



# Study Abroad Pre-Departure Handbook

Created by  
the Study Abroad Office  
at the  
University of Rochester.

## **Important Addresses & Contacts**

**Add to all addresses below, unless otherwise specified:**  
University of Rochester  
Rochester, New York 14627 USA

### **Department of Modern Languages & Cultures**

Lattimore 408  
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FAX (585) 273-1097  
e-mail: [lil.paraka@rochester.edu](mailto:lil.paraka@rochester.edu)

### **Center for Study Abroad**

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Heidi Kozireski, Assistant Director  
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TEL (585) 275-7532  
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### **Bursar's Office** 330 Meliora Hall

Contact: Karen Akers  
TEL (585) 275-3931  
FAX (585) 461-3356  
e-mail: [bursar@admin.rochester.edu](mailto:bursar@admin.rochester.edu)

### **Career Center** Meliora Hall 302

Law professions, career planning  
TEL (585) 275-2366  
FAX (585) 461-3093  
e-mail: [careers@mail.rochester.edu](mailto:careers@mail.rochester.edu)

### **Center for Academic Support** Latt. 312

Gen'l academic issues and Certificate Programs:  
any Academic Adviser  
Graduate Fellowships: Belinda Redden  
Health Professions: Scott MacPhail, Kate  
Sgabellone  
Take Five: Sean Hanna  
TEL (585) 275-2354  
FAX (585) 275-2190  
e-mail: [cascas@mail.rochester.edu](mailto:cascas@mail.rochester.edu)

### **Financial Aid Office**

### **International Services Office** Morey 209

Contact: Cary Jensen  
Morey 209  
TEL (585) 275-2866  
FAX (585) 244-4503  
e-mail: [questions@iso.rochester.edu](mailto:questions@iso.rochester.edu)

### **Residential Life** Gates 020

Contact: Laurel Contomanolis  
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TEL (585) 275-3166  
FAX (585) 276-1886  
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### **Registrar's Office** Lattimore 312

Contact: Nancy Speck  
TEL (585) 275-8131  
FAX (585) 275-2190  
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### **River Campus Parking Office**

Fauver 15, RC Box 270348  
TEL (585) 275-3983  
FAX (585) 275-8097  
e-mail: [rcpark@services.rochester.edu](mailto:rcpark@services.rochester.edu)

### **University of Rochester Security**

Contact: Bob Bennett  
TEL (585) 275-3333  
FAX (585) 273-1128

### **Simon School of Business** Schlegel 305C

Contact: Gregory MacDonald, Executive Director  
of M.B.A. Admissions and Administration  
TEL (585) 275-3533  
FAX (585) 271-3907  
e-mail: [greg.macdonald@simon.rochester.edu](mailto:greg.macdonald@simon.rochester.edu)

### **Department of Religion & Classics**

Rush Rhees, 4<sup>th</sup> Floor  
Contact: Evalyn Hartleben, Admin Assistant  
TEL (585) 275-5378  
FAX (585) 442-2749  
email: [emal@mail.rochester.edu](mailto:emal@mail.rochester.edu)

### **American Sign Language Program** Lattimore 116

Contact: Linda Cassidy, Program Office  
TEL (585) 275-7123  
FAX (585) 273-5324  
email: [lcassidy@asl.rochester.edu](mailto:lcassidy@asl.rochester.edu)

### **University Health Services (insurance coverage)**

Contacts: Linda Dudman, Laurie Strang  
UHS Bldg, Box 270617  
Rochester, NY 14642  
Email: [ldudma@uhs.rochester.edu](mailto:ldudma@uhs.rochester.edu)  
(585) 275-2662

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Information in this Handbook is accurate as of April 15, 2009 and is subject to change.

## **Study Abroad Checklist for summer study abroad**

### **Three to six months in advance:**

- Apply for or renew your passport. Allow six to eight weeks or more for processing. Be sure that the passport will be valid for at least six months beyond your anticipated return date.
- Attend a group information meeting. The schedule is posted on the website of the Center for Study Abroad:  
<http://www.rochester.edu/College/abroad/programs/schedule.html>. Printed copies are available in Lattimore 206.
- Discuss your plans with your parents/guardians.
- Schedule an appointment with a study abroad adviser after attending a group information meeting.
- Find out the visa requirements, if any, for the country in which you plan to study.
- If you are an international student, or do not hold a U.S. passport, meet with an adviser in the International Services Office in order to discuss the logistics of leaving the U.S. and re-entering upon your return from abroad.
- If you are an Eastman student, visit the Office of the Dean of Academic Affairs at the Eastman School of Music, 274-1020
- Talk to Peer Advisers (returnees) who have studied in the location or on the program you are considering.
- Meet with your faculty adviser. Declare your major and discuss how it will be affected by study abroad. Bring catalogues and recommendation forms for programs to which you are applying. You may do this even if you have not officially declared your major. [www.rochester.edu/College/CCAS/Authsign.html](http://www.rochester.edu/College/CCAS/Authsign.html)
- Meet with a counselor in the Financial Aid Office in Wallis Hall if you receive financial aid or hold a Stafford Loan (or plan to). Discuss how study abroad affects current and future benefits.
- If you have a disability, meet with an adviser in Learning Assistance Services to discuss accommodations needed. 275-9049.

### **After being accepted**

- Apply for visa(s), if necessary. Initiate this process as soon as possible. Your study abroad program will give you information about how to apply for a visa. Also be sure to check on visa requirements for countries where you might want to travel during your time abroad.
- Research the city and country where you will be studying; brush up on the language, read newspapers, and browse the internet. Many countries have informative sites.
- Determine the health risks and requirements for the areas where you will travel and get any necessary vaccinations.
- Find out about your banking options. Having a checking account with a large, international bank (Citibank and HSBC are two examples) may be beneficial, but it does not necessarily mean that you will automatically have access to that account overseas by anything other than an ATM. Avoid unpleasant surprises!

### **Before you leave campus**

- Make several photocopies of your passport. If you lose your passport while you are abroad, having a photocopy will greatly facilitate getting it re-issued. Bring a copy to the Department of Modern Languages and Cultures, American Sign Language, or Religion & Classics (as appropriate) and they will keep it on file in the office while you are abroad. You should also take a photocopy to carry with you while traveling and leave one with a family member.
- Pack this guide and your pre-departure orientation materials in your carry-on luggage.

### **While you are away**

- Consider applying for graduate fellowships. Many fellowships (such as Fulbright and Marshall) are available for graduate study abroad. Fellowship handbooks are available at the Center for Academic Support, Lattimore 312.  
[www.rochester.edu/College/CCAS/fellowships/](http://www.rochester.edu/College/CCAS/fellowships/)
- Consider whether a semester abroad or another international option (e.g. teach abroad, Peace Corps) may be right for you.

### **When you return**

- Consider studying abroad for a semester or academic year. Visit the Center for Study Abroad in Lattimore 206 to learn more.
- Consider being a peer adviser for your program.

## **Passports and Visas**

You must have an official passport valid for at least six months beyond your stay abroad. Note that application processing times vary, but take a *minimum* of four weeks.

Details about obtaining a US passport are available here:

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

<http://www.monroecounty.gov/clerk-index.php>

<http://www.cityofrochester.gov/index.cfm?id=660>

US citizens studying abroad in the summer will need to apply for a student visa for the following countries. (*Non-US citizens*: check now with the consulate of the country in which you'll be studying to determine your requirements.) A good starting place is [www.embassyworld.com](http://www.embassyworld.com)

*Egypt* apply on arrival at Cairo airport

*Italy* [http://www.consnewyork.esteri.it/Consolato\\_NewYork](http://www.consnewyork.esteri.it/Consolato_NewYork)

Application materials must be submitted in person. A UR representative will bring the application materials to the NY Consulate. If you do not reside in the jurisdiction of the NY Consulate, you will have to submit your materials to the appropriate consulate.

*Russia* [http://www.ruscon.org/visa\\_dep\\_ENG.html](http://www.ruscon.org/visa_dep_ENG.html)

You may submit your application materials by mail.

*Ecuador* Short term programs do not require a visa. <http://www.ecuador.org/visas.htm>  
*France* Short term programs do not require a visa.  
<http://www.consulfrance-newyork.org/spip.php?rubrique108>  
*Germany* Short term programs do not require a visa.  
[http://www.germany.info/Vertretung/usa/en/04\\_\\_Legal/02\\_\\_Directory\\_\\_Services/01\\_\\_Visa/\\_Visa.html](http://www.germany.info/Vertretung/usa/en/04__Legal/02__Directory__Services/01__Visa/_Visa.html)

## **Registering for Your Summer Study Abroad Program**

Your department will register you for the summer program/course as follows:

Archaeology in Italy	CLA 299	6.0 credits
Sign Language in France	ASL 113	6.0 credits
Literary Egypt	ARA/REL 245	6.0 credits
French in France	FR 157 / 207	6.0 credits
German in Germany	GER 127 / 207	6.0 credits
Italian in Italy	IT 157 / 207	6.0 credits
Russian in Russia	RUS 157 / 207	6.0 credits
Spanish in Ecuador	SP 157 / 207	6.0 credits
Malawi Seminar	ANT 299	6.0 credits

### ***How you'll get credit and grades***

Grades for courses graded by University of Rochester faculty appear on the transcript and are calculated into the grade point average (GPA).

## **Study Abroad Finances**

### **Financing Study Abroad**

No UR-administered aid is available for summer study abroad. Loans may be available. The Department of Modern Languages has Burton Fellowships for summer language study.

Financial Aid Office: 275-3226, [www.enrollment.rochester.edu/financialaid](http://www.enrollment.rochester.edu/financialaid).

### **Costs**

**UR Programs:** The charges for your summer study abroad program will appear on your UR term bill.

### **Non-refundable Deposits**

Once students are admitted to programs, programs ask for a non-refundable deposit to hold a student's place in the program. Deposits range from \$100 to \$1000 and are discussed in acceptance materials. The average is around \$300.

## **Billing**

Normally, bills for summer courses are mailed in mid-May and are due by June 10. However, since each summer program has different start dates, your bill may be sent earlier and have an earlier due date. *Payment in full is due prior to your program's start date.*

Your balance must be paid in full from the prior semester in order to register for a study abroad program. If you have a past due balance, you may settle your account with the Bursar's Office, 330 Meliora Hall, 275-3931. Your registration for a study abroad program is subject to cancellation if payment is not kept current and your past due balance is \$5,000 or greater, or if you submit a check that is returned by the bank, unless acceptable arrangements are promptly made.

## **Before You Leave**

Contact the Bursar's Office before you leave if you are receiving an outside scholarship or alternative loan that requires your endorsement. We will make arrangements with you to have the check(s) signed so that you will be credited with the funds. If someone other than you will be handling your financial affairs while you are abroad, please be sure to share this information with that individual.

## **Budgeting**

**Don't spend all your money in once place!** Your spending money will need to make it through the several months of your study abroad program. Although there are many exciting things to do and purchase while you are abroad, pace yourself. Devise a budget and stick to it as closely as you can to avoid any problems while you are abroad!

## **Managing Your Money Abroad or "Life Without Flex"**

Study abroad usually entails a drastic shift in the way you manage your money. No longer will you have a University of Rochester "flex account," or a meal plan. Instead, you'll find yourself paying for daily expenses out of pocket with cash or credit. Many students use ATM cards to withdraw cash (in the local currency) from a money machine. Not all cards work in all machines: make sure that your ATM card has the "Cirrus" or "Plus" logo on the back. Parents or family here in the U.S. may be able to monitor (or feed, if necessary) the bank account from this end while you withdraw from abroad. Some students have found it convenient to open an account at a major international bank, such as HSBC, which has branches overseas. However, this has not proved to be effective in all countries. Check with the bank before opening an account, in order to be sure that you will be able to access your account in the country where you'll be studying.

Many students find that a convenient method of managing their finances while overseas is through the use of credit cards. The acceptability of credit cards varies greatly from country to country; in order to find out which credit card is accepted in the country where you're planning to study, check with the card issuer. Also visit the websites for the card(s) that you carry, such as VISA or MasterCard.

Just as you would in any unfamiliar setting here in the U.S., avoid carrying large amounts of cash with you. Also, when you do carry cash on your person, divide up the money so that some is in your money belt, some in a pouch beneath your shirt, some in a front pocket and some in a back pocket. This is a safeguard against theft.

You may want to change some money into the foreign currency before you depart. However, U.S. banks may not carry the currency of your destination. Some students still choose to purchase travelers' cheques (such as American Express or Thomas Cooke). These are a safe way to carry your money, but they're not universally accepted, and not necessarily the cheapest way of handling your money (there is a fee for purchasing and cashing the cheques).

Remember that credit cards can be as risky as they are convenient. Without a certain amount of discipline and budgeting, you might return from abroad with a staggering credit card debt. The Credit Education Bureau, which has an office in Rochester, can suggest smart and effective ways to keep track of your credit card expenses.

Other required reading about credit card debt for college students: [http://www.nelliemae.com/library/cc\\_use.html](http://www.nelliemae.com/library/cc_use.html)

## **Communication**

Keeping in touch with faculty, family and friends from far away

### **Keeping the Lines of Communication Open**

One of the countless benefits of being a University of Rochester student is the ease and abundance of communication between students, families, faculty, and staff. This also holds true while you are studying abroad. You've already discovered that we begin our regular communications with you long before you depart. We have also mailed an information packet to your parents/guardians describing study abroad policies, costs and billing procedures, and information about health and safety.

### **Family Contact Form**

Common sense and recent world events necessitate that your parents or guardians provide us with their contact information. This is included in your pre-departure packet.

### **Contacting UR**

This Handbook also includes contact information for key UR offices. Write down the name and contact information of your UR advisers: academic, major, minor.

Keep in mind when contacting anyone at UR that there is a time difference which can be as much as 8 hours. This means that you normally won't get an immediate response to your electronic communication. Please allow 24-48 hours; faculty and staff are just as busy as you are! In case of emergency, call UR Security.

### **Faculty Program Directors**

They are your first point of contact. They will not only orient you to your study abroad location, but will be available for all kinds of assistance: academic, housing, everyday living, health and safety issues, and more. If you have a question or concern, for example about your housing situation overseas, consult them first, since they are on location and have the knowledge necessary to help you get what you need to make your studies successful.

### **Web Access**

Most of you will be in places with relatively easy World Wide Web access, either at your program center, university computing center, residence, or cyber cafes. Don't be surprised to find time limits and/or fees assessed for this service. After you've gotten over any initial homesickness, spend less time on-line and more time exploring your new surroundings and community.

### **Phone Service and Email**

You may wish to consider obtaining a cell phone for your stay overseas. Most programs will help students to acquire cell phones, either by selling recycled phones or directing them to purchase one. If you already own a cell phone, check with your service provider, as most American phones do not work outside the United States or are prohibitively expensive to use. As you would here, be sure you've read (or get help to read) the fine print on the contract. Failure to do so can result in staggering phone bills.

Minimally, you will want to look into phone cards, which can make the expense of international calling slightly less acute. If you have questions about telephones, direct them to your program director or to study abroad returnees. For more information on telephoning to/from overseas locations, including international calling codes, try the AT&T website. Remember, of course, to take into account the difference in time zones when making international calls.

Likewise, be aware that few American students (normally only those directly enrolled in an overseas university) have free and relatively unlimited access to email. Computer labs and internet cafes are generally not open as late as they are here. Shopping around can save you a lot.

You are responsible for maintaining and checking your UR mail account. Visit the ITS Center to be sure you understand how to access it from overseas. Do not forget your password!

### **Using Email From Overseas**

#### **Important Information from University IT**

What you should do before you leave for abroad:

- Setup a password secret question and answer in case you forget your password. Go to <http://mail.rochester.edu/password.html> and click "setup a security question and answer". If you have an @mail.rochester.edu account choose the first option listed. If you do NOT have an @mail.rochester.edu account choose the second option listed. Make sure you remember your password.

**A few final words about email**

NEVER give anyone your PASSWORD, SOCIAL SECURITY NUMBER, or any other important information about you through email. Email is a very insecure medium for transferring this information. The Systems Administrator and UNIX Consultants will NEVER ask you for your password or social security number.

Review University IT policies and procedures before going abroad so you can make sure you understand how to get help if you need it.

To find out more about University IT policies, please go to the following UR website:  
<http://www.rochester.edu/it>

You will find information including our policies, on-line documentation, etc.

If you have any questions or problems while you are away, please send them to:  
[UnivITHelp@rochester.edu](mailto:UnivITHelp@rochester.edu)

## **Housing & Student Life Abroad**

### **Housing Overseas**

Study abroad programs typically offer several housing options. Normally, summer students live in a homestay, with a family. Alternately, you may be placed in an apartment with other students who are studying there.

Whatever the housing arrangements on your program, remember that housing standards in other countries may be different than what you're used to here. Specifically, rooms may tend to be smaller, buildings may be older, windows might be more drafty, or plumbing more fragile. So it's especially important to be flexible with your expectations. Also, be aware that published housing arrangements may change prior to your arrival on the program.

### **Homestays**

Homestays are a great way to get an intimate view of life in your host country, including practicing the language. Homestays are more common (and arguably more effective) in some countries than in others. France and Italy, for example, have a social structure that makes homestays quite feasible. Even there, homestays sometimes are more like a boarding arrangement, and you may see your host family regularly, but may not have extensive contact with them other than passing greetings. Homestays require a high degree of cultural sensitivity--indeed, that's precisely why they are an effective way to learn about your host country. This will require you to be respectful of when your host family eats meals and goes to bed. Moreover, you'll need to be sensitive to issues of food tastes, use of utilities and water, standards of timeliness, and financial issues.

### **Hotels, Hostels and Other Lodging**

Most students spend part of the term abroad staying in hotels and other lodging during travels. Programs may house you temporarily in a hotel upon your arrival. Notice that the hotel industry may be far less developed and less regulated in your host country than it is in the U.S. The disadvantage is that you may find yourself in substandard accommodations if you're not careful (no elevators, less than pristine sanitary conditions, and thin walls are a few common pitfalls). The good news is that you may find lodging far more affordable than it is here in the U.S. Youth hostels are a great example of affordable housing for college students, and a good way to meet other travelers. Consider getting a Hostelling International Card before you go abroad.

While your housing abroad may sometimes serve as a refreshing retreat from your new surroundings, remember that it is not an oasis of American life. You're still a guest in the country, even when you're in your own living space. Be respectful of your neighbors and of your landlord or host family.

### **Meals Abroad**

Few study abroad programs offer meal plans such as those that are available on campus at UR. Your university or program may have a dining hall or—more commonly—a variety of on-campus eateries. However, in many cases, you'll have a greater degree of

independence and flexibility in planning your meals. You may be able to choose from a number of local restaurants. This can be a great way to try out the local cuisine, but it can also be a very expensive way to feed yourself, depending on the cost of living and the caliber of the restaurant. Also, pay attention to the sanitary conditions wherever you eat. For example, the food stalls at the local farmer's market might be very cost-effective and culturally authentic, but they might also serve up a sure recipe for traveler's diarrhea (see the section on "Health Care While Studying Abroad" for more on this topic).

Your program staff can give you advice about the best places to buy groceries (don't expect to find a Wegman's nearby), and your housing will often include kitchen facilities. Particularly if you're staying with other students, it makes sense to share meals and take turns cooking. Preparing your own meals allows you to regulate the sanitary conditions of your food preparation. So, for example, you can avoid raw vegetables if you're not confident about the quality of the water used to wash them.

Last but not least, if you're living in a homestay, your host family will typically provide at least one meal per day. This, of course, is a wonderful way to sample some home cooking typical of your host country. Sometimes it can also present awkward dilemmas which require you to balance sensitivity against dietary requirements. It's important to be clear up front about any special dietary limitations you may have. Also, your program staff will usually provide the host families with guidelines for food preparation, since foods that seem ordinary to them might present gastronomical challenges for someone newly arrived in the country.

### **Daily Life**

"Campus life" is generally an American concept, with the exception of some British universities. Buildings are often in the heart of a city, and may be scattered over a considerable area, separated from each other by residences, restaurants, and shops. You may live in one part of the city, attend classes in another part, work in the library somewhere else, and eat your meals in a student restaurant. You will participate in everyday city life: mass transportation, pollution, strikes, impersonal attitudes, different gender issues, etc. Generally, outside the U.S., students have a less planned or "pre-packaged" student life, fewer clubs, fewer social affairs, and fewer organized sports than in the United States.

### **Local Students**

Although you will not be taking classes with host country students, you may likely encounter them in your daily activities.

Students in your host country will be politically knowledgeable; work on improving your own knowledge of history and politics of the United States and of the host country before you go. We recommend reading *The Economist*, *Washington Post*, *Asian Wall Street Journal*, or *The International Herald Tribune*, all of which are online.

### **Culture Shock**

Be prepared to undergo a fairly typical adjustment cycle during your stay; in other words, expect some ups and downs. You'll start out with a great deal of excitement; the host country seems to be the most fantastic place on earth, and you will be high with enthusiasm. After a while, the novelty will wear off, and you may feel lonely, frustrated, depressed, homesick, and irritable. You will complain about everything and everyone; you may wish you had never left home. Don't worry! Things will get better. The petty frustrations will disappear. As you complete your adjustment cycle, you will come to accept and then to enjoy everything, including the academics, food, drinks, habits, and customs of the host country. By the end of the program, you may not want to leave, and you will try to figure out how to get back again as soon as possible.

**Some required reading on Culture Shock:** The "What's Up With Culture?" website was created by Dr. Bruce LaBrack, an anthropologist at the University of the Pacific in California. It is specifically designed for students traveling abroad. It is a wonderfully thorough, informative, engaging and interactive presentation about crossing cultural boundaries. If you're majoring in anthropology, you may already be familiar with some of this material; for all students, this is an essential crash course in cross-cultural communication and adjustment. If you find yourself at a low point when you're abroad, refer back to this site: it can help you understand some of the cultural complexities that may be making your life difficult.

### **Questions About Your Host Country and Culture**

Take a proactive approach to learning about your host country. These questions are designed to help spark your curiosity about the country, to direct your reading and research, and to sharpen your knowledge. How many can you answer?

#### **People:**

- How many people can you name who are prominent in the affairs (politics, athletics, religion, the arts, etc.) of your host country?
- Who are the country's national heroes and heroines?
- Are other languages spoken besides the dominant language?
- What are the social and political implications of language usage?
- What things are taboo in this society?
- How do people greet one another? Shake hands? Embrace or kiss?
- How do they leave one another?
- What does any variation from the usual greeting or leave-taking signify?

#### **Customs:**

- Can you recognize the national anthem?
- What are the most common forms of marriage ceremonies and celebrations?
- What is the attitude toward divorce? extra-marital relations? plural marriages?
- What is the attitude toward gambling?
- What is the attitude toward drinking?
- Is the price asked for merchandise fixed or are customers expected to bargain?
- How is the bargaining conducted?

- If, as a customer, you touch or handle merchandise for sale, will the storekeeper think you are knowledgeable, inconsiderate, within your rights, completely outside your rights? Other?
- How do people organize their daily activities?
- What is the normal meal schedule?
- Is there a daytime rest period?
- On what occasions would you present (or accept) gifts from people in the country?
- What kinds of gifts would you exchange?
- Do some flowers have a particular significance?
- What are the important holidays? How is each observed?
- Are children usually present at social occasions? At ceremonial occasions? If they are not present, how are they cared for in the absence of their parents?
- How does society observe children's "coming of age?"

#### **Religion:**

- What is the predominant religion? Is it a state religion?
- What are the most important religious observances and ceremonies? How regularly do people participate in them?
- How do members of the predominant religion feel about other religions?

#### **Food and Entertainment:**

- What foods are most popular and how are they prepared?
- If you are invited to dinner, should you arrive early, on time or late? If late, how late?
- What is the usual dress for women? For men?
- Are slacks or shorts worn? If so, on what occasions?
- What are the favorite leisure and recreational activities?
- What sports are popular?
- What kinds of television programs are shown?

#### **Gender Issues:**

- What are the special privileges of age and/or sex?
- What are the minority groups in your host country? Are you a minority there?
- What are men's, women's, and minorities' roles (social, professional, religious, etc.) in your host country?
- Do men, women, and minorities have equal opportunity/protection under the law?
- Do men, women, and minorities have the same educational opportunities? Job opportunities?
- Do women and minorities serve in the military?
- Do women work outside the home?
- What type of leadership roles do women and minorities hold?
- How do men treat local women? American women?
- How does your host country view minorities within the country and elsewhere?
- Are pay scales equal for men, women, and minorities?

- Is there a women's rights or civil rights movements?
- Are there special concerns/issues that women and minorities should be aware of before they study abroad in your host country?

**Transport:**

- What kind of local public transportation is available? Do all classes of people use it?
- Who has the right of way in traffic: vehicles, animals or pedestrians?

**Politics:**

- Is military training compulsory?
- Are the largest circulation newspapers generally friendly in their attitude toward the United States?
- What is the history of the relationships between this country and the U.S.?
- How many people have emigrated from this country to the United States? Other countries? Are many doing so at present?

**Medicine:**

- What kinds of health services are available?
- What are the common home remedies for minor ailments?
- Where can medicines be purchased?

**Education:**

- Is education free? Compulsory?
- What kinds of schools are considered best: public, private, parochial?
- Where are the important universities of the country?
- If university education is sought abroad, to what countries and universities do students go?

**Related Web Sites**

**GUIDES:**

<http://www.lonelyplanet.com>

<http://www.letsgo.com>

<http://www.roughguides.com>

**U.S. and WORLD NEWS**

<http://www.msnbc.com>

<http://www.cnn.com>

<http://www.bbc.co.uk/worldservice/index.shtml>

**U.S. STATE DEPARTMENT TRAVEL**

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

**U.S. TRANSPORTATION SECURITY ADMINISTRATION**

<http://www.tsa.gov/travelers/airtravel/prohibited/permitted-prohibited-items.shtm> (List of items permitted and prohibited on U.S. flights)

## EUROPEAN INTERCONTINENTAL FLIGHTS

<http://www.statravel.com>  
<http://www.ryanair.com>  
<http://www.govolo.com>  
<http://www.cheapflights.co.uk>  
<http://www.expedia.co.uk>

## EUROPEAN TRAIN SCHEDULES

<http://www.eurail.com>  
<http://www.ricksteves.com>  
<http://www.bahn.de/international/view/en/index.shtml>

## GENERAL TRAVEL INFORMATION:

<http://www.travel-library.com/> (Rec Travel Library)  
<http://www.virtualtourist.com/vt/> (Virtual Tourist)  
<http://www.travlang.com/languages/> (foreign languages for travelers)

## ECUADOR:

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

## EGYPT:

<http://www.egypt.travel/?flashinstalled=2>  
<http://www.egyptembassy.net/showmission.cfm?id=29>

## FRANCE:

<http://www.francerama.com/en/index.htm> (At Random in France)  
<http://www.franceway.com/> (France Way)

## GERMANY:

<http://www.bundestag.de/> (Everything about the German Parliament)  
<http://www.germany.info> (German Embassy)

## ITALY:

<http://www.itwg.com/> (Italian Tourist Guide)  
<http://www.arca.net/florence.htm> (Your Way to Florence)

## MALAWI:

<http://www.malawi-tourism-association.org.mw/>

## RUSSIA:

<http://www.visitrussia.org.uk/>

## ADDITIONAL RESOURCES:

<http://www.rochester.edu/College/abroad/programs/resources.html>

<http://www.rochester.edu/college/MLC/>

## **Health Care While Studying Abroad**

### **INTRODUCTION**

Scheduling an appointment with your primary care provider (PCP) at the University Health Service prior to leaving the university is a good idea even if your program does not require you to do so. You may find it helpful to talk with your PCP about your health concerns, diet/nutrition concerns, prescription renewals, and other questions you may have. Female students may want to schedule an annual gynecological exam before going abroad.

To schedule an appointment at UHS, call 275-2662. It will be helpful to let the receptionist know you will be studying abroad and are scheduling a pre-departure health visit.

### **TRAVEL IMMUNIZATIONS**

Some countries require you to have specific immunizations before coming into the country. The Centers for Disease Control and Prevention (CDC) ([www.cdc.gov/travel](http://www.cdc.gov/travel)) tells which immunizations are required for every country. Travel advisories are also listed on this site.

If you need immunizations before you travel, you can receive them at UHS. There will be a charge for the immunizations, but not for the visit to UHS. You may prefer to go to your physician at home, to your county health department, to Passport Health (located in Helen Wood Hall across from the Medical Center), or to another health care facility. You may want to inquire about the cost when you call to schedule. Since some immunizations require more than one visit or cannot be taken in combination with others, it is recommended that you take care of your immunizations well in advance of your departure.

### **HEALTH INSURANCE**

All full-time UR students must have health insurance coverage while studying abroad. Students who will be studying abroad must complete the online Health Insurance Selection Process before the start of the semester or year in which they will begin their program. The link to the selection process is on the UHS home page ([www.rochester.edu/uhs](http://www.rochester.edu/uhs)).

You need adequate health insurance coverage while abroad. You can enroll in the Blue Cross Blue Shield (BCBS) insurance plan offered through UHS, or you can remain on your parent's or your own health insurance.

- If you enroll in the UR-sponsored BCBS health insurance, your coverage includes the mandatory health fee and Blue Cross Blue Shield health insurance. The charges for the mandatory health fee and BCBS insurance will be billed to your tuition bill. The "BCBS Summary of Benefits" is available on the UHS web site.

The University-sponsored BCBS plan provides coverage for hospitalization, surgery, and diagnostic lab tests anywhere in the world. Visits to a doctor's office are not covered by

the plan. If you are on another insurance plan, it is a good idea to check your coverage outside the U.S. We recommend carrying your insurance card with you at all times.

If you have questions about health insurance and/or completing the Health Insurance Selection Process, contact the UHS Insurance Advisor, at [insurance@uhs.rochester.edu](mailto:insurance@uhs.rochester.edu) or (585) 275-2637.

### **UHS CAN HELP YOU**

All full-time students have a primary care provider (PCP) at UHS. When you are abroad, you can communicate with your PCP through the UHS web site (See “Contact UHS” on the UHS home page.) Contacting UHS can help you with general health questions, not replace or provide direct care you may need while abroad. When sending a message to UHS, it would be helpful if you mention that you are abroad. The UHS web site provides immediate access to information on several health topics, as well as links to reputable health-related web sites.

### **ITEMS TO TAKE WITH YOU**

If you have a known and ongoing medical problem, such as allergies or diabetes, take special precautions in preparing for and managing your situation overseas. Living in a new environment, along with the stresses of studying abroad, can have an impact on your health. Scheduling an appointment with your UHS primary care provider and/or your doctor at home prior to departure will help you anticipate and prepare for medical situations that could arise while you are abroad. To schedule an appointment at UHS, call 275-2662.

A. Medications If you are taking a prescription medication (including birth control pills), bring a supply to last you throughout your time abroad. Prescription medications vary in name, potency, and purity from country to country and cannot be sent through international mails.

If you have over-the-counter (OTC) medications you prefer, it is a good idea to take a supply with you rather than assume you will be able to purchase the same medicine abroad. For customs purposes, keep all medicines (prescription or over-the-counter) in the original containers. If you bring syringes with you, be sure to bring a doctor’s note. Syringes can be construed as drug paraphernalia.

Keep the medications in the original container(s) and carry any medications you take daily in a carry-on bag in case your luggage is misplaced while traveling. It is also wise to bring the written drug information provided by your pharmacy with you through customs in case the officer has questions about your medication. If you have questions about your prescription medications, ask your primary care provider and/or a pharmacist for advice.

B. Glasses/Contact Lenses If you wear glasses or contacts, it is a good idea to bring a typed copy of your prescription and an extra pair of glasses or contacts with you.

C. **Your Medical Record** Bringing information from your medical record when you study abroad is recommended. It is advisable to carry these documents in a place that is both secure and accessible by you at all times while traveling. Be sure to make a photocopy of your medical records in case of loss. We suggest bringing:

- Medications you are currently taking.
- List of chronic illness, allergies, and hypersensitivities.
- Your immunization history.
- Your blood type (if available)
- Your eyeglass and/or contact prescription.
- The name of your PCP at UHS and at home.
- The name and policy number of your health insurance company.

D. **Medic Alert Emblem** Medic Alert emblems are recognized internationally. If you wear a Medic Alert identification tag or bracelet, be sure to wear it while abroad. If you carry a card, you should carry the card with you at all times. This identification should indicate the specific nature of the problem and clearly spell what must or must not be done should you be unable to communicate this information yourself (e.g., in case of unconsciousness).

E. **First Aid Kit** You may want to bring a small first aid kit with you. The availability of specific over-the-counter drugs and hygiene products is uncertain in other countries. Many of these products will have different brands in the countries you will be traveling to, so it is a good idea to have what you need for the duration of your stay before you leave home.

**Items to pack in a first aid kit:**

- Acetaminophen (e.g., Tylenol), Ibuprofen (e.g., Advil, Motrin), or Aspirin for pain or fever.
- An antihistamine (e.g., Benadryl) for allergies, for motion sickness, and to ease the itch from insect bites or stings.
- Loperamide (e.g., Immodium) for diarrhea.
- Bandages and band-aids for minor injuries.
- Antiseptic, e.g., povidone-iodine (e.g., Betadine) and antibacterial (e.g., Neosporin) for cuts.
- Calamine lotion or 'AfterBite' to ease irritation from bites and stings.
- Acetaminophen or ibuprofen, throat lozenges, cough suppressants (e.g. Robitussin DM), decongestant for cold symptoms.
- Condoms and contraceptives. If you are taking birth control pills, bring enough for the duration of your stay.

**A few other things to consider including in your first aid kit::**

- Multivitamins
- Feminine hygiene products
- Insect repellent
- Sunscreen and lip balm
- Scissors and tweezers (packed in your suitcase)

Because every country has different laws regarding importation and purchase of medicines (over the counter and prescription), it is imperative that you familiarize yourself with your host country's policies. Passport Health in Helen Wood Hall is a good starting point, as is the CDC.

<http://www.passporthealthusa.com/rochester/cdc.gov/travel>

## **YOUR PERSONAL HEALTH**

Taking care of your personal health will help you have an enjoyable and successful time studying abroad. Living in another culture often entails a change in diet, different expectations about alcohol consumption, and stresses from living in a new place and culture. In this section, you will find information about nutrition, alcohol & other drugs, sexual health, cold self care, and the flu.

### **Nutrition**

Living in another culture often entails a change in diet and changes in daily eating routines and assumptions. Diets in other countries can be significantly more or less nutritious than diets in America. It is important to be aware of what you are eating. Traveling will bring your body into contact with new and different bacteria than you are used to. These bacteria are not necessarily harmful in themselves, but the change can unsettle your stomach or cause health problems.

Food should be selected with care. Any raw food could be contaminated, particularly in areas of poor sanitation. Foods of particular concern include salads, uncooked vegetables and fruit, raw meat, and shellfish. If you peel fruit yourself, it is generally safe. Food that has been cooked and is still hot is generally safe. In addition, water, including ice cubes, unpasteurized milk, and milk products, could upset your digestive system until your body adjusts to new surroundings.

If you are a vegetarian, you may find it challenging to maintain a healthy diet. You may want to research the foods offered in your host country. You may want to bring protein powder, vitamins, and other dietary supplements with you to provide good nutrition while abroad. Talking with other vegetarians who have studied abroad may be helpful, as well.

### **Alcohol & Drug Use**

If you decide to drink while abroad, drink wisely. Alcohol abuse can lead to unsafe choices, poor academic performance, higher risk behavior, and/or regretted sexual activity. Do not endanger yourself, others, or property. You should use good judgment whenever consuming alcohol.

Students studying abroad may abuse alcohol due to a mistaken impression of how alcohol is used in your new surroundings, the cheaper cost to purchase alcohol, a lower minimum drinking age, different portions of alcohol, different types of alcoholic beverages, more lenient laws against drunkenness, and/or a desire to experiment or fit in. Although alcohol abuse may not carry the same legal penalties as use of illegal drugs, it can create dire circumstances for you and your personal safety.

Remember, you will be in a new environment and will often have to rely on public transportation to get you home at night. You may also have to make the journey home at night alone, so be sure to use caution and stay in control and aware of your surroundings. Use of inebriating or hallucinogenic drugs has very serious cultural and legal consequences (e.g., incarceration, deportation, removal from your program), as well as innumerable health risks.

Although you may be able to drink legally in your host country, the customs regarding alcohol use may be very different from ours. Most countries, with the exception of those with religious prohibitions, tolerate social drinking; however, alcohol abuse and drunken behavior are not socially acceptable or tolerated. Remember that you are serving as an ambassador for the University of Rochester and the United States and the rules of the University uphold while studying in another country.

If you or a fellow student becomes incapacitated due to alcohol overuse and/or is in need of medical attention, the local emergency medical service and your program director/faculty should be notified immediately to protect the student's health and well-being.

### **Sexual Health**

It is important for you to be aware of your host culture's view towards gender, dating, sex and morality. If you choose to be sexually active, protect yourself and your partner against unintended pregnancy, sexually transmitted diseases, and HIV/AIDS. Be responsible if using alcohol or other drugs because they can affect your judgment and your behavior. Take a supply of condoms and other birth control methods with you, as the availability of condoms in your new country may be limited. Additionally, the conditions of manufacture and storage may be questionable. If you are taking birth control pills, bring an extra pack in addition to what will be needed for the duration of your stay. For more information on sexual health topics, check "Health Topics" on the UHS web site.

### **Cold Self Care**

It is likely you will experience cold symptoms while you are abroad. Unfortunately, there is no cure for the common cold. Upper respiratory infections or colds are an inflammation of the upper respiratory tract caused by many different virus strains that cannot be cured by antibiotics. Most colds generally last 4-5 days. Over-the-counter medications may reduce your symptoms. The UHS web site provides recommendations for self-care for four common cold symptoms (cough, nasal congestion, sore throat, and fever). Also included is advice to help you decide if you should seek medical care. Colds are spread mainly from person to person through coughs, sneezes, and mucus on a person's hands. You can pick up the virus from books, towels, door handles, etc. that people with a cold virus have touched.

**The best ways to reduce your chances of catching a cold are:**

- Wash your hands with soap and warm water often and every time you touch your face.
- Cover your nose and mouth when sneezing or coughing.
- Discard your tissue after using it once.
- Avoid kissing and sharing towels, utensils, cups, etc.
- Get an adequate amount of sleep.
- Eat well.

**About the Flu**

The UHS web site also provides information about the flu. Symptoms of the typical flu come on quickly and usually include fever, chills, weakness, aches and pains, headaches, and a dry cough. If you suddenly develop these symptoms at a time when influenza is present in the community, you probably have the flu. Since flu is caused by viruses, antibiotics are not effective. The only real cure for flu is time. In cases of uncomplicated flu, the fever lasts three to four days and recovery occurs within a week. While most flu symptoms disappear within a week, a dry cough and lack of energy may persist for a couple of weeks. Once the worst symptoms have passed, it is especially important to eat and rest well so that full recovery takes place as quickly as possible. The flu shot will help protect you from the most common strains of the flu for the upcoming flu season. To be protected, you need to receive a flu shot every flu season.

**YOUR EMOTIONAL HEALTH**

Living in a new place and culture can cause stresses that may or may not be anticipated. There will be ups and downs to adjusting to new academics, surroundings, food, habits, customs, people, etc. Feelings of loneliness or frustration will pass as you make these adjustments. If they persist, however, consider it a possible medical problem and seek assistance from a counselor or physician.

Going abroad is not a magic "geographic cure" for concerns and problems at home. Both physical and emotional health issues will follow you wherever you go. In particular, if you are concerned about your use of alcohol and other controlled drugs or if you have an emotional health concern, you should address it honestly before making plans to travel. Contrary to many people's expectations, travel does not minimize these problems; in fact, it often exacerbates them to a crisis stage while you are away from home.

**RESOURCES**

Centers for Disease Control and Prevention: <http://www.cdc.gov/travel>

World Health Organization: <http://www.who.int/>

Travel Health Online: <http://www.tripprep.com/>

Medical Information for Americans Traveling Abroad:  
[http://travel.state.gov/travel/tips/brochures/brochures\\_1215.html](http://travel.state.gov/travel/tips/brochures/brochures_1215.html)

Mdtravelhealth.com <http://www.mdtravelhealth.com/>

## **Student Conduct and Safety Abroad**

Code of Conduct for University of Rochester Study Abroad Students

### **General Guidelines**

You are required to read and to understand the following Code of Conduct.

You are required to be familiar with and to adhere to the UR "Standards of Conduct." These Standards are outlined in the UR "Handbook on Student Discipline: Conduct Standards, Policies, and Procedures." A copy of this handbook is included in this packet and can be found on-line at:

[www.rochester.edu/College/dos/conduct/conduct0708.pdf](http://www.rochester.edu/College/dos/conduct/conduct0708.pdf). The same behavior expectations exist overseas, in matters relating to student-to-student relationships, class attendance, and academic honesty.

The following are examples of behaviors on study abroad programs which will subject the participant to discipline and penalties. Discipline may include, and is not limited to: loss of privileges, community service projects, fines, and/or dismissal from the program, in the sole discretion of University of Rochester administration. The University of Rochester may, at any time, contact your parents (and your home school, if you are not a matriculated UR student) if program officers believe that your behavior is inconsistent with the terms of this agreement.

1. The use, distribution, or possession of any quantity of illegal drugs, including marijuana. Prescription drugs will be allowed, for use by the individual for whom it was prescribed.
2. The use or possession of firearms, ammunition, explosives, fireworks, and other weapons, including, but not limited to pistols, rifles, shotguns, handguns, BB guns, paint guns, swords, knives, spears, and dangerous chemicals.
3. Physical violence, including sexual assault.
4. The theft or damage of personal property of another individual or company, or University of Rochester equipment; jeopardizing the safety and the property of others by neglecting to secure common spaces (e.g. failure to observe directions for locking doors, windows, shutters; loss of keys).
5. Public conduct (in host countries and in the program location) deemed offensive by ordinary standards of courtesy (e.g., indecent exposure, drunkenness or abuse of alcohol, personal injury, property damage), or any other behavior, which directly impinges on the rights of others.
6. Unwillingness to participate fully in the academic program, such as refusal to attend classes or to turn in assignments.
7. Failure to read and to comply with written directions and pre-arrival materials provided by the University of Rochester and your study abroad program concerning your safety, adjustment and academic success.
8. Failure to respond in a timely fashion to any communication received from the University of Rochester, and from your program, prior to and during your time abroad.

This includes failure to monitor and to keep in working order your UR email account. This also includes failure to provide your overseas mailing address to the College Center for Study Abroad at the beginning of your program.

9. Harassment, directed toward individuals or groups. Harassment may include, but is not limited to, threats of physical violence, coercion, intimidation, or persistent verbal or written statements (beyond a reasonable expression of opinion), which are likely to cause another person humiliation, stress, psychological harm.

10. Returning to the program late, intentionally missing the train, bus, or other type of transportation, or traveling to a prohibited area during elective travel. Failure to inform the local site director, to the best of your ability, of your whereabouts during elective travel

11. Knowingly furnishing false or misleading information to a representative of the University of Rochester, and the falsification, alteration, duplication, or misuse of the official identification card, passport, and/or other documents issued to participants.

12. Creating excessive noise resulting in the disruption of others' rights to a peaceful environment, privacy and rest in the living areas during quiet hours and failure to respect the rights of others during the remaining time periods.

13. Assisting with or bringing unauthorized visitor(s) or substances in program housing or premises. Animals, including dogs, cats, reptiles etc. are prohibited in housing on study abroad programs.

14. Unauthorized use of University of Rochester property and/or unauthorized entrance into offices, and common spaces.

15. Creating a fire, safety or health hazard; tampering with fire safety equipment of any kind, including sprinklers, smoke detectors, and/or operating a fire alarm or emergency signal without the existence of a fire or a similar emergency situation.

16. Failure to comply with the terms of any disciplinary sanctions.

17. Operating motor vehicles of any type (automobiles, moped, motorcycles, etc.), or engaging in behavior such as hitchhiking.

18. Failure to abide by smoking, drug, and alcohol policies established by the program.

19. Plagiarism, cheating, and other forms of academic dishonesty or facilitating any such act inconsistent with the standards of academic integrity established by the University of Rochester.

20. Unauthorized use of computers, or use that is inconsistent with the local computer use policies. This can include downloading any files to public machines in cases where students have been forbidden to do so, violating time limits set by the program, or using applications not permitted on program computers, which might include Instant Messenger or music download software.

21. Failure to promptly meet financial responsibilities to the University of Rochester, including, but not limited to, knowingly passing a worthless check, money order, credit card, or other methods of payment to the University of Rochester or a member of the University of Rochester Study Abroad community acting in official capacity.

22. Unauthorized distribution of flyers, advertisements, informational materials, etc. The University of Rochester does not permit any type of unauthorized sales and solicitations for individual or company for private gain.

23. Failure to comply with the directives of University of Rochester staff or faculty acting in the performance of their duties.

24. Disruption or obstruction of teaching, administration, disciplinary proceedings, other study abroad activities.

25. Failure to follow the standards of conduct and behavior as established for all students while in the host country and on field trips, including failure to learn and to obey local laws as outlined by your program director.

### **Steps Involved in Progressive Discipline**

If you engage in any of the prohibited behavior mentioned above, you will be subject to disciplinary action. The disciplinary process through which sanctions may be imposed will vary from location to location, however administrators in each location will generally consider the following:

- Seriousness of the conduct
- Student's academic and behavioral record
- The student's ability to correct conduct
- Surrounding circumstances
- Should the individual have been aware of the rule or behavioral violations
- Is there a reasonable excuse for the infraction?

If a student is deemed responsible for engaging in prohibited behavior the program administrator will determine appropriate sanctions for the student. Typical sanctions include verbal warnings, written warnings, community service, revocation of privileges, and dismissal from the program. Some behaviors, including, but not limited to the use and/or possession of drugs, firearms, and physical assault, may result in immediate dismissal. Any case may involve the entire range of sanctions; however, in general, the University of Rochester administrators will use progressive discipline when addressing issues of student misconduct.

## **SAFETY TIPS**

**University Security wants your study abroad experience to be a rewarding and safe one. Please review the information contained in the two U.S. State Department publications, as well as these common sense guidelines.**

- Remember, you are an ambassador for the University of Rochester, and of the United States. Bad impressions are lasting impressions.
- Learn about the country, and its customs, in which you will be studying.
- Learn about local laws and the consequences for their violations. What appears to be a minor infraction in the U.S. can have major repercussions in your host country.
- Stay aware of your surroundings, no matter where you are.
- Learn how to summon help in any emergency, either for you or someone else. Know how to use a pay phone and have the correct change or token on hand.
- Inform yourself about the safety of areas that you will commonly frequent. Consult with your program director.
- Ask about, and learn, the emergency exit routes in your residence and school buildings.
- Have a safe place to store valuables at your residence.
- Carry only the cash or credit cards that you'll need. When traveling, carry cash and credit cards in a money belt.
- Whenever possible, travel with another person or in groups.
- Keep your program director informed of your whereabouts. When traveling, let someone know with whom you'll be, along with the date/time of departure and return.
- Keep a low profile in demeanor and dress. Conceal jewelry, or don't wear it at all.
- Don't shout in public.
- Do not hitchhike, even though local citizens may.
- Exchange currency only at authorized agencies or reputable establishments.
- Before you go, make a copy of the identification page of your passport. Take the copy with you, but keep it separate from your passport.
- Keep a record of your passport number, and the date and place of issuance.
- Know the location of, and register at, the nearest U.S. Embassy or Consulate.
- Keep up on current events, in the U.S., and, as they relate to U.S. citizens in your host country.
- Review on a regular basis all U.S. State Department Travel Warnings, Travel Alerts & Country Specific Information pages for the areas and regions you'll be residing in and visiting.
- If taking a cell phone, make sure you have an appropriate calling plan.

### **More Advice About Safety and Conduct While Overseas**

Clothing that immediately identifies you as a U.S. college student, such as fraternity/sorority logos, or baseball caps worn backwards, may hamper your efforts to

blend in to your new surroundings and peers. More seriously, criminals often are able to seek out tourists or international students, simply because of their appearance. If the locals don't wear white athletic shoes unless they are engaged in sports, don't use them for streetwear!

Be especially careful to be polite and to observe signs and regulations in public places.

Whenever possible, travel with another person. Leave the following with your program director: name of travelers, dates of departure and return.

Inform yourself about the safety of areas you commonly frequent.

If you are staying with a host family, bring gifts from the U.S. --inexpensive, lightweight and representative of our culture, UR, or your hometown.

Don't be insulted or make a judgment until you have had time to think it over and discuss it with someone.

Make an effort to immerse yourself in your new culture. Become more than a guest. You will be a resident...act like one. Adapt to their way of life; don't try to change it. (That doesn't mean you need to compromise your own moral standards.)

Keep a journal, or a log while you are abroad. Journals provide a wonderful opportunity to record all of your adventures overseas. This will be one of the most valuable pieces of memorabilia to look back at after you return to the United States.

Expect the unexpected. So you get off the plane and your luggage isn't there! Have those few necessities in your carry-on bag. **Flexibility, a sense of humor, patience, and counting to ten before you speak are all keys to a successful international experience!**

**REQUIRED READING. Review the information from the following three web sites:**

U.S. State Department publication, Tips for Traveling Abroad,  
[http://travel.state.gov/travel/tips/tips\\_1232.html](http://travel.state.gov/travel/tips/tips_1232.html)

U.S. State Department publication, A Safe Trip Abroad,  
[http://travel.state.gov/travel/tips/safety/safety\\_1747.html](http://travel.state.gov/travel/tips/safety/safety_1747.html)

U.S. State Department publication, Students Abroad, <http://studentsabroad.state.gov/>

**Recommended Web Sites to Review:**

\*University of Rochester Center for Study Abroad:  
<http://www.rochester.edu/college/abroad>

\*U.S. State Department information on Travel Warnings, Travel Alerts & Country Specific Information:

Travel Warnings are issued when the State Department recommends that Americans avoid a certain country. They contain information on continuing conditions throughout a country. [http://travel.state.gov/travel/cis\\_pa\\_tw/tw/tw\\_1764.html](http://travel.state.gov/travel/cis_pa_tw/tw/tw_1764.html)

\*Travel Alerts are reports about conditions that are expected to be of limited duration and scope. [http://travel.state.gov/travel/cis\\_pa\\_tw/pa/pa\\_1766.html](http://travel.state.gov/travel/cis_pa_tw/pa/pa_1766.html)

\*Country Specific Information are reports on all nations about various issues, including the health conditions, crime, unusual currency or entry requirements, any areas of instability, and the location of the nearest U.S. embassy or consulate in that country. [http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_1765.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_1765.html)

\*U.S. State Department information on Assistance for Victims of Crime: [http://travel.state.gov/travel/tips/emergencies/emergencies\\_1748.html](http://travel.state.gov/travel/tips/emergencies/emergencies_1748.html)

\*U.S. State Department information on Overseas Road Safety: [http://travel.state.gov/travel/tips/safety/safety\\_1179.html](http://travel.state.gov/travel/tips/safety/safety_1179.html)

\*U.S. State Department information on The Office of Overseas Citizens Services: [http://travel.state.gov/travel/about/who/who\\_1245.html](http://travel.state.gov/travel/about/who/who_1245.html)

\*U.S. State Department Background Notes on Foreign Countries: <http://www.state.gov/r/pa/ei/bgn/>

\*U.S. Education Department, Network for Education Information: <http://www.ed.gov/about/offices/list/ous/international/usnei/international/edlite-going-abroad.html>

## **Life After Study Abroad**

### **Introduction**

Perhaps you've been looking forward to study abroad for a long time, or maybe you just decided to study abroad a couple of months ago. Whatever the case, most students who study abroad remark that it was one of the highlights of their undergraduate studies. Many find that it changes their lives in profound ways. It may be that you'll finally achieve the level of foreign language fluency for which you've been striving for years. Maybe you'll form relationships that will lead your life in new directions. Maybe you'll discover an academic topic that will become the emphasis of your doctoral dissertation. Or maybe you'll find yourself navigating both physical and emotional geographies that you never thought you could explore on your own.

Right now, you can't be certain what might come of your overseas studies, but you can prepare yourself for this transformative experience. A key part of that preparation is to consider how your studies abroad might affect your career and your life plans. Most jobs and graduate programs require you to function in transnational contexts. You may find employment abroad, or you may be stationed overseas for employment or graduate study. If you remain in the U.S., you'll still find yourself constantly interfacing with colleagues across national boundaries. Your study abroad experience will provide you with relevant preparation for these challenges. Think about how to articulate this on your resume, and as you go overseas, be prepared to make contacts that can help you with your career plans.

Students often return from abroad only to begin scheming how they might get back overseas again as soon as possible. The "Take 5" Scholars Program and the fellowships for graduate studies are two avenues for accomplishing this goal. Other opportunities include the Peace Corps and similar international volunteer programs. Some of these opportunities have early application deadlines, and may require you to begin the process while you're overseas.

The Center for Study Abroad can invite you to become a study abroad "peer adviser" and share your experiences with underclassmen who are interested in overseas study. If you'd like to get more involved, there are always opportunities to work in the Center for Study Abroad, to help organize future orientations, design bulletin boards, work on the UR There guide, or other projects.

In summary, don't wait until you return from overseas to consider how study abroad will affect your future.

**TIPS FROM THE CAREER CENTER**  
UNIVERSITY OF ROCHESTER CAREER CENTER  
Meliora Hall Box 270028  
Rochester, NY 14627  
Phone: (585)275-2366 | Fax: (585) 461-3093  
www.rochester.edu/careercenter

**Before You Leave...**

- Clarify post-baccalaureate or summer plans, make contacts, and inform potential employers how they can contact you while you are away.
- Schedule an appointment with a Career Counselor during the semester before you leave. Make sure you are familiar with the Career Center's website, including CareerLink, our web driven recruiting and job posting database, so you can utilize it while you are abroad.
- Ask Career Center Counselors about other programs and events that you can participate in while abroad.
- If you are considering graduate school after graduation, determine what kind of test preparation will be required for standardized tests and when is the best time to take those tests.
- Create a resume to take with you. Once you add new experiences, update this document, but always feel free to use this networking tool.

**While you are abroad...**

- In most countries you will have access to the Internet. Use the Career Center Website to search Internship Listings, Full-time Job Postings, Recruiting Information, and keep up on what's new at the Career Center.
- If you are considering graduate school, visit the Career Center website for information and helpful links. Register for any admissions tests or preparation courses you wish to take when you return.
- Develop a network in your host country. Collect contact information from businesses, including that may be of interest to you in your job search. Document your relationships via business card collection or e-mail mailing lists.

**When you return...**

- Mail or email thank you notes and update letters to all of your contacts.
- Update your resume with information about study abroad experience. Stop by the Career Center to have a counselor look it over and assist you in posting it in CareerLink.
- Schedule an appointment with a counselor, if you haven't already, so you can learn how to participate in on campus recruiting, maintain awareness of postings, and discuss your plans for the future!

**Information About the "Take 5" Scholars Program**

Many study abroad students are interested in participating in the "Take 5" Scholars program once they return from their study abroad experience. Check out website below to learn more details. <http://www.rochester.edu/College/CCAS/TakeFive/>

### **Information About Fellowships & Scholarships for Graduate Study Abroad**

While you are abroad, investigate academic fellowships opportunities for international or domestic study, or teaching English abroad, after you graduate. Many senior-year awards competitions, such as the Fulbright and Rhodes, have early fall deadlines, and application preparation should begin before the end of the junior year. Check out the website below for more details: <http://www.rochester.edu/College/CCAS/fellowships/>

### **Information About Pre-Med**

If you are interested in medical, dental, optometry, osteopathy, physician assistant or veterinary school, please read the following information. The key to pursuing an interest in the Health Professions while studying abroad is to familiarize yourself with the application process and deadlines before you go abroad. Advanced planning is key. Please be advised that you are expected to adhere to all listed deadlines.

The Health Professions Handbook, available on the Health Professions website sponsored by the College Center for Academic Support:

<http://www.rochester.edu/College/CCAS/healthprofessions.html>, is an essential tool to assist you in the application process. The Handbook contains information on the type of test needed to apply, an overview of the timeline, the application service available for applicants, the Health Committee letter, and much more. A consideration that is especially important for students studying abroad relates to the Health Committee letter. It is possible to request a Health Committee letter while abroad in the spring. You will need to complete the Health Professions Questionnaire (HPQ) and submit it via email to a Health Professions adviser in the spring semester. The required meeting with a Health Professions adviser to review a submitted HPQ can be done over the phone if necessary when the student returns to the United States.

There are two Health Professions advisers available to answer your questions, Scott MacPhail ([smacphai@mail.rochester.edu](mailto:smacphai@mail.rochester.edu)) and Kate Sgabellone ([ksgabell@mail.rochester.edu](mailto:ksgabell@mail.rochester.edu))