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Welcome to the Dickinson-in-Seoul Program!

Dear Dickinson-in-Seoul Program Participant:

This **Seoul Orientation Handbook** has been prepared to make your transition to Seoul and the Korean 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

Program Contact at Yonsei University:

Ms. Bang-Wool Yim
Regional Coordinator, Incoming & Outgoing Exchange Program (Europe and the Americas)
International Team, Office of International Affairs
Yonsei University
Suite S308, Building 310 (Baekyang Hall)
50 Yonsei-ro, Seodaemun-gu
Seoul 03722 Republic of Korea
82-2-2123-3983
abroad@yonsei.ac.kr
Website: oia.yonsei.ac.kr

The Office of International Affairs is open weekdays and is located at the Global Lounge Study Abroad Center.

The Center for Global Study and Engagement:

Katie DeGuzman, Associate Director, Education Abroad
E-mail: deguzmak@dickinson.edu

Marissa Mitchell, Coordinator/Advisor, Education Abroad
E-mail: mitchmar@dickinson.edu

Dickinson College
P. O. Box 1773
Carlisle, PA 17013-2896
FAX: 717-245-1688
TEL: 717-245-1341

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 member, who will return your call.

CGSE's Travel Agency:

Advantage Travel
313 East Willow Street
Syracuse, NY 13203
TEL: 1-800-788-1980 or 315-471-2222
FAX: 315-471-6264
Contact: Mary Anne Clark
maclark@advantagecny.com

Embassy of the Republic of Korea:

Embassy of the Republic of Korea in the USA
335 E. 45th St. (4th Floor)
New York, NY 10017

Public Office (**Visa Section**)
460 Park Ave. (57th St.)
6th Floor
New York, NY 10022
Phone: (646) 674-6000
Fax: (646) 674-6023

Korean Embassy home page: <http://usa.mofat.go.kr/>

There are South Korean Consulates in Anchorage, Atlanta, Boston, Chicago, Dallas, Guam, Honolulu, Houston, Washington D.C., Los Angeles, San Francisco, and Seattle.

PROGRAM PREPARATIONS

Program Fees/Financial Aid Information

Program Fees:

The program fee for the 2018-2019 academic year is \$67,884.00; for a single semester the fee is \$33,942.00. 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 at Yonsei University, housing, local transportation subsidy, program excursion allowance, and settling in costs. **Not included** are: travel costs to/from Seoul, required health and accident insurance purchased in the U.S., visa expenses, books, clothing, personal entertainment, vacation travel, 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: stuaccts@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

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

Passport and Visa Information

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 at the Center for Global Study and Engagement, or you can contact the Carlisle Post Office located at 66 West Louther Street, Carlisle PA or 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:

You must obtain a visa to participate on the Dickinson in Korea program.

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. As a student studying abroad you will be applying for the D-2 visa.

To obtain a student (D-2) visa, you must submit**:

1. Completed Visa application form - available at:
<http://www.mofa.go.kr/english/visa/images/res/visakorean.pdf> or at
<http://www.hikorea.go.kr>. (Click on the 'English' tab on the upper left corner).
2. Valid passport (with at least one blank page available for the visa)
3. Certificate of Admissions (Acceptance Letter from Yonsei University, *CGSE will provide this to you in your visa packet*)
4. Dickinson Letter of Acceptance (*CGSE will provide this to you in your visa packet*)
5. Two passport-size photographs (3.5cm * 4.5cm)
6. Visa Processing Fee (Multiple Entry: Prices are subject to change.)
 - a. If you are considering travelling overseas during your stay in Korea, you are advised to apply for the re-entry visa. However, if you are on the single-entry visa and later choose to travel overseas, you can apply for the re-entry status at the Seoul Immigration Office. Additional fee may be charged.
7. Financial Letter of Support (*CGSE will provide this to you in your visa packet*)
8. Express Mail Envelope with postage and your return address – for the quick return of your passport and visa.

** Documentation needed may be different depending on citizenship and is subject to change. You are advised to contact the Korean Consulate in your city (or the city where you would apply for

Visa) to confirm the documents needed before applying.

In past years a standard letter of support from the Center for Global Study and Engagement was sent to students to use as documentation of financial support and of enrollment at Dickinson.

The Yonsei University handbook provides the following information:

- ☐ “It is the responsibility of the individual student to use the ‘Certificate of Admission’ received from Yonsei ... to obtain the correct visa needed to attend Yonsei University.
 - ☐ Citizens of countries other than Korea must have a student visa or, if they are already residents of Korea, a permission stamp on their residence certificates. Korean law requires departure from the country to change one’s visa status. **Working in Korea while on a student visa is illegal and may result in heavy fines.** Also, please note that withdrawal from the program will mean a change in Visa status, since Yonsei will withdraw sponsorship.
 - ☐ **All foreigners** remaining in Korea over 90 days must obtain a **Certificate of Alien Registration from the Seoul immigration office.** You are advised to carry this card with you at all times during your stay in Korea. The following will be needed to obtain the Alien Registration Certification (Card):
 1. Application form (obtained at the Immigration Office; can be filled out in 5 minutes)
 2. Passport
 3. Three passport size photos
 4. A copy of certificate of enrollment (obtained at the Office of International Affairs in the Global Lounge)
 5. Tuition Receipt
 6. A fee of KRW 10,000

*The immigration office may ask for additional bank statements or other documents
 - ☐ Korean citizens are not required to have a visa to attend the Undergraduate Regular Program of the Division of International Education.”
- If you intend extending your stay in Korea, you must do so before your Certificate of Alien Registration expires.

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

Clothing and Climate:

When planning what to take with you, the first rule is to take the minimum amount of clothes possible. You will accumulate things while abroad, so when in doubt – leave it at home! Be practical and focus on the essentials of a wardrobe. Korea has four distinct seasons, ranging from mild to severe. Therefore, choose clothes that can be mixed and matched and layered to accommodate different seasons and temperatures. Hot and humid weather generally lasts from early June to mid-September, and short-sleeved cotton blends are suggested. Winter is always accompanied by a little snow in Seoul, but is generally dry, sunny, cold, and windy. Long underwear, sweaters, and at least one heavy coat are necessary, but can be purchased in Seoul. The mean temperature in winter is about 23F (-5C). Summer temperatures usually exceed 80F (27C).

Travel with no more baggage than you can carry! Keep in mind that some airlines have reduced the number of checked baggage allowed and the weight limit. Check with your airline to confirm luggage allowances in order to avoid extra charges.

Packing Tips:

Korea is a well-developed country in terms of the availability of consumer goods. Certain items, like clothing and sneakers, are inexpensive; most other items, from food to electronics, are available with prices comparable to those of the U.S. Korea uses 60 cycle currents, and while some places have only 220 volt currents, the International Dormitory has both 110 volt and 220 volt currents available in each room. It is advisable to buy an Asian voltage/plug converter before leaving the U.S., especially if you plan to travel to other countries in the region.

Bring washable, color-coordinated clothing that will allow you to dress in layers for comfort and warmth. Here is a list of some basics:

- one pair of sturdy walking shoes that already WELL BROKEN IN and hiking boots (if you enjoy outdoor activities)
- one pair of dress shoes
- sufficient socks and underwear (15-18 of each), including a set of long underwear
- 10-14 shirts/tops/blouses (long- and short-sleeved; dark colors are best)
- 1-3 nice outfits for special occasions (ties for men) and all seasons
- 6-8 everyday, wrinkle-resistant bottoms (jeans, corduroys, skirts) in subdued colors, shorts (Bermuda-length is preferable)
- a pair of pajamas or sweats that can be also used for long underwear
- an all-weather jacket, preferably with a zip-out lining
- a robe for trips to the shower/bath
- a knit cap, gloves, scarves, etc.
- bathing suit and cap
- a pair of sandals
- slippers/house shoes
- umbrella
- a towel and washcloth set (more can be bought there)
- sufficient pairs of contact lenses, eyeglasses and lens prescription

Miscellaneous items:

- Laptop. Note: most 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 220 volt current), then you will ruin your hard drive.
- 2 converters and adapters for US electronics (Tip: buy hairdryers there!)
- a USB memory device for transferring photos and documents between computers
- a day bag/backpack for travelling
- space/vacuum bags (available at Walmart or Target and help condense the amount of space clothing uses in your luggage)
- luggage ID tags both inside and outside of your luggage
- International phone numbers for computer and credit cards
- sewing kit with safety pins (and paper clips)
- travel alarm clock with extra batteries
- portable music player with extra batteries
- pocket knife with corkscrew, bottle opener and scissors (packed into checked luggage)
- preferred health and beauty products
- small first aid kit
- camera
- playing cards
- all medications (prescription and non-prescription), packed in carry-on luggage
- pocket calculator (with extra battery)--for currency conversion
- notebooks, school supplies, etc.
- Korean-English dictionary
- pictures from home (to show new friends and to decorate your room)
- a few token gifts for friends or your host family (something typically American, representative of the area in which you live, or something from Dickinson College)

For the first few days, pack a bar of soap, toothbrush and toothpaste, and a washcloth. **If you have a particular type or brand 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. (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. 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 may want to carry some cash with you to Seoul and exchange it for Korean **won** at the airport when you arrive; \$300-400 should be enough to tide you over for the first few days. There is an ATM in the Yonsei campus at which you will be able to withdraw cash from your U.S. bank account throughout your time at Yonsei. Plan ahead for cash needs in other parts of Korea; ATMs are not as commonly found outside of Seoul.

Flight and Arrival Information

Travel Arrangements and International Flight:

All students are responsible for arranging and paying for their own international flight to/from Seoul. Dickinson College frequently uses the services of Advantage Travel and the CGSE will put you in contact with this flight agency, if you prefer to work through an agency rather than purchase a flight on your own.

You should plan your travel so that you arrive in Seoul according to the date you are allowed to check into your room. The CGSE and/or Yonsei University will update you with move-in dates. When you have booked your flight, please complete the flight itinerary questionnaire found on the online application system at <http://dickinson.studioabroad.com>.

In general, passengers on international flights need to be at the airport at least 2-3 hours before departure. Be sure to leave yourself plenty of time for potential delays due to increased security measures. You will need your passport to check in and when you land, so have it available.

Clearing Immigration and Customs:

Before landing in Seoul, you will be asked to fill out a customs declaration form, which you will need to present as you go through customs.

In order to enter South Korea, you will need to show your passport with your visa stamp.

Arrival and Transportation to Yonsei University:

After you have cleared customs, you will be met and taken to campus. Once you have your airline reservation, you may schedule a pick-up upon arrival through a contracted service that Yonsei uses, called "AirHelp". To schedule your pick-up go to

<http://www.airhelp.co.kr/english/index.html> and complete the online reservation form. The cost is 75,000 won; Dickinson will be responsible for the fees and will reimburse you through your wire transfer. Additional contact details for AirHelp include: **Phone** : 82-2-723-7873, **Fax** : 82-2-723-8353, **E-mail** : service@airhelp.co.kr or kang7016@hanmail.net

Orientation, Registration, Language Placement Exam:

Orientation begins in late August and is mandatory for all students. Course selection and registration occur in the mid-late summer initially, and course adjustments will occur during orientation, as well as an introduction to the academic regulations and other important information. The Korean Language Placement Test will be given to students who plan to take Korean language courses. Test times will be announced. Most students pay dormitory fees at orientation; however, your dormitory fees will be paid to Yonsei University prior to orientation since they are included in your program fee.

At orientation, a student handbook will be distributed with information about the university, student services, dormitory life, cafeterias and restaurants, shopping, transportation, and so forth.

Registering with the U.S. Embassy:

You must register with the U.S. Embassy Consular Section in Seoul as soon as possible after your arrival at the following address:

Embassy of the United States- Seoul
188 Sejongno, Jongno-gu
Seoul 110-710
Republic of Korea
Tel: (82-2) 397-4114
Web page: <http://seoul.usembassy.gov/>

THE PROGRAM

Seoul, South Korea:

Official ties between the United States and South Korea, officially known as the Republic of Korea (ROK), are traced to the establishment of formal diplomatic relations in 1882. In the years since the end of the Korean War, a close bilateral political and economic involvement has accompanied U.S. military presence in South Korea. The South Korean economy is the fifteenth largest in the world and, due to rapid urbanization trends, the population of the capital city Seoul is over 10 million and growing.

Downtown Seoul is a vibrant, bustling city, the center of government, and headquarters for major corporations. The city's resources for first-hand study of Korean culture and history are extensive. The Yi Dynasty capital offers a number of exciting historical and cultural sites, including Kyongbok Palace, Toksu Palace, Changgyong Palace, the National Museum, the Folklore Museum, university museums, and the Buddhist temples just outside the old city walls. For modern Korean culture, the city teems with art galleries, music and drama festivals, cultural centers, and thousands of churches.

Yonsei University:

Yonsei University is a large, prestigious research university located in downtown Seoul. With easy access to a wide variety of restaurants, cafés, movie theatres, and art galleries, it also offers a spacious, wooded and relatively quiet campus atmosphere. Yonsei itself is located in one of the most cosmopolitan areas in Seoul, offering a rich mix of traditional culture along with many other international peoples, restaurants, shops and institutions. Yonsei University is located in the area known as Shinchon with other famous universities, including Ehwa Womans University, Sogang University, and Hongik University. Together, these schools make the Shinchon area a bona-fide "college-town."

Upon arrival at Yonsei, international undergraduate students become affiliated with the Division of International Education. Students can take a wide range of special courses taught in English within the Division, Korean language courses at the Korean Language Institute, and regular courses taught in Korean in the other faculties (for students with Korean fluency).

International students are actively encouraged to join a number of different Yonsei student clubs such as the International Yonsei Club or the Global Management Track. These clubs and organizations help make the Yonsei experience a rewarding one.

ACADEMIC INFORMATION

Academic Culture:

In a Korean cultural context it is important that you show respect toward teachers, professors, and elders – you should observe appropriate behavior and dress in the classroom, as well as observing Yonsei's strict attendance policy. Each teacher will have his or her own style and standards, but Yonsei policy states that "Any student who is absent from more than 1/3 of course meetings will be issued an "F" regardless of achievement in the course." Some teachers may be more "egalitarian" in teacher-student relations, while others may assume a more hierarchical rapport. To establish a positive relationship with faculty, you should attend class, set high standards for yourself, prepare your homework, and be attentive from the start.

Course Instruction:

If you have already surveyed the course offerings listed in the current Yonsei brochure, you are able to make a basic course request with your application. Actual course offerings and a book of complete course descriptions (syllabi) will be available at the Yonsei orientation. Students fluent in the Korean language may, with permission, select any of several thousand regular university courses.

Available Courses/Faculties:

- Korean Studies
- East Asian Studies
- Politics and Culture
- Business and Economics
- Science and Engineering
- Korean Language (KLI)

* Please be advised that course registration is first-come, first-served basis and business/economics courses are generally limited to business/econ majors.

Credit Transfer Policy:

- Dickinson students must take a **normal full load of classes** as defined by their program or host institution.
- The minimum course load for undergraduate students set by Yonsei University is 9 credit hours and a maximum of 18 credit hours per semester. All Yonsei courses are 3 credits (equal to one Dickinson course credit) except for the Korean language courses which are 6 credits (equal to two Dickinson course credits). **Dickinson College requires its students studying abroad to maintain enrollment in at least 12 credit hours (the equivalent of 4 Dickinson course credits) per semester and will transfer to 4 Dickinson credits.**
- To take more than 4 credits per semester, a student must petition Samantha Brandauer, Director of Education Abroad. In her absence, students may also address their petitions to the Executive Director of CGSE. **If a student registers for more than the maximum allowed without permission of 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 a student is studying.
- Transfer credit will not be awarded for coursework that duplicates what a student has already completed at Dickinson.
- Transfer credit is awarded only for classes in which a student earns a grade of “C” or better. However, *all* courses for which a student is registered will appear on the transcript, along with the corresponding grades.
- Must be taken for a grade; pass/fail courses are not allowed.

Grade Conversion Table

| | |
|----|--------|
| A+ | 97-100 |
| A | 94-96 |
| A- | 90-93 |
| B+ | 87-89 |
| B | 84-86 |
| B- | 80-83 |
| C+ | 77-79 |
| C | 74-76 |
| C- | 70-73 |
| D+ | 67-69 |
| D | 64-66 |
| D- | 63 |

Yonsei does not have Incomplete or Pass/Non-pass grading options.

Coursework completed at Yonsei University will appear with course title and letter grade earned on the Dickinson transcript, but will **not** be calculated in your cumulative grade point average. To receive credit, your grade has to be a “C” or higher; all grades earned will appear on the transcript.

Within the first two weeks of each semester there is a “Drop/Add Confirmation Period” for course changes. Shortly after the mid-point in each semester, there is a “Withdrawal Period,” the last date for dropping courses without penalty. The student may not register for another course to replace the one he has withdrawn from and must still carry a minimum load of 12 credit hours after his or her withdrawal. For this reason, you may want to register for 5 courses and plan to drop one when you know which courses you want to focus on.

Physical Education Activities:

Students who take formal instruction in physical education or play on an organized university team at Yonsei and have written proof of successful completion of the program may receive credit from the physical education department on the Dickinson campus. Official standards regarding credit from the physical education activities abroad are as follows: 1) the activity is currently offered; 2) the student secures the approval of the Center for Global Study and Engagement; 3) the student participates in an activity for a length of time equivalent to (or greater than) that of a similar activity

at Dickinson (as a guideline, 20-22 hours of supervised instruction = 1 block); 4) the student chooses an activity which does not duplicate an physical education course already completed at Dickinson; and 5) the student's participation is documented by the instructor of the class or by the Dickinson director. Credit for self-paced activities will not be permitted.

Upon return to campus, the student should present to the chair of the Physical Education Department the appropriate documentation of participation. Alternatively, the Center for Global Study and Engagement may verify to the department chair that the student has participated in a supervised, structured program of physical activity for which credit should be given. In either case, the department chair will notify the Registrar's Office of those persons who are to receive physical education credit.

The Central Library:

The library's collection contains over one million books, including bound volumes, rare books, maps, sheet music, records and microfilms. Check the Yonsei University website for the most up to date hours of operation.

Accessing College Library Resources from Dickinson Global Library:

If the libraries at your abroad site 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:

When going through the housing request process, **YOU MUST REQUEST A DOUBLE ROOM**. On campus housing is not guaranteed for exchange students and it is very difficult to secure on campus housing unless a double is requested. Should you not secure housing on campus, CGSE will work with you to arrange for alternative accommodations near Yonsei's campus.

If you are housed on campus during your stay at Yonsei, you will either live in the International House or SK Global House. The doubles in International house are slightly bigger than those in SK Global and are equipped with a personal refrigerator shared between two roommates. However, the doubles in SK Global have a personal restroom and shower along with a small balcony. In I house you would use shared stall restrooms and showers that cleaned daily by housekeeping. When registering for housing at Yonsei, if you have the option to choose, please pick the one of your choice. There are floors for both undergraduate and graduate students and separate wings for men and women. A mix of Korean and non-Korean students live in the dormitory to provide an international atmosphere, though the primary language in the dormitory is English.

Every room is equipped with internet access. The dormitory has shared refrigerators for student use, lounge areas, study areas, a recreation area, computer room, and lecture room and laundry facilities. The dormitory has central heating and an air conditioning in each room.

Dorm rooms are western-style, with twin beds. In addition to a bed, each person is provided with a wardrobe closet, a desk, and a small bookcase. Each room has a window shade and an overhead light, but desk lamps are not provided. One set of sheets, one blanket, a pillow and a pillowcase are provided, but students are responsible for laundering their own sheets and pillowcase. Students should either bring their own towels and slippers or purchase them there.

Neither smoking nor drinking is allowed in the dormitory building. Cooking is not permitted in the dormitory rooms. No guests are allowed in the dormitory without prior consent and there is no visitation between the men's and the women's wings.

Dorm fees, paid by Dickinson directly to Yonsei University, cover housing from orientation through the end of final examinations. Housing is available for the winter vacation (January and February) for students staying for the spring semester at an extra charge; this charge will be paid by Dickinson if the full-year student wishes to remain in the dormitory between semesters.

If you have any questions regarding housing at Yonsei, please get in touch with our contact at the SK Global House:

Email: y-ih@honse.ac.kr

Phone: (011 82-2) 2123-7481

Fax: (011 82-2) 6442-7481

Student Meals and Korean cuisine:

Students are responsible for purchasing their own meals. There is no meal plan, but there are many alternatives. Students may buy their meals in one of the college cafeterias or one of the many

restaurants located near the university. Shared refrigerator space for storing milk, bread, or other perishables is available.

Nearby bakeries have coffee and rolls for breakfast, and both pizza and Chinese food can be delivered to the dorm.

Don't miss out on Korean cooking while in Seoul! Korean cuisine encompasses a wide array of dishes, usually involving the boiling or stir-frying of many different kinds of vegetables and seasoning with garlic, soy sauce, sesame oil, red pepper, and onions. Meat dishes, less common than vegetarian dishes, are grilled or braised. Korean food ranges in taste from bland to extremely spicy, as many dishes are seasoned with red peppers. Three foods, **pap**, **kimchi**, and **kuk**, are considered to be essential components of a Korean meal.

1. **Pap** (rice steamed plain or with other grains) is the main dish or entree for all three meals of the day. Because rice alone tastes bland, it is served with **kimchi**, **kuk**, and other side-dishes, called **banchan**, that give flavor to the meal. Koreans eat a whole bowl full of rice, which is considered the main food in any meal. Without rice, there is no legitimate meal.
2. Next in importance and probably the most famous Korean food is **kimchi**. **Kimchi** is an essential part of a Korean meal and this serves as one of the **banchans** to **pap**. **Kimchi** consists of cabbage seasoned with red pepper, salt, garlic, ginger and other ingredients.
3. **Kuk**, or soup, is usually served with rice and **kimchi**. It can be prepared to taste bland or hot. One very popular soup called **taenjang kuk** is made up of **taenjang** or soybean paste, tofu, and assorted vegetables.

FINANCIAL INFORMATION

Money and Banking:

You will receive a credit **on your student account** for the cost of board (meal plan). You will be responsible for the cost of your meals while on this program.

Additionally, a wire transfer will be sent to you, converted to Korean Won, once you open a bank account in Seoul. These funds are to support other costs during your stay in Korea as noted in the chart below. You may contact the Office of International Affairs to find out about student excursions that are planned.

It is very difficult to cash US personal checks in Korea and may be difficult to cash travelers checks. It is recommended to either bring some cash with you and plan to withdraw additional funds from your US bank account once in Seoul or have a lump sum of money wired to a Korean bank account.

An account in Korean currency can easily be opened at the campus branch of Woori Bank, located in the Student Union Building. You will need your passport and Yonsei student ID to open an account.

A program subsidy will be wired to students upon arrival in Korea. The subsidy reflects the following expenses:

- Transportation
- On-Site Orientation Activity fees
- Cultural Excursions
- Bottled Water Allowance
- Printing Fees
- Laundry Expense
- Lodging Upon Arrival in Korea
- Miscellaneous University Fees

**The board allowance will be deducted from the Dickinson comprehensive fee when Student Accounts posts the student's bill. It will not be paid as a stipend. The student is expected to take this money with him or her to the program site to be used toward these expenses.

***For students studying in Seoul for the entire academic year, these components of the allowance will not be re-issued for the second semester.

ATM and Credit Cards:

Many major credit cards (e.g. Visa and MasterCard) are accepted abroad, depending upon the country. A credit card can be useful for big purchases: hotels, airline tickets, etc. or in an emergency. When you use a credit card it should be in your name and you should verify your credit limit before you depart the US. While credit cards are accepted by some restaurants and stores, they cannot be used to pay school costs or travel expenses associated with the International Division program.

Check on Fees with Bank and Credit Card Companies:

Before leaving the US, 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. The amount spent depends, of course, on the lifestyle you adopt and how much you plan to travel. In general, you should plan on a minimum of \$2,500 per 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:

Your mailing address at Yonsei University is as follows:

For All Students:

(Student Name)
Office of International Affairs
Yonsei University
Global Lounge Study Abroad Center
262 Seongsan-no, Seodaemun-gu
Seoul 120-749, Republic of Korea

For the Dormitory:

(Student Name)
Room Number #
International House
100 Daeshin-dong, Sodaemoon-Ku
Seoul 120-160, Republic of Korea

Cell Phones:

Some students purchase cellular phones while in Korea. 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 from 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. More than likely, you will purchase pre-paid cell phone minutes that do not require subscribing to an overseas cell phone service.

Skype (International calls through the internet):

One of the most inexpensive ways to make international phone calls is through the internet. Skype is one of the most common programs for this type of phone service. All that is required is access to a computer with a headset or external microphone. For more information, visit the website at www.skype.com.

Computers and Internet Access:

Yonsei University has several computer systems for campus use. The University Computer Center has branches throughout the campus for the use of all Yonsei students. There is a computer room for the use of the students of the Office of International Affairs. The Computer Room and Library for international students in New Millennium Hall have computers for student use, and there is a smaller computer room in the International House with several computers. In any case, you are encouraged 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.

If you have one, students are encouraged to bring their own laptop. Please be sure to purchase proper insurance, and a laptop lock to prevent theft. Make sure that your laptop has the proper voltage converter.

E-mail:

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 regularly for messages or have your Dickinson account forwarded to your personal account. Also, be sure to clear your Dickinson Inbox regularly so that messages can reach you. Make sure you empty your Sent and Deleted messages box regularly.

HEALTH AND SAFETY WHILE ABROAD

Health Care

The International Division at Yonsei University does not offer student health coverage. In case of a medical emergency, students go to Severance Hospital in Seoul for service. This hospital is directly next to the Yonsei University campus. Severance maintains an International Health Care Center, where foreign patients may be seen. Be prepared to pay the full fee up front, and then submit the bill for reimbursement from your home insurance company.

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.

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](#)

International SOS

As part of Dickinson College's commitment to you, we have invested in global medical and security assistance through International SOS. The Intl.SOS program is not an insurance plan. This program is designed to keep you healthy, safe, and secure while you are traveling abroad. You have 24/7 access to Intl.SOS **information** services at no charge. The information services include website information (country risk ratings, medical travel recommendations, security advice, immunization requirements, and more), access to doctors and security specialists via phone and/or online, referrals to English-speaking doctors, care assessment, and translation services in case of hospitalization.

Simply carry the International SOS membership card with you at all times or download the [Assistance App](#) (<http://app.internationalsos.com>) to use this complimentary service. Both contain our membership number and key phone numbers along with the website address (www.internationalsos.com).

When to use International SOS' services:



Before you travel outside your home country, prepare yourself by logging onto the International SOS website where you can sign up for health and security email alerts or review country-specific reports that will make you an informed traveler. Also, take a look at the information provided through the Assistance App.



While abroad, let International SOS help you locate a qualified health care provider, receive a prescription or simply answer any general medical or security concern you may have so you get quality medical care and advice.



In an emergency, International SOS can ensure you get immediate care whether it requires evacuating you to a center of medical excellence or closely monitoring your condition with local doctors. Keep in mind that they can also take care of all the details associated with your situation such as making travel arrangements for family members so you can focus on getting better.

To contact Intl.SOS, please call the dedicated number referenced on your membership card or 215-942-8478:

When you call Intl.SOS, be ready to provide:

- Your name
- Intl.SOS membership number (11BCAS626216)
- Number where you can be reached
- Reason for your Call

PLEASE NOTE – You may be responsible for the cost of a medical service if it is not covered by the Chubb Global Medical plan or your primary health insurance plan.

Chubb Global Medical Plan:

Dickinson Students are automatically enrolled in the Global Medical Plan and may use this plan as the primary plan to respond to medical needs while abroad. However, you should be aware of what is covered by the plan and determine whether or not you should utilize the Chubb Medical Plan or your own personal health insurance. This plan provides a variety of benefits, including:

- ✓ Emergency medical benefits
- ✓ Medical Evacuation
- ✓ Security Evacuation
- ✓ Repatriation Benefits
- ✓ Emergency Reunion Benefit
- ✓ Trip Cancellation
- ✓ Outpatient mental health counseling – up to \$1000 in coverage

The Chubb Global Medical Plan DOES NOT include coverage for routine care. Examples of routine care are things like routine dental exams and cleanings, routine physicals, and eye examinations. Intl SOS can assist you in finding a medical provider for these type of services but you will be solely responsible for paying for these services out of pocket and initiating the reimbursement process to your own personal health insurance carrier.

It is recommended to call Intl.SOS to find a medical provider or facility. If the provider or facility does require direct payment for their service, you will need to submit a claim form with copies of receipts. If the direct payment exceeds \$500, please contact Intl. SOS to discuss guarantee of payment options.

Click [HERE](#) for claim instructions and claim forms

Domestic Health Insurance:

You are required to maintain your own personal health insurance in the United States while traveling on behalf of Dickinson College. It is important to keep your plan in case you are forced to return to the United States for any reason. The following section includes a list of things to consider with regards to your current health insurance coverage.

- ☐ Selecting and paying for adequate personal health insurance coverage is your responsibility. You should read your insurance policy to determine what is and is not covered. It is your responsibility to determine whether your policy meets your particular needs.
- ☐ Before deciding to use your health insurance policy, you should contact the provider to determine whether the policy will cover you **overseas** for the **duration of your stay**. Find out what sort of documentation you must present for reimbursement of costs incurred overseas. You also have the option of purchasing the student health insurance plan sponsored by Dickinson College. Please contact the Office of Student Accounts for further information about the Dickinson health insurance plan. (*This is for Dickinson students only).
- ☐ On the **Student Agreement form**, which you signed when you applied, you provided the **insurance company name and policy number** for your medical coverage. **If that information should change, please notify the Center for Global Study and Engagement immediately.** Up-to-date, accurate insurance information is needed in case of emergency and is also mandatory if your program requires a letter issued by the Center for Global Study and Engagement in support of your student visa.
- ☐ Make note of your insurance company contact information and policy number in your own essential records, which you take with you overseas. Also leave the information with someone at home.
- ☐ If you have **special health needs**, discuss them with the Program Director and/or the Center for Global Study and Engagement before departure. Thinking ahead about how you will cope with special health needs is essential. Do not assume that the same services or medications you use at home will be available in the host country.

Liability Insurance for Belongings:

Students are not covered by the College for personal liability, including the loss or theft of personal property. It is the responsibility of each program participant to purchase liability insurance, if

needed. Students who bring laptops are advised to purchase adequate coverage. Check first to see whether the homeowner's insurance of your parents/guardian will cover personal liability while overseas. Normally, a copy of the police report filed at the time of loss or theft will be required by the insurer before any claim will be considered.

Insurance FAQs

Planning for your health and safety while abroad is particularly important. You want to be prepared to make the most of this opportunity and the time to ask questions is not when you are in immediate need of health care services. Take a few minutes to read over these frequently asked questions and feel free to contact the Center for Global Study and Engagement if you have additional concerns.

Do I need health insurance abroad?

Yes. Check your current policy to see if your policy covers you outside your home country. Even if your current policy covers you abroad, you may have to pay for medical treatment upfront and submit receipts for reimbursement within a certain time-frame.

What if my insurance doesn't cover me abroad?

Dickinson also covers all students studying abroad through a policy with ACE Insurance Company. This policy is a secondary policy to your primary insurance policy; however, if your standard policy doesn't cover you abroad, ACE becomes your primary policy. Students are automatically signed up for coverage and the cost is included in the program fee.

What happens if I get sick abroad?

During on-site orientation you will be given information about local doctors, clinics, and hospitals. Be sure you talk with your program director and let them know about any health issues you are experiencing; they are there to help.

Is insurance included in the cost of the program?

Yes, ACE/Chubb insurance is included in the cost of the program. However, you must maintain your primary policy, whether that is purchased through Dickinson or independently.

Can I take prescription medication with me?

It depends; you need to make sure it is legal. Check the consulate website of the country you are visiting—they may be able to direct you to resources advising on what drugs are accepted. If it is legal, carry the doctor's prescription and a letter stating the reason you are taking the medication and, of course, keep the medication in the original container!

What if my prescription medication is illegal?

You should talk to your doctor about changing your medication, if possible. In extreme cases, you may have to consider choosing another country to study abroad. Please investigate this early on in your process; the more time you and your doctor have to explore options the less stressful this aspect of your preparation will be!

What if I need to refill a prescription abroad?

It is illegal to mail prescription medication. Arrange with your doctor and insurance company to take enough medication with you for the duration of your studies. It can take many months to arrange this so start the process early.

Am I covered if I travel outside the host country?

You are covered by the ACE policy as long as you are outside the United States, for the duration of the program. If you travel before or after the program you should make sure your personal insurance provides adequate coverage.

Am I covered by the ACE policy if I travel before the program or after the program ends?

You are only covered by the ACE policy during the program dates. In the event you elect to extend your travel beyond the policy term you can purchase additional insurance at the link posted below. If you have any questions please contact Tim Cummons at tcummons@rcmd.com or (800) 346-4075 ext 1452. <http://www.rcmd.com/solutions-students-and-faculty>

If my laptop is stolen when I'm on the program, am I covered by Dickinson insurance?

Students are not covered by Dickinson for personal liability, including the loss or theft of personal property. It is the responsibility of each program participant to purchase liability insurance, if needed. Students who bring laptops are advised to purchase adequate coverage. Check first to see whether the homeowner's insurance of your parents/guardian will cover personal liability while overseas. Normally, a copy of the police report filed at the time of loss or theft will be required by the insurer before any claim will be considered.

I am studying in a developing country, does the Dickinson ACE insurance policy cover emergency medical evacuation?

Yes, the policy covers emergency medical evacuation. However, students and their families should be aware that ACE will be responsible for when an emergency medical evacuation is necessary. If the procedure can be performed in-country (or in a neighboring country) this coverage will not pay for the student to return to their home country for the procedure.

What if I need accommodations?

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. It is also possible that some host sites abroad may not be adequately equipped for students with physical disabilities.

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 Dickinson 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 come talk to the Center for Global Study and Engagement. It is important to ask questions and do your research before you apply.

Once you determine the right program for you and, if accepted, you will be invited to self-disclose your personal needs on a medical questionnaire open to you through the on-line application system. Disclosure is completely voluntary. However, on-site staff will have a better chance to advise you of accommodations that may be possible if they are aware of your needs before you arrive on site. If you choose to study on a program and 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.

I suffer from depression and/or anxiety, am I still able to study abroad?

It is strongly recommended that you consult your counselor or psychiatrist when considering study abroad. When abroad, most students 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, seek professional assistance and inform your program director. If you are currently seeking treatment from a mental health care provider, remember that English-speaking counseling services abroad may be limited and the terms of care will likely be different from here in the U.S.

What if I am a non-Dickinson student, do I still need coverage? Am I covered under Dickinson's health insurance?

Like Dickinson students, guest students attending Dickinson programs from other colleges and universities must have health insurance coverage. However, non-Dickinson students are not covered under Dickinson's ACE insurance policy.

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:

Even though South Korea does not require any specific immunizations for entry into the country, please consult with the Dickinson College Health Center or your personal physician to make sure that all of your routine inoculations are up-to-date, as you may need to prove to your on-campus

housing accommodation that you are up-to-date with your inoculations. These include measles, mumps, rubella (MMR) and diphtheria, pertussis, and tetanus (DPT). It is strongly recommended that you also consult with your personal doctor and/or the College Health Center with regards to other inoculations (e.g., Hepatitis A and Hepatitis B) or medicines that are advisable for the country. For more up-to-date country-specific information about immunizations and other health precautions, consult the Center for Disease Control (CDC) website (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 often take particular over the counter medications, such as a painkiller or cold medication, 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 information 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 type 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 Dickinson 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.

Sexual Assault Abroad

Sexual assault and rape can happen to people across gender identities anywhere in the world. Violence, specifically sexual assault, continues to be a serious problem both on and off of college and university campuses and students heading off campus to study abroad/away should continue to be vigilant about being aware and safe, as well as understanding your role in helping to look out for one another and be active bystanders.

Sexual assault is defined as any unwanted sexual contact, including rape.

It is important to know that victims do not cause sexual assault. Any sexual contact with you without your consent—regardless of how well you know someone, how much you've had to drink, or whether some of the sexual activity was consensual – is wrong.

While most students do not experience sexual assault while abroad, it is important to know procedures, resources and care information in the event that this happens to you, a friend or a colleague while abroad.

If you are sexually assaulted:

- If you have been sexually assaulted while abroad, get yourself to a safe place and consider talking to a friend and/or to the on-site staff/ Dickinson College faculty member abroad as soon as possible. If you cannot make it home for the night, be sure you are in a safe and secure environment. Call your local contact or Dickinson faculty member/program assistant immediately and consider getting medical attention. It is completely up to you if you want to report the assault to local law enforcement or college officials. Understanding that reporting is an intensely personal process, and is considered empowering and therapeutic for some yet emotionally draining and insufficient for others. Dickinson College respects your right to decide whether or not to report.

Talking with your on-site staff/faculty director

- Cultural and societal attitudes toward rape and sexual assault victims may vary greatly in different countries and parts of the world. The support you receive from local law authorities, university/program staff and others, in addition to the resources available to you, will vary from country to country and program to program. In the United States, for example, if you tell a medical professional that you have been raped, he or she may be legally required to report your name and situation to the police. However, you have the legal right to refuse speaking with the police. Laws in other countries may provide you with more or less decision making power. Therefore, it is important to consult with local staff/faculty abroad and read about your host country's legal norms regarding rape and sexual assault.

Reporting to local police

- Whether you decide to report to local authorities or not, it is still a good idea to have a medical exam to see if you were injured and to check for sexually transmitted infections and pregnancy. It is important to understand that a medical forensic examination can be potentially invasive and the more you know about the examination, the better. A rape kit aims to collect evidence from a sexual assault. Evidence can be collected from your body, clothes and other personal belongings. You do not have to report the crime in order to have the examination performed. To prepare for the examination, try to avoid bathing, showering, using the restroom, changing your clothes, combing your hair or general clean up to the area. The examination usually takes a few hours and will vary. You can have someone attend the examination with you, if you want. During the examination, you will receive immediate care, go over your medical history, have a head-to-toe physical examination and discuss follow up care. Youi can stop, pause or skip any of these steps. A Sexual Assault Nurse Examiner (SANE) will perform the examination. There may be some discomfort associated with the exam, and you should feel free to tell the SANE nurse if you are having any issues with the examination.
- Be aware, though, that some countries will require the attending physician to alert the police; however, this varies by country. You may receive a physical exam and avoid legal involvement by not disclosing the sexual assault to the medical professionals, if you do not want to report the

assault to the police. If you choose to report to the police, please speak with on-site staff/program faculty director to assist you with this process, if you want. Again, reporting is completely up to you.

Care after sexual assault

- Sexual assault is a traumatic experience and affects people very different, therefore, the care that one needs after such an incident varies. You may feel angry, embarrassed, ashamed, scared or guilty. Emotions can occur immediately after the assault, or years later. This is absolutely normal after this type of trauma and it is important that you consider your resources for help. Advice from a counselor, support group, and other survivors may help. Dickinson and on-site staff can help provide you with information on professional and legal assistance both in your host country and the United States.
- Contacts at Dickinson are as follows:
 - Katharina Matic, matick@dickinson.edu – Title IX Coordinator
 - Stephen Winn, winnst@dickinson.edu – Assistant Title IX Coordinator
 - The Center for Global Study and Engagement, global@dickinson.edu
 - Department of Public Safety, 717-245-1111 (emergency line), 717-245-1349

SEXUAL ASSAULT FACTS!

FACT: According to United States Department of Justice document, Criminal Victimization in the United States, there were overall 191,670 victims of rape or sexual assault reported in 2005. Only 16 percent of rapes and sexual assaults are reported to the police (Rape in America: A Report to the Nation, 1992). Worldwide, a United Nations statistical report compiled from government sources showed that more than 250,000 cases of male-female rape or attempted rape were recorded by police annually. The reported data covered 65 countries.

FACT: False rape reports are very rare and are not more common than for any other felony crime. In reality, sexual assault is the most underreported violent crime in the U.S. 84 percent of rapes are never reported to the police.

FACT: Rape is not sex. Sexual assault uses sex as a weapon to dominate, humiliate, and punish victims. Perpetrators plan most sexual assaults in advance. Sexual violence is not just an individual or relationship problem, but stems from institutional sexism, racism, heterosexism, and other forms of oppression.

FACT: Sexual assault is a crime of power and control, not sexual attraction, and perpetrators often choose victims whom they perceive as vulnerable. Sexual assault survivors include people of all ages, gender identities, sexual orientations, races, classes, etc.

FACT: Men represent 13 percent of sexual assault survivors. Typically, the perpetrator is a heterosexual male.

ADDITIONAL RESOURCES:

[SASHAA – Sexual Assault Support and Help for Americans Abroad](#)

[Dickinson College Sexual and Relationship Violence Resources](#)

[Dickinson College Department of Public Safety \(717-245-1111 emergency\)](#)

[US State Department Help for U.S. Citizens Victims of Crime Overseas](#)

CULTURAL PERSPECTIVES

Being Informed about the Host Country and World Affairs

What do you know about your host country?

1. Can you name the capital city and the head of state?
2. Can you name the major political parties and what they stand for?
3. How is the government organized in your host country as compared to the U.S.?
4. Name five large cities, identify their location and a feature they are famous for.
5. What are the key historical events of the 20th and 21st century in your host country?
6. What are the major religions in your host country and what role do they play?

7. Who are the major literary and/or cultural figures of the last two centuries?
8. What is the state of the economy? What are its problems, successes, and how is it organized?
9. Can you identify on a map the major rivers, mountain ranges, and other significant geographical features?
10. Can you identify on a map the states, provinces, or other political subdivisions of the country?
11. How is the educational system organized and funded?
12. What is the predominant view in your host country regarding current U.S. foreign policy?

Without researching the answers, most of us would do poorly on this little quiz. However, most local people at your study abroad destinations could probably answer most of these questions about U.S. Think about it!

Before you leave, do some serious research to educate yourself about your host country. Travel guidebooks and encyclopedias offer a respectable starting point. Read books, magazine articles, and newspapers about host country history, literature, geography, cuisine, etc. Foreign films are also a good resource. Take the initiative and get acquainted with international students at Dickinson's campus before going abroad.

No matter where you go, you will be asked hard questions about U.S. foreign policy. It is crucial that you have an understanding of what is going on internationally. Read newspapers and magazines that cover international affairs in depth. Include foreign news sources to expose yourself to other perspectives and a different set of facts abroad. The point is that you do not want to arrive abroad poorly informed or be caught off-guard by an encounter with viewpoints sharply different from your own. You especially need to be knowledgeable about the situation in Iraq and the Middle East, and how your host country and the United States stand in relation to those areas. People will have strong opinions and want to engage you in dialogue. Prepare for these situations and recognize their value as learning opportunities.

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Now is the time to prepare for your study abroad learning experience. We urge you to engage in learning about the world now!

The People:

The Koreans are a proud people with a 5000-year cultural heritage and ethnic uniqueness. This pride is complicated by what many Koreans feel to be the indignity of their turbulent history: the occupation by the Japanese, the allocation of the country by foreign powers and the presence of American armed forces personnel. You should be aware in your dealings with Koreans that they are very sensitive to any perceived slights of their culture. It is a good idea to behave pleasantly when bargaining over prices and to avoid contentious remarks regarding Korea and its culture.

The strong influence of Confucianism on Korean culture is evident by the great respect shown by Koreans for their elders and their superiors. All relationships require a placement in some sort of hierarchy for one party to determine how to behave with respect towards another. Most Koreans are extremely courteous and will go out of their way to accommodate you. Korean rules of etiquette are fairly complex, but allowances will be made for foreigners.

The Korean concept of **kibun**, a sense of well-being or harmony between people, is very similar to the Asian concept of 'saving face.' Efforts are made to smooth over potential problems, such as remarks that could lead to political disagreement. Arguments, or any situation that will lead to one party having to back down, will involve a loss of honor. Avoid putting yourself in a situation where you cause someone else to lose their pride.

Cultural Sensitivity:

Please remember that in coming to Korea, you are entering another culture and you must abide by its standards. For instance, in spite of the high temperatures in summer, Korean society is still somewhat conservative in dress for both men and women. Your dress and public behavior make the strongest impression on Korean students, and your stay here will be made much more comfortable by showing sensitivity to what Koreans wear.

Local Customs (“Dos and Taboos”):

- Before entering a Korean family home, and sometimes in museums or temples, you are expected to take off your shoes. Watch what others do and follow the custom as a gesture of respect.
- Respect for the aged person is strictly adhered to in Korea. Young people are expected to give up their seats for an aged person in a crowded bus or subway. If you follow this Korean custom, you will be considered well-mannered.
- While trains and buses are public places they tend to be very quiet. Keep your voice to a whisper while riding public transportation and don't be surprised if someone asks you to be quieter.
- When receiving a present or a wine cup from an older person, you should use two hands to grasp the object. This expresses respect.
- When shaking hands with an aged person, you must use both hands. It is customary to bow to an elderly person.
- Beckoning someone is done with the palm down and fluttering fingers – it is considered impolite to point or gesture with one finger at someone.
- Instead of waving in greeting, you bow your head. Bow again when taking leave.
- Sticking chopsticks upright into rice is a gesture symbolizing death and you would embarrass yourself and your hosts and fellow diners by doing this.
- Don't write a note in red ink because it conveys a message of unfriendliness.
- In general, Koreans dress very well and very neatly, even in hot weather. Proper dress code for both males and females is more conservative in Korea than in the U.S. Don't wear cut-offs, sloppy T-shirts, or flip-flops outdoors.

Racial/Political/Gender/Sexuality/Religious Issues:

RACIAL ISSUES: A foreign man with a Korean woman (or a woman who looks Korean) runs a risk of being the recipient of Korean male antagonism. The woman will also be given a

hard time. If you are a male accompanying a Korean female friend, avoid overt physical contact or outward public displays of affection.

POLITICAL ISSUES: You should recognize that certain topics – including U.S. policies and attitudes toward Korea – are sensitive ones for many people in Korea. However, discussion of a range of issues can emerge naturally among friends or even with a stranger. Acknowledging the complexity of certain issues is a useful rhetorical device in such instances. There is no need to be dishonest about your own views, but be a good listener and avoid any appearance of arrogance and insensitivity.

GENDER ISSUES: Physical contact between the sexes, especially among young people, is a fairly common sight nowadays on campuses or on the streets in Korea. Traditionally, physical contact between opposite sexes was strictly prohibited, whereas contact among the same sex was tolerated. Do not be surprised to see same-sex pairs, male or female, walking hand in hand or even sitting on each other's laps. For Koreans, a show of affection or physical contact between two people of the same sex is a natural expression of friendship.

SEXUALITY ISSUES: You may encounter the strongly held opinion among Koreans that there is no such thing as homosexuality in Korea. It is probably best not to argue the point.

RELIGIOUS ISSUES: Yonsei University is a church-related university and holds chapel services for regular Korean freshmen and sophomores in the Luce Chapel on campus. The city of Seoul has many churches within walking distance from campus with several English-speaking congregations.

Suggested Reading/Web Sites:

READING MATERIAL:

The Traveler's Guide to Asian Customs and Manners by Kevin Chambers (Meadowbrook Press, 1988)

Women Travel and More Women Travel edited by Miranda Davis and Natania Jansz (Rough Guides, 1993; 1995)

One Thousand Chestnut Trees, by Mira Stout

Still Life With Rice : A Young American Woman Discovers the Life and Legacy of Her Korean Grandmother by Hellie Lee, Hetie Lee

Retrieving Bones, edited by W.D. Ehrhart and Philip K. Jason

TRAVEL GUIDES:

Korea, Lonely Planet

WEB SITES:

Dickinson-in-Seoul: www.dickinson.edu/academics/global-campus/content/Dickinson-in-Korea/

Visit Korea: <http://english.visitkorea.or.kr/enu/index.kto>

