

Welcome to the Nagoya Program!

Dear Dickinson-in-Nagoya Program Participant:

This **Nagoya Orientation Handbook** has been prepared to make your transition to Nagoya and the Japanese educational system a little smoother.

If you have any questions, contact the Center for Global Study and Engagement (CGSE) at (717) 245-1341 or global@dickinson.edu. The Center for Global Study and Engagement is open Monday through Friday from 8:30 am to 4:30 pm (EST).

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IMPORTANT CONTACT INFORMATION

On-site Program Contacts:

For direct calls from the U.S., use 011-81-52 and then the rest of the local phone number (make sure to drop the 0 at the front of the number); for calls made elsewhere in Japan to Nagoya, dial 052 and then the rest of the local number; for calls made within Nagoya, just dial the local number, not 052.

Center for International Education

Nanzan University

18 Yamazato-cho, Showa-ku

Nagoya, JAPAN 466-8673

Tel: (011-81) 52-832-3123

FAX: (011-81) 52-832-5490

E-mail: cie-exchange@nanzan.ac.jp

Japanese Language program (CJS) Web site: <http://www.nanzan-u.ac.jp/English/cjs/>

Nanzan University Website: <http://www.ic.nanzan-u.ac.jp>

Housing Section, Nanzan University

(Housing/Host-Family/Dormitory)

e-mail: cie-housing@ic.nanzan-u.ac.jp

Tel: (011 81) 52 832 3123 (office)

On-Campus Coordinator:

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The 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 (**001-717-245-1111**), identify yourself and the program, describe the emergency briefly, and give a number for call back. The operator will locate the proper CGSE staff, who will return the call.

Japanese Embassy in the U.S.:

Consular Section of the Embassy of Japan:
2520 Massachusetts Avenue N.W.
Washington, DC 20008
(main) Tel: (202) 238-6700 FAX: (202) 328 2187
(visa) Tel: (202) 238-6800 FAX: (202) 328 2184
Web site: <http://www.us.emb-japan.go.jp/>

There are also Japanese consulates in Anchorage, Atlanta, Boston, Chicago, Denver, Detroit, Honolulu, Houston, Kansas City, Los Angeles, Miami, New Orleans, New York, Portland, San Francisco, and Seattle.

PROGRAM PREPARATIONS

Program Fees/Financial Aid Information

Program Fees:

The program fee for the 2021-2022 academic year is \$73,410.00; for a single semester the fee is \$36,705.00. Students at Dickinson College will receive invoices from the Student Accounts Office that show credit for the \$300 confirmation fee and any applicable amounts from your financial aid package.

The program fee **includes the following:** tuition and fees, room and board, and the allowance for local transportation. **Not included are:** mandatory health and accident insurance, airfare to/from Nagoya, personal expenses, and vacation travel including transportation, accommodations, food, and other personal expenses.

Arrangements for any type of monthly payment plan options should be made as soon as possible through Tuition Management Systems (1-800-722-4867, x 775, or www.afford.com). 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.

Financial Aid Information:

Dickinson grant money and endowed scholarships are available only to Dickinson College students on Dickinson programs. Students from other colleges and universities should check with their own financial aid office to determine eligibility.

TRAVEL PREPARATIONS

Passport and Visa Information

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 you have not applied for your passport, you must do so immediately.** You can find more information and the passport application at the Center for Global Study and Engagement, or you can contact the Prothonotary's Office at the Cumberland County Courthouse at 717-240-6195.

If your program requires a visa, before sending your passport through the mail to apply for a visa, sign in the signature line provided with an ink pen, and also write in pencil your current address and daytime telephone number in the blank space provided opposite your photo page. This will help the U.S. Postal Service return it to you, if it should become separated from the envelope during processing. Be sure to use some traceable form of mail.

Visa Information:

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. Once you have been accepted by Nanzan University, the Center for Japanese Studies will apply to the Japanese embassy for your **Certificate of Eligibility**, which you need to get a visa. This Certificate of Eligibility will be sent to the Center for Global Study and Engagement and then sent to your home address. It is critical that you inform the Center for Global Study and Engagement **immediately** of any change in your address during the summer because these documents from Nanzan University will be sent by mail and you do not want to risk losing them. Since the Certificate of Eligibility usually does not arrive until late July or mid-August for fall students and mid-December for spring students, you will need to be prepared to **apply for your visa as soon as you receive the mailing**.

You can prepare your visa application ahead of time by looking up Japanese visa information and instructions at the embassy website (<http://www.us.emb-japan.go.jp/>).

You will need to check which consulate serves your area and may have to plan a trip there to apply for your visa in person. Be sure you have all the required documents before you go: your actual passport, money in the form the consulate requires, photos, the Certificate of Eligibility, etc. If it is usually possible to have the visa mailed to your home address. Be sure it is sent by a traceable form of mail; it is your responsibility to pay the cost of the mailing.

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.

SEVIS Information for International Students at Dickinson:

Since you will still be a Dickinson Student while abroad, you are required to pursue a course of study that is considered a full course load at your abroad institution in order to maintain your F-1 status. You will be registered in SEVIS each semester, just as you are while on-campus at Dickinson.

Also, please remember to have your I-20 endorsed for travel prior to your departure from campus this semester.

Packing Tips and Travel Information

Packing Tips:

When packing, keep in mind that you will probably accumulate a lot of things while abroad. However, anything you buy in Japan (especially American goods) is likely to cost 2 to 3 times more than it would cost in the U.S., and that certain U.S. brands may not be available. Pack what you need, and try to leave space in your luggage for the items that you will buy while abroad.

Depending upon their size, students might be able to buy shirts or shoes, but pants (especially for women) and jackets (for men) may be hard to find in a big enough size. You can look online to see what average clothing sizes are, but for the most part you should not depend on buying clothes in Japan.

In general, the Japanese tend to dress more formally than Americans, even when in class. For the most part, however, what you wear at Dickinson is also appropriate in Nagoya. You should avoid wearing sweatpants or shorts to classes.

Winters in Nagoya are usually dry and mild, whereas summers are hot and humid. Clothing should be comfortable and warm without being cumbersome; layers are the key to comfort and warmth. Remember, too, that you may also encounter abrupt changes in temperatures over short periods while traveling.

Here are some wardrobe suggestions:

- work around a basic scheme of coordinated colors (black and darker colors are always appropriate) to minimize the number of clothing items
- a pair of sturdy walking shoes that you have already broken in and one pair of nice shoes; hiking boots optional
- 6-8 everyday wrinkle-resistant bottoms (jeans, corduroys, skirts) in subdued colors
- 10-14 wash-and-wear shirts or blouses
- 6 pullover sweaters and sweatshirts
- Shorts (Bermuda-length preferable)
- socks and underwear, 15-18 each

- 1-3 outfits for special events (do not have to be extremely formal; ties for men)
- warm sleepwear and house shoes
- windbreaker
- a swim suit, sandals, and beach towel
- a pair of sweats for studying in your room
- 2 towels, 2 washcloths
- Backpack for traveling
- Umbrella
- **sufficient contact lenses, eyeglasses and prescription**

Other Useful Suggestions:

- Laptop. Note: most recent laptops come with converters built in the AC adaptor, but make sure you check this. If you do not have the proper converter (i.e. one that can convert 230 volt current), then you will ruin your hard drive.
- a USB memory device for transferring documents and photos between computers
- 2 converters and adapters for US electronics (Tip: buy hairdryers there!)
- 8 extra passport photos for ID cards, etc
- Pocket calculator for currency conversions
- Money belt/neck pouch
- space/vacuum bags (can be found at Walmart or Target and condense the amount of space you your clothing uses in your luggage)
- a travel alarm clock with extra batteries
- a camera
- a travel sewing kit with safety pins
- a small supply of toiletries, including dental care products, which are expensive in Japan; women should take personal hygiene products
- enough deodorant for the entire trip (most Westerners find that Japanese deodorant is not as strong as they would like)
- a small first aid kit
- all medications (both non-prescription and prescription) need to be in their original, labeled containers. Take copies of all prescriptions with you.
- sports clothing/equipment (if you plan to play sports)
- sunscreen & sunglasses
- notebooks, school supplies, etc
- Japanese-English dictionary
- a few favorite photos from home to show new friends or decorate your room
- a few token gifts, something typically American, from Dickinson College or representative of the area in which you live in the U.S.
- public restrooms usually do not have toilet paper or paper towels; take along a supply of tissues for the first few days (you can later purchase handkerchiefs for wiping hands in Japan)

For the first few days, pack a bar of soap, toothbrush and toothpaste, and a washcloth. **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 (laptops, full-size video game consoles, DVD players and video cameras that use cassettes) 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 iPods, 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. All coats and jackets must go through the X-ray machine for inspection.
- 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.
- Undeveloped film should go in your carry-on bag. You will be able to declare film that is faster than 800-speed to a transportation security officer for physical inspection to avoid being X-rayed.
- 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: 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. (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. Make sure that your luggage follows TSA regulations. 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 will 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 and travelers checks 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 with you and leave a copy of the list at home. This will be helpful if your luggage is lost and you need to identify the items and cost of your luggage. If you experience any luggage loss or mishandling, 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
- 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).
- Travelers check numbers
- Contents of your wallet
- Prescription medications
- Rail passes

Immediate Cash/Travel Funds:

You will need some ready cash when you arrive. It is recommended that you take approximately \$1,000 in cash or travelers checks to tide you over until funds can be transferred into your Japanese bank account that you will set up during orientation. You can exchange a small amount into **yen** upon landing at the airport in Nagoya. In addition, we recommend that you take \$1,000 in travelers checks in \$100 or higher denominations in case there is a delay in transferring funds to your account. Be sure to sign the first signature line on any travelers checks and keep a record of the numbers, both necessary for security reasons.

Setting up a bank account can be a lengthy process. Make sure to bring enough cash, or a way to get it, usually travelers checks for up to 2 months into the program. For more information, please refer to the Financial Information section of the handbook.

Flight and Arrival Information

Travel Arrangements:

Students will be responsible for making their own travel arrangements. A direct flight to Chubu Kokusai Kuukou (Centrair airport) in Nagoya is recommended. Nanzan University airport pick up will only be arranged at this airport. Northwest Airline and United Airlines offers direct flight from Detroit and San Francisco to Chubu Kokusai Kuukou.

Do not book your flight until you have received the specific arrival/departure information.

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)

As soon as your plans are final, you are responsible for sending a copy of your itinerary (airline, flight number, departure airport and time, arrival time) to:

- **the on-campus coordinator Professor Akiko Meguro** (meguroa@dickinson.edu)
- **your host family (There is a form to fill your arrival information, which will come during break before your departure)**
- **the Center for Japanese Studies** (cjs@ic.nanzan-u.ac.jp)
- **the Center for Global Study and Engagement** via the online application system (**Studio Abroad**: <http://dickinson.studioabroad.com>.)

In general, passengers on international flights need to be at the airport at least 3 hours before departure. Be sure to leave yourself plenty of time because of delays created by recently increased security measures. You will need your passport to check in and when you land, so have it readily available.

Host family first contact:

Upon learning the name and address of your Japanese host family, write to them in order to introduce yourself and establish contact. You may even want to call your host family. It is your responsibility to send them a flight itinerary so that they know your travel plans. Ask them the best way to send the itinerary; they may have email or you may need to send a paper copy by airmail. You should discuss the arrangements for picking you up at the airport with your host family. Also, consider bringing your host family a small gift of some sort from the United States, Dickinson, or your hometown.

Clearing Immigration and Customs:

When you arrive at Nagoya Airport, you will go through passport control and then proceed to the baggage claim area. Once you have retrieved your checked luggage, you will be checked by customs. Be patient and courteous.

You are not allowed to bring any fresh fruits, vegetables, plants, or meat into the country. Japan is also extremely strict about limiting firearms and narcotics.

Arriving in Nagoya:

After clearing immigration and customs in Nagoya:

- Students with host families will be met at the gate by the host family.
- Students who have chosen the dorm option will be met at the airport and escorted to the dormitories by a Nanzan student sent by the Center for Japanese Studies at Nanzan University.

THE PROGRAM

The City of Nagoya:

The city of Nagoya is a leading metropolis of international trade, industry, and culture. It is a very compact and conveniently located city with a highly developed subway system. Located 260 km (165 miles) southwest of Tokyo, Nagoya has a population of 2.5 million people, making it the third largest metropolitan area in Japan. Among the city's famous attractions are the Nagoya Castle, originally built in 1612, the Atsuta Shrine, and the Tokugawa Art Museum.

The Center for Japanese Studies:

The Center for Japanese Studies is part of Nanzan University, a distinguished private university founded in 1949 with a student population of roughly 6,000. The Center was established in 1974; it specializes in teaching intensive Japanese language and offers area studies in English. It enrolls approximately 175 students from countries around the world, and all students have access to a large number of university facilities. More information about the Center can be found on the [website](#).

Orientation at the Center for Japanese Studies:

During orientation at the Center for Japanese Studies, students will receive a Handbook for International Students. You will be introduced to life in Japan, including the application for the student discount passes for the bus and train student discount passes (recommended for students living in the dorms), the "Alien Registration," and the Japan National Health Insurance. During this orientation, you will also learn how to open a Japanese bank account, to which Dickinson and your parents can transfer money.

ACADEMIC INFORMATION

Use of the Japanese Language:

Students are encouraged to practice the Japanese language as much as possible in and out of the classroom. Early on, students should discuss with their host families their desire to speak Japanese only during the home stay. If members of the family want to practice their English, and they usually will, insist that a certain time be set aside for the “English lessons.”

Academic Culture:

Instructor/student relationships are very different in Japan from those in the U.S. In Japan, students are supposed to show great respect toward the instructor at all times. This means students are expected to dress appropriately, and activities such as eating, drinking, gum chewing, and wearing a hat are strictly prohibited during class. Class attendance is expected. If you must be absent, even in the event of illness, you must inform the Center for Japanese Studies.

Placement in Language Courses:

Students will take a language placement exam in the first days of their stay at Nanzan. Most Dickinson students place into NIJ400, and occasionally some place into NIJ500. Students who place into NIJ300 do not receive Dickinson credit for the course because the material has already been covered at Dickinson. Although the Center for Japanese Studies will allow a student whose placement is NIJ300 to enroll in the NIJ400 course, students need to realize that there is a danger of failing NIJ400 if the language is an obstacle.

Students are advised to review and prepare for the placement exams over the summer/winter break. You will have written tests. During the first week of classes, students are allowed to visit a higher level course to assess whether they have sufficient language skill to succeed in that level.

Courses and Credit Transfer Policy:

To find out more information about the courses and guidelines for studying at the Center for Japanese Studies, visit <http://www.nanzan-u.ac.jp/English/cjs/brochure/index.html>

- The Center for Japanese Studies offers four basic types of courses. Successful completion of courses in the Japanese Language(NIJ) (8 Nanzan credits) will be transferred as two (2) Dickinson credits. Each successfully completed Lecture courses in Japanese seminar course, Open courses (2 Nanzan credits), will be transferred as one (1) Dickinson credit. Each course in Japanese Area Studies (3 Nanzan credits) will be transferred as one (1) Dickinson credit. Practical courses in the Japanese Arts (2 Nanzan credits) will be transferred as one-half (.5) Dickinson credit.
- A normal full-time course load is four course credits each semester. Students may not under-enroll under any circumstances.
- Dickinson students may receive up to a maximum of 4.5 course credits per one semester. Students must take one Japanese language course (equal to 2 course credits), two content courses (seminars or Japanese Area Studies courses), and an optional 0.5 credit course in Japanese arts. **Students may not take more than one (1) course per semester in the traditional Japanese arts for credit.**

- To take more than 4.5 credits per semester, a student must petition the Academic Programs and Standards Committee. If a student registers for more than the maximum courses allowed without permission from the committee, the On-campus Coordinator, their academic advisor at Dickinson, and the Center for Global Study and Engagement, the course credit will not transfer. Students will also be responsible for any additional fees for doing this.
- Only **liberal arts classes** will qualify for transfer credit.
- Generally speaking, courses must have an equivalent at Dickinson. Exceptions include classes that focus on the culture and/or history of the country in which the student is studying.
- Transfer credit will not be awarded for coursework that duplicates what a student has already completed at Dickinson.
- For courses taken at the Center for Japanese Studies, course titles and letter grades earned are recorded on the Dickinson transcript, but the grade is not computed in the GPA. To receive credit you must earn a grade equivalent to a Dickinson 'C' (2.00 on a 4.00 scale) or above. A grade of 'C-' or below will not earn credit.
- Students must consult with the on-campus coordinator, Professor Meguro, before the course registration period is over.
- Must be taken for a grade; pass/fail courses are not allowed.

Accessing College Library Resources from Dickinson Global Library:

Past Nanzan participants have commented that the Nanzan University library has an extremely small number of English-language resources. Therefore, if you do not have the resources you need, or if you have trouble getting the assistance you need for your research projects, please remember that you can access all the resources and services from Dickinson College Library no matter where you are. All you need to do is to go to the Dickinson Global Library page (http://lis.dickinson.edu/Library/Research/Global_Library/LibraryResourcePage.htm).

You can access the page on the library website under “For Students,” or “For Faculty,” or “Doing Research.”

From the Dickinson Global Library page, you will find detailed information on

- How to find journal articles through the online databases
- How to find books and have them sent to you
- Research resources available online such as subject guides and online reference works
- And most important of all, how to get in touch with a Dickinson College librarian via phone, email, and instant messaging and get the assistance you need.

LIFESTYLE ABROAD

Living Accommodations:

The Housing Section at Nanzan University will arrange your housing accommodations. Please direct all questions or concerns about your housing assignment to the Housing Section at the email address given the Important Contact page.

Option 1: Dormitory

There are dormitories at Nanzan for international students. Dormitories open a day before orientation sessions start, but students can get into them a few days earlier by making arrangements with the Center for Japanese Studies. The Center will also arrange pick up at the airport and transportation to the dormitory for students. Students living in the dorms can eat in cafeterias and restaurants near the University. You are expected to comply with all dormitory rules regarding hours, laundry, recycling, energy conservation, visitors, and other matters.

Option 2: Host Family

Probably the greatest experience you will have while studying in Japan is living with a host family. Since you have chosen to study abroad and learn a foreign language, living with a host family will enable you to practice your language ability on a day-to-day basis. Most families who offer to host a foreign student have probably done so before, and they will help you adjust to living in a new environment.

You will have your own room with a bed or futon, bedding, and a small closet. Be diligent in observing house rules and keeping your room neat.

The most important thing to remember in order to make your stay with a Japanese family an enjoyable experience is to always be polite and respectful with every member of your host family. Remember you are living in their home and should abide by their rules. Some host families may enforce a curfew.

You should let your family know where you are at all times; it is a good idea to leave a copy of your class schedule with them. Respectful salutations are expected; whenever you leave the house, you should say **itte kimasu**. Whenever you enter the house, say **tadaima**.

Meals:

You will probably eat your meals western style. Always offer to help out in some way, such as setting the table or preparing food. Try everything that is served at least once. Take small portions; if you do not like something, you may politely decline it the next time. Always say **itadakimasu** before you begin and **gochisosama** when you finish. If you have dietary restrictions or food allergies, let your family know prior to arriving.

Food:

Eating out in Japan is very expensive; if you choose to do so, try eating the local fare. In general, mainstays are rice (**gohan**) and tea; there are also many types of noodles. Most meals include a clear soup or one with soybean base (**miso**) that is drunk from lacquered bowls; pickled vegetables are usually served with the meal. Fruit may be served as a dessert, though it can be expensive.

Japanese specialties include **tempura** (battered vegetables and fish), **sukiyaki** (chopped meat and vegetables), **Kobe beef** (very expensive), **yaki-tori** (skewered meat in a barbecue sauce), **sashimi** (raw strips of fish), **sushi** (fish and sweet, vinegary rice), etc.

There are four cafeterias at the Nanzan campus; two sell traditional Japanese foods. Past students have suggested convenience stores, such as Lawson's, Circle K, SunKus and 7-Eleven, for inexpensive meals and snacks. They sell a great variety of food, including rice balls (**onigiri**) and many different kinds of bread.

There are also distinctive Japanese beverages. Brown or green tea is usually served at the end of the meal; beer is usually chilled; **sake** (rice wine), the traditional drink of the Japanese, is either sweet (**amai**), or dry (**karai**). There are more than 2,000 **sake** brands of different quality.

In Nagoya, you are likely to find vending machines that offer a wide variety of beverages including tea, coffee (both hot and cold), sports drinks, soda, and others.

Shopping:

Most shops are open from 10:00 a.m. until 6:00 or 8:00 p.m., including Sundays. Some stores accept credit cards, but most prefer cash. Be mindful that many stores will not carry clothes or shoes that can fit Americans. If you want to buy American food or other American goods, shop at **Meidi-ya** in the **Sakae** area of downtown Nagoya, but expect to pay 2 to 3 times what it would cost in the U.S.

Entertainment and Recreation:

There is a lot to do in the city of Nagoya and at Nanzan University. The university has many sports clubs and organizations. Joining in is a good way to meet people with similar interests. There is a very good sports facility (**Mizuho undojo**) near the university.

In downtown Nagoya, especially in the **Sakae** area, there are numerous restaurants, bars, and night spots. The legal drinking age in Japan is 20. Movie theaters and performance halls also exist, but they can be expensive. Sometimes student discounts are available through Nanzan University. Osu Kannon offers local shops and department stores, while Sakae has several clubs and other attractions. Both Nagoya and Sakae have shopping malls in the subway stations. Please be mindful of the train schedule and check to see when the last train departs. You need to make sure you have a safe way to get home.

Getting Along with your Host Family

Living with a host family overseas can be an intensely rewarding experience, but students need to be prepared for a period of challenging inter-cultural adjustment. Your host family has a different way of life and a different set of rules from what you are used to at your own home or on campus.

Naturally, it will take you a while to feel 'at home' in this new environment. In the beginning, you may act like and be treated like a boarder. Whether you remain that way or whether you eventually integrate yourself into the life of the household will depend upon your initiative, adaptability, and acceptance of traditional habits and attitudes toward life in general. As you interact, you will notice differences. Some of these will be easy to accept and adjust to, while others may at first feel uncomfortable. Flexibility and openness to learning the family's ways of doing things will increase your success in learning about your new culture.

Although each host family is different, be aware that host families generally expect to have an adult relationship with the students they house. They will respect your independence while remaining open to exchanging ideas and conversation. Mutual trust and open communication is essential for a successful relationship. There is no infallible recipe for the success of your home stay, but the tips below may help you to adjust more smoothly and quickly.

In the beginning...tips for daily life:

1. Do not hesitate to ask your host family questions or to start conversations with them. Remember, your family is there to help you. By starting conversations, you are initiating an immediate rapport. Hiding away in your room will communicate to the family that you do not wish to interact with them. Communication is the key to a successful relationship with your host family.
2. The first few weeks are very important in establishing a "base" with your family. Therefore, try to avoid planning long trips the first few weekends. If you really want to travel right away, day trips are a lot of fun and still leave you free time with your family. The key is to settle in before you start moving around.
3. Although you might feel awkward at first, it is very important to communicate openly with your host family. A problem that seems complicated for you to solve (the heat is not working correctly in your bedroom) may be very easy for your host family to fix (the radiator works differently than what you're used to and your host family can show you how to use it). Your host family would surely prefer that you ask for their help rather than be unhappy in their home!
4. We suggest keeping your schedule as flexible as possible in order to take advantage of family activities. By joining your family when invited, you will get to know each other better while improving your language skills at the same time.
5. Be yourself with your family and be polite. Remember, although you are living with them and would like to be a part of the family, you are still a guest in their home. Do not

assume immediately that you are afforded certain privileges just because you live with them. When you eat meals with your family, ask if you can help set the table, clean up, etc. Be sure to ask to watch TV and to use the family phone. If you do not want your host family to clean your room, tell them that you will clean it yourself and ask them for what you need (vacuum cleaner, dust cloths, etc.). Be sure to leave the bathroom clean after each use.

6. Do your best not to betray your host family's trust. Respect their rules, and always ask their permission before inviting anyone into their home. If you feel the rules of the host family are unreasonable, talk your On-campus Coordinator.
7. Be open-minded and flexible; there will be differences, so accept them. Adopt your family's patterns, such as keeping doors open or closed and being careful not to waste hot water and electricity.

Telephone:

Before using the telephone, you should ask permission and determine if there are any rules or restrictions. Generally, telephone use is more expensive overseas than in the U.S. and long, wide-ranging telephone calls are not the custom. Be aware that there is a charge for local calls, not just for long distance. Most families have only one line and no call waiting. Therefore, be considerate, learn the family's expectations, and abide by them. We recommend that you buy prepaid phone cards in Japan and use them to make international calls from public phones.

If you receive permission to use the home telephone for incoming calls, you should discuss with your host family when it is appropriate for your family and friends to call. Then you should inform your family and friends of these times as well as the time difference between the U.S. and your location. Friends should be asked not to call during mealtimes. Other means of communication, such as Skype, can be more convenient.

Electricity/Water:

The cost of electricity overseas is much higher than it is in the U.S. Your hosts will most likely be energy conscious and want to conserve energy because of a general belief in conservation. Be respectful of this in your behavior. Switch off lights and other electrical devices when you leave a room. If you come in late at night, do not leave the lights on in the corridor or hallway. Do not be impatient or annoyed when reminded about leaving lights on or about energy consumption in general. Open your curtains during the day to make use of the sun's rays.

Similarly, you may notice greater concern for water conservation as well. In most families, you may be allowed to shower (or bathe) every day, but you will soon notice that they do not do so, nor are they in the habit of taking extended showers. You should try to follow the example of those around you and remain flexible and understanding as you adjust. Do not let friends shower at your place unless you have been given permission first.

Visiting Hours:

Before inviting friends over for a visit, always ask permission from your host family and check for their plans and expectations. Consideration for others is always a good rule to follow. During the

week, visitors should not remain past 9 or 10 p.m. The people you are living with have to get up early and must consider their neighbors living close by or small children in the house or building. You can expect restrictions in the number of visitors you may have at one time. Moreover, you cannot assume you will be permitted to invite friends of the opposite sex. Be sure to discuss these things with your family first so that you understand what is expected. Do not invite guests to your host family's home without their permission when your host family is absent.

Another frequent source of tension is when friends or family members arrive to visit from the U.S. Your host family is not required to accept these visitors in their (or your) rooms. Permission to have someone stay overnight would normally be an exceptional occurrence, not generally or lightly given. Do not make the mistake of regarding your room as a hotel.

Kitchen Privileges:

Kitchen privileges are usually not included in the home stay agreement, even if you are taking some meals with the family. You might want to wait awhile and observe family customs and practices in the kitchen before you ever ask permission to use it. In any case, you should not expect more than very limited use. If you are granted permission, be appreciative and remember the following useful hints:

- Restrict yourself to light cooking. If allowed to use the oven, make sure you know how it works and how to convert Celsius temperature settings (if necessary).
- Cook at reasonable (what your family considers reasonable) hours and always ask permission so that you do not interfere with the normal household cooking.
- All pans and cooking utensils should be washed and put back. The stove, oven, and other areas of the kitchen should be left spotlessly clean.
- Do not use household cooking supplies (e.g. sugar, butter, oil), unless you have first asked and received permission to do so.
- Do not forget to turn off lights and appliances when you are done.
- It is always a good idea to invite your host family to try a dish you have cooked.

Laundry:

Once more, ask your family what the arrangement is. Usually, your laundry will be done at your home stay. You should be aware that the Japanese rarely use dryers and prefer to hang up their laundry up to dry, either outside or in bathrooms.

Personal Liability Insurance:

As stated, the program does not cover you for personal liability. So, when you are using appliances and cooking in your home stay, be very cautious. Accidents do happen and you will be held personally responsible for any damage whether negligence was a factor or not.

Contractual Obligations:

Be sure you are aware of what the contractual arrangements are between the program and your host family. If there are meals involved, find out which ones they are, at what time they are served, whether you are responsible for some meals on your own, and what happens if you choose or are forced to miss one or more. If meals are included, be sure to let someone know when you cannot

be there or that you might be late. In addition, find out about the schedule for changing/washing bed linens and towels.

Final Remarks: This document reviews only some aspects of life with a host family, so be aware that this new experience will require adjustment in many ways. One could say that adjustment is the primary vehicle of cross-cultural learning. The homestay experience will reward you richly for remaining flexible, keeping an open mind, and maintaining a sense of humor. Your family will be ready to help you, but both of you must share in making your stay a success and both must realize that it takes time to establish a routine and achieve integration.

PLEASE LET SOMEONE IN THE PROGRAM KNOW, IF YOU FEEL THE TERMS OF THE ARRANGEMENT ARE NOT BEING FULFILLED. If there are difficulties, the program will serve as mediator between you and your host family.

FINANCIAL INFORMATION

Living Expenses:

During the Center for Japanese Studies orientation, students will learn how to open a Japanese bank account (please see more information in the Bank Account section below). **As soon as your bank account is active, you should e-mail the contact information for the bank and your bank account number to Professor Akiko Meguro.** When we receive this information, your first semester living allowance can be transferred directly into your Japanese bank account. Attend to this upon your arrival so that the allowance money can be transferred right away.

In the **fall semester**, students will receive a monthly stipend of ¥80,000 per month for **total of 4 months. Your stipend is expected to cover the following:**

- Food/transportation
- National Health Insurance
- Internet

In the **spring semester**, students will receive a monthly stipend of ¥80,000 per month for **5 months). Your stipend is expected to cover the following:**

- Food/transportation
- National Health Insurance
- Internet

*** HOUSING FEE ARRANGEMENT (covering food and transportation):**

For those **students in a homestay**, you do not have to worry about paying to stay with your homestay family. The Center for Japanese Studies will wire money to the host family to cover your stay. Your host family will provide you with 14 meals a week. You are responsible for paying for your lunch and transportation to Nanzan University with your stipend money.

For those **students in the dormitory**, the Center for Japanese Studies will send you the money to cover for food, as meals are not provided at the dorm. Dorm fee will be paid by CJS.

Please note that the spring semester is 4 weeks longer than the fall semester. Therefore, be sure to budget your stipend money accordingly. The second semester allowance will not be transferred until the spring semester begins. The living allowance is intended to cover only those items indicated above when classes are in session. It is not intended to cover personal expenses, vacation travel, or food during vacation travel.

There are stipends for excursions offered by Nanzan for up to 10,000 yen per semester. Please send your receipts to the on-campus coordinator, Professor Akiko Meguro, by the end of the semester.

BANK ACCOUNT: Please open a bank account at the recommended Nagoya Ginkoo- The Bank of Nagoya. Afterwards, send the following necessary information to the on-campus coordinator, Professor Meguro, as soon as possible. This information is needed to wire the stipend money to your account.

- Bank name
- Branch name and Branch number

- Name of the account
- Account number
- SWIFT code
- Phone number of the bank
- Your address and phone number

NOTE: Past students who opened an account with Japan Post (Yuucyo Ginkoo) were unable to retrieve transfers from overseas for the first six months of residence in Japan. Students are encouraged instead to open an account with the Nagoya Ginkoo (The Bank of Nagoya).

You will have easy access to your stipend money with a cash card from the Japanese bank where you will open an account. Your parents will also be able to send funds directly into your account by wire transfer. Banks are not open for transactions on weekends, holidays, or in the evenings.

CREDIT CARDS: Having a Mastercard/Visa card in your name is another method of paying for things while abroad. 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 easily. If you plan to use a credit card while abroad, you should verify your credit limit before you depart the US. Also, in some countries you may have to show a picture ID when you pay with a credit card. In Japan, it may be hard to find someone who will accept your credit cards. You will probably not be able to use them for your everyday purchases.

ATMs: There are very limited possibilities in which you may use an ATM card to access a U.S. bank account.

However, past participants have noted that some convenience stores have ATMs, in which your bankcard may work. You may also withdraw money at the post office or at the Citibank in Sakae, where most foreign cards will be accepted.

Check 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.

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 intend on 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. As mentioned before, you should plan for an extra \$2,500 per semester for personal

expenses and travel money. However, the amount spent depends on the lifestyle you adopt and how much you plan to travel.

Part Time Work:

There are no work-study opportunities in Nagoya. If you are interested in earning money, you may be able to do so through private tutoring, however, students may need to get permission for part-time work from Nanzan University (Center for Japanese Studies). Since permission will depend on the quality of the student's academic work, permission cannot be given before October or November. This means that working part-time is only possible in the second semester, not in the first semester.

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 an international phone line, 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, and Skype 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.

Mail:

It takes about 5 to 7 days for first-class mail to arrive in either direction. Always mark letters as airmail. You will receive mail at your home stay, so be sure to let family, friends, and the Center for Global Study and Engagement know your address as soon as possible!

Post offices in Japan are open Monday through Friday from 9 a.m. till 5 p.m.

Telephone:

International phone cards are widely available in Japan for use with public or private phones. When the time on your card runs out, you will be disconnected automatically. There is a charge for all calls from your homestay phone, whether long distance or local. Since phone bills in Japan do not identify individual call charges, making calls from home can cause friction with your host family. To avoid this, you should discuss the use of the telephone from the beginning. Make clear that you want to pay for your calls and ask for their suggestions as to how that can be done. You may be able to use a phone card on the family phone or you may need to make calls from a public phone.

One option you may want to consider is having your parents arrange for a low cost international calling service and schedule a time for your parents to call you.

The traditional Japanese telephone greeting is **moshi-moshi** (or **hai** followed by your name). While listening, keep saying **hai** to indicate that you are still on the line. To sign off, say **shitsure shimasu**.

Emergency calls are free. Just dial 110 to call the police in an emergency. Dial 119 to call an ambulance. Be aware that these numbers may not work from cell phones.

Cell Phones:

Many students purchase cellular phones while in Japan. This is an excellent way to communicate with other students on the program, to be accessible to friends and family at home, and to be reachable in the event of an emergency. It may, however, be very expensive to make international calls with your cell 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.

Some advice from past participants of the program regarding cell phones: the cheapest cell phone deal will be through **Softbank** since they offer free calls among Softbank users before 9 p.m. and after 1 a.m. Other service providers are **docomo** and **au**. Although a contracted phone often requires a two year contract, if you purchase the phone, then you do not need to sign a contract. Always do research beforehand since one of cell phone providers may be offering special student discounts.

E-mail:

CJS students can have access to e-mail for free by opening an e-mail account with Nanzan. Remember that official communications from Dickinson College (for example, instructions from the Registrar, Campus Life, or the Center for Global Study and Engagement) will be sent to your Dickinson e-mail account. If you ordinarily use another e-mail account, remember to check your Dickinson account occasionally for messages.

TRANSPORTATION AND TRAVELING WHILE ABROAD

Travel in Japan:

Traveling around Japan during free time can be a learning experience in itself. There are a variety of different festivals, sightseeing attractions, cultural events, and nightlife activities to keep you busy. Listed below are some of the most frequently visited cities and their attractions. A few hotels that are relatively cheap and centrally located are also noted. An inexpensive form of accommodation is youth hostels, but you will often be subject to a curfew. Past participants have mentioned that in larger cities you may find “capsule hotels,” in which there is not a room, but a bunk/capsule to sleep in. This option is cheaper than others are, but may be cramped and sparse. Also, they generally only admit men.

Train Travel:

The so-called “bullet trains” (**Shinkansen**) are super-fast, comfortable trains for long-distance travel, which you should try at least once for the experience. Railway timetables are available at any Tourist Information Center. Train stations have Romanized signs that indicate which stop you are at, plus the previous and upcoming stops.

There are many regional passes and discounts for air, train, or bus services available to both visitors and Japanese residents.

The Japan National Tourism Organization (<http://www.jnto.go.jp/eng/>) is also an excellent guide to traveling in Japan.

Cities in Japan:

TOKYO: Tokyo is one of the most modern and individualistic cities in Japan. Although Tokyo is highly industrialized, you still see hints of traditional Japan in its temples, shrines, and parks. Tokyo is a bustling, cosmopolitan city with great shopping and a great nightlife. Many people go to the **Shinjuku** and **Shibuya** for their outdoor markets. **Akihabara**, known as “Electric Town,” offers everything from computers to cameras at bargain prices. As for the nightlife, the most popular place to go is **Roppongi**, which features a strip several miles long of stores, bars, restaurants, and clubs. Everything from karaoke to disco to McDonald’s is located there. If you want to stay near Roppongi, the Asia Center of Japan is a relatively inexpensive hotel in Akasaka and is within walking distance of the train station and Roppongi. As a safety precaution, young females have been advised to be very careful about going into Roppongi at nighttime and should always have a friend with them. Past participants have noted that while Roppongi does have a good nightlife, it does not offer much culturally or historically. You are likely to encounter many foreigners in Roppongi.

Participants who have visited Tokyo suggest seeing the Imperial Palace and the nearby gardens, as well as the Meiji Shrine. Harajuku is also a nice place to visit with interesting shops and restaurants. Great for people watching, Harajuku is a gathering place for trendy Japanese youth who wear very unique fashions and outfits.

KYOTO: One of the last traditional cities in Japan is Kyoto, which is famous for its shrines, temples, and the Imperial Palace. While in Kyoto, try **yatsushashi** (a type of dessert) and **yudofu**, which are two of Kyoto's specialties. The Tawni House and the Bakpak Hostel are centrally located and relatively inexpensive places to stay. . If you have time, you should travel to Kobe, one hour away by train. Kobe is a beautiful and exotic port city that is surrounded by mountains. Maps of Kyoto with walking routes to most of the famous temples are available at the tourist information center on the second floor of Kyoto station.

OSAKA: Another city that is popular among foreigners with similar attractions to those found in Tokyo is Osaka. Here, too, you will find many foreigners, as well as a variety of clubs, bars, restaurants, and stores.

HIROSHIMA: Hiroshima is a historical and beautiful place to visit. The Peace Park and Peace Museum both contain exhibits, memorials, and documentaries illustrating the effects of World War II on Japan. Besides its historical importance, Hiroshima is also famous for its beautiful and peaceful gardens and parks. If you have time, hop on a train and then a ferry to Miyajima where the **Torii**, the famous floating pagoda, stands tall in its waters.

Note: If you plan to leave Japan in order to visit another country, make sure you go first to your Local Ward Office and get a re-entry pass. Upon your return to Japan, a "departure tax" must be paid and your fingerprints will have to be re-entered into their system.

Travel Guides:

There are many travel guides that are geared towards the student traveler, especially Let's Go or Lonely Planet. To help save money, check www.amazon.com or www.half.com for used travel books. There is also a travel company's office on the Nanzan campus, which is a good resource for travel help.

Safety:

Whenever you travel, take care of your belongings and safeguard your credit cards, cell phone, and cash at all times. One of the safer places to carry your passport and money is in a breast pouch tied at your neck or in a money belt strapped at the waist, under your shirt. A word to the wise: keep a small amount of money easily accessible so you do not have to dig into your hidden money in public.

HEALTH AND SAFETY WHILE ABROAD

Health Care

If you get sick, ask your host family for the name of a doctor. You will have to pay the required fee for the Japanese National Health Care system. Usually, you can see a doctor on a walk-in basis without making an appointment. Visits to the dentist require an appointment. Most doctors are general practitioners, as are most dentists. Since there are no private practices, any visit to the doctor will mean a visit to the hospital.

If you need to use your U.S. primary health insurance policy in addition to the Japanese coverage, you should be prepared to pay cash and get receipts to present to your U.S. insurer for reimbursement.

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.

Japanese Health Insurance

Students on the Nagoya program are required to enroll in the Japanese National Health Insurance. The cost of this required insurance is 6,000 yen in the fall semester and 7,500 in the spring semester. The cost of this insurance will be paid by each student out of their allowance money. The Japanese National Health Insurance will cover most medical expenses you are likely to incur. It is NOT, however, a substitute for the required health and accident insurance purchased in the United States. It will also not cover you outside of Japan.

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.

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.