Information in this brochure is current as of March, 2017, and subject to change.

Photo by Anne Levy '14, Copenhagen, Denmark
Welcome to your Pre-departure Orientation Session! Please carefully read the information in the booklet provided to you. There are five main sections to this booklet: Registration, Transfer Credit and other Academic Matters, Money Matters, Life Overseas, Health and Safety, and UR Future.

The University of Rochester has a rich tradition of international education. Our faculty members have studied abroad, enjoyed international fellowships, or began their education elsewhere in the world. These experiences bear great influence on the research and teaching that takes place here. The University's commitment to international education and to preparing students to take their place in the global, political, and economic community has led to enthusiastic support for students who choose to enhance their education by studying abroad.

Both the University of Rochester and the City have a vigorous awareness of global issues. Rochester has a multitude of "Sister Cities" the world over, and is a lively center of international business. The University of Rochester is host to over 1000 international students and hundreds of Rochester students travel abroad each year. Since the late 1950s, when the Boeing 707 was introduced, international travel has become more and more accessible. Our casual expectation of global mobility was transformed on September 11, 2001. The horrific attacks challenged the freedom of movement that we had come to take for granted. Many of us continue to exercise that freedom, but it is impossible to do so without realizing the inherent risks involved, and without taking responsibility for those risks and their potential consequences, both good and bad.

Consult with us as you continue to make your plans. We are here to help you, to share your excitement, and to provide you with detailed and accurate information about conditions overseas, so that you and your family can make informed decisions about your travel plans. We also want you to continue to live the experience when you return from your time overseas.

As you will see from this course, there is much to think about before you leave for your studies abroad. We hope that you will share this information with your parents. If they would like a copy of the Pre-departure Handbook or the Guide to Study Abroad, we'll be glad to provide it. Also, to ensure that you have all the necessary information handy, be sure to pack these publications in your luggage when you travel overseas. These booklets are also available on our website: www.rochester.edu/abroad
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Important Addresses and Contacts

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

Center for Education Abroad
Tynelle Stewart, Assistant Dean and Director
Theodore Pagano, Associate Director
Heidi Kozireski, Sr. Education Abroad Counselor
Carla Gottschalk, Education Abroad Counselor
Shogi Hayes, Marketing and Event Coordinator
Mina Ramzy, Technology and Information Systems Coordinator
Aurelia Cammack, Administrative Coordinator
Dewey 2-161, P.O. Box 270376
TEL (585) 275-7532
FAX (585) 473-6494
e-mail: abroad@admin.rochester.edu
Facebook: https://www.facebook.com/URAbroad

University of Rochester Public Safety
Contact: Bob Bennett
Maintenance & Trans. Bldg.
612 Wilson Blvd.
TEL (585) 275-3333
http://www.publicsafety.rochester.edu/

Bursar's Office
330 Meliora Hall
TEL (585) 275-3931
FAX (585) 461-3356
e-mail: bursar@admin.rochester.edu
http://www.rochester.edu/adminfinance/bursar/

Gwen M. Greene Career and Internship Center
Law professions, career planning
Health Professions: Caterina Tempest
4-200 Dewey Hall
TEL (585) 275-2366
FAX (585) 461-3093
e-mail: career.center@rochester.edu
http://www.rochester.edu/careercenter/

College Center for Advising Services
General academic issues: any Academic Adviser
Certificate Programs: any Academic Adviser
Graduate Fellowships (Dewey 4-209): Belinda Redden
Take Five: Juliet Sullivan
Lattimore 312
TEL (585) 275-2354
FAX (585) 275-2190
e-mail: cascas@mail.rochester.edu
http://www.rochester.edu/College/CCAS/

Center for Excellence in Teaching and Learning
Dewey 1-154
Box 270359
TEL (585) 275-9049
FAX (585) 273-1116
Email: cetl@rochester.edu
http://www.rochester.edu/college/cetl/contact.html

Hajim School of Engineering and Applied Sciences
Contact: Rohan Palma
Lattimore 305B
Box 270076
TEL (585) 275-8962
Email: rohan.palma@rochester.edu

Financial Aid Office
Contact: any financial aid counselor
013 Wallis Hall
TEL (585) 275-3226
FAX (585) 756-7664
http://enrollment.rochester.edu/financial-aid/contact/

International Services Office
Contact: Cary Jensen
Morey 213
TEL (585) 275-2866
FAX (585) 244-4503
e-mail: questions@iso.rochester.edu
http://www.iso.rochester.edu/

Residential Life
Contact: Laurel Contomanolis
Gates 020
TEL (585) 275-3166
FAX (585) 276-1886
e-mail: lauc@mail.rochester.edu
http://www.rochester.edu/reslife/index.html
**Registrar's Office**
Contact: Karen Del Plato  
Lattimore 127A  
TEL (585) 275-8131  
FAX (585) 275-2190  
e-mail: karen.delplato@rochester.edu  
http://www.rochester.edu/registrar/

**River Campus Parking Office**
Fauver 15, RC Box 270348  
TEL (585) 275-3983  
FAX (585) 275-8097  
e-mail: rcpark@services.rochester.edu

**University Health Service (UHS Health Insurance Coverage)**
Contact: Linda Dudman  
University Health Services Building/Box 270617  
Rochester NY 14642 USA  
TEL (585) 275-2662  
FAX (585) 276-0149  
e-mail: ldudman@uhs.rochester.edu

**Warner Graduate School of Education & Human Development (MA, 3/2)**
LeChase Hall  
TEL (585) 275-3950  
FAX (585) 473-7598
Pre-departure Orientation, SAB 090

Welcome to your Study Abroad Orientation!

Course Overview

The Study Abroad Pre-departure Orientation has several purposes. First, it is designed to provide "one-stop shopping" for all of the logistics that you need to take care of before you depart for your term overseas. Second, the Orientation offers you an opportunity to learn about the cross-cultural transitions inherent in international education, and the implications of those transitions, especially with regards to health and safety. Finally, the orientation provides a framework for integrating the study abroad semester or year into your undergraduate studies. Study abroad optimally becomes an educational experience that contributes to the methods of inquiry that you employ in your courses, and it facilitates civic engagement on a global scale.

All students who submitted a Study Abroad Proposal form will be enrolled in a non-credit and non-graded course (SAB 090) for the Orientation. This course starts with online resources in Blackboard. The resources include online reading assignments and quizzes to test for understanding. The Orientation will also include a mandatory pre-departure meeting for all students preparing to study abroad next semester. The meeting will address health, safety, and cross-cultural matters in an interactive format with study abroad returnees. For your convenience, the class meeting will be offered three times. You may either of these meetings, but you must attend one:

Thursday, April 6th from 4-6 Lattimore 201
Friday, April 21st from 4-6 Lattimore 201

The orientation will include an online quizzes. You may repeat the quizzes as many times as necessary to provide the correct answer for each question. All quizzes must be successfully by May 11, or your permission to study abroad may be rescinded. You are responsible for completing the following quizzes. You are expected to respond to all email regarding study abroad from the Center for Education Abroad. This is what will be covered:

Center for Education Abroad Agreement

Registration: Information about registering for your study abroad semester, and registering for courses in your return semester. Also, it will cover Study Abroad Status, as well as how to ensure proper transfer credit from study abroad courses.

Study Abroad Finances: Study Abroad Orientation will focus on managing your finances for your semester abroad. Topics covered will include financial aid, UR billing, costs, currency exchange, budgeting and credit card debt.
Communication: Keeping in touch while you're abroad. Topics covered will include: email access, calling home, UR mailings, keeping in touch with program staff and UR, and emergency contact information.

Housing and Student Life Abroad: Covers housing while you are abroad as well as for your return semester at UR. Topics will also include pointers on cross-cultural adjustment, traveling, packing, calling home, food, shopping and other advice about differences in everyday student life overseas.

Health: Information on how to stay healthy and what to do in case of emergencies. Other topics covered include: health insurance, alcohol use abroad, safe sex, emergency preparedness, and vaccinations.

Safety Abroad: The Study Abroad Code of Conduct will be reviewed; representing UR while abroad; how to be a street-wise traveler; how to avoid being targeted for petty crime; how to avoid being an "Ugly American"; and emergency preparedness.

Life After Study Abroad: Topics covered will include: resume building, fellowships for graduate study and further overseas travel, Take 5, MCATs, GREs, and Internships in the Center for Education Abroad.

Visas: This information will cover the complexities of visa applications and procedures should you need to apply for a visa for study abroad.

Study Abroad Checklists

*How to Begin...*

- Apply for or renew your passport.
- If you are an Eastman student, visit the Office of the Dean of Academic Affairs at the Eastman School of Music, 274-1020
- Discuss your plans with your parents/guardians.
- Submit all UR-sponsored program applications pieces to the Center for Education Abroad. Send non-UR program applications directly to the program. Make sure you complete requirements in SA Portal.
- Complete the Study Abroad Orientation Blackboard course by May 11.
- Meet with your faculty adviser. Declare your major and discuss how it will be affected by a semester or year abroad.
- Estimate costs for the study abroad programs to which you are applying. Center for Education Abroad and Peer Advisers can help you with these figures.
• Meet with a counselor in the Financial Aid Office in Wallis Hall if you receive any financial aid (this includes need-based aid or merit awards, i.e. scholarships).

• Work with a counselor in the Center for Education Abroad to apply for any special study abroad scholarships or financial aid. All UR students who apply to IES & CIEE programs are required to apply for IES & CIEE scholarships for which they qualify.

• Registration for study abroad status.

• If you have not been admitted to a study abroad program at registration and housing lottery time, register for next semester's classes and enter the housing lottery to keep your options open should your study abroad plans change.

• If you are an international student, or do not hold a U.S. passport, meet with an adviser in the International Services Office.

• If you have a disability, meet with an adviser in Center for Excellence in Teaching and Learning to discuss accommodations needed. 275-9049.

  After being accepted...

• Apply for visa(s), if necessary.

• Notify the Center for Education Abroad of your acceptance to a program.

• Obtain course approvals for foreign language courses and for courses you wish to use toward a major, minor, or certificate. If you are going on a non-UR program, you will need to have all courses approved for transfer credit.

• Research the city and country where you will be studying.

• Determine the health risks and requirements for the areas where you will travel and get any necessary vaccinations.

• Find out about your banking options. Your program will most likely give you some information about banking in your host country.

  Before you leave campus...

• Make several photocopies of your passport.
Register for **Virtual Private Network** (VPN). A Virtual Private Network (VPN) is used to access restricted University resources from off campus through a secured Internet connection. Faculty, staff, and students with a current, active relationship with the University can use VPN. University resources that do not require VPN to access remotely include email, SharePoint, and most library resources.

- Visit the River Campus post office to give a forwarding address and to maintain your post office box. This can be done online.
- Pack this guide and your pre-departure orientation materials in your carry-on luggage.

*While you are away...*

- Register for your return semester at the University of Rochester.
- Expedite your registration, housing, and parking materials, via email or fax them without delay.
- Notify our office of any changes in coursework.
- Consider applying for graduate fellowships. Many fellowships (such as Fulbright and Marshall) are available for graduate study abroad.

**Registering for your term abroad (Study Abroad Status)**

**A. Instructions for Study Abroad Registration**

On-line registration is scheduled to begin on April 3, 2017, (by class standing). In order to ensure correct billing for fall, 2017, you must register for study abroad by the end of online registration. It is essential that you check your registration carefully. Specific study abroad course titles, numbers, and CRNs are listed below. Please follow these instructions carefully.

If you are going on a **UR-sponsored program** (except Internships in Europe or Cologne Exchange) register for:

CRN 40206, 1SAB 301 Study Abroad UR Program (16 credits)

If you are going on a **non-UR program**, register for:

CRN 40219, SAB 302 Study Abroad Non-UR Program (0 credits)

If you are going on **Italian Studies in Arezzo**, register for:

CRN 40180, SAB 293: Italian Studies in Arezzo (0 credits)

You will also need to register for an additional 18 credits of coursework. To be determined.
If you are going on the **Cologne Exchange** Program Register for:

CRN 40222, 1SAB 328 Cologne Exchange Year, Germany (16 credits)

If you are going on an **Internships in Europe (EPA) Program**, register for site AND internship type:

1. the appropriate site e.g. EPA London Courses - UR (8 credits)

<table>
<thead>
<tr>
<th>CRN</th>
<th>Course Number</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>40359</td>
<td>1SAB 334</td>
<td>London Internship (EPA) semester</td>
</tr>
<tr>
<td>40362</td>
<td>1SAB 332</td>
<td>Brussels Internship (EPA) semester</td>
</tr>
<tr>
<td>40241</td>
<td>1SAB 330</td>
<td>Germany Internship (EPA) semester</td>
</tr>
<tr>
<td>40288</td>
<td>1SAB 336</td>
<td>Madrid Internship (EPA) semester</td>
</tr>
<tr>
<td>40345</td>
<td>1SAB 338</td>
<td>Edinburgh Internship (EPA) semester</td>
</tr>
</tbody>
</table>

2. Your **internship type** e.g. European Politics Internship (8 credits)

<table>
<thead>
<tr>
<th>CRN</th>
<th>Course Number</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>37876</td>
<td>1PSC 394</td>
<td>European Politics Internship</td>
</tr>
<tr>
<td>81759</td>
<td>1CAS 394A</td>
<td>European Health Science Internship</td>
</tr>
<tr>
<td>81777</td>
<td>1CAS 394B</td>
<td>European Business Internship</td>
</tr>
<tr>
<td>10709</td>
<td>1AH 394</td>
<td>European Arts Internship</td>
</tr>
</tbody>
</table>

**Important Notes:**

- If you are going on a non-UR program, you will be charged by UR only for the Study Abroad administrative Fee ($1,596) for your semester away.

- Credits associated with UR programs are anticipated, not actual, credits.

- Your Study Abroad Status /registration may be rescinded for the following reasons: 1) if you do not successfully complete Pre-departure orientation (Blackboard and required meeting), 2) your major is not officially declared, 3) you are placed on academic or disciplinary probation, 4) or if you have grades of I or N.

**B. Change of Status Information**

All UR students studying abroad who wish to receive academic credit for their work are placed on Study Abroad Status. Study Abroad status maintains the student's classification as a full-time matriculated, University of Rochester student. All students studying on non-UR sponsored programs are assessed an administrative fee of $1,596 per semester which is charged to the term bill. This fee covers costs incurred by the University for administrative services in connection with study abroad. It guarantees that credit will be awarded for courses taken abroad when we receive an official transcript and
course approval forms. Students may not declare Inactive Status (used for leave of absence from UR) and still receive academic credit for a study abroad program. Students on study abroad status are eligible for continuation of UR health insurance while abroad.

C. Registering for Courses Abroad

Registration procedures vary from program to program and from one overseas university to another. Many study abroad program applications will ask you to indicate a list of possible courses that you wish to take while you're abroad. If you're applying to an island program with a limited number of courses available, then you may be reasonably sure of the courses in advance, and your application form will serve to register you for the courses you choose.

However, many overseas universities do not conduct course registration on campus until a short time (a week or even less) before the classes begin, and so they do not publish an updated course schedule in advance. You may have to rely on the course schedule from a previous semester or year. In this case, in addition to choosing the courses that you hope to take, you should also choose several alternate courses, since you may discover upon arrival that courses that you hoped to take are not available or have been cancelled. In this case, your final registration will take place overseas, after you arrive in the country. This is typically the case for integrated programs, exchange programs, and independent enrollment. Please keep in contact with your study abroad adviser if you course selection changes. You may be able to receive approval for elective credit through email.

Keep in mind, regardless of the program to which you're applying, that you must complete a full course load while you're abroad: that is, the equivalent of 16 Rochester credits per semester. Underloads or overloads are not permitted during study abroad. In any case, try to have your courses approved BEFORE you go overseas. Consult with an adviser in the Center for Education Abroad if you are unsure how your credits will transfer.

Most programs will allow you to change courses (drop/add) at the beginning of the semester. Notify your UR advisers (including faculty advisers and advisers in the Center for Education Abroad) if you make any changes to your schedule.

Some programs allow students to complete courses on a Satisfactory/Fail basis (S/F option). Check with an adviser in the Center for Education Abroad before you sign up for this option. Because you must earn a grade of "C" or better in order to transfer credit to the UR, you may not be able to complete a course as S/F (unless the program can document that the "S" or "Pass" grade is equivalent to "C" or better on the UR scale).

For further guidelines about transferring credit, see the section below called 'Transferring Credit back to the University of Rochester'.
D. Registering for Courses for your Return Semester

Schedules, Courses and Registration

If you study abroad, you will be out of the country during the usual registration period next semester. Nonetheless, you'll be able to use the online course schedules and descriptions to select your classes and sign on to the Web Registration system using your Net ID and password, or University ID and PIN. Instructions for registration can be found on the Registrar's home page at: www.rochester.edu/registrar. Questions can be directed to Associate Registrar Karen Uber Del Plato, karen.delplato@rochester.edu.

You will be able to register for classes on the first day of your eligibility during the normal registration period. Classes that are restricted—that is, those requiring instructor's permissions—will not be registered until you have obtained the appropriate permission code. This permission code will be provided to you by the appropriate faculty member. You may want to discuss these options with faculty before you leave Rochester next semester.

The Registrar's Office will do everything possible to assist you in seeing that you are registered for the classes you request. If you have questions at any time during the process you may call (585) 275-2931 or email: karen.delplato@rochester.edu.

Course schedules and descriptions are available online through the University of Rochester home page. The home page can be accessed at www.rochester.edu. You will be able to access the registration system at: http://www.rochester.edu/registrar/

After you Register:

Use the UR ACCESS Plus system to view your schedule, grades, academic history, financial information and hold information. Go to the UR home page and follow the instructions above to use UR ACCESS plus. You will need your UID and PIN to use ACCESS. If you have forgotten your PIN or need instructions on using ACCESS, please come to or call the Registrar's office for assistance BEFORE YOU LEAVE THE COUNTRY.

We look forward to serving you while you are studying abroad. If you have problems, questions, or comments please contact: karen.delplato@rochester.edu, or 275-8131.

Transferring Credit back to the University of Rochester

If you go abroad on a program sponsored by an accredited American college, or if you enroll at an overseas university which issues an American-style transcript, credit is transferred as from any American college. The institution simply sends a transcript to the Center for Education Abroad, and a study abroad adviser evaluates the transcript and applies the credits toward your University of Rochester record, as appropriate. This
process usually takes 6-8 weeks after you finish your studies overseas, so do not expect your credits to appear instantly on your transcript.

Credits may be transferred for elective and major credit. Course Approval Forms for this purpose are available at the Center for Education Abroad and the College Center for Advising Services. You may transfer courses toward an existing cluster if you consult with the authorized faculty member in the relevant department (see below). It is your responsibility to ensure that you fulfill graduation requirements in a timely manner. If you have any questions about this please contact an adviser.

**A. Credit for Language Courses**

The Department of Modern Languages and Cultures and the Department of Religion & Classics will NOT grant credit to students who enroll in a class (in particular a language/grammar class) that is at the same or a lower level as a class they have taken before their semester abroad. For example, if a student has taken an intermediate language course at the U of R, they may not receive credit for taking a basic or beginning language or the same intermediate class abroad. In addition, courses that duplicate the literature, film, or culture content of MLC courses taken before study abroad will not be granted credit. In order to avoid credit transfer confusion or problems it is imperative that each student consult with the appropriate adviser in MLC before departure and registration. All foreign language courses need approval from the Department of Modern Languages and Cultures or the Department of Religion and Classics. Please note that languages not offered at the University of Rochester may be approved for credit. Please meet with an Education Abroad adviser to discuss.

**B. Elective Credit**

Bring or send an official catalogue description of each course to the Center for Education Abroad, preferably before you leave for your semester abroad. Courses on UR-sponsored programs that are broadly comparable to those offered at the University of Rochester will be approved for elective credit. An example of an approved course is "PSC 350 Europe, Russia, and the Eastern Borderlands" (from Syracuse University's program in Strasbourg, France). An example of a course not approved is “Rock Climbing Contexts and Techniques” (from the IES program at the University of Canterbury, Christchurch). In some cases, you may be asked to submit the description to a faculty member for approval. All foreign language courses need approval from the Department of Modern Languages and Cultures or the Department of Religion and Classics. Please note that languages not offered at the University of Rochester may be approved for credit.

Credit cannot be earned for a similar course already completed at UR or elsewhere. For example, if you have taken PSY 101: Introduction to Psychology at UR, you are not allowed to transfer credit if you enroll for the same or similar course overseas. It is very important you consult with an adviser in the Education Abroad Office if you have any questions or doubts that elective courses might be similar or identical in
nature. Courses taken overseas cannot be used to repeat a course taken at UR. This also applied to credit for major and minor.

C. Major and Minor Credit

Bring a Course Approval Form, along with the description(s) of the course(s) in question, to the appropriate faculty member. The names of the faculty members in charge of approving study abroad transfer credit are posted at the Academic Information Counter at the College Center for Advising Services and may be found online at: http://www.rochester.edu/College/CCAS/students/curriculum/authsign.html

In some instances, academic departments have posted previously approved courses and equivalencies directly on their website.

For example, the Hajim School of Engineering and Applies Sciences has compiled a list of pre-approved courses on their website.

D. Clusters

The College's Curriculum Committee will allow students to transfer courses from study abroad programs into Clusters. This may be done by proposing an exception to an existing, departmental Cluster, or by proposing an individualized interdepartmental Cluster. Please note that approval is not automatic. Consult with a study abroad adviser for details. Cluster Exception Form

E. Receiving Credit

Transcripts

On completion of the program, it is your responsibility to see that the college which sponsored your program sends an official transcript to the Center for Education Abroad. Credit will be granted for all approved courses in which you have earned a C or better.

Be aware that grades and transcripts are often issued by study abroad programs several months after you complete your studies overseas. Transcripts from spring semester programs may arrive in our office from July until October. Fall program transcripts normally arrive between February and May. If you go abroad as a first-semester senior, it is essential to request your transcript from the program as early as possible.
Credit Calculation

Many American colleges and universities are based on a 120 credit system, in contrast to UR, which requires 128 credits to complete the undergraduate degree. Transfer credit is awarded on a proportional basis. If you take five three-credit courses on another school's program, credit will be evaluated according to this formula: 15/120 = x/128; x = 16 credits. In most cases, a full semester (or year) of study completed elsewhere is worth a full semester (or year) at UR. In any event, study abroad students must complete the equivalent of 16 Rochester credits per semester. Underloads and overloads are not permitted during study abroad. Even if the program allows for an underload, Rochester students are required to carry a full load. It is the student’s responsibility to ensure that they are registered for the equivalency of a UR full course load. For programs that employ the European Credit Transfer System (ECTS), the University of Rochester awards credit at a rate of .5 UR credits for each ECTS credit.

Internships, Independent Study, and Service learning courses

With the exception of the University's Internships in Europe program, independent studies or internships taken on study abroad programs cannot receive pre-approval for transfer credit. While completing the independent study or internship, be sure to keep documentation of all academic work. Upon return, you will need to submit this documentation to an appropriate faculty member in order for transfer credit to be granted. It is in your best interest to discuss your plans with faculty before going overseas because some departments do not grant transfer credit for independent studies or internships, even for elective credit. The same guidelines apply for service learning. A course approval form needs to be submitted in order for credit to transfer successfully; verbal approval from a faculty member only will not suffice.

Grading

Grades for courses graded by University of Rochester faculty appear on the transcript and are calculated into the grade point average (GPA). In most cases, study abroad courses are not graded by Rochester faculty. The two most notable exceptions are the "Rochester in Arezzo" program, and the internship portion of the "Internships in Europe" programs. Grades received on University of Rochester-sponsored programs appear on your UR transcript but do not count in your GPA.

Grades earned on programs sponsored by other colleges do not appear on your University of Rochester transcript and do not count in your GPA and are not used to calculate Latin Honors.
Academic Environment Overseas

Students participating on study abroad programs should be aware that the academic environment at overseas universities differs significantly from their home university, especially in programs where students take courses directly at an overseas institution. For example, most European countries require at least one more year of secondary education before entry to the university than is required by U.S. colleges, and assume that first year students have done their liberal arts study at the high school level. Your specific pre-departure program guides should provide guidance and information on what you might expect in your overseas academic environment. Study abroad returnees report having different student-teacher expectations, assessment styles, and classroom interaction. What may be expected in an Australian classroom environment will differ significantly in Peru. Study Abroad returnees are great resources to help manage expectations of academic workload and classroom styles.

Most overseas universities do not employ a system of continuous examination; pop quizzes, midterms, and class discussions do not exist. In some instances, the entire grade rests upon the final examination, a paper, or an oral presentation given at the end of the course and is usually based on outside readings as well as thorough knowledge of the course materials. The classroom will be entirely different from what you experience on your home campus. Professors are not “accountable” for their students’ learning in the same way that instructors at UR might be. The concept of a course syllabus is often foreign at most European institutions and students will be provided with a long reading list. Professors assume the students is aware of what is to be covered and that is it his or her responsibility to identify appropriate readings or resource materials and become knowledgeable on that subject.

Please be aware that at most overseas universities students will not have twenty four hour access at their campus library. Please check with your Program Director upon arrival to get details on the hours of library. For intensive language programs, students should be aware that there will be a language pledge where students are required to converse only in the host language. Feedback from students on past programs indicates that although a welcomed part of the experience, it does not come without challenges. Students participating in integrated programs should expect services on campus not to be centralized as on their home campus. Please direct any questions to your study abroad adviser who can connect you with a study abroad returnee.
A. Financial Aid Counseling

Financial Aid Counselors are available to meet with students by appointment to discuss their specific study abroad plans and their financial aid eligibility. To set up an appointment with your counselor, please call the Financial Aid office at 275-3226 or stop by our front desk in the first floor of Wallis Hall. Counselor assignments and contact information are listed online at http://enrollment.rochester.edu/financial-aid/contact/

What will I discuss about study abroad with my financial aid counselor?

Your counselor is available to answer a variety of questions concerning study abroad, including topics that touch on the types of aid that can be used for a UR approved study abroad program vs. a non-UR approved program, the availability of outside scholarships, budgeting your indirect costs while out of the country, and a few other topics related to financial aid and studying abroad. You can also discuss any up-front expenses related to study abroad.

B. Application Requirements

All undergraduate students interested in applying for financial aid must complete a Free Application for Federal Students (FAFSA) online at http://www.fafsa.ed.gov/. Select students will also need to complete a CSS PROFILE and provide additional documentation, including institutional forms and relevant tax information, to the College Board’s IDOC program. Students required to complete the CSS PROFILE and send their application materials to IDOC will be notified via email by both the Financial Aid Office and the College Board prior to the March 15th deadline.

Students can track the status of their financial aid application by logging into their account FAOnline.

Returning students who do not submit their financial aid application with all supporting documentation by the March 15th deadline should be aware that they are not guaranteed full consideration for need-based assistance and may have their aid reduced due to limited funding.

Financial Aid Eligibility

UR Programs

All students studying on UR-sponsored programs will be charged UR tuition and room costs for their semester abroad. A few exceptions exist for exchange programs. These charges will appear on your UR term bill. The bill will not reflect the registration for your specific study abroad program, but will show any anticipated financial aid. The standard UR housing charge covers the basic housing level that the program offers, generally with one or two roommates. Some program offer optional premium housing,
but students who choose to take advantage of such optional housing are responsible for any additional costs. **Programs that offer optional field trips are not included in these expenses.** Please consult with a Center for Education Abroad adviser if you have any questions.

Cost figures are estimated by the Center for Education Abroad in consultation with program sponsors. These figures will include UR tuition and room charges, fees, board, personal expenses, international airfare, books, and other required expenses. Optional expenses, such as additional travel, restaurant dining, visa fees, and souvenirs are not considered when calculating educational costs for the semester/year. These discretionary costs are the student's responsibility.

If you are a financial aid recipient you will be eligible to receive financial aid during your semester abroad. If your total program cost is less than the cost of studying at UR for that semester, your need-based aid will be reduced proportionately. If your total program cost is more than the cost of studying at UR for that semester, your need-based aid will be increased. Merit awards will not be reduced. Please see your financial aid counselor to discuss your specific situation, including which awards are need-based.

Financial Literacy Resources

The Financial Aid Office at Rochester aims to help students make good financial decisions in college and beyond. Our program focuses not only on smart borrowing while paying for college, but budgeting well and making wise financial decisions in your daily life as a student. Review financial literacy resources provided by Financial Aid Office. Review strategies for planning a semester abroad!

Non-UR Programs

Each non-UR program has a different fee depending on what the program includes (room, board, tuition, etc.), as well as cost of living in the host country, currency exchange, and other factors. Keep in mind that studying in Paris, London, or Tokyo will prove much more costly than a semester in Jerusalem or Lima. You will be charged a study abroad administrative fee of $1,596.

If you choose to study on a non-UR program, you will not be eligible to receive the same financial aid. Most importantly, you will not be eligible for any University of Rochester assistance. It is especially important to discuss your plans with your financial aid counselor to determine what types of aid you will be eligible for while abroad and to ensure the continuation of your aid when you return. A small number of study abroad programs have their own financial aid available; applications are available from the sponsors.

Federal Direct Loans and Federal Pell Grants may be used while on a non-UR program, provided that you have completed a Consortium/Contractual agreement and the Financial Aid Office has verified the program sponsor's eligibility. TAP awards for NYS
residents can be used if the non-UR program is sponsored by a NYS college or university.

In order to be eligible for these funds (as well as for a Parent PLUS or private loan(s)) for the semester you are abroad, you must complete a Consortium/Contractual Agreement. This can be obtained from the Financial Aid Office. Detailed instructions on completing the Agreement are included. A Consortium/Contractual Agreement involves multiple steps and requires several signatures from administrators at both colleges (University of Rochester as well as the Host Institution), so do not delay in completing this requirement. Your coursework must be approved before the Dean of The College can sign the Consortium Agreement which is the first step in completing the Consortium Agreement.

**Transcripts**

On completion of the program, it is your responsibility to see that the college which sponsored your program sends an official transcript to the Center for Education Abroad. Credit will be granted for all approved courses in which you have earned a C or better.

Be aware that grades and transcripts are often issued by study abroad programs several months after you complete your studies overseas. Transcripts from spring semester programs may arrive in our office from July until October. Fall program transcripts normally arrive between February and May. If you go abroad as a first-semester senior, it is essential to request your transcript from the program as early as possible.

If you receive financial aid, your grades from the program will need to be reviewed to confirm that you are maintaining satisfactory academic progress before aid can be disbursed for the semester following your study abroad program. If it is determined that you are not meeting those requirements, you will be notified by the Financial Aid Office. It is important to request your transcript as soon as possible from your program so that this review can be conducted in a timely manner. Until this review is completed, your financial aid will not disburse to your student billing account.

**Non-refundable Deposits**

Once students are admitted to programs, they are required to inform the Center for Education Abroad and the program sponsor of their plans as quickly as possible. Many 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. Upon admittance to an IES, CIEE, DIS, and EPA, UR students will be asked to submit an Intent to Enroll form, rather than submitting the $500 confirmation deposit. *If a student submits the Intent to Enroll form and subsequently does not participate in the program, they will be responsible for the $500 deposit.*
Withdrawal Policy

In the event you enroll in a study abroad program and are unable to complete it, refunds will be given according to the University’s standard refund schedule as applied to the academic calendar for the particular study abroad program at issue. If your program is operated by IES or another third party program provider, any refund to you will not exceed the amount refunded to UR by the provider, and may be less. In some cases of early withdrawal, costs paid by the provider (such as housing) may not be recoverable. Such costs will be the responsibility of the student. No refund is possible for the UR study abroad fee ($1,596).

Important Information from the Bursar’s Office on Billing

If you are participating in a study abroad program in the fall, your fall semester statement will be posted online in UR ePAY in mid-July. If you are participating in a study abroad program in the spring, your spring semester statement will be posted online in UR ePAY in mid-December. You will not receive a bill in November unless you have a balance from the fall semester. Students participating in a full-year program will be billed on a semester basis. Please note that all students studying abroad will be charged the post office box fee. If you are studying abroad for one semester, the Campus Mail Center does not recommend that you close your PO Box. If you would like to close your PO Box, please turn in your key and provide a forwarding address.

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, 585-275-3931. Your registration for a study abroad program is subject to cancellation if payment is not kept current or if you submit a check that is returned by the bank, unless acceptable arrangements are promptly made.

If you are participating in a non-UR program, UR will bill you for the study abroad fee of $1,596. You will be billed directly for the program cost by the college or university that sponsors your program. In most cases, for non-UR programs, sponsoring institutions must pay your costs to the overseas program before you leave the U.S., so you will be expected to pay the balance of your program fee prior to going on the program.

Before You Leave

Update your billing address with the Bursar's Office before departure, and again when you return, if the billing address should change.

Contact the Bursar's Office before you leave if you are receiving an outside scholarship or alternative loan that requires your endorsement. They 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.

Refunds

If you are expecting to receive a refund of financial aid (your financial aid exceeds your charges), please be sure to set up direct deposit via URePAY (choose Student Choice Refunds). If you are participating in a UR-sponsored program, the Bursar's Office cannot issue a refund until at least one week prior to the start of your program, so you should not plan on having this money to pay for initial expenses. If you are receiving NYS TAP, which is usually certified in late September for the fall semester or in late January for the spring semester, you will not receive that portion of your refund until those funds can be credited.

If you are on a non-UR program and have completed a Consortium Agreement, the Financial Aid Office will need to verify your registration before financial aid can be credited to your account. Your registration cannot be verified until your program start date; you should therefore plan to cover a minimum of one month's expenses before the refund will be available.

Students sometimes receive outside scholarships from study abroad program sponsors (e.g. IES, CIEE, or ASE). These are credited to the students' accounts via Financial Aid as a scholarship.

If you think you may want help covering airfare or other expenses prior to departure, please meet with your Financial Aid counselor or speak to a Bursar’s Office representative.

Budgeting your Money Abroad

You will have up-front costs related to your study abroad program. For example, you will need to purchase a round-trip plane ticket, pay for visa-related fees (if a visa is necessary), and renew or apply for a passport. Please contact your study abroad counselor if you have any questions related to up-front expenses.

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 without a swipe of your card!

Study abroad usually entails a drastic shift in the way you manage your money. No longer will you have a University of Rochester "URos 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. Be aware that, if you have to pay both a service charge and a currency conversion charge, withdrawing local currency can be costly, especially in Europe. You should also check with your home bank to see if it has affiliations with any banks abroad. In some cases, affiliated banks will waive the service charge for currency withdrawal. You should also inform your home bank that you will be studying abroad so they are aware that you will be accessing your account outside of the United States. This will help avoid any problems due to perceived suspicious account activity.

Today, outside the US, the majority of all cards are chip cards. These “smartcards” come with an embedded security chip (in addition to the magnetic stripe found on American-style cards). To make a purchase with a chip-and-PIN card, the cardholder inserts the card into a slot in the payment machine, then enters a PIN (like using a debit card in the US) while the card stays in the slot. The chip inside the card authorizes the transaction; the cardholder doesn’t sign a receipt.

Daily withdrawals are usually limited to $200 or $300. Exchange rates at ATM machines abroad are very good and you avoid commission fees. However, like ATM machines in the U.S., you may have an additional transaction fee. Be aware, not all ATMs abroad are linked to international systems, so check the machine before you try to use your card in it. Some smaller towns may not have service available at all. Your local bank will be able to provide you with information on cash-point locations and procedures for using your ATM card overseas.

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. Make sure that you inform your credit card company that you will be studying abroad so they are aware that there will be account activity outside of the United States. This will help avoid any problems due to perceived identity theft or other suspicious activity. Always be aware of the potential for credit card theft. American Express is not as widely accepted in local shops and restaurants, but does provide access to American Express offices located in just about every major city. Note that you will likely incur a "currency conversion" fee per transaction when using a credit card. Services that are available for each type of card vary from country to country. You should ask the bank that issues your card for details and procedures overseas.
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, if you're going to a smaller country, U.S. banks may not carry the currency.

Upon arrival, you may find yourself spending more in “start-up costs” than you anticipated. For example, you may need to purchase a one-month public transportation pass, you may find yourself eating out more than anticipated because you don’t yet know where to shop for food, or you may need to purchase certain necessities that you forgot to bring with you. Take this into account when budgeting your study abroad term and determining the amount of accessible cash you will need at the outset of your term.

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.

Fund Raising

Another way to help finance your study abroad experience is through personal fund raising. Not only is it a way for you to earn money, it also gets your friends and family involved in your study abroad plans. Personal fund raising can be particularly helpful in reducing the costs of other international exchange programs, such as internships and volunteering, which may have fewer scholarships and grants available.

Increasingly, students are finding non-traditional ways to finance their overseas experience. Crowdfunding is defined by Merriam-Webster as “The practice of soliciting financial contributions from a large number of people, especially from the online community”. Following are some resources.

General  http://blog.projecttravel.com/nafsa13-poster-session

https://www.youtube.com/watch?v=ILb5bWNejI

Fund My Travel  https://www.fundmytravel.com/

Go Fund Me  http://www.gofundme.com/

Volunteer Forever  http://www.volunteerforever.com/
Communication

Program Directors

Most of you will have on-site Program Directors and we ask you to provide their contact information, as well as yours, on the Overseas Address Form. Their roles are very important and they should be your first line 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. While you are on your program, your first point of contact for questions or concerns about housing, local culture, customs, commuting, coursework and the like should be addressed first to the program director. They are on location, and have the knowledge necessary to help you get what you need to make your studies successful.

Connecting from Abroad

Most students abroad will have phone and internet access. We are accustomed to relatively inexpensive phone calls, free University email accounts, and instant WiFi. In many overseas locations, these services may be more expensive than you are used to, or not as available. They may be considered a luxury, rather than a given. Email access provided by your program may be limited to certain hours. Local telephone calls from land lines may be more expensive than in the U.S. On the other hand, you will find that in many countries, the public telephone system is more sophisticated than that of the United States. Card systems simplify using public phones for local or long distance calling. Pre-paid calling cards are another method of international long distance; they can be purchased at stores and over the internet. Your program director will be able to help you choose from the many available options. Your program director will also advise on purchasing a cell phone while abroad (see section below).

If you are bringing a laptop with a webcam, you may want to use an Internet-based communication provider such as Skype, which will allow you to call your family and friends for free. Visit http://www.skype.com for more information. Find out before you go abroad if you will have regular access to services such as faxing or email. If not, plan accordingly. Above all, do not abuse any privileges given to you by your host family or by your program directors. WhatsApp Messenger is a cross-platform mobile messaging app which allows you to exchange messages without having to pay for SMS.

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 cafés may not be open as late as they are here. Shopping around can save you a lot, because the high demand is lowering prices everywhere. You may also find that pre-buying hours is your best option. You’ll need to strike a balance; stay in touch, but don’t live vicariously back at UR.

Periodically during the semester, the Center for Education Abroad will communicate with you via email. You are responsible for maintaining and checking your
UR email account on a regular basis. Check in with ITS to be sure your password will not need to be changed while you are away.

A. 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.

B. Contacting UR

The Pre-departure Handbook also includes contact information for key UR offices. If you need to contact the College Center for Advising Services, for example, when you are abroad, you'll have that information at hand. Space is provided for you to write down the name and contact information of your UR advisers: academic, major, minor, and certificate. Even if you speak to these advisers and obtain their approval of your courses before you go abroad (as well you should), your course schedule may change. If, for example, you discover a new course once you arrive overseas, it will be essential to have your adviser's email address available to secure approval for that course.

Visit our Facebook page: https://www.facebook.com/URAbroad. You can submit photos and keep up to date on events sponsored by our office. Advisers in the Center for Education Abroad can also arrange to meet with you via Skype to answer any questions you may have.

We are always available during regular office hours by mail, email, fax, Skype, or telephone. Keep in mind when contacting anyone at UR that there is a time difference of anywhere from two to 16 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!

C. Mailings While You're Abroad

While you are abroad, you may be out of sight, but not out of mind. We will send you occasional group emails, if a situation necessitates. The Office of Residential Life and the Parking Office may also be in touch with you to help you plan for your return semester. When you return, we will send you a study abroad survey (through Survey Monkey) as part of a "Welcome Back" emailing.
D. Internet access

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

F. Phone Service and Email

NOTE: Remember to take into account the difference in time zones when making international calls. Here's a good web site: http://www.what-time-is-it.com/

You will probably acquire a cell phone for your stay overseas; some programs require students to have one while on the program. 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 or smart 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 costs. Be sure to get in writing how much services will cost for voice mail, receiving international calls, and text messaging. NOTE: Students in some locations have neglected to notice “fine print” regarding texting. In many cases, if you go over the limit, there can be extremely high charges for each text message.

Contact your cell phone provider to activate international calling, rent an international cell phone or purchase an unlocked phone and SIM card for use in another country. Note: some mobile phones are not compatible for use on networks outside the United States. In addition, some providers may charge a fee for an international calling plan or phone rental.

Phone cards are also a low-cost alternative. If you have questions about telephones, direct them to your program provider or to study abroad returnees. For more information on telephoning to/from overseas locations, including international calling codes, try the AT&T website.

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 may not open as late as they are in the US. You'll need to strike a balance; stay in touch, but don't live vicariously back at UR. Periodically, during the semester, the Center for Education Abroad will communicate with you via email.

The Center for Education Abroad will use your UR Gmail account to send you official correspondence. Therefore, you are responsible for maintaining and checking your UR mail account. The Center for Education Abroad will not send emails to alternate
email accounts. See below for information about how to access your email account from abroad. Keep in touch!

**Important Information from University IT**

What you should do before you leave for your trip abroad:

1. Review or setup your netid password reset information in case you forget your password. To do this, go to [https://myidentity.rochester.edu](https://myidentity.rochester.edu) and login with your netid and netid password. Select the “Change Forgotten Password Information” link to review/complete your recovery questions and answers.

   Note: Be mindful of answers to your security questions. Answers are case-sensitive and space sensitive (i.e. the number of spaces between words matter). If you need to use the password recovery process, you MUST enter the answers to your security questions exactly the same way you did above.

**There are two ways to check your UR Gmail account while you are abroad:**

   1. Login to UR Gmail ([http://tech.rochester.edu/services/gmail/](http://tech.rochester.edu/services/gmail/)) with your netid and netid password.

   2. Forward your UR Gmail account to another account.

To set up forwarding, login to your UR Gmail: [http://tech.rochester.edu/services/gmail/](http://tech.rochester.edu/services/gmail/)

In the upper right hand corner click the “Settings” link. You will see a tab called “Forwarding and POP/IMAP”. The first section of this tab provides forwarding options.

**Password Reset**

If you plan on accessing your email account while you are studying abroad, do not forget your netID and netid password! If you forget your netid password, University IT WILL NOT reset your password over the phone. If you have forgotten your netid password AND you have already set up your security questions, follow these steps:

1. To reset your password using your security questions please go to [http://myidentity.rochester.edu](http://myidentity.rochester.edu). Enter your netid. Then click on “Forgot NetID Password” and enter the answers to your security questions.

   If you are unable to reset your password, you must complete a “Long Distance Password Reset Request” and send University IT proper identification by mail or fax to get your password reset. The link to the form is called “NetID Password Reset (Notary Signature)” located here, [http:www.rochester.edu/it/forms/#netidpwresetoffsite](http://www.rochester.edu/it/forms/#netidpwresetoffsite) under the heading “NetID Password Reset (offsite/remote location) (ITSF-060).
The vacation responder option in UR Gmail

The vacation responder option allows you to notify people that you are studying abroad. It will automatically reply to any email message you receive directly by notifying the sender that you are not reading your email. The vacation responder option will still save all of the email you receive in your account so that you can read it when you return.

To set the “vacation responder” option on your UR Gmail account following these steps:

1. Login to your UR Gmail account with your netid and netid password here: http://tech.rochester.edu/services/gmail/
2. On the General tab there is an option called “Vacation Responder”. Set the option to “on” and complete the subject/message criteria. To find out more about this option select the “Learn More” link located in the option box.

Note: When you return from study abroad experience, you will need to turn off the vacation responder to disable the vacation message.

If you do not plan to check your email while abroad do the following:

- Unsubscribe from any mailing lists that you may belong to that your inbox does not fill up while you are away.
- DO NOT SHARE YOUR NETID PASSWORD! Do not allow someone else to check your UR Gmail account while you are abroad.
- Set the “vacation responder” option before you leave to send automatic replies to received email. See above for more details.

Practice Email Awareness

- DO NOT SHARE IMPORTANT PERSONAL IDENTIFICATION INFORMATION THROUGH EMAIL (i.e. netid password and social security number). Email is an insecure medium for transferring this information. University IT will NEVER ask you for your password or social security number).
- Review University IT policies: http://www.rochester.edu/it/policy and procedures BEFORE going abroad so you can make sure you understand how to get help if needed.

If you have questions or problems while you are away, contact University IT:
By email: UnivITHelp@rochester.edu
By Phone: 585-275-2000
Student Life & Housing Abroad

Daily Life, or What to Expect

“Campus life” is generally an American concept, although you may find similar milieus at many of our partner universities. But normally, academic buildings are 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, expect less planned or “pre-packaged” student life, fewer student clubs, fewer social affairs, and fewer organized sports than in the United States. An exception would be campus-based universities, and those in smaller cities, so this might affect your choice of where to study. On the other hand, study in a larger city will offer greater varieties of independent cultural and social activities.

Most study abroad programs do not have a full array of student service offices, but all have a program or site administrator. This person variously serves the roles of academic adviser, residence hall director, counselor, and tour guide, and will be an invaluable resource throughout the course of your program. Get to know your program director and the local staff. They are your first contact for anything from a routine question to an emergency.

Meeting People

In many societies, particularly in western Europe, it not as easy to make friends as in the United States. For example, the concept of a "friend" is quite distinct from the concept of an "acquaintance." It takes months to make a "friend," but once a friendship is formed, it will last a lifetime.

If you are living with a family, your relationship will typically start off as that between boarder and landlord/landlady. It will be up to both of you to create something more than the initial, formal relationship. It may take time to adjust to the customs and habits of the family and to develop a warm relationship. Be patient: it does happen, but it takes time and flexibility.

Housing and Meals

Most overseas universities in large cities do not have residence halls available for visiting students. Where they are available, they tend to have fewer amenities than those at the University of Rochester. You may live in a room in an apartment, a furnished room in a pension, a student hostel, or a room with a “family.” Some programs offer a choice of housing options; others do not. Many programs offer housing or provide assistance in finding housing. Participants in some programs, such as the University of Cologne
Exchange, are responsible for finding their own housing. If this is the case, you should begin your search for housing options as soon as you have been admitted to your program. **Students participating in University of Rochester programs are required to live in program housing (standard double-occupancy rooms).**

Note that your housing may not be on a university campus and that you may have to walk or take public transportation to get your classrooms or program center. Commuting times can be as long as an hour each way. Due to unforeseen circumstances, such as change in program size, renovation of housing, or other reasons, housing options may be different than what was listed in your program guide or at the program website. **Students participating in UR-sponsored programs are required to live in program housing. Prepare to be flexible.**

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 (as is often the case in Australian residential colleges, for instance) 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.

Pay attention to the sanitary conditions wherever you eat. For example, the food stalls at the local market in a developing nation might be very cost-effective and culturally authentic, but they might also serve up a sure recipe for traveler’s diarrhea. In many cases, your best bet will be to prepare your own meals. This is usually the most affordable option and a good way to stay within your budget.

If you’re living in a homestay, your host family will typically provide at least one meal per day. This 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 diet, particularly if you are vegetarian or vegan. 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.

It may sound intimidating if you’re accustomed to relying on a campus meal plan, but most students find cooking and food shopping a fun aspect of overseas living. Your program staff can give you advice about the best places to buy groceries (don’t expect to find a Wegmans nearby), and your housing will often include kitchen facilities. Particularly if you’re staying with other students, it makes sense to share meals and to take turns cooking. Preparing your own meals allows you to regulate the sanitary conditions of your food preparation. For example, you can avoid raw vegetables if you’re not confident about the quality of the water used to wash them. And while you might be
able to find boil-and-serve comfort foods such as macaroni and cheese, you should experiment with local delicacies, too.

**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 (as is often the case in Australian residential colleges, for instance) 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).

In many cases, your best bet will be to prepare your own meals. This is usually the most affordable option, and a good way to stay within your budget. It may sound intimidating if you’re accustomed to relying on an Unlimited Plan here on campus, but most students find cooking and food shopping an exciting aspect of overseas living. 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. And while you might be able to find boil-and-serve comfort foods such as macaroni and cheese, you can experiment with local delicacies, too.

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. That way, if you’re a vegetarian, your host mother will know not to put chicken feet in your soup. 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.

**Housing Overseas**

Study abroad programs typically offer several housing options. You might live in a dorm with students from the host country or you might live in a homestay, with a family. Alternately, you may live in an apartment with other students who are studying
there. Finally, some programs arrange for you to spend part of the semester in one type of housing and the rest of the semester in another type.

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.

A. Residence Halls

Dormitory life abroad will be quite familiar to UR students, given the residential structure of The College. Programs that offer residence halls will often afford you the opportunity to live near or with students from your host country or other international students. This is a great opportunity to get to know them. Cable TV and speedy internet connections are not common overseas, so don't be surprised to find fewer such luxuries. Just as in the UR dorms, remember that there are rules that you must follow when living in such close proximity to others (e.g. quiet hours). When you break the rules in the UR dorms, you're a lousy roommate or hallmate and are subject to disciplinary action.

When you break the rules abroad, in addition to being a lousy roommate/hallmate, you're an "Ugly American," and you're still subject to UR disciplinary action, including being removed from the program and sent home.

B. 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. Spain 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. Students often fear that homestays will be too limiting, in terms of not being able to come and go as they please.

It is true that 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. For example, if your host family is traveling to visit a historic site, be sure that it won't inconvenience them before inviting yourself along.
C. Apartments

Apartments afford you a great deal of freedom while you're abroad, but they can also serve to isolate you from the people and the culture of your host country, especially if you're sharing an apartment with other U.S. students. Some programs arrange an apartment for you, which will be ready upon your arrival. Other programs require you to find your own apartment once you arrive in the country: this is a challenging exercise in finding your way in your new environs.

You may find that preparing your own meals in your apartment is a good way to budget your money (it costs less than eating out all the time). At the same time, you should challenge yourself to get out and meet the people of your host country, and to see the sites.

In any case, you should be prepared to pay a security deposit upon move-in. If you damage the apartment (or residence hall, or homestay) at all during your stay, be prepared to pay for those damages with your security deposit (and with additional payments, if necessary). If you leave your place of residence undamaged, your deposit will be refunded to you. Realize that in many countries (especially in Europe), apartment buildings may be many decades old, and plumbing may be even older. Take special care, as these facilities may be easily damaged. For example, replacement of lost keys can be costly.

D. Hotels, Hostels and Other Lodging

Most students spend part of the semester abroad staying in hotels and other lodging during travels. Many programs will 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. For example, while you may not be able to find a room here for less than $35, you might be able to rent a decent room abroad for $20, or even less in some countries. 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. Of course, for the weak of heart, the sore of feet, or the well-to-do, you'll find Sheratons, Marriotts and better five-star hotels in most cities around the world.

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.
IMPORTANT INFORMATION FROM RESIDENTIAL LIFE
Students Currently Living in University Housing

Housing Contracts

**Your housing contract and room assignment will be cancelled and room charges deleted when Residential Life receives official notification that you are officially going on a study abroad program.** Once this occurs, that room is no longer available even if you change your mind at a later date about going abroad.

If you are certain you will be abroad, you should not fill out an online housing application; if you are unsure you are going abroad, you can submit an online housing application. However, please realize that if you decide to go abroad, this can affect your friends in suites and apartments. We will not be able to keep your room vacant for fall semester due to very heavy demands for housing during the fall semester. Please advise your suitemates that a person will be assigned to the vacancy – this may affect their strategy for the upcoming room draw.

**Housing When You Return:**

Apply for VPN
Being study abroad, you are outside of the University’s secure network and you must apply for a VPN (Virtual Private Network). VPN is used to access University restricted resources from off campus using a secured connection over the Internet. Go to http://tech.rochester.edu/services/remote-access-vpn/ and select Instructions for the University VPN. You will need your NetID. Follow the instructions for installation. This is complicated to do from away. Please do this BEFORE you leave campus so that you can get help from IT as needed.

For students abroad for fall semester:

The Office for Residential Life will be emailing Room Drawing information to you in mid-November. **Please be sure the Study Abroad Office has your email address as soon as possible** - we rely upon them their information. Students will have to carefully read the instructions in order to participate in the online housing selection process. We do our best to assign you to rooms/locations, based on your preferences. Many students know exactly where you want to live (suite, special interest/Greek housing, with a specific roommate, etc.). There is a spot on the application for you to note that request. Residential Life cannot guarantee placement in a specific space; however, we will try to make those assignments wherever and whenever possible. Please be sure to include other placement information should your preferred space not become available. We will do our best to accommodate all requests so long as they are received by the deadline.

If students have specific questions, they can be addressed by contacting the Office for Residential Life at 585.275.3166 or email housing@reslife.rochester.edu.
INFORMATION FROM UNIVERSITY DINING SERVICES: DINING PLAN INFORMATION

Students abroad are not required to purchase a UR meal plan during their time abroad. You will need to purchase a meal plan when you return from your time abroad. For a full description of the University’s selection of dining plans, please refer to the Dining Options publication, visit the University Dining Services Web site at http://www.rochester.edu/dining/, visit the Customer Service/ID Office, or call the office at (585) 275-3975 or (800) 661-1118 or email at mealplans@services.rochester.edu.

DINING PLAN CHANGES AND CANCELLATIONS

Important Note: Students studying abroad for the spring semester do not need to cancel their dining plan for the fall semester. Dining services will refund any fall dining charges to the bursar bill once official notification is received that you are on Study Abroad Status.

Fall and spring dining plan changes and cancellations are permitted only during the designated change periods.

A $25 fee is charged for any plan-level decrease or cancellation that is requested during any modification period except the November open modification period. Parents or legal guardians cannot make dining plan changes/cancellations for the participant. Changes or cancellations must be submitted via the Dining Plan Change/Cancellation form. Phone or oral requests are not accepted. Changes or cancellations must be made at the Customer Service/ID Office in Susan B. Anthony Halls.

Please visit the Dining Services website for information on Open Modification periods.

REFUND POLICY

Meal and Declining Plans

Unused fall semester declining balance dollars carry forward to the spring semester. Remaining declining balance dollars at the close of the spring semester are nonrefundable.

Refunds of unused declining balance and flex funds will be issued for any participant who withdraws from the University or whose status changes to inactive during a semester, as certified by College Center for Advising Services, the Registrar’s Office, or the appropriate dean. Refunds will be credited through the University’s Bursar account. Meal Plan costs are also credited through the University’s Bursar statement and are subject to proration based upon the official date of cancellation.
URos Accounts

URos Account balances will carry over from year to year, or until your permanent departure from the University of Rochester. Should you withdraw or resign from the University at the close of a semester or upon graduation, any unused balance of $20 or more will be refunded to you.

DINING PLAN EXEMPTIONS

Participants requesting exemption from dining plan requirements must request and submit a Dining Plan Exemption and Change Appeal Form to the Customer Service/ID Office in Susan B. Anthony Halls. The request will then be forwarded to the University Dining Advisory Committee. Requests for exemption for religious reasons will be reviewed with appropriate University authorities. They will make recommendations to the committee.

Exemptions for special dietary needs or medical reasons must be submitted in letter format from the participant’s medical doctor on the physician’s letterhead. This request should be mailed to: University Health Services, 250 Crittenden Boulevard, C/O Dr. Ralph Manchester, P.O. Box 617, Rochester, NY 14642.

For all such requests, we ask that the student provide a description of the special diet that needs to be followed due to his/her medical condition. The request will be reviewed, and recommendations will be made to the University Dining Advisory Committee. Decisions of the University Dining Advisory Committee are final. Only one exemption per participant will be considered in a semester.

Parking Information

The Parking Office holds a lottery for Resident Student parking permits each year in the spring before students leave for summer break. Students studying abroad during the fall semester will still participate in this lottery as an opportunity to secure your preferred lot upon return. For those students who will be abroad during the spring semester, the registration form for the lottery will be emailed to you while you are abroad. This will enable you to join your classmates for the space allocation for the following academic year. This space allocation is done by seniority. Permit prices are included and payment must be made by the specified date to hold the space for the following school year. If for some reason you do not receive the emailing and need parking for the following year you may contact the parking office at (585) 275-5424 or email parking@rochester.edu
Safety is understandably foremost in the minds of students and of their families. Concern for student safety abroad has always been of primary importance to The College, and it remains an integral part of our standard procedures and practices. Most study abroad destinations are statistically less dangerous than the average American city. Our approach to promoting safety abroad is founded on communication, information, and cross-cultural sensitivity.

No university can guarantee the safety of its students overseas, any more than it can guarantee their safety on the home campus. The staff of the Center for Education Abroad has access to varied resources for information about the relative political and economic stability of host countries. We are in regular contact with our overseas partners who, in turn, work closely with American consulates and embassies. We monitor international conditions daily, with information from the U.S. Department of State, our overseas partners, and our colleagues here at the University of Rochester.

We strongly encourage you to enroll for the Smart Traveler Enrollment Program (STEP): https://step.state.gov/step/ STEP is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency. STEP also allows Americans residing abroad to get routine information from the nearest U.S. embassy or consulate. If you are an international student, contact your nearest embassy or consulate for guidance.

U.S. consular officers assist Americans who encounter serious legal, medical, or financial difficulties. Although consular officers cannot act as your legal counsel or representative, they can provide the names of local attorneys and doctors, provide loans to destitute Americans, and provide information about dangerous conditions affecting your overseas travel or residence. Consular officers also perform non-emergency services, helping Americans with absentee voting, selective service registration, receiving federal benefits, and filing U.S. tax forms. Consular officers can notarize documents, issue passports, and register American children born abroad. Most embassies and consulates have web sites with more information (U.S. Department of State, accessed July, 2011).

Students who are well-informed about the international context of their study abroad host country will be best equipped to ensure their own safety. To that end, we provide students and families with the latest announcements and travel advisories from the Department of State. Also, prior to departure, all prospective study abroad students attend a mandatory orientation seminar. This seminar serves as the first meeting of a required online course. Students meet peer advisers who present important information about safety, managing money, packing, transfer credit, health issues and much more. Through good preparation, we make the transition to living overseas as smooth as possible. At the same time, students have responsibility for their own safety by monitoring developments on their own through public sources and by not intentionally putting themselves in harm’s way.
Students should learn to exercise a high degree of cultural sensitivity. Those who are easily identified as Americans, either through appearance or behavior, may be more likely to be targeted for petty crime and other acts of violence. We advise students to blend into their host country culture as much as possible by striving for fluency in the local vernacular and by adjusting their habits and dress to conform to local cultural standards. This does not mean abandoning your own national identity; in fact, study abroad normally heightens that awareness. Understanding that there are adjustments to be made, and taking them seriously, will result in a more profound and safer educational experience.

It is important that University and program representatives are able to reach students’ families quickly in case of emergency. Before students leave for the overseas program, we ask that families provide us with up-to-date contact information, as well as a written acknowledgement of the students’ overseas study plans.

**UR HEALTH**

**Health and Wellness**

In order to have a successful and productive study abroad experience, students need to take steps to ensure good health. Depending on your destination, study abroad does not necessarily present more health risks than you would encounter in Rochester. Three keys to staying healthy are: knowing the health and safety risks present in your host country (or countries); preparing adequately before your departure; and avoiding risky behavior that could jeopardize your health.

If you are on prescription medication, have a chronic medical condition, or are under treatment for any physiological or psychological conditions, be aware that overseas travel may complicate matters. Even past conditions that are under control may be aggravated by changes in diet, climate and social environment. **Consult with your doctor or therapist about the availability of medication and continued treatment overseas.** Study abroad programs require you to disclose any health conditions prior to your departure so that they can be prepared to help you find treatment or accommodation. Do not expect that everything will be similar to life in the US.

Cultural differences, laws, and standards of behavior create an environment that can have a profound impact upon your health, particularly with respect to alcohol use and sexual habits. It is likely that alcohol may be more readily available and might be a normal part of daily meals. Before reveling in this freedom, pay attention to the nuances of the local customs and be respectful of them. Remember that you always remain a guest in the country, and will be held to a higher standard of behavior.

If you choose to be sexually active during your time abroad, knowing your partner takes on a whole new meaning. Dating practices will be vastly different; take time to learn about them. People in your host country may take longer to get to know, or they may be more outgoing and friendly than you are used to. They are very likely to have
media-based images of Americans as sexually promiscuous, and may expect that you will conform to this image. If you choose to be sexually active, practicing safe sex is as important as it is in the United States.

All students should be aware of the risks posed by diseases such as hepatitis and bacterial meningitis, which occur in developed countries and developing regions alike. Some students study in locations where diseases such as cholera, malaria, or yellow fever may be endemic. You may need to get vaccinations beginning as early as ten weeks prior to departure.

**Insurance**

You must have adequate health insurance while abroad. Becoming ill or having an accident overseas can ruin your study plans, and can even be life-threatening. Insurance can help you manage risks.

Check your existing insurance policy to determine if it will cover you while abroad. If so, find out exactly how the coverage would be implemented overseas. Would you have to go to a particular hospital, clinic or doctor(s)? Would you have to pay the costs up front and then wait to be reimbursed by the insurance company?

If your existing health insurance will not cover you overseas, or if you aren’t satisfied with the level of coverage, you may want to purchase an additional short-term policy specially designed for U.S. students abroad. The Center for Education Abroad can provide the names and contact information for companies that provide this coverage. While we strongly advise you to obtain adequate health insurance, we do not endorse any particular company or policy. The College provides insurance for medical evacuation and repatriation of remains for all students who study abroad during the academic year, with the exception of IES, DIS and UR-affiliated CIEE programs, since they provide similar coverage.

However, life insurance coverage is not included. If your study abroad program does not provide such coverage, then make sure that you have proper life insurance coverage before traveling abroad. In addition, you may want to consider purchasing property insurance to cover theft or loss of any personal property, such as a laptop computer, camera, or jewelry. Avoid taking items of great value with you; the possibility of loss or theft often outweighs the value of having them. If you must pack valuables, property insurance may help replace their monetary value. Follow this general rule: if it’s irreplaceable (e.g. heirloom jewelry), leave it home in a safe place.
IMPORTANT INFORMATION FROM UHS

Scheduling an appointment with your primary care provider (PCP) at the University Health Service (UHS) 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 585-275-2662. It will be helpful to let the receptionist know that you will be studying abroad and are scheduling a pre-departure health visit. If you have a health form that needs completing, please let the receptionist know, so the appropriate amount of time can be scheduled for your visit.

TRAVEL IMMUNIZATIONS

Many countries require you to have specific immunizations before coming into the country. Check the Centers for Disease Control and Prevention (CDC) web site, www.cdc.gov, for information about immunizations you need before studying abroad. The web site provides requirements 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. At UHS, your visit with the UHS health care provider is covered by the mandatory health fee, which means you pay for the cost of the vaccines but not the cost of the visit. 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 can remain on their own insurance or enroll in the University-sponsored insurance. Some study abroad programs offer a health insurance option for students. If your program offers insurance it is important to check the duration of the coverage while abroad. Be sure you know how the system works, how bills are paid, what happens in the case of a medical emergency, and how to access routine treatments. If you are on a program that begins later or ends earlier than the semester at UR, please ensure adequate coverage is in place through your insurance provider. For programs requiring their own insurance plan, coverage begins the day the program starts and ends the day the program ends.
Students who will be studying abroad have the following options:

- **Remain on their own, or their parent’s, health insurance while abroad:** If you will be staying on your own insurance, you do not complete the Online Insurance Process for the semester(s) you will be abroad. When you return to the University, you need to complete the Online Insurance Process before the start of the next semester. You will receive an e-mail from UHS in November/December to remind you to complete the Online Insurance Process before January 31. Before going abroad, you may want to verify your coverage while you are outside the U.S. to be sure you have adequate coverage. You should take your insurance card with you.

- **Enroll in the University-sponsored health insurance:** If you choose this option, please contact the UHS Insurance Advisor at insurance@uhs.rochester.edu for assistance with the enrollment process. If you will be studying abroad in the fall semester and want to enroll in the University-sponsored insurance plan, you will need to complete a paper copy of the enrollment form. The form is available on the UHS web site at http://www.rochester.edu/uhs/studentinsurance/StudyAbroad.html. With this option, you will be billed for Aetna Student Health insurance and the mandatory health fee. The charges will appear on your tuition billing statement. Please contact the UHS Insurance Advisers to let them know you will be enrolling in the University-sponsored insurance while abroad. If you waive the insurance in the fall semester, your waiver will continue to apply in the spring semester. If you are studying abroad in the spring semester, and are enrolled in the University-sponsored insurance plan, your UR coverage will be cancelled during Study Abroad unless an extension is requested. Contact insurance@uhs.rochester.edu to request extension of enrollment.

- **Enroll in the insurance plan offered by your study abroad:** Health insurance may already be included as part of the program. This plan typically provides basic services only. Check with your insurance company to determine if it is comparable coverage to your current plan.

About the University-Sponsored Insurance: The University-sponsored health insurance is offered by Aetna Student Health. For more information about the Aetna Student Health insurance, check the plan details on the University of Rochester page on the Aetna Student Health website.
If you have questions about health insurance: Contact the UHS Insurance Advisor at insurance@uhs.rochester.edu

For students who study abroad during the academic year, UR provides an insurance policy that provides coverage for emergency medical evacuation and repatriation of remains. This benefit does not cover routine medical services. Students who participate in UR programs sponsored by IES, CIEE, DIS and AUC or who are enrolled in the University-sponsored Aetna Student Health insurance plan already receive this benefit.

In addition, we highly recommend that students consider purchasing personal liability insurance against injury or damage caused by or resulting from students’ acts or omissions during enrollment in any program.

**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 UHS and UCC health care providers through UHS Connect, the secure and confidential messaging system used to correspond with UHS and UCC health care providers. If you have not already enrolled in UHSCConnect, please speak with the receptionist at any UHS office for information about enrolling in UHSCConnect. Enrolling is free and easy to do. You will need an ID number assigned by UHS to enter the system. With UHSCConnect, you can write to your UHS or UCC provider to ask questions. Contacting UHS does 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. Click on “Self-Help” on the UCC web site for helpful information and online resources about many mental health topics.

**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 585-275-2662.

**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. In fact, you should check with the local embassy to make sure that your
medication is acceptable to carry into the country. Some countries may consider your prescription medication to be illegal. Bring a letter from your doctor listing your medications and explaining why you need them.

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 could 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-Available from UHS
- 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.
- Your health insurance card

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 where you will be traveling, 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:**

- Medication for pain or fever, such as 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., Imodium) 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.
- Throat lozenges, cough suppressants (e.g., Robitussin DM), decongestant for cold symptoms.
- Thermometer
- 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 (especially for long trips when dietary vitamin intake may be inadequate)
- Feminine hygiene products
- Insect repellent
- Sunscreen and chapstick
- Scissors and tweezers (packed in your suitcase)

**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 and other drugs, sexual health, cold self care, and the flu.

A. 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 particularly 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.

B. 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. 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. A word of caution – standard drinks in the U.S. may not be the same as drinks available internationally. 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 there may be no minimum drinking age 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.

C. 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.

D. 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 “Health Topics” section of 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.
E. About the Flu

If you will be studying abroad during the spring semester, we recommend you receive a flu shot in the fall semester. 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. UHS offers flu vaccine clinics in October and November. Clinic dates are announced on the UHS web site (News from UHS), in University e-mail (e.g., The Report), and Facebook. Students who are unable to come to a clinic can call UHS to schedule an appointment to receive a flu shot at UHS. The number to call is 585-275-2662.

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. For more information about the flu, check the UHS web site at http://www.rochester.edu/uhs/healthtopics/ColdCare/index.html

YOUR EMOTIONAL HEALTH: IMPORTANT INFORMATION FROM UCC

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.

A. Cultural Shock

It is normal to experience stress when studying abroad. You are not only adjusting to being a student in a new and different setting, but you are also adjusting to a new living environment. Quite likely, you will be far away from friends and family and will experience feelings of loneliness and homesickness. These feelings are very natural. The
difference between what you expect and what you actually experience may contribute to the level of distress you feel.

It may help to know that most people go through five fairly predictable stages as they adjust to their new environment.
1. The initial excitement about being in a new place is called orientation & honeymoon.
2. This stage is followed by a period of initial culture shock in which you may feel lonely, frustrated, and depressed.
3. This stage will pass in time to a point of adjustment, where you will start feeling more comfortable with your surroundings and your acquaintances.
4. As you complete the adjustment cycle, you will find yourself feeling integrated into the host culture and may find you enjoy most aspects of host country.
5. Returning to the United States may send you into a reverse culture shock. You may not want to leave and may find yourself trying to figure out how and when you can return.

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 and long to be back in Rochester. 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 term, 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. This reading is posted in your Blackboard course.

Important Questions about Your Host Country and Culture Before you Leave

Take a proactive approach to encountering difference in 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? Once you arrive overseas, you might use them to fill a quiet moment with your host family, or to strike up a conversation at a pub.
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?
- What is the customary time for visiting friends?
- 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?
- How are children disciplined at home?
- 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 a child’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 in that country?
- 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?
- Where do women and minorities fall within the social hierarchy?

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?

Peer Advisers

These students studied abroad recently, and are an excellent source of detailed information about student life overseas. They will be able to answer questions about topics such as: packing, making friendships abroad, dating, culture shock, travel arrangements, gender roles, differences in instructional methods & study techniques, advice on learning foreign languages, and how to research the history, culture and current events of your host country.

If you have questions about your study abroad plans such as: "What should I pack?" or "What can I expect from my program?" contact the Education Abroad Office for the name of a peer adviser. Your fellow students are your best resource for these types of questions.

B. Dealing with Stress

Many emotions and reactions are to be expected when you are stressed. Some common manifestations are:

- Irritability over small things
- Difficulty concentrating
- Difficulty falling asleep or staying asleep
- Queasy stomach
- Desire to run away
- Constant feeling or tiredness
- Psychosomatic illness
- Excessive criticism of others
- Poor work performance
- Difficulty making decisions
- Being unusually introspective
- Feelings of guilt, worry and anxiety

Based on feedback from numerous students, the following techniques are especially helpful in dealing with the stresses and strains of adjustment:

- Immerse yourself in study/reading that is satisfying.
- Find a local person with whom you can talk regularly.
- Practice your faith through prayer, meditation, reading, etc.
- Write letters/e-mails (or use Skype and similar online audio/visual communication services) to family and friends.
- Visit fellow students.

C. Coping Strategies

You may find it helpful to think about the coping strategies that have worked for you in the past. You may also want to develop some new strategies to help you when you are experiencing periods of loneliness, sadness, or depression. It helps to anticipate that you may have non-peak times, so you can be prepared to work through them. Whenever your usual coping mechanisms are not working for you or you find yourself making coping choices that are not in your best interest, realize that you may need more support and seek help. You may find it helpful to talk with your program director/faculty to talk about the stress you are feeling.

You should be aware of the signs of a serious problem, either in yourself or in a fellow student, which require intervention. The signs include:
- Prolonged depression
- Marked changes in eating or sleeping patterns
- Excessive anxiety that interferes with the ability to function
- Self-destructive or violent behavior
- Alcohol or substance abuse
- Failure to comply with medical recommendations

(Adapted from "Maintaining Strong Mental and Emotional Health" module, Pre-Service Health Training for Volunteers Binder, Peace Corps Office of Medical Services)

INFORMATION FROM CENTER FOR EXCELLENCE IN TEACHING AND LEARNING (CETL)

The Center for Education Abroad and CETL work in partnership to make every effort to ensure that students with disabilities can participate successfully in study abroad programs. Please be aware that we cannot guarantee that facilities or support services will be available at each location abroad in the same range and quality as the University of Rochester. Every country has unique architecture, transportation, and laws that may impact students’ access to study abroad programs. Students with disabilities are encouraged to meet with their CETL disability support coordinator and Education Abroad adviser to discuss accommodation needs and identify appropriate sites overseas.

Explore reasonable accommodations.

Once accepted, talk to your disability support coordinator about your particular needs and possible site-specific information about disability issues

Confirm your program accommodations.
Follow up to coordinate your accommodation request between your CETL coordinator, Education Abroad adviser, and site coordinator about any questions you may have regarding approved accommodations, and to identify the overseas site contact who will be informed of your on-site reasonable accommodations.


**Accommodations Can Differ**

- Equivalent disability services, facilities and assistive technology utilized at US universities may not be found at overseas placements.
- Disability terminology may differ. For example, in European countries “learning disability” is defined the same way “intellectual disability” is in the US.
- Sign language interpreters may not be certified or available at all times. Rather than ASL, interpreting will generally be in the sign language of the country.
- Guide dogs may be quarantined before they are allowed into the country.
- Bring mobility aids to use in restrooms without bars, and various transportation systems.
- Carry extra spare parts or differing types of casters for a wheelchair.

**Medical Concerns and Prescriptions**

- Contact the consulate or embassy in your host country to ensure your medication is legal.
- Make sure you have enough medications to last throughout the entire stay.
- Medications should be stored in original, labeled containers.
- Carry a letter from a physician that describes the medication.
- Always carry medication in your carry-on in the event your checked bag is delayed or lost.
- It is illegal to have medication sent abroad to you via postal mail.
- Confirm your health insurance covers any disability-related medical needs while overseas.

**Coping Strategies**

- Work well in advance with CETL and Study Abroad to arrange accommodations at your overseas site.
- Learn to explain your disability in the host language.
- Your disability may intersect with your host culture in unexpected ways. It is important to research your host culture before you go, discuss customs with your hosts, and be open to creative solutions.
- Read about the experiences of other students: [http://www.miusa.org/ncde/stories](http://www.miusa.org/ncde/stories)
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, including the Student Sexual Misconduct Policy.

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 can be found online at: http://www.rochester.edu/College/dos/conduct/. The same behavior expectations exist overseas, in matters relating to student-to-student relationships, class attendance, and academic honesty. Please be advised that if you are placed on disciplinary or academic probation before your study abroad program begins, this may affect your plans to study abroad. It is your responsibility to notify the Center for Education Abroad immediately and meet with a study abroad adviser.

Additionally, students on study abroad programs should be aware of two general guidelines: In terms of academic policy, the general regulations of the University of Rochester override those of the program. An example: the program may indicate that students have the option of taking less than a full load of courses. However, since we do not permit overloads or underloads on study abroad programs, you will be held to the UR policy.

In terms of program policies concerning health and safety, the general regulations of the University of Rochester override those of the study abroad program. For example, some programs may permit students’ renting or operation of motorized vehicles, and we do not. However, in some cases, the judgment of local area experts may be based on more current and accurate information than is available to us. In such cases, we will rely on the recommendations of local security consultants and site directors.

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 Education 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. You are required to have read a copy of the Student Sexual Misconduct Policy which will apply while you are overseas.

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 (linked below), as well as these common sense guidelines.

Remember, you are an ambassador for the University of Rochester, the United States and/or your home country. Bad impressions are lasting impressions.

Learn about the country 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 (residential, academic, social). 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. Use travelers checks in place of cash.

When traveling, carry cash and credit cards in a money belt.

Whenever possible, travel with another person or in groups.

Keep your host program informed of your whereabouts. When traveling, let someone know with who you'll be, along with the date/time of your 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 and/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 your host country, especially 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. Many returnees recommend wearing black clothing, especially in Europe. If the locals don't wear white athletic shoes unless they are engaged in sports, don't use them for street wear!

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. Counteract something you don't believe is affecting you. But once you do recognize what is happening, there are a number of things you can do.

**Flexibility, a sense of humor, patience, and counting to ten before you speak are all keys to a successful international experience!**

State Department Worldwide Caution: March, 2017

As part of the Department of State’s continuous efforts to provide U.S. citizens traveling abroad with information about safety and security events, we are updating the Worldwide Caution with information on the continuing threat of terrorist actions, political violence, and criminal activity against U.S. citizens and interests abroad. This replaces the Worldwide Caution dated September 9, 2016.

As terrorist attacks, political upheaval, and violence often take place without any warning, U.S. citizens are strongly encouraged to maintain a high level of vigilance and take appropriate steps to increase their security awareness when traveling. To better prepare for possible emergencies, U.S. citizens are encouraged to read Country Specific Information pages, Travel Warnings, and Travel Alerts on travel.state.gov before planning a trip.

Travelers are urged to enroll in the Smart Traveler Enrollment Program (STEP) to receive security messages and make it easier to locate you in an emergency. The Department uses these security messages to convey information about terrorist threats, security incidents, planned demonstrations, natural disasters, etc. In an emergency, please contact the nearest U.S. Embassy or Consulate or call the following numbers: 1-888-407-4747 (toll-free in the United States and Canada) or 1-202-501-4444 from other countries.

U.S. government facilities worldwide remain at a heightened state of alert. These facilities may temporarily close or periodically suspend public services to assess their security posture. In those instances, U.S. embassies and consulates will make every effort to provide emergency services to U.S. citizens. U.S. citizens abroad are urged to monitor the local news and maintain contact with the nearest U.S. embassy or consulate.
Terrorist groups including ISIS, al-Qa’ida, their associates, and those inspired by such organizations, are intent on attacking U.S. citizens wherever they are. Extremists may use conventional or non-conventional weapons to target U.S. government and private interests. Terrorists are increasingly using less sophisticated methods of attack to more effectively target crowds, including the use of edged weapons, pistols, and vehicles as weapons. Extremists increasingly aim to assault “soft” targets, such as:

- high-profile public events (sporting contests, political rallies, demonstrations, holiday events, celebratory gatherings, etc.)
- hotels, clubs, and restaurants
- places of worship
- schools
- parks
- shopping malls and markets
- tourism infrastructure
- public transportation systems
- airports

In multiple regions, terrorists, guerrilla groups, and criminals seek to kidnap U.S. citizens to finance their operations or for political purposes. In the wake of well-publicized attacks against commercial aircraft in Egypt by ISIS and Somalia by al-Shabaab, the Department remains concerned that terrorists could again seek to down aircraft using concealed explosives or hijack commercial flights.

Private U.S. citizens should not travel to any country to participate in armed conflict. U.S. citizens are reminded that fighting on behalf of or providing other forms of support to designated terrorist organizations can constitute the provision of material support for terrorism, which is a serious crime that can result in penalties, including prison time and large fines.

In addition to concerns stemming from terrorism, travelers should be alert to the possibility of political unrest, violence, demonstrations, and criminal activities when traveling. Country-specific information pages and Travel Warnings should be consulted to obtain the latest data on such threats.

Below, we provide information specific to different regions and countries. Please consult travel.state.gov for additional information.

**AFRICA:** An array of terrorists, guerilla, and insurgent groups are active across Sub-Saharan Africa, and the threat of al-Qa’ida and ISIS-inspired attacks constitutes a growing concern. U.S. citizens remain at risk from car bombings to complex assaults on hotels and tourist sites. In Somalia, terrorists frequently target hotels and the commercial aviation sector has been attacked. Additionally, a number of the aforementioned groups continue to target Americans traveling and working in the region for kidnap-for-ransom operations. Travel Warnings are in effect for the following countries:
Burkina Faso Travel Warning
Burundi Travel Warning
Cameroon Travel Warning
Central African Republic Travel Warning
Chad Travel Warning
Democratic Republic of the Congo Travel Warning
Eritrea Travel Warning
Ethiopia Travel Warning
Kenya Travel Warning
Mali Travel Warning
Mauritania Travel Warning
Niger Travel Warning
Nigeria Travel Warning
Somalia Travel Warning
Republic of South Sudan Travel Warning
Sudan Travel Warning

EAST ASIA and PACIFIC: Armed terrorist and criminal groups are operating in the East Asian and Pacific region and may attempt to target U.S. citizens, particularly for kidnapping in the coastal areas and outlying islands of the eastern part of the Malaysian state of Sabah, and the southern Philippines. Indonesia has witnessed an increase in terrorist-related arrests and foiled plots, and several small-scale attacks or attempted attacks have occurred. Periodic acts of violence in Thailand remain a concern. U.S. citizens are urged to avoid all travel to North Korea/the Democratic People’s Republic of Korea (DPRK) due to the serious risk of arrest and long-term detention under North Korea’s system of law enforcement. Travel Warnings are in effect for the following countries:

North Korea Travel Warning
Philippines Travel Warning

EUROPE: Terrorist groups continue to plot attacks in Europe as foreign fighters return home from Syria and Iraq, while other individuals may be radicalized or inspired by ISIS propaganda. European authorities continue to warn of additional attacks on major events, tourist sites, restaurants, commercial centers, places of worship, and the transportation sector, frequently prompting heightened security at notable public venues and coordinated counterterrorism operations. Travel Warnings are in effect for the following countries:

Turkey Travel Warning
Ukraine Travel Warning

MIDDLE EAST and NORTH AFRICA: Terrorist groups are very active in the Middle East and North Africa. The U.S. government remains highly concerned about possible attacks against U.S. citizens, facilities, businesses, and perceived U.S. and Western interests in the region. Iraq, Syria, Yemen, and Libya are considered violent and
unpredictable war zones, and there is no official U.S. diplomatic presence in the latter three countries. U.S. citizens should avoid these areas. Terrorist groups have demonstrated capability to conduct attacks throughout the region, posing both a direct and indirect threat to U.S. citizens. Government officials throughout the region are concerned about the potential return of foreign fighters following ISIS’s territorial losses in Iraq, Syria, and Libya. Travel Warnings are in effect for the following countries:

**Algeria Travel Warning**
**Egypt Travel Warning**
**Iran Travel Warning**
**Iraq Travel Warning**
**Israel, The West Bank and Gaza Travel Warning**
**Jordan Travel Warning**
**Lebanon Travel Warning**
**Libya Travel Warning**
**Saudi Arabia Travel Warning**
**Syria Travel Warning**
**Tunisia Travel Warning**
**Yemen Travel Warning**

**SOUTH and CENTRAL ASIA:** The U.S. government assesses terrorist groups in South Asia may be planning attacks in the region, possibly against U.S. facilities, citizens, and interests. U.S. citizens should avoid travel to Afghanistan, as no region in the country is immune from violence. A number of established terrorist organizations, indigenous sectarian groups, and other militants pose a danger to U.S. citizens in Pakistan. Extremist elements are also active in India, as outlined in a recent emergency message. Terrorists have hit a wide variety of targets and institutions in Bangladesh. Travel Warnings are in effect for the following countries:

**Afghanistan Travel Warning**
**Bangladesh Travel Warning**
**Pakistan Travel Warning**

**WESTERN HEMISPHERE:** Insurgent groups, armed criminal gangs, and terrorists remain active in Latin America, the Caribbean, and Canada. U.S. citizens are particularly vulnerable to kidnap-for-ransom attempts and violent crimes of opportunity while visiting a variety of countries. Gang- and narcotics-related violence is of concern in several countries throughout the region. Travel Warnings are in effect for the following countries:

**Colombia Travel Warning**
**El Salvador Travel Warning**
**Haiti Travel Warning**
**Honduras Travel Warning**
**Mexico Travel Warning**
**Venezuela Travel Warning**
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 planning 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 Education Abroad organizes a variety of programs to help study abroad returnees readjust to life back in Rochester. You can become a study abroad "peer adviser" and share your experiences with underclassmen who are interested in overseas study. You can participate in the Study Abroad Returnee session and subsequent "unpacking your study abroad experience" sessions. These offerings will help you translate your experience abroad into language and anecdotes that employers can understand the value of study abroad. If you'd like to get more involved, there are always opportunities to work in the Center for Education 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 might impact your future.
Before You Leave...

- Prepare for life after your time abroad, (for example if you want to do a summer internship, job after graduation, etc) and make contacts or apply for available positions, and inform potential employers how they can contact you while you are away.

- Pairing your time abroad with a volunteer or internship experience can strengthen the skills you pick up, including language abilities and career field knowledge. Talk with a Career Counselor, Study Abroad staff, and even your program site coordinator to determine if a career-related experience might be a possibility. Some study abroad programs have built in internship options, others have strong connections to the local community to help you in finding volunteer opportunities.

- Schedule an appointment with a Career Counselor during the semester before you leave. Make sure you are familiar with the Career and Internship Center's website, including Handshake, our web driven internship and job posting database, so you can utilize it while you are 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. You will also want to consider when particular graduate school admissions interviews might occur, and plan your time abroad to fit with these.

- Create a resume to take with you. Once you add new experiences, update this document, but always feel free to use this networking tool.

- Set goals! Decide what you want to accomplish abroad and how you will integrate those new skills and knowledge on campus when you return.

While you are abroad...

- In most countries you will have access to the Internet. Use the Career and Internship Center Website to search Internship Listings, Full-time Job Postings, Recruiting Information, and keep up on what's new at the Career and Internship Center.
If you are working in an internship, make the most of your experience! It is strongly advised that you get recommendations from your supervisor(s) while you are there. Not only will you be less likely to forget to follow up when you return home, but your contributions will still be fresh in the recommender's mind. Also, you avoid the risk that the supervisor may not be in the same position or even with the same company after you leave.

If you are considering graduate school, visit the Career and Internship 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. Consider searching for and meeting University of Rochester alumni in the city or country where you are studying.

If you obtain a summer internship while abroad, consider applying for Reach Funding. Reach Funding is a small stipend from the Career and Internship Center for an unpaid career related internship. Applications are available after February 15th and can be submitted from abroad.

When you return...

Mail or email thank you notes and update letters to all of your contacts.

Attend the Study Abroad Returnee session and subsequent "unpacking your study abroad experience" sessions. These offerings will help you translate your experience abroad into language and anecdotes that employers can understand the value of.

Update your resume with information about study abroad experience. Stop by the Career and Internship Center to have a counselor look it over and assist you in posting it in Handshake.

Work with a Career Counselor to learn how to talk about your experience abroad in cover letters and interviews. Learn how to relate it to the world of work, and don't assume employers will just intrinsically understand how studying abroad makes you a good candidate.

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 the following website 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 following website for more details: http://www.rochester.edu/college/studentfellowships/

INFORMATION ABOUT PRE-MED

If you are interested in medical, dental, optometry, osteopathy, physician assistant or veterinary school, please read the following information. Every year the University of Rochester has students who go abroad in the spring and successfully apply to the Health Professions school of their choosing. 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.

Studying abroad is a wonderful opportunity that we hope all students take advantage of. Planning in advance is key. Please be advised that you are expected to adhere to all listed deadlines. Most Rochester students who go abroad do so during the junior or senior year.

Important considerations to address when considering studying abroad with an interest in the health professions:

- If you plan to enter professional school the September after graduation, you must take the necessary standardized admissions test(s) no later than July before your senior year.
- The application process always begins in the spring semester approximately 17 months before you wish to begin your health professions program. This is the time when you will learn about the application process, make a list of places to apply to, and solicit letters of recommendation.
- The health professions interview season runs from late summer to late spring. You may contact schools to request interviews for the time(s) when you will be back in the States, but there's no guarantee that your requests will be honored.

There are alternatives. Summer study abroad programs are one option, and study abroad for just the fall semester of your junior year is another. You might also consider delaying your application to professional school by one year, particularly if you hope to spend a full academic year abroad. Once again, the choice is yours. Many students have been able
to balance study abroad with a successful application to a health professions graduate school.

Contact a Health Professions Adviser (Caterina Tempest or Carrie Nicci): URhealthprofessions@rochester.edu