May 9, 2015

Dear Student,

Congratulations on your decision to study abroad! You are about to embark on a once-in-a-lifetime journey that reaches far beyond the traditional classroom. The experiences that lie ahead of you will not only give you a broader perspective on your field of study, but will also provide you with the opportunity to develop skills in cross-cultural adaptability, communication, and critical thinking that will prove valuable throughout your life.

This guide is designed to provide you with basic information to help you in your preparation for your time overseas. Reading the enclosed materials will assist you in having a more meaningful and stress-free experience. However, do not let this guide limit your exploration or preparation before you head abroad! It is simply a starting point to get you thinking of what lies ahead. Take advantage of your resources: speak with study abroad alumni, read a guidebook for your destination, research as much about local culture as you can before you leave.

During your time abroad you are representing the University of Arizona, your state, and your country. In this ambassadorial role, you have the opportunity to help shape how Americans are viewed overseas. We expect that you will take this role seriously and abide by and respect all host country laws, follow the UA Student Code of Conduct, and approach your host culture with an open and curious mind. Remember that both your study abroad coordinator and the in-country staff are here to help you with any questions or concerns that arise while you are abroad.

Study abroad is a life-changing experience and you will be a different person upon your return! I hope that you will take full advantage of every opportunity to learn from, give back to, and fully immerse yourself in your host culture. On behalf of Study Abroad and Student Exchange, I wish you the best during your time overseas and look forward to hearing about your journey once you return to Tucson!

Sincerely,
Harmony DeFazio

All photos featured in this booklet are by students who have participated in UA Study Abroad programs. Cover photo: Machu Picchu, Peru by Tyler Goodwillie
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10 To-Do’s as you prepare for your time abroad

1 **Read this pre-departure guide.** The pre-departure guide is designed as a tool to assist you in best preparing for your time outside the United States. It contains important information that, if followed, will ensure you are ready for a wonderful experience abroad.

2 **Organize your finances.** Find out the disbursement date for your financial aid package (if you have one) so you will know when you can expect to receive your funds. Review your budget worksheet so you can plan for any unexpected costs while abroad. Don’t forget miscellaneous and/or personal spending money!

3 **Visit the UA Campus Health Travel Clinic** or an outside care provider and complete your health form. You should also ensure that you have all of the necessary immunizations for travel to your host country. Check the CDC website for updated requirements.

4 **Make a list** of important names and contact information that you may need while you are abroad. For example, make sure that you know your academic advisor’s contact information if you need to make any changes to your classes while you are abroad.

5 **Photocopy important documents** to bring with you such as your passport, credit cards, and health insurance card. Place one copy in your carry-on luggage and keep it in a safe place while you are abroad and leave one copy with a trusted individual at home.

6 **Contact your bank** and credit card companies to let them know you will be traveling abroad. Ask about rates and fees for international use of your cards. We suggest bringing a debit as well as a credit card so that you have a backup in case one does not work.

7 **Learn the details** of your international health insurance including coverage and how to access it abroad.

8 **Register with the STEP Program.** The US State Department’s Smart Traveler Enrollment Program allows you to enter information about your upcoming trip abroad so they can better assist you in an emergency.

9 **Start a journal.** Write down your thoughts and reflections as you prepare to study abroad. Continue to journal throughout your time overseas. It is exciting to track how you grow and change from this experience.

10 **Learn as much as you can** about the culture, history, language, or traditions of the country where you will be studying. Start with buying a guidebook like Lonely Planet and watching movies about your host country!
CULTURE SHOCK

What is culture shock? Experiencing new cultures and obtaining a better understanding of your own culture can result in some of the most positive, life-changing experiences you will have while studying abroad. While the introduction to a new and foreign culture will greatly benefit you, it can also be overwhelming. Cultural differences can be so great that you may need extra time to adjust. This is normal. The new cultural norms that you encounter may be so different that they seem “shocking” in comparison to cultural norms back home. Your reaction of feeling “shocked” by a culture’s attributes can manifest itself in mood swings ranging from anger, to depression, to panic.

1 Honeymoon: The honeymoon phase is characterized by your feelings during the first few days, weeks, or even months of your time abroad. The differences between your home country and your host country are seen through rose colored glasses. Everything is new and exciting and you will likely experience emotions such as euphoria, anticipation, and eagerness. It may not hit you yet that you will be staying in this country for an extended period of time. Like all honeymoons, this period ends.

2 Frustration or Hostility: This is the phase where true culture shock kicks in. Culture shock is the reaction that people feel when they move away for an extended period to a culture that is not their own. The differences between your home country and your host country that you once found exciting are now irritating and anxiety producing. You may begin to resent these differences and become frustrated or angry toward your new culture as you realize that the charming buildings do not have all the modern conveniences you are used to. You may begin to feel homesick and lonely, longing for the familiarity of home.

3 Cultural Adjustment: This occurs when you begin to adapt to your host culture. Even though you may still be dealing with some issues related to culture shock you no longer want to withdraw. Instead you will find yourself seeking out ways to immerse yourself in your new culture! Life in your new home starts to feel “normal” and you are beginning to get used to the differences. You have learned to navigate the quirks of your new culture and do not find day-to-day differences as frustrating as you once did.

4 Adaptation: Adaptation takes place when you begin to see your host country as a second home. You are now able to compare the good and bad of your host country with the good and bad of your home country. This phase is also referred to as biculturalism as you will begin to feel comfortable in your new culture but at the same time keep many traits of your home culture. You may be reluctant to think of the possibility of moving “home.”
SURVIVING the Cultural Adjustment Cycle

(Courtesy of Colorado State University Pre-Departure Guide)

While you may not be able to avoid culture shock, you can make it more bearable. Now is the time to use some proven techniques to help you through the adjustment process and into the next stage of cultural adaptation and enjoyment:

• Acknowledge that culture shock is normal and will pass.
• Relax and be flexible.
• Find ways to relieve stress: stay active, keep a journal or a blog, and indulge in new foods.
• Do something that reminds you of home, BUT resist withdrawing into yourself or surrounding yourself with only students from home.
• Talk about and share your intercultural experience with someone.
• Set realistic goals (don’t expect to become fluent in a foreign language in the first month or two, etc.).
• Avoid being judgmental; look on the positive side of diversity and difference.
• Approach challenges with a sense of humor.
• Do not let setbacks bother you too much.
• Talk with program directors and staff and remain open about how you are feeling.
• Remember that you are the visitor; you are there to learn about a new culture, not to change it.

Of course each student’s experience with cultural adjustment will vary. It is important to remember that you have spent 18+ years learning the cultural norms and traditions of the United States or your home country, and only a few months in your host country. Know that culture shock is a natural progression during time abroad and don’t be too hard on yourself!

GREAT WAYS to research your new home!

• Central Intelligence Agency’s World Fact Book: www.cia.gov/library/publications/the-world-factbook
• Frommer’s Guides: www.frommers.com
• Economist Intelligence Unit: www.eiu.com
• Fodor’s Guides: www.fodors.com
• Let’s Go Guidebooks: www.letsgo.com
• Lonely Planet Guides: www.lonelyplanet.com
• Rick Steve’s Europe: www.ricksteves.com
• Rough Guide Travel: travel.roughguides.com
Is my study abroad program a direct-credit or transfer-credit program?

Direct-credit programs are usually UA faculty-led. Direct-credit courses show up as UA courses in UAccess during the term a student is abroad. Direct-credit programs give students UA-specific course credit because the courses offered abroad are equivalent to UA courses. Grades earned in direct-credit programs are calculated into the University of Arizona grade-point average.

Transfer-credit programs mean that you take courses at a foreign institution and then transfer the courses back to UA. In order for UA to give you credit for transfer-credit programs, you must earn the equivalent of a “C” grade or higher. (If you are a graduate student, then you must earn the equivalent of a “B” grade or higher.) Grades earned in a transfer-credit program are not calculated into the University of Arizona grade-point average.

How many credits should I take when I am abroad?

This depends on your program. Most programs require that you take the equivalent of 12 units for semester programs or 6 units for summer programs. This is the minimum requirement for using financial aid.

If you are going on a Transfer-Credit program, then there will be a specific course registration process for your program. Usually, you will choose your courses as part of an online registration process with the foreign institution/university you plan to attend. But some foreign universities require you to register in-person.

How do I register for my study abroad courses?

You do NOT need to register for your study abroad courses in UAccess. Study Abroad and Student Exchange will register you for either direct-credit UA courses or SA units (a transfer-credit placeholder). This does not indicate credit already earned or the exact number of units you intend to take while abroad; it is simply a placeholder showing that you are registered as a full-time study abroad student. This is a non-unit bearing, non-gradable holding category. Study Abroad & Student Exchange will register you for these units about 1-month prior to the term when you are going abroad. Before you leave, double-check that these units appear in your UAccess account.

If you are going on a direct-credit program, then you will simply choose your study abroad courses as directed by your program: some programs require pre-registration, while others require registration upon arrival. Usually you have already done this by completing your Course Selection Sheet that you submitted with your application.

If you are going on a Transfer-Credit program, then your advisor will sign your Course Selection Sheet. Your advisor should sign the course selection sheet, or you can do this via email. In either case, make sure to keep any changes to your course approvals in writing and submit the written approval to your study abroad coordinator who will keep it in your file.

Where do I buy textbooks needed for my study abroad program?

It depends on the program, but for most transfer-credit programs, you will buy your books after you arrive in your study abroad country. If you are going on a direct-credit program, then you will most likely buy your books in the U.S. prior to your departure.
FINANCES

Students participating in a University of Arizona study abroad program must pay deposits and fees as set forth below. Students’ UA Bursar’s accounts must be in good standing (i.e. not delinquent) at the time of application and must remain so for the duration of participation in a UA study abroad program.

How am I billed for the program?
Study abroad students will be billed the following fees according to the program type:

<table>
<thead>
<tr>
<th></th>
<th>Faculty-led</th>
<th>Exchange</th>
<th>Direct Enroll</th>
<th>Third-party Program Providers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Application Fee</td>
<td>$80*</td>
<td>$80</td>
<td>$80</td>
<td>billed by third-party provider</td>
</tr>
<tr>
<td>Program Deposit</td>
<td>$600 - $2000**</td>
<td>$600</td>
<td>billed by host institution</td>
<td>billed by third-party program provider</td>
</tr>
<tr>
<td>Registration Fee</td>
<td>NA</td>
<td>NA</td>
<td>$600/Summer; $1500/Semester</td>
<td>$600/Summer; $1500/Semester</td>
</tr>
<tr>
<td>Program Charges</td>
<td>variable by program</td>
<td>equal to UA tuition based on residency status</td>
<td>billed by host institution</td>
<td>billed by third-party program provider</td>
</tr>
</tbody>
</table>

* Non-UA students must pay an additional application fee of $65 for non-degree undergraduate admission to the University of Arizona.

** Variable by program

Do I pay a Registration Fee?
SASE will only charge the registration fee to students on direct enroll and third-party provider programs. Billing occurs according to following dates:

<table>
<thead>
<tr>
<th>Term</th>
<th>Billing Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>July 1st</td>
</tr>
<tr>
<td>Spring</td>
<td>December 1st</td>
</tr>
<tr>
<td>Summer</td>
<td>May 1st</td>
</tr>
</tbody>
</table>

When will the program charges appear on my Bursar’s account?
SASE will bill any remaining program charges to each student’s UA Bursar’s account following official acceptance to the program through UAbroad and according to the following dates:

<table>
<thead>
<tr>
<th></th>
<th>Fall</th>
<th>Winter</th>
<th>Spring</th>
<th>Summer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Faculty-led</td>
<td>Once accepted in UAbroad</td>
<td>Once accepted in UAbroad</td>
<td>Once accepted in UAbroad</td>
<td>Once accepted in UAbroad</td>
</tr>
<tr>
<td>Exchange</td>
<td>July 1st</td>
<td>NA</td>
<td>December 1st</td>
<td>May 1st</td>
</tr>
</tbody>
</table>

SASE bills all charges through UA Bursar’s accounts unless otherwise noted. Students participating in third-party provider programs must pay application fees and deposits directly to their third-party provider. The UA registration fee is the only charge SASE will bill to the UA Bursar’s accounts for students on these programs.
FINANCES (continued)

For faculty-led programs, SASE will bill charges to a student’s UA Bursar’s account in the following three categories: TUIT (tuition), HOUS (housing) and OTHR (other). The total of these charges will equal the full cost of the program.

How do I pay the program charges?
Students can pay their accounts according to UA Bursar’s Office payment options. We regret that payment plans are not available for study abroad charges. Charges are due and must be paid according to the UA Bursar’s Office payment deadline set forth in the students’ UAccess account. The only exception is with regard to deposits for UA faculty-led and exchange programs, which must be paid in full before the application deadline. Late fees for past due balances will be assessed to the student’s UA Bursar’s account in accordance with UA Bursar’s Office policy.

Students whose accounts are delinquent will be subject to a past due balance charge, recovery of collection and legal costs, and withholding of University services. See: http://www.bursar.arizona.edu/ar-collections/past_due

I plan on using financial aid (FAFSA grants and loans) to pay for all or part of my study abroad program. What do I need to do?
Students may use federal grants and loans from their FAFSA award toward the cost of study abroad. Your UA financial aid money will be disbursed to your UA student account approximately 3-5 days prior to the beginning of the regular UA term start date, which can be found on the Registrar’s calendar (http://www.registrar.arizona.edu/schedules/dates.htm). Note that this is based on the regular UA calendar, not on your study abroad program start date.

I need to withdraw from my program. What is your withdrawal and refund policy?
If there is any indication that you may be withdrawing from your program, then you MUST contact your study abroad coordinator ASAP. Withdrawals must be made in writing to Study Abroad & Student Exchange.
(continued on next page)
How will I get cash while I am abroad? Can I use my debit card?
It is important to have at least 3 forms of “money” at all times, just in case some options cannot be accessed. The most common forms of “money” are debit cards, credit cards, cash (U.S. or foreign), traveler’s checks, and local bank accounts. What you choose to use is dependent upon personal preference, how long you will be staying and where you will be going.

If you have a major debit card (Visa or Master Card), there are ATMs in major (and lots of minor) cities around the world. Withdrawing money using your debit card is a lot more cost-effective than making wire transfers and safer than bringing a lot of cash with you. If you plan to withdraw money abroad from a U.S. bank account, make sure that there are ATMs in your host city which are use NYCE, PLUS, or CIRRUS. Also, make sure to notify your bank before you leave home about your travel plans as your bank may put a hold on your card if they see unusual card activity. Be aware that the ATM machines may charge a high usage fee and may not always be reliable (especially in developing countries).

In addition to using your debit card to withdraw cash, many students use credit cards for purchases. Credit cards often give you the best exchange rates, though many small restaurants, stores, and cafes may not accept them. Make sure to find out which card is most commonly accepted in your host country. Again, consult with your credit card company before you leave home to avoid account holds, which may be activated due to unusual activity on your card. Be aware that credit card fraud is a reality all over the world, and that cash advances from credit cards may carry very high interest rates. As always, be sure to consult with your study abroad coordinator for country-specific money matters.

What is the exchange rate in my host country?
To find out the exchange rate for your host country, visit www.xe.com or www.oanda.com/currency/ converter/

Oanda’s site also provides you with additional information such as the exchange rate history dating back to 1990!

Can I work while I am studying abroad?
Some countries will allow you to work part-time on a student visa. However, SASE promotes and expects students to focus on their full-time studies. Additionally, the labor laws of many countries may not allow you to work while you are in their country, so it is important to know the laws and to be realistic about the time and commitment working abroad may demand. Furthermore, it can be difficult to find work as a foreigner or without knowing the local language.
What steps should I take to protect my health while I’m abroad?

All students participating in a UA study abroad program must complete the Health Information Form found in your application or the equivalent from their program provider. This form will take you through all of the required steps, outlined below, that will help you protect your health while you’re abroad:

• Because time is of the essence, if you have not done so already, make an appointment with your primary care physician and/or mental health practitioner as soon as possible to review the Health Information Form and discuss any health needs and services you will require abroad.

• Be aware that some immunizations require multiple visits to be administered, so either make an appointment with the Campus Health Service Travel Clinic 520-621-2922 or speak with your primary care physician as soon as possible to discuss the need for medications and immunizations that may be necessary based on your destination.

• Educate yourself about current health issues and vaccination requirements that may be necessary based on where you will be going and regarding available medical services. Please search for information on the country(ies) you will be traveling to using the following websites:
  - Center for Disease Control—www.cdc.gov/travel
  - U.S. State Department—www.travel.state.gov
  - UA Travel Clinic—www.health.arizona.edu/health_services_immunizations.htm
  - TravMed: travmed.com
  - Go Ask Alice: goaskalice.columbia.edu

• Review your medical insurance coverage to find out exactly what is covered abroad, and what coverage you may still need (e.g., emergency medical evacuation, etc.). For more information about health insurance options, please visit: www.global.arizona.edu/study-abroad/health-and-safety-abroad

• Keep a copy of the Health Information Form to take abroad to give to your resident director or homestay provider so that they will have this information in the case of an emergency.

I take prescription medications. How do I get medicine while I am abroad?

If you require prescription drugs you must take an adequate supply with you and know how to administer them. You should also carry a copy of the prescriptions, including the generic names for the drugs, and written instructions from your physician in case of emergency. It may also be useful to have a translation of your prescription in the local language. If a medication is unusual or contains narcotics, carry a letter from your doctor attesting to your need to take the drug. If you have any doubt about the legality of carrying a certain drug into a country, consult the embassy or consulate of that country first. Pack medications in your carry-on luggage. It is appropriate to notify your on-site coordinator of any medications you are taking or any special health concerns.

What if I have a medical emergency abroad?

Being properly prepared will make a medical emergency abroad much easier to manage. What is important is having an understanding of your new environment so that you can quickly and effectively manage a medical emergency. The following points will help ensure that you are prepared:

• While settling into your new home abroad, make sure to research contact information for local clinics, hospitals, and emergency services. Keep a card in your wallet filled-out with all local and international medical and support service contact information. Consult the State Department website (http://studentsabroad.state.gov/content/pdfs/911_ABROAD.pdf) for a list of emergency numbers (fire, police, and ambulance) in your host country.

• Your study abroad program will have on-site staff that you can contact in case of questions. In the case of a medical emergency, it may be helpful to contact your on-site staff for their recommendations.

• Severe emergencies should be reported to the UA by calling Study Abroad & Student Exchange at (520) 626-9211. After-hours emergencies should be reported to the UAPD at (520) 621-8273. While the UA is limited in managing medical emergencies abroad, you can contact the UA if it is necessary to do so in extreme situations.

• U.S. embassies abroad can direct U.S. citizens to medical care in a foreign country and may also provide additional assistance in cases of severe emergencies. A list of Foreign Consulates can be found on the State Department’s website (www.usembassy.gov).
The health and safety of Wildcats abroad is our top priority. However, it is also important to remember that you are ultimately responsible for keeping yourself informed and making decisions about what is best for you during your time overseas. As you do in any other setting, you have a major impact on your own health and safety through the decisions you make before and during your program.

- Take responsibility for all elements necessary in your personal preparation for the program including University of Arizona pre-departure orientation and on-site orientation upon arrival.

- Read and carefully consider all materials issued by the host university/on-site staff that relate to safety, health, legal, environmental, political, cultural, and religious conditions in the host country(ies).

- Conduct your own research on the country(ies) you plan to visit with particular emphasis on health and safety concerns, as well as the social, cultural, and political situations.

- Consider your physical and mental health, and other personal circumstances when applying for or accepting a place in a program, and make available to the sponsor accurate and complete physical and mental health information and any other personal data that is necessary in planning for a safe and healthy study abroad experience.

- Obtain and maintain appropriate insurance coverage and abide by any conditions imposed by the insurance carriers.

- Provide parents, guardians, and/or other family members with emergency contact information, and keep them informed of your whereabouts and activities during your time abroad.

- Understand and comply with the terms of participation, codes of conduct, and emergency procedures of the program.

- Be aware of local conditions and customs that may present health or safety risks when making daily choices and decisions. Promptly express any health or safety concerns to the program staff or other appropriate individuals before and/or during the program.

- Accept responsibility for your own decisions and actions while abroad.

- Obey host-country laws.

- Behave in a manner that is respectful of the rights and wellbeing of others, and encourage others to behave in a similar manner.

- Avoid illegal drugs and excessive or irresponsible consumption of alcohol.

- Follow the program policies for keeping program staff informed of your whereabouts.

- Become familiar with the procedures for obtaining emergency health and legal system services in the host county.
Lesbian, Gay, Bisexual, and Transgender (LGBT) Students

It is important to be aware that the way in which lesbian, gay, bisexual, and transgender identities are received and understood differs greatly between each country and culture. While LGBT individuals are widely accepted in some countries, others are still largely intolerant of this identity expression. As in any cross-cultural situation, it pays to observe and be sensitive to local customs, as well as to express yourself appropriately and respectfully. There isn’t one overarching rule for how to express yourself while abroad, but it is important to remember that your sexual identity is just one aspect of the complete identity that makes you who you are. You may be surprised that in many countries, others perceive your most salient identity to be your national identity as opposed to any other identity you hold.

The International Lesbian, Gay, Bisexual, Trans, and Intersex Association (www.ilga.org) provides online country guides and an interactive map with information on how GLBT issues are addressed in specific countries. NAFSA: Association of International Educators Rainbow Special Interest Group (SIG) (http://overseas.iu.edu/lesbigay/index.html) also provides valuable information for LGBT travelers overseas.

Educating yourself on the varying perceptions of LGBT students, issues, and the laws related to them will go a long way in helping you have a safe and meaningful experience abroad.

Copenhagen, Denmark by Adrianna Lobato (Danish Institute for Study Abroad program)
Veteran Students
As the number of veteran students within higher education continues to increase, so too will the number of veterans participating in study abroad. When spending time overseas as a part of the military, it is often difficult for individuals to remove themselves from being viewed through the military lens by local residents. By studying abroad, veterans can experience life overseas in a different way than they may have while in the military.

There are additional stipulations placed on those who wish to use their GI Bill to help fund the study abroad experience. Please speak with your financial aid counselor during your program selection process, as well as the Registrar’s Veteran Services (www.registrar.arizona.edu/vets). Additional information regarding utilizing your GI Bill during your time abroad can be found on the VA Website: www.gibill.va.gov/documents/factsheets/post_911_study_abroad_fact_sheet.pdf

Minority Students (Ethnic and Racial)
In the U.S., you may be seen first through the lens of your race or ethnicity, however while abroad you are likely to be first classified as an American regardless of your race or ethnicity. Depending on your region of travel, it may be the first time you are in the position of being a minority. People will likely have an opinion, which they are eager to share, about the United States.

Many people you encounter abroad will also show a sincere interest in you whether it be your American culture, your ethnic culture, or your racial background. There may be people who stare at you or who are eager to touch your hair or your skin. If you are traveling in an area where people have had little or no contact with people different from them, know that people may be very curious, especially children. If somebody says or does something that is offensive to you, try to distinguish between a person who is genuinely curious about you and your culture and someone who has bad intentions. You may find yourself in some uncomfortable situations, and always remember to put your safety first.

Like many other aspects of study abroad, it is important to research before you go abroad. What was the experience of past students of your ethnicity who lived in that country? How does your host country view immigration? What kind of contacts and relations has your minority group had in your host country?

Religious Students
Religion often plays a large role in the culture of many countries and can be a great way for you to learn more about the country and its people. It is a good idea to research the religion(s) observed in your host country before you go abroad. Note that depending on where you go, religion may play a larger or smaller role than it does here in the US. While you may be used to being part of the religious majority in the United States, your beliefs may make you a part of the religious minority while abroad. Most importantly, you want to be aware of the level of religious tolerance in your host country so you can make an informed decision on how you will practice your religion while abroad.

Disabled Students
The lens through which disability is viewed varies greatly throughout the world. Views on independence, confidentiality, and respect for individual rights also differ from one country to the next. In the U.S., many people have begun to realize that disability is more often a product of the environment as opposed to an individual burden. However, many countries are still deeply rooted in the medical model of disability which does not see the physical environment as problematic. In many countries, there are no standards or requirements for providing access.
for disabled individuals. Wheelchair ramps, handicapped parking spaces, Braille signs, and other aids may be non-existent in parts of your host country, especially in rural areas. In addition to a lack of services provided to the physically disabled, there may also be a lack of services provided to those with a learning disability, those with psychological or emotional needs, or those who are mentally challenged. Mobility USA (www.miusa.org) is an indispensable resource which offers a great deal of information and assistance for students with disabilities traveling and studying abroad. The State Department website (http://travel.state.gov/travel/tips/tips_5967.html) also offers a wealth of valuable information regarding traveling abroad with a disability. If you are going abroad on an exchange, third-party, or direct enroll program, you will need to register with the host institution’s disability resources. If you are participating in a UA faculty-led program, please contact Disability Resources at (520) 621-3268, uadrc@email.arizona.edu.

Do not let any of these challenges allow you to think that you cannot study abroad. With adequate preparations and precautions, much of the world is accessible to students with disabilities.

Female Students

How women are perceived and valued in society fluctuates greatly around the world. In the U.S., you may be used to a far more egalitarian view of women than many other parts of the world.

Especially as an American woman, you may unwittingly find yourself the object of unwanted attention abroad, whether it be through whistles and stares or through more direct propositions. While this type of behavior is frowned upon and likely seen as offensive in American culture, it persists. What may be considered acceptable or even friendly behavior by women in one place might be socially inappropriate or even illegal in another.

If possible, talk to women from the host culture before leaving the U.S. Ask them what it is like to be a woman in their country. What are their perspectives of women’s issues and rights? After you arrive, ask local women and your on-site program staff about what is considered “appropriate” behavior and dress for women and attempt to respect and adapt to these cultural norms. Also observe the local women and how they and their romantic interests act, and the consequences of their actions. Note how behavior changes from one social situation to another.

Like anything else, it is important to do your research before you head abroad. Journeywoman (www.journeywoman.com/) is a great resource for women traveling abroad where you can read first-hand travel experiences from a variety of women who have lived or traveled abroad. The Canadian Government Website (http://travel.gc.ca/travelling/publications/her-own-way#off) also serves as a great resource for women travelers.

The best rule is to always put your personal safety first. It is better to risk upsetting another person than to risk physical or emotional harm.

Does The University of Arizona Code of Conduct apply to me while I am away from campus on a UA study abroad program?

Yes! Although you will be abroad, you are still a University of Arizona student, and as such, you must abide by the UA Code of Conduct. There can be very real consequences for not abiding by the UA Code of Conduct. Remember that you are an ambassador and representative of the University of Arizona!

- DOS Code of Conduct: deanofstudents.arizona.edu
  > Quick Links (policies and codes)
  > Student Code of Conduct
TRAVELER’S CHECKLIST

Before You Go:
- Passport
- Copy of Passport
- Visa
- ATM / debit / credit cards
- Appt. with Dr/DDS
- Insurance Information
- Credit Cards with PIN numbers
- Traveler’s Checks
- Currency of Host Country (about $100)
- U.S. cash (smaller bills come in handy)
- Plane Tickets
- Health Documentation
- Extra ID
- Intl Student ID Card
- Emergency info (medical, itinerary, relatives)

Clothing:
- Drip dry, no iron, minimum care
- Layerable clothes for weather changes
- Waterproof Jacket
- Comfortable Walking Shoes
- Sweats and slippers for cold rooms
- Socks-thin cotton, thermal, wool
- Hat
- Gloves/scarf
- Skirt
- Trousers
- Tops
- Swimsuit
- Underwear

Health Care Needs:
- Prescriptions/Birth Control
- Condoms
- First Aid Kit
- Band Aids
- Antiseptic Cream
- Sunscreen
- Tweezers
- Aspirin, Tylenol, etc.
- Antacid
- Diarrhea Medicine

Health Care Needs:
(continued)
- Malaria Pills (where needed)
- Insect Repellant

Important Basics:
- Luggage
- Travel pack or Daypack
- Money belt or neck pouch
- Good padlock/keys
- Luggage tags
- Camera and accessories
- Flashlight
- Batteries
- Dictionary of host language
- Alarm clock (battery operated)
- Watch
- Pictures from home
- Small gifts from home for host family or new friends
- Phone and charger
- Laptop
- Adaptor plug / Converter

Paperwork:
- Copy of your course selection sheet
- This Study Abroad Handbook
- Your program handbook and other program materials
- Travel documents
- Copies of important documents

Miscellaneous:
- Cards, games
- Towel / Washcloth / Beach towel
- Umbrella
- Sunglasses
- Ear plugs
- Plastic zip-lock bags
- Journal
- Travel Guides
- Maps
- Stuff Stacks
- Lots of patience
- A good attitude and sense of humor
Thinking About Returning Home and the RE-ENTRY PROCESS

Remember the u-shaped curve of cultural adjustment that you encountered when you first moved to your host country? Don’t be surprised if you experience many of those same emotions upon your return to the U.S. as you go through re-entry or reverse culture shock. Reverse culture shock is often a surprise for students. Since this is returning “home,” you may not expect to have any difficulty. Know that you are not alone in this transition. Many common feelings upon re-entry are:

1. **Boredom**

   During your time abroad, you likely experienced a multitude of new things as you explored your new culture. After all of these new experiences, a return to family, friends, and old routines (however nice and comforting) can seem very dull. It is natural to miss the excitement and challenges that characterize study in a foreign country, however, it is important to remember that there are many things you can explore right here at home!

2. **No one wants to hear**

   One thing you can count on is that no one will be as interested in hearing about your adventures and triumphs as you will be in sharing them. Remember, this is not a reflection of you or your achievements! When sharing stories from your time abroad, be realistic in your expectations of how fascinating your journey is going to be for everyone else.

3. **You can’t explain**

   Even when given a chance to explain all the sights you saw and feelings you had while studying abroad, it can sometimes be a bit frustrating when trying to relay them. It is very difficult to convey this kind of experience to people who do not have similar frames of reference, no matter how sympathetic they are as listeners. You can tell people about your trip, and if you cannot make them understand exactly how or why you felt a particular way, it’s okay!

4. **Reverse “homesickness”**

   Just as you probably missed home for a time after arriving overseas, it is just as natural to experience some reverse homesickness for the people, places, and things that you grew accustomed to as a student abroad. Remaining in communication with individuals you met while abroad can help alleviate these feelings but these feelings of loss are an integral part of international travel. They must be anticipated and accepted as a natural result of study abroad.
Relationships have changed
It is inevitable that when you return, some relationships with friends and family will have changed. Just as you have altered some of your ideas and attitudes while abroad, the people at home are also likely to have experienced some changes that are very important to them. The best preparation is flexibility, openness, minimal preconceptions, and tempered optimism.

People see the “wrong” changes
Sometimes people may concentrate on small alterations in your behavior or ideas and seem threatened or upset by them. These incidents may be motivated by jealousy, fear, or feelings of superiority or inferiority. To avoid or minimize discomfort, it is necessary to monitor yourself and be aware of the reactions of those around you, especially in the first few weeks following your return. This phase normally passes quickly if you do nothing to confirm their stereotypes.

People misunderstand
Some people may misinterpret your words or actions in such a way that communication becomes difficult. For example, what you may have come to think of as witty humor (particularly sarcasm, banter, etc.) and a way to show affection or establish a conversation may be considered aggression or “showing off.” Continually using references to foreign places or sprinkling foreign language expressions or words into an English conversation is often considered boasting. Be aware of how you may look to others and how your behavior is likely to be interpreted.

Feeling of alienation/seeing with “critical eyes”
Sometimes the reality of being back “home” is not as natural or enjoyable as the place you had constructed as your mental image. When actual daily life is less enjoyable or more demanding than you remembered, it is natural to feel some alienation. Many returnees develop “critical eyes,” a tendency to see faults in the society you never noticed before (e.g., Americans are so wasteful, materialistic, fat, in a hurry, etc.). Being critical is closely related to discomfort during readjustment and mild “culture shock”. Mental comparisons are fine, but keep them to yourself until you regain both your cultural balance and a balanced perspective.

Inability to apply new knowledge and skills
Many returnees are frustrated by the lack of opportunity to apply newly gained social, linguistic, and practical coping skills that appear to be unnecessary or irrelevant at home. To avoid ongoing annoyance: adjust to reality as necessary, change what is possible, be creative, be patient, and above all, use all the cross-cultural adjustment skills you acquired abroad to assist your own reentry.

Loss/compartamentalization of experience (“shoeboxing”)
Being home, combined with the pressures of job, school, family, and friends, often conspires to make returnees worried that they might somehow “lose” the experience. Many fear that it will become compartmentalized like souvenirs or photo albums kept in a box and only occasionally taken out and looked at. You do not have to let that happen: maintain your contacts abroad; seek out and talk to people who have had experiences similar to yours; practice your cross-cultural skills; and continue language learning. To the extent possible, integrate your overseas experience into your ongoing life and activities.

COMBATING RE-ENTRY CULTURE SHOCK
After your time overseas, returning home can sometimes feel like moving to an entirely new culture. Think back to the adjustments you made to help you succeed while you were abroad and remember that these feelings will pass just as they did before. You are a new, improved version of yourself and it is important to find ways to integrate your newly-acquired skills, emotions, and cultural intelligence into your routine at home. By taking these simple steps, your transition home will be much easier.

Get Involved!
- UA Buddy Program: http://www.global.arizona.edu/study-abroad/ua-buddy-program
- Become a Global Ambassador: http://global.arizona.edu/study-abroad/ua-global-ambassador
- Become an Ambassador for your third-party provider
- Attend re-entry workshop upon return to the UA
TAKING YOUR SMART PHONE? Here are some apps to check out:

JOURNALS/DIARIES
● **Flava** – Note/Journal: private note/journal application with personal timeline to seize your life by moments.
● **Heyday** (iPhone): keeps track of your locations and photos you take and automatically combines everything into a journal.
● **Memo Journal** (Android): write journals and diaries wherever you go; add photos, audio or video files to your journals.
● **Memoires** (Android): private, password-protected diary; quickly enter thoughts, memories or notes, capture photos, audio or insert images from gallery. It also accepts text and images from other apps.
● **Trip Journal** ($2.99): award-winning ultimate travel app that allows you to track, record, document, and share your travels with friends and family.

HEALTH & SAFETY
● **Smart Traveler** (iPhone): the official State Department app for US travelers; provides easy access to frequently updated official country information, travel alerts, travel warnings, US embassy locations, and more.
● **Travel Safe** ($0.99): can connect you with emergency services within 5 seconds; automatically detects location and brings up information when you need it.
● **TravelMeds** (Android): allows you to enter your allergy information, take pictures of your prescriptions and your medical record and have it all at your fingertips. Also translates allergy information and medical conditions into foreign languages so you can explain it when you need help.
● **Easy Med Medical Passport** (iPhone): mobile access to your health information and valuable tools to help you receive the right medical care.

STAY IN TOUCH
● **WhatsApp**: text any smartphone for free with a Wi-Fi connection.
● **Skype**: free IM and video calls with a Wi-Fi connection.
● **iMessage**
● **Facebook**: Messenger

CURRENCY CONVERTER
● **XE Currency Exchange**
● **OANDA Currency Converter**

LANGUAGE TRANSLATOR
● **Google Translate**: speak, write, type or take a picture to translate; translate offline while traveling – no internet connection needed.
● **iHandy Translator Free** (iPhone): translate any sentence or phrase into any destination language.

FLIGHT BOOKING & TIPS
● **Kayak**: search for flights around the world.
● **SkyScanner**: search for flights around the world.
● **Ryanair**: ultra-low-cost carrier in Europe.
● **GateGuru**: tips and list of services to navigate the world’s best and worst airports.

TRAVEL TIPS
● **TripAdvisor & TripAdvisor City Guides**: millions of traveler reviews of hotels, restaurants, and activities around the world.
● **Tipping Bird** (Android): not sure if you’re supposed to tip? Or how much? Download this guide to tipping conventions around the world.
● **GlobeTipping** (iPhone): gives precise advice how to tip adequately in over 200 countries.
● **HostelWorld**: read reviews and book hostels on the go.

PACKING
● **uPackingList**: handy packing checklist.
● **Packing Pro** (iPhone: $2.99): comprehensive app to help you prepare for your journey.

COUNTRY GUIDES
● **TripIt**: organize travel plans and access itineraries when offline.
● **Time Out** (iPhone): constantly updated with new events and recommendations for hot new restaurants, clubs, film openings, and more.

MAPS
● **City Maps 2Go**: offline maps.
● **Maps with Me Lite**: maps work everywhere, anytime. Internet connection isn’t required.
BON VOYAGE!

Toledo, Spain by Daniella Miller
(Arizona in Alcala program)