

STUDY ABROAD

Pre-Departure Handbook



Pre-Departure Checklist

Student Name: _____

Immediately after acceptance:

- Read the Pre-Departure Handbook.
- Apply for a passport at <http://travel.state.gov/passports>. If you already have a passport, verify that the expiration date will be valid for **at least six months beyond your expected return date**. If your passport expires less than 6 months before your expected return date, you should renew your passport immediately!
- Look into visa requirements for your host country.
- Begin to investigate flights to your study sight. You may want to look at www.statravel.com and www.studentuniverse.com for special student discounts. If a faculty-led program, meet with your Program Director to determine how flights are being arranged.
- Research information about your destination country and city. Buying a guidebook can be helpful.
- (For Exchange and Affiliate Programs) Contact the Study Abroad Coordinator for assistance requesting Permission to Travel from the university president.

At least one month before departure:

- Attend pre-departure orientation
- If you were unable to attend a Pre-Departure Orientation, you must meet with the Faculty Director or Study Abroad Coordinator for your program.
- Register for your study abroad courses. You must register using the specific class numbers given to you by the Program Director or the Study Abroad office.
- Ask the Faculty Leader or Study Abroad Coordinator for the forms packet. Complete and submit.

Two weeks before departure:

- Make a packing list. Investigate luggage restrictions for your airline.
- Confirm arrival arrangements with your host institution or Program Director.
- Make a plan for use of cell phone while abroad.
- Finalize payment for the program online or at the cashier's window in the Holland building.
- Register for the State Department's STEP program at <https://step.state.gov/step//>.

One week before departure:

- Pack your bags.
- Notify your bank and credit card companies that you are leaving the country in order to eliminate problems while you are abroad. Leave credit card and bank information with someone in the U.S. in case your card is lost or stolen.
- Make sure you have a copy of your insurance card. You must carry your insurance card with you at all times while abroad. Leave a copy of your insurance information with a family member or close friend.
- Make two copies of your passport identification page. Leave one copy at home with friends or relatives. Carry the other with you in a separate place from your passport. Do the same with other important documents.
- Download the Emergency Contact Information Sheet e-mailed to you by the faculty leader. Leave the emergency numbers with a family member or close friend.
- Verify arrival instructions with your faculty leader or host institution.

I have read the Study Abroad Pre-Departure Handbook and completed the Pre-Departure Checklist.

Signature: _____ Date: _____

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Introduction

Congratulations! By studying abroad, you are choosing to expand your academic, cultural and personal horizons. With the right preparation and planning, your study abroad experience is sure to prove rewarding and enlightening. Different people, different lifestyles, and different ideas will challenge and stimulate you. You are about to embark on a life-changing experience.

There may be times when you question your decision to study abroad. You may feel frustrated by language, culture, schedule, etc. We hope that you will meet these challenges with intelligence, maturity, patience, flexibility, and a sense of humor. We also believe that adequate preparation and information will help you meet these challenges. This handbook will provide general information to prepare you for your program. In combination with orientation meetings and individual research, this handbook should answer most of your pre-departure questions. In addition, the staff in the Study Abroad Office is available to assist in your preparation. You are encouraged to learn as much as you can about your program and host country. The more you know the better your experience will be.

Program-specific information will be distributed at orientation meetings and/or e-mailed to you directly. Any questions should be addressed to:

Dixie State University
Study Abroad Office
North Plaza 149C
Phone: 435-879-4714

You should read this handbook carefully and share it with parents, family, and others who might need information about your program. **You will be held accountable to the information contained in this handbook, discussed at orientation, and provided to you on-site.** You might also want to take the handbook with you for easy reference while overseas.

It pays to know *before* you go.

Initial Steps

Application process

Study Abroad program applications are accepted on-line [here](#). Pre-requisites vary by program and are found in the program descriptions on our website. Meeting the pre-requisites for a program does not guarantee acceptance into that program. Decisions about program acceptances are made by the Study Abroad Office and the relevant university authorities.

You should also discuss study abroad with your academic advisor. Your advisor can assist you in identifying what type of credits you need for graduation, when you should go abroad, and how a study abroad experience will benefit your intellectual development and marketability after graduation.

Post-Acceptance Steps

You will be notified of the results of your application through an e-mail from the Study Abroad Office. Additional steps may be required. You will be notified by the Study Abroad Office or your Program Director if there are additional requirements.

Orientation

Orientation is a critical part of the study abroad process. Orientation topics include academic information, logistics, financing, health and safety, and legal issues abroad. Pre-departure orientation sessions will be held on the DSU campus during the semester before your program. The Study Abroad Office and your faculty director will notify you in advance of any program orientations.

Orientation is mandatory for all participants. You will be held accountable for all information disseminated in orientation and in the Study Abroad Pre-departure Handbook.

Resources for Preparation

The best travelers are well-informed! The more preparation you do before departure, the more you will enjoy your time on-site. There are a number of excellent resources available that will help you learn more about your destinations.

Travel Guides

A good travel guide will provide you with logistical and cultural information about their destinations. Travel guides often give tips on places to see, health and safety concerns, hotels and accommodations, restaurants, entertainment, pricing, tipping, dress codes, local transit systems, and many other details of travel. In addition to logistical details, a good travel guide will also provide historical and cultural information about your destination. *We strongly recommend that you purchase a travel guide for your destination before departure.*

Commonly used travel guides include:

Frommers
Let's Go
Lonely Planet
Rick Steves
The Rough Guides

We strongly recommend students purchase a travel guide for their destination before departure.

Newspapers, Books, and Movies

Many students find that people throughout the world are more informed about world events than we are in the U.S. Before leaving, be sure to read up on current events in your host country. Read local and international newspapers, magazines, and articles about your destination and its neighboring countries. We recommend that you start with the following sources:

<http://www.bbc.co.uk/>
<http://www.state.gov/>
<http://www.nytimes.com/>
<http://www.cnn.com/>

You might also consider reading books about your destination or written by authors from your destination. Visit the DSU Library on campus for assistance in identifying books that suit your interests.

Dixie State University Policies

Dixie State University has specific policies which also apply to study abroad programs. Please take the time to read DSU's policy [552 Code of Students Rights and Responsibilities](#), specifically the section on [Student Behavioral Conduct](#). You should familiarize yourself with the legal aspects of your participation.

Address and Contact Information

Please make sure the Study Abroad Office knows where to reach you between now and departure. **Per college policy, all e-mail communication will be sent to your Dmail account.** Please check your Dmail account regularly. Also, please keep your phone number and mailing address updated by logging into "MyDixie" and choosing the change address link. We may use this information to contact you.

Conduct and Academic Integrity

As a student representing the Dixie State University, you are expected and obliged while studying abroad to conform to the [University's Policy 552](#) along with the laws of the country that you visit.

Misconduct can jeopardize your welfare, the welfare of other students, and the study abroad program. Students who engage in prohibited conduct may be terminated from the Program and returned home at the student's expense. Prior to being terminated from the Program, students will be provided with notice of the behavior that may lead to termination and an opportunity to meet and discuss the situation with the Program Director. Students terminated from a Program will be required to return to the U.S. at their own expense and are not entitled to a student behavior hearing until they return to campus. In addition to behavioral expectations, students are also held to the highest expectations of academic integrity.

If you are attending a foreign institution, you are accountable to the host institution's code of conduct and regulations for academic integrity throughout your program as well. Failure to adhere to the host institution's code of conduct and regulations for academic integrity can result in dismissal from your program, failing courses, and even expulsion from the host country. The Study Abroad Office strongly encourages you to inquire about these expectations upon arrival.

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. Neither entity can protect you from arrest, incarceration or punishment. The use, purchase or sale of illegal drugs, in particular, is a crime often punishable by the severest penalties abroad.

Sexual Harassment

Notify the Program Director immediately if you feel you have been harassed or if you are at all uncomfortable with someone in your host family, a peer, instructor, etc. You must make the Program Director aware of the situation and ask for help in resolving the problem. If the harassment involves the Program Director, please inform your Study Abroad Coordinator at

the Study Abroad Office.

Alcohol

Statistically, the use of alcohol is directly related to many of the health and safety emergencies involving students abroad. **Alcohol misuse and abuse will not be tolerated on study abroad programs.** The University recommends that you avoid the risks associated with drinking. This risk is exacerbated abroad because the alcohol content of drinks overseas is typically higher than it would be in the U.S. If you plan to drink, you are advised to do so in moderation. Do not endanger yourself, your peers, or the community. Disruptive or disrespectful behavior will not be tolerated. Moreover, inappropriate conduct that results from drinking could result in dismissal from your Program.

Students must comply with local drinking laws. These laws may differ from those of the United States, and in many countries, the legal drinking age is 18. The penalties for breaking laws governing the use and sale of alcohol are also likely to be different from the U.S. In addition to understanding that there are legal consequences, it is important to recognize that there are cultural ramifications to drinking. Many cultures disapprove of “getting drunk,” and some cultures disapprove of women who drink alcohol. If you disregard local culture and choose to engage in drinking, you may find that the community, peers, and your host family treat you differently because of your behavior.

Illegal Drug Use

Dixie State University has a zero-tolerance policy for the possession, use, manufacture, production, sale, exchange, or distribution of illegal drugs by anyone participating in a study abroad program. Violation of this policy may result in immediate dismissal from the program and disciplinary action upon return to campus.

The U.S. government and Dixie State University are unable to assist you if you are caught with drugs. You will be subject to the laws and penalties of the host country. Contrary to popular belief, laws governing drug use and drug trafficking abroad are EXTREMELY harsh. If you are caught in possession of illegal drugs or commit any other illegal act, you will be subject to local, not U.S., laws.

Changes to Program Activities, Course Offerings, and Itineraries

Your program itinerary is similar to a syllabus. Frequently, the exact details of a syllabus are changed throughout the semester due to unforeseen circumstances. Similarly, despite our best intentions, international travel is full of unexpected challenges. Good travelers are prepared to be flexible and adapt to changes in their environment. Dixie State University makes every attempt to implement programs as planned. However, there are occasionally unanticipated conditions that force us to change a program’s itinerary or planned activities. Such circumstances include, but are not limited to, budget constraints, program enrollments, weather, safety concerns, health issues, conditions within the host country, changes in host organizations, etc. The Dixie State University will make every effort to avoid these situations. In the event that changes are unavoidable, we will transparently communicate them to students in a timely manner.

Academic Policies and Procedures

Academic Expectations

Study Abroad programs are academic, credit-bearing programs offered through Dixie State University. As such, the academic expectations for students participating in a study abroad program are the same as you would find on campus. These expectations include, but are not limited to, quality of work, study efforts, attendance and participation.

Attendance

Attendance is required at all classes, activities, excursions, lectures and program activities on-site. Students frequently choose to travel independently during their programs. Students are not excused from program activities for independent travel. Before making travel arrangements, contact your faculty director to ensure that there are no conflicts between your program obligations and personal activities.

Course Registration for Faculty Directed Programs

Dixie State University credit is earned on most faculty directed programs. For programs earning DSU credit, you will register online through MyDixie for the study abroad courses. The Study Abroad Office or the Program Director will give you class numbers that will allow you to register for study abroad courses online. Non DSU students should consult with an academic coordinator at their home institution prior to registration to be sure that credits will transfer and satisfy home institution requirements.

Course Registration for Affiliate Programs and International Exchange Programs

The course registration process for students participating in affiliate programs and international exchanges varies depending on the program. Contact your Study Abroad Coordinator for information on enrolling in courses at your host institution. Course pre-requisites will also vary depending on what courses you select in the host country.

Grades for Faculty Directed Programs (DSU Credit)

Students can choose to earn a letter grade or audit (no credit, no grade) courses. Letter grades will be factored into the cumulative GPA. Your Program Director will report grades to the College Registrar's Office. Grades will be available through MyDixie after the end of the on-campus term. Participants who are not DSU students will need to obtain a transcript in order to transfer credit back to their home institution.

Grades for International Exchange Programs

Students participating in exchange programs earn transfer credit for their coursework abroad. In these cases, you will receive either a certificate of completion or a transcript from the host institution. Before returning to the United States, check with your host institution to make sure that your transcript or certificate of completion is sent DIRECTLY to the Registrar's Office. The transcript provided by the host institution should be submitted to your home school to be reviewed for transfer credit.

Passports & Visas

Passports

You are responsible for obtaining a passport before your expected departure date. If you expect that the passport will not arrive in time for your program, it is your responsibility to expedite the application so that the passport arrives on time. If you already have a passport, verify that the expiration date will be valid for **at least six months beyond your expected return date**. The passport is the most important document that you have abroad, so you should be aware of where your passport is located at all times.

You can obtain the application for a U.S. passport [online](#). **You should apply at least two months before your scheduled departure date.** Please either send a scanned copy to the Study Abroad Program Coordinator (studyabroad@dixie.edu) or bring a hard-copy to the Study Abroad Office located in North Plaza 149C. Before departure, make two photocopies of your passport and leave one copy at home with parents or a responsible friend and take the other copy with you to be kept in a separate place from the actual passport. The photocopy will help facilitate replacement of a passport in case it is lost or stolen.

Visas

A visa is official permission to enter and remain in another country. A visa is typically a stamp or sticker placed in your passport. In order to qualify for a visa, your passport must be valid for **at least six months beyond your expected return** date. You cannot apply for a visa before you have a passport.

You will be informed by your Study Abroad Coordinator if a visa is required for travel on your program. After you have received your visa, check the stamp or sticker for accuracy. Make sure that the **dates and name** listed on the visa are correct. Notify your Program Director and Study Abroad Coordinator immediately if there are discrepancies. If you are not a U.S. citizen, you will need to contact the embassy of the country to which you will be travelling to verify if a visa is needed.

Dixie State University is not responsible for establishing visa requirements or granting student visas. Visa requirements, fees, procedures, and required documentation are established and enforced by the host country. Final decisions on whether or not a visa is granted are made by government of the country you are visiting. Requirements, fees, and processes are subject to change at any time.

Money Matters

Program Fee

Expenses covered in the program fee vary by program. Program fees do **not** include tuition. There is no cost difference for non-DSU students or out-of-state residents. Contact the study abroad office to find out what expenses are included in the program fee.

Program fees do not include immunizations, passport fees, visa fees, personal expenses, or independent travel. Contact your faculty director about flights. Flight expenses are frequently not included in programs and are the responsibility of the student.

Payment Information

Information regarding the amount and due date of your deposit and remaining balance will be provided by the Program Director or the Study Abroad Coordinator. For faculty-led programs, payments may be made in person at the Cashier's Window, 1st floor Holland Building, or online. Keep in mind, if you wish to pay by credit card you may only do so online (there is a 2.75% convenience fee) as the Cashier's Office only accepts personal checks or cash. If traveling with an affiliate program, you will pay the affiliate directly.

Withdrawal & Refund Policy

Requests to withdrawal from a program must be submitted IN WRITING to the Study Abroad Office. Any incurred expenses are not refundable. The Study Abroad Office pays advance deposits on behalf of study abroad participants to host institutions, overseas vendors, airlines, etc. If you withdraw from the program, be aware that refunds will be determined according to recoverability of incurred costs at the time of withdrawal.

Financial Aid and Scholarships

If you are planning to use financial aid or scholarship money for your study abroad program, you must talk with your financial aid counselor before departure. It is your responsibility to understand the rules and regulations concerning the use of financial aid on a study abroad program. Any scholarship money received through the Study Abroad Office will be applied to your program cost.

On-site Financial Obligations

You are responsible for all expenses incurred at your host institution that are not covered in your program cost (i.e. weekend excursions organized by the host institution, room key deposits, charges for damages to housing facilities, library fines, medical treatment, etc.). Please settle your accounts before you return to the U.S. Unpaid bills may result in a hold on your academic records.

Additional Expenses

The amount of money you will need for additional expenses depends on individual spending habits and the other costs you might incur on your program. Review the details of your program fees and be sure you understand which expenses are included and which are not. If you are uncertain about a particular expense, inquire at the Study Abroad Office for clarification or contact your Program Director. Former program participants can also give you an idea of how much spending money you might need.

Be sure to calculate your expected expenses in both U.S. dollars and the host country currency. A reliable currency converted can be found at <https://www.oanda.com>. Create a budget before departure and stick to it! Planning in advance will alleviate stress on-site. When creating your budget, we recommend that you consider the following:

Exit taxes	Incidentals
Meals	Visas and passports
Local transportation	Independent travel
Entertainment and souvenirs	
School supplies	

Cash, Credit Cards, Debit Cards, and Traveler's Checks Abroad

Most countries do not use U.S. dollars as their currency. You can exchange U.S. dollars for local currency at most airports and banks. You are likely to get a better exchange rate at a bank than at the airport. If you prefer to have local currency before departure, contact your bank. Many banks can exchange currency for a fee. Contact the bank at least two weeks before departure. Some currencies are not readily available and need to be ordered in advance.

A credit or debit card with ATM capabilities is necessary when traveling abroad. With most ATM cards, you can withdraw money in the local currency. Check with your bank for information about using an ATM card outside the U.S. We also suggest checking with your bank about charges for withdrawing cash and the exchange rates in other countries. Credit card companies often have the most competitive exchange rate compared to a bank or airport.

We recommend that you have a credit card to use in the event of an emergency. Visa and MasterCard are widely accepted; Discover and American Express are less commonly accepted. The credit card must be issued in your name to avoid complications. We recommend that you keep a copy of the card, along with the appropriate telephone numbers, in case it is lost or stolen. Most countries continue to use cash for smaller purchases and you should not expect to be able to use a credit card with all merchants.

You must contact your credit card company and bank before leaving to inform them that you intend to use your card abroad. Your credit or debit card may be disabled if you do not inform the company.

We do NOT recommend using traveler's checks. Traveler's Checks can be VERY DIFFICULT to cash abroad.

On-site Arrival Information

Arranging Flights

On most programs, participants will make their own travel arrangements. All students must submit their travel plans to their Program Director. **Be sure to contact your Program Director before making flight arrangements.** In the event that your program is cancelled, you will not be reimbursed for flight expenses if they are not included in the cost of your program.

You must arrive at your study site in time for your on-site orientation. If you plan to arrive prior to that time you should make arrangements for housing and plan to be on your own until the program officially begins. Past participants have used travel agencies that specialize in student travel such as [STA Travel](#) and [Student Universe](#). Don't delay in making plans. Tickets at discounted student rates sell quickly.

Before departure, be sure to verify the following information with your faculty director:

- What airport to arrive at
- Where to meet your group
- When to arrive
- What to do in the event that your flight is delayed or cancelled

Airport Security/Customs

Upon arrival in your host country you will be required to go through Immigration Control and Customs. Have your passport accessible and follow the appropriate line for holders of U.S. passports. You may be asked a few questions (i.e. How long will you be in the country? What is your purpose for being here? Where will you be staying?). Give confident and honest answers regarding anything that you are carrying or wearing. You may be asked to open your luggage to allow for inspection. Cooperate with authorities. If you are not carrying anything illegal there is no reason to worry. Security in airports worldwide is tight and it is not uncommon to see armed security guards, police, and police dogs wandering through the airport. You should plan on extra time to clear security checks at all airports.

Luggage

Most airline carriers impose restrictions on luggage weight and size, and many have started charging extra fees for checked luggage. Although you are generally allowed two pieces of luggage and one small carry-on bag, try to limit it to one piece of luggage and one small carry-on. Be familiar with current carry-on regulations regarding contents and dimensions of luggage. For specific restrictions inquire with the airline directly. A suitcase on wheels or a backpack is highly recommended. Be sure to pack only as much as you can carry yourself. Distances between the airport and the bus/train station to your accommodation can be far and heavy luggage is a hassle. Excess baggage may also be subject to extra charges and run the risk of being refused by the airline. Simply said: *pack light!* Label all your baggage inside and out. Never leave bags unattended; they could be stolen and possibly seized by airport authorities.

It's also a good idea to pack one change of clothing in your carry-on luggage in case your luggage is temporarily lost.

Note for students traveling in Europe: Flights within Europe have extra restrictions on luggage (i.e. less weight and size allowances). Double check with your airline about these restrictions before packing. You may be charged high fees for excess luggage!

Contacting Friends and Family after Arrival

The Study Abroad Office recommends that you establish a plan to contact your family or friends after arriving in the host country. Many friends and family become worried when they do not hear from you right away. Be sure to discuss the following points with them before departure:

- They are not likely to hear from you immediately. Don't panic!
- It can be very difficult to find an internet connection or purchase a local cell phone right away. It is not uncommon for this to take a few days after arriving.
- Once a connection is established or a phone is purchased, contact your friends and family to let them know that you've arrived safely. You should also give them instructions on how to contact you abroad.

Travel Logistics

Program Housing

The types of housing available to you will vary by program. Most programs stay in hotels, residence halls, apartments, or with host families. For details on staying with a host family, see the section entitled "Cultural Differences."

If housing is included in your program fee, it is only for the official program dates. If you intend to arrive earlier or stay later than the program dates, you must make your own housing arrangements and pay for those accommodations.

Facilities vary greatly from one destination to another. Rooms are typically very modest and often smaller than we are accustomed to in the United States. If housing is included, ask your Program Director what is included in your housing cost. You should also ask whether the housing includes towels, linens, and other common amenities.

Students are expected to adhere to the rules and regulations of their housing facilities. Some facilities enforce curfews and noise regulations. You are expected to be respectful of your host and follow these rules. Any property damages or fines that you incur during your program are your responsibility. Failure to pay these debts can result in a hold on your College account.

Independent Travel During the Program

Many weekends may already be scheduled for program excursions. If you are planning to travel on weekends or other free time during the program, please notify the Program Director of your travel plans. Information about where you are going and when you plan to return will help the

Director in the event of an emergency. It is advised that you travel in groups of two or more for safety. 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 required classes and activities.

Travel Insurance

Dixie State University provides mandatory short-term international medical and travel insurance. If your program is longer than 60 days, then you will need to purchase travel insurance through [Cultural Insurance Services International \(CISI\)](#) and provide proof of purchase to the study abroad coordinator prior to departure. More information about the policy can be found [here](#). We encourage you to also carry your own personal medical insurance policy.

Public Transportation Abroad

Public transit is generally affordable, reliable and relatively easy to use while travelling abroad. Most students find public buses and trains to be the most convenient way to get around town. You may be able to rent a bicycle for the duration of your program. Inquire at the local train station, tourist information office, or ask former program participants for advice on bike rental.

We do not recommend renting automobiles or driving in your host country. Road rules and signs differ greatly from those in the U.S. In addition, rental agencies often require a minimum age of 25 and substantial insurance coverage from their customers. Driving is not necessary when public transportation is efficient and simple. ***The leading cause of injury to study abroad students is traffic accidents.***

Pedestrian Etiquette

It is important to understand that pedestrians do not necessarily have the right-of-way abroad. Use caution when crossing the street. Some transportation systems are set up so that cars drive on the left-hand side of the road. This means that the flow of traffic may not be coming from the direction you anticipate it to come from! Look in ALL directions before crossing and utilize crosswalks and pedestrian walkways.

Cell Phones and Staying in Contact Abroad

Many students fear that they will not be able to stay in contact with friends or family during a study abroad program. There are a few options for how to stay connected

- Contact your cell phone provider to see what international student plans are available.
- Purchase an inexpensive cell phone in the host country after arriving on-site. These phones are usually “pay-as-you-go,” and utilize minutes and data purchased at local stores. In some cases, the minutes are provided by purchasing a card that includes instructions for loading the phone with the appropriate amount of minutes. In other cases, a clerk will actually program additional minutes onto the phone for you.
- Download the app, WhatsApp, before leaving. This app allows you to text other WhatsApp users for free over data or Wi-Fi. Also have friends and family members download the app as well.

Internet access is typically available in computer labs or internet cafes. Many programs do not require a laptop and you should consult your faculty director before packing one. If you choose to bring a laptop, we recommend using Skype or FaceTime in order to make free voice and video

calls.

How to Pack

Some suggestions for packing are included with this handbook. Be sure you know about the weather conditions at your site. You should also familiarize yourself with the standards of dress in your host country and know what is acceptable. Contact your Program Director to determine if any special equipment or attire is required for program activities. Remember that you will probably be coming home with more than you took, so it may be a good idea to pack an empty duffle bag for souvenirs in your luggage.

Take clothing that won't wrinkle. Take items you can layer for warmth on a cool night. Roll clothing rather than folding to save space and avoid wrinkles. Stash small items in shoes to maximize space. Put liquids in plastic containers or ziplock bags. Try to limit yourself to two pairs of shoes and be sure that both are comfortable and durable.

Pack your bag several days before departure. If you wait until the last minute, you will be anxious and will likely take too much. Pack and then re-pack eliminating unnecessary items. Practice carrying your bag and be absolutely certain you can handle it by yourself. Remember to leave room for purchases made overseas. A packing list is available in this section to assist you. You do not need to bring all the items on the list. It is meant to be used only as a guide.

Special Note about Carry-on Luggage

The Transportation Security Administration restricts the items that can be carried on an airplane. A list of these items can be found [here](#). While the list of restricted items will vary from country to country, these regulations are fairly consistent across the board. Students can use this list as a guide for any international flights they may take.

Special Note about Electrical Appliances Abroad

Voltages, electrical sockets and plugs differ overseas. You can buy voltage converters and adapter plugs at most travel stores, retail stores, and some drugstores. The effectiveness of plug adapters and converters is highly variable. Be sure that the converter you buy is strong enough to convert the appliance you are using. You should consider what you absolutely need and try to get by without electrical appliances. Many small appliances such as hair dryers, electric razors, alarm clocks, and curling irons can be purchased in expensively in the host country. Laptop computers are especially sensitive to electrical currents. If you plan to take one, read the voltage information located on a tag on the power cord.



Packing List

CLOTHES

Shorts (Women may find that Capris or skirts are more culturally acceptable abroad.)
Comfortable sandals for walking
Shower shoes/flip-flops
Underwear
Rain jacket
Walking shoes
Lightweight pants
Shirts (a mix of short sleeve and long sleeve)
Sweatshirt/Sweater (wool is preferable in cold and rainy climates)
Bathing suit
Hat w/ brim
Socks
Belt

MEDICINE AND FIRST AID

Doctor's prescriptions (bring medication enough for the entire program in the original containers)
First aid kit (see recommendations in the Health section)
Contraceptives
Hand sanitizer (antibacterial)
Glasses & case
Feminine hygiene products

PERSONAL

Comb/brush
Mosquito repellent
Fingernail clippers
Razor & blades
Toothpaste
Toothbrush & holder
Dental Floss
Soap & Shampoo
Lip balm

Sunscreen
Towels, 1 lg., 1 sm.
Laundry bag
Cotton swabs/Q-tips

TRAVEL DOCUMENTS

Airline Tickets
Credit/Debit card
Cash
Passport
Photocopy of Passport
Money belt
Health Insurance Card
Emergency Contact Information

MISCELLANEOUS

Travel guide book
Alarm clock (small, battery operated)
Plug adapter & converter
Freezer bags (pint & gallon size)
Sunglasses
Umbrella
Souvenir duffel bag
Extra batteries (rechargeable are best)
Battery charger
iPod
Address book
Books
Water bottle (Nalgene type)
Pens
Notebook or journal
Camera, memory cards, cables
Flash Drive
Daypack/backpack
Sewing kit
Watch
Ear plugs
Gifts for host family and friends

Health

Personal Health Information

If you have a history of mental or physical health conditions, it is important to disclose this information during the process of getting your *Medical Clearance Form* signed. Experiencing another culture is exciting, but can also be mentally and physically demanding. This can cause symptoms from health conditions to worsen. While this could be temporary, it may be necessary for the Study Abroad Office to assist you in finding support on-site. Withholding information to get your *Medical Clearance Form* signed will prevent us from effectively helping you.

Pre-Departure Doctor/Dentist Visit

We recommend that you see your doctor and dentist for a routine examination prior to departure. Ask your doctor to discuss any immunizations, medications, and health practices that might be recommended for your host country. You might also inquire about a prescription for a general travel antibiotic. Preventative health care before you go can save you from discomfort while abroad. If vaccinations are required for participation in your program, you will be informed during the pre-departure orientation.

Vaccinations & Immunizations

Depending on what country you are visiting, you may need to update your vaccinations. You may also be required to get additional immunizations depending on the destination. The [Center for Disease Control \(CDC\)](#) provides detailed information on health issues and required vaccinations for travelers worldwide.

Prescription Medications

If you take a prescription medicine regularly, be sure to have an adequate supply to last the entire time you are abroad. Keep the medication in the original, labeled containers marked clearly with your name, doctor's name, and name of the medication. Inquire with your healthcare provider about refilling prescriptions by mail or abroad if you should lose or run out of medication. If you take allergy shots or insulin, take an adequate supply of well-labeled syringes (Please note that you will need an official letter from your doctor to take needles or syringes on a plane). If you wear glasses or contact lenses, take an extra pair and a prescription with you. Take enough contact lens solution for the duration of your program because it can be difficult to find and expensive to buy abroad.

Take Care of Yourself

Travel, time changes, new climates, and new foods can weaken your immune system. Get plenty of rest and eat properly. Drink lots of water. It is not uncommon for students to become dehydrated while traveling. This advice also applies to the weeks prior to departure. If you are healthy before you leave the U.S., it will be easier to maintain your health while abroad

Mental and Emotional Health

Maintaining good health includes paying attention to your mental and emotional well-being. If possible, try to relieve any stress you might be feeling prior to leaving the country. Otherwise, you may find that travel and the adjustment to a new environment may compound your anxiety.

Many students experience culture shock and varying degrees of homesickness while studying abroad. Understand that this is normal and do not be afraid to discuss your feelings with the Program Director or your peers.

Food and Water Quality Abroad

Food and water quality outside of the United States can vary greatly. These variations can cause medical problems for you during your travels. Research the water quality of your destination before departure. Your Program Director can provide advice if you are unsure. If the water quality is questionable, drink bottled water and ask for drinks without ice cubes. You might consider using bottled water to brush your teeth as well.

Make sure that all food is well cooked. Fruits and vegetables should be thoroughly washed and peeled. Be especially careful when eating food prepared by street vendors or food carts. The general rule of thumb from travel experts is: *If you can't cook it or you can't peel it, don't eat it!*

First Aid Kit

Most over the counter medicines are available abroad, but finding them can be inconvenient during your program. The Study Abroad Office recommends that students take a "homemade first aid kit." Suggestions for your kit include:

- | | |
|---|---|
| <input type="checkbox"/> Pain Medication | <input type="checkbox"/> Neosporin |
| <input type="checkbox"/> Motion Sickness Pills | <input type="checkbox"/> Insect Repellent |
| <input type="checkbox"/> Anti-diarrheal Medicine | <input type="checkbox"/> Hydrocortisone Ointment |
| <input type="checkbox"/> Cold & Allergy Medicine | <input type="checkbox"/> Toilet Paper (camper size) |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Hand Sanitizer & Antiseptic Wipes |
| <input type="checkbox"/> Feminine Hygiene Products | <input type="checkbox"/> General Antibiotic |
| <input type="checkbox"/> Daily Prescription Medicines | <input type="checkbox"/> Bottled water or a refillable drinking container (remember that you cannot take liquids on an airplane!) |
| <input type="checkbox"/> Band Aids | |
| <input type="checkbox"/> Contraceptives | |

A more comprehensive list can be found on the [CDC's website](#).

Safety

Inherent Risk

There are inherent risks to traveling and studying in other countries. You will always be more at risk because you are unfamiliar with your surroundings, but there are actions you can take to reduce your risk. The information and suggestions contained in this section will help you mitigate those risks. It is your responsibility to read this section carefully and follow the instructions and policies herein.

International Education/Study Abroad Safety Policy

The health and safety of DSU students abroad is the top priority of the Study Abroad Office. Nevertheless, participants in our programs must be fully aware that there are inherent and varied risks to overseas travel. We will do all we can to mitigate known risks and cancel programs where risks are unacceptable; unfortunately, however, many such risks--natural disasters, political unrest, crime, transportation accidents, poor personal decision making or other emergencies--are not predictable in advance.

Furthermore, the Study Abroad Office maintains vigilance with respect to State Department Travel advisories and warnings in effect around the globe. Although we do not make decisions regarding the safety of particular locations based solely on these advisories and warnings, we do consider them very carefully among a variety of other factors. For instance, some warnings may not clearly specify a recommendation that US citizens should avoid unnecessary travel to a given country; others may be limited to specific locations within a particular country. In the latter case, students are expected to avoid areas specifically mentioned in such warnings and avoid unnecessary risk at all cost. To ensure that all appropriate factors are considered with respect to State Department travel warnings and advisories, ***students traveling to locations with warnings or advisories in effect are subject to approval by the Study Abroad Office and are expected to abide by instructions given by this office and Program Directors with respect to these warnings.***

Finally, the Study Abroad Office urges students that, as always, deliberation and caution are the best policy when operating in foreign environments.

Travel Updates

Before you go abroad, read the State Department's Consular Information Sheet for the country in which you plan to visit, and check any Public Announcements or Travel Warnings that may pertain to that particular country. A Consular Information Sheet is available for every country in the world and provides an overview of conditions pertaining to travel in each country. Travel updates can be found on the U.S. Department of State's [website](#). You can also consult the State Department's student travel [website](#).

Worldwide Caution

Wherever you travel in the world (including domestic travel) maintain a high level of vigilance and increase your security awareness. While abroad Americans should maintain a low profile. For example, leave the obviously American t-shirt and clothing at home. Meet the dress

standards of your host country, and respect sites of cultural, religious or national significance by dressing appropriately. Avoid large crowds, especially where demonstrations or political activities are involved. If you participate on a DSU study abroad program, you are expected and obliged to conform to the regulations of the institution and the laws of the countries that you visit. Misconduct can jeopardize your welfare, the welfare of other students, and the study abroad program, and may result in your being sent home from the program.

U.S. Embassies & Consulates

There are U.S. embassies in more than 160 foreign capital cities throughout the world. Each embassy has a consular section which helps U.S. citizens abroad. Larger countries may also have U.S. consulates in other major cities. A complete list of U.S. embassies and consulates worldwide is available [here](#).

STEP Program

As a precautionary measure in case of emergency, we require that students register with the nearest U.S. embassy or consular office. Registration information can be found at <https://step.state.gov/step/>. This makes it easier for consular officers to reach you in an emergency or to replace a lost passport. Consular officers provide a range of services—some emergency, some non-emergency.

Tips for Staying Safe

Before you go:

- Inform yourself about the places where you will be traveling.
- Read about any travel advisories, alerts or warnings from the State Department.
- Practice and/or learn key phrases in the local language. Learn how to say “help” in the local language.
- Learn the emergency phone numbers for the country. 9-1-1 is not a universal emergency phone number!
- Inform yourself of cultural differences.

While you are there:

- Act like a local. Choices in dress, living arrangements, means of travel, entertainment, and companionship may have a direct impact on how you are viewed, and thus treated, by the locals.
- Be street smart. Make sure you are alert and aware of your surroundings.
- Divide and hide your valuables. Keeping all of your valuables in one place makes you vulnerable to theft!
- Travel in small groups.
- Never walk alone at night.
- Travel with the least amount of money and valuables possible.
- Use trustworthy and reliable transportation.
- Don't carry your passport unless it is necessary.
- Do not drink, but if you do, drink responsibly. Review the information in the Alcohol section of this handbook.
- Carry your health insurance information and emergency numbers with you. Always let someone know where you are.

- Make friends with the locals. They can provide insights into your new community that you can't find in guidebooks!

The U.S. Department of State hosts a website geared specifically for students. For recommendations from the State Department, visit <http://studentsabroad.state.gov/>.

Personal Document Safety

While traveling you should be especially careful with personal documents. Do not bring any unnecessary credit cards, IDs, keys and other items with you. Make two photocopies of important documents such as insurance cards, credit cards, ATM cards, birth certificates, visas, passports, prescriptions, and airline tickets. Leave one copy at home with a trusted family member or friend. Take the second copy with you. Store the copies in a safe place, but SEPARATELY from the original documents.

NEVER pack your passport or any other important documents in your checked-in luggage.

Important items such as passports and credit cards should be carried in a pouch or money belt as close to your body as possible. Keeping these items in exterior pockets or loose in purses and bags makes them vulnerable to theft.

If your passport is lost or stolen abroad, contact your program director or the nearest [U.S. Embassy or Consulate](#) for assistance.

Emergencies While Abroad

Dialing 9-1-1

9-1-1 is not necessarily the emergency number in other countries. Upon arriving abroad, ask your faculty director what the emergency phone number is in your host country! You can also visit the State Department website for a list of emergency phone numbers abroad: https://travel.state.gov/content/dam/students-abroad/pdfs/911_ABROAD.pdf

In Case of an Emergency

The Study Abroad Office wants to ensure your health and safety while abroad but needs your help to do so. It is important that you are familiar with the policies and procedures set by your program director. They will be your first point of contact in case of an emergency. You should make sure you have emergency contact numbers for the Program Director. You should carry all emergency numbers with you at all times because more than likely you will not have them memorized. We suggest you follow three steps in case of an emergency:

- 1) If it is a medical emergency, call the local police or medical emergency services in your host country.
- 2) Call your Program Director. They need to know if you are ill or if there is an emergency or accident.
- 3) Call your family.

Diversity in Study Abroad

Women Travelers

Unfortunately, women are especially at risk while traveling abroad. Other cultures often have stereotypes about American women. Many cultures also traditionally treat women differently. Gender equity is not universal. It may be common for men to make noises, gawk, or make sexually suggestive comments to women. Women do not need to accept the unwanted attention and stereotypes, but need to learn how to cope in uncomfortable situations and even prevent them from happening. The following are tips for staying safe and dealing with unwanted attention:

- Observe the local women. They can provide insights for dealing with uncomfortable situations.
 - How do they dress?
 - How do they act around men?
 - How do they react to unwanted attention?
 - How do they act in social situations?
 - What are their rules about having both romantic and friendly relationships with men?
- Don't walk alone at night.
- Travel in small groups, not alone.
- Dress modestly.
- Drink responsibly!

Women also face unique health challenges abroad. Birth control can be heavily regulated and hard to obtain in foreign countries. If you use contraceptives, you should be sure to take a sufficient supply to last your entire program. We also recommend that you take enough feminine hygiene supplies to last the duration of your program. The availability of these items varies greatly depending on the host culture and destination. In many countries, these items are not available on the shelf in a drug store. Often, you will have to specifically ask a clerk or pharmacist for the supplies you need to buy. Women studying outside of Western Europe need to be aware that tampons may not be available at all in your host country. If you intend to use tampons, we encourage you to take them with you.

Sexual Orientation

Throughout the world, cultures respond differently to issues of sexual orientation. Consider learning more about the local laws, norms, and expectations associated with sexual orientation. When selecting a program, we encourage you to consider the culturally-based ideas and definitions of sexual identity in the countries you plan to visit. These ideas and definitions may have an impact on the way people interact with you, your level of culture shock, and your overall experience. The staff members in the Study Abroad Office are available to assist you in researching destinations and discussing your options.

Race and Ethnicity in Study Abroad

Concepts of race and ethnicity are often culturally-based. When you visit a new country, you may be faced with new expectations, stereotypes, and norms related to your race or ethnicity. As you prepare for your experience, you may be concerned about possible discrimination and prejudice while studying abroad. Conversely, you may be looking forward to experiencing life as a member of the majority population or planning a journey of self-discovery to the country or region of your family's heritage. Whatever reasons you have for studying abroad, you will find that confronting and coping with your adjustment abroad, as painful as it may be at times, can be a positive growth experience. It may be challenging, but it can present you with unique experiences and insights into your own cultural identity and beliefs. It can also provide unparalleled personal growth, professional skills, and self-awareness.

As you prepare for your program, we encourage you to research attitudes and customs related to race and ethnicity in the countries you plan to visit. Investing time and energy into researching these elements of culture will leave you better equipped to handle the challenges you might face and ready to take advantage of the benefits your host culture may offer.

Students with Disabilities

In the past ten years, students with disabilities from across the county have successfully participated in study abroad programs. The key to successful experiences for students with disabilities is planning. Be open about your needs and communicate them to the Study Abroad Office. This will be critical to successfully identifying a program that can accommodate you. Arrangements must be made ***well in advance***. The sooner you discuss your needs with a Study Abroad Coordinator, the more successful we are likely to be in accommodating your needs.

In your application, be sure to disclose that you have a disability. If you need to update your disclosure, contact the Study Abroad Office. You should discuss the necessary accommodations, prescriptions, medical history, treatment needs, etc. with your Study Abroad Coordinator. This information will be used to identify whether or not your chosen site can accommodate your needs.

Even if you don't think that you'll need accommodations, it is always best to discuss your study abroad plans with a staff member. Many conveniences available to people with disabilities in the U.S. are not be available or accessible in other countries. Our staff may be able to help you prepare and plan accordingly.

Other Concerns and Details

Absentee Voting

If you will be absent during a U.S. election and want to cast a ballot from abroad, you will need to plan in advance. At least two months before the election, visit the [Federal Voting Assistance Program](#). You can also check with your county registrar or Secretary of State.

Tax Preparation

If you will be outside of the United States during the spring, be sure to arrange for tax preparation before departure.

Cultural Differences

Expectations

You're embarking on an adventure – it's almost impossible not to have expectations. Beware! Expectations may lead to disappointment. Try to be as open-minded as possible and flexible in new situations. If you are not expecting everything to be like home you will be less frustrated and will adapt more easily to the new environment. Consider that your way, or the "American way", is not the only "right" way and try to accept new ways of doing things. Other cultures have a different sense of right and wrong, and a different understanding of common sense, politeness, appropriate behavior, etc. than you do. Being humble and respectful will go a long way to foster relations with people in your host country. The best advice is to pay close attention to the local people and then emulate their behavior and attitude. Try to blend with the culture. Half of the fun of going abroad is learning about the way different cultures do things; the other half is adding some of their customs, beliefs and perspectives to your own way of thinking. The result will be an enhanced understanding and appreciation of your own country and the world.

Culture Shock

Culture shock is a symptom of having to adjust to a culture different than your own. Culture shock is real and plays an important role in adjusting to your host country. As a result of culture shock, you may feel homesickness, depression, withdrawal, anxiety, and anger which can make it difficult to do daily tasks. The most important thing to remember is that you are not alone and most likely other participants in the program are feeling similar. Don't be afraid to talk about your feelings with the Program Director or other students. Also, take care of yourself by staying active, taking personal time, and connecting with your friends and family at home. Left untreated, culture shock can turn your program into a miserable experience. Take care of your mental health, and you will learn to enjoy the cultural challenges of study abroad.

Cultural Orientation

It is important that you have some knowledge of local culture and custom before arriving in the host country. This will ease your transition into the community and help you interact with your new neighbors more effectively. There are many online resources to help you prepare for your experience. We recommend [Let's Go Destinations](#).

We also recommend purchasing a travel guide before departure. Good travel guides—such as Frommer's, Let's Go, Lonely Planet, Rick Steves, and Rough Guides—not only provide logistical travel tips but also include sections on history, language, culture and customs. Additionally, you could consider the following resources:

- Lectures on campus and in the community
- Books
- Movies

Coping Strategies

We all have ways of dealing with stress, but if you're experiencing culture shock for the first time, you may find that your normal methods just don't cut it! The following is a list of ideas to help you deal with the challenges of living in a different culture:

Things you can do with other participants

- **Talk with your peers-** You are likely to find that other students are experiencing some of the same stresses as you are. Talk with other participants about how they are dealing with these challenges.
- **Talk to your Program Director or on-site faculty members-** Program Directors and on-site staff are there to help you with issues of culture shock. If you begin to feel overwhelmed, approach these individuals for help or advice.
- **Ask questions-** Sometimes, the key to understanding what you're feeling is to understand what is going on around you. If you see something that you don't understand, ask about it.

Things you can do on your own

- **Journaling or blogging-** Journaling and blogging provide you with an opportunity to express what you're experiencing and organize your thoughts.
- **Read or listen to music-** Bring a book that will take your mind off the frustration that goes along with Culture Shock. Music can also provide background noise during journaling, soothe worries, and stimulate creativity.
- **Exercise-** If you are accustomed to regular exercise, continue this practice to the best of your ability. Physical exercise helps reduce stress and clear the mind for better concentration, and will help in dealing with the challenges of a new culture.

Things to remember

- **I came here to experience new things-** One reason for studying abroad is the desire to leave your comfort zone. It can be helpful to remember this when feeling out of sync with your surroundings.
- **It's not just me-** Most travelers experience culture shock at some level when traveling. If you talk with your peers, you are likely to find that they are feeling some of the same things that you are.

Host Families

Some Dixie State University programs offer the option of staying with a host family. This can be one of the most culturally rich aspects of your experience, but it will also present some challenges. Remember that you are a guest in their home and a representative of your country and Dixie State University. It may be difficult to adjust to living in a family setting after you have lived on your own for some time. Remember to be respectful of any rules that your host family establishes and their customs and practices. It may be a good idea to bring a small gift for your host family that represents your culture and background.

Dating & Sex

You should be aware that concepts of gender and the expectations associated with gender are cultural. So as you enter a new culture, it is likely that people will have different expectations of

you based on whether you are male or female. This becomes especially important when considering issues of dating and sex while studying abroad.

Acquaint yourself with the local culture regarding appropriate sexual conduct. Gestures, dress, eye contact, and body language can be interpreted differently in other countries. In some countries, American women may be targeted and/or seen as easy prey and American men may seem too aggressive. Understand that what is considered casual conversation here may be considered sexual encouragement in other cultures. Go out in groups and get out of a situation if you are the least bit uncomfortable.

It is also important to take into account potential health risks for engaging in sexual behavior abroad. If you choose to be sexually active, use appropriate precautions. Understand that your partner may have different expectations of you due to cultural differences. In many parts of the world, the prevalence of AIDs, HIV, and other STDs is higher, and the understanding of how these diseases are spread or prevented may be limited. Condoms and other forms of protection may also be difficult to find. Given this, be sure to take any necessary supplies with you to the host country.

Coming Home

Financial Concerns

Your program fee may or may not include the cost of transportation back to the airport in the host country. Contact your Program Director to find out if you will need to pay for this expense out of pocket. If so, inquire about how much to budget. You will need to make sure that you save enough money throughout your program to pay for this expense.

Some countries also require that you pay an exit tax. Some airlines include this in the cost of your ticket. Contact your airline to inquire.

Arriving at the Airport

Lines at airports overseas can be extremely long. For this reason, you should arrive at the airport at least three (3) hours before an international flight departs.

Also remember to budget enough time to get to the airport. Traffic in big cities can be congested. If you are in a rural area, you will need to commute to the airport. Check bus and train schedules in advance to make sure that transportation will be available when you need to depart.

Airport security is tight worldwide. Expect long lines and plan ahead. Make sure that you are not taking prohibited items on the plane.

Duty Free Shops

Most international airports offer Duty Free Stores (vendors that sell products without charging import or local taxes). While these stores have good deals on a variety of items, students should be cautious when making purchases. Some airlines will not let passengers board the

plane with liquids purchased at Duty Free Shops. Before making a purchase, be sure to check with your airline to make sure that you will be able to bring your items on the plane.

Re-entering the United States

During your flight, you will be asked to fill out a landing card. Fill this out before exiting the plane. After deplaning, follow the signs to Immigration and join the lines for American citizens. Lines can be VERY long. Be patient.

The Immigration Officer will ask for your passport. He/she may have questions about your travels. Be honest and straight-forward. After clearing Immigration, you will collect your luggage and proceed to Customs. The Customs Officer will ask to see the landing card that you filled out on the plane. She/he will ask questions about the items you are bringing into the United States. Some items are restricted by U.S. law. A list of restricted items can be found on the U.S. Customs and Border Protection [website](#). Follow the instructions of Customs Officers carefully.

After clearing Customs, you can leave the airport or proceed to your next flight. If you have a connecting flight, you will need to recheck your luggage. Ask an airport staff member where to go to recheck your luggage. Do not leave the secure area unless the airport staff member instructs you to do so. This will cause a delay and you may miss your connecting flight. Once you have rechecked your luggage, you can find the gate for your next flight.

Wellness After Your Program

Study abroad is an intense experience, and that intensity can manifest itself physical and emotional symptoms after your program. Many travelers feel exhausted after returning home. Some travelers become dehydrated. It is also common for students to experience a period of adjustment to food in the United States. When you arrived in the host country, you may have had trouble adjusting to new foods. The same phenomenon can occur as your system “readjusts” to food in the U.S. Stick to bland foods and drink lots of water to help combat these symptoms. Make sure that you get plenty of rest!

Some students also experience emotional challenges upon returning from a study abroad program. You may have difficulty explaining your experience to family and friends or feel isolated at times. You may think that your friends are uninterested in your stories, pictures, and videos. Additionally, you will make new friends during your program and you may find yourself missing your new acquaintances and even your host country. The following tips can help you process your experience and deal with these emotions:

- **Make a scrapbook or keep a journal.** Creating a photo album, webpage, or scrapbook can help you organize your thoughts and work through your emotions. Writing is also an excellent way to help you articulate your experience.
- **Get involved in the community.** Take advantage of local events and festivals that highlight world cultures.
- **Take internationally-oriented courses.** Review your class schedule. DSU offers

internationally-themed courses. Learning about international issues through an academic lens will give you a good framework for articulating your experience.

- **Visit the Study Abroad Office.** Staff members in the Study Abroad Office understand what you're going through. Stop by our office during regular business hours to talk with a staff member about your feelings.
- **Get together with other study abroad students.** Take the time to meet up with other members of your group when you get back to campus. This will allow you to share pictures, stories, and reminisce about your experience.

While all of these physical and emotional symptoms are common, be sure to seek help if they persist. After returning from your program, we recommend that you visit the doctor for a checkup. This is especially important if you are feeling under the weather or experienced health problems abroad.

Hopefully this will be a life-changing experience for you and will help you see the world through new eyes and a new perspective on the world and your place in it.



Appendix A: Websites and Resources

Study Abroad Website – <http://studyabroad.dixie.edu>

Las Vegas Airport – <http://www.mccarran.com>

Center for Disease Control - <http://wwwnc.cdc.gov/travel/>

State Department – www.state.gov

Students Abroad - <http://studentsabroad.state.gov/>

STEP Registration - <https://travelregistration.state.gov/ibrs/ui/>

U.S. Embassies and Consulates - <http://www.usembassy.gov/>

BBC – <http://www.bbc.co.uk/>

NY Times – <http://www.nytimes.com/>

Let's Go - <http://www.letsgo.com/>

Lonely Planet – <http://www.lonelyplanet.com/>

Rick Steves – <http://www.ricksteves.com/>

Frommer's – <http://www.frommers.com/>

Rough Guides – <http://www.roughguides.com/>

Appendix B: Top Ten Tips for Travelers

1. Make sure you have a signed passport valid for **at least 6 months beyond your expected return date** (and visas, if required). Also, fill in the emergency information page of your passport.
2. Read the Consular Information Sheets (and Public Announcements or Travel Warnings, if applicable) for the countries you plan to visit.
3. Familiarize yourself with local laws and customs of the countries to which you are traveling. Remember, the U.S. Constitution does not follow you. While in a foreign country, you are subject to its laws.
4. Make 2 copies of your passport identification page. This will facilitate replacement if your passport is lost or stolen. Leave one copy at home with friends or relatives. Carry the other with you in a separate place from your passport. Do the same with other important documents.
5. Leave a copy of your itinerary and your emergency contact information with family or friends at home so that you can be contacted in case of an emergency. If you decide to travel independently, let your faculty director and family know about your plans.
6. Do not leave your luggage unattended in public areas. Do not accept packages from strangers.
7. If you plan to stay abroad for more than two weeks, upon arrival you should notify by phone or register in person with the U.S. embassy in the country you are visiting. This will facilitate communication in case someone contacts the embassy looking for you.
8. To avoid being a target of crime, try not to wear conspicuous clothing and expensive jewelry and do not carry excessive amounts of money or unnecessary credit cards. Use the buddy system rather than going out or traveling alone.
9. In order to avoid violating local laws, deal only with authorized agents when you exchange money or purchase art or antiques. Know the laws about drug and alcohol use. Remember: anti-drug enforcement in other countries may be stricter than in the U.S.
10. If you get into trouble, contact the nearest U.S. embassy.

Notes