

Congratulations on your decision to study abroad!

This handbook has been prepared for all students planning to study abroad on any of Dickinson's summer or short-term programs.

Information specific to the program you have chosen will be made available through orientation sessions and/or e-mail correspondence.

Please take the time to familiarize yourself with the handbook's content, so that you can plan to follow up as needed. You will need this handbook as a reference tool before, during, and after your time abroad.

PLEASE REMEMBER- You are expected to be familiar with and abide by all policies outlined in this handbook.

CONTACT INFORMATION

Center for Global Study and Engagement:

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Major Emergency Protocol:

If you need to contact the Center for Global Study and Engagement after hours for emergency assistance in a very serious situation, call the Dickinson College Public Safety 24-Hour Hotline **717-245-1111**, identify yourself and the program, describe the emergency briefly, and give a number for call back. The operator will locate the proper Center for Global Study and Engagement staff, who will return the call.

The following is a list of travel agents and websites students have used in the past. This list is not exhaustive, and the Center for Global Study and Engagement does not endorse any particular travel agent or booking website.

- Advantage Travel
- GT Tours (Latin America)
- STA Travel
- Student Universe
- Airline website (Delta/American/United, etc)
- Booking websites (Expedia/Skyscanner/priceline, etc)

Department of State Announcements:

Department of State web site: <http://travel.state.gov>

U.S. travelers may hear recorded information by calling the Department of State in Washington, DC at 202-647-5225.

Smart Traveler Enrollment Program (STEP): <https://step.state.gov/>

GENERAL INFORMATION

General College and Center for Global Study and Engagement Policies

College Non-Discrimination Policy:

Dickinson College is an academic community that values justice, free inquiry, diversity, and equal opportunity. It is a fundamental policy of Dickinson College to respect pluralism and to promote tolerance, civility, and mutual understanding within its community. On that basis, Dickinson College does not discriminate as to race, color, sex, political and religious beliefs, marital status, age, sexual orientation, national and ethnic origins, veteran's status, or disability.

Student Agreement Form (see Appendix II):

The Student Agreement form, which applicants filled out as part of their application process, acknowledges awareness of inherent risks associated with foreign travel and that the student is participating in the program voluntarily. By signing the form, the participant agrees to release, indemnify, and hold harmless Dickinson College from and against any claim that the participant, the participant's parents or guardian or any other person may have for any losses, damages, or injuries arising in connection with participation in the overseas program. Signing this form automatically enrolls the student in the Dickinson College's "Supplemental Emergency Travel Assistance and Medical Evacuation Insurance Program." **However, this is NOT a substitute for your primary health insurance coverage.** (See Appendix II for more information on this insurance.)

Credit Transfer:

For successful completion of the short-term program, students will earn one (1) course credit, the equivalent of four semester hours*. Students will receive a letter grade for this course.

For Globally Integrated or Mosaic Programs, successful completion will include participation in the overseas component of the program. Students will earn the designated credit associated with the program and a letter grade for this program.

Status of non-Dickinson Students:

Students from other institutions who participate in Dickinson College study abroad programs are considered "guest students" of the College for the duration of the program; as such, they will enjoy all the rights and privileges granted by the program. The only restriction is ineligibility for Dickinson grant money and endowed scholarships.

Conduct and Discipline Policies

What is this all about? (IMPORTANT: PLEASE READ!!)

At Dickinson College, study abroad is not about travel to an exotic destination. It means becoming an active participant in the life and culture of a foreign locale in order to gain useful knowledge about a place and its people. By applying to a particular program, you have taken a significant step toward expanding your mind, engaging other cultures, and becoming a more active participant in our global society.

In a very real sense, you go abroad as an ambassador of Dickinson College. Your attitude, interactions, and presence abroad will speak volumes about you and about us. You are privileged to be there as a full-time learner, both academically and in all other aspects of daily life. Resist playing the role of the "ugly American" stereotype. Resolve instead to develop understanding and show respect for the culture you are visiting.

Code of Conduct:

All students studying abroad are expected to abide by the code of conduct as expressed in the Student Agreement that you have signed. This form is reprinted as Appendix II of this handbook. Please read it again.

It is a fundamental expectation that students will respect the norms of the host culture with regard to behavior and dress and will obey host country laws as well as all policies and regulations of the host institution and/or Dickinson Center. It is further expected that students participating in Dickinson programs will:

- attend and participate in classes and complete assignments
- participate in planned group excursions
- observe the rules and respect the property of the program's center and/or of the host institution
- for safety purposes, provide the Program Director with contact information and/or itinerary to the extent possible when they leave for private travel.

Students shall respect the rights of other students whether on the program or at the host institution, as well as those of homestay families, staff, and faculty. Dickinson College policies regarding student conduct as outlined in the [Dickinson College Student Handbook](#), including academic infractions such as plagiarism, apply to students enrolled overseas as well.

Drinking and Drug Use:

Most cultures have well-established customs with regard to acceptable social drinking. Mature behavior and respect for local customs is expected of all students. The misuse of alcohol will not be tolerated and can result in dismissal from the program. The use, purchase, or sale of illegal drugs is prohibited. A student caught using, purchasing, or selling drugs will be sent home immediately without refund.

Legal penalties with regard to drugs and alcohol may be more severe in the host country than in the U.S. and may entail fines and/or jail time. A student charged with breaking local laws will be subject to the rulings of local courts. U.S. laws and constitutional guarantees do NOT apply. The ability of program staff or U.S. Embassy personnel to assist is very limited. In most countries release on bail while awaiting trial is not an option.

Removal from Program for Disciplinary Reasons:

Students can be dismissed from programs for violating policies, rules or regulations, for engaging in disruptive behavior, for academic infractions or failure, and for conduct that could bring the program into disrepute. In such cases, students will be discharged without a refund. The Executive Director of the Center for Global Study and Engagement will make the judgment in consultation with the Program Director.

Early Withdrawal and Program Cancellation Policies

Refund Policy and Financial Consequences for Early Withdrawal:

Early withdrawal from a program will have financial consequences. Both the \$40 application fee and \$300 confirmation payment are non-refundable. Before making a final decision to withdraw, you should note the following policy that applies in **all cases of early withdrawal from a short-term program, regardless of the reason for withdrawal.**

A student's date of withdrawal is determined by either:

- 1) The date the student notifies the Center for Global Study and Engagement in writing of his/her decision to withdraw, or
- 2) The date the student is officially dismissed from the program

A student who withdraws **prior to the 45th day before the start of the program** will receive a 100% refund, less the non-refundable confirmation payment.

A student who withdraws **on or after the 45th day before the start of the program** will receive an 80% refund of the program fee less the non-refundable confirmation payment.

A student that withdraws after the program starts will forfeit 100% of the Program Fee.

Financial Aid Refunds

For students receiving financial aid, refer to the financial aid refund rules as stated in the Dickinson College Bulletin under the Dickinson College Refund Policy. It is important to understand that, since the financial aid refund and the refund to the student's account are calculated using different methods, the refund to the student account may not fully cover the required refund to the financial aid programs, and the student may end up owing funds to the college after the refund to the financial aid programs has been made.

Program Cancellation Policy:

All decisions concerning the cancellation (or required modification) of a Dickinson College program will be made by the Center for Global Study and Engagement in consultation with responsible authorities on campus and overseas. These decisions will be based on, but not limited to, State Department warnings. Students whose program is cancelled prior to the start date will receive a full refund of the program fee, including the confirmation payment.

Program Fees

Dickinson College program short-term fees include the following: tuition and fees, room and board, and scheduled group excursions. Not included in the program fee are: required primary health and accident insurance (purchased in the U.S.), travel to/from program site, and other personal expenses. You may check the student budget sheet to see what your program specifically covers. Invoices sent out by the Student Accounts Office will show credit for the \$300 confirmation payment and for any financial aid for which you are eligible and have applied to the program.

If the balance due on your account is not paid by the deadline noted on the billing, or if special arrangements have not been made with Student Accounts (Tel. 717-245-1953 or email: stuacct@dickinson.edu), you will not be allowed to participate in the program.

Student Budget Sheet:

The Center for Global Study and Engagement prepares a student budget sheet for each Dickinson program to help students and parents anticipate expenses not covered by the program fee. At the top of the sheet the program fee is given, followed by a listing of what is included. Below that there is a table of estimated costs not included in the program fee. These estimated costs are then divided into required and optional cost sections. The estimate for personal expenses is an average amount, and you may not actually incur all expenses listed; some students get by with less, whereas others spend a lot more. Budget sheets can be found on the program pages at <http://dickinson.studioabroad.com>.

PROGRAM PREPARATIONS

Limited Power of Attorney

In case your signature is needed for any reason during your absence, such as for a Stafford loan check, you should consider making arrangements for "limited power of attorney" to be held by an appropriate person stateside to act on your behalf. This is usually a parent or guardian, but can be another relative or close friend. It must be someone you trust to act responsibly on your behalf in legal and financial matters. You may use a standard "[Limited Power of Attorney Form](#)" (A240), available from the Office of Student Accounts or at the Center for Global Study and Engagement in the Stern Center (room 016). Examples of the kinds of things you might want to authorize the person(s) to do would be: acting on your behalf in federal loan matters or withdrawing or transferring money from a specific bank account. You should have the statement(s) notarized and request a couple of originals in case the bank or other entity requires an original.

International Travel Assistance and Insurance Information

All students enrolled at Dickinson College traveling outside of the United States participating in Off Campus Studies Program or Immersion of Service Programs of the College have access to International SOS, a medical and security travel assistance company, and are covered under the Chubb Global Medical insurance plan.

The fee is included in your study abroad program and includes:

- International SOS (Intl.SOS) emergency assistance coverage
- Global Medical plan underwritten by CHUBB ACE

Please review the [CGSE Health and Safety website](#) for the most up to date health, safety, and insurance information.

Health Matters

Medical Check-ups:

Before leaving the United States, you should visit your physician, gynecologist, eye care specialist, and dentist. Make sure you are in good health before going abroad so that you can avoid any potential problems.

Immunizations/Inoculations:

All students going abroad should consult with the Dickinson College Health Center or your personal physician to make sure that all of your routine inoculations are up-to-date. These include measles, mumps, rubella (MMR) and diphtheria, pertussis, tetanus (DPT). For more up-to-date country-specific information about immunizations and other health precautions, consult the Center for Disease Control (CDC) website at www.cdc.gov/travel/.

Medications:

Prescription/non-prescription medication(s) should be in the original container from the pharmacy and labeled with your physician's name, your name, and the medication name and dosage. **Do not transfer**

any medication into an unmarked container. You should also carry a written letter or prescription from your physician verifying that this medication was prescribed by a licensed practitioner and is necessary for medical reasons. If you are on prescription medications or take particular over the counter medications, such as a certain painkiller, you should take enough with you to last the duration of your stay. It is neither advisable nor legal in some circumstances to ship medications by mail. It is your responsibility to make sure that your medications are legal in your host country. You can find this out by consulting the consulate website of the country you will be visiting. You may also want to take along some cold/flu medication, anti-diarrhea, and anti-fungal medicine. Women prone to gynecological infections should take a supply of medication. Be aware of recent changes in airport security regulations limiting the types of liquids or gels that can be transported in carry-on luggage.

The Center for Disease Control recommends that students with diabetes or health situations that require routine or frequent injections should carry a supply of syringes sufficient to last their stay abroad. If you carry narcotics or syringes, you should also bring a copy of the prescription and a statement from the prescribing physician.

Mental Health, Stability, and Stress:

For students under the care of a counselor or psychiatrist, please be sure that you see him/her before you depart from the US. Participating in a study abroad program in another country will not lessen any emotional issues that you may presently be experiencing. When you are abroad, you will probably experience various states of excitement and frustration as a result of the opportunities and differences presented by the new culture. These alternating emotions are usually related to the natural phenomenon of culture shock, which occurs when people adapt to a new culture and surroundings. As you become accustomed to your new surroundings and establish a routine, these feelings will begin to subside. If homesickness, depression, or eating disorders persist, consider seeking out professional assistance.

Special Accommodations:

The accommodations available to students with disabilities in the United States may not be available to students studying abroad. It is unlikely that you will find the same medications, medical and/or psychological care, or support services at your study abroad site that you would at home. For you to fully assess whether you will be able to successfully complete a study abroad program, we encourage any student with special needs to review the program descriptions and to visit websites about the community in which you will be living and learning. If you wish to have assistance from the College in helping you to assess your ability to succeed in studying in a particular program or in identifying programs where more support may be available, you are encouraged to disclose your situation on the medical forms you completed during the application process or to come talk to the Center for Global Study and Engagement. Such disclosure is completely voluntary. If you travel to an abroad site, you will be expected to fully participate in the program. Therefore, you need to inform yourself about the demands of the program in order to plan ahead and to prepare to cope with your health needs in a new environment.

Health and Safety in Flight:

For safety and comfort, wear loose-fitting, natural-fiber clothing during your flight. Do not wear snug-fitting or heeled footwear! If possible, avoid wearing contact lenses. Low humidity in flight tends to remove the moisture from the eye's surface. It is helpful to do seat exercises or to walk in the aisles in order to maintain good circulation. One easy exercise you can do is to tap your toes while keeping your heels on the floor. This pushes blood up your legs and reduces swelling. Tap for several minutes every hour or so.

It is always advisable to sleep during long flights. You should avoid alcoholic beverages in flight because they cause dehydration. Recycled air also has a drying effect, so you should drink only non-alcoholic

beverages regularly. If you require a special diet, be sure to notify the airline at least 72 hours before departure.

The most common difficulty or problem that can result from flying is known as jet lag, which is the sudden sense of fatigue or wakefulness at the “wrong” time. Jet lag is more pronounced flying east than flying west. Veteran international flyers recommend going to bed and getting up at the customary local time from the beginning. This helps the body adjust quickly. Avoid naps until fully adjusted to the new time zone; the body confuses naps with night sleep.

Health Tips:

By using common sense and taking everyday precautions, you can safeguard your health. Here are some tips:

- Inform yourself about the particular health risks of the country you will be visiting and be meticulous in observing recommended precautions.
- Students with existing medical conditions should consult their personal physicians regarding special precautions they may need to take. It is important to tell your physician the location(s) you will be visiting.
- If you wear glasses or contact lenses, take along an extra pair, plus a copy of your lens prescription. Pack enough lens cleaning solution for the entire trip.
- Always carry a wallet card or wear a necklace or bracelet stating any special conditions you have (such as diabetes, asthma, etc.). Be sure to list allergies to specific medications.
- If you are sexually active, use a condom. You may have trouble finding reliable brands of condoms abroad; consider taking a supply.
- Take care of yourself while traveling: try not to wear yourself down, avoid excessive exposure to the sun, drink plenty of liquids to stay hydrated, and try to get enough sleep.

TRAVEL PREPARATIONS

Passports and Visas

The responsibility for ensuring that you have a valid passport and visa in time for your program is ultimately your responsibility.

Passport Information:

A valid passport **that does not expire for 6 months* beyond the end date of the program** is required to enter any country. If your passport expires before the required validity, you will have to acquire a new passport before departure and/or before applying for a visa (if your program requires it). **If you have not applied for your passport, you must do so immediately.** You can find more information at the Center for Global Study and Engagement or the US Post Office located on Louthier Street in Carlisle.

*Double check this for the particular country you are traveling to.

Applying for a Visa:

A visa is a stamped endorsement placed in your passport by the embassy or consulate of a foreign government that allows you to enter that country for a specific period of time. Visa requirements and costs differ from country to country. **You will be notified by The Center for Global Study and Engagement if a visa is required for your program.**

Information for International Students:

If you are not a U.S. citizen, it is your responsibility to research your status, and whether or not you need to obtain a visa, obtain any special entry papers, or other documentation that may be required for entry. Contact the host country embassy in your country of citizenship for assistance. Depending on the country's requirements, you may have to apply in person at that Embassy/Consulate.

Packing and Flight Information

Packing Tips:

When planning what to take with you, the first rule is to take the minimum amount of clothes possible. You will accumulate things during your visit, so when in doubt – leave it at home! Travel with no more baggage than you can carry! When planning what to take with you, be practical and focus on the essentials of a wardrobe. Choose clothes that can be mixed and matched and layered to serve different seasons and temperatures. Dark, conservative colors can be worn longer without laundering and will help to make you appear less conspicuously American.

Here are some general wardrobe suggestions for items to pack (Check with your program director for any specific things to pack):

- a sturdy, comfortable pair of walking shoes that you have BROKEN IN and a nice pair of shoes for formal occasions;
- appropriate clothes for the season
- a folding umbrella for rainy days or a rain coat with zip-in lining
- 1 towel, 1 washcloth
- a swim suit and sandals for the beach (if applicable)
- 1-3 nice outfits - may vary for January-term programs
- 15-18 socks and underwear- may vary for January term programs
- Winter clothing (if applicable): jacket, hat, gloves, scarf, etc
- 10-14 tops- may vary for January-term programs
- 6-8 bottoms- may vary for January-term programs
- Sweatpants/pajamas

- Extra contact lenses, glasses, and prescription

Other Useful Suggestions:

- a day bag or backpack for traveling around
- A laptop
- Adapters and converters for US electronics
- a USB memory device for transferring documents and photos between computers
- Space/Vacuum bags (can be found at Wal-Mart or Target and condense the amount of space your clothing uses in your luggage)
- luggage ID tags both inside and outside of your luggage
- International phone numbers for computer and credit cards
- a small supply of toiletries
- a money belt and/or neck pouch to carry valuables
- a travel sewing kit (with safety pins)
- a small first aid kit
- any preferred health and beauty supplies
- a Swiss army knife with corkscrew, bottle opener, and scissors (packed in your suitcase – not your carry-on luggage)
- a camera
- playing cards
- sunglasses & sunscreen (if applicable)
- all medications, prescription or non-prescription, should be carried in the original, labeled container; take copies of all prescriptions with you
- notebooks, school supplies, etc (if applicable)
- language-specific dictionary (if applicable)
- a few token gifts, something typically American or representative of the area in which you live in the U.S., or from Dickinson College – an especially a good gift if you are living with a host family.

For the first few days, pack basic toiletries, toothbrush and toothpaste, and a washcloth in case you are not able to get to a store right away. Depending on the country, most toiletries should be available, although brands are frequently different. **If you have a particular type of toiletry that you like to use, you may want to bring it with you.**

Packing Tips from the Transportation Security Administration (TSA):

- Do not pack oversized electronics in your checked baggage when possible. However, please be advised that you will be required to remove these items from your carry-on bag and submit them separately for x-ray screening. Small electronics, such as iPhones, can remain in your carry-on.
- Prepare your 1 quart-sized, clear, plastic, zip-top bag of liquids before arriving at the airport, following the 3-1-1 guideline (place liquids into 3.4 ounce bottle or less (by volume); all bottles should be carried in one 1 quart-sized, clear, plastic, zip-top bag)
- Pack all your coats and jackets in your checked baggage when possible.
- Do not wrap gifts. If a security officer needs to inspect a package, they may have to unwrap your gift. Please wait until you've reached your final destination to wrap gifts.
- You are required to remove footwear for X-ray screening so wear shoes that are easy to take off and put back on.
- Double check the contents of your pockets, bags, and carry-on luggage to ensure no prohibited items were inadvertently packed.
- When in doubt, leave it out. If you're not sure about whether you can bring an item through the checkpoint, put it in your checked bag or leave it at home.

- For more information, visit www.tsa.gov.

Carry-on and Checked Luggage:

BAGGAGE REGULATIONS: You should call the airline directly or go online to inquire about baggage regulations. A backpack with a frame must be checked as one of these allowed pieces. (It should be noted that this type of “backpackers” backpack has been found useful by past participants due to the amount of traveling you will be doing). Attach a label on the outside of your luggage and place a name and address label inside.

In most cases, you are allowed one piece of carry-on luggage not to exceed 45 total inches, which must fit under the seat in front of you or in an overhead bin as well as one personal item. Make sure that your luggage follows TSA regulations. Weigh your luggage before you arrive at the airport to ensure that it is not overweight. Remember that bags should be small enough to go up narrow stairways, go down crowded train aisles, and fit on luggage racks. A coat and a handbag, briefcase, or laptop may be carried on. Also, in case your luggage is delayed for a few days, be sure to pack a change of clothes and any medicine or toiletries you would need in your carry-on bag.

LAPTOP: If you bring a laptop, it should be considered one of your carry-on items. You should purchase insurance to cover it in case it is stolen or damaged.

VALUABLES: Carry extra cash in a money belt or neck pouch. Do not carry all your cash in one place. Never pack money, valuables, or important documents in your checked luggage!

LOST LUGGAGE: Make a list of everything you pack, bring a copy of the list with you and leave a copy at home. This will be helpful if your luggage is lost and you need to identify the items and cost of your luggage. If your luggage is lost or mishandled, you must file a claim with airline personnel immediately. Do not leave the airport thinking it will be easier to do it at a later time. It won't be.

Airlines don't refund lost baggage unless there are original receipts, so keep the things you care about with you at all times during travel.

Travel Documents:

Before departure you should make copies of all of your important documents. Leave one set of copies with your family and take one with you to keep in a safe place separate from your original documents.

- The information page of your passport
- Any entrance visas (if applicable)
- Insurance policies and contact information
- Your airline ticket
- Front and back of credit cards and phone numbers for credit card replacement (you cannot dial an 800-number from overseas, so you will need a direct number)
- Contents of your wallet
- Prescription medications

Immediate Cash/Travel Funds:

Depending on your destination, having a small “emergency fund” of \$50- \$100 (in small denominations) may be worth considering. You may want to withdraw money at the airport upon arrival, since banks may be closed if you arrive on a weekend. More information is available in the Financial Information section of this handbook.

Flight Arrangements:

Airfare is NOT included in the program fee unless otherwise noted. Specific travel guidelines will be provided for students after they are accepted.

You will need to be at the airport at least 3 hours before departure (depending on the weather). Be sure to leave yourself plenty of time because of delays created by recently increased security measures.

**Verify with your airline and airport the recommended amount of time to arrive prior to departure, which may be greater than 3 hours before your flight's departure*

WHILE YOU ARE ABROAD

Living Accommodations

Living accommodations vary by program. Students will live in dorms, apartments, or hotel style housing. No matter what type of living accommodations you stay in, always remember to be respectful.

Financial Information

ATMs:

Automatic teller machines (ATMs) are a convenient way to transfer money and exchange currency. ATMs connected to international networks such as Cirrus and Plus allow you to retrieve cash in the local currency directly from your bank account in the United States. Inquire at your bank to be sure that your ATM card will allow cash withdrawals abroad. ATMs overseas will only accept cards that access checking accounts in your name. Also, you shouldn't rely exclusively on ATMs because you may not be able to find an ATM as easily as you would in the U.S. Your home bank may charge fees for foreign withdrawals.

Credit Cards:

Many major credit cards (e.g. Visa and MasterCard) are accepted abroad, depending upon the country. A credit card can be very useful for big purchases: restaurants, hotels, shops, and airline tickets, or for an emergency, in which you can track your spending. When you use a credit card it should be in your name. Verify your credit limit before you depart the US.

Check on Fees with Bank and Credit Card Companies:

Before leaving the U.S., check with your local bank and credit card companies about fees for using your card overseas. If the fees are hefty, consider withdrawing larger amounts of cash from the ATM and taking only what you need and keeping the rest in a safe place. Only use credit cards with high fees for big purchases or in emergencies.

You should notify your bank and credit card companies that you are going abroad for an extended period of time, and be sure to inform them as to which countries you will be traveling. Otherwise, when they see charges on your card from a foreign country, they may assume that your card has been stolen and suspend your account. Keep a separate record of your credit card numbers and phone numbers of the companies so you can report theft or loss of your card quickly.

Spending Money:

Students sometimes ask how much spending money they should plan to have during their time abroad. This amount depends, of course, on the lifestyle you adopt and how much you plan to travel. Please consult the Student Budget sheet you received in your acceptance packet for more information.

Communication Information

Students sometimes tell family/friends that they will phone home the minute they arrive. However, plans often go awry because of plane or train delays, unavailability of wifi, etc. To save parents and loved ones worry, we suggest an agreement to call at the earliest convenient time, rather than promising to call at once.

E-mail, cell phones, social media, messaging apps (WhatsApp) and Zoom/Microsoft Teams allow students to keep in closer touch with family and friends back home than ever before. There is a good side to this,

but it is possible to overdo it so that you focus too much on home to the detriment of your abroad experience. Consider writing frequent letters, postcards or a blog instead. These can be reread and kept as a record of your time abroad.

Cell Phones:

For short-term programs, international cell phone service may not be necessary. However, you should consult with your program director to find out what is suggested. For some programs and locations, a cell phone can be an excellent way to communicate with other students on the program, to be accessible to family and friends at home, and to be reachable in the event of an emergency. It may, however, be very expensive to make international calls from your phone. Students can check with their current cell phone provider to see if their phone has international calling capabilities. If so, you will have to find out the procedures for using your cell phone abroad.

Computers and Internet Access:

If you plan to take a personal computer, make sure it is compatible with the voltage of the country you will be living in. Most laptops have built-in converters, but a personal computer will need a plug outlet adaptor, which can be tough to find in other countries. Also, be sure to buy adequate insurance for it. Computer and Internet access will vary at each program site, however, more than likely you will always be able to find Internet access at your site. In any case, we encourage you to limit your Internet use to create a healthy balance between staying in touch with your friends and family in the U.S. and taking advantage of the time you spend.

Health Care while Abroad

Health Culture:

If necessary, be prepared for medical care to be different from what you would expect in the US. Get any exams taken care of before departing and talk with your doctors about any medications you will be taking with you.

AIDS and STDs Overseas:

You are at the same risk for AIDS and STDs while abroad as you would be at home since your risk of infection depends on your behavior. Therefore, if you are sexually active, use good judgment and common sense. It is also highly recommended that you carry a personal supply of condoms and birth control, especially if traveling to underdeveloped regions of the world.

Safety and Emergency Procedures while Abroad

Overview of Emergency Precautions:

The Center for Global Study and Engagements has always taken seriously our students' safety while studying abroad. In the wake of recent events, safety concerns are even more urgent. With the continuing threat of terrorism around the world, we are obviously concerned about the global security situation and continue to monitor it, and we encourage students and parents to do likewise.

We depend on a variety of sources to assess situations overseas, including the news, our own resident directors, and other on-site contacts abroad, as well as professional colleagues and publications. One of the most important sources is the U.S. State Department. Please review the Department of State web site (see next section), as well as any others you may find useful. All past decisions about canceling or closing programs have been informed by Department of State or World Health Organization recommendations.

We consider it essential that students take responsibility for their own safety, and we expect their cooperation. For example, students are asked to share flight itineraries with our office; our Program Directors ask students to inform them of any travel plans away from the site. We share DOS warnings and announcements with students and remind them frequently to review common sense safety and security measures, such as those printed below in this section. In a serious emergency, administrative staff of the Center for Global Study and Engagement can be accessed 24 hours/day, 7 days/week.

Dickinson Centers and partner institutions are in regular contact with the Center for Global Study and Engagement in Carlisle, and contact information is updated routinely for students overseas, on-site staff, partner institutions, and local emergency officials at our program sites, as well as U.S. Consulates and Embassies. Our staff abroad remains in contact with local university and civic officials on an ongoing basis.

Dickinson College has developed emergency plans that can be implemented in the event of a crisis directly affecting any of our programs abroad. In the unlikely event that it became necessary to return students to the United States, every effort would be made to offer alternative means for students to complete their academic program. For important information about Program Cancellation, see page 6.

Dickinson College is concerned about the health and safety of its students traveling abroad. We review our approach frequently and make every effort to anticipate health and safety issues. This said, it remains true that many of the risks in traveling abroad cannot be reasonably anticipated or prevented.

Parents and the Public Safety number:

Parents, too, may use the 24-hour Dickinson Public Safety number if they need assistance in contacting their son or daughter after hours in a serious emergency, or if their son or daughter has contacted them because of such an emergency. The procedure would be the same as above.

Requests for Contact Information and Itineraries:

To have emergency contact information at our fingertips, we prepare emergency books for each program. Parents' work and cell phone numbers and email addresses are extremely useful, should we need to contact parents quickly. We therefore ask you to cooperate with our requests for parental contact information. We also need to know student flight itineraries. Our travel agent, Advantage Travel, informs us of group and individual flights they book for Dickinson programs. If you are arranging your own flight, please share your itinerary with us by uploading it to your online StudioAbroad application.

Safe Behavior Abroad

Travel abroad is always an adventure for students. A common sense approach to the risks involved goes a long way toward assuring safe travel and pleasant memories. We offer the following suggestions for your own safety:

- When you travel on your own during your time abroad, give a copy of your itinerary to your Program Director. Even if your plans are vague, leave whatever information you can, such as the names of travelers, expected destinations, lodging, phone numbers, and if available, mode of travel, and dates of departure and return.
- Check State Department advisories on the web for all countries you will be traveling through to be prepared for any special conditions or dangers, visa requirements, etc.
- Travel with at least one other person.
- Carry your passport, money and other important papers in a pouch around your neck or waist under your clothing.

- Avoid travel in large, predominantly American groups. It is easier to meet local people. It is also easier to organize trips and sightseeing in smaller gatherings. It's also safer.
- Always carry some local currency. Keep the equivalent of at least \$50 cash in reserve while traveling.
- DO NOT HITCHHIKE. Travel by bus, train, local transportation, or car.
- Don't leave money, tickets, your passport, or other valuables in a hotel room while you are out. Take them to the front desk (if applicable) and ask the clerk to place them in a safe.
- Keep a low profile in demeanor and dress. It is wise to adapt to local dress codes; avoid clothes and behaviors that call attention to yourself as a foreigner who doesn't know the culture.
- Leave expensive jewelry at home. It's best to wear little or none.
- Every year backpacks are stolen from students who set them down at their feet or sling them over the back of the chair in a café. Be careful with your belongings because replacing your passport, credit cards, keys, etc., is quite a hassle.
- Be polite, low-key, and sensitive to local customs; always observe signs and regulations in public places.
- Speak the local language wherever possible.
- Student guidebooks such as Let's Go or Lonely Planet are generally a good source of information.

In Troubled Times...

Avoid the following:

- controversial discussions/situations in public places such as pubs
- street gatherings, demonstrations, picketing, etc.
- dangerous areas, shortcuts, narrow alleys, or poorly lit streets
- walking around in a large group speaking English
- heated sports matches and public events characterized by crowd excitement.

In times of heightened political, religious, or ethnic tensions, be particularly careful in:

- identifiable American institutions such as Embassies, American Express, McDonald's, Hard Rock Cafés, lobbies of American chain hotels, discotheques, and other places such as bars and restaurants identified with Americans or where Americans usually gather
- military or diplomatic installations and war memorials
- highly visible and crowded churches, mosques and synagogues
- train stations and airports; do not hang around ticket offices or airline counters – go quickly to your train or the lounges beyond passport control.

Some advice concerning terrorism:

Be especially careful to help maintain security both at your study site and while traveling. Because terrorist actions are usually preceded by a surveillance period, the U.S. State Department asks all American citizens "to be alert to anyone who might appear to be following them, or anyone whom they notice in the same place repeatedly, or anything unusual near their vehicles, workplaces, or locations frequented by Americans. Any unusual activity of this sort should be reported to local police."

Remember that terrorist attacks are usually planned months in advance. They often involve innocent accomplices. Students in foreign countries are considered easy to recruit. Be cautious when you meet new people. Do not give your address, your telephone number, or contact info for your study site.

Further recommendations when traveling:

- Do not accept any package, parcel, or suitcase from anyone asking you to carry, look after or store items for them.
- Do not borrow suitcases; make sure that no one has put anything in your luggage. A few years ago, a bomb found at Heathrow Airport in England had been planted in the bag of a young woman by her boyfriend whom she had known for over a year.
- Never drive a car for someone else, especially across national borders.
- Remain alert in public places; look around; get away from any package or bag which appears abandoned and notify the employees or local police.
- Do not leave your own bags unattended, not only because they may be stolen, but also because the police may consider them dangerous and confiscate or destroy them.

Health and Safety information resource online:

Check out the Student Study Abroad Safety Handbook at <http://www.studentsabroad.com>.

This is a resource intended for students' and parents' direct use. It offers exhaustive checklists and resources covering all kinds of topics related to safety abroad.

Personal Safety:

While abroad, students should always be aware of their surroundings and use common sense. It is easy to fall into a false perception of safety and to let your guard down. Students abroad can be easy targets for crimes involving theft, such as pick pocketing, purse snatching (from a motorized vehicle), theft of unattended backpacks or baggage, and the like. Criminals often operate around bus and train stations as well as tourist attractions (including museums, monuments, schools, subways, beaches, etc.). Safeguard your documents and money at all times! Do not walk home alone late at night. Do not make yourself an easy target. Use the buddy system or call a cab. Also, always keep the local emergency numbers for the police, fire station, and ambulance with you.

Emergency Procedures:

In the case of an emergency affecting the public, please abide by any emergency procedures put in place by your program director.

Safety while Traveling:

If you have an emergency while traveling, contact local authorities, International SOS and the program director at once. In a medical emergency where you cannot make arrangements ahead of time with ISOS, be prepared to pay up front and submit receipts to your insurer for reimbursement later. In case of the loss or theft of your passport, contact the local police and the nearest U.S. Embassy or Consulate.

Family Emergencies:

Since you will be far away from home for an extended period of time, it is good to discuss with your family what to do in the case of a family emergency while you are overseas. This should include what you would do if a family member becomes ill or dies.

It is important to consider how your family will respond if you are involved in an accident or suffer from a severe illness while abroad. We advise one or both parents to obtain a current passport in case of emergency. This should be done before you depart the U.S.

Final Thoughts:

Observing these mentioned precautions will be reassuring to you and to your parents, relatives, and friends at home. However, being overly concerned with safety should not interfere with the enjoyment of life and study in another country.