. You must provide the U.S. bank with the overseas account details: number, address of the branch, and also the bank's sort code or credit union routing number. See:

http://www.ehow.com/how_2817_conduct-wire-transfer.html

SOLAR & EMAIL

Update your contact information on your SOLAR account before you go abroad. Your SOLAR will also be useful to you abroad to access your email account to enroll in classes, to monitor your financial aid and account balances, and to check on fines or holds. UW-Parkside will continue to communicate with you through your Parkside email account. Not all study abroad programs will have computer labs or online access. However, in most countries there are cyber cafes around which allow students to purchase online computer access for various blocks of time.

TELEPHONE

The easiest and most economical way to phone others in-country or back home will vary country to country. Review your program handbook, talk to past participants, and consult travel books for recommendations.



The
International
calling code
for the U.S. is
001

DIALING BASICS:

When making calls, keep in mind time zone differences -www.timeanddate.com/worldclock

To make an international call to the United States, dial the access code for the country from which you are calling plus the United States country code (always “1”) followed by the appropriate U.S. area code and local number. Country and city access codes can be found online (www.timeanddate.com/worldclock/dialing.html). Some of above steps can vary if you are using a calling card.

Landline Phones: If you are living in an apartment or a dorm, you may have a landline installed for your usage. If you are living in a home stay, you may have a landline phone which you can use. Landline phones are used less since local calls carry a fee. Discuss landline phone use etiquette with your home stay or roommates. Making calls from hotel phones can incur high surcharges even when using a calling card.

PAY PHONES AND INTERNATIONAL PHONE CARDS:

Many pay phones abroad require phone cards instead of coins. The phone cards are inserted into the phone and are debited as you make calls. These phone cards can be purchased at places such as airports, post offices, newspaper stands, etc. Depending on the phone card you purchase, it can be an inexpensive option to make local and international calls.

Calling Cards from U.S. Phone Companies: You may want to consider purchasing an international calling card. These can be in the form of a pre-paid international calling card or international calling credit card. Make sure you are clear on the appropriate dialing instructions for your calling card before you go abroad. Friends and family in the United States may also want to consider purchasing a calling card to

make international calls to you abroad from the United States. Compare prices to see which company provides the best rates per minute.

Cell Phones: Many students choose to purchase a cell phone while abroad. Most foreign cell phone companies do not require contracts as companies often do in the United States. Instead, foreign cell phone companies most often function with SIM cards which are pre-paid calling cards that insert into the phone. Shop around and find out the respective costs to make and receive calls with your foreign cell phone (both in-country and internationally). Sometimes because of the high cost of making or receiving calls with a foreign cell phone, students will use the more affordable option of text messaging. Some U.S. cell phones can be used abroad, so research this carefully with your cell phone provider before departure.

VOICE OVER INTERNET:

Students are now using the internet to speak to people around the world. Past participants have recommended using Skype, an internet phone software (www.skype.com).

Skype allows you to place free calls to anyone else who also has the service as well as low-cost rates to regular phones. To use Skype, you will need to download and install Skype software to your computer.

MAIL AND SHIPPING

Sending mail internationally will take longer than mail within the United States. Using a mailing service such as DHL, FedEx, or UPS will generally improve transport time and can allow your mailed item to be traced. Check with your local embassy, mailing service vendor, or local post office for special customs regulations for shipping/mailed items. 5

PLANNING FOR OVERSEAS HEALTH

PRE-EXISTING CONDITIONS

If you have an ongoing medical problem, such as allergies or diabetes, you need to take special precautions in preparing for and managing your condition overseas. How will the stresses of the environment and the study abroad experience impact your health? If you have a disability, how will your needs be met?

PRESCRIPTIONS

Take copies
of all
prescriptions
in generic
form

If you take prescription medications regularly bring a supply to last throughout your time abroad, if practical. Foreign drugs are not necessarily closely related to those in the United States, even if they have the same chemical formula. They may be marketed under different names and may not be available in the strengths you desire. It might be wise to also have a letter from your home physician or pharmacist describing your medicines, their dosage, a generic name for them and describing the condition being treated. This letter could be helpful in an emergency.

Make sure all drugs are in the original pharmacy containers and are clearly labeled. You should carry copies of the prescriptions to avoid problems with Customs. In the case of narcotic medicines, it may not be prudent to carry additional supplies because of possible Customs difficulties. In that case, bring a prescription with the drug's generic name.

DON'T FORGET TO:⁶

SEE YOUR EYE DOCTOR. If you wear lens or glasses, take an extra pair and a copy of the lens prescription with you. And bring along an adequate supply of cleaning solution.

SCHEDULE AN APPOINTMENT FOR DENTAL CHECK-UP.

GET MEDIC ALERT. If you have allergies or major medical problems, wear a "Medic Alert" necklace or bracelet. These can be obtained through the Medic Alert Foundation, Box 1009, Turlock, CA 95381-1009; telephone 1-80-344-3226. These emblems are recognized internationally.

PROVIDE MEDICAL CONSENT FORMS FOR DEPENDENTS. If you are leaving your children behind, be sure to have a signed emergency treatment form on file with your hospital.

CHECK YOUR INSURANCE PLAN to determine what provisions there are for payment of health care received while traveling. It may be helpful to take several claim forms with you and when necessary have medical personnel fill out the insurance form in legible English. Some foreign medical providers may not accept payment through a US insurance company. Therefore; be prepared to pay cash; with the proper documentation, your insurance company may reimburse you. See more about **CISI** plan later in this manual.

OBTAIN IMMUNIZATION. As soon as you know you will be traveling, determine your immunization status. Vaccinations for international travel can be grouped into three basic categories:

⁶ Thanks to Marquette University for this contribution to our handbook

1. Those required to gain entry in a country – contact UWP Health Center or your private physician to determine if your travel itinerary includes countries requiring vaccinations. Also, see: Travel Clinics -Study Abroad website and below.
2. Those you should always have as part of good health maintenance: check your health records to make sure you have adequate protection from the following diseases:
 - Rubeola
 - Rubella (German Measles)
 - Poliomyelitis
 - Tetanus
3. You may want to consider the following vaccination in order to protect yourself against specific disease present at your travel destination:
 - Hepatitis A vaccine
 - Hepatitis B vaccine
 - Typhoid vaccine
 - Yellow fever vaccine

There are several Travel Clinics in the area. Please schedule your appointment at least 6 weeks before your departure to allow enough time for appropriate immunizations.

UW-Parkside:

Student Health & Counseling Center

(262) 595-2366

See Health Services:

<http://www.uwp.edu/departments/student.health/healthsvcs.cfm>

Kenosha County:

Aurora Medical Clinic

10400 75th Street,

Kenosha, WI 53142

262-948-7031

[Aurora Burlington Clinic](#)

116 N Dodge Street

Burlington, WI 53105

262-767-4300

Racine County:

[Aurora Health Center](#)

8400 Washington Ave.

Racine, WI 53406

(262) 321-3111

Other Travel Clinics:

<http://www.aurorahealthcare.org/services/travelclinic/locations.asp>



WORLD AND REGIONAL HEALTH CONDITIONS:

Some health problems, such as diarrhea, are worldwide; whereas, some diseases like malaria are found only in certain regions. The CDC (Centers for Disease Control) and the U.S. State Department's Overseas Citizens Emergency Center can give you detailed information about particular regions you plan to visit on study abroad. For more information on specific countries visit the CDC's website: <http://www.cdc.gov>

Many travelers experience some form of diarrhea while adjusting to local food and water. In many cases, it is mild but ask your doctor to recommend an anti-diarrhea medication so you can take it with you. If you are going to a country in a tropical region where there may be bacterial, fungal and parasitic diseases, be sure you get some anti-malarial medication. Your doctor may recommend that you start taking it before you leave the United States.

H1N1

The University of Wisconsin-Parkside International Education Office-Study Abroad is carefully following developments in the outbreak of H1N1 influenza. For the latest developments on H1N1 see, <http://www.cdc.gov/h1n1flu/>.

Travelers can protect themselves and others by following simple recommendations aimed at preventing the spread of infection. Individuals who are ill should delay travel plans, and returning travelers who fall ill should seek appropriate medical care. These recommendations are prudent measures which can limit the spread of many communicable diseases, including Influenza A (H1N1) (www.who.org).

What You Can Do to Stay Healthy

While there currently is no vaccine available to protect against H1N1 flu, there are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- **Stay informed.** The Centers for Disease Control and Prevention (CDC) and WHO websites are updated regularly as information becomes available, www.cdc.gov and www.who.org.
- Before you depart for your program, check to see how the government in your destination country is responding to influenza A (H1N1). For example, determine if detection measures have been instituted at points of entry such as airports. If detection measures are in place, you need to know what protocols are associated with the measures. Sources of information include web sites for the embassy of the country where you will study, the U.S. Embassy in that country, the country's national health department, your airline, and your arrival airport.

- If you feel ill before you are scheduled to depart, seek medical attention and advice. Because of the current detection measures and associated protocols instituted in China, students with flu-like symptoms should not travel to China. Again, check for the most up-to-date information on detection measures and protocols in your country of destination.
- During your sojourn, be sure to check for public health information in the country in which you are studying. You should follow the advice of local health authorities and the U.S. Embassy.
- Influenza is thought to **spread mainly person-to-person** through coughing or sneezing of infected people.
- **Take everyday actions to stay healthy.**
 - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
 - Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
 - Avoid touching your eyes, nose or mouth. Germs spread that way.
 - Stay home if you get sick. CDC and WHO recommend that you stay home from work or school and limit contact with others to keep from infecting them. Consider delaying travel if you are not feeling well.
 - Drink plenty of liquids and avoid alcohol when traveling, especially during air travel.
 - Be sure to get adequate rest.
- **Follow public health advice** regarding school closures, avoiding crowds and other social distancing measures provided by local health authorities and the U.S. Embassy in the country you where are studying or traveling.
- **Review the** International Education Office-Study Abroad **document *Traveling Safely* and follow the recommendations.**
- **Review your CISI health insurance policy** as well as the **services provided by the travel assistance plan that you have.**

NUTRITION

Be aware that you will probably experience a change in your diet and eating habits. You may start eating a healthier diet, as people in most countries don't eat as much processed food nor drink as many caffeinated and sweetened beverages as Americans do. It is customary in many countries to eat more grains, fresh fish, fruits, vegetables, etc. Before you leave, try to learn more about the foods eaten and the eating habits of your host country. These are an integral part of the culture.

HEALTH RECORDS

For extended stays abroad It's a good idea to bring a copy of your medical and dental records with you. If you have any ongoing medical or dental problems, bring a letter from your doctor or dentist explaining how they are being treated. Don't forget the telephone and fax numbers of your doctor and dentist, in case you need to contact them.

MEDICAL AND ACCIDENT INSURANCE

It is extremely important for you to have adequate insurance before departing. This coverage should also include medical evacuation, repatriation of remains and life insurance. Students with an International Student Identity Card receive basic medical/accident insurance coverage for their travel outside the continental United States for the period that the card is valid. But such coverage may not be adequate to meet every contingency, so you should check CISI insurance (UW-Parkside's study abroad insurance) for exact coverage. For affiliated programs, check with their insurance policy to see what's covered. To study abroad, you should be covered for emergency care, hospitalization, evacuation and repatriation.

CISI INSURANCE FOR UW-PARKSIDE STUDY ABROAD STUDENTS

The International Education Office-Study Abroad offers students Health Insurance coverage through Cultural Insurance Services International-CISI offered by the University of Wisconsin-System.

CISI's Team Assist Plan (TAP) can help you with the following:

- Medical Assistance worldwide, including referral for Physicians, Hospitals, or other services 24 hours a day
- Medical monitoring, coordination of communication between the attending medical doctor and your primary care physician at home should you become hospitalized
- Prescription drug replacement/shipment, assistance in replacing lost, misplaced, or forgotten medication by locating a supplier of the same medication, or by arranging for shipment of the medication as soon as possible
- Emergency Message Transmittals, forwarded by the Assistance Provider to and from a family member, friend, or medical provider
- Coverage Verification/Payment Assistance for Medical Expenses, the Assistance Provider will provide verification of your medical insurance coverage when necessary to gain admittance to foreign hospitals
- Obtaining Emergency Cash, the Assistance Provider will advise how to obtain or send emergency funds worldwide
- Traveler Check Replacement, the Assistance Provider will assist in obtaining replacements for lost or stolen travelers checks regardless of issuing company
- Lost/Delayed Luggage Tracking, the Assistance Provider will assist the insured whose baggage is lost, stolen, or delayed while traveling on a common carrier (airline, train, etc.)
- Replacement of Lost or Stolen Airline Ticket, One simple call to CISI's 800 number and the staff will obtain a replacement ticket
- Credit Card/Passport/Important Document Replacement, the Assistance Provider will assist in the replacement of any lost, stolen, or delayed document, and have the replacement delivered or picked up at the nearest embassy or consulate

- Locating Legal Services, the Assistance Provider will help the insured contact a local attorney or the appropriate consular officer if the insured is arrested or detained, is in an automobile accident, or otherwise needs legal help. The Assistance Provider will also maintain communications with the insured, family, and business associates until legal counsel has been retained by or for the insured
- Posting Bond/Bail, the Assistance Provider will arrange for a bail bondsman to contact the insured or to visit the jail if incarcerated
- Worldwide Inoculation Information will be provided if requested by the insured for all required inoculations relative to the area of the world being visited, as well as any other pertinent medical information
- Emergency Medical Evacuation/Repatriation. The Company will pay benefits for covered expenses incurred up to the maximum stated in the Schedule of Benefits, if any injury or covered illness commencing during the Period of Coverage results in the Medically Necessary Emergency Medical Evacuation or Repatriation of the Insured Person. The decision for an Emergency Medical Evacuation or Repatriation must be ordered by the Company's appointed Assistance Company in consultation with the Insured Person's local attending Physician
- Return of Mortal Remains or Cremation. The Company will pay the reasonable Covered Expenses incurred up to the maximum as stated in the Schedule of Benefits, Return of Mortal Remains, to return the Insured Person's remains to his/her then current Home Country, if he/she dies. All Covered Expenses in connection with a Return of Mortal Remains must be pre-approved by an Assistance Company representative appointed by the Company.
- See more on **Emergencies Abroad- page 44** including **CISI-Cultural insurance Services International** <http://www.culturalinsurance.com/>

REGISTER YOUR TRIP WITH THE STATE DEPT.

It is important that the U.S. Embassy in your country of destination knows you are visiting or enrolled in a program there. Before you depart on your journey, please be sure to register your trip with the State Dept. Go to:

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

Further Tips for Traveling Abroad:

http://travel.state.gov/travel/tips/tips_1232.html#why

PACKING TIPS & PACKING LIST

Leave
irreplaceable
items at home

1. Rule number one: travel light, as whatever you pack you'll have to carry (and sometimes for several kilometers at a time). Rule number two: don't forget rule number one! The best way to begin packing is to set out all you wish to take; divide it in half and leave half at home.

2. Tastes vary. It is very difficult to advise you on exact articles to be chosen. Europeans, as well as much of the world, dress a bit more formally than we Americans tend to. Aussies are informal people too! If you don't want to stick out, you might want to leave your ragged blue jeans and Packers sweatshirt at home.

Women travelers, be warned. Some countries throughout the world have strict customs regarding dress. Shorts are often frowned upon. In certain churches, bare arms and legs and even heads are not acceptable. Excessive informality can be seen as an insult. A plain black dress is recommended as a semi-formal choice.

3. Take easy washables: durable and preferably permanent press. Dark colors are great. The optimum articles are light weight, washable, and drip dry.

4. Interchangeability is essential. Dress in layers and bring mix and match items (i.e., a blouse that goes with both the skirt and slacks you've packed, a sweater that changes your fall outfit to winter).

5. Exchange information with fellow travelers.

6. Students going to New Zealand and Australia: be ready for temperatures between 30-100° Fahrenheit! Australia is a very large country and has many different climates depending on which part of the country you are visiting. In the summer months, the center of the country is very hot and dry, while it can be extremely hot and humid along the coast in the central and northern parts of the country. Melbourne, in the south has a winter season with cold temperatures and rain, and even has ski resorts at higher elevations! New Zealand is also cooler, with more uniform temperatures throughout the year, and can be quite rainy on the southern island.

7. Weather: Basically be ready to adapt to all and every sort of weather. Be ready for cold temps (layered clothing), torrential rain (umbrella), snow, and searing heat.

8. Put it all in a backpack. Internal frame packs, the kind that the carrying straps can be tucked neatly inside, are the best. Large suitcases cause trouble!

9. Guard your valuables during travel. A little paranoia is useful. People from the Midwest tend to be overly trusting. Someone could take advantage of you!

10. Take all the medicines you need for the trip in original drugstore containers, and prescriptions, with generic names of drugs. Take extra glasses and prescription for lenses.

11. Don't pack essential documents or items (i.e. passport, medicine, anything you could not do without for a few days) in checked luggage.

12. In your carry-on luggage, pack a toothbrush, and a set of underwear just in case your luggage does not arrive with you.

13. When packing remember you'll need space: roll your clothes, putting items inside of shoes (e.g. socks or underwear inside dress shoes in your suitcase), using space saver bags, and putting items such as underwear in Ziploc bags. If security searches your bag, they will quickly be able to see what is inside, and your personal items won't be strewn about.

14. The most important thing to pack is an open mind and a sense of humor. Don't let little things spoil an otherwise rewarding experience. Life is full of little challenges.

SUGGESTED PACKING LIST:⁷

Take extra
prescription
medication

Documents/Money:

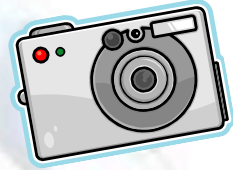
- Passport & Photocopy (packed separately)
- Visa (if required)
- Credit Card
- Debit (ATM) Card
- PIN numbers
- Calling Card
- Int'l Student ID Card (if you have one)
- Traveler's Checks (as a back-up)
- List of Traveler's Check Numbers
- Host country money (or exchange in airport)
- CISI Insurance card/proof of insurance
- Insurance claim forms
- 2-4 passport size photos for university documents, bus cards, Hostel passes, etc.
- An address book
- The name of the host institution, address, & telephone #'s of your host contacts
- Emergency Card distributed by International Education Office-Study Abroad
- UW-Parkside Catalog and Directory
- This Handbook & your Program Guide



⁷ Thanks to UW-Eau Claire for their contribution to our handbook.

Travel Accessories:

- Camera, film, extra batteries
- Pocket calculator
- Money belt
- Electric adapter/converter
- Travel alarm
- Travel iron
- Clothespins/line (for hand laundry)
- Needle, thread, safety pins, and small scissors
- Towels and washcloths
- Traveling necessities: maps, guidebooks, back pack, water bottle, travel silverware, travel umbrella, and sunglasses

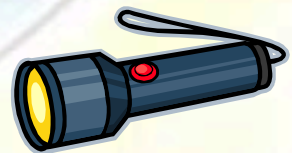


First Aid Kit:

(Definitely bring to developing countries:)

- Antihistamine/decongestant (for colds)
- Aspirin or ibuprofen (in original containers)
- Athlete's foot remedy
- Band-Aids/bandages
- Antiseptic/antibacterial cream or ointment
- Adhesive tape
- Gauze tape
- Scissors
- Flashlight
- Thermometer
- Motion sickness remedy
- Antacid/anti-diarrhea medication for upset stomach
- Sunscreen
- Insect repellent (containing DEET)
- Prescription medications (in original containers)
- Extra eyeglasses/contact lenses
- Tweezers
- Alcohol wipes (depending upon personal habits and country you are visiting)
- Latex condoms
- Water purification system/tablets
- Women's sanitary supplies
- Toilet paper

If you have health concerns consult a doctor before departure



Photos:

- Bring photos of your home, family, and friends. You will be glad to have them, and it is a good way to introduce new friends to your life back home.

Documents:

When you receive your passport, you will need to sign it, make **three** copies of the front page (with your photo, passport number and identification information). Leave one copy at home with parents or a responsible friend, leave one copy with the International Education Office-Study Abroad, and take the other copy with you and store it in a separate place as the original. You might want to make copies of other important documents such as travels checks, and credit cards

Gift Suggestions:

Past participants suggested the following items as possible gifts for new friends or host families:

- clothing and items with University logos
- cookbooks/American recipes (i.e. pancakes, chocolate chip cookies, BBQ chicken) -- with metric conversions
- scenic potholders, aprons, mugs, glasses
- calendars with U.S. scenery
- U.S. style paraphernalia (e.g. things from Disneyworld, Warner Bros., Mt Rushmore, World Cup, NBA, NFL, etc.)
- cassettes or CDs of American music
- pen-and-ink drawings or professional-quality photographs of areas in the U.S.
- any handmade craft or jewelry (especially Native American)
- nice picture frames
- round/rectangular tablecloths for your host mom's table
- A box of U.S. chocolates. Be careful these don't melt in tropical countries.

Clothing:

- Shoes: basic walking shoes, flip-flops for in the shower, tennis/running shoes, dress shoes
- Coats: lightweight windbreaker/hooded, sweatshirts, rain gear, warm jacket
- Shirts and Blouses

- Slacks, skirts, jeans
- Additional Clothing
- Women---One jean or khaki skirt, and one nice dress
- Men---Sports Coat and tie

Miscellaneous-

- A sleeping sheet- is a must for European Programs, also for the Australia and South Pacific program
- Contact Lenses/glasses
- Sunglasses, Sunscreen
- Purse/Wallet—consider money belt or pouch carried around neck or waist
- Watch, Travelers Alarm Clock
- Small Pocket Knife—make sure you pack this inside your checked luggage and not in your carry on!
- Towel, washcloth, cord for clothesline, clothespins
- Small Flashlight
- Pocket Calculator
- Padlock-useful for locking up valuables when staying in hostels
- Insect repellent if you are traveling to tropical areas
- Sun hat

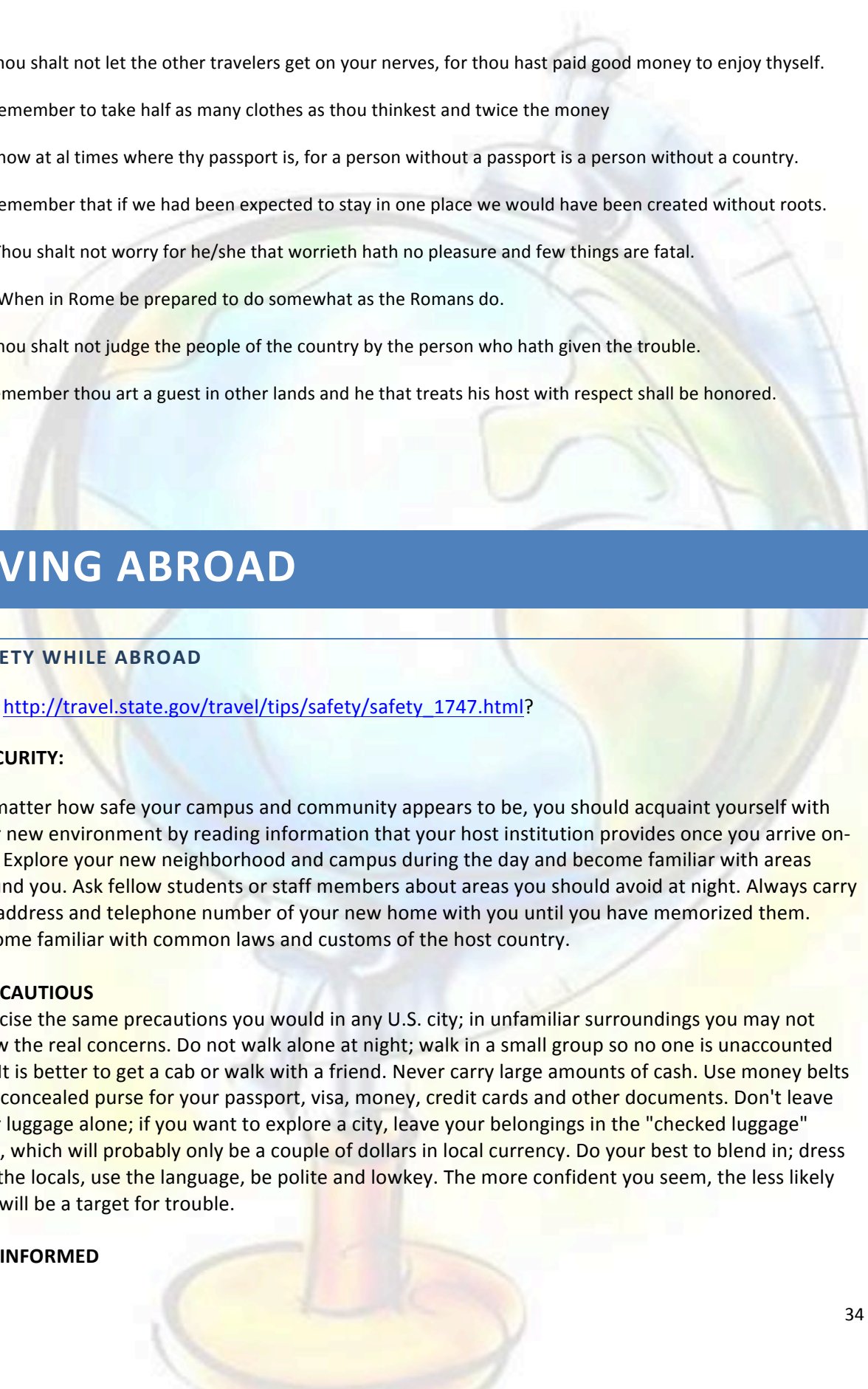
Because of flight security, there are many personal items you cannot pack in your carry-on.

You should consider checking the Transportation Security Administration web site at <http://www.tsa.gov/travelers/airtravel/prohibited/permitted-prohibited-items.shtm> in order to find current information.

TEN COMMANDMENTS OF TRAVEL

I. Thou shalt not expect to find things as thou hast at home, for thou hast left home to find things different.

II. Thou shalt not take anything too seriously for a carefree mind is the start of a good international education experience.

- 
- III. Thou shalt not let the other travelers get on your nerves, for thou hast paid good money to enjoy thyself.
- IV. Remember to take half as many clothes as thou thinkest and twice the money
- V. Know at al times where thy passport is, for a person without a passport is a person without a country.
- VI. Remember that if we had been expected to stay in one place we would have been created without roots.
- VII. Thou shalt not worry for he/she that worrieth hath no pleasure and few things are fatal.
- VIII. When in Rome be prepared to do somewhat as the Romans do.
- IX. Thou shalt not judge the people of the country by the person who hath given the trouble.
- X. Remember thou art a guest in other lands and he that treats his host with respect shall be honored.

LIVING ABROAD

SAFETY WHILE ABROAD

See: http://travel.state.gov/travel/tips/safety/safety_1747.html?

***SECURITY:**

No matter how safe your campus and community appears to be, you should acquaint yourself with your new environment by reading information that your host institution provides once you arrive on-site. Explore your new neighborhood and campus during the day and become familiar with areas around you. Ask fellow students or staff members about areas you should avoid at night. Always carry the address and telephone number of your new home with you until you have memorized them. Become familiar with common laws and customs of the host country.

***BE CAUTIOUS**

Exercise the same precautions you would in any U.S. city; in unfamiliar surroundings you may not know the real concerns. Do not walk alone at night; walk in a small group so no one is unaccounted for. It is better to get a cab or walk with a friend. Never carry large amounts of cash. Use money belts or a concealed purse for your passport, visa, money, credit cards and other documents. Don't leave your luggage alone; if you want to explore a city, leave your belongings in the "checked luggage" area, which will probably only be a couple of dollars in local currency. Do your best to blend in; dress like the locals, use the language, be polite and lowkey. The more confident you seem, the less likely you will be a target for trouble.

***BE INFORMED**

Within the last several years there have been some serious security issues for study abroad students, especially within countries that are facing internal strife or anti- American sentiment. Stay well informed about local and regional politics and conditions. Read newspapers with international coverage of local issues. Changing opinions of Americans require that U.S. students be extra prudent and cautious. Check the U.S. State Department Travel Advisories regularly: travel.state.gov

***KEEP CONTACT WITH HOME**

Your parents and friends will have concerns while you are away even if you feel safe and sound. Keep in contact with them on a regular basis and let them know how you are. When you travel, leave your itinerary with the on-site staff and with your family.

***BE ALERT**

Be aware of your surroundings, including unknown individuals "hanging out" in your building or any strange activity nearby. Be careful to whom you give access to your room or apartment. Don't gather at "American" hangouts.

***TAKE PRECAUTIONS**

Take the same precautions you would at home. Do not give out your name or address to unknown people. Know where the nearest police station and hospital is, and keep emergency numbers handy. Do not go into unsafe or unknown areas alone after dark. Avoid demonstrations. Alert your on-site program staff of any concerns.

***TRAVELING SAFELY**

You will probably be doing a lot more traveling than you would normally do at home. You will likely be using a variety of public transportation such as buses, trains, metros, taxis, and planes. There are several things to be aware of during your travels.

*** INTERNATIONAL DRIVING**

Automobile accidents are the #1 cause of injury to U.S. study abroad students. Because signs, roads, and laws are quite different in other countries, **UW-Parkside- Education Abroad Office strongly advises against driving while abroad. We encourage student to use local transportation.** However, if you intend to drive, you should verify the required identification/licenses for the countries in which you will be traveling. Some countries require an International Driver's Permit, while others will accept your own state license.

TRAVELING WHILE STUDYING ABROAD

If you are planning to travel on weekends or other free time during the program, please notify the Program Coordinator of your travel plans. Information about where you are going and when you plan to return will help the Coordinator in the event of an emergency. Any independent travel will be at your own expense and at your own risk. Class attendance is required and independent travel should not interfere with scheduled courses.

***TRAIN, RAIL OR BUS PASSES**

Depending on where you are traveling, investing in a train/rail pass may be a wise and economical decision. For those students under 26, you may receive a discounted rail fare with your ISIC. Also, some passes you **MUST** buy in the United States before you leave (i.e. Eurail) while others you may purchase in the host country. For more information, see a travel agent.

***TRAVELING TIPS**

What to be aware of while you are on the road, on the train, or in the air:

- Do not display money, wallet, or other valuable items.
- Use a money belt to carry passport and money.
- Be careful on overnight trains. Choose a car or compartment in a train or metro in which others are riding.
- Note the location of emergency equipment.
- Do not stand on the edge of a train or metro platform.
- Never leave luggage unattended.
- Buy a lock for your backpack or luggage.
- If someone is bothering you, inform the porter or train operator.
- Avoid unwanted attention & confrontations.
- Beware of pickpockets and purse- snatchers, especially in crowded metro and bus stations. You may be bumped casually and unaware of a violation.

MORE ON STAYING SAFE

The most important factor in your safety abroad is likely to be your behavior. It's wise to do the following:

- Be aware of your surroundings at all times. Don't wander through unfamiliar areas alone, and always remain alert.
- Don't go out alone at night. Even when you're with friends, stick to well-lit streets where there are a lot of people.
- Don't flash cash, jewelry, expensive cameras, or electronic equipment.
- Use caution when walking or jogging. Remember that in some countries, drivers use the left side of the road. In certain areas, drivers may not expect anyone to be running along the road.
- When crossing streets, keep in mind that pedestrians may not be given the right of way. Do not cross in the middle of the street. Use crosswalks. In some countries like Russia police strictly enforce fines for jaywalking.

- Be careful with alcohol. If you drink, make sure it is only with people you know and trust, and designate one person to remain sober. As in the United States, never drink and drive. (Drunk driving laws abroad are sometimes much more severe than those in the United States.)
- Don't attract attention to yourself with provocative or expensive clothing or boisterous conversation in public. Observe local students' behavior, and try to mimic it.
- Use only official taxis. Unless meters are used, agree on the fare before you get in.
- Before you travel from your program site, find out what methods of transportation are safest and whether any roads should be avoided. * See below- [Report on State of Road Safety Around the World](#). Also, see [Appendix 8 for information on Sara's Wish Foundation](#).
- Read the local papers to find out where high crime areas are and whether civil unrest is brewing.
- Stay away from demonstrations or any kind of civil disturbances. Even innocent bystanders can be hurt or arrested.
- Protect your passport. Keep it with you, in a front pocket or your purse. Be careful when displaying it.
- In general, avoid being engulfed in a crowd. This is the preferred environment of pickpockets.
- Accidents can happen anywhere. UW-Parkside's International Education Office-Study Abroad discourages all students from driving while studying abroad. Use local transportation. *If you are a passenger, always use a seat-belt. Make sure you understand local road signs and signals.
- Remain alert when walking. Before crossing streets, remember to look both ways; in some countries, traffic will be coming from the opposite direction from what you would expect.

Resources:

Read some more good advice on SAFETY from CIEE- Council on International Education:

<http://www.ciee.org/study/advisors/safety.aspx>

Keep abreast of current events and check the state department website, <http://www.state.gov/travel>, or <http://studentsabroad.state.gov>, for current warnings as well as information on emergencies and country information.

Just Some Words About your Safety While Abroad:

http://www.streetdirectory.com/travel_guide/212870/travel_and_leisure/just_some_words_about_your_safety_while_abroad.html

***See Report on the State of Road Safety Around the World.**

http://www.who.int/violence_injury_prevention/road_safety_status/report/state_of_road_safety_en.pdf

HEALTH ISSUES WHILE ABROAD

***SEXUAL ACTIVITY**

Sexual activity may be viewed by your host society differently than in the United States. Social, and sometimes legal, implications of sexual activity can affect both men and women. Become aware of expected, accepted, and taboo behaviors to preserve your personal comfort, health, and safety. Should you decide to engage in sexual activity do take precautions for your health and use trusted methods of birth control.

***AIDS & STD'S**

You are undoubtedly aware of AIDS (Acquired Immune Deficiency Syndrome) and other sexually transmitted diseases (STDs). Your risk of infection depends almost entirely on your own behavior. (Out of your control would be a medical emergency requiring you to receive a blood transfusion—in a country where there is a high incidence of infection. Other countries may have different levels of controls over blood collection than the United States.)

***ALCOHOL AND DRUGS**

The consumption of alcohol is encouraged in some societies and prohibited in others. Many cultures teach young people to drink moderately and responsibly in the home, and thus do not experience the reactionary or “rebellious” alcohol abuse to which some American students expose themselves. In most cultures there are also methods for controlling alcohol abuse, but these vary and may not be obvious to a person unfamiliar with a particular culture. The negative social and physical effects of the use of alcohol and other drugs are well documented. Use of these drugs may cause: blackouts, poisoning and overdose; physical and psychological dependence; damage to vital organs; inability to learn and remember information; and psychological problems including depression, psychosis and severe anxiety. Impaired judgment and coordination resulting from the use of alcohol and drugs are associated with acquaintance assault and rape; DUI/DWI arrests; hazing; falls, drowning and other injuries; contracting sexually-transmitted diseases including AIDS; and unwanted or unplanned sexual experiences and pregnancy. The University of Wisconsin-Parkside does not condone the illegal or otherwise irresponsible use of alcohol and other drugs. It is the responsibility of every member of the University community to know the risks associated with substance use and abuse. This responsibility obligates students and employees to know relevant University policies and

federal, state and local laws and to conduct themselves in accordance with these laws and policies. While overseas, it is the responsibility of the student to know the relevant country and local laws concerning the possession, use, and abuse of drugs and alcohol.

If you plan to drink, you are advised to do so in moderation. In many countries, the legal drinking age is 18 years old. However, most cultures disapprove of “getting drunk.” Drinking in excess could put you at risk and is therefore strongly discouraged. One consequence of bad behavior due to alcohol abuse, could be a trip back to the U.S.

*We gratefully thank the University of Virginia for these sections.

Travel Europe:

www.eurail.com
www.britishrail.com

Statement on Responsible Use of Alcohol Abroad *

1. Study abroad participants abide by the laws of the country in which they are living.
2. Study Abroad participants do not miss any scheduled event or becomes ill due to the effects of alcohol consumption.
3. Study Abroad participants do not engage in inappropriate behavior toward other individuals, or destructive behavior toward property that is the result of alcohol consumption.
4. Study Abroad participants do not engage in behavior that causes embarrassment to the other members of the group, the faculty members or the in-country hosts as a result of alcohol consumption.
5. Study abroad participants in a group do not facilitate, encourage or ignore a fellow student who is abusing alcohol. Students are encouraged to discuss issues related to alcohol abuse by other members of their group with the faculty or program director.
6. Study Abroad participants are encouraged to use good judgment if consuming alcohol at private homes or other accommodations.
7. Study Abroad participants are responsible for knowing U.S. customs laws regarding the possession of alcohol upon returning to the U.S. (e.g., you must be 21 years old to legally bring alcohol into the U.S. from abroad).

*<http://www.stthomas.edu/studyabroad/undergraduate/docs/Statement%20on%20the%20Res.pdf>

MORE HEALTH ISSUES WHILE TRAVELING *8

Staying healthy while traveling depends largely on the traveler's behavior and the precautions taken. Two major areas of concern are taking proper protection against insects that transmit diseases and taking proper precautions with what you eat and drink.

FOOD AND WATER PRECAUTIONS

The fact that a city or hotel boasts that its water is chlorinated is no guarantee that it is safe to drink. Chlorine may significantly reduce the microorganisms count in water but not destroy all the germs.

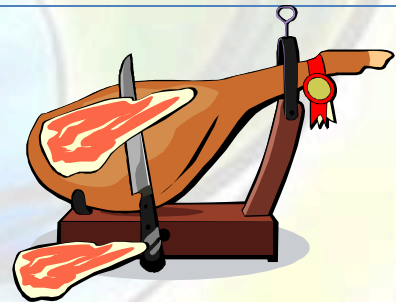
In areas where sanitation and hygiene are poor, you should assume the only safe drinks are canned or bottled carbonated drinks, beverages made with boiled water, beer or wine. Even bottled water should be carbonated to ensure that the bottle has not been simply refilled with local water and recapped.

Avoid ice cubes. Freezing tends to preserve microorganisms rather than destroy them. Water that is unsafe to drink is unsafe for brushing teeth, rinsing contact lenses, or washing near your mouth.

Travelers' diarrhea is acquired through ingestion of fecal contaminated food and/or water. Avoid any foods that cannot be cooked or peeled by you.

RISKY FOODS AND BEVERAGES

- Raw meat
- Raw seafood
- Raw fruits and vegetables, unless peeled by the traveler
- Unpasteurized milk products
- Street vendor food/beverages



SAFE FOOD AND BEVERAGES

- Cooked foods that are still hot
- Fruit with broken skins that is peeled by the traveler
- Canned or bottled carbonated beverages
- Wine and beer
- Hot coffee and tea
- Boiled water or water appropriately treated with iodine or chlorine

HEALTH AND WELLNESS

- Protection from insects that transmit disease is the principle approach to preventing vector borne disease. Mosquitoes, ticks, mites, and fleas are the most common carriers. Some vector mosquitoes are most active dusk to dawn while others are most active during the day. Wearing long-sleeved shirts, long pants and hats will minimize areas of exposed skin. Shirts should be tucked in. Repellants applied to clothing, shoes, tents and mosquito nets will enhance protection.
- When exposure to ticks or mites is a possibility, pants should be tucked into socks and boots should be worn. During outdoor activity and at the end of the day, you should inspect yourself and clothing for ticks.
- When accommodations are not adequately screened or air conditioned, bed nets are essential. They should be tucked under the mattress and sprayed with repellent. Aerosol insecticides can be used to help clear rooms of insects.
- Permethrin containing repellants are recommended for use on clothes, shoes, bed nets and camping gear. Permethrin treated clothes repel and kill ticks, mosquitoes and other arthropods and retains this effect after repeated laundering. There appears to be little potential risk from Permethrin treated clothing. Repellants containing less than or equal to 30% DEET are recommended for skin or clothing; increased concentrations of DEET are not significantly more effective and do have potential for toxicity.
- Emergency: if an emergency arises and you require medical care, the American Embassy can provide names of hospitals and physicians known to be reliable and speak English. [See above for U.S. Embassy information.](#)
- Serious Emergency: in this case, you should get to the largest medical facility in the area as quickly as possible. Hotel staff or taxi drivers can help in these situations.
- AIDS: is an infectious disease in which the immune system is disabled by the invasion of a virus (HIV). Once the immune system is crippled, a person is vulnerable to a variety of diseases that are able to spread unchecked and eventually result in death. The AIDS virus can be transmitted by intimate sexual, body fluids exchange, blood, blood products, contaminated needles and mother to infant. AIDS knows no geographic boundaries; avoiding infection relies on appropriate preventive behavior:
- Abstinence from any sexual activity (homosexual or heterosexual) with unknown partners is the best advice. If you choose to be sexually active, always use a condom and spermicide.

- Avoid receiving any injection overseas. If an injection is necessary, insist all needles, syringes, and IVs, etc., are single use, pre-packaged, and pre-wrapped.
- Avoid blood or blood product transfusions unless you are in dire need of blood.

*We gratefully acknowledge the work of Marquette University for this section.

THINGS YOU SHOULD THINK TWICE ABOUT

ILLEGAL ACTIVITY

The United States government and its agencies abroad may not be able to ensure that you are not discriminated against should you participate in an illegal activity; it cannot protect you from arrest, incrimination or punishment. The use, purchase or sale of illegal drugs in particular, is a crime often punishable by the severest penalties abroad. If you are caught in position of any illegal drugs or commit any other illegal act, you will be subject to local, not U.S. laws.

Check out National Geographic's Locked-Up Abroad to see just how real this is. <http://channel.nationalgeographic.com/series/locked-up-abroad>



IMMIGRATION AND CUSTOMS: UPON ARRIVAL

When your plane lands in your host country, immigration officials will ask you the purpose of your visit and how long you propose to stay in their country. They will examine your passport, as well as visa and immunization certificates if they are required. After immigration officials stamp your passport, you are free to enter the country. Depending on local practice, the season, and time of your arrival, this procedure can range from being quick and cursory to laborious and time-consuming. Even though you will be eager to exit the airport and start your study abroad adventure, it is important to be patient and respond very politely to any questions.

After Immigration, comes Customs. You will be asked to declare (perhaps in writing) if you are carrying certain items in your luggage. Be sure to declare any restricted items, as luggage may be opened and checked. Always be respectful and polite. Never make jokes about bombs or illegal drugs. This kind of behavior can get you detained by the police.

EMERGENCIES ABROAD

It is important to plan ahead for emergencies abroad. Make sure that you know where the nearest American embassy or consulate is and contact numbers for local emergency assistance. This page, http://studentsabroad.state.gov/pdfs/911_ABROAD.pdf, has information for emergency contact lines. It is important to know that not every country uses “911” for emergencies.

WHAT IS AN EMERGENCY OR A CRISIS?

A crisis is defined as, a serious situation or occurrence that happens unexpectedly, demands immediate action, and can often be minimized with good pre-planning. The types of emergencies that could occur are too numerous to imagine, but for our purposes, an emergency is any circumstance that poses a genuine risk to, or that has disturbed the safety and well being of program participants in a study abroad program or an internship abroad program. Emergencies will include, though not be limited to the following types of events and incidents:

- violent robbery
- physical assault
- sexual assault or rape
- significant accident and/or injury
- hospitalization for any reason
- serious illness, physical or emotional
- local political crisis
- terrorist threat/attack
- legal action involving a student disappearance or kidnapping of a student
- arrest or questioning by the police or other security forces of the host country
- a natural disaster such as a tsunami, an earthquake, a flood etc..

The term ‘crisis’ or emergency includes mishaps affecting both groups and individuals. Individual crises often stem from personal problems that threaten a given student’s well-being and are typically unrelated to what other students are experiencing. Often what happens to one student and how it is treated, however, can have a profound impact on the other students.

All of these crises-emergencies may have several aspects in common:

- They can result in a disruption or early termination of the program, or the closing of the study abroad center or university in the country;
- They usually cause significant emotional stress to the individuals involved, resulting in predictable cognitive, physical and behavioral reactions;
- They can be managed.

INTERNATIONAL PHONE CALLS

Phone Calls & Faxes

Dial 9 (off campus number) - 011 (for dialing outside of the U.S.) - country code - city code - local phone number

For Country Codes, see:

<http://countrycode.org/>

Troubleshooting

- If you receive a phone number from abroad which doesn't already include the country and city codes, it may include a zero as the first number. In this case, you generally need to drop the initial zero.
- In other cases, you may need to add numbers. Example: Placing a call to Mexico City
8 - 011 - 52 (country code) - 55 (city code) - 5 - 278-2254 (local number)
In Mexico City, the local number is 7 digits long. However, when calling that number from outside of Mexico, an additional '5' must be added in front of the local number, making that number 8 digits long.

WHAT TO DO IN CASE OF EMERGENCIES- STUDENT

Serious Medical Emergencies: If an emergency arises and you require medical care, the U.S. Embassy in your country can provide names of hospitals and physicians known to be reliable and who speak English. International Education Office-Study Abroad strongly advises each student to review the U.S. Embassy website for the country you are visiting to get a list of doctors/clinics before departure. See:

Appendix 6- U.S. State Dept.

In case of medical emergencies, you should get to the largest medical facility in the area as quickly as possible. Hotel staff, taxi drivers, or your program coordinator can help in these situations. For medical emergencies, See CISI below if this is you have this type of insurance coverage.

In addition, contact your host university staff to inform them of the emergency, then call the UW-Parkside Police Emergency and ask that your information be shared with the International Education Office-Study Abroad staff/contacts below.

CISI- CULTURAL INSURANCE SERVICES INTERNATIONAL: COVERAGE PLAN FOR BOARD OF REGENTS UNIVERSITY OF WISCONSIN SYSTEM

1. WHAT ARE THE TERMS OF THIS INSURANCE COVERAGE?

The specific terms of this insurance are described in the [insurance brochure](#). Click below. The policy number of the University of Wisconsin insurance is **GLM N04835256**.

This insurance provides a comprehensive package of medical benefits and emergency services specifically designed to address the risks associated with study abroad. The coverage is primary. Specific benefits include:

- Medical Expense (per accident/sickness) \$500,000
- Deductible Zero
- Accidental Death/Dismemberment \$20,000
- Emergency Medical Evacuation or \$250,000
- Repatriation of Remains \$100,000
- Team Assist Plan (see below) Included
- Emergency Medical Reunion (see below) \$10,000
- Security Evacuation (comprehensive) \$250,000
- see attached

Medical benefits are automatically extended 30 days after expiration of the insurance for conditions first diagnosed or treated while the insurance was still in effect.

The Team Assist Plan provides participants with assistance by telephone in the event that travel-related problems arise. This service is available worldwide 24 hours a day at no extra charge to the participant. The Assistance Provider will coordinate and answer all questions related to claims, medical assistance, travel assistance, and technical assistance.

When and Insured Person is hospitalized for more than 6 days, the Company will reimburse for round trip economy-class transportation for one individual selected by the Insured Person, from the Insured Person's current Home Country to the location where the Insured Person is hospitalized. The benefits reimbursable will include the cost of a round trip economy airfare and their hotel and meals (to a maximum of \$250 per day) up to the maximum stated in the Schedule of Benefits, Emergency Medical Reunion.

See UW-System- **CISI-Cultural Insurance Services International-**

Click [Insurance Brochure](#) to continue reading about the insurance plan...

<http://www.uwsa.edu/oslp/rm/studyab/safaq.htm>

Frequently Asked Questions: http://www.culturalinsurance.com/cisi_faqs.asp#1

In cases of medical or security related emergency please contact our 24-7 emergency assistance provider, Team Assist:

Your protection plan policy number is GLM- N04835256, University of Wisconsin System.

Emergency Telephone Number: 1-800-303-8120

Team Assist from EUROPASSIST assists in emergencies:

Contact:

(877) 577-9504 (in the U.S)

(240) 330-1520 (Outside the U.S., COLLECT CALLS ACCEPTED)

e-mail: ops@europassistance-usa-com

Team assist ID # is GLM N04835256

Medical Providers can call: (203) 399-5130

Submit Claims to:

CISI River Plaza

9 W. Broad Street

Stamford CT. 06902

Download Claim Form: http://www.culturalinsurance.com/pdf/claim_form.pdf

WHAT TO CONSIDER IN CASE OF EMERGENCY: TIME ZONE DIFFERENCES

<http://times.clari.net.au/>

WHO TO CONTACT IN CASE OF EMERGENCY

In a Life and Death Emergency Abroad

Parents:

The U.S. Department of State Citizen Emergency Center (1-202-647-5225) will relay messages to the foreign Embassy. Embassy personnel may try to locate your student, pass on urgent messages and, consistent with the Privacy Act, report back.

See: US Dept of State <http://www.state.gov/>

http://travel.state.gov/travel/tips/emergencies/emergencies_1212.html

***** **U.S. Embassy:** <http://www.usembassy.gov/>

For Parents, Family & Friends: To Reach Your Student Directly:

International Education Office-Study Abroad cannot give out private residence or homestay phone numbers **unless authorized in advance by the student**, but we will contact your student for you in an emergency.

At UW-Parkside: Call: University Police:

Emergencies: 1 (262) 595- 2911

Non-Emergencies: 1 (262) 595-2455

Also helpful:

1) **U.S. Embassy:** <http://www.usembassy.gov/>

2) **State Dept.** http://travel.state.gov/travel/tips/emergencies/emergencies_1212.html

Reaching a staff member at the International Education Office-Study Abroad, during regular office hours 9:00 a.m. – 5:00 p.m. M-F

- Consuelo Clemens, Ph.D. –Associate Director, International Education
International Education Office-Study Abroad
Office #: 262-595-3215
Cell #'s (262) 455- 5830 OR (262) 455-5530
consuelo.clemens@uwp.edu

- Susan Blust- International Studies Associate
International Education Office-Study Abroad
Office: (262) 595-2701
blust@uwp.edu
- Farida Khan, Ph.D.-Co- Director of Center for International Studies
Office # (262) 595-2662
Cell #: (262) 994-0124
farida.khan@uwp.edu
- Jonathan Olsen, Ph.D. -Co- Director of Center for International Studies
Center for International Studies
Office # (262) 595-2377
Cell # (262) 930-1308
jonathan.olsen@uwp.edu

MORE IMPORTANT PHONE NUMBERS, OFFICES CONTACTS

UW-Parkside Main Number:+262-595-2345
 Financial Aid:+262-595-2574
 Registrars:+262-595-2284
 Academic Advising:+262-595-2040
 Cashiers:+262-595-2258
 UW-Parkside Student Health and Counseling Center:+262-595-2366
 Transcripts & Transfer of Credit: See Registrars(262) 595-2284

UW-PARKSIDE EMERGENCY CARD- SEE BELOW

University of Wisconsin-Parkside- Emergency Card

Student: Pull out this page and the next. Complete these forms. Make copies. Take these with you for emergencies abroad.

*****Don't record toll-free numbers, since these are generally inaccessible internationally.***

Name: _____ Phone #: _____

Date of Birth: _____

Home Address: _____

Host Country Address: _____

Phone: _____

Fax #: _____ Email: _____

Personal Physician _____ Tel. #: _____

Home Medical Insurance _____ Policy #: _____

Study Abroad Medical Insurance-Company Name: _____

Study Abroad Insurance Tel #: _____

Policy # : _____

Dates of Coverage: _____

Bank _____

Credit Card: _____

Calling Card: _____

Academic Advisor: _____ Tel. #: (262) 595- _____

UW-P Financial Aid Officer: Mr. Jerry Polischuk. polischuk@uwp.edu

UW-P Registrar: (262) 595- 2284

International Education Office-Study Abroad: 1 (262) 595-2701

Airline/Travel Agent: _____

Airline Reservation Dates/Numbers: _____

Passport Number: _____

Date of Issue: _____

City of Issue: _____

Visa Information: _____

Traveler's Check #'s \$10's - \$25's - \$50's - \$100's - _____

UW –Parkside Course Registration Dates: _____

Housing Application Deadline _____

Nearest Hospital/Clinic Abroad: _____

Address in host country; _____

Blood Type: _____

Special Medical Conditions _____

Wishes in Event of Serious Injury/Death: _____

See: US Dept of State <http://www.state.gov/>

Attach:

Copy of Prescriptions (using generic names)

Copy of Passport (picture page plus any pages which have updated information)

Copy of Itinerary (with telephone numbers where you can be reached daily)

Copy of Important Medical Records (vaccination dates, etc.)

**Leave a Copy of these Completed Forms and of Each Attachment with
Someone Back Home!**

MONEYS MATTERS WHILE ABROAD

Regularly track exchange rates while overseas

BUYING AND USING THE NATIONAL CURRENCY

To live in a foreign country, you will need to learn how to use a new currency. Start by learning the exchange rate between U.S. dollars and the local currency before you leave home. Then try to think in the local currency. Prior to departure, you can find out what the latest exchange rate is in your host country and other countries you plan to visit by contacting www.xe.com/ucc or any of many currency exchange websites. Remember that there will be daily fluctuations.

U.S. dollars can be exchanged abroad for the local currency at banks and exchange bureaus. Exchange rates vary slightly or significantly, from place to place and over time. In Europe, you can get acceptable exchange rates at railroad stations, and in some Asian countries, hotels may offer the best rate. Shop around for the best rate in your area. Don't be tempted by people who offer to exchange money on the street, or "black market." This is illegal in most countries.

If the U.S. dollar is strong, you can save money by exchanging all your money at once. As you near the end of your time abroad, remember to exchange only as much money as you'll need. In some countries, hard currency restrictions limit the amount of foreign currency that can be changed back into U.S. dollars, particularly if the original exchange receipts have been misplaced.

ATMS ABROAD



Automated teller machines (ATMs) are available in an ever-growing number of locations throughout the world, especially throughout Western Europe, connecting U.S. ATMs with those abroad. If your bank is part of an international network (check on this in advance) you can use your ATM card to obtain cash in the local currency from your bank account in the United States. Generally, the exchange rate is favorable because it's the same one the banks get when exchanging money.

In order to use ATMs abroad, your PIN code must be no longer than four digits. Be sure to memorize the numbers as well as the letters -- some ATMs abroad have number pads without letters. Ask your bank for a worldwide directory of its ATMs. If your ATM card is part of the Cirrus network, you can find the location of these ATMs abroad by calling 1-800-424-7787. You can also get information on whether your host country has ATMs on your network by contacting: www.mastercard.com or www.visa.com.

TRAVELER'S CHECKS

Traveler's checks are the safest way to carry money abroad. If they are lost or stolen, they can be replaced. Make sure you record the check numbers, and keep this separate from the checks. You can purchase traveler's checks in U.S. dollars, which are accepted in many countries worldwide. Traveler's checks are also available in other major currencies, such as Euros, British Pounds and Japanese Yen. Most banks and many travel agencies sell traveler's checks; they generally cost about one percent of the total amount you buy.

GETTING MONEY IN AN EMERGENCY

If you run out of money or an emergency comes up while you're abroad, there are several options for getting money from home. These options include the following:

WIRING MONEY

Cash or traveler's checks can be wired to you through companies such as Western Union or an American Express office (located in major cities). This service is fast but expensive.

POSTAL MONEY ORDERS

A family member or friend can buy a money order from a U.S. post office and send it to you. You'll be paid the amount of the money order at your local post office. Postal money orders have the advantage of being inexpensive, but the disadvantage of being slow: they take as long to get to you as an airmail letter.

CREDIT CARDS

Credit cards are good for emergencies or major travel expenses. They also offer good rates of exchange. Before you go, find out what privileges cardholders with your credit card have when abroad.

PERSONAL CHECKS

Some study abroad programs have an arrangement with a local bank to cash their students' checks. If yours does not, you are unlikely to be able to cash checks abroad. The exception is if you establish a bank account abroad, which may be a good idea if your program is for an academic or calendar year. In addition, some credit cards offer check-cashing privileges. At American Express offices abroad, for example, you can cash a U.S. check for up to \$1,000 if you are an American Express cardholder.

LOST OR STOLEN MONEY

Record the toll-free service numbers for your credit card company, bank, and the company that issued your traveler's checks. If you lose any of them, or they are stolen, you can immediately contact the issuing company for instructions on how to get them replaced. Choose a credit card company that has offices in your host country, so you can get a replacement locally if necessary.

INSURANCE FOR PERSONAL PROPERTY:⁸

You may want to consider having insurance to cover damage or theft of personal property which you take with you abroad. Although occurrences are rare, you may encounter personal property loss due to a fire or other incident in your local residence overseas.

Insurance company policies vary widely on the circumstances and amount of coverage for personal property abroad. In some instances, your parents' homeowner's policy or your own renter's insurance policy is enough to provide limited coverage. In other cases, a special policy must be purchased.

Check with your insurance company, or contact any insurance company which provides home or renter's insurance to learn more about the extent of coverage possible for personal property that you take with you abroad.

WHILE YOU ARE THERE⁹

When abroad, you may find that after the excitement of beginning your study abroad experience wears off, you miss a lot of things about home, and maybe you find aspects of life in a foreign country backwards, or you just don't know what the locals are thinking. Be patient and open minded, and you will find that after awhile you have adapted a new outlook on many of these things, and you are acting more and more like one of the locals!

- Adjusting to a new culture can be overwhelming and even cause headaches (especially if the people all are speaking a language foreign to you).
- Bring something from home that will remind you of how much you wanted to go to ____.
- Talk to the people there about the culture shock that you feel, in many places people are well traveled and may be able to understand and help you with advice and support.

⁸ Thanks to UW-Madison for the contribution on our handbook

⁹ www.glimpseabroad.org/guides.php

- Do not complain about the culture and people of your host country, they are different—not wrong.
- Do not try to convince people that the way things are in America is somehow “better.”
- Try to remember that they would probably feel as lost in your country as you are feeling in theirs. How would you want them to react?

Since each host country (and individual) is unique, each process of acclimation will be different. However, when it comes to cultural disparities between the United States and the rest of the world, there are some that seem to hold true across a wide range of countries.

10 POINTS OF ADJUSTMENT YOU MIGHT FACE ABROAD

1. Concept of time and schedules
2. Approach to work and integration of work into daily life
3. Eating habits
4. Gender relations
5. Reliance on walking and public transit vs. cars
6. Size of public and private spaces
7. Prevalence and permissibility of smoking
8. Incorporation of exercise into daily life
9. Environmental conscientiousness (prevalence or lack thereof)
10. High interest in domestic and international affairs

Culture shock
is a normal
reaction to
entering a new
culture

MORE ABOUT ADAPTING WHILE ABROAD

In order to successfully adapt abroad you will make intentional choices. You can respond to the differences you find in the day-to-day life, values, customs and social cues of your host country with judgment and rejection, or you can broaden your frame of reference to recognize that other ways of doing things are often as valid as the ones to which you are accustomed.

Of course, no matter how tolerant you are on an intellectual level, psychological responses such as those listed above can still be very powerful. Recognizing these symptoms, and acknowledging that they are common and not at all abnormal, can preclude further anxiety and frustration.

Read: <http://www.careersandcolleges.com/tp2/cnc/articles/view.do?cat=now-what&article=adjusting-culture-your-host-country>

TIPS TO HELP EASE YOU INTO DAILY LIFE ABROAD

Take time to learn about the city in which you will be living

SETTLE INTO YOUR LIVING SPACE AS MUCH AS POSSIBLE. This can make you feel more grounded and less like an outsider.

GET INVOLVED. Sign up for extracurricular activities and/or volunteer work. Not only is it a great way to meet people, but you avoid the stagnant stretches of time when homesickness can creep up on you.

KEEP A JOURNAL. This can help clarify impressions and give perspective. **See: Appendix 7 for Tips on Journal writing and blogging.**

KEEP IN TOUCH WITH FAMILY AND FRIENDS BACK HOME. While you don't want to spend all your time cooped up in an internet café, writing home regularly helps combat any sense of isolation you may feel, and more importantly, gives you a space to reflect on your experiences.

ESTABLISH A DAILY ROUTINE. While most study abroad students appreciate their abroad experience for the break it gives them from their hectic schedules back home, setting aside time for a few daily activities can make you feel like less of a traveler and more of a resident in your new home.

GET OUT AND ABOUT. Explore your neighborhood so you feel geographically situated and in touch with its goings-on.

BE PHYSICALLY ACTIVE. This can improve your mental health as well as hook you up with a social circuit.

COOK MEALS. While you certainly want to take advantage of the culinary adventures that your new home has to offer, many survey respondents found that eating familiar food once in a while could be a great comfort. Also, cooking and eating is a great way to entice new local friends into your home and teach them a bit about your own culture. Then sit back and hope for a reciprocal invitation.

FIND YOUR "OWN" SPOT. Locate a pleasant public place where you can go for some solo time and simply watch the local culture bustle around you.

CULTURE SHOCK

***Culture shock** refers to the anxiety and feelings (of surprise, disorientation, uncertainty, confusion, etc.) felt when people have to operate within a different and unknown cultural or social environment after leaving everything familiar behind and they have to find their way in a new culture that has a different way of life and a different mindset ^[1] such as in a foreign country. It grows out of the difficulties in assimilating the new culture, causing difficulty in knowing what is appropriate and what is not. This is often combined with a dislike for or even disgust (moral or aesthetical) with certain aspects of the new or different culture.

See Phases of Culture Shock in Wikipedia: http://en.wikipedia.org/wiki/Culture_shock

Further Reading: Read article: Culture Shock & The Problem Of Adjustment To New Cultural Environments

(An editorial by Dr. Lalervo Oberg; Anthropologist; Health, Welfare and Housing Division; United States Operations Mission to Brazil) http://www.worldwide.edu/travel_planner/culture_shock.html

CULTURE SHOCK

[What is it?](#) | [Symptoms](#) | [Stages](#) | [How to fight it](#)]

By Dr. Carmen Guanipa <http://edweb.sdsu.edu/people/cGuanipa/cultshok.htm>

The term, culture shock, was introduced for the first time in 1958 to describe the anxiety produced when a person moves to a completely new environment. This term expresses the lack of direction, the feeling of not knowing what to do or how to do things in a new environment, and not knowing what is appropriate or inappropriate. The feeling of culture shock generally sets in after the first few weeks of coming to a new place.

We can describe culture shock as the physical and emotional discomfort one suffers when coming to live in another country or a place different from the place of origin. Often, the way that we lived before is not accepted as or considered as normal in the new place. Everything is different, for example, not speaking the language, not knowing how to use banking machines, not knowing how to use the telephone and so forth.

The symptoms of cultural shock can appear at different times. Although, one can experience real pain from culture shock; it is also an opportunity for redefining one's life objectives. It is a great opportunity for leaning and acquiring new perspectives. Culture shock can make one develop a better understanding of oneself and stimulate personal creativity.

Symptoms:

- Sadness, loneliness, melancholy
- Preoccupation with health
- Aches, pains, and allergies
- Insomnia, desire to sleep too much or too little
- Changes in temperament, depression, feeling vulnerable, feeling powerless
- Anger, irritability, resentment, unwillingness to interact with others
- Identifying with the old culture or idealizing the old country
- Loss of identity
- Trying too hard to absorb everything in the new culture or country
- Unable to solve simple problems
- Lack of confidence
- Feelings of inadequacy or insecurity
- Developing stereotypes about the new culture
- Developing obsessions such as over-cleanliness
- Longing for family
- Feelings of being lost, overlooked, exploited or abused

Stages of Culture Shock

Culture shock has many stages. Each stage can be ongoing or appear only at certain times. The first stage is the incubation stage. In this first stage, the new arrival may feel euphoric and be pleased by all of the new things encountered. This time is called the "honeymoon" stage, as everything encountered is new and exciting.

Afterwards, the second stage presents itself. A person may encounter some difficult times and crises in daily life. For example, communication difficulties may occur such as not being understood. In this stage, there may be feelings of discontent, impatience, anger, sadness, and feeling incompetence. This happens when a person is trying to adapt to a new culture that is very different from the culture of origin. Transition between the old methods and those of the new country is a difficult process and takes time to complete. During the transition, there can be strong feelings of dissatisfaction.

The third stage is characterized by gaining some understanding of the new culture. A new feeling of pleasure and sense of humor may be experienced. One may start to feel a certain psychological balance. The new arrival may not feel as lost and starts to have a feeling of direction. The individual is more familiar with the environment and wants to belong. This initiates an evaluation of the old ways versus those of the new.

In the fourth stage, the person realizes that the new culture has good and bad things to offer. This stage can be one of double integration or triple integration depending on the number of cultures that the person has to process. This integration is accompanied by a more solid feeling of belonging. The person starts to define him/herself and establish goals for living.

The fifth stage is the stage that is called the "re-entry shock." This occurs when a return to the country of origin is made. One may find that things are no longer the same. For example, some of the newly acquired customs are not in use in the old culture.

These stages are present at different times and each person has their own way of reacting in the stages of culture shock. As a consequence, some stages will be longer and more difficult than others. Many factors contribute to the duration and effects of culture shock. For example, the individual's state of mental health, type of personality, previous experiences, socio-economic conditions, familiarity with the language, family and/or social support systems, and level of education.

How to Fight Culture Shock

The majority of individuals and families that emigrate from other countries have the ability to positively confront the obstacles of a new environment. Some ways to combat stress produced by culture shock are:

- Develop a hobby
- Don't forget the good things you already have!
- Remember, there are always resources that you can use
- Be patient, the act of immigrating is a process of adaptation to new situations. It is going to take time
- Learn to be constructive. If you encounter an unfavorable environment, don't put yourself in that position again. Be easy on yourself.
- Don't try too hard.
- Learn to include a regular form of physical activity in your routine. This will help combat the sadness and loneliness in a constructive manner. Exercise, swim, take an aerobics class, etc.
- Relaxation and meditation are proven to be very positive for people who are passing through periods of stress
- Maintain contact with your ethnic group. This will give you a feeling of belonging and you will reduce your feelings of loneliness and alienation
- Maintain contact with the new culture. Learn the language. Volunteer in community activities that allow you to practice the language that you are learning. This will help you feel less stress about language and useful at the same time.
- Allow yourself to feel sad about the things that you have left behind: your family, your friends, etc.
- Recognize the sorrow of leaving your old country. Accept the new country. Focus your power on getting through the transition.
- Pay attention to relationships with your family and at work. They will serve as support for you in difficult times.
- Establish simple goals and evaluate your progress.
- Find ways to live with the things that don't satisfy you 100%.
- Maintain confidence in yourself. Follow your ambitions and continue your plans for the future.
- If you feel stressed, look for help. There is always someone or some service available to help you. See your program coordinator in your host country.

Research the customs and traditions of women in the host country

WOMEN ABROAD

Appropriate behavior for young women varies from country to country, and even within countries. Some countries have well-defined gender roles. Others restrict certain activities for women, such as driving and meeting with men who are not relatives. You may find that behavior and dress that are acceptable in major cities are inappropriate in rural areas. Sometimes, though, just the opposite is true, and behavior is more relaxed outside of metropolitan areas.

Observe how local women your age act and dress and try to do likewise. In spite of your efforts, however, you may find that you are harassed. In some countries, women are routinely whistled at, pinched, and even grabbed -- especially foreign women. This may be because, in some countries, the cultural stereotype of western women is that they are promiscuous. You can minimize unwanted attention by taking the following steps:

Dress modestly. Avoid sleeveless tops and short skirts, even in hot climates. Try to dress in the same style as the local women. Avoid making eye contact with men in the street. What may seem to you like simple friendliness might be interpreted as flirtation to a man from a country where women keep their eyes down. Watch the local women; see how they avoid and turn away unwanted attention, and mimic their behavior. Take a friend with you when you go out at night or to an unfamiliar area. In some countries, young unmarried women never go out alone. Arrange a public meeting place when you get together with people you don't know well.

“Despite our personal beliefs about what women should have the right to do around the world, we need to reach a balance of maintaining our identity and respecting the culture we are visiting. Women face unique challenges as we travel abroad. While we are excited to meet new people, we also have to think about our personal safety. Understanding cultural differences in the areas of sex roles, verbal and non-verbal communication and the reputation of foreign women can empower us as we go abroad.” - from *American Women Abroad* by Holly Wilkinson-Ray.

CHALLENGES FOR WOMEN ABROAD

Many American women traveling abroad are adventurous, independent and eager to meet people. Make the most of your time overseas and become involved in a variety of activities. In the United States, women are used to being active: talking with people they don't know, making friends quickly, and going out at night. Yet, in some parts of the world the role of women is to stay at home. Friends are made through family ties, not at night in a bar. And there are often strong differences between how women are expected to act in public and in private. Dress, behavior, activity, eye contact, and topics of conversation are shaped by spoken and unspoken cultural norms.

Traveling alone, frequenting bars at night, and making eye contact with men is sometimes dangerous. The non-verbal messages that we send in a different cultural context may surprise us all. Media images of Lindsay Lohan and Girls Next Door have created powerful, lingering stereotypes of American women. As women jog in the streets of Cairo, wear shorts in Kenya and smile at people in the Paris metro, they may unintentionally reinforce stereotypes.

TIPS FOR WOMEN TRAVELERS *

Here are a few tips for gaining cultural sensitivity as women traveling abroad:

Research the country. Find out what the dress code is for women, which locations and situations are best to avoid as women, what message non-verbal communication such as eye contact sends, etc. Begin gathering this information by talking to women who are either from that part of the world or have traveled there.

Get to know the women of the country. Begin by reading books by and about women from this country. Take advantage of your new home, learn from other women that you are living with, ask questions, and take the time to get to know how they interact with their native culture.

Observe. Women can learn a lot about roles, attitudes and customs by watching. How do women carry themselves in public? What is the role of women in the host culture? What is the reputation of foreign women?

Honor the customs. Women travel to other countries to learn, so women need to make the effort it takes to show them respect. That might mean packing away our T shirts and jeans and putting on a sari or long skirt.

Be aware of different cultures. If you have lived in Germany for a year and feel comfortable with male/female relationships, do not assume your expectations hold true in other countries. As you cross borders, take on the challenge of learning about each culture you encounter.

Learn the language. Whether you are in a country for a few days or a year, you will make a stronger connection with people by trying to talk to people in their language.

Avoid generalizations. You might have a bad experience interacting with one British person; that doesn't mean that all British men and the whole country are unlikable. Focus on what you can learn about yourself and your own culture from each experience.

Listen to and trust your instincts. While women need to make efforts to adapt to a new culture, they also need to pay attention to what feels comfortable. When women are in a situation that makes them feel uncomfortable, they need to follow their instincts and leave.

Express yourself and the difficulties you experience to someone who can understand or in a journal. We all need an outlet.

Use common sense. Be constantly aware of your environment, take the usual precautions with strangers, and never walk alone after dark. Learn about the safest way to return to your home. While we take our nationality and gender with us abroad, one of the best tools women can also take along is cultural sensitivity. With this type of knowledge backing us up, women have a big world out there to explore. *

*Thanks to the University of Virginia.

MULTICULTURAL STUDENTS ABROAD

*Many multicultural students assume that racism abroad may be so overwhelming that it would be better to stay home where you can predict the challenges. In fact, many multicultural students who study abroad have expressed surprise when they are treated as U.S. Americans first and as extraordinary students who have earned the right to study in the host country.

What are some reasons to share with your family on the value of studying abroad?

- Studying abroad will add that professional "extra" to your resume that may open doors to competitive graduate schools and better and more challenging positions;
- With the internationalization of the entire globe, it is important to keep pace with the knowledge, language skills, and problem solving skills of the current and future workforce;
- The world market place is shrinking rapidly and many companies require second languages. Foreign languages are not only valuable in the workforce, they are valuable in the real world.
- You can earn academic credit while experiencing that defining moment in your education that may change your life: studying abroad does not have to delay graduation!
- While you are a student, you have the time and can tap into scholarships and financial aid to assist in providing possibly the best experience of your college career;
- Your perspectives will be global, your attitude will be international, and you will become less ethnocentric and become more culturally sensitive and accepting;
- You will develop confidence, a strengthened sense of personal identity, flexibility, creativity, and more.

*Thanks to Michigan State University for the above information.

<http://studyabroad.msu.edu/people/studentsofcolor/considering.html>

FUNDING FOR STUDY ABROAD

<http://studyabroad.msu.edu/people/studentsofcolor/scholarships.html>

Some good articles by and from multicultural students who have studied abroad at Michigan State University:

<http://studyabroad.msu.edu/people/studentsofcolor/articles.html>

Also, see **TALES FROM ABROAD:** <http://studyabroad.msu.edu/tales/index.html>

***BEFORE LEAVING**

When you consider potential destinations, make an informed choice that takes into consideration all facets of a culture, including possible racism. Research the political, cultural and historical context of the country where you will be studying to find information on the racial climate, and be prepared for what you may face. Visit International Education Office-Study Abroad. If you would like to speak with a student of your same racial or ethnic background, the office may be able to get you in touch with students who have studied abroad and expressed interest in talking to future study abroad students.

Be aware of possible discrimination and racial prejudices that exist in your host culture. Just as the situation may be uncomfortable in America, certain situations may arise abroad that you should be aware of, and able to overcome. Methods of overcoming discrimination abroad can be similar to the methods you use at home. Although these assets may not be at your direct disposal, finding new support groups and adjusting to a new comfort zone are things ALL participants face in study abroad. You can prevent tension by researching the host culture PRIOR to their departure.

ON-SITE

UW-Parkside is aware of many cultural dynamics abroad and wants to make your experience as positive as possible. UW-Parkside realizes that understanding cross-cultural differences, including those that may be offensive, are an integral part of the entire study abroad "experience." There are various methods that may assist your immersion into a new culture, and should be recognized as assets to maintaining comfort and security abroad:

- Use your communication, foreign language, and coping skills.
- Do not be afraid to ask for help and reach out for support.
- Research possible connections with minority student organization on your host campus.
- Be informed of your legal rights as they pertain to discrimination abroad.
- Be in contact with organizations that combat discrimination in the immediate area.
- File complaint reports with local police departments or the U.S. embassy if needed.
- Always carry proper identification, in case local officials unexpectedly stop you.

There are also various coping methods you can use to deal with issues while abroad:

- Maintain pride and self-confidence by acting tactfully in addressing possible situations.
- Remain in contact with on-site program directors and counselors.
- Use your network of friends both abroad and at home.
- Talk to your host families (if applicable).

RETURNING HOME

As difficult as it is to adapt to an entirely new culture, it can be just as challenging to come back home after being away for any period of time. Upon your return home, you may find you aren't the only one who has changed during your absence. Friends and family may be interested in stories or photos for a while, but "really don't understand." It may be difficult to express your feelings in words. Remember that many people may have difficulty relating to what you are saying because it hasn't been a part of their experience.

There are countless ways to use the interests and skills you will gain abroad. Check below for ideas on how to continue your international experience. As a student of color, your stories and experiences should be shared with other multicultural students who may have the same pre-departure questions you had. Be creative in sharing this information:

1. Submit a story to the Ranger News. <http://www.therangernews.com/>
2. Participate in the Study Abroad Fairs offered Fall and Spring Semesters. You will be asked to put together a display and share your experiences with students. See International Education Office.
3. Write a story for the Kenosha News: http://www.kenoshanews.com/contact_us/staff.php
4. Attend the many international festivals around Chicago and Milwaukee. For example:

Chicago: See Celtic fest, African Caribbean International Festival, Oktoberfest etc.

Milwaukee: Check out Polish Fest, Festa Italiana, German Fest, African World Fest, Arab World Fest, Irish Fest, Mexican Fest, and Indian Summer Fest.

5. Consider working as an Intern at the International Education Office-Study Abroad. Enroll in INTS 405-Internship in International Education Services.
6. Share your stories with student groups to which you belong. See PIC- Parkside International Club, PAO-Parkside Asian Organization, Black Student Union, Latinos Unidos, Rainbow Alliance and Sacred Circle.
7. Enter UW-Parkside's International Photo Contest. See Office of Student Activities.
8. Help encourage more multicultural students to study abroad!

Studying abroad will allow you to go as far as your intellectual, linguistic and cultural curiosity permits you. If you want to do something, just do it. As Starlett Craig mentions in **TOP 10 REASONS FOR AFRICAN AMERICAN STUDENTS TO GO ABROAD**: "Do it now. It really doesn't matter where you go. What matters is that you go."

TOP TEN REASONS TO GO ABROAD BY STARLETT CRAIG:

<http://www.transitionsabroad.com/listings/study/articles/studyjul1.shtml>

Related Topic: Racism in Eastern Europe

<http://www.transitionsabroad.com/publications/magazine/0111/shelton.shtml>

*This information was adapted from Michigan State University.

http://studyabroad.msu.edu/people/studentsofcolor/before_onsite_return.html

STUDENTS WITH DISABILITIES ABROAD

Information for people with disabilities who are interested in going abroad to teach, study, volunteer or participate in other cultural or educational exchange programs can be found at:

Mobility International- <http://www.miusa.org/ncde/intlopportunities> or

<http://www.miusa.org/>

Additional Resource: http://www.nafsa.org/_/File/_/educationabroad_iessept_oct.pdf

Also see- In the words of Wendy Harbour, a **study abroad** student to Japan and University of Minnesota **Disability Specialist**: "Go for it!"

<http://umabroad.umn.edu/access/student/avGoForIt.html>

Read article below from CIEE-Council on International Education - **The Knowledge Series**

Found at: <http://www.ciee.org/study/advisors/disability.aspx>

disability: making study abroad happen for you

Whatever your disability—physical or psychiatric, hearing or vision, cognitive or learning, systemic or something else—you can fit yourself into the study abroad puzzle. About three percent of study abroad participants today have disabilities, both apparent and non-apparent, and that number is on the rise. If you've always wanted to study abroad, think about what you'd like to experience—and what challenges you're ready to take on—and talk to disability experts and program staff to decide which programs are best for your goals and abilities.

Whatever your fears—exclusion, communication, unwanted attention—most staff and students are willing to go the extra mile so you can participate as fully as possible. The truth is, the accommodations made for your disability aren't always the type or quality you're used to at home, but there are still important things to see, amazing people to befriend, and great experiences waiting for you abroad. Like almost every student who ventures abroad, you'll end up changing for the better in ways you never expect.

put your mind to it and do it

By studying abroad, you'll learn what makes the culture tick in a place thousands of miles away. You'll also learn how your disability is addressed in your new host country. The first part of the lesson is practical: U.S. laws and society recognize specific physical, mental, learning, and health conditions as disabilities, but not all of these conditions are formally recognized everywhere in the world. This could affect if and how you receive accommodations for your disability abroad.

The second part of the lesson is more abstract but equally important: views on disability, independence, confidentiality, respect for authority, and individual rights differ from country to country, and these views will definitely affect your experience overseas. Here in the U.S., we tend to see independence as being able to accomplish what we want with little or no assistance, or with assistance that we control—and that is guaranteed by law. In other cultures, independence often includes relying on assistance from family, friends, or even strangers.

Don't forget to be on the lookout for other cultural differences. You may think people are staring at you because of disability-related reasons, but don't rule out the possibility that they're staring because it's a normal practice in that country or city to stare at people in general. Evaluate everything against a new cultural framework, and you'll understand—and adapt to—your host culture more easily.

These differences don't mean you can't or shouldn't study abroad. They just mean you'll need to step outside your comfort zone and consider new ways of doing things—just like every student who studies abroad must.

making the decision

There are hundreds of study abroad programs out there, each able to serve different needs—some relating to your disability, some not. These tips can help you evaluate them:

Think about your study abroad goals. What do you want to accomplish? Is there a specific country or region of the world that interests you? Do you want to improve your skills in a particular language? Or study a specific subject?

Think about the type of program you want. Do you want to study in a place where disability accommodations are well-developed and cultural attitudes are progressive, or is the destination itself more important than how your independence or use of adaptive equipment will be affected? Do you want a program that fits your learning style, like interactive classes and experiential field trips to keep your attention, structured schedules and assignments to help you manage your time, or late morning classes to accommodate fatigue?

Choose several programs to research in depth. Learn the facts about the programs you find appealing. Will they meet your academic needs? Can accommodations be made for your disability? Programs vary widely in the way they are designed and operated, so make sure you look at options in a few different countries and for a few different academic terms (program lengths range from a few weeks to a full academic year).

Talk to organizations both on campus and off to learn more. Campus disability support offices and disability groups both in the U.S. and abroad can advise you on how to identify your needs, request accommodations, and learn what services are available on the programs you like. Describe your specific needs and current adaptations, and be sure to ask about every aspect of the program: arrival, orientation, living accommodations, classes, excursions, and assistive technology. Reasonable accommodations are negotiated on a case-by-case basis with study abroad advisors and program staff, and a good program

provider will work to include you in every aspect of the experience by making accommodations when possible.

self-identifying and planning

Identify yourself as a person with a disability early in the process. If you do, you'll improve your chances of securing the accommodations you need to make participation possible. Don't be afraid you'll be disqualified; once you've been accepted, a good study abroad program will encourage you to participate. With your permission, the staff of the program you choose will need to share information about your disability with overseas partners such as host institutions and families. That way, if you have a learning disability, you'll get a quiet room or extra time to take exams; if you use a wheelchair, your host family's home will be measured for fit; and if you're visually impaired, arrangements will be made for Braille and proper computer technology.

Plan logistics and pack. What do you need to take with you? Do you need special equipment like an adapter or transformer for your wheelchair, a laptop with adaptive software, or hearing aid batteries? Talk to the consulate of your host country and to your airline about entering the country with special equipment or medications.

Verify health insurance coverage. Some study abroad programs include health insurance as part of their fee but some don't. Check your regular policy to see if it provides the coverage you need for medical services abroad—and whether your plan pays providers directly, or requires you to pay and seek reimbursement. Pay close attention to benefits relating to pre-existing conditions, prescription drugs in more than a 30-day supply, and mental health coverage for seeing psychologists or counselors. Supplemental Security Income (SSI) and Social Security Disability Income (SSDI) often can be continued while studying abroad, but Medicaid benefits usually can't.

Get informed. Program providers and disability organizations can put you in touch with students willing to tell their stories. The National Clearinghouse on Disability and Exchange (NCDE), sponsored by the U.S. Department of State and administered by Mobility International USA, provides information about disability and international exchange. Tips and a list of organizations that have experience including disabled people in their international programs can be found at www.miusa.org/ncde.

while you're away

Discuss your accommodations with program staff. Once you arrive abroad, discuss specific needs with your resident director or other staff, and communicate any new concerns as they arise. Do you need extra time on tests? Orientation and mobility training? Counseling? Wheelchair ramps? Sign language interpreters? They'll do their best to help.

Seek local resources. For country- or city-specific information, contact national or local disabilities organizations. NCDE has a database of disability organizations worldwide at www.miusa.org; their staff can assist in finding others for you.

Take ownership of your disability and learn what you can do to accommodate your own needs. This may mean memorizing bus routes or which streets have curb cuts, seeking out deaf clubs to learn the local sign language, or identifying people willing to provide you with informal support like assisting you with grocery shopping, monitoring changes in your condition, or keeping you on schedule. Remember that reality can be different from the official story: in theory, every metro station may have an elevator, but how many are operational is the real question.

Allow yourself to accept more assistance than you would at home, or use assistance from home if it's not available abroad. If you're like most students with a disability, you'll build a support system

abroad made up of program staff and new friends. And you may have to accept that there are some things you'll need help to tackle. Maybe that means one of the first things you'll learn in Japanese is "my battery is dead; will you push me home?" If you can't find a personal coach, AA meeting, or therapist abroad, access them remotely by Internet or telephone. If readers and scribes are unavailable, mail order audio or Braille books from the U.S. Library of Congress or bring assistive technology and software from home.

Be realistic about challenges and open to new experiences. The more open-minded you are about the ways things can happen, the more you'll experience. Realistically, though, you may not end up participating fully in every activity. Not every museum has assistive listening options and not every field trip will be worth joining if you're fatigued, conditions are slippery, or your balance isn't great. Understand how the local culture works, adapt your behavior to accommodate it (like by bringing a book to amuse yourself while you wait for accessible transportation), and you'll write your own story abroad.

be a pioneer

All students abroad face challenges in their new environments, and you will too. Realize that difficulties that may seem disability-related could be part of the same culture shock and homesickness that everyone goes through. You may have something extra to grapple with, but you do at home too—and wouldn't you rather be doing that grappling while taking in the Australian Outback?

Once home, help other students with similar (or different) disabilities gain the courage to take their own plunges. Many don't realize they can study abroad, and you have the power to open the world to them:

- educate home campus study abroad and disability offices
- write articles for disability and study abroad publications
- participate in disability-related or international education conferences and panels
- talk to students with disabilities on your campus
- share your story in words and pictures at [MIUSA](#) and at [CIEE](#)

SEXUAL ORIENTATION/LGBT AND STUDY ABROAD

International Education Office-Study Abroad encourages LGBT students to contact our office and the LGBT office (262) 595-2456 on campus with issues or concerns. In the meantime, check-out the resources below:

University of Maryland: <http://www.international.umd.edu/studyabroad/6232>

New York University: Study Abroad Guide on the Experiences of LGBT Students:

<http://www.nyu.edu/lgbt/lgbtabroadguidev2.pdf>

NAFSA Rainbow Special Interest Group: <http://www.indiana.edu/~overseas/lesbigay/>

SAFETI Online Newsletter: http://www.globaled.us/safeti/newsletters_past.htm

Global Gays: Worldwide Gay Life, Sights and Insights: <http://www.globalgayz.com/>

Amnesty International: Sexual Orientation and Gender Identity:

<http://www.amnesty.org/en/sexual-orientation-and-gender-identity>

University of Michigan: Study Abroad for GLBT Students: <http://studyabroad.msu.edu/forms/glb.html>

International Lesbian and Gay Association: <http://ilga.org/>

Gay-MART: Gay and Lesbian Travel Resource Guide: <http://www.gaymart.com/5persorg/6city/targ.html>

Behind the Mask: Gay and Lesbian Affairs in Africa: <http://www.mask.org.za/>

Michigan State University: Tips for Going Abroad: <http://studyabroad.msu.edu/download/glb.pdf>

Washburn University: GLBT Scholarship Resources: <http://www.washburn.edu/sobu/broach/glb-scholar.html>

*We thank CIEE: for article below on Sexual and Gender Expression Abroad-

<http://www.ciee.org/study/advisors/identity.aspx>

***The Knowledge Series**

identity: sexual and gender expression abroad

Studying abroad is a golden opportunity to live another culture, soak up a second language, and transform yourself as a citizen and as a human being. If you're lesbian, gay, bisexual, transgender, queer, intersexed, or an ally (LGBTQIA, for short) this could include experimenting with and expressing alternate identities, both sexual and non-sexual.

Take that into account when you choose a study abroad location and program. Of course you'll want to satisfy your academic and extracurricular needs, but also evaluate the aspects of the environment that could affect how you express your sexual orientation and gender identity. LGBTQIA life exists almost everywhere, but the degree to which it's visible at first glance varies. As you get to know people and places more intimately, you'll usually find a plethora of welcoming institutions and hangouts. Approach expressing your sexual identity as just another cross-cultural challenge. Be positive and flexible, use sensitivity and openness in every interaction, and your time abroad will be the most satisfying of your life.

tips for telling your own story

Before we talk about how your sexual identity fits into your study abroad experience, let's make sure we're all using terms in the same way—a challenge even within the U.S., never mind outside it. It's

important to distinguish gender identity, the sense that a person is male or female, from sexual orientation, the sense that a person claims a gay, lesbian, bisexual, or heterosexual identity. Gender identity is a person's sense of being masculine, feminine, in-between, or androgynous—a sense that is independent from biological sex and usually manifests itself by the age of three or four. Sexual orientation refers to a person's emotional, physical, and/or sexual attraction and the expression of that attraction—which does not manifest itself until much later in life, usually after puberty and often not until adulthood. And gender expression—the way you communicate your gender to others—is independent as well. Many equate being gay with looking or acting effeminate and being lesbian with looking or acting mannish—or even think gay men want to be women and lesbians want to be men—but the spectrum of gender expression is more complex than that.

A list of definitions for these and many other words used in this brochure can be [here](#).

cultural mores from place to place

While studying abroad, you'll be constantly comparing your host culture to what you're accustomed to at home, and that goes for everything from what you eat to who you meet to where and how you live. Here in the U.S., many hurdles to full acceptance and legal recognition still exist, but young people are finding the strength, resources, and acceptance to live their true sexual identities at a younger age than ever before. This doesn't mean heterosexism (the belief that all people are or should be heterosexual) or homophobia (the irrational fear of homosexuality or behaviors or beliefs that don't conform to traditional sex roles) have been eradicated. Problems still exist in the U.S. on personal, social, institutional, and societal levels, and there's no question that some LGBTQIs still live lives of silence, invisibility, and even violence—but there's also no question that gays and lesbians are more visible in U.S. culture and society than ever before. As you travel and study overseas, you'll find that local laws and customs afford you fewer freedoms than you've come to expect in some places and more in others.

Part of living and studying abroad is adapting to the customs—and of course complying with the laws—of your host country and its predominant culture or cultures. In some societies, LGBTQIA culture is more clandestine than it is in the U.S. For example, in China, same-sex public affection is much more common than opposite-sex public affection, so most Chinese LGBTQIs remain cleverly disguised and somewhat closeted. To the discerning eye, two men or two women holding hands and smiling at each other in a certain way are most definitely lovers, but to the typical Chinese eye, they are nothing more than friends. In other societies, like the Dutch, a wide range of gender identities and expressions is visible and accepted.

an opportunity for expression

Abroad, you'll find a new way of seeing your place in the world, and that might include new freedom to express your identity. You may have the opportunity to self-identify as gay, lesbian, bisexual, transgender, etc.—or you may feel sent back into the closet because the environment or host culture is not conducive to outward expression of your sexuality or gender. Depending on where you study, you could encounter attitudes ranging from full acceptance of all forms of identity and expression to severe homophobia or transphobia. Striking a balance between sincere expression of your sexuality and gender and local norms can be a challenge, particularly in cultures where little tolerance exists. On the other hand, in some places where the broader cultural milieu is conservative, liberal laws may exist to protect people with differing sexual identities.

to come out or not to come out

There isn't a single, overarching rule for how to express your true self while abroad. As in any cross-cultural situation, it pays to observe, be sensitive to local customs, and express yourself appropriately and respectfully. If you come to the experience with your own sexual politics and a desire to actively challenge local cultural norms, that could complicate your interactions with people both inside and outside the classroom. Be true to yourself, but stay open to every learning opportunity.

Most students find their study experience is what they make of it. At first, you may be apprehensive about coming out, but if your situation is typical, once you do, you'll have a positive experience filled with friends, fun, and understanding.

Your program staff is there for support, so ask them for advice about the local culture as you consider taking the plunge—a plunge similar to the decision to study abroad in the first place.

Actually, you may be surprised or disappointed to find that your sexual identity can be overshadowed by your nationality in the eyes of your host culture. Quite often, LGBTQI Americans who speak in English overseas are seen simply as Americans, without regard to their sexual identity or gender expression. Remember that your sexual identity is just one part of the complete identity that makes you who you are.

tips from those before you

choose wisely and plan

As you choose a program, take the location's entire environment into consideration in addition to whether or not your academic needs are being met. Be as open and honest as you can with your study abroad advisor and program staff so they can tell you about any culture-specific sexuality or gender issues you need to keep in mind as you choose. Ask how the host culture interprets and handles different sexual identities and gender expressions. What laws exist that affect LGBTQIs? What resources does each program have to deal with issues that could arise and affect your housing, health, safety, or support services?

adapt to your new environment

While abroad, you'll be a guest of your host country. To engage fully, you must be willing to balance your own cultural values with those of your hosts. By actively listening to locals, you'll become sensitive to subtle cues that indicate what is considered acceptable behavior. Hopefully, you won't need to hide aspects of your true identity, but you might need to be more careful of your behavior.

observe local manners

Understand when it's appropriate to discuss your sexual identity or gender expression with fellow students or hosts. What is commonplace discussion in public and private settings in the U.S. may not be considered polite conversation in your host culture. Same-sex marriage, gay adoption, same-sex partner benefits, and gays in the military may not be subjects of open debate overseas. Are all forms of sexual or gender expression, including kissing or holding hands (whether gay or straight) considered a private matter? Is any sexual topic a social taboo? Consider what can or should be discussed publicly in the classroom, in your housing situation, at social events, and in interactions with the local community. Don't take omissions or silences as intolerance, though. Be flexible, trust your instincts, and ask your on-site program director if you have questions.

stay healthy

Doing what you can to stay in good health is essential whether you're at home or abroad. Eat well, sleep enough, exercise regularly, and practice responsible sexual behavior to guard yourself against sexually transmitted diseases, unintended pregnancies, and undesirable social consequences. The incidence of HIV/AIDS is much higher in some parts of the world than it is in the U.S., and it knows no boundaries of country, color, or sexuality. So know your HIV status, learn safe sex practices, and communicate openly with sexual partners. If you need health care overseas, choose a provider who is sensitive to sexual and gender issues if that could be relevant to your needs. If you're transgender, research options for continuing treatments while abroad and restrictions on traveling with certain prescription medications.

be safe

Local laws and practices differ greatly, and the reality is that how you express your sexuality and gender could pose safety concerns while abroad. Make sure you know the laws relating to sexuality and gender expression; if you're transgender, note legal issues related to travel and immigration. Homosexuality remains illegal in some countries, and even in countries without legal barriers, cultural norms may prohibit outward expression of your sexual identity. In some places, even the perception of being gay or lesbian could put you at additional risk. These risks may include outward hostility from locals or harassment from even law enforcement officials. The good news is that if you come to your study abroad experience with good planning and keen understanding of the issues, your time abroad should be as healthy, safe, and meaningful as any student's.

More tips to keep you healthy and safe are available [here](#) and in our [health](#) and [safety Knowledge](#) brochures.

groups that can help

Rainbow SIG (a Special Interest Group of [NAFSA](#)) counsels and supports international and study abroad students and international education professionals who are gay, lesbian, bisexual, or transgender. Resources for students and advisors alike can be found at www.indiana.edu/~overseas/lesbigay.

The International Gay and Lesbian Human Rights Commission protects and advances the human rights of all people and communities subject to discrimination or abuse on the basis of sexual orientation, gender identity, or HIV status. A U.S.-based non-profit organization, IGLHRC responds to human rights violations around the world through documentation, advocacy, coalition building, public education, and technical assistance. Learn more at www.iglhrc.org.

The International Lesbian and Gay Association is a worldwide federation of national and local groups dedicated to achieving equal rights for lesbians, gay men, bisexuals, and transgender people everywhere. ILGA focuses public and government attention on cases of discrimination by supporting programs and protest actions, asserting diplomatic pressure, providing information, and working with international organizations and media. More is online at www.ilga.org.

Knowledge is a series of informational brochures for students, parents, and advisors brought to you by CIEE. As the leading U.S. non-governmental international education organization, CIEE develops and provides programs that allow students and educators to study and teach abroad. We believe that there is no better way to increase international understanding and establish trust between nations. Whether you choose one of our 97 programs or another provider's, we're thrilled that you're embarking on this transforming, enduring experience.

FOR PARENTS

International Education Office-Study Abroad encourages parents to contact our office, should they have any questions and/or concerns.

We thank *CIEE: <http://www.ciee.org/study/advisors/parents.aspx>

***The Knowledge Series**

parents: pointers to prepare for the transformation

Studying abroad will almost certainly be a defining period in your son or daughter's educational experience — a psychological journey that will transform him or her into a global thinker with international perspectives and put him or her a step ahead of the competition in the eyes of prospective employers. In spite of this, you — and your son or daughter — may have a wide range of feelings about the upcoming experience, from excitement at its potential to stress at the idea of being far apart.

By understanding each other's feelings and supporting decisions before, during, and after the period of overseas study, you can help maximize this opportunity. Here is some advice on what to expect (we've been seeing study abroad transformations in action for more than 50 years).

encourage, but don't push

Before your student leaves, offer your full support. Let him or her know that you will be there throughout the experience if needed, including that you can still be reached from overseas.

Time abroad often begins with a honeymoon period during which students are excited to finally be in the setting that they have dreamed of. After facing realities such as unfamiliar university procedures, unexpected difficulty with the local language, commuting woes, and the absence of usual support groups, culture shock can set in. At the same time, the student is away from on-campus medical, psychological and advisory services they may have come to rely on (a major change in university life since we attended college is the degree to which students rely on these resources). Expect to hear some tales of frustration, though your student will likely be experiencing many wonderful things as well, even if you are not the first to hear about them. In most cases he or she won't expect you to solve problems —as much as you may want to—and is just looking for an understanding ear.

If studying abroad was your idea to begin with, be sure not to push too hard. Every year, program directors hear complaints from students who didn't want to come in the first place—and those students experience more difficulty than others adjusting to the new environment. In fact, some never do.

maintain a level of distance

It is by overcoming any difficulties that your son or daughter will quickly rise to a new level of independence, so avoid the temptation to become too involved. Ultimately, this is his or her learning experience.

Also, it's important to remember that study abroad students are not on vacation. Attending class with him or her—or taking your student out of class to sightsee—will interrupt the educational process and immersion experience. If you want to visit, it's best to do so when the program has finished so you can travel together. And it's not usually wise to try to obtain permission for your student to return home early; the end of the semester is the most important part of his or her academic experience.

prepare for the transformation

After living abroad for as long as study abroad students do, they can't help but be changed by the experience. This can take many forms, from new ways of dressing to cravings for different kinds of food to new political perspectives. Don't worry too much: negative feelings usually last for a very short time, while a realistic view of America and its place in the world remains with most students for life.

Be prepared for him or her to experience some degree of reverse culture shock—most do—and need some time to fully readjust to living at home again. In some cases, he or she may even experience a period of depression or longing to return abroad. Once again, your support, interest, and understanding will help your son or daughter during this life-altering experience. Observing and discussing changes like these is an excellent way to share in your son or daughter's international experience, and you will probably want to hear more than most other people, which will be satisfying to your son or daughter. Most study abroad participants report years later that the time they spent overseas was the best part of their college years—and that it changed them for life.

practical preparations

It's a delicate balance: making sure your son or daughter is prepared for his or her time abroad, and letting him or her take the lead at the beginning of this new experience. Here is a list of things that should be resolved before departure, and our suggestions for ways to do so:

program policies

Make sure your student understands what policies apply to him or her while abroad. Ask home schools about credit, enrollment status, financial aid, study abroad-related fees and services the school will provide while abroad. Ask program providers for the terms of participation, which covers issues such as course load, changes to academic programs, grade reporting, fees, and refunds.

travel documents

Check that your son or daughter's passport and any required visas are in order. You should also have a valid passport in case of emergency.

health

Before departure, your son or daughter should have a general physical and dental exam; women should also have a gynecological checkup. Make sure he or she packs a complete medical record and a typed copy of any vision prescriptions needed. Ask the doctor how best to handle routine prescription medications.

finances

Decide with your son or daughter how to access money for both everyday financial needs and emergencies. Certain monetary instruments may be preferable in certain destinations, so ask your program provider for more specific recommendations. Generally, it's important to ask your bank how (or if) its ATM card will function abroad and what extra fees there might be. A personal credit card with cash advances or traveler's checks could also make sense. Then, make arrangements to pay any monthly bills and, if necessary, to file your son or daughter's income taxes.

insurance

Continue carrying your student as a dependent on your health insurance policy, even if he or she will have other coverage while studying abroad. Be aware that in many countries the cost of medical services must be paid in advance by the patient (and then reimbursed by insurance). Insure valuables your son or daughter will take on the trip, such as a laptop computer, camera, or video recorder. Also consider tuition, trip, travel, and luggage insurance. Advise him or her not to bring irreplaceable objects such as family jewelry.

travel planning

Research travel costs and help book flights. Learn regulations regarding the type and size of luggage that can be carried; then help your son or daughter pack lightly. Be aware of any restrictions the tickets you purchase may have (such as a change policy). A money belt can help keep valuables safe during the trip.

contact planning

Make sure you have a telephone number where you can reach your student and know the times of day when he or she is most likely to be there. Minimize the cost of staying in touch by establishing methods in advance. Contact your phone service provider to arrange for a calling card, research internet phone options, or learn the most inexpensive way to call collect or wirelessly from the destination country. You may be able to select an international plan that has reduced calling rates to that particular country to minimize costs of calling from home. Given the cost of telephoning, it might be better to set up a regular schedule for e-mailing or instant messaging instead.

emergencies

Make sure you will be informed if your student runs into difficulty overseas. Since students are almost always adults (over 18 years of age), you will not receive that information unless you are designated as his or her emergency contact. In some cases, even that is not sufficient, so you may want to have him or her sign a release form as a precaution. Discuss how you will handle any family emergencies that may arise. It's best to have a written emergency communication plan listing the methods of communication to use and the order in which to use them. Give your student a copy of the plan, which should include: all family telephone numbers; access codes for messages on family answering machines; phone numbers for several out-of-state relatives; and several e-mail addresses, including a backup address at an overseas provider such as Yahoo! Australia.

data file

Gather all of the information you and your student might need while he or she is away, including:

- contact information for
 - your student (if housing has been assigned)
 - on-site Resident Director
 - home office of the program provider (ask if they have a 24-hour emergency number)
 - study abroad office at the home school
 - doctors who have treated your student in the past
 - citizen assistance section of the embassy or consulate nearest your student's program
 - U.S. State Dept. Office of Overseas Citizen Services
- insurance policy numbers and how to submit claims

- your student's credit card numbers
- your student's passport number
- duplicate lost passport kit (your student should take one abroad as well) containing:
 - two passport photos
 - official copy of his or her birth certificate
 - photocopy of passport's photo, signature, and visa pages
- program calendar

pre-departure dos

If you want to help your student prepare, make plans to take care of the following necessities together:

- understanding program policies
- travel documents
- health preparations
- financial preparations
- insurance
- travel planning
- how to get in touch while abroad
- what to do in case of emergency
- collecting a data file

keep up-to-date stateside

You may have to help handle some things for your son or daughter while he or she is abroad, such as:

- renewing a driver's license
- registering to vote or requesting an absentee ballot
- filing income taxes
- paying monthly credit card bills
- preparing for the next semester at the home school (open mail from the college and remind your student)
- registering for classes
- selecting a housing option
- preparing forms to continue financial aid

CAMPUS LIFE ABROAD

WHAT TO EXPECT FROM YOUR CLASSES

In many cases you will find that classes are structured differently from what you are used to here in the U.S. Where in American Universities there is often an emphasis placed on discussion, and students are expected to ask questions and contribute their own ideas and thoughts, and to contribute to the class as a whole; many other countries such as England and Australia follow a different teaching philosophy. The majority of the material is delivered in lecture, where no discussion takes place. The students take notes on what the professor presents, and later discuss aspects of the lecture in small groups, called tutorials. Tutorials are usually held weekly and last for an hour. They are conducted by a tutor, and depending on the country can include anywhere from 3 other students to 15 students.

In many respects, foreign universities place a greater emphasis on independence than U.S. universities tend to. It is not uncommon to spend fewer hours in the classroom while studying abroad, but more hours doing independent research in the library. Attending lecture is important just like it is here. No one is going to keep track of whether you were there or not, but if you miss too many lectures you will find yourself at a disadvantage come exam time, just like back home! Keep in mind that each country's education system is a little different, and be prepared to adapt to these differences. You may find that you prefer how your study abroad education is structured over your American one!

LIFE OUTSIDE OF THE CLASSROOM

After the school day has ended, and on the weekends, you will probably want to see what social life in your study abroad country is like. Once again, you are likely to experience some differences depending on where you choose to study. In England many of the dormitories are quite old, and have only recently been fitted with telephone jacks! Don't expect to find wireless access for your laptop here! You will have no problem finding ample computers for these purposes located in the library as well as other areas of campus.

In Australia, a large number of students live at home and commute to school (sound like UW-Parkside?). The campuses here are bustling during the day, while at night there is still a small group of students who live in the dorms on campus, and you will still find the social life here in full swing on nights and weekends. Additionally, lots of students in Australia share apartments off campus. The Housing Office, campus newspaper, and notice boards can help you find apartments, as well as potential roommates.

Some universities have their own bars and clubs within their student unions. In most of the world where the drinking age is 18, there is not nearly the novelty attached to drinking among college students as there is in the U.S. where the drinking age is 21. You will find that most drinking is done in the company of friends at a pub while socializing and shooting pool, and large frat parties centered on drinking generally do not occur.

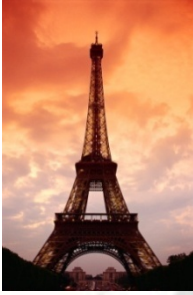
LIVING WITH A HOST FAMILY

Why Live With a Host Family?

<http://www.petersons.com/common/article.asp?id=1249&path=ug.fas.advice&sponsor=1>

Host Family 101: <http://lostgirlsworld.blogspot.com/2009/12/lost-in-spain-host-family-101.html>

EXPLORING OFF CAMPUS



During your stay abroad, you will probably want to take advantage of any free time that you have, winter break for example, to explore not just the immediate city or region you are living in, but some of the surrounding countries adjacent to you “new” home. Think of it something like traveling from Kenosha to Florida during Spring Break, only Florida in this case could be the Amalfi Coast of Italy, or the Greek Isles. You might consider how close you are in relation to many of the great sights that are out there waiting to be explored!

There are many ways to explore; trains are fast and efficient in places like Europe or Japan. Buses may be the best option in Central and South America, and Airplane is the norm in Australia and New Zealand. Just like here in the U.S., budget airlines are popping up in Europe, and even in Asia. Ryanair, and EasyJet are two low fare European airlines, and Virgin Blue is the low fare carrier in Australia, New Zealand, and the South Pacific-how about Spring Break in Tahiti!

JOURNALING WHILE ABROAD

While Abroad:

While abroad, we encourage students to enroll in International Studies or INTS 206-Study Abroad Journaling. This course provides students the opportunity to earn 2 academic credits for journaling while on study abroad. Students will complete assigned readings based on the book by Linda A. Chisholm, [Charting a Hero's Journey](#)- (New York: The International Partnership for Service-Learning, 2000* See- Amazon.com

<http://www.amazon.com/Charting-Heros-Journey-Linda-Chisholm/dp/0970198426>

Through this course you will reflect on your own journey and connect your real-life experiences with others who have lived in foreign cultures and who have traveled before you. As part of the course, you will submit twelve written assignments (500-750 words per assignment) from a list of proposed topics during your study-abroad experience. These you will submit electronically to the instructor according to the specified deadlines.

* Enrolled in the course? Students are required to purchase a copy of Chisholm's "Charting a Hero's Journey" (approx. \$22.00). Purchase a copy of the book at UW-Parkside's bookstore or see:

<http://www.volunteeringinternational.org/advocacy/publications/charting.html>

*For more journaling ideas also see Appendix #7

COMING BACK HOME

WHAT IS RE-ENTRY?

The process of reentry is a period of evaluation of and reflection on the experiences encountered overseas. Reentry is a process that occurs when a person leaves his or her social system for an extended period of time and then attempts to reenter the social system. Cross-cultural reentry describes the re-adaptation of an individual to the home culture after an extended stay in a foreign culture. The process contains positive and negative aspects as the returning sojourner becomes aware of changes in his or her self-concept, attempts to interpret experiences and changes to others, and incorporates experiences into his or her daily life.

- Journaling while abroad is a good idea; journaling about re-entry can also help to clarify the feelings of reverse culture shock.
- The question “What did you like best about ___?” will get old, try answering it in a different way each time – this will help your answers to be more engaging and sound less rehearsed.
- Talk to other people who have spent time abroad. They will likely enjoy trading stories with you and can help you to readjust to life in America (especially students who went abroad with the same program to the same place).
- If you get frustrated, try to focus on the things here that you missed when you were there.
- You may find yourself shocked by some of the views that you once shared. Remember to share your experience with others, but don’t try to tell people their views are wrong—they won’t appreciate it.
- You might want to find a creative outlet for some of your re-entry experiences, try doing a slid show/power point, writing in a journal, or creating a piece of artwork. Even if it is only for you it may help you to sort through your feelings about your trip.

TOP 10 POINTS OF ADJUSTMENT UPON RETURN:

- Driving everywhere instead of walking
- Coping with Americans' rudeness
- Contending with American excess
- Finding that family and friends quickly lose interest in your stories from abroad.
- Speaking in English

- Handling the fast pace of US life
- Returning to mundane or trivial details of your previous life
- Feeling a disconnect from friends who have a body of shared experiences you missed out on
- Adapting to a different eating schedule
- Returning with an expanded worldview – particularly with a more acute awareness of our country's flaws

Further Readings:

~Messiah College-[Tips for Returning to Campus Life After Returning Abroad-](#)

http://www.messiah.edu/offices/engle_center/counseling_services/self_help/studying_abroad/

~ Worldwide Classroom- Re-Entry Shock.

http://www.worldwide.edu/travel_planner/culture_reentry.html

REVERSE CULTURE SHOCK

When it's time for you to come home to the U.S. you may very likely find that you miss the aspects of life that you grew to enjoy abroad. In addition, you may find that friends or loved ones at home may have changed since you left. They will probably think that you have changed, too. These things are all normal experiences, use the same patience that you used in adjusting to life abroad, and you'll find that you will get by just fine. In fact, your family and friends will likely be excited to hear about your adventures living abroad!

When you go abroad, you live some mind-broadening experiences that others who stayed home don't usually understand. For that reason, it's hard to reconnect and settle back to old routines.

See: Stories from other students who have studied ``abroad. : <http://glimpse.org/>

HEALTH MATTERS: POST-STUDY/EXPERIENCE ABROAD

The onset of illness picked up during travel abroad can take weeks or months after returning home. For example, Hepatitis B symptoms may not surface for as long as 180 days after infection. Keep this in mind after you return, particularly if you come down with an intestinal illness. Tell your doctor

where you've been, what you did, how long you stayed, what you ate and drank, and if you recall being bitten by insects.

On campus, contact: [Student Health & Counseling Services](#) (262) 595-2366

THE TOP TEN IMMEDIATE RE-ENTRY CHALLENGES

There are lots of reasons to look forward to coming home, but there are also a number of psychological, social, and cultural aspects that can prove difficult—often because they are unanticipated. The following list was generated by interviewing students and travelers like you who have been through the experience and survived nicely. However, students recommend that the process be taken seriously, that the traveler should be realistic and think about possible reactions. Returnees offer the following thoughts on re-entry for your consideration in the hope that the advice will make your return both more enjoyable and more productive.

1. **BOREDOM**

After all the newness and stimulation of time abroad, a return to family, friends, and old routines (however nice and comforting) can seem very dull. It is natural to miss the excitement and challenges which characterize study in a foreign country, but it is up to the traveler to find ways to overcome such negative reactions.

2. **"NO ONE WANTS TO HEAR"**

One thing you can count on upon your return is that: Many people may not be interested in hearing about your adventures and triumphs as you will be in sharing those experiences. This is not a rejection of you or your achievements, but simply the fact that once they have heard the highlights, any further interest on your audiences' part is probably unlikely. Be realistic in your expectations of how fascinating your journey is going to be for everyone else. In short, be brief.

3. **YOU CAN'T EXPLAIN**

Even when given a chance to explain all the sights you saw and feelings you had while studying or traveling abroad, the experience is likely to be a bit frustrating to relay to others in a coherent manner. It is very difficult to convey this kind of experience to people who do not have similar frames of reference or travel background, no matter how sympathetic they are as listeners. You can tell people about your trip, but you may fail to make them understand exactly how or why you felt a particular way. Remember, that's okay.

4. **REVERSE "HOMESICKNESS"**

Just as you probably missed home for a time after arrival from the United States to your host country, it is just as natural to experience some "reverse" homesickness for the people, places, and things that you grew accustomed to during your time away. To an extent it can be reduced by writing letters, telephoning, e-mailing and generally keeping in contact. Feelings of loss are an integral part of international sojourns and must be anticipated and accepted as a natural result of study-travel abroad.

5. RELATIONSHIPS HAVE CHANGED

Depending on how long you have been away, it is inevitable that when you return you will notice that some relationships with friends and family will have changed. Just as you have altered some of your ideas and attitudes while abroad, the people at home are likely to have experienced some changes. These changes may be positive or negative, but expecting that no change will have occurred is unrealistic. The best preparation is flexibility, openness, minimal preconceptions, and tempered optimism.

6. PEOPLE SEE THE "WRONG" CHANGES

Sometimes people may concentrate on small alterations in your behavior or ideas and seem threatened or upset by them. Others may ascribe any "bad" traits to the influence of your time abroad. These incidents may be motivated by jealousy, fear, or feelings of superiority or inferiority. To avoid or minimize them it is necessary to monitor yourself and be aware of the reactions of those around you, especially in the first few weeks following your return. This phase normally passes quickly if you do nothing to confirm stereotypes.

7. PEOPLE MISUNDERSTAND

A few people will misinterpret your words or actions in such a way that communication is difficult. For example, what you may have come to think of as humor (particularly sarcasm, banter, etc.) and ways to show affection or establish conversation may not be seen as wit, but aggression or "showing off." Offers to help in the kitchen can be seen as criticism of food preparation, new clothing styles may be seen as provocative or inappropriate, references to the host country or use of your new language may appear as boasting. Be aware of how you may look to others and how your behavior is likely to be interpreted.

8. FEELINGS OF ALIENATION/CRITICAL EYES

Sometimes the reality of being back "home" is not as natural or enjoyable as the pace you had constructed as your mental image. When real daily life is less enjoyable or more demanding than you remembered, it is natural to feel some alienation, see faults in the society you never noticed before or even become quite critical of everyone and everything for a time. This is no different than when you first left the U.S. and arrived in your new host country. Mental comparisons are fine, but keep them to yourself until you regain both your cultural balance and a balanced perspective.

9. INABILITY TO APPLY NEW KNOWLEDGE AND SKILLS

Many returnees are frustrated by the lack of opportunity to apply newly gained social, linguistic, and practical coping skills that appear to be unnecessary or irrelevant. To avoid ongoing annoyance adjust to reality as necessary, change what is possible, be creative, be patient, and above all, use all the cross-cultural adjustment skills you acquired abroad to assist your own re-entry.

10. LOSS/COMPARTMENTALIZATION OF EXPERIENCE

Being home, coupled with the pressures of job, family, and friends, often combine to make returnees worry that somehow they will "lose" the experience; somehow becoming compartmentalized like souvenirs or photo albums kept in a box and only occasionally taken out and looked at. You do not have to let this happen. Maintain your contacts. Talk to people who have experiences similar to yours. Practice your skills. Remember and honor both your hard work and the fun you had while abroad.

Compiled by Dr. Bruce LaBrack. School of International Studies, University of the Pacific for use by LASPAU for the CAMPUS Program. Taken from Aspire Newsletter, Spring, 1994.

ON RE-ENTERING ONE'S CULTURE

By Nobleza C. Asuncion-Lande

"Thinking back over the comments of people I've met who have studied overseas, this seems to be typical - the first month after returning home was hell. I was depressed and didn't feel at home anymore. For a long time, I didn't want to let go of the new life I had learned" (Wilcox, O'Driscoll, Asuncion-Lande, 1976).

Re-adjustment is a challenge for individuals when they return home from a relatively long residence in another culture. In many ways it is very similar to the experience of a person who enters a new culture for the first time. The latter has been labeled as "culture shock" and the former as "reverse culture shock" or "re-entry shock."

Re-entry shock is precipitated by the anxiety which often results when one tries to re-establish oneself in one's own culture after a prolonged absence. It is aggravated by a feeling of anger or alienation at the discovery that one has become a "stranger to one's own culture."

There appear to be varying degrees of re-entry shock, just as there are degrees of culture shock. Research literature has shown that individuals who have been most successful in adjusting to a new culture may have a great difficulty in re-adapting to their own culture (Brislin and Van Buren, 1974). For one thing, their self-confidence in their ability to adapt to changed or new situations - exemplified by their successful adjustment to a new culture - is severely tested. Thus, while such

individuals may recognize that they are changed as a result of living in other cultures, the consequences of that change in relation to their home environment are new experiences. These changes are all the more traumatic because usually they are completely unexpected, or even unrecognized.

Excitement: There appears to be four distinctive matters of response to the re-entry shock. First is the initial excitement of return. The person is back home with loved ones - relatives, friends, and colleagues. The new arrival becomes the object of much attention, of pride and of excitement. The prospect of picking up one's life from where it left off before leaving for foreign adventures may be a challenging one.

Re-establishment/Frustration:

Second, the initial excitement of arrival subsides as the person begins the serious business of becoming re-established in the home environment. It is usually at this time that the returning student/traveler begins to experience irritation and frustration. It is discovered that one's "natural" way of behaving and of living is in conflict with the way of life of those around them. It is also at this point that feelings of ambivalence about the wisdom of returning home begin to surface. The changes in the environment and in the social relationships that occurred during their absence are no longer viewed as challenges, but a threat to one's well being. When the individual feels threatened by the new roles that are thrust upon them, or falls "out-of-pace" with the lifestyles which seemed so important prior to their experience abroad, the traveler begins to take defensive measures.

Sense of Control: Certain tactics are then employed by the student/traveler to remove the threat to their self-concept and to establish a sense of being in control over their environment. This may take the form of "scapegoating" relatives, friends, co-workers or even the society-at-large are blamed for the student's/travelers problems in re-adjusting to the cultural environment and for their lack of understanding and sympathy for all their difficulties. Consciously, or unconsciously, the individual attempts to change the environment in order to reduce their feelings of dissonance. Such attempts may be viewed with amusement, contempt or resistance by the other members of the group. This, in turn, reinforces the returnee's feelings of frustration. The inability to change the environment may force the returnee to withdraw from interaction with those around them. They may seek the company of persons of other cultures or other returnees. An extreme reaction to such frustration and conflict is a complete rejection of their own culture and an attempt to go abroad once again.

Re-adaptation: It may not be possible, however, to leave home again after having just returned. Thus, those who stay will, under normal circumstances, look for ways to cope with their problems of re-adjustment. They then move on to the fourth pattern of response or the slow and painstaking process of re-adaptation. The returnee begins to realize that while they may not be able

to change their own culture, they can attempt to understand and to respond to it in light of their new knowledge about themselves and about their environment. This process of responding requires the ability and a desire to listen for messages and responses of those around them. They must also develop an awareness of the messages that they are sending out to others, and the interpretation which others make of their messages. This is the learning phase of the re-entry experience. It is also the stage where intercultural communication plays a vital role in the process of re-adjustment.

Intercultural communication occurs when individuals of groups from different cultures come into contact and exchange messages. They react to the same stimuli, but their manner of responding as well as their responses may differ because of the filtering effect of their individual cultures upon their perceptions. They communicate on the basis of presumptions made by "selves" whose perceptions are screened through differing normative systems of attitudes, values and beliefs.

A returnee who has had a significant involvement in another culture is likely to find that there are various aspects of their own communication behavior that have changed. If the returnee is aware of these changes, and of the potential reactions to such changes by others, that individual's re-adjustment may be eased considerably. The returnee becomes more sensitive to the cues to which they did not respond before. This phenomenon of "awareness" is not, however, as common as one would assume. Most individuals assume that they already know all there is to know about the culture in which they were born and bred. Thus, they do not suspect that difficulties may occur when re-entering their old culture. They may fail to realize that their outlook on life will have changed by their intercultural experience, and that their old culture and environment may have changed also during their absence. These unexpected changes exert a strong influence on individual reactions to their home culture. A returnee's reactions often occur at the level of "out-of-awareness." This fact contributes to the difficulty of determining the underlying cause of frustration or conflict during the re-entry period.

There is evidence, however, that the problems of re-entry can be minimized or controlled through proper preparation. Worrying about a potentially stressful event may force one to analyze it and to prepare for its effects (Brislin and Van Buren, 1974). It is important that a returnee be aware of the potential psychological and social problems that must be faced on re-entering to their home culture. Such problems may affect: the self, or cultural-identity; interpersonal relationships; role changes; professional expectations; and expectations of the society-at-large. Furthermore, the returnee should also realize that the process of re-adjustment, though relatively painful, might lead to a new self-understanding in relation to one's culture, as well as to personal growth.

Various programs have been developed to make individuals aware of the stress they may face on re-entering to their home cultures. The object of these programs is to provide a setting in which those who return home can analyze the special problems of re-entry and prepare for them. In such an atmosphere, the returnee is encouraged to evaluate past experiences encountered in the new culture and to arrive at realistic expectations about the experience of re-entry.

Re-entry into one's culture will always be a difficult experience, as are most new experiences. However, it need not be a threatening one. Re-entry can mark a promising beginning for a new outlook on one's life and culture.

QUOTABLE QUOTES FROM RETURNEES

"I am definitely a different person now that I'm back in the States. My whole outlook has changed, and now I'm not so dependent on others. Studying abroad is the best learning experience a person can have."

"I have new energy and zest for life...I blossomed."

"The Italian spirit and love of life has become a part of me."

"Experiences of great intensity--a especial dream, a period of concentrated work, a sudden absorption, maybe a love-affair--have in common that they are unusually real while they last. Yet it is precisely this quality which so easily vanishes. Afterwards how unreal it all suddenly seems! We lost ourselves in that dazzling fugue whose importance to us we do not doubt and yet which now is so imaginary. Time which seemed not measurable, so endless, suddenly lapses back into the diurnal and leaves behind it disquiet and longing for lost intensity...Yet there does remain a knowledge, like the pleasurable stiffness in the muscles after a previous day's unaccustomed exercise, to prove that something occurred. Something did after all take place to tax the muscles of the mind. For an unmeasurable time one went somewhere extraordinary and loved extraordinary things. One has been a traveler, and it is not a traveler's feet which ache."

-James Hamilton-Paterson, from Playing with Water

(from a letter by B. Breunig, SIT)

"It took me months to feel normal again. Sometimes I questioned my sanity."

"My first week home was spent making plans to return to Asia."

"I'm a lot better Jeopardy player."

"My time abroad has reminded me that we in the U.S. are a very small minority in the world. Things of great importance happen everyday thousands of miles away."

"I can't tell you how much of an impact studying abroad has had on me. It was the best thing to happen to me thus far. I encourage anybody and everybody to go on a study abroad program. If you don't you're missing out!!"

"It was difficult to readjust to academics."

Thanks to the University of Wisconsin-Milwaukee for this contribution. 9/2004.


*THINGS NOT TO DO AFTER RETURNING FROM ABROAD

<http://smustudyabroad.blogspot.com/2009/09/top-5-things-not-to-do-after-returning.html>

*Thanks to St. Mary's University of Minnesota.

***TOP 5: Things NOT To Do After Returning From Abroad**

You've been abroad and now you're home. You're more worldly, more cultured, and excited to share your experiences with your friends and family. You feel like a changed person, but the problem is, everyone else is exactly the same. And not only that, they expect you to be the same, too.



So how do you relate to them without coming across as braggy or snobby? Here are some suggestions from a kid who hasn't been abroad yet, but who knows what it's like to hear never-ending tales about Brazilian carnivals, Italian wine, and Australian rugby matches. This brings us to our first piece of advice:

#5 Don't go on and on and on and on.

Your friends and family are interested in your abroad experience, but that doesn't mean you have to start every sentence with, "When I was abroad..." followed by an hour-long narrative. People only want to spend so much time hearing stories and looking at pictures. Remember, no matter how fascinating an experience was for you at the time, not all experiences make for interesting stories.

#4 Don't pretend to be from your host country.

Yes, spending a semester in another country does help you get to know that country. Yes, you adopted new practices and tried new things. Still, let's not lose perspective: You're not actually from your host country. So while we encourage you to find ways to integrate your new knowledge into your life at home, remember that you can't bring it all back with you.

#3 Don't act "holier-than-thou."

One of the most exciting things about living abroad is being exposed to different tastes, perspectives, and practices. Sometimes this means reevaluating your own, whether that results in a newfound appreciation for quality coffee or newfound horror over the quantity of plastic bags that your compatriots use at the grocery store. Still, nobody wants to be lectured to, or hear you bash their tastes.

#2 Don't flaunt it.

It's important to remember that it's not possible for everyone to go abroad. There are factors that hold many people back, like financial restraints, academic requirements, or family matters. You've been afforded a great opportunity that isn't necessarily available to everyone, even though it should be.

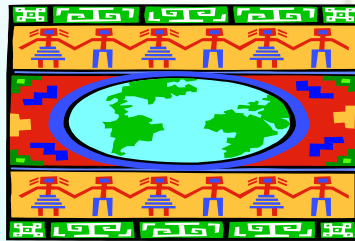
#1 Don't hate the United States.

Yes, it can be hard to settle back into your old American life. Maybe it seems boring and unexotic, or maybe new things suddenly bother you—the pace of life, the individualistic mentality, the mass consumption. But the fact is, there are many things that are wonderful about the United States, and

they should not go unnoticed or unappreciated.

Instead: Walk through a new neighborhood, find a new restaurant, meet a new person. Go on a road trip with your friends, or take a cheap flight to somewhere you've never been. Sometimes we forget about how many cultural enclaves exist right here in our own country: Take time to explore them. Bring that eagerness to learn and explore home with you. And if you don't always like what you find, use your newly expanded perspective to figure out how to make things better.

Article retrieved September 3, written by Colin May, Glimpse staff, supported by National Geographic Society.



To: Study Abroad Returnees

From: The International Education Office-Study Abroad

Re: WELCOME BACK TO THE U.S.A!

EVALUATION: See Appendix 3

We're glad you are back from your study abroad, internship or work abroad. We're sure you have many photos and stories to share. Returned participants are our best insight into changes and improvements to our programs. We hope you can help the International Education Office-Study Abroad by taking a few minutes to complete the enclosed evaluation of your experience. In doing so, you are assisting us to improve our programs.

SCHEDULE YOUR RE-ENTRY MEETING:

In addition, we would like you to schedule a meeting with the International Education Office-Study Abroad (262) 595-2701. We want to hear the good, the bad, and the ugly parts of your experience. For your meeting, please bring photos and other interesting items you may have picked up along the way!

LITERATURE ON RE-ENTRY TO THE U.S.

In some cases, you may have suffered from some form of culture shock when you first arrived abroad. Upon your return to the U.S., you may also suffer from “reverse culture shock”. Many travelers undergo the same phenomena. I have enclosed information that may help you understand what you are going through and assist you to gradually get back in the swing of things.

CONTINUING YOUR INTERNATIONAL EXPERIENCE:

As with any great experience, you may want to continue your experience abroad with some activities here at UW-Parkside, the surrounding areas or in your own hometown. For example, at UW-Parkside, you may want to: assist with the Study Abroad Fair, attend the Foreign Film Series, enroll in the International Studies Major, Minor or Global Studies Certificate program or attend one of the many international functions sponsored by the Center. You may also want to consider attending the International Friendship Hours at UW-Parkside, attend a lecture by a well-known international speaker or practice your newly acquired language in the language lab. See the Center’s website (now under construction) for more information on events and study abroad programs.

Also, you may want to attend one of the many colorful international festivals in Racine, Kenosha, Chicago and Milwaukee. In Milwaukee, these include festivals like Irish Fest, Polish Fest, Festa Italiana, Fiesta Mexicana, German Fest, Russian Fest, Asian Moon Fest, Bastille Days and Arab Fest. Further, you can keep yourself involved with current international issues by reading international newspapers and watching international channels on T.V.

Finally, don’t forget to integrate your powerful experience into your coursework or into your every day life. Use the knowledge and experience and share with others! Remember to strive to be a global citizen!

Make A Commitment!

YES!

I WANT TO RE-LIVE MY MEMEORIES & STAY INVOLVED WITH STUDY ABROAD!

STUDY ABROAD RETURNEE: PLEASE COMPLETE AND BRING TO International Education Office-Study Abroad.

You may be asking yourself the question, “what can I do to continue my experience now that I am home?” Many people feel the life they had prior to going abroad isn’t quite the same as the life they now have once they’ve

returned. Most sense a change with people, places and the general environment and find reentry almost as challenging as assimilating to a foreign culture.

Please give the following activities your consideration. Checking an activity will not obligate you in any way- but do remember that if you were awarded a Wisconsin travel grant, we strongly encourage you to stay involved.

Thank you and we hope to hear from you soon!

_____ I am interested in assisting with the Study Abroad Fairs offered during Fall or Spring Semesters.

I would like to staff a table to promote my study-travel abroad program in which I participated.

_____ I am interested in becoming a student resource- contact for the country I've visited.

_____ I am interested in the International Major, Minor or Global Studies Program.

_____ My name, phone number and e-mail can be shared with another study abroad potential participant.

_____ I am willing to speak to classes about the benefits & challenges of study abroad!

_____ I am interested in submitting photos for the web page/ the study abroad library or write a story for the study abroad newsletter, the campus newspaper or the local paper.

_____ I am interested in attending the International Friendship Hours on campus and meet international students on campus.

_____ I am interested in enrolling in the Re-Entry Course offered by UW-Parkside International Education Office-Study Abroad. See the following page for more information on the Reentry Course-INTS 207.

.....

Name _____ Study Abroad Program _____

Local Address _____ Local Phone Number _____

Permanent Address _____ Permanent Phone Number _____

Major _____ Email _____

Please return to: Consuelo Clemens, Ph.D.

International Education Office-Study Abroad

University of Wisconsin-Parkside

900 Wood Road, P.O. Box 2000

Kenosha, WI 53141-2000

RE-ENTRY COURSE

INTS-INTERNATIONAL STUDIES 207

When your return to the U.S. we would like for you to continue your journey in becoming a global citizen. For this reason we encourage you to enroll in the Re-entry course. Why? Many returning study abroad students express a need for debriefing and assistance in finding opportunities to apply newly gained cross-cultural skills. In some cases, your experience abroad may become compartmentalized, rather than integrated into your international persona (i.e. the traits of a global citizen). Proactive re-enterers are those individuals that most successfully integrate their cross-cultural skills into their lives. They are individuals who are most aware of changes in their worldview, who have a greater understanding of global issues, and receive external validation- meaning their experiences are valued by others.

COURSE OBJECTIVES:

This re-entry course is designed for students returning from a study/work or an interning abroad. The course will review the concept of reentry shock, examine the process of reentry, and provide strategies for integrating the time abroad with academics, professional, personal development goals.

Activities designed for this course will:

1. Provide support for the returnee in dealing with the emotional and intellectual challenges by establishing a peer group;
2. Allow for reflection on learning gained while abroad, both cross-cultural competencies and personal identity development;
3. Discuss new course readings dealing with cross-cultural theories and relate these readings to the learning gained abroad during personal experience; and
4. Create opportunities for students to integrate new skills and knowledge by completing a resume incorporating global competencies gained while abroad.

READINGS:

Paige, R. Michael. "Post-Study-Abroad Unit: Continuing the Learning." *Maximizing Study Abroad*. Minneapolis: Center for Advanced Research on Language Acquisition, 2002: 143-160.

Storti, Craig. *The Art of Coming Home*. Yarmouth, ME: Intercultural Press, 2001.

PACKAGING YOUR INTERNATIONAL EXPERIENCE

GLOBAL EXECUTIVES SAY THAT "STUDY ABROAD BOOSTS" EMPLOYABILITY."

READ ON TO FIND OUT HOW TO MARKET YOUR CROSS-CULTURAL SKILLS.

BY *KIMBERLY LARSSON

THIS ARTICLE WAS PUBLISHED IN Abroad View FALL 2008

As college students study abroad in larger numbers and increasingly diverse locations, employers are correlating this experience with employability. As a candidate for a job, it is important to know how to market your overseas experience to your advantage. How should you document your study abroad experience on your resumé or tactfully bring it up in an interview? What aspects of a study abroad experience should you highlight and why? What are the risks of being a study abroad returnee in a competitive job market? Understanding the risks and stereotypes about study abroad and resumé structure, talking about your time abroad in interviews, and discussing the new skill set you acquired can make or break your hire-ability.



Consider this scenario: you've just returned from studying abroad and are graduating in about six months. You have considered all your options and have decided to plunge into the job market. The process of looking for jobs and selling yourself is a reality. You know that your French language skills are better than ever and that you have matured tremendously and gained both self-confidence and independence while overseas. You have also sharpened your cross-cultural communication and decision-making skills, as well as your ability to succeed in ambiguous situations, all the while surviving and learning in a culture different from your own. You know this experience can potentially put you ahead of all the other candidates, but can you sell it?

THE RESUME

Your resumé is the first tangible impression your potential employer has of you, and it can easily be the last. Make sure your study abroad experience stands out and is identified as part of the "Education" section in your resumé.

First, highlight the subjects you studied while abroad, the place where you studied, the grades you received, and the amount of time you were there. Then, if you completed an internship abroad, make sure to give this experience its own space and detail, especially if it was language intensive or provided practical work experience in your academic major. An internship like this could easily be located in a "Relevant Experience" section of your resumé or under "Education," separated from but associated with your study abroad program.

If you are applying for a position that involves travel or significant work with overseas offices or customers, it can also be relevant to list the countries you visited. If you only traveled to a few countries then you may want to skip this idea, but if you have traveled to more than 10 countries, you may want to add a "Countries Visited" section toward the end of your resumé. This will show you have already been exposed to a variety of cultures and that you are well-traveled, suggesting you will require less preparation and hand-holding when it comes to this part of the job. This also reflects an interest in travel, adventure, self-reliance, and heightened cross-cultural sensitivity. Don't list countries you only spent a day or two in, only those where you really spent some time and could discuss them in an interview or conversation.

THE INTERVIEW

Although you are excited about your study abroad experience, not everyone will be, so make sure that you mention it at the right time during your interview and focus on its relevance to the position for which you are applying. Remember, first impressions are key and anything on your resumé is fair game for questioning.

If the employer asks about your travels as a conversation starter, use the opportunity to break the ice and highlight it as a life-changing experience. Be prepared and articulate—talk about deciding to study abroad, where you traveled, and what you learned. If the employer incorporates study abroad into an interview question, then answer that question only, being brief, focused, and clear in your response. Often returnees get carried away with enthusiasm, going off on tangents and rekindling memories or situations that happened overseas. You can easily lose your potential employer in a long-winded and vague response, making your study abroad experience more hurtful than helpful in the interview.

What if your employer doesn't bring up your study abroad experience? Then you should. Find ways to integrate your experience tactfully and specifically into your answers. For example, if you are applying for a position that requires frequent use of the Spanish language or communication with clients in Latin American countries, talk

about your study abroad experience in Mexico and your comfort and skill level with the language. If you are applying for a business position and you had a marketing internship in Australia, talk about that experience, your responsibilities, and your ability to work in another culture, as well as the similarities and differences you perceived, especially in connection with the business culture or office environment. If you are applying for a social justice or community service position, then talk about your involvement in the host community, such as any service-learning projects you completed or volunteering you did.

You can and should always find a relevant way to incorporate your study abroad experience into an interview. In many ways this experience sets you apart from your peers, bringing a completely different skill set and outlook to a potential employer. As a study abroad returnee, you have gained a tremendous amount of transferable skills during your study abroad experience. These may seem general to you and go overlooked or unmentioned in an interview, but they can almost always connect in some way to any job description.

TRANSFERABLE SKILLS

Transferable skills are skills you have gained, in this case specifically through your study abroad experience, that are beneficial to the position for which you are applying. Spend some time reflecting on your time overseas and what you learned from the experience. Think about the person you were before you left and how you changed during your time overseas. Studying abroad is often an eye-opening and self-changing experience. Be prepared to discuss this. And, be prepared to discuss the skills, credentials, and awareness you gained, as this can be attractive to potential employers.

Study abroad reflects independence, cultural sensitivity and awareness, self-confidence and reliance, as well as language proficiency. Other new skills can include problem solving, dealing with ambiguity, managing a limited budget, handling situations diplomatically, and acting as an ambassador and a leader. Students also gain an international perspective and country-specific skills that can be useful for potential employers when thinking about a certain market, overseas office, or customer base. Carefully read the job description for your desired position: what specific skills are mentioned and what can you pull from your study abroad experience to strengthen your case? Make a list of your transferable skills and the job qualifications, and then match them up, being sure to highlight these in both your resumé and interview.

THE SEVEN GLOBAL SKILLS

According to Marie-Louise Hansson, a Swedish career adviser and author of **The Global Business Person: What is the Secret for Success** (www.goinglobal.com), there are seven global skills. In looking at this list below, you will find that most of these skills are gained, strengthened, and highlighted through any study abroad experience:

1. The ability to deal with ambiguity and constant change—and love it.
2. The ability to be informed about the industry and where the power is located.
3. The ability to take moderate risks and step forward in an unfamiliar situation.
4. The ability to act in a diplomatic way and build lasting relations—in the real and in the virtual world.
5. The ability to create visions about the future and how you, and your organization, fit into the larger picture.
6. The ability to create strategies as well as put them into practical plans and actions.
7. The ability to execute leadership, regardless of position, and have respect for different nationalities, cultures, and religions.

RISKS AND STEREOTYPES ASSOCIATED WITH STUDYING ABROAD

There are certain stereotypes sometimes associated with study abroad returnees and assumptions that employers may have about job candidates who have spent considerable time abroad. Prospective employers may feel like returnees have wanderlust, making it difficult to settle down and stay in one place. They may be concerned about a lack of commitment or a sense of independence that makes for ineffective team players. There is also the unknown factor: employers who have not traveled extensively and who can't relate to your experience abroad may not appreciate how beneficial it can be for their company's needs. Finally, an employer may actually challenge your reasons for wanting to study abroad, possibly wondering why you left America to gain the experience you did.

You can use several tactics to dispel these stereotypes and overcome these concerns. First, in an interview make sure you articulate why you are applying for the position, why you feel you are an excellent fit, and how the experience you gained overseas is relevant to the particular job, the overall company mission/strategy, and the needs of the company. During the interview, clarify that you are happy to be home and begin your career, referencing what draws you to the area and the position. Be prepared to discuss your future career goals and how you fit into the organization over your longer-term plans and path.

Demonstrating that you have researched the position and the company/organization is always helpful before interviewing, but relating your study abroad experience to company objectives and showing attachment to the area reassures your potential employer that you are serious about your career, helping to overcome typical study-abroad stereotypes.

WHAT EMPLOYERS ARE LOOKING FOR, STRAIGHT FROM THE SOURCE

There are plenty of examples out there about what employers are looking for and often in direct relation to study abroad. Below are a few statistics on how your study abroad experience can and will be beneficial when navigating the job market.

According to a June 2007 article in the Going Global newsletter, global executives say that "study abroad boosts employability" and here are a few reasons why:

- Three out of four executives cite study abroad as important when evaluating candidates for junior-level positions.
- Eight in 10 human resource (HR) executives surveyed believed that a study abroad experience was an important factor for overseas job placement within their companies.
- Two-thirds (67 percent) of HR executives surveyed said that a study abroad experience within a culturally diverse student environment distinguishes a job candidate.

Cultural awareness/sensitivity/tolerance" and an "international perspective" topped the list of attributes valued by HR executives among prospective employees with study abroad experience.

SOME FINAL THOUGHTS

Over and over again, employers, whether they are high school principals or business executives, are saying that study abroad boosts employability. Knowing that you have a broader international perspective, a heightened sense of self, and a greater awareness of your own country and the world at large is a critical step toward being able to articulate this experience to others and sell it to potential employers.

*Thanks to Kimberly Larsson for use of her article.



APPENDIX 1

CONVERSION CHART

Celsius to Fahrenheit: double the Celsius, then add 32 for a Fahrenheit estimate.

Kilometers to Miles: multiply kilometers by 0.6 for an estimate.

Kilograms to Pounds: double the kilos for approximate number of pounds.

Meter to Feet: multiply meters by 3 for estimated number of feet.

Liters to Gallons: multiply liters by 0.3 for approximate result.

For more results, check webpage (Appendix2.)

APPENDIX 2

WEB RESOURCES:

CONVERSION	http://www.calculateme.com/index.htm
Expert visa services	http://www.expertvisa.com/
FERPA	http://www.ed.gov/policy/gen/guid/fpco/ferpa/index.html
Glimpse abroad	www.glimpseabroad.org
Hostels	http://www.hiusa.org/ http://www.bugeurope.com
Money Matters	www.hap2it.com www.xe.com/ucc www.visa.com www.mastercard.com
Rail info	www.raileurope.com
Budget Airlines	Ryanair http://www.ryanair.com STA http://www.statravel.com Virgin Blue http://www.virginblue.com.au EasyJet http://www.easyjet.com
Police Record	Wisconsin Department of Justice www.doj.state.wi.us/DLES/cib/crimback.asp
Clothing, Shoe, Conversion	http://www.travelsignposts.com/resources/clothing-sizes-conversions.php

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www.CheapTickets.com

[Find Cheap Flights.](#)

Save Up To 70% On Discount Flights! Enter
Your Travel Details Today.

www.ShermansTravel.com

[Super Cheap Travel Deals](#)

Super cheap tickets - lowest fares! Search all
major sites in one place

www.smartertravel.com

[Airfare Travel](#)

Save 85% Off Your Air Travel With Our
Wholesale Airfare. Compare!

Travelation.com

[Travel Flight](#)

Compare & save on the best airfare deals
available online. Book now!

www.Cheapflights.com/Flights

[Cheap Air Flights](#)

Search And Compare Flights With CheapTickets
& Find Flight Bargains

www.CheapTickets.com

[Find Cheap Flights.](#)

Save Up To 70% On Discount Flights! Enter
Your Travel Details Today.

www.ShermansTravel.com

[Super Cheap Travel Deals](#)

Super cheap tickets - lowest fares! Search all
major sites in one place

www.smartertravel.com

[Airfare Travel](#)

Save 85% Off Your Air Travel With Our
Wholesale Airfare. Compare!

Travelation.com

[Travel Flight](#)

Compare & save on the best airfare deals
available online. Book now!

www.Cheapflights.com/Flights

[Air flight tickets](#)

Air Ticket Search for Flights. Save up to 70%.
Easy to Compare.

www.comparetripdeals.com

[Cheap Airfares](#)

Save Big on Airfares with our Airfare
Comparison Search!

www.iCheapAirfares.com

[Discount Business Class](#)

60% Off International Business Air! 800 435
8776 Cook American Express

www.planetamex.com

[Really Cheap Travel Deals](#)

Compare Airfare, Hotel Rates, and More
Quickly & Find Lowest Deals!

www.BookingBuddy.com

[Flight Tickets](#)

Buy Cheap Flight Tickets and Save up to 65%,
All Airlines

www.CheapOair.com/FlightTickets

[Air flight tickets](#)

Air Ticket Search for Flights. Save up to 70%.
Easy to Compare.

www.comparetripdeals.com

[Cheap Airfares](#)

Save Big on Airfares with our Airfare
Comparison Search!

www.iCheapAirfares.com

Discount Business Class

APPENDIX 3

FORMS:

1. Consortium Agreement

2. Re-Entry-Evaluation



APPENDIX 4

Consulates in Chicago

1. [Consulate General-Philippines](#)

(312) 332-6458 30 N Michigan Ave, #2100, Chicago, IL.

2. [Consulate General of Indonesia](#)

(312) 920-1880 211 W Wacker Dr, #800, Chicago, IL

3. [Consulate General of Ireland](#)

(312) 337-1868 400 N Michigan Ave, #911, Chicago, IL

4. [Consulate General of Mexico](#) (312) 491-8813 204 S Ashland Ave, Chicago, IL

5. [Consulate General of Venezuela](#)

(312) 236-9655 20 N Wacker Dr, #750,
Chicago, IL

6. [Consulate General-el Salvador](#) (312) 332-1393 104 S Michigan Ave, Chicago, IL

7. [Consulate General of Haiti](#) (312) 922-4004 220 S State St, #2110, Chicago, IL

8. [Consulate General of Argentina](#) (312) 819-2620 205 N Michigan Ave, #4209, Chicago, IL

9. [Consulate General of Mexico](#) (312) 332-7352 300 N Michigan Ave, Chicago, IL

10. [Consulate General of China](#) (312) 970-3800 400 N Michigan Ave, #1300, Chicago, IL

11. [Consulate General of Australia](#) (312) 541-0414 123 N Wacker Dr, Chicago, IL

12. [Consulate General-Costa Rica](#) (312) 263-2772
203 N Wabash Ave, Chicago, IL www.consulguatechicago.or...

13. [Consulate General-Netherlands](#) (312) 856-0110
303 E Wacker Dr, #410, Chicago, IL

14. [Consulate General of China](#) (312) 803-0095
100 E Erie St, #500, Chicago, IL www.chinaconsulatesf.org

15. [French Consulate of Chicago](#) (312) 312-5200
205 N Michigan Ave, Ste 3700, Chicago, IL www.consulfrance-chicago....

16. [Consulate General of Greece](#) (312) 335-3915
650 N Saint Clair St, Chicago, IL

17. [Consulate General of Guatemala](#) (312) 332-1587
205 N Michigan Ave, #2350, Chicago, IL

18. [Consulate General of Britian](#) (312) 944-0806 161 E Chicago Ave, Chicago, IL

19. [Consulate General of Brazil](#) (312) 464-0244
401 N Michigan Ave, #1850, Chicago, IL www.consulatebrazil.org

20. [Consulate General of Romania](#) (312) 573-1315
737 N Michigan Ave, Chicago, IL
www.romaniantv.org

21. [Consulate General of India](#) (312) 595-0405
455 N Cityfront Plaza Dr, Chicago, IL

22. [Consulate General of Sweden](#) (312) 781-6262
150 N Michigan Ave, #1250, Chicago, IL

[Consulate General of Spain](#) (312) 782-4588
23. 180 N Michigan Ave, #1500, Chicago, IL
[www.consulate-spain-chica...](#)

[Consulate General of Peru](#) (312) 782-1599
24. 180 N Michigan Ave, #1800, Chicago, IL

[Consulate General of Uruguay](#) (312) 876-8242
25. 233 S Wacker Dr, Chicago, IL

[Consulate General-Czech Rpblic](#) (312) 861-1037
26. 205 N Michigan Ave, #1680, Chicago, IL [consulfrance-chicago.org](#)

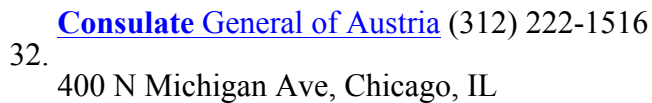
[Consulate General of Ecuador](#) (312) 338-1002
27. 30 S Michigan Ave, #204, Chicago, IL
[www.consuladocolombiabost...](#)

[Consulate General of Pakistan](#) (312) 781-1831
28. 333 N Michigan Ave, #728, Chicago, IL

[Consulate General of Turkey](#) (312) 621-3340
29. 360 N Michigan Ave, #1405, Chicago, IL

[Consulate General of Israel](#) (312) 297-4800
30. 111 E Wacker Dr, #1308, Chicago, IL

[Consulate General-South Africa](#) (312) 939-7929
31. 200 S Michigan Ave, #600, Chicago, IL
[www.northsouthbackpackers...](#)



32. [Consulate General of Austria](#) (312) 222-1516
400 N Michigan Ave, Chicago, IL

33. [Consulate General of Italy](#) (312) 644-9867
500 N Michigan Ave, Chicago, IL

34. [Consulate General of Colombia](#) (312) 923-1196
500 N Michigan Ave, #2040, Chicago, IL ime-chicago.com

35. [Consulate General of Egypt](#) (312) 828-9162
500 N Michigan Ave, #1900, Chicago, IL

36. [Consulate General of Hungary](#) (312) 670-4079
500 N Michigan Ave, Chicago, IL

37. [Consulate General of Korea](#) (312) 822-0443
455 N Cityfront Plaza Dr, #2700, Chicago, IL

38. [Consulate General of Poland](#) (312) 337-7951
77 W Huron St, Chicago, IL

39. [Consulate General of Serbia](#) (312) 670-6707
201 E Ohio St, #2, Chicago, IL

40. [Consulate General of Ukraine](#) (312) 642-4388
10 E Huron St, Chicago, IL

41. [Consulate General of Lithuania](#) (312) 397-0382
211 E Ontario St, #1500, Chicago, IL

42. [Consulate General of Germany](#) (312) 202-0480
676 N Michigan Ave, Chicago, IL

43. [Consulate General of Thailand](#) (312) 664-3129

700 N Rush St, Chicago, IL www.mathailande.com

44. [Consulate General-Switzerland](#) (312) 915-0336
737 N Michigan Ave, #2301, Chicago, IL

45. [Consulate General of Japan](#) (312) 280-0400
737 N Michigan Ave, #1100, Chicago, IL

46. [Consulate General of Croatia](#) (312) 482-9902
737 N Michigan Ave, #1030, Chicago, IL

47. [Consulate General-Royal Danish](#) (312) 787-8780
875 N Michigan Ave, Chicago, IL

48. [Consulate General of Uruguay](#) (312) 642-3430
875 N Michigan Ave, #1422, Chicago, IL

49. [Consulate General of Chile](#) (312) 654-8780
875 N Michigan Ave, #3352, Chicago, IL

50. [Consulate General of Poland](#) (312) 337-8166
1530 N Lake Shore Dr, Chicago, IL

APPENDIX 5

HOUSING RELATED LINKS * 7

France and Spain

<http://www.madridflatmate.com>

<http://www.salyven.net>

Youth Hostels

<http://www.hostel.com>

<http://www.hostelworld.com>

<http://www.hostelz.com>

Paris-Housing Resources

<http://www.estudines.fr>

<http://www.cheaphostel.com>

<http://www.locaflat.com>

<http://www.foyer-tolbiac.com>

<http://www.france-apartment.com>

<http://www.paris-appartements-services.fr>

<http://www.gites-de-france.fr>

Vienna, Austria Housing Links

www.home4students.at

www.wihast.at/index.en.html

Japan Housing Resources

Tokyo

<http://www.sakura-house.com>

<http://www.eg.leopalace21.com>

<http://www.tokyo-yh.jp>

<http://www.themansions.jp>

<http://www.kangetsu.com>

<http://www.tctv.ne.jp/members/sawanoya/>

<http://www.gaijinhouse.net>

<http://www.tokyo.to>

Kobe / Osaka

<http://ksyc.jp>

www.kobe-kitano.net/youth
www.kobe-dears.com/english
www.oct.zaq.ne.jp/orange
www.sakai.zaq.ne.jp/animo

Apartment Living Overseas

<http://www.citadines.com>
<http://www.estudines.fr>
<http://www.nothotels.com>
<http://www.apartmentservice.com>
<http://www.villager.com>
<http://www.residenceinn.com>
<http://www.staybridge.com>



APPENDIX 6

Health Related Links *7

Center for Disease Control

The international travelers Hotline, voice and Fax: (404) 639-2572
(Vaccination information, health recommendations, disease outbreaks,
published materials and information on AIDS when traveling abroad)

Toll Free voice and fax line: 1-888-232-3228

Disease and health risks information

Travel recommendations by voice and fax: (404) 332-4559

<http://www.cdc.gov> (info on health and safety)

International Society of Travel Medicine

E-mail: bcbistm@aol.com

<http://www.istm.org>

Phone: (770) 736-7060

Fax: (770) 736-6732

Travel Medicine Inc.

(Products for safe travel - worldwide)

<http://www.travmed.com>

Phone: 1-800-872-8633

Fax: (413) 584-6656

Medical Insurance Overseas

<http://www.wallach.com>

Wallach & Company

1-800-237-6615

International SOS Assistance

<http://www.intsos.com>

1-800-767-1403

MedjetAssist - Medical evacuation service

1-800-5-Assist

www.medjetassist.com

Scholastic Emergency Health Plan
www.betins.com

HTH Worldwide - Global Citizen
1.888.243.2358 (ext.3) or 1.610.254.8700 (outside USA)
www.hthtravelinsurance.com

MORE HELPFUL RESOURCES

Train Information *7

Spain Train Info
<http://www.renfe.es>

Vienna Train Info
Vienna Airport Train: www.cityairporttrain.com
Vienna - Austria Trains: www.wienerlinien.at

Europe Train Travel
<http://www.eurail.com>
<http://www.raileurope.com>

*****United States State Department

U.S. State Department's Bureau of Consular Affairs
(Emergency assistance, travel safety and warnings)
Overseas Citizens Services, voice and fax: (202) 647-5225
<http://www.travel.state.gov>
(extensive travel resources)

Passport and Visa Services and Information
http://www.travel.state.gov/passport_services.html

- Services for US Citizens Abroad:
http://travel.state.gov/law/info/info_715.html

- A Safe Trip Abroad:
http://travel.state.gov/travel/tips/safety/safety_1747.html
- Travel Warnings on Drugs Abroad:
http://travel.state.gov/travel/living/drugs/drugs_1237.html
- Important Telephone Numbers For US Citizens:
<http://travel.state.gov/>
- US Embassies and Consulates:
<http://usembassy.state.gov>
- Foreign Entry Requirements for US Citizens:
<http://travel.state.gov/travel/foreignentryreqs.html>
- Foreign Consular Offices in USA:
<http://state.gov/s/cpr/rls/fco/>

International Links

Internet Cafes Worldwide

<http://www.netcafes.com>

<http://www.cybercaptive.com>

International Weather

<http://www.weather.com>

International News

<http://www.iht.com> (Int'l Herald Tribune)

<http://www.onlinenewspapers.com>

<http://www.newsdirectory.com>

International Banking

<http://www.westernunion.com>

<http://www.americanexpress.com>

<http://www.travelex.com>

<http://www.citibank.com>

<http://www.wellsfargo.com/per/ipb/index.jhtml>

International Calling Card

AT&T Direct Service (Worldwide Card)

<http://www.att.com/traveler/>
1-800-222-0300

Global Cell Phone Rentals

<http://www.travelcell.com>

1-877-235-5746 (Travel Cell)

<http://www.nextel.com/callabroad> 1-800-607-9014

<http://www.cellhire.com>

1-888-476-7368

<http://www.planetfone.com>

1-888-988-4777

<http://www.mobalrental.com>

On-line Travel Journal (Diary) - keep everyone updated:

<http://www.travellerspoint.com/onlinediary.cfm>

Travel Supplies and Clothing

<http://www.magellans.com>

1-800-962-4943

<http://www.travelsmith.com>

1-800-950-1600

Association For International Road Travel

<http://www.asirt.org>

Phone: (310) 983-5252

(Information on hazardous road conditions in foreign countries)

International Time Zones

<http://www.timezoneconverter.com>

Tourist Information

Austria

Vienna City Info: www.wienguide.at

Vienna Airport Service: www.ck-airportservice.at

Japan

<http://www.japantravelinfo.com>

<http://www.kto.co.jp> (Kansai Journal - Osaka, Kobe)

<http://www.tokyoessentials.com> (Tokyo sites)

<http://www.tokyo.to> (Tokyo Journal - Current Events)

Scholarships

* Freeman Asia Scholarship

<http://www.iie.org/pgms/Freeman-Asia>

* Truman Scholarship

<http://www.Truman.gov>

* Rotary Scholarships

<http://www.rotary.org>

* Study Abroad Loans

<http://www.studyabroadloans.com>

*Gilman Scholarship

http://www.iie.org//Content/NavigationMenu/Programs7/Gilman_Awards/Home8/Home.htm

Note: Contact info (links) may change without notice.

*7. We thank CSA International Inc. for use of this information found on their web site.

<http://www.centerforstudyabroad.com/links.html>

APPENDIX 7

Journaling & Blogging* for Study Abroad

What's the difference between a journal and a blog? Well, maybe a journal is essentially private, and a blog is a public record of your experience. Many of the same principles of thinking and writing about what's going on inside of you while you are overseas apply whether you are keeping a journal or writing a blog, so please have a look at these tips about journaling, and see more information specific to blogs further down this page.

Keeping a Journal *

Think of a journal as a written and visual record of your experience abroad that you will have for years to come. You can document your travels, display souvenirs, describe a city, tell a story about someone you met on the train, keep a vocabulary list, or analyze a political discussion that you heard that day. You can start now -- before you leave -- and continue journaling after your return. You won't regret it.

Reasons for keeping a journal

- to record your goals and personal agenda for your sojourn abroad
- to list the addresses and references you collect
- to use as a diary during your time abroad to record your travel and daily routines
- to act as a vehicle for creative thinking through observation, reflection and analysis
- to assist in the cultural adaptation process
- to record your feelings upon re-entry

Hints on journal writing

- write in the same fashion as you would in a letter to a close friend
- provide a context for the stories you relate
- include specific names of things you discover in your new environment
- translate words
- use adjectives and adverbs to increase the descriptive quality of the text
- tell stories; quote from the people you meet

Some questions to consider

Before Leaving

- Why did I select the program I did?
- What do I want to get out of this experience?
- How can I make friends in the host culture?
- If I expect to improve my language skills, will I have to avoid other English speakers?

- Am I concerned about missing friends, family? How will I stay in touch with them?
- How would I describe the U.S? Americans? Myself as an American?

While in the host country

- What are my initial reactions? Are they different than my companions' reactions?
- What type of experience engages me most? Isolates me most?
- What interaction was the most confusing of the past week? The most stressful?
- Who was most helpful to me this past week?
- What am I doing to meet people?
- Am I being viewed as an individual, as an American, as a foreigner?
- Have my goals changed?

Upon Returning

- What did I learn about the host culture? About myself? How can I apply this information?
- Who will listen to my stories? How can I get more involved in international activities?
- Do I think of America any differently now that I have returned?
- What advice would I give to those who are leaving tomorrow for my host culture?

If you're interested in more information on journaling, and journaling in the context of living in a new culture, check out the following books:

- [Writing across Culture](#): An Introduction to Study Abroad and the Writing Process. Kenneth Wagner, Tony Magistrale, and Kenneth Warner.
- [Charting a Hero's Journey](#). Linda A. Chisholm.

Blogs:

See Forbes. Best Travel Blogs: http://www.forbes.com/2003/10/02/cx_cv_1002blog.html

Study Abroad.com Blog <http://www.studyabroad.com/blog-abroad/>

Lonely Planet Blog: <http://inside-digital.blog.lonelyplanet.com/>

How to Create your Blog:

<https://www.blogger.com/start>

http://realtravel.com/why_blog

<http://www.travelblog.org/>

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

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

*We thank The University of Iowa- website for the use of their material. Original work done by Sylvie Burnet-Jones, University of Colorado-Boulder; Barbara Kappler, University of Minnesota; and the website of the International Centre, Queen's University, Kingston, Ontario.

<http://international.uiowa.edu/study-abroad/students/abroad/writing.asp>



APPENDIX 8

ROAD SAFETY AND THE SARA'S WISH FOUNDATION

Parents, faculty, and administrators- Please research potential road safety hazards before you travel in order to help manage potential risks.

See Sara's Wish Foundation. Website at: www.saraswish.org.

See Sara's Wish Safety Videos: [Know Before You Go](#)

In 1996, Sara Schewe, a student at Georgetown University, was killed, along with 3 other students from her program, while taking a bus in India to see the Taj Mahal. Since that time, Charles and Anne Schewe have dedicated themselves to bringing awareness on how to minimize safety issues while traveling abroad.

Since 1996, there have been a number of advances in the materials and information available from the U.S. government, colleges, universities and study abroad programs, other organizations, as well as support available through insurance and emergency assistance providers. There have also been domestic and international meetings and workshops supporting improved health and safety policies and procedures to support U.S. college and university students.

Sara's Wish Foundation has collaborated with some of these organizations to develop the video "Know Before You Go", and to put together the information you will find on their website. The information and links are intended to help inform students, parents, and friends who may go abroad or support others who do, that knowing more about good study abroad program practices and health and safety challenges in countries around the world can help students have a healthy and safe time abroad.

Foreign travel and study abroad remains an invaluable learning experience, broadening a student's world view and enhancing the college experience. While there have been advancements in the field since this incident to ensure student safety, precautions must still be taken, students and families need to research about benefits and risks associated with a particular location and/or program, and understand that the quality of support does vary from institution to institution and from program to program. It is Sara's Wish Foundation's hope that together we can avoid tragedies and difficulties as students begin that wondrous adventure to broaden their lives.

Regards,
Lee Frankel
Director/ Academic Studies Abroad-
Memo sent to UW-P on 2.1.10.

**Many thanks to the University of Virginia for the use of their graphics.*

Study Abroad Manual 3.25.10

