

USF Education Abroad



Pre-departure -- Knowledge is Power!

- Visit Web sites and read books about the history, geography and customs of the countries you are visiting; study maps; read newspapers with good international news coverage; and watch videos of the places you'll visit.
- The Department of State publishes [Background Notes](#) on 170 countries worldwide.
- Talk with returned study abroad students or international students from the countries you'll visit
- Check out the international travel sections of bookstores and purchase one or two good student guides such as *Let's Go*, *Lonely Planet*, *Berkeley Guides*, or *Rough Guides*.
- Learn some key words and phrases, and purchase a small phrase book to carry with you when you are out and about.
- Make sure that you know about your own country! Read what other countries say about the U.S.



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Pre-departure – Registration & Payment

Students will be registered for their USF direct enrollment courses by the EAO. A registration will be considered late if it exceeds the close of the term's initial drop/add week (Summer 2009 will be during the second week of May, 2009).

- 1) Students who are not registered will jeopardize the release of their Financial Aid funding.
- 2) Late registrations may also carry resultant Late Registration Charges (\$100.00), which will be incurred by the student.
- 3) If a student makes a change in their course registration either prior to or after the start of their first week of classes overseas, the student must receive the approval of the instructor or program director and make their request in writing to the EAO.

Payment of program fees – must be by the stated deadlines.

Will notice on-campus fees posted, then waived



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- **Grade & Academic Issues**

These are STUDY abroad programs not tours!

- **Overseas students are granted grading options (S/U) and are subject to all grading policies as on-campus students.**
- **Transfer work – Graduation and Financial Aid complications.**
- **Grades earned abroad will affect your GPA here.**
- **You are under the same academic integrity requirements as you would be for an on-campus program**



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Keep Informed

Travel Alerts are issued as required, and are a means to disseminate information about terrorist threats and other relatively short-term and/or transnational conditions posing significant risks to the security of U.S. travelers.



Travel Warnings are issued when the Department of State decides based on all relevant information, to recommend that Americans avoid travel to a certain country.



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Travel Documents

Passports

Apply for a passport immediately.

Visas

A visa is an entry/residency permit and official permission granted by the authorities of the countries where you will study or travel, which allow you to enter and remain in that country. You will need a passport before applying for a visa



Non-US Citizens

Check with foreign consulates

Check-in with International Services for reentry to US

International Student Identity Card



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Getting There



•Flights

- Wait for the okay from Education Abroad/faculty director
- Get travel insurance
- Compare – kayak.com, expedia, travel agencies, STA, etc.
- Arrive at the airport 2+ hours early.
- Don't forget travel docs...

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- Health Preparations

- Check www.cdc.gov for immunization requirements
- See the Hillsborough County Health Department: www.hillscountyhealth.org for costs and directions to nearest location to receive your vaccines.



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Immunizations

*All countries recommend that travelers be up-to-date on routine immunizations (but check with your doctor or health care professional before getting any vaccine – particularly if you have allergies or other health conditions which could cause complications):

- Tetanus-diphtheria-pertussis (DTP)
- Hepatitis B
- Polio
- Meningitis
- Chicken pox (Varicella)
- Measles, mumps, rubella (MMR)
- Influenza

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– Medicine abroad

- Bring adequate supply in the original container and a prescription from your doctor.
- Plan ahead: Some common prescription & over the counter medications in the U.S. are illegal abroad. Check: www.embassy.org/embassies to make sure your medications are permissible.

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- Mental Health
- **Consult your Therapist or Mental Health Practitioner**
- In many study abroad programs you will not have your own space
- You are likely to have far less down-time and must often keep to a regimented schedule.
- You may have difficulty sleeping due to the change in time, full-schedule, change in diet and climate, and unfamiliar and potentially noisy surroundings.
- You may not have the benefit of understanding what is being said around you. Even if language is not a barrier, cultural differences are significant, and being a foreigner can be somewhat alienating at times.
- Over the past few years, there has been growing anti-American sentiment in some places around the world. Generally this has been directed at U.S. policy rather than individual Americans, but it can be difficult to remove yourself.

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Mental Health Abroad

If you notice the following in yourself or someone else, GET HELP!

- Difficulties in concentration and motivation;
- Persistent loneliness and sadness;
- Episodes of crying;
- Withdrawal/manic behavior
- Disrupted sleep (too little or too much);
- Disabling anxiety or exaggerated fears;
- Major loss of appetite;
- Significant loss of personal energy



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- Getting Help

- Talk to others about your experience;

- Set up a schedule of communicating with family or close friends (e-mail, letters, phone); Keep a journal of your experiences;

- Try to eat a healthy diet and avoid over-indulging;

- Exercise/Walk;

- Do not use alcohol – it is a depressant;

- CONSULT WITH SOMEONE!!!** (Program coordinator, instructor, liaison, Physician, counselor)



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Culture Shock

Initial euphoria

Irritability and hostility

Gradual Adjustment

Adaptation (expect to experience reverse culture shock when you return to the U.S.)



These are some of the timeless tips for a speedy acclimatization and a more meaningful stay abroad:

- Learn about your destination before you leave.
- Learn the local language.
- As soon as you recover from your jet lag, plunge into the local life in your new home.
- Don't allow initial negative experiences sour you on the country.
- Write in a journal.
- Ignore complaints about the country.
- Accept the challenge of establishing yourself in the new country and work hard to enjoy your stay.

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Adjustment for women

- Dress conservatively; while short skirts and tank tops may be comfortable, they may encourage unwanted attention.
- Avoid walking alone late at night or in questionable neighborhoods.
- Do not agree to meet a person whom you do not know in a non-public place.
- Be aware that some men from other cultures tend to mistake the friendliness of U.S. American women for romantic interest.

If you are having problems – talk to your faculty director, host-country advisor, call EA, get help!

If you have been assaulted, call your faculty director immediately, call the U.S. Embassy the EA office and file a report with the local police.



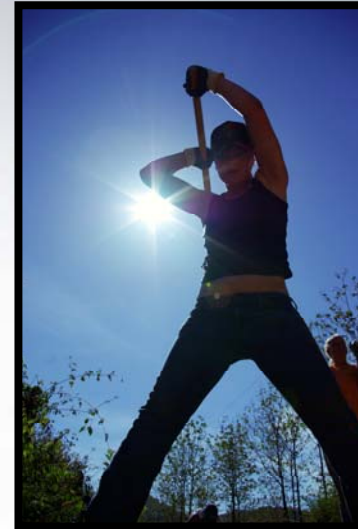
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Insurance

***CISI only for the duration of your trip**

***Purchase separate coverage if travelling independently prior to or after the program.**



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In the event that you become ill while abroad:

- Report any illness to your local host coordinator, roommate, USF or local faculty and ask for assistance.
- You have every right to see a physician and should take extra care while abroad, as any common illness can become major when under stress.
- **Notify AIG Assist:** Your ID number is Policy #0101 GLB# 9111690. Worldwide, call collect (001-713) 267-2525. If you can't call, have someone call on your behalf. They will give you referrals to English-speaking physicians, emergency rooms, hospitals or other health care facilities that they are familiar with.
- **AIG Assist** will call you back regularly to follow-up. They will call your physician to check on appropriate treatment. They will notify the USF of your situation and - where needed - request staff assistance. They will notify your parents only at your request.
- Keep receipts for any “routine” medical care, prescriptions, or other medical costs. You must have these in order to file a claim with CISI when you return to the U.S. If you are staying longer than two months you may wish to mail these receipts to your parents, family or other trusted caregivers here in the U.S. so that they can file a claim for you.
- Make sure that you familiarize yourself with the host institution's support infrastructure on arrival. It will be something that you don't want to worry about if you do become ill or injured.

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- ***Alcohol misuse will not be tolerated on USF study abroad programs.***
- What is “alcohol misuse?” Alcohol misuse is present when:
 - A student misses any scheduled event because of the effects of alcohol consumption;
 - A student becomes ill due to the effects of alcohol consumption;
 - A student is disrespectful of others sharing the same or neighboring housing, due to the effects of alcohol consumption;
 - A student engages in inappropriate behavior toward other individuals that is the result of alcohol consumption;
 - A student becomes so intoxicated that he/she cannot walk unassisted;
 - A student engages in destructive behavior toward property that is the result of alcohol consumption;
 - A student does not abide by the laws of the country in which he or she is staying;
 - A student engages in behavior that causes embarrassment to the other members of the group, the faculty member(s) or the in-country host(s) as a result of alcohol consumption;
 - A student engages in behavior that causes his/her companions concern for the safety of the individual or the group;
 - Students in a group encourage or ignore a fellow student who is misusing or abusing alcohol; or
 - Students who transport quantities of alcohol to program sites with the intent of sharing the alcohol with members of the group.
- **YOU will be sent home at your own expense for misusing alcohol while abroad.**

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- ***Don't do drugs.***
- University of South Florida has a zero-tolerance policy regarding the possession, use, manufacture, production, sale, exchange or distribution of illegal drugs by students participating in USF study abroad programs. Violation of this policy may result in (i) immediate dismissal from the program; (ii) academic withdrawal from the University for the semester in progress; and (iii) disciplinary action upon return to campus.
- If you are caught using illegal drugs by USF on-site or by host-country personnel, you will be immediately dismissed from the study abroad program. If you are caught by local authorities buying, selling, carrying or using drugs -- from hashish to heroin, marijuana to mescaline, cocaine to quaaludes, to designer drugs like ecstasy it could mean:
 - **interrogation and delays before trial including mistreatment and solitary confinement for up to one year under very primitive conditions**
 - **lengthy trials conducted in a foreign language, with delays and postponements**
 - **weeks, months or life in prison (some places include hard labor, heavy fines, and/or lashings), if found guilty**
 - **death penalty in a growing number of countries (e.g., Malaysia and Pakistan)**

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- **Arrests overseas**
- If you are arrested while abroad for any reason, it is important that you know what the U.S. government CAN and CANNOT do for you.
- **The U.S. Consular Office CAN:**
- visit you in jail after being notified of your arrest
- give you a list of local attorneys (The U.S. Government cannot assume responsibility for the professional ability or integrity of these individuals or recommend a particular attorney)
- notify your family and/or friends and relay requests for money or other aid - but only with your authorization
- intercede with local authorities to make sure that your rights *under local laws* are fully observed and that you are treated humanely, according to internationally accepted standards
- protest mistreatment or abuse to the appropriate authorities
- **The U.S. Consular Office CANNOT:**
- demand your immediate release or get you out of jail or the country
- represent you at trial or give legal counsel
- pay legal fees and/or fines with U.S. government funds



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- **DO's**
- **Buddy-up! Look out for each other and practice peer responsibility.**
- Use common sense: watch out for yourself and be extra precautionous in your daily activities. **Remain Alert!**
- **Be street wise. Ask the locals where the dangerous areas are located and AVOID these locations!**
- **Be aware that pickpockets exist and tend to prey on people who look lost or who do not seem to be paying attention to their surroundings.**
- **Keep up with the local news through newspapers, radio and television, and, in the event of disturbances or protests, do NOT get involved.**
- **If you have been a victim of a crime or are having a health issue, report this immediately to your leader or resident director.**
- **Behave in a manner that is respectful of the rights and well-being of others, comply with local laws, regulations and customs of the host country, community, institution and study abroad program, and encourage others to behave in a similar manner.**
- **Be aware that you are responsible for your own decisions and actions. You are an ambassador of USF and the United States.**

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- **Don't travel with anything you aren't prepared to lose & Travel light.** Do not borrow or watch bags for others. Do not leave bags or purses unattended. Do not place valuables in the outside pockets of bags.
- **Don't stand out.** While "safety in numbers" is a good rule to follow, traveling as an identifiable group of U.S. students will attract attention and possibly cause problems. **Try to fit in** with the surroundings and be "invisible".
- **Be alert!** If you notice something unusual, tell your director or program leader immediately.
- **Do not invite any strangers into your room. This is strictly prohibited.**
- **Avoid impairing your judgment due to excessive consumption of alcohol. This makes you a target for crime and you will be sent home for inappropriate behavior.**
- **Dress appropriately:** short shorts, very-low rise pants/skirts, short skirts, baggy pants, big chains, skimpy clothes will make you stand out and draw unwanted attention. **You will be a target for criminals.**
- **Do not give out your or anyone else's address or telephone number to strangers. Don't give away your class or field trip schedule.**
- **Do not Travel Alone and do not Hitchhike!**

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- Did you know...?
- Traffic and swimming accidents are the leading cause of death in travelers.
- AIDS and other sexually transmitted diseases (i.e. Hepatitis B) are a global problem.
- You should always use clean water for brushing your teeth and for drinking.
- You should swim only in well-maintained chlorinated pools or in unpolluted rivers or parts of the ocean.

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- **PACK LIGHT!! Really, we mean it.**
- **Get a backpack**
- **Don't bring anything you can't easily replace or is of high-value.**
- **Don't bring many items that require dry cleaning, or ironing; bring items that are easily washed and that dry quickly.**
- **Speak with your faculty director or Education Abroad advisor about acceptable clothing for your destination.**
- **Electric appliances**

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- **Things to bring:**
- All medications in original bottles with back-up prescriptions. Remember this goes for vitamins, supplements and over-the-counter drugs too –
- Prescription glasses (2 sets preferred) and contact lenses and contact-lense solution. These can be difficult to find in many countries so bring more than you would normally use just in case.
- Contraceptives, feminine hygiene products (in countries where these items are not easily found). Remember that AIDS and STDs are world-wide epidemics – condoms in some countries may be of sub-standard quality.
- Mini First aid kit
- Minimum amount of clothing that is appropriate to your destination and type of program (e.g. if you are an archeological dig in Italy, you would bring very different items than if you were studying in Florence).
- Bring an empty bag to bring what you have purchased in-country home.

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- **Personal document safety**

Leave at home all credit cards, keys, and other items not needed abroad. Make photocopies of your valuable documents and maintain an “emergency file” at home containing: airline ticket, passport, traveler’s checks, driver’s license, blood type and Rh factor, eyeglass prescription, name of doctor and dentist, supplemental insurance policies, and the credit cards you take abroad. Leave one set at home and keep another with you in a separate place from the originals.

- Leave a copy of your itinerary and contact information with family or friends at home. Prior to departure you will be provided with the address and telephone number of where you are going to live.
- NEVER pack your passport or any other important documents in your checked-in luggage or your carry-on luggage. Passports (including visa page), credit cards, and money should be worn in a pouch or a money belt as close to your body as possible.
- Be aware that certain reading material or literature may offend officials of some countries.

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Money:

Before you go:

- 1) Call your bank and credit card companies to let them know that you will be travelling. You can also ask if there are banks which do not charge a transaction fee.
- 2) Make sure that you have made arrangements for your bills to be paid while away
- 3) Have a source of funds for emergencies: extra credit card, back-up ATM card, ways that parents or friends can put extra cash into your checking account or wire to you if needed.
- 4) Get traveller's checks – American Express or similar brand (\$300 –depending on destination.
- 5) Get \$75-100 in the foreign currency – can order from your bank or get in the airport.
- 6) Have \$75.00-100.00 in US Dollars for your trip home.

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- **Money Con't.**

While There:

- ✓ Credit cards and debit cards -- generally are the most economical and safest. But beware of PINs being stolen.
- ✓ Try not to take out too much money at a time (you pay for each transaction, but if your wallet is stolen you will not lose everything).
- ✓ In the first two weeks keep close track of your expenses so you can budget.
- ✓ Make sure you understand the exchange rate!!! Very important.
- ✓ Make your purchases/money count -- don't fritter away funds.
- ✓ Bargaining is very acceptable and expected in many countries.

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- **Contact Numbers**
- **Emergency Cell Phone: 813-317-5815**
- **Education Abroad Front Desk Office Phone: (813) 974-4314
(this phone is answered from 8:00 a.m. until 5:00 p.m., Monday - Friday.)**
- **Fax Number: (813) 974-4613**
- **Additional Phone Numbers / E-mail Addresses for Emergency Contact**
- **Ms. Amanda Maurer, Director, Education Abroad Office**
Office Phone: (813) 974-4126
E-mail: amaurer@iac.usf.edu
- **Mr. James Pulos, Assistant Director, Education Abroad Office**
Office Phone: (813) 974-4043
Email: jpulos@iac.usf.edu
- **If you have questions regarding travel health, safety or emergency planning, please contact:**
- **Ms. Patricia Smith, Program Coordinator Education Abroad Office**
Office Phone: (813) 974-6148
E-mail psmith@iac.usf.edu
- **USF Campus Police**
Phone: (813) 974-2628
- *** This phone is staffed 24 hours per day and will contact the Dean of International Affairs and the Director of Education Abroad in case of a student emergencies while abroad. The campus telecommunications equipment does not accept collect calls.**

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Research Tools:

- www.travel.state.gov – View travel warnings and area information
- Traveler's Health from the Center for Disease and Prevention:
www.cdc.gov
- Emergency Notifications and On-site contacts:
www.osac.gov/Posts/index.cfm
- U.S. Embassy and Consulate Abroad: www.usembassy.state.gov
- State Department Safety Tips for Going Abroad -
www.studentsabroad.state.gov/html-site/Emergencies.html
- CISI Insurance: www.culturalinsurance.com
- See the Hillsborough County Health Department:
www.hillscountyhealth.org

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Office Location

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Questions?

