

# JWU

*Study Abroad*



[studyabroad.jwu.edu](http://studyabroad.jwu.edu)



[/jwustudyabroad](https://www.facebook.com/jwustudyabroad)



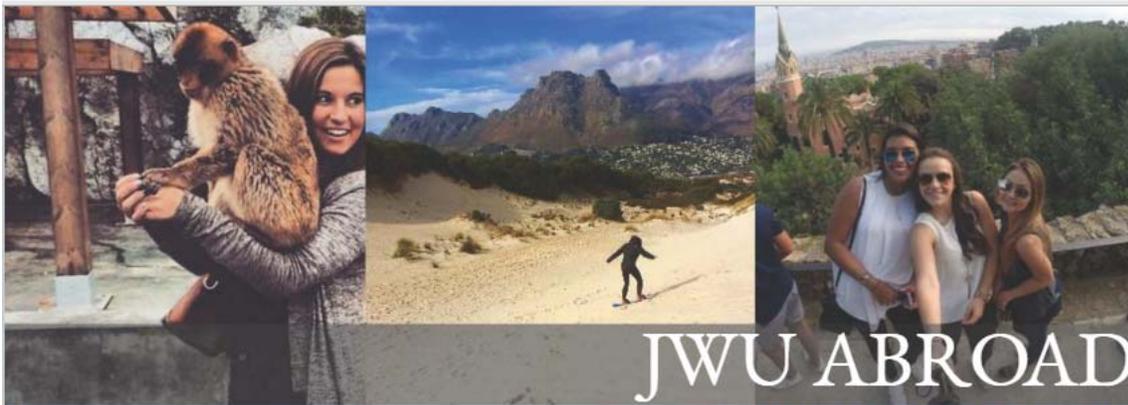
[/jwustudyabroad](https://www.instagram.com/jwustudyabroad)

# Study Abroad Orientation Retreat

## Table of Contents

Your program leader(s) will hold separate program-specific meetings.

<b>Web Resources – Check Them Out!</b> .....	3
<b>Participation Agreement</b> .....	4
<b>Getting Started</b>	
Electricity – Voltage & Converters.....	8
Money.....	9
Packing Tips.....	10
How To Be a Savvy Traveller.....	11
<b>Safety and Security</b>	
Safety Assessment.....	15
How Consulates Can Help.....	16
Alcohol and Other Drugs.....	17
Sexual Misconduct and Relationship Violence.....	21
Who to Call When You Have a Problem <b>(Cut out wallet card)</b> .....	23
<b>Health</b>	
Traveling with Medications.....	24
Managing Physical and Mental Health Abroad.....	25
Center for Disease Control (CDC).....	See link on website
US Dept. Of State Country Specific Information.....	See link on website
Travelers' Medical Insurance Coverage.....	Separate handout
<b>Cross Cultural Awareness</b>	
Cultural Adjustment Cycle.....	26
Cultural Value Assumptions.....	28
Cultural Adjustment Tips.....	30
Communicating Across Cultures.....	31
Planning for Your Return.....	32



# JWU ABROAD

[HOME](#) | [PROGRAMS](#) | [CONTACT](#) | [DEADLINES](#)

[Logout](#) | [Applicant Home](#) | [Admin Home](#) | User: Elizabeth Allsworth

- [Why Study Abroad](#)
- [Get Started](#)
- [Accepted Students](#)
- [Returning from Abroad](#)
- [Academic Planning](#)
- [Financial Planning](#)
- [Health & Safety](#)
- [Faculty and Advisors](#)
- [Parents and Guardians](#)
- Resources**
- [Study Abroad Staff](#)

## ANNOUNCEMENTS

**NEW PROGRAMS ADDED #TrailBlaze**  
 Blanquerna, QUT and BINUS are finally here! [\[View Details\]](#)

[View All](#)

[Home >](#)

Before you leave the US or while you are overseas, you might find the following links helpful:

For inspiration, fun tips, travel blogs, and websites about being a savvy traveler while studying abroad, [visit our Pinterest page!](#)

### Cultural Awareness

[What's Up With Culture](#)

### Country Information

- [World Atlas](#)
- [World Time Zones](#)
- [World Weather](#)
- [Country Information Sheets](#)
- [Let's Go Travel Guide](#)

### Practical Information

- [10 Things I Wish I Knew Before Studying Abroad](#)
- [Hostelling International](#)
- [International Calling Codes](#)
- [Plugs and Voltage Worldwide](#)
- [Currency & Exchange Rates](#)
- [Mobility International](#)
- [LGBTI Travelers](#)

### Government

- [Locate US Embassies Worldwide](#)
- [US Passport & Application](#)

### Health & Safety

- [Travel Warnings, US Department of State](#)
- [A Safe Trip Abroad](#)
- [Tips for Students Preparing to Travel](#)
- [Protect Yourself From Foreign Intelligence Targeting](#)
- [Travel Health, Center for Disease Control](#)
- [World Health Organization](#)
- [HTH Worldwide Accident and Sickness Insurance](#)
- [Smart Traveler Enrollment Program \(STEP\)](#)
- [JWU Student Code of Conduct](#)
- [Alcohol & Drug Use Abroad](#)
- [AA Links Around the World](#)
- [Vegetarian Dining](#)
- [Vegetarian Phrases in other Languages](#)
- [The Vegan Society](#)

### Transportation

- [STA Travel](#)
- [Kayak.com](#)
- [Eurail](#)

**International Participation Agreement and Release**  
Johnson & Wales University - Study Abroad Program

**THIS DOCUMENT CONTAINS A RELEASE OF LEGAL RIGHTS. READ AND UNDERSTAND BEFORE SIGNING.**

Students who have voluntarily applied to and have been accepted into the Johnson & Wales University (“JWU”) Study Abroad Program (hereinafter the “Program”), must agree to and comply with this *Participation Agreement and Release* (the “*Participation Agreement*”) as a condition of and before being allowed to participate in the Program. For a detailed list of the academic travel opportunities offered through the Study Abroad Program, please see [studyabroad.jwu.edu](http://studyabroad.jwu.edu). This Participation Agreement applies to all academic travel opportunities offered through the Study Abroad Program.

**STUDENT AGREEMENTS AND RELEASE:**

***By signing this Participation Agreement, I acknowledge and agree that the terms and conditions set forth in this Participation Agreement apply to any and all travel that I may participate in through the Program.*** I wish to participate in the Program, and I certify that my participation in the Program is wholly voluntary. I agree to the terms and conditions of the Program as described in this *Participation Agreement*. I further agree to all of the following:

***Health and Safety:*** I have consulted a medical doctor with regard to my personal medical needs. There are no health-related reasons or problems, which would preclude or restrict my participation in the Program. I understand that if I am a student with a disability, and I would like to make a request for a reasonable accommodation, I must do so by contacting the university’s Center for Academic Support no less than two months prior to my program start date. I further understand that if I have a dietary or other request that is not associated with a disability, I must contact Study Abroad no less than two months prior to my date of departure. Due to the nature of the Program, the university may not be able to grant my request(s).

I agree that (a) the university is not obligated to attend to any of my medical or medication needs and I assume all risk and responsibility thereof, and (b) the university may (but is not obligated to) take any actions it considers to be warranted under the circumstances regarding my health and safety, including, without limitation, placing me in a hospital or in the care of a local doctor, consenting to medical care on my behalf or transporting me back to the U.S. by commercial airline or otherwise. I agree to pay all expenses relating thereto, including, without limitation, any emergency medical treatment, ambulances, hospitals or any other charges incurred and release the university from any liability for such actions. I agree that the university is not responsible for the cost or quality of any medical treatment or care that I may receive.

Should a medical emergency require that I depart from the Program early, I understand that I may be able to receive medical credit for tuition from the university. I understand that it is my obligation to contact Student Financial Services for more information.

***Personal Conduct - Compliance with laws, rules, and regulation:*** I understand that each foreign country has its own laws and standards of acceptable conduct, including dress, manners, morals, politics, and behavior. I agree to abide by all such laws and standards including, without limitation, laws relating to the possession, use, or sale of drugs. I further agree to abide by the instructions, rules, and regulations of any landlord, host institution, host family, transportation carrier, hotel, tour organizer, or other provider of goods or services involved in the Program (each, a “Provider”). I understand and acknowledge that the Provider may require me to execute additional documentation before I may participate in the Program.

I agree that I will comply with all university policies, including the *Student Code of Conduct* and with the instructions of university and Provider personnel during my participation in the Program.

I acknowledge that certain rights, freedoms, and protections that exist in the United States may not be available in all foreign countries, including the right to be free from certain forms of discrimination and harassment and the right to due process, free speech, and free association. I understand that engaging in activities such as political or union activities or demonstrations while in a foreign country may be dangerous or illegal.

I agree that I am solely responsible at my own cost and expense for any civil, criminal or other legal problems I encounter while participating in the Program. I acknowledge that the university will not be responsible for providing any assistance or legal counsel if I do encounter legal problems.

**Academic Program:** I understand that the Program is an academic program, and I will follow all rules and instructions of the academic program, including but not limited to attendance requirements and participation requirements set by the university, the Provider and/or the host university, including doing all assigned work and attending all required Program activities. Noncompliance or failure to complete the preparatory or any other aspect of the Program may result in loss of academic credit without refund, a failing grade, which will be reflected in my transcript, and/or dismissal from the Program at any time.

**Program Activities:** I acknowledge and understand that the Program involves participation in activities (hereinafter "Activity" or "Activities") organized by the university and/or by third parties. In addition to traditional classroom lectures, these Activities may include, but are not limited to industry visits, cultural excursions, adventure activities and group meals. You are required to participate in the full program itinerary, including all Activities.

I acknowledge that, depending on the Program, some of the Activities are physical activities that involve a risk of injury, such as eco hikes, horseback riding, canopy tours (zip lining), swimming, whitewater rafting, hiking, snorkeling, hot springs, water slides, etc. I understand that the Activities may include risks associated with travel to and from the Activity, exposure to elements, weather conditions and other forces of nature, excessive heat, hypothermia, encountering objects either natural or man-made, exposure to animals, insects and/or reptiles, encounters with hazards including rocks, stumps, cobblestones, rough water, water currents and wind, capsizing, jarring movements and speed, uneven ground, trips and falls, equipment malfunctions, human error and the potential of my own negligence and the negligence of others, that could result in significant injury including the potential for permanent disability and death. I agree that the university is not responsible for any loss or injury to person or property that I may suffer or for which I may be liable to another person or entity as a result of my participating in any Activity and/or my travel to and from the Activity and I recognize that the university assumes no responsibility, financial or otherwise, in connection with my participation in and travel to and from any Activity.

I understand that it is my obligation to inquire about Program Activities prior to departure if I have any questions or concerns about participation, so that I may voluntarily determine if the Program is appropriate for me. I understand if I am unable to participate in an Activity, I will immediately notify Study Abroad. I further understand that my failure to participate in an Activity may result in a lower grade, which will be reflected in my transcript, or may otherwise adversely impact my academic standing.

**Dismissal from the Program:** I agree that the university has the right to enforce this *Participation Agreement* and that it can impose sanctions, up to and including immediate dismissal from the Program, if I violate the *Student Code of Conduct* or any of the terms or conditions of this Participation Agreement or if I engage in any behavior detrimental to or incompatible with the interest, harmony, and welfare of the university, the Program, the Provider, the host university, or the other participants, including, without limitation, any behavior that poses a danger to myself or others, or interferes with the mission of the university, as determined by the university in its sole discretion. I understand that I can be removed from the Program without due process, and that any violations may also be referred to appropriate university officials in the U.S. for further disciplinary or other action.

If I am dismissed from the Program (or if I voluntarily leave the Program), I will leave the Program immediately at my own expense with no refund of fees or tuition paid in connection with the Program. I agree to make my own travel arrangements for my departure from the Program.

I understand that the university has an obligation to investigate and respond to reports of violence, sexual misconduct and relationship violence. In the event the university receives a (non-confidential) report of such misconduct having occurred during a study abroad experience, the university will take immediate steps to investigate, generally following the procedure outlined in the [JWU Conduct Review Process](#) as outlined to the extent possible. However, when necessary, the university may apply alternative procedures or standards in order to fulfill its obligations and to fit the unique needs and circumstances presented by each study abroad experience.

For example, the [JWU Conduct Review Process](#) permits the university to implement interim measures to prevent the recurrence of any harassment and/or protect the campus community. Such interim measures may involve removing students, who have been accused of violations of the Student Code of Conduct and may pose an ongoing risk, from the educational environment. When a student participates in a study abroad experience, the university may be limited in its ability to remove students accused of Student Code of Conduct violations from the educational environment while maintaining its oversight and authority over such students. Please note that in such circumstances, the university will take reasonable measures to ensure all students are provided a safe, harassment-free environment, including, if necessary, arrangements for return transportation, pending resolution of the outstanding conduct matter.

**Separation from Group and Independent Travel:** In the event that I become detached from the Program due to my failure to meet at an assigned time or for any other reason, I agree to immediately contact Study Abroad to let the university know that I am safe and whether I plan to rejoin the Program at the next available destination, all at my own cost and expense. I understand that I will be responsible for all costs and expenses incurred by the university in its attempts to locate me, if I am separated from the Program and do not immediately contact Study Abroad. I agree that the university is not responsible for any injury or loss I may suffer when I am traveling independently or am otherwise separated or absent from the Program.

The university strongly discourages owning or operating motor vehicles during the course of the Program due to the inherent dangers of driving in a country with different traffic laws, driving habits, and regulations relating to insurance. Should I choose to operate a motor vehicle, I recognize that the university assumes no responsibility, financial or otherwise, in connection with such motor vehicle and my operation thereof.

**Program Changes:** I agree that the university may make cancellations, changes, or substitutions in the Program at any time in the event of emergency or changed conditions, or if the university, the Provider, or the host university determines that such changes or substitutions are in the best interest of the Program or its participants.

**Risks of Study Abroad:** I acknowledge that participation in the Program involves risks not found in study at the university's U.S. campuses. These risks include:

- Foreign political, legal, social, and economic conditions, including strikes, civil unrest, war, terrorism, and criminal activity;
- Risks associated with travel to, from, and within one or more foreign countries, including delays, cancellations, dishonor of reservations, loss of or damage to baggage or other property, injury to person (including death), or other accidents;
- Local medical conditions, including diseases not common in the United States, quarantine, public health conditions, or limited availability of medical services; and
- Other circumstances beyond the control of the university.

I further understand and acknowledge that I can find information about travel warnings and other news related to a specific foreign country at <http://travel.state.gov> and <http://www.osac.gov>. These websites provide descriptions of conditions abroad that may affect safety and security, including specific information and travel alerts.

**Withdrawal Policy:** On the date listed below for the term in which my Study Abroad program starts I am held financially responsible for my *Commitment Status* to the study abroad program. Any withdrawal from the University or Study Abroad after that date will result in Study Abroad late withdrawal penalties posted to my JWU financial account.

**Dates on which Commitment Status Carries Financial Responsibility:**

- **June 1** for programs starting in **fall** term
- **October 1** for programs starting in **winter** term
- **December 15** for programs starting in **spring** term
- **March 15** for programs starting in **summer** term

If I withdraw prior to the date listed above, there are no financial penalties.

If I withdraw after the date listed above, I will be charged for a portion of the Program cost. The amount that will be charged is based on my date of withdrawal as well as the Program start date. Please refer to the Withdrawal/Fee Chart below for exact amounts.

**Withdrawal/Fee Chart**

<b>If you withdraw after the Commitment date above and:</b>	<b>The late withdrawal penalty is:</b>
76+ days before program start date	\$500
60-75 days before program start date	\$1000
30-59 days before program start date	\$1500
15-29 days before program start date	\$3000
1-14 days before program start date	\$4000
On or after program start date	Balance of full program Please note: In addition, financial aid may need to be adjusted.

I understand and agree that if I need to withdraw, I must send a written withdrawal letter or e-mail to Study Abroad. A telephone call will not be sufficient. The date on which my letter is received will be the formal date of withdrawal. I further understand and agree that this withdrawal policy applies to withdrawals from the Program for any reason. This includes, but is not limited to withdrawal from the university for failure to meet financial or academic requirements, or due to violations of the *Student Code of Conduct*. If I am withdrawn because of my failure to meet financial or academic requirements, or due to violations of the *Student Code of Conduct*, the withdrawal date will be determined by the university. I further understand and agree that I will be responsible for reimbursing the university for any additional fees paid by the university on my behalf in anticipation of my participation in the Program.

**Emergency Contact:** I hereby authorize any and all employees of the university, including but not limited to the persons who accompany me on the Program, to provide to my Emergency Contact identified on my online application with any and all documents and information related to me, including documents and information that may be contained in the education or other records of the university, including but not limited to medical information and travel scheduling information. I further consent and agree that the university has the authority to rely on the decisions of my Emergency Contact if deemed necessary with regard to my health and safety. I hereby release the university, its officers, trustees, employees, and agents, from any liability to me or anyone claiming by, through, or under me, which may arise directly or indirectly out of the university's good faith communications with or reliance upon my Emergency Contact. I understand that my participation in the Program is not conditioned upon my completion of the emergency contact information.

**Assumption of Risk and Release of Claims:** I acknowledge that I have read this *Participation Agreement* carefully and understand its contents. Knowing the risks involved and in consideration of being permitted to participate in the Program, I agree, for myself and on behalf of my family, heirs, and personal representative(s), to assume all the risks and responsibilities surrounding my participation in the Program. To the maximum extent permitted by law, I release and indemnify the university and its officers, trustees, employees, and agents, from and against any present or future claim, loss, or liability for injury to person (including death) or property which I may suffer or for which I may be liable to any other person or entity, arising in connection with my participation in the Program.

# Electricity – Voltage & Converters

**Voltage:** With a few exceptions, every country in the world uses either 110 Volt (110-120 V) or 220 Volt (220-240 V) electricity /outlets. 110 is the common voltage in North and Central America, as well as some parts of South America and the Caribbean. 220 voltage outlets are used about everywhere else. Some countries use both. Many new appliances such as laptops have dual-voltage capabilities (they use both 110 and 220 V).

**Plugs:** Many countries have a multitude of electrical outlet configurations, and the plugs needed for these outlets are different. Check Study Abroad's online Resources for links to help you research your host countries' plugs.

## DIFFERENT TOOLS FOR DIFFERENT JOBS

**Adapter Plugs:** An adapter allows a dual voltage appliance, converter, or transformer to be plugged into a wall outlet that is different from the pin configuration on the appliance, converter, or transformer.



**Adapter Plug for Continental Europe**

**Converters:** If your appliance(s) use 110V electricity and you are traveling where you need 220V, you need a "step down" converter or transformer which converts voltage. If your appliance(s) are 220V and you are traveling to a country with 110V electricity, you need a "step-up" converter or transformer. Most electronic stores like Radio Shack and Staples have these items at their stores. ***Unless you have purchased your electronics outside of the USA you will need a "Step Down" converter.***



**Converter for Continental Europe**

**Transformers:** DVD players are common products that will not operate with a converter. ***When in doubt, buy a transformer. It is more expensive but operates all electronics.***



**Transformer for Continental Europe**

## HELPFUL RESOURCES & TIPS

If your electronics run on the same voltage and hertz as the country you are visiting, then all you need is an adapter plug. This is often the case with most laptops and cell-phone chargers. However check your electronics and ask a professional before you purchase your adapter, converter or transformer. If you are just trying to convert a small, inexpensive appliance such as a hair dryer or electric shaver, you should consider just buying a new one overseas.

# How Much Money Should I Take?

## Create a budget for your spending money before you leave!

Daily meals # of meals not included in your program × estimated cost × # of days = \$ \_\_\_\_\_  
 Snacks and water/coffee/tea throughout the program \$ \_\_\_\_\_  
 Laundry weekly (no dry cleaning- consider just using a sink and clothes line.) \$ \_\_\_\_\_  
 Souvenirs (gifts for friends and family) \$ \_\_\_\_\_  
 Small emergency money for daily "extras" as needed \$ \_\_\_\_\_  
**What is your DAILY budget?** \$ \_\_\_\_\_

## Additional Expenses for Personal Travel:

Plane tickets \$ \_\_\_\_\_  
 Train tickets \$ \_\_\_\_\_  
 Train seat reservations (required on some trains even if you have a rail pass) \$ \_\_\_\_\_  
 Hotel reservations \$ \_\_\_\_\_  
 Taxi \$ \_\_\_\_\_  
 Public buses/ subway etc \$ \_\_\_\_\_  
 Entrance Fees \$ \_\_\_\_\_  
**Total Cost:** \$ \_\_\_\_\_

**1. Carry an extra credit card for emergencies only** such as illness, hospital stays, or stolen wallet. Keep this extra card in a secure place in your room.

**2. Know the exchange rate of your country** \$1US = \_\_\_\_\_ foreign currency  
<http://www.xe.com/currencyconverter/> 1 foreign currency = \$US \_\_\_\_\_

## 3. Diversify your sources of money:

Cash: Change a minimum of \$200 cash into foreign currency before leaving the U.S. Go to any large bank to order foreign currency. Check around for best exchange rates and other fees.

Credit cards: Cards give you the best exchange rate at that moment in time. They are also a safer way to travel than to have a large amount of cash because they can be cancelled if stolen. Call your credit card company to tell them you are traveling so that they do not freeze your card due to "unusual" purchases in a foreign country.

ATM cards: These are a good way to get foreign currency quickly. Watch out for extra fees by the foreign bank AND by your bank! Call and talk to your bank about international bank affiliates or suspending any extra fees if possible. Call your bank to tell them you are traveling so that they do not freeze your card due to "unusual" purchases.

## Research Your Purchasing Power Abroad

Know how much your money can buy.

	South Korea	Europe	Costa Rica	Australia
Dinner on avg.	KRW 17,474 <b>(\$15)</b>	€25 <b>(\$28)</b>	CRC 9073 <b>(\$17)</b>	AUS\$20 <b>(\$16)</b>
Lunch on avg.	KRW 11,649 <b>(\$10)</b>	€20 <b>(\$25)</b>	CRC 7302 <b>(\$14)</b>	AUS\$10 <b>(\$8)</b>
Breakfast on avg.	KRN 6000 <b>(\$5)</b>	€10 <b>(\$12)</b>	CRC 4270 <b>(\$8)</b>	AUS\$6 <b>(\$5)</b>
1 bottle of water	KRN 789 <b>(\$.68)</b>	€1,5 <b>(\$1.15)</b>	CRC 717 <b>(\$1.40)</b>	AUS\$2.61 <b>(\$2)</b>

# Packing Tips

## Clothing:

Mixing and matching outfits and layering saves a ton of space in your suitcase! Make sure you check the weather of the country you're traveling to so you can dress appropriately.

TIP: If you would cry if you lost it – DON'T TAKE IT

TIP: Pack your bags, then walk around the block for 15 minutes, go up stairs and through tight spaces. Would you be able to manage a subway? If not, take less.

1\_\_\_\_\_ **Pack a copy of your own US-based insurance as well as the provided international health insurance policy and insurance cards.** Make special note of when and how to notify insurance company of any claims.

2\_\_\_\_\_ **Check airlines for exact baggage limits and charges. Take into consideration any additional domestic flights, trains, etc. during your program.**

3\_\_\_\_\_ **Pack a sufficient supply of all medications you take regularly.** Prescription medications vary from country to country in name, potency, and purity, and may NOT be sent to you through international mail. Prescriptions should be kept in their original packaging. Pack essential medications in carry-on luggage.

4\_\_\_\_\_ If you wear glasses/contacts, pack an extra plus a copy of your prescription.

X	FOR ROOM:	X	SMALL FIRST AID KIT
	Towels/face cloths (or buy locally)		Antibiotic ointment
	Laundry bag and string for a clothesline		Medication for stomach upset/diarrhea
	Electricity converters for hairdryers, etc.		Band-Aids and moleskin for blisters
	Toiletries (bring supply of any critical item)		Medications and prescriptions
	Personal care items (e.g. hairdryers)	X	MISCELLANEOUS
	Really big zip-lock bag for clothes/liquids		Backpack for day trips
	Travel pack of liquid detergent		Travel guide
X	CLOTHING:		Textbook and supplies
	Mix-and-match clothes that layer easily		Dictionary phrase book or app
	Professional attire (1-2 for industry visits)		Calculator
	Season-appropriate clothes		Extra copies of ID's and documents
	Comfortable shoes		Extra passport photos for transport cards
	Wet weather jacket & shoes		Small umbrella
	Semi casual outfit for evening		Travel money belt or neck pouch
	Program-specific attire (uniforms, etc. as explained on your program-specific itinerary)		\$200 exchanged into local currency
X	TECHNOLOGY:		Small lock to keep valuables safe
	Computer (unless noted otherwise on your program-specific itinerary)	The University is not responsible for students' personal belongings.	
	Camera, batteries		
	Adapters and Converters		

# How to Be a Savvy Traveller

When you travel abroad, the odds are in your favor that you will have a safe and incident-free trip. However, crime and violence, as well as unexpected difficulties, do happen to U.S. citizens in all parts of the world. Many problems can be resolved over the telephone or by a visit of the U.S. citizen to the Consular Section of the nearest U.S. embassy or consulate.

## BEFORE YOU GO

### What to Bring

Safety begins when you pack. **To avoid being a target, dress conservatively.** As much as possible, avoid the appearance of affluence. Don't wear expensive looking jewelry. A flashy wardrobe or too casual can mark you as a tourist. Also, avoid t-shirts with political slogans and national flags.

**Carry the minimum amount of valuables necessary for your trip and plan a place or places to conceal them.** Your passport, cash and credit cards are most secure when locked in a hotel safe. When you have to carry them on your person, you may wish to conceal them in multiple places rather than putting them all in one wallet or pouch. One of the safest places to carry valuables is in a pouch or money belt worn under your clothing. Avoid handbags, fanny packs and outside pockets that are easy targets for thieves. Inside pockets and a sturdy shoulder bag with the strap worn across your chest are somewhat safer.

**Be aware of TSA regulations.** To avoid problems when passing through customs, **keep medications in their original, labeled containers.** Bring copies of your prescriptions and the generic names for the drugs. If a medication is unusual or contains narcotics, carry a letter from your doctor attesting to your need to take the drug. If you have any doubt about the legality of carrying a certain drug into a country, consult the embassy or consulate of that country first.

**Put your name, address and telephone numbers inside and outside of each piece of luggage.** Use covered luggage tags to avoid casual observation of your identity or nationality.

### What to Leave Behind

Leave a copy of your itinerary with family or friends at home in case they need to contact you in an emergency.

## PRECAUTIONS TO TAKE WHILE TRAVELING

### Safety on the Street

Use the same common sense when traveling overseas that you would at home. Be especially cautious in or avoid areas where you are likely to be victimized. These include crowded subways, train stations, elevators, tourist sites, market places, festivals and marginal areas of cities. Do not use shortcuts, narrow alleys or poorly-lit streets. Whenever possible, do not travel alone at night.

Avoid public demonstrations and other civil disturbances.

Keep a low profile and avoid loud conversations or arguments. Do not discuss travel plans or other personal matters with strangers.

Avoid scam artists. Beware of strangers who approach you, offering bargains or to be your guide.

Beware of pickpockets. They often have an accomplice who will:

- bump into you or jostle you
- ask you for the time or directions
- point to something spilled on your clothing
- distract you by creating a disturbance

A child or even a woman carrying a baby can be a pickpocket. Beware of groups of vagrant children who create a distraction while picking your pocket.

Wear the shoulder strap of your bag across your chest and walk with the bag away from the curb to avoid drive-by purse-snatchers.

Try to seem purposeful when you move about. Even if you are lost, act as if you know where you are going. When possible, ask directions only from individuals in authority.

Know how to use a pay telephone in your host country and have the proper change or token.

Learn a few phrases in the local language so you can signal your need for help, the police, or a doctor. Make a note of emergency telephone numbers you may need: police, fire, your hotel, and the nearest U.S. embassy or consulate. Use the emergency contact card provided by Study Abroad. If you are confronted, do not fight back. Give up your valuables. Your money and passport can be replaced, but you cannot.

### **Safety in Your Hotel**

Keep your hotel door locked at all times. Meet visitors in the lobby.

Do not leave money and other valuables in your hotel room while you are out. Use the hotel safe.

Let someone know when you expect to return if you are out late at night.

If you are alone, do not get on an elevator if there is a suspicious-looking person inside.

Read the fire safety instructions in your hotel room. Know how to report a fire. Be sure you know where the nearest fire exits and alternate exits are located. Count the doors between your room and the nearest exit. This could be a life saver if you have to crawl through a smoke-filled corridor.

## **Safety on Public Transportation**

If a country has a pattern of tourists being targeted by criminals on public transport, that information is mentioned in the Consular Information Sheets under the "Crime

Information" section. The same type of criminal activity found on trains can be found on public buses on popular tourist routes.

**Taxis:** Only take taxis clearly identified with official markings. Beware of unmarked cabs.

**Trains and Buses:** Well organized, systematic robbery of passengers on trains along popular tourist routes is a serious problem. It is more common at night and especially on overnight trains.

If you see your way being blocked by a stranger and another person is very close to you from behind, move away. This can happen in the corridor of the train or on the platform or station.

Do not accept food or drink from strangers. Criminals have been known to drug food or drink offered to passengers. Criminals may also spray sleeping gas in train compartments.

Where possible, lock your compartment. If it cannot be locked securely, take turns sleeping in shifts with your traveling companions. If that is not possible, stay awake. If you must sleep unprotected, tie down your luggage, strap your valuables to you and sleep on top of them as much as possible.

Do not be afraid to alert authorities if you feel threatened in any way. Extra police are often assigned to ride trains on routes where crime is a serious problem.

## **How to Handle Money Safely**

Do not flash large amounts of money when paying a bill. Make sure your credit card is returned to you after each transaction.

Deal only with authorized agents when you exchange money, buy airline tickets or purchase souvenirs. Do not change money on the street.

If your possessions are lost or stolen, report the loss immediately to the local police. Put local police and other numbers in spaces for that on your JWU emergency card you carry with you. Keep a copy of the police report for insurance claims. After reporting missing items to the police, report the loss or theft of:

- credit cards to the issuing company,
- airline tickets to the airline or travel agent,
- passport to the nearest U.S. embassy or consulate.

## How to Avoid Legal Difficulties

When you are in a foreign country, you are subject to its laws and are under its jurisdiction. You are NOT protected by the U.S. Constitution.

You can be arrested overseas for actions that may be either legal or considered minor infractions in the U.S. Be aware of what is considered criminal in the country where you are.

**Drug Violations:** More than 1/3 of U.S. citizens incarcerated abroad are held on drug charges. Some countries do not distinguish between possession and trafficking. Many countries have mandatory sentences - even for possession of a small amount of marijuana or cocaine. A number of Americans have been arrested for possessing prescription drugs, particularly tranquilizers and amphetamines, which they purchased legally in certain Asian countries and then brought to some countries in the Middle East where they are illegal. Other U.S. citizens have been arrested for purchasing prescription drugs abroad in quantities that local authorities suspected were for commercial use. If in doubt about foreign drug laws, ask local authorities or the nearest U.S. embassy or consulate.

**Photography:** In many countries you can be harassed or detained for photographing such things as police and military installations, government buildings, border areas and transportation facilities. If you are in doubt, ask permission before taking photographs.

*Be flexible. Plans will change and stories will be created!*

# Safety Assessment

**JWU Study Abroad reviews Travel Warnings, Travel Alerts, and Country-Specific Information issued by the U.S. Department of State, which we share with every student before their program starts, along with notices from the Center for Disease Control (CDC).**

Study Abroad also consults with partner institutions, teaching staff abroad and university officials to help university personnel make informed and prudent program decisions. For students already abroad, Study Abroad, Campus Safety and Security, and university administration have developed a crisis management plan to coordinate crisis response efforts between students, faculty advisors, parents, JWU administration, police, health care providers and insurance providers. In addition, students need to make safe travel decisions regarding how they conduct themselves in a foreign country with different cultural norms and laws.

## **Travel Warnings**

Travel Warnings are issued to describe long-term, protracted conditions that make a country dangerous or unstable. A Travel Warning is also issued when the U.S. Government's ability to assist American citizens is constrained due to the closure of an embassy or consulate or because of a drawdown of its staff.\*

## **Travel Alerts**

Travel Alerts are issued to disseminate information about short-term conditions, generally within a particular country, that pose imminent risks to the security of U.S. citizens. Natural disasters, terrorist attacks, coups, anniversaries of terrorist events, election-related demonstrations or violence, and high-profile events such as international conferences or regional sports events are examples of conditions that might generate a Travel Alert.

Maintain a high level of vigilance, be aware of local events, and take the appropriate steps to bolster personal security. Monitor the local news and maintain contact with the nearest U.S. Embassy or Consulate.

## **U.S. CONSULATES HELP AMERICANS ABROAD**

**JWU will register all study abroad students who are U.S. citizens with the U.S. embassy or consulate. *We strongly recommend that international students register with their respective embassy or consulate abroad.***

There are U.S. embassies in more than 160 capital cities of the world. Each embassy has a consular section. Consular officers help U.S. citizens abroad. To help us help you while you are abroad, JWU will register all study abroad students who are U.S. citizens with the U.S. embassy or consulate. This makes it easier for consular officers to reach you in an emergency or to replace a lost passport.

# Emergency Services from Consulate or Embassy

**Replace a Passport:** If you lose your passport, a consul can issue you a replacement, often within 24 hours. If your passport has been stolen, report the theft to the police and get a police declaration before going to the consulate.

**Help Find Medical Assistance:** If you get sick, you can contact a consular officer for a list of local doctors, dentists, and medical specialists, along with other medical information. If you are injured or become seriously ill, a consul can help you find medical assistance and inform your family or friends.

**Help Get Funds:** Should you lose all your money and other financial resources, consular officers can help you contact your family, bank, or employer to arrange for them to send you funds.

**Visit In Jail:** If you are arrested, you should ask the authorities to notify a U.S. consul.

**Help In A Disaster/Evacuation:** If you are caught up in a natural disaster or civil disturbance, you should let your relatives know as soon as possible that you are safe, or contact a U.S. consul who will pass that message to your family through the State Department. U.S. officials will do everything they can to contact you and advise you. However, they must give priority to helping Americans who have been hurt or are in immediate danger. In a disaster, consuls face the same constraints you do - lack of electricity or fuel, interrupted phone lines, closed airports.

**Help In an Emergency:** Your family may need to reach you because of an emergency at home or because they are worried about your welfare. They should call the State Department's Overseas Citizens Services at 1-888-407-4747. The State Department will relay the message to the consular officers in the country in which you are traveling. Consular officers will attempt to locate you, pass on urgent messages, and, consistent with the Privacy Act (see below), report back to your family. This will be helpful to you if you are traveling independently before or after your study abroad program.

## **PRIVACY ACT**

The provisions of the Privacy Act are designed to protect the privacy rights of Americans. Occasionally they complicate a consul's efforts to assist Americans. **As a general rule, consular officers may not reveal information regarding an individual American's location, welfare, intentions, or problems to anyone, including the family members and Congressional representatives, without the expressed consent of that individual. Although sympathetic to the distress this can cause concerned families, consular officers must comply with the provisions of the Privacy Act.**

For more information, contact Overseas Citizens Services by calling 1-888-407-4747 (from overseas: 202 501-4444).

# Alcohol & Other Drugs

## **Drug and Alcohol Policy**

In accordance with the Federal Drug-Free Workplace Act and Drug-Free Schools and Communities Act, Johnson & Wales University prohibits the unlawful manufacture, distribution, dispensation, possession or use of narcotics, drugs, other controlled substances or alcohol at the workplace and in the educational setting. Possession or use of alcoholic beverages anywhere on university property is prohibited except for legal use at events, operations, programs, premises or facilities sanctioned by the university. Unlawful for these purposes means in violation of federal, state or local statutes, regulations or ordinances. Workplace is defined as either university premises or any place where university business is conducted away from university premises. Educational setting includes both university premises and approved educational sites off campus. Possession or use of illegal drugs, narcotics or drug paraphernalia is absolutely forbidden. Johnson & Wales may impose sanctions on students and employees for violations of this policy up to and including dismissal, termination of employment and/or referral for prosecution. Johnson & Wales is not and cannot be considered a protector or sanctuary from the existing laws of the local, state and/or federal government.

## **University Sanctions**

Disciplinary sanctions which may be imposed on a student found to be in violation of the above policy include, but are not limited to, revocation of certain privileges, community service, conduct warning, conduct probation, fine or restitution for loss, suspension or dismissal from the university and/or university housing, and referral to alcohol education classes. The university also reserves the right to notify parents of violations by students who are under the applicable legal drinking age. Please see the Student Code of Conduct and Sanctions for more information.

## **Alcohol and Its Effects**

Alcohol abuse is defined as any drinking that harms or endangers the drinker or other people. It can be a single episode or a regular pattern. Alcohol consumption causes a number of marked changes in behavior. Thought processes are slowed as alcohol numbs and destroys brain cells.

## **Symptoms of Drug Abuse**

The key is change. It is important to watch for any significant changes in physical appearance, personality, attitude or behavior. Behavior signs include a change in overall personality or attitude with no other identifiable cause; a general lack of motivation, energy or self-esteem; sudden oversensitivity, temper tantrums or resentful behavior, moodiness, irritability or nervousness.

## **Possible Effects of Drug Abuse**

Narcotics (opium, morphine, heroin) may cause euphoria, drowsiness, respiratory distress and nausea. Depressants (barbiturates) may cause slurred speech, disorientation and drunken behavior without the odor of alcohol. Stimulants (cocaine, amphetamines) may cause increased alertness, increased blood pressure and pulse, insomnia and loss of appetite. Hallucinogens (LSD, mescaline) may cause illusions, hallucinations and poor perception of time and distance. Cannabis (marijuana, hashish) may cause euphoria, relaxed inhibitions and disoriented behavior.

## **JWU's Substance Abuse Prevention Program**

Several programming initiatives and alternatives are available to help students examine their own behavior related to alcohol and other drugs (AOD):

- Counseling Services provides an assessment of AOD usage for all students who seek counseling.
- Referrals to community resources are available for individuals with more long-term or complex needs. A number of AA/NA/Al-Anon groups hold meetings close to campus and in the larger local community.
- Counseling and Health & Wellness offer AOD prevention through programming efforts with various student groups and Student Affairs departments.
- Counseling and Health & Wellness also collaborate with Student Conduct to provide educational and other resources for students with problematic drinking behavior and drug use.
- A number of programming initiatives take place each year.

## **State Penalties for Drug and Alcohol Offenses**

Johnson & Wales University students are subject to state criminal prosecution and penalties for drug and alcohol offenses, including

- possession or delivery of marijuana, cocaine, heroin, LSD or PCP
- possession of a needle and syringe
- driving under the influence of alcohol and/or drugs
- driving under the influence, death resulting

Criminal penalties for drug and alcohol offenses can include

- mandatory drug or alcohol counseling
- alcohol and/or drug treatment
- driver retraining
- suspension or loss of driver's license
- community service
- fines ranging from \$200 up to \$1,000,000
- imprisonment for various periods of time up to life imprisonment

## **Strategies to Reduce Risk**

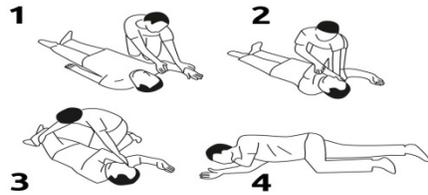
- Know your drink alcohol content.
- Understand the impact on your Blood Alcohol Content (BAC)
- Alternate with water, Eat before and during, Keep track, Set a limit, Quality over quantity and Choose not to use.

## **How to Help a Friend**

Recognize signs of alcohol poisoning/overdose

- Depressant Overdose/Alcohol poisoning: vomiting, incoherent, slow heartbeat/pulse/breathing, blue lips, gurgling/raspy breathing, choking/gurgling sounds, pale face, limp body.
- Stimulant Poisoning: extreme agitation/anxiety, foaming at mouth, very rapid heartbeat/pulse, elevated body temperature, quick/shallow breathing, chest pain/pressure, choking/gurgling sounds, throwing up.
- Stimulant Overdose: collapsing/passing out, shaking/seizure, heart attack, stroke

Stay with them.  
Use recovery position.



Don't introduce food/water.  
Call for help. Program emergency numbers into your phone!

### Standard drinks

<b>12 fl oz of regular beer</b>	=	<b>8-9 fl oz of malt liquor</b> (shown in a 12 oz glass)	=	<b>5 fl oz of table wine</b>	=	<b>1.5 fl oz shot of 80-proof spirits</b> ("hard liquor"—whiskey, gin, rum, vodka, tequila, etc.)
						
about 5% alcohol		about 7% alcohol		about 12% alcohol		about 40% alcohol

The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

				
<b>1</b> 30ml High Strength Spirit Nip 40% Alc Vol	<b>1.5</b> 375ml Full Strength Pre-mix Spirits 5% Alc Vol	<b>1.4</b> 375ml Full Strength 4.8% Alc Vol	<b>0.8</b> 375ml Low Strength 2.7% Alc Vol	<b>1</b> 375ml Mid Strength 3.5% Alc Vol
				
<b>1.1</b> 285ml Full Strength 4.8% Alc Vol	<b>1.6</b> 425ml Full Strength 4.8% Alc Vol	<b>1.5</b> 150ml Average Restaurant Serving of Red Wine 13% Alc Vol	<b>1.4</b> 150ml Average Restaurant Serving of White Wine 11.5% Alc Vol	<b>1.4</b> 150ml Average Restaurant Serve of Champagne 12% Alc Vol

These are only an approximate number of standard drinks.  
Always read the container for the exact number of standard drinks.

**Blood Alcohol Content (BAC)**

<b>BAC Chart for Men Approximate Blood Alcohol Percentage</b>								
<b>Drinks</b>	<b>Body Weight in Pounds</b>							
	<b>100</b>	<b>120</b>	<b>140</b>	<b>160</b>	<b>180</b>	<b>200</b>	<b>220</b>	<b>240</b>
<b>0</b>	.00	.00	.00	.00	.00	.00	.00	.00
<b>1</b>	.04	.03	.03	.02	.02	.02	.02	.02
<b>2</b>	.08	.06	.05	.05	.04	.04	.03	.03
<b>3</b>	.11	.09	.08	.07	.06	.06	.05	.05
<b>4</b>	.15	.12	.11	.09	.08	.08	.07	.06
<b>5</b>	.19	.16	.13	.12	.11	.09	.09	.08
<b>6</b>	.23	.19	.16	.14	.13	.11	.10	.09
<b>7</b>	.26	.22	.19	.16	.15	.13	.12	.11
<b>8</b>	.30	.25	.21	.19	.17	.15	.14	.13
<b>9</b>	.34	.28	.24	.21	.19	.17	.15	.14
<b>10</b>	.38	.31	.27	.23	.21	.19	.17	.16

**Only Safe Driving Limit**

**Impairment Begins**

**Driving Skills Affected – Possible Criminal Penalties**

**Legally Intoxicated – Criminal Penalties**

<b>BAC Chart for Women Approximate Blood Alcohol Percentage</b>								
<b>Drinks</b>	<b>Body Weight in Pounds</b>							
	<b>100</b>	<b>120</b>	<b>140</b>	<b>160</b>	<b>180</b>	<b>200</b>	<b>220</b>	<b>240</b>
<b>0</b>	.00	.00	.00	.00	.00	.00	.00	.00
<b>1</b>	.05	.05	.04	.03	.03	.03	.02	.02
<b>2</b>	.10	.09	.08	.07	.06	.05	.05	.04
<b>3</b>	.15	.14	.11	.10	.09	.08	.07	.06
<b>4</b>	.20	.18	.15	.13	.11	.10	.09	.08
<b>5</b>	.25	.23	.19	.16	.14	.13	.11	.10
<b>6</b>	.30	.27	.23	.19	.17	.15	.14	.12
<b>7</b>	.35	.32	.27	.23	.20	.18	.16	.14
<b>8</b>	.40	.36	.30	.26	.23	.20	.18	.15
<b>9</b>	.45	.41	.34	.29	.26	.23	.20	.19
<b>10</b>	.51	.45	.38	.32	.28	.25	.23	.21

**Only Safe Driving Limit**

**Impairment Begins**

**Driving Skills Affected – Possible Criminal Penalties**

**Legally Intoxicated – Criminal Penalties**



# Sexual Misconduct and Relationship Violence Abroad

## What you need to know



Your study abroad experience will be an exciting and memorable part of your Johnson & Wales University education. Learning about the culture and customs of your host country is an important part of preparing for this experience. You should also be prepared for potentially problematic issues that may arise abroad, including sexual misconduct and relationship violence. **The university prohibits sexual misconduct and relationship violence on and off-campus,**

**which may include dating violence, domestic violence, stalking, sexual assault, sexual harassment and sexual exploitation.** These offenses constitute violations of university policy, including the Prohibited Discrimination and Harassment (including Sexual Harassment) Policy, the Sexual Assault and Relationship Violence Policy and the Student Code of Conduct. Johnson & Wales University expects all members of its community to conduct themselves in a respectful and professional manner on-campus, off-campus, even while abroad.

### PHONE NUMBERS

All study abroad students regardless of campus can use the following resources:

**Counseling Services  
(CONFIDENTIAL)**

001-401-598-1016

001-888-222-4805 (4:30 pm-8:30 am EST)

**JWU Campus Safety & Security  
(NOT CONFIDENTIAL)**

001-401- 598-1103 (24 hrs/day)

\* JWU Study Abroad staff will also be notified 24 hrs/day

## What you should do after an incident of sexual misconduct or relationship violence

If you believe you are the victim of sexual misconduct or relationship violence (including dating violence, domestic violence, stalking or sexual exploitation), you are encouraged to take the following steps:

GO TO A SAFE PLACE

SEEK MEDICAL ATTENTION IF NECESSARY

SEEK THE ASSISTANCE OF LOCAL LAW ENFORCEMENT AUTHORITIES

CONSIDER CONFIDENTIAL COUNSELING SERVICES

If you need confidential advice and/or would like to talk to a counselor to receive support and information we encourage all students on JWU study abroad, regardless of campus, to call the Johnson & Wales University Counseling Services (001-401-598-1016). Counselors will keep any information you share with them confidential and will not be required to disclose this information to other university officials.

---

# Understand your reporting options

## We understand that this is a difficult topic.

You have several options for filing a report of Sexual Misconduct or Relationship Violence. You may pursue all, some or none of these options. If you choose to report, you are not required to file a report immediately.

### CRIMINAL COMPLAINT

You may file a criminal complaint by contacting the local police. A criminal complaint is governed by applicable local criminal statutes and may lead to criminal sanctions for the alleged perpetrator.

### UNIVERSITY COMPLAINT

You may wish to initiate a university complaint. A university complaint is governed by university policies. Contact Campus Safety & Security to begin the process. If the alleged perpetrator is a university student, the complaint will be resolved through the Student Conduct process. Potential sanctions may include suspension or expulsion for the respondent. Complaints of this nature against members of faculty or university staff are handled by the university's Human Resources Department.

Applicable policies can be found here:

[www.jwu.edu/compliance](http://www.jwu.edu/compliance)

#### **Prohibited Discrimination and Harassment (including Sexual Harassment) Policy:**

<http://catalog.jwu.edu/handbook/generalinformationandpolicies/discriminationandharassment/>

#### **Sexual Assault and Relationship Violence Policy:**

<http://catalog.jwu.edu/handbook/generalinformationandpolicies/sexualassaultpolicy/>

#### **Student Code of Conduct:**

<http://catalog.jwu.edu/handbook/studentaffairs/studentcodeofconduct/>

## Think about cultural differences

Consider that the people living in your host country may interact differently with each other, in ways to which you may not be accustomed. You might notice differences in meanings of body language, and in the way people dress. Often, standards of dress, especially for women, may be more strict and conservative. Behavior that might be considered sexually harassing in the United States may be considered ordinary and acceptable in another country. Be observant, note these differences, and develop an understanding of your culture and that of the host country. Understand that some people may have very limited knowledge of the United States besides what they experience from the media. They may exhibit stereotypical views of the U.S. and its citizens, and it may take some time for some people to understand that these stereotypes do not apply to all U.S. citizens.

In the U.S., our laws require, and people expect individuals to be treated fairly and equally, without regard to their gender, race, religion, etc. In other countries, these expectations may not be the same and such laws may not exist. Attitudes toward lesbian, gay, bisexual or transgendered people may be more or less tolerant than in the U.S. Inform yourself of what to expect in your host country. This is especially important in regards to law enforcement authorities. Be aware of cultural and social attitudes toward sexual misconduct and relationship violence and victims of such crimes, as they may vary greatly in different countries.

Your Study Abroad advisor will be able to assist you with questions before you depart. While abroad, if you feel unsafe or uncomfortable by attitudes or conduct that you think are directed at you because of your gender, race, religion, sexual orientation, or for any similar reason, reach out to your Study Abroad Advisor for support and assistance.

# Crisis Management



If you experience a crisis while traveling abroad, you are not alone. Study Abroad is only a phone call away, day or night. Having worked with thousands of students overseas, we have considerable experience working through individual crisis moments and weaving a net of support between the student, program leaders, parents and outside resources as needed.

**FIRST** – Notify your program leader

**SECOND** – Notify **JWU Study Abroad 24/7 Support Number: 401-598-1103.**

All students from all JWU campuses use this number. Study Abroad leadership will be immediately notified of your situation.

**If Medical Services are needed:**

- Know your country's "911" emergency code
- Call your study abroad insurance global assistance services which are available 24/7.

**JWU Study Abroad enrolls most study abroad students in international medical insurance coverage for the duration of the program.**

- API/CIEE/Semester at Sea provide their own medical insurance to participants on their programs.

**Here is a wallet card to cut out and carry with you at all times:**



**JOHNSON & WALES**  
UNIVERSITY

**Study Abroad Emergency Contact Information:**

Local Contact: \_\_\_\_\_ cell \_\_\_\_\_  
Local Contact: \_\_\_\_\_ cell \_\_\_\_\_

**24-hour JWU Emergency: 401-598-1103**

JWU Safety & Security will connect you with Study Abroad staff.

Lisa McAdam Donegan, Director (during office hours) 401-598-2480

Shelley Stephenson, Dean (during office hours) 401-598-1013

**While outside U.S. for health emergency: Int'l Policy Provider:  
(US access code)+**

**In US:** \_\_\_\_\_

**Website:** \_\_\_\_\_

Host Address 1 : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone #: \_\_\_\_\_

Local Police/Fire/Emergency#: \_\_\_\_\_

\_\_\_\_\_

Host Address 2: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone #: \_\_\_\_\_

LocalPolice/Fire/Emerg#: \_\_\_\_\_

\_\_\_\_\_

# Health Abroad

## Traveling with Medication

- \_\_\_\_\_ Check US Government country-specific information sheets and the embassy for medication restrictions. Some US over-the-counter drugs or heavy prescriptions may be confiscated overseas.
- \_\_\_\_\_ Do you have enough medication for your entire program?  
(Mailing medications/controlled substances is NOT a good idea.)
- \_\_\_\_\_ Ask about generic names/dosages for your medications. This may help with matching your prescription to the available drugs provided overseas.
- \_\_\_\_\_ Take all medications in original packaging with prescription.
- \_\_\_\_\_ Work with your doctor to adjust medication schedule for time-zone change.
- \_\_\_\_\_ Talk to your airline about where to pack your prescriptions and/or syringes.

# Managing Your Health Abroad

**Notify your local campus Center for Academic Support (CAS)** if there are any physical, learning or dietary allergies for which you need special accommodations while studying abroad. Please share the CAS documentation with JWU Study Abroad so that we can share your requests with our partners in a timely fashion to ensure the proper support is available.

## INSURANCE

- Know what you have and how it works.
- Locate local doctors who speak English in advance of departing the US.

## PHYSICAL HEALTH

Make sure you are fit and well and aware of your body prior to departing the country.

- **Physical Check-up:** If you haven't seen your doctor in a while, it is best to complete a physical and eye exam.
- **CDC Report:** Review the Center for Disease Control link on the Study Abroad Resources page to learn what suggested health precautions you are urged to consider for the region of the world you are visiting.
- **Travel Clinic:** Visit a regional Travel Clinic to discuss your health and any Center for Disease Control (CDC) suggested precautions.

## MENTAL /EMOTIONAL HEALTH

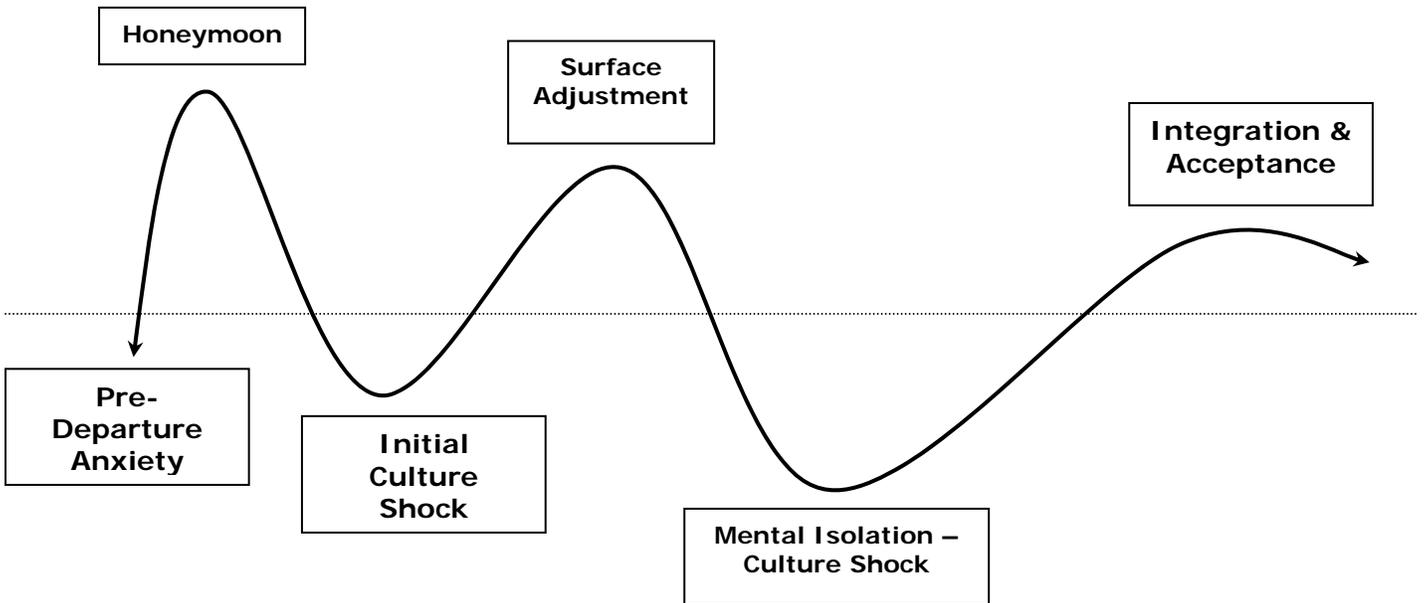
**Cultural Adjustment Cycle:** Familiarize yourself with the Cultural Adjustment Cycle. You will be out of your normal climate, eating new foods, discovering that simple daily tasks can become unexpectedly complex, and you are without your typical support network.

While living abroad, mood swings can be more dramatic. Health issues that have been under control can very easily act up in unexpected ways when you travel. In addition, your sense of identity can start to change while traveling. Do you walk around now saying in your head "I am a US citizen" or "I like carrots not squid" or "I feel like an inarticulate, goofy adult-child that is completely misunderstood."? Identity shifts can and often do happen as a result of travel. It can be challenging and liberating and....challenging. In the highs and lows, and restructuring of your physical and mental reality, you may be surprised at what physical and emotional health issues can surface. This is all normal. Everyone will go this in their own way.

- **Be proactive:** Talk with your doctors and counselors about your study abroad plans. Be aware and give yourself appropriate tools to work through the harder moments.
- **Study Abroad staff studied abroad just like you and understand the complex adjustments you may experience.** Feel free to talk with Study Abroad staff before, during or after your program.

# Cultural Adjustment Cycle

We are creatures of habit much more than we realize. Immersion into another culture often results in a loss of cues which guide our daily actions and decisions. Regardless of our tolerance, broad-mindedness, and empathy for the new culture, the loss of familiar prompts will result in some degree of frustration. The cultural adjustment cycle may describe what you feel, though stages may occur in a different order.



**Pre-Departure Anxiety:** Logistical concerns are priority. While preparing to live or work abroad, people often experience anxiety over their ability to handle the new opportunity. Many people anticipate cultural differences but do not really know what to expect or how they will react to adjustment problems.

**INDICATORS:** insomnia, less interest in current activities

**Honeymoon:** Arrival Fascination and Excitement - Changes in routine are exciting and the new world is fascinating. Expectations for the experience are high. With lots of arrival introductions, the visitor is often overwhelmed with being the focus of attention and activity.

**INDICATORS:** insomnia, stomach queasiness

**Initial Culture Shock:** The novelty of the new culture wears off after a few weeks. Unexpected problems with housing, transportation, food, language and new friends are common. Along with a sense of disenchantment, people may start questioning their own values and those of the host country.

**INDICATORS:** tired, restless, irritable, crying, impatient, minor health problems

**Surface Adjustment:** After the initial "down" feelings, an adjustment takes place and people settle in to the new environment. Language skills improve and navigation through every day activities becomes easier. A fresh sense of curiosity and eagerness to try new experiences are common.

**INDICATORS:** sense of accomplishment

**Mental Isolation**: At some point, the novelty wears off completely and the difficulties remain. Frustration increases, and a new more pervasive sense of isolation can set in. Separation from family and friends creates loneliness. Individuals may feel little stimulus to overcome the deeper and more troublesome difficulties. There may be unresolved conflicts with friends, hosts, or peers.

**INDICATORS**: fatigue, colds, headaches, boredom, lack of motivation, hostility towards local people and customs, crying, lack of self-confidence

**Integration & Acceptance**: People begin to reconcile who they are within the local culture, and recognize changes within themselves, including changes in their values. A routine is established. There is a renewed interest in the host culture and a more constructive attitude. Having found an ease with the language, new friends, and society in general, people feel adapted to the host culture and in equilibrium with the host country. Deeper differences between self and others become understandable. Ways of dealing with these differences are found.

**INDICATORS**: normal health

**Return Anxiety**: Finally settled in, the thought of leaving familiar friends, faces, new traditions and the new community raises anxieties similar to those felt during Pre-Departure Anxiety. The visitor begins to sense how much s/he has changed. People back home might not understand this "new" person with new awareness' and feelings. This is a time of confusion and considerable pain due to the breaking of close bonds with no promise of renewal in the future.

**Re-Entry Shock**: Back home again, the contrast of old and new may come as a shock. Travelers have changed with their experiences and it may be difficult for family and friends to accept many of the changes. In addition, the returnee may not have anticipated changes which have taken place during their absence. There is surprise at having to get "reacquainted" with home. Returnees face the problem of adjusting to being "one of the crowd" again, while longing for the friends left behind. Returnees often find that no one is as interested in the details of their stay abroad as they feel they should be. Returnees are often frustrated by their inability to describe adequately the depth and nature of their experience abroad.

**INDICATORS**: depression

**Reintegration**: Returnees must get involved in new activities and begin to integrate their experience and learning of the recent past into a plan for the future. They develop an understanding of self, home society and future development.

Adapted from Rhinesmith, S. (1986). Bring Home the World. New York: Walker & Co.

# Cultural Assumptions/Values

This section outlines some commonly held American values and how they may differ from those in the cultures you will experience while abroad. Awareness of your own values will help you to recognize differences in others' values and to suspend judgment so that you can appreciate the reasons behind these differences.

## American assumptions/values

- a) People are isolable individuals
- b) Personal growth and change are valuable and desirable
- c) Individuals have control over their own life circumstances
- d) Personal problems are often soluble through greater understanding of their origins and/or through remedial action undertaken by the individual
- e) "Professional" people can help others solve their problems
  - i. People (counselors) can be genuinely interested in the welfare of strangers
  - ii. People (counselors) can be dealt with as occupants of roles
- f) Open discussion of one's problems can be beneficial
- g) Emotional disturbances have their root in the individual's past
- h) People are more or less equal
- i) Males and females are more or less equal

## Contrast - American assumptions/values

- a) People are integrally related with other people
- b) Conforming to time-tested ways of behaving is desirable
- c) One's life circumstances are directed by external forces (political, economic, social)
- d) Problems are fated to occur, and fate may or may not remove problem
- e) Personal growth and change are valuable and desirable
  - i. Only one's close friends and relatives can be trusted
  - ii. Other people are dealt with as whole people
- f) It can be dangerous to reveal oneself to others
- g) Emotional disturbances have their root in external forces or situations
- h) There is a hierarchical ranking of people in society
- i) Males are superior

Adapted by Gary Althen from E.C. Stewart (1975), *American cultural perspective*. Washington, D.C.: Society for International Education, Training, and Research, 1975.

Found in Horner, d. & Vandersluis, K., et al. *Cross-cultural counseling*. In G. Althen (Ed.), Learning Across Cultures, Washington, D.C.: NAFSA, 1981.

# Cultural Assumptions/Values

<b><u>FACTOR</u></b>	<b><u>Western-American</u></b>	<b><u>Other</u></b>
<b>Family structure</b>	Nuclear	Extended
<b>Age</b>	Not valued	Revered
<b>Role of woman</b>	Relatively liberated	More traditional
<b>Authority</b>	Suspect	Accepted; circumvented
<b>Prestige</b>	Earned	Prescribed
<b>Sex (male/female)</b>	Free/open	Taboo; reserved
<b>Mobility</b>	High	Low
<b>Education</b>	Universally available	Limited availability
<b>Religion</b>	Judeo/Christian	Islam/ Buddhist/ Hindu
<b>Attitude toward change</b>	Receptive	Resistant/receptive
<b>Sense of history</b>	Limited	Strong
<b>Attitude toward ancestors</b>	Little knowledge	Known, revered
<b>Role of nature</b>	Man domination	Nature domination/ harmony
<b>Protocol</b>	Informal	Formal
<b>Privacy</b>	Important	Little emphasis
<b>Verbal greetings</b>	Casual	Formal
<b>Interpersonal</b>	Direct	Indirect
<b>Eye contact</b>	Direct	Indirect
<b>Individualism</b>	Focus on individual	Focus on group
<b>Money</b>	Fixed price	Bargaining / fixed
<b>Work</b>	Work for work's sake	Usually no value in itself / valued
<b>Efficiency in productivity</b>	Valued highly	Not valued
<b>Time</b>	Precisely measured	Not a primary consideration
<b>Concept of space</b>	Space desired	Variations/ often closer

# Cultural Adjustment Tips

Recognizing irritation as a symptom of culture shock will enable you to deal more effectively with the situation. Acknowledge the irritation and ask yourself why this aspect of the culture annoys you but seems perfectly natural and agreeable to the citizens of the host country. Check yourself periodically on the following attitudes to assess your progress in intercultural adjustment:

1. Maintain an attitude of curiosity and eagerness to learn.
2. Be quick to observe and slow to judge.
3. Don't be afraid to make mistakes, and learn to accept "corrections" graciously.
4. Be generous in showing appreciation.
5. Be adaptable. "Try it, you'll like it."
6. Keep a sense of humor, especially about YOURSELF.
7. Go to learn, not to teach.
8. Show a sincere consideration for others.
9. Be cooperative and willing to compromise.
10. Be yourself. Enjoy yourself!

Some specific coping strategies include:

1. **Keep a journal.** Besides dates and places, writing about emotions and awareness helps keep a sense of perspective.
2. **Get your personal life in focus.** You have to say 'Goodbye' before you can say 'Hello.'" Take time to say goodbye properly to the special people, places, and pets in your life.
3. **Find a few supportive people.** Don't feel shy about asking for help.
4. **Explore.** Resist the temptation to withdraw from new situations. Find a map, strike out on your own, and explore the territory. Observe people closely and try to pick up subtle nuances.
5. **Visitors from home.** Once you feel confident enough to host family or friends, it is good to have visitors. Having them see a part of your new world, sharing the new experience together, helps maintain common ground once you do return home after traveling.
6. **Evaluate your goals.** Setting personal goals before leaving helps you target your learning. Assessing your goals from time to time while traveling keeps you focused and grounded.
7. **Hobbies and outside activities.** Think about how you can engage in hobbies or activities that interest you. These activities will help your sanity as well as help you "see" the host culture better. EXERCISE! Run, swim, walk, etc.
8. **Remember this is only temporary.**
9. **Keep your sense of humor!**

**Accept the fact that you are in a period of transition. Give yourself time to adjust, and be patient with yourself. You are not going to be able to hold yourself to your normal standards, whether emotional, spiritual or relational. You aren't going to be yourself. Others in your group will likely be going through the same process at the same time. You will need to learn to be patient with each other, and be willing to forgive.**

Adapted from Rhinesmith, S. (1986). Bring Home the World. New York: Walker & Co.

# Communicating Across Cultures

Communicating with individuals from different cultures can be difficult. Below are some tips to help you communicate more easily:

1. **Relax** – what are you communicating non-verbally?
2. **Avoid asking yes/no questions.** Open-ended questions facilitate better dialogues.
3. **Avoid slang,** abbreviations or in-group terms.
4. **Use written information and other visual aids** to assist in explanations when needed.
5. **Silence can be good.** Relax into silence to allow the other person time to think. This allows for cultural difference in communication turn taking.
6. **Pay attention.** Try to clear your mind of its preoccupations so you can concentrate on what is being said.
7. **Set your assumptions and values aside. Suspend judgment.** Try to hear not just what the other person is saying, but what s/he means or intends. This may require you to ask a lot of questions. Try to recognize that the other person has understandable reasons for thinking and behaving the way s/he does. You will have more success in communicating if people know you are trying to understand them, rather than evaluate them.
8. **Be complete and explicit.** Be ready to explain your point in more than one way, and even to explain why you are trying to make a particular point in the first place. Give background and provide context to make it clear where you are coming from. Much of meaning is derived from context and communication, and is more successful when all involved know what the context is.
9. **Pay attention to the other person's responses.** Notice verbal and nonverbal reactions and if you sense puzzlement, keep trying to explain.
10. **Ask for verification.** After you have spoken, try to get confirmation that you have been understood. Ask the other person to restate some of what you have said. It does not work to simply ask if the other person understood. Most people will say "yes" whether they understand or not.
11. **Paraphrase.** After listening to the other person, but before you make your own comments, restate what you heard and what you thought s/he meant. Only after being reassured that you have heard correctly should you add your comment.
12. **Be alert to different meanings** being assigned to certain words, phrases, or actions. Sometimes you will think you understand what the other person is saying, and suddenly realize you do not. When this happens, stop your conversations and discuss any points of misunderstanding.

# Planning For Your Return

We encourage all students to attend the Re-Entry Workshop that we will hold on each campus during the fall term. Together with Experiential Education and Career Services, Study Abroad will help you to reflect on your time abroad and how to use it to your benefit. We will also help you to identify and describe the skills you gain during your time abroad to use in your resume, cover letters, and job interviews.

Studying abroad is a challenging but rewarding experience. Because studying abroad often changes students' perceptions of the world around them as well as themselves, it is likely that you will face new challenges, along with wonderful opportunities. Upon your return to the U.S., it is helpful to anticipate some of these challenges before your program ends, and to think about ways to make your transition back to the U.S. easier.

You should also start thinking about how to use your study abroad program to gain experience that you will need to achieve your personal career goals. Many study abroad programs include industry visits and opportunities to network with experts and professionals in your field of study. Be sure to interact with these individuals to create relationships that can help you in your professional development and job search.

To help you prepare for your study abroad experience, we have discussed the process of culture shock and how many students experience this to some degree while abroad. It is also important to know that many students experience *reverse culture shock* after returning to their home country after studying abroad. Reverse culture shock describes the experience that many have after a life-changing experience when trying to re-integrate into the home you left behind, which did not change along with you during your time abroad.

Some of the ways to help prepare to cope with reverse culture shock include:

- **Keeping a journal** abroad to describe your experiences
- **Purchasing local music** to listen to once you return home
- Taking lots of **photos**
- **Collecting contact info** to keep in touch with your classmates and hosts
- **Buying clothing** from your host country
- **Bringing home your favorite recipes** to share with friends and family
- **Collecting souvenirs** to remind you of different experiences
- **Getting involved** on campus in the Study Abroad Ambassador program or volunteer with International Students Services