TABLE OF CONTENTS

WELCOME TO THE MÁLAGA PROGRAM
Important Contact Information

PROGRAM PREPARATIONS
Program Fees/Financial Aid Information

TRAVEL PREPARATIONS
Passport and Visa Information
Information for International Students
Packing and Travel Information
- Packing Tips/Carry-on and Checked Luggage/Travel Documents

Flight and Arrival Information

THE PROGRAM
The City of Málaga
The University of Málaga

ACADEMIC INFORMATION
Use of the Spanish Language/Academic Culture
Course Information/Grade Conversion/Internships/Credit Transfer
Books/Accessing the College Library Resources from Off-Campus

THE HOST FAMILY
Living Accommodations
Getting Along with your Host Family

LIFESTYLE ABROAD
Food and Shopping/Siesta
Important Areas of Málaga/Entertainment and Recreation

FINANCIAL INFORMATION
ATMs/Credit Cards/Travelers Checks/Spending Money/Work Study

COMMUNICATION INFORMATION
Mail
Telephone/Cell Phones/Skype
Computers and Internet Access/E-mail

TRAVELING WHILE ABROAD
Program Travel/Vacation Travel/Travel Transportation
International Student Identity Card/Safety while Traveling

HEALTH, INSURANCE & SAFETY
Personal Care/Health Culture/AIDS and STDs Overseas
Insurance FAQs
Health Matters

- Medical Check-ups/Immunizations/Inoculations/Medications
- Mental Health, Stability, and Stress/Special Accommodations
- Health and Safety in Flight/Health Tips
- Sexual Assault Abroad

CULTURAL PERSPECTIVES

Being Informed About the Host Country and World Affairs
The People/Local Customs
Racial/Gender/Sexuality Issues
Suggested Reading/Websites

Welcome to the Málaga Program!

Dear Dickinson-in-Spain Program Participant:

This **Málaga Orientation Handbook** has been prepared to make your transition to Málaga and the Spanish 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

Resident Director:
The prefix [011-34] is only for direct dialing from the U.S.; in Spain, all calls including local calls require 9 digits. Landline numbers begin with a "9"; mobile phone numbers begin with a "6."

Associate Professor Héctor Reyes Zaga
Calle Monte de Sancha 12, 10-izquierda
29016 Málaga, Spain (España)

Email: reyeszah@dickinson.edu

The Center for Global Study and Engagement:

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

Marissa Mitchell
Coordinator/Advisor, Education Abroad
mitchmar@dickinson.edu
Dickinson College
P.O. Box 1773
Carlisle, Pennsylvania 17013-2896
USA
Phone: 717-245-1341 (Office)

On-Campus Coordinator
Professor of Spanish, Elise Bartosik-Vélez, bartosie@dickinson.edu

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 the call.

Spanish Embassy/Consulates in the U.S.:
Embassy of Spain
2375 Pennsylvania Avenue N.W.
Washington, DC 20037
Tel: 202-452-0100

Consulate General of Spain
(Spanish Consulate in NYC for: NY, CT, NJ, DE, PA)
150 East 58th St. 30th Floor
New York, New York, 10155

Tel. 212-355-4080
Fax: 212-744-3751
spainconsulny@mail.mae.es

Web site of Spanish Embassy:
http://www.maec.es/subwebs/embajadas/Washington/es/home/Paginas/Home.aspx

Contact information for Spanish consulates in Boston, Chicago, Houston, Los Angeles, Miami, New York, Washington D.C., San Francisco, or San Juan can be accessed in English or in Spanish from this web site.

U.S. Embassy in Spain:

Calle Serrano 75
28006 Madrid
Tel: (011-34) 91 587 2240
Fax: (011-34) 91 587 2243
Emergency Only: (011-91) 587 2200

U.S. Consular Office in Málaga:

Avenida Juan Gómez "Juanito", 8
Edificio Lucía 1º-C
29640 Fuengirola (Málaga), Spain
Tel: (011-34) 95 247 4891
Fax: (011-34) 95 246 5189

PROGRAM PREPARATIONS

Program Fees/Financial Aid Information

Program Fees:
The program fee for the 2019-2020 academic year is $70,124.00; for a single semester the fee is $35,062.00. 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 in a Spanish home, a monthly stipend for a bus pass, and scheduled group excursions. **Not included in the above charges are:** travel costs to/from Málaga, required health and accident insurance (purchased in the U.S.), visa expenses, books, clothing, entertainment, vacation travel, meals during vacation periods, and personal expenses, i.e. cell phones.

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.** For more information and the passport application, contact the Prothonotary's Office at the Cumberland County Courthouse at 717-240-6195 and visit http://travel.state.gov/content/passports/english.html. There are online passport applications here that you can download and fill out and then take to the Post Office on Louther Street to turn in your passport information.

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.

Applying for a Visa

A visa is a stamped endorsement placed in your passport by the embassy or consulate of a foreign government that allows you to enter that country for a specific period of time**. All program participants must obtain a student visa to study in Málaga**. **Please see the Center's website for the Málaga visa guidelines.** Please refer to this when applying for your visa. However, please note the following:

> The information in the visa guidelines is current to date and is to be used as a general guideline only. Each consulate has specific rules that must be followed and with which you must comply. Before submitting your visa application, you will need to check and recheck the consulate website to be sure that nothing has changed. Please note that the responsibility for submitting all documents required by you or your parents for your student visa ultimately rests in your hands. If necessary, the Center for Global Study and Engagement will supply the supporting documents required from the College or your host institution.

If you have been accepted to participate in the fall semester program, but have even the slightest consideration to stay for the academic year program, please apply for the long-stay visa. Students who decide to lengthen their stay in Málaga to the whole year will be required to return between semesters and apply for a student visa. Please note that you may not be able to apply for and receive a student visa in the break period between the fall and spring semesters.

Visa for Studying on another Program:

In many cases, students studying in another foreign country during the 2nd semester will have to obtain their entry documents in the U.S. if they are U.S. citizens. Students in this situation may have to return to the U.S. in order to obtain a visa from the foreign country's embassy or consulate in the

U.S. You need to consider in advance and plan ahead the timeframe in which you will need between programs to complete this process.

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 and Travel Information

Packing Tips:
When planning what to take with you, the first rule is to take the **minimum amount of clothes possible**. You will accumulate things while abroad, and there may not be a lot of storage space in your room for your clothing. When in doubt – leave it at home! Be practical and focus on the essentials of a wardrobe. In general, Spaniards dress well (especially in the evening), even for casual occasions. Choose clothes that can be mixed and matched and layered to serve different seasons and temperatures. It is cold in the winter and hot in the summer in Southern Spain. Houses are not as warmly heated in cold weather as in the U.S. and you will be glad you brought warm clothing to layer. Dark, conservative colors can be worn longer without laundering and will help to make you appear less conspicuously American.

Travel with no more baggage than you can carry! Keep in mind that airlines have cut back on the number of checked baggage allowed and the weight limit. Check with your airline to confirm luggage allowances in order to avoid extra charges. See more details below on TSA and airline requirements.

Here are some wardrobe suggestions:

- a sturdy, comfortable pair of walking shoes that are BROKEN IN (you will do a great deal of walking); also a nice pair of shoes; hiking boots optional
- 1-3 nice outfits for all seasons (ties for men)
- 6-8 mix-and-match outfits (slacks, jeans, corduroys; long- and short-sleeved shirts/tops; sweaters); blue jeans are fairly common in Spain, though can be expensive to buy

- 15-18 pairs of underwear and socks/stockings (also available, but more expensive)
- 6-8 coordinating sweaters
- shorts
- a light jacket for fall and spring; a warm jacket or coat for winter with gloves and scarf (ski/down jacket is useful, particularly if you plan to travel outside of Málaga)
- 2 pairs of sweats for warm sleep wear and studying, full-length bathrobe and slippers/house shoes (it can get quite chilly in the evenings; central heating and indoor carpeting is uncommon)
- a sturdy travel umbrella
- 2 towels, washcloths
- swim suit(s), flip flops or sandals, and a beach towel (Note: Spaniards only wear flip-flops to the beach, not to walk around and they are quite unacceptable to attend classes)

More Useful Suggestions:

- 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.
- converter/adapter plugs that can be used for electric shavers, etc. European wall outlets provide 220 volts, which will ruin your U.S. appliances if you do not use the appropriate converter. (Tip: buy hairdryers there!)
- Space/Vacuum bags (can be found at Walmart or Target and condense the amount of space clothing uses in your luggage but can also make luggage very heavy; use to pack bulky clothing, such as jackets)
- luggage ID tags both inside and outside of your luggage
- international phone numbers for computer and credit cards
- a day bag or book bag for traveling (and sleeping bag for hostels)
- a travel alarm clock with extra batteries
- a portable music device
- playing cards
- Swiss army knife with corkscrew, bottle opener, and scissors (packed in your checked luggage, not your carry-on)
- a money belt or neck pouch to secure valuables
- travel sewing kit with safety pins
- a small supply of toiletries
- 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.
- a camera
- sports clothing/equipment (if you plan to play sports)
- sunglasses & sunscreen
- notebooks, index cards, specific school supplies
- Spanish-English dictionary
- favorite photos of family and friends are nice to have for decorating your room or showing to friends

- a few token gifts, something typically American or representative of the area in which you live in the U.S., or from Dickinson College. This is especially a good gift if you are living with a host family.

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

Packing tips from the Transportation Security Administration (TSA):

- Do not pack oversized electronics (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 backpack have 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 your luggage follows TSA regulations. Weigh your luggage before you arrive at the airport to ensure that it is not overweight. Remember that bags should be small enough to go up narrow stairways, go down crowded train aisles, and fit on luggage racks. A coat and a handbag, briefcase, or laptop may also 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.

SHIPPING LUGGAGE: Postal customs are different in Spain, and many things require tax due to government taxation. If you mail winter clothes to yourself, indicate on the package that the contents are **USED CLOTHING FOR PERSONAL USE ONLY** to avoid customs duty. You should inquire about U.S. Postal Service airmail or book rates and compare with other international services such as Fed Ex or DHL. It is not advisable to ship large suitcases or trunks. Address packages to yourself at your home stay address, which will be available before you depart. Please note that insuring the contents may mean paying duty for the value stated. It is recommended that you use FedEx or UPS if you or your parents are going to mail items. Be prepared to provide documentation to the shipping company (such as scanned copy of passport, visa letter, letter of acceptance to University of Málaga, etc).

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

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

Travel Documents:

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

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

Flight and Arrival Information

Travel Arrangements:
Students will be informed of flight travel dates and information. Students are responsible for arranging their own travel to/from Málaga. Students must ensure that they arrive at their location on the specified date. During this period, the Resident Director and/or other program representatives will meet students at the airport. Students will then be directed to their host families.

Students who arrive earlier than the specified date will be responsible for their lodging; likewise, students who remain after the end of the program will also be responsible for their accommodations.

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)

When you have booked your flight, please send a copy to Professor Reyes Zaga and complete the flight itinerary questionnaire found on the online application system at http://dickinson.studioabroad.com.

You will need to be at the airport at least 3-4 hours before departure. Be sure to leave yourself plenty of time because of delays created by increased security measures. You will need your passport to check in and again when you land in Málaga, so have it available.

In case your miss your connection or your flight is delayed, make a note of the Resident Director's contact information and carry it in your wallet so that you can get in touch with him or her.

Arrival in Málaga/Clearing Immigration and Customs:
You should check your luggage through to Málaga. Your luggage will come out in a special section of the luggage area reserved for flights originating outside of the European Union space (regardless of whether or not you had a connecting flight at another European airport prior to arriving in Málaga). This area is usually marked "Aduana / Customs." Remember this and disregard the carousel number assigned to your particular flight. After retrieving your luggage, you will be met by the Resident Director and colleagues from the University of Málaga, and then directed to your homestay family. The Resident Director will give you an envelope at the airport, which will include your orientation schedule, some cash to help you with transportation from the airport to your host family, a map and a bus pass.

Customs' Certificate of Registration:
Foreign-made items worth $300 or more (e.g., camera and accessories, jewelry, etc.), for which you have no proof-of-purchase receipt, can be registered with the U.S. Customs Office at the airport before leaving the country in order to avoid duty on re-entry.

THE PROGRAM

The City of Málaga:

Málaga, an attractive, sun-drenched city of about 600,000 inhabitants, was founded by the Phoenicians in the 10th century B.C. It later formed part of the Roman Empire. Roman ruins, such as the excavated theater, are reminders of the importance of the city at that time. Later, it gained considerable importance under the Moors. After it was re-conquered by the Catholic kings, the city fared poorly until the 18th century, when it became an important seaport. During the late 19th century, the city flourished from the success of the export of its famed sweet wine, and more recently it has become a tourist destination.

Today the life of the city revolves around its harbor, service industries, and tourism; in fact, Málaga is one of the major international gateways in Spain. Here, along the famed **Costa del Sol**, the Mediterranean is big and blue, and the **Paseo del Parque**, Málaga's wide seaside promenade, is lushly shaded by palms and jacarandas where it is always cool, even in the crushing heat of August. The city is in the midst of a cultural renaissance, and offers a variety of attractions, such as the Picasso Museum, a new Contemporary Art Center, and film and theater festivals. Two new art museums are currently under construction, a testimony to Málaga's new vibrant cultural scene.

The University of Málaga:

You will be taking classes at the Universidad de Málaga (UMA). Founded in 1972, the UMA is one Spain's newest universities. It is comprised of eight schools located in different sections of the city and enrolls more than 40,000 students. Students will have access to University computer labs. Students in the past have found that bringing their laptops is helpful. Students will also have wifi access throughout the Main Campus and all other Campuses.

ACADEMIC INFORMATION

Use of the Spanish Language:
The Málaga program is designed so that students can reach the highest level of linguistic and cultural understanding of Spain and the people with whom they interact. In order to accomplish these goals you are required to speak Spanish at all times, even among yourselves. This may not be easy at first, but you will receive steady assistance and will discover that the effort is worth it.

Shortly after arrival in Málaga you will be asked to sign the program's language agreement. Signing the agreement is required for participation in the program. We take this very seriously and expect you to do so as well. As preparation for speaking Spanish only, maintain your linguistic skills before departure by listening to Spanish music, watching Spanish films, reading a Spanish novel, or tuning in to Spanish TV.

Academic Culture:
In some ways, the academic environment that you will experience while studying at a Spanish university will be similar to that at Dickinson; in other ways, it will be very different. All students will take classes on the campus of the Universidad de Málaga (UMA). **In the fall**, students are required to take two classes with only Dickinson students and two classes that are offered to UMA students; the same applies for the **spring semester**.

The Resident Director will help you acclimate to the academic culture of Málaga. You also have a personal responsibility to create your environment: get out, explore, find opportunities to interact with local people on your own, and speak Spanish! The best thing that you can do is to accept that you will be uncomfortable in many situations, academically, and socially. This is normal—you're in a completely foreign environment. Step out of your comfort zone, and you will be pleased to see how you develop over time.

Classes:
All students enrolled in the program must take four (4) courses each semester for a total of four (4) Dickinson credits. **Students may not under-enroll under any circumstances.** Students wishing to take more than four courses must receive permission to overload from the Resident Director, their academic advisor(s) at Dickinson, and the Center for Global Study and Engagement. If permission is not given, the course credit will not transfer.

Students will take a language placement test upon their arrival, in August or in January and placed in appropriately Language and Grammar courses. These courses will run for four to five weeks and meet every day for four hours each day.

All students are required to take Spanish 253, Málaga Colloquium, and Spanish 372, Spanish Society and Culture during their first semester (fall or spring).

One (1) course credit is equivalent to four (4) semester hours:

FALL SEMESTER (for fall and year students):
Core courses taken by all students:
Spanish 251: Language Tutorial at CENTRO INTERNACIONAL DE ESPAÑOL (CIE) (pre-semester intensive course)
Spanish 372: Spanish Society and Culture at CENTRO INTERNACIONAL DE ESPAÑOL (CIE)
Spanish 253: Málaga Colloquium with Resident Director

Electives:
One course at the UMA in any department*
One CIE *Cursos* course
OR
Two UMA courses in any department*

SPRING SEMESTER (for spring only students)
Core courses taken by all students:
Spanish 251: Language Tutorial at CENTRO INTERACIONAL DE ESPAÑOL (CIE) (pre-semester intensive course)
Spanish 372: Spanish Society and Culture with Resident Director
Spanish 253: Málaga Colloquium with Resident Director

Electives:
One course at the UMA in any department*
One CIE *Cursos* course
OR
Two UMA courses in any department*

SPRING SEMESTER (for year-long students)
One CIE *Cursos* course
Two or Three courses at UMA
OR
One CIE Cursos course
Two courses at UMA
The Intercultural Seminar, which is tied to a local internship (*this is optional if students chose not to do this they can take 3 UMA courses).*

**Students who do not have adequate language preparation may be allowed to take 2 CIE courses in their 1st semester*

UMA Grade Conversion Chart:
Conversion chart for grades from the University of Málaga on the Dickinson scale

UMA	Dickinson
9.7/10 to 10/10	A
9/10 to 9.6/10	A-
8.6/10 to 8.9/10	B+
8/10 to 8.5/10	B
7/10 to 7.9/10	B-
6/10 to 6.9/10	C+
5/10 to 5.99/10	C
0.1/10 to 4.99/10	D (no credit awarded)
0	F (no credit awarded)

Anything below a 5/10 does not receive credit.

Internships:
The opportunity for all-year students to work and earn one credit as an intern during the spring semester is considered a privilege. A limited number of formal internships are available as part of the Intercultural Seminar. The Málaga program has long-standing relationships with several organizations where strong, responsible students representing Dickinson have been placed as interns. Highly-qualified all-year students interested in participating in a one-credit internship during the spring semester should discuss their interest with the Resident Director early in the fall semester. Internships will be offered to a limited number of students through the Intercultural Seminar course offered by the Resident Director.

If you are interested in interning in a specific area, take the initiative and research different opportunities early in your time in Málaga. Internships are not a common practice in Spain. However, while many organizations are not familiar with the practice, they may be willing to take on extra help. Do not hesitate to initiate contact with an organization about the prospect of working with them. Many students find (non-credit bearing) extracurricular volunteer opportunities to be equally rewarding experiences.

Credit Transfer:
- Each Dickinson course in Málaga earns one course credit (equal to four (4) semester hours). The normal course load for semester students only is 4 credits. The normal course load for all year students is 8 credits.
- 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.
- Courses especially organized for program students receive full credit as Dickinson courses

and will be listed on the transcript with course titles and letter grades. The courses will be computed in the cumulative grade point average of Dickinson students.
- To receive transfer credit, University courses must be completed with the equivalent of a "C" (2.00 on a 4.00 scale) or better. These courses will be listed on the transcript with course titles and credit earned. These courses will not be computed in the Dickinson grade point average.
- Must be taken for a grade; pass/fail courses are not allowed.

Books:
To facilitate language acquisition, take a good Spanish/English dictionary (e.g., Larousse, Oxford, Cassell's, or University of Chicago) and a Spanish grammar book.

Doing Research Abroad
The library facilities at the University of Málaga are very different from what you are used to at Dickinson. There is a central library on the campus, as well as specialized libraries in each of the individual academic buildings. Your Resident Director and your faculty are very helpful resources for learning about other ways to do research. When working on academic projects, remember that there are many organizations in the city that may be able to provide you with useful information. This is a great opportunity to utilize and develop your researching skills – start with the library, but do not forget to look beyond it.

Independent research done abroad can often lead to larger and more profound academic projects including senior theses and prestigious scholarships like those of the Fulbright and Rotary programs. If you would like to conduct independent research while you are abroad, consider applying for a Student International Research Fund (SIRF) grant. Please talk to your Resident Director of you are interested.

Accessing College Library Resources from Off-Campus:
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.

THE HOST FAMILY

Living Accommodations:
Students are housed and have all their meals in Spanish residences that are carefully screened by the program. Housing preferences stated in the supplemental information form of your application will be accommodated as well as possible. The individual student's initiative will usually determine the kind and amount of interpersonal contact derived from the living situation. You will receive the address and phone number of your Málaga home before arrival.

In regards to housing, you will have a single room, your laundry done, three meals a day, and your own key. After that, each individual situation will vary. Remember to respect the customs and traditions of your host family and use your best judgment to avoid any unpleasant occurrences.

Finally, you will receive a stipend to buy monthly local bus passes. Please, keep in mind that studying in Spain is different from studying at Dickinson; you will be commuting between two different campuses for your classes. To travel from one campus to another may take up to one hour in the bus. Please, plan ahead so that you won't arrive late for classes.

Residential Neighborhoods: Málaga is a city of many residential areas. These neighborhoods all have their own charms and idiosyncrasies. They are settled around the town's center (***el centro***), which is the main business and cultural area of the city. Dickinson students sometimes live in the center and sometimes in one of the surrounding neighborhoods. If you are not in the center, you will have to take a bus to get to the center. Neighborhoods where students are usually placed include *El Palo* and *Pedregalejo*. Both of these neighborhoods are very close to the beach, and both require that you take bus number 11 to get to and from the center. *Pedregalejo* has a number of *chiringuitos*, or bars along the beach. *El Palo* has especially good and inexpensive *tapas* bars.

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 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 host family is there to help you. By starting conversations, you are initiating an immediate rapport. 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 host 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 here is to settle in before you start moving around. Spanish families will greatly appreciate you spending time with them.

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 in your bedroom) may be very easy for your host family to fix (the radiator works differently that what you are 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 acquisition 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 take meals with your family, ask if you can help set the table, clean up, etc. This is very important.** 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 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 to the Resident Director.

7. Be open-minded and flexible; there will be differences, so accept them. Adopt your family's patterns, such as keeping doors closed at all times and being careful not to waste hot water and electricity.

The following categories are frequent causes of friction between students and their host families:

Telephone:
You should ask permission and determine if there are any rules or restrictions before using the telephone. 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 go by them.

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. 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. It may be necessary to use an international pay telephone for your long-distance calls.

Electricity and 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, as Málaga is affected by an on-going drought. In most families, you may be allowed to shower (or bathe) every day, but you will soon notice that they may 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. NOTE: Do not let friends shower at your place unless you have been given permission first.

Visiting Hours:

Before inviting friends over, 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 the appropriate end of dinner time, unless your host family has given you special permission. The people you are living with may 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 for a visit. 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 on visits from the U.S. Most host family will not accept these visitors in their (or your) rooms. Please, do not ask for permission to have someone stay overnight, not even a friend or a family member visiting from abroad; you are not at a Dickinson Dorm. Do not make the mistake of regarding your room as a hotel. If you have family or friends visiting you while in Málaga, please, make hotel arrangements for them. Do not ask your host family to host them.

Kitchen Privileges:

Kitchen privileges are usually not included in the home stay agreement, even if you are eating meals with the family. You might want to wait awhile and observe family customs and practices in the kitchen before you 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 the temperature settings (if necessary).
- Cook at reasonable (what your family considers reasonable, of course) 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. 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.
- Turn off lights and appliances when you are done.

Laundry:

Again, ask the family about laundry arrangements. Usually, your laundry will be done at your home stay. If you prefer to do your own laundry, host families are usually accommodating if you ask for permission to do so.

Personal Liability Insurance:

The program does not cover personal liability. So, when using appliances in your home stay, take care. Accidents happen and you will be held personally responsible for damage whether negligence was a factor or not.

Final Remarks:

This section 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 if you remain flexible, keep an open mind, and maintain a sense of humor. Your family will be ready to help you, but both sides 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 Resident Director will serve as mediator between you and your host family.

LIFESTYLE ABROAD

Be sure to check out the Málaga Program webpage:
http://wiki.dickinson.edu/index.php?title=Malaga_Study_Abroad_Program

Food and Shopping:
Mediterranean seafood prevails in Málaga. Some examples are Málaga shrimp, grilled sardines, the fish fry called **pescaíto frito,** and what might be called the national dish of Spain, **paella,** which varies from region to region. Another dish unique to the area is white gazpacho, **ajo blanco de Málaga.** You will also find an abundant supply of meats and cheeses, some of which you may have never tried before.

For those who like to drink coffee, let it be known that the Spaniards drink their coffee very strong! It can be served as **café solo**, **café con leche**, **café cortado**, **sombra** (more milk than coffee; colloquially called a "nube"), or **café americano**. Try each while sitting at your favorite sidewalk café.

When eating in a restaurant, remember that Spaniards seldom eat lunch before 2 or 3 p.m. and eat dinner late, usually around 9 or 10 at night. Before dining out, many people stop by a **tapas bar** to sample a number of dishes at a reasonable price. It may take a few weeks to adjust to this eating schedule.

Málaga is known for a variety of convent sweets – candies of coconut and quince, cookies, and cupcakes. The availability of these sweets is particularly noticeable during late November and December, as people prepare for the celebration of Christmas. The city is also particularly known for its sweet wine and raisins. Thanks to the climate, the area offers the freshest of fruits (and juices) and vegetables. Many are homegrown and can be purchased at daily open-air markets. These markets often sell other products as well, but you can check out other prices in department stores. When shopping, you will discover that the smaller shops are open from 9:30 a.m. to 1:30 p.m., and then again from 5 p.m. to 8 p.m. Supermarkets and department stores usually stay open all day, but not twenty-four hours like in will the U.S., and they be closed on Sundays.

You will find that Spaniards run on a very different eating schedule than U.S. Americans. Your breakfast will be provided in your homestay, although many Malagueños eat their breakfasts in the workplace. Lunch is typically eaten at home. Past Dickinson students have expressed surprise at the size and style of lunch in Málaga – it is the main and largest meal of the day. Dinner is a lighter meal, comparable to lunch in the U.S.

Your homestay family will provide you with three meals a day. If you will be out of the house for lunch because you are traveling on a Dickinson trip or because you have classes, you can ask the host family member who prepares the meals to make a sandwich that you can carry with you.
One of the biggest sources of friction with Spanish host families is poor communication on the part of the student regarding meals. If you are not sure if you are going to be present for a meal, make sure to inform your host family! Otherwise they will prepare food for you that will go to waste, not to mention the fact that they will probably wait for you to come home before they start eating. Feel free to keep your own schedule, just be sure to clearly communicate it to your family so as to avoid inconveniencing them.

Siesta

One of the biggest adjustments for a U.S. American in Southern Spain is getting used to the siesta. Shops in Málaga frequently close as early as 1:00 p.m., and then open again from 5 to 8 p.m. Planning your day requires an awareness not only of the lack of commerce during those hours, but also of the additional congestion on the streets in the middle of the day. More and more stores and businesses are choosing to work through the day rather than take the siesta, but many still close. Also, stores are closed all day on Sundays. While many find the slowing of pace frustrating, others find it to be a healthy way of life.

Important Areas of Málaga:

Calle Larios is the busiest pedestrian street in Málaga. It has a large variety of stores and restaurants and is a popular tourist attraction.

Alameda Principal is the street where most of the busses in Málaga begin and end their routes. It is the end/beginning of bus 11, the bus that runs between Pedregalejo/El Palo and the center of the city, as well as bus 20, the bus that runs to the main campus of the University of Málaga.

Paseo del Parque is a long walking park that borders the port and beach in the center of the city. When you are in this area, it is important to be aware of your surroundings and your belongings at all times – it is notorious for the pick-pockets that target the area. The *Plaza del Marino* is at the end of the park and the entrance to the port.

La Malagueta is the biggest beach in Málaga, located in the center of the city next to the port.

Entertainment and Recreation:

Málaga is a lively city full of young people and is surrounded by some of Spain's top tourist attractions, so there is a lot to do. The city's vibrant cultural life is that of a large, cosmopolitan city. Málaga is a city of beaches, and most of the host families live within walking distance of a beach. Cinema, theatre, symphony, opera, museums, and art galleries abound. There are hundreds of tapas bars, restaurants, pubs, and discotecas. Malagueños, compared to people in the U.S., go out and stay out much later, especially on weekends.

There are gyms and aerobics clubs in Málaga for those interested. They are, however, private businesses and there is a fee involved, albeit a reasonable one. The university's sports facilities are very limited.

IMPORTANT ADVICE: If you are out late at night, take a taxi home. Taxis are fairly inexpensive and can be shared.

FINANCIAL INFORMATION

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

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

Check on Fees with Bank and Credit Card Companies:
Before leaving the U.S., check with your local bank and credit card companies about fees for using your card overseas. Many banks and credit card issuers impose additional charges on foreign transactions; others such as Capitol One (at least at print time) do not. If the fees are hefty, consider withdrawing larger amounts of cash from the ATM and taking only what you need and keeping the rest in a safe place. Only use credit cards with high fees for big purchases or in emergencies.

You should notify your bank and credit card companies that you are going abroad for an extended period of time, and be sure to inform them as to which countries you 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. This amount depends, of course, on the lifestyle you adopt and how much you plan to travel. In general, you should plan on a **minimum** of € 3,000 for the semester and € 5,000 for the year. Many students do it for less.

Work Study:
There may be a limited number of work-study opportunities in Málaga. If you are eligible for work study, please consult with the Resident Director. College work-study payments are made monthly; those funds will be deposited directly into each student's designated U.S. bank accounts. In order to collect your work study earnings, you must have filed a W-4 form, an I-9 form, and a bank deposit form in the Student Payroll Office before leaving campus.

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:

All correspondence between you and your family and friends should be sent via airmail in both directions (the envelope must be marked as airmail). It generally takes 7-10 days for letters to or from Spain. Pre-stamped aerograms or airmail stationary are cheaper than regular letters; ask at the post office for details. Mail should be sent to you at your home stay address, not the director's address. The Spanish mail system is notorious for being disorganized – do not be surprised if your mail gets lost or delayed.

Telephone:

You will need to discuss the use of the phone with your host family. In general, you will only be able to receive calls in your homestay, since all outgoing calls have a fee, even local calls. Using readily available phone cards at pay phones is one solution to this.

Another option is having your parents arrange for a low cost international calling service and arrange for a time for your parents to call you. When your parents call you on either your host family phone or your cell phone, it is almost always free – but check before having them call you. Please remember that there is a six-hour time difference between the U.S. (East coast) and Spain (it is six hours later in Spain).

Cell Phones:

Many students purchase cellular phones while in Spain. This is an excellent way to communicate with other students on the program, to be accessible to family and friends at home, and to be reachable in the event of an emergency. It may, however, be very expensive to make international calls 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. More than likely, you will purchase prepaid cell phone minutes that do not require subscribing to an overseas cell phone service.

A basic phone can be purchased for about € 50. The service is arranged so that you only pay when placing a call, which makes it easy to receive calls from the U.S. Money can be added to your account as needed for placing calls; you will not receive a bill in the mail. You add money to your account in person at various stores throughout the city (or country), even at **el Corte Inglés**,

Málaga's largest department store. You may also want to inquire with the Resident Director to see if any past students would like to sell their cell phone. **Important:** as soon as you have a cell number, please, text the Resident Director and give him/her your name; this way he/she will have your number.

Generally, the most popular cell phone companies in Spain are Vodafone and Movistar. A great way to save money is to purchase a group plan, which significantly decreases the charge for outgoing calls to the mobile phones of people in the group that you choose, which can number up to ten other users. For a fee with this company, you can make your cell phone number work all over Europe.

Skype:

Another option for international calling is to use the Internet. Skype is a well-known program that allows you to make international and local calls over the Internet. All that is required is an internet connection and a headset or external microphone. For more information, visit the website at www.skype.com.

Computers and Internet Access:

You will be able to use the many computer labs at the UMA but be aware that these may have limited hours. Most academic buildings have WiFi. If you bring a laptop computer, check to see if it has a built-in voltage converter for 220V. If not, you will need to purchase a voltage converter adapter for 220V. Be sure to also bring a plug adaptor for the electrical outlet.

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

TRAVELING WHILE ABROAD

Program Travel:
Your program director will schedule trips around the Iberian Peninsula during both semesters. These trips are a required component of the study abroad program and will relate to some of your courses. You will receive a stipend for meals during these travels. Make sure to clearly communicate to your host families when you will be leaving and returning. The specific destinations and timeline vary from year to year. Your program director will be in touch with you about the dates and destinations of the trips.

Vacation Travel:
In the beginning of the semester it is best to remain in Spanish-speaking areas to aid your language acquisition, build the relationship with your host family, and be available to make Spanish friends.

If you plan to travel, you should plan your travel and guest visits during the vacation periods at the end of the fall semester, which will last approximately a month, or during spring vacation (Holy Week). We respect the Spanish university schedule and consequently do not have a Thanksgiving vacation.

Personal travel is not a valid excuse for not attending class or turning in late work. Classes will not be rescheduled because of student travel plans.

Travel Transportation:

IN SPAIN: Spain's extensive network of railroads, **RENFE** (schedules available online at http://www.renfe.es/horarios/english/index.html), provides excellent service. First and second class seats are reasonably priced, but food and drink in the dining car is not great; take along your own food and beverages for the trip. Málaga also has the high speed train *Ave*, which will take you to all major cities in Spain; they are cheaper than flying and in many cases you will arrive at your destination faster than by plane.

Whenever you board a train for long-distance travel, check the sign on the inside and/or outside of your car to be certain that its destination is the same as yours. Many trains have cars going to different places, and the cars may be separated at stations (sometimes late at night when you might be asleep) and connected to trains going to another destination.

International Student Identity Card (ISIC):
The ISIC card, or International Student Identity Card, can be used internationally to identify oneself as a student, thus qualifying in many countries for discounts on airfare, museums, theaters, and the like. Other benefits include a Help Line for emergency assistance, as well as supplemental hospital and accident insurance. ISIC cards can be purchased on line at http://www.isic.org/ .

Safety while Traveling:
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, INSURANCE & SAFETY

The program fee covers the cost of Spanish student health insurance, which gives limited medical coverage. **However, this is not a substitute for the required health and accident insurance purchased in the United States.** Please note that you cannot use this insurance outside of Spain.

Personal Care/Health Culture:

IN SPAIN: You will be enrolled in a Spanish health care program (Medifiat) that will cover you for routine medical care. Visits to a doctor's office will be free because of the socialized health care system, but prescription drugs will not be covered. There are many pharmacies throughout Málaga. Several are designated to remain open 24 hours, called **farmacia de guardia**.

Spain has a good reputation for medical health care and has an ample number of hospitals and clinics for treatment as well as very good emergency services. Minor ailments are usually treated by private doctors, either at their assigned clinic, or, if necessary, at home. Some doctors still make house calls. Qualified pharmacists can also offer medical advice or prescribe over-the-counter remedies in the case of minor ailments. During your orientation period, you will receive more information about medical, dental, and eye care in Málaga.

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).



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 Insurance:

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 Spain does not require any specific immunizations, 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. 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 you are visiting. 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 prefer particular over the counter medications, such as a specific painkiller brand, 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 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 for 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 stay hydrated with non-alcoholic beverages. 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)

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 the 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 on Dickinson's campus before going abroad. However, we strongly recommend you to also consult European news like BBC or La Vanguardia (www.lavanguardia.es), El País (www.elpais.com), and Sur (www.diariosur.es).

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: 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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Down the left side of the page, there is a MEMBER CENTER, where E-Mail Preferences are listed. You have to "sign-up" with the NYT, which is free. Once you sign up, you can click on a box that says "International" and you will receive an email with headlines from the NYT every day.

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:

One of the largest countries in Europe, Spain offers a fascinating mixture of people with different cultural backgrounds. Because there is often a pronounced difference from one region to another, Spaniards usually identify with their local area to a much greater degree than U.S. citizens do.

Spaniards are more courteous and formally polite in their behavior than people of many other nationalities, and foreigners will be received better and can expect more cooperation if they are similarly courteous. When in doubt, err on the side of being overly polite.

Family ties are very strong in Spain; in fact, most young Spaniards live with their parents until they are married and have set up their own homes.

In general, Spaniards are a gregarious people; they love to gather together to talk. At the same time, the Spanish home is a very private place. Spaniards do most of their socializing out-of- doors, in bars and cafés. They seldom entertain even their own friends in their homes.

Local Customs:

A basic paradox of living abroad, and this is especially true of U.S. Citizens living in Western Europe, is that both the familiar and the new will surround you. Spain is a developed, wealthy, Western democracy, and as such Spanish society has a lot in common with the life to which you are accustomed. On the other hand, social interaction in any culture is based on an assumption of shared knowledge (history, values, folklore, language, etc.). As you will not share that common ground, much that is obvious to locals will not be obvious to you.

You will find that most *malagueños* are very open and friendly. Remember that you are coming to a city that is visited by millions of outsiders every year; your presence will not surprise anyone. On the other hand, you will want to surprise *malagueños* with your ability to absorb, understand, and live in the local culture. During your first days in Málaga you will learn a great deal about everyday habits and customs, much of which you will pick up by observation. This will be a focus for discussion during the first weeks.

In short, a large part of your experience will draw on the subtleties of social behavior and norms, and it will be impossible to summarize to people at home. For the most part, attempts to generalize about "what people are like" fail. Try to read as much as you can about Spain over the summer, and most importantly, remember that the fewer preconceived notions you have when you arrive, the better. Be a good observer and you will learn a great deal. The old adage "When in Rome, do as the Romans do" is often the best advice.

Racial/Gender/Sexuality Issues:

RACIAL ISSUES: Spanish society is quite varied and very interesting, but Málaga may strike you as more homogeneous than most urban areas in the U.S. Spain is currently one of the Western European nations with the highest levels of immigration, mainly from northern Africa, Latin America, and Eastern Europe. Málaga has a growing community of immigrants.

GENDER ISSUES: Young, foreign women may be the object of unwanted attention (usually in the form of propositions or catcalls) from Spanish males. The best response to verbal harassment is not to respond at all; any replies may be misinterpreted. Keep moving and ignore them! Women should not walk the streets alone at night.
Topless sunbathing is also quite common in Spain and there are nude beaches (normally outside cities marked **playa natural** or **playa de nudistas.**) Spanish television is much more permissive than U.S. television in its inclusion of sexual content in programming.

SEXUALITY ISSUES: Generally, there is a fairly relaxed attitude toward the LGBTQ+ community. Spain is more accepting in the legal status of same-sex couples than many other countries in the world, including the right to marriage. Some consider the gay scene in Spain one of the most open in Europe. That said, many students find Málaga to be more conservative than other cities in Spain, but there are a number of cultural and social organizations, as well as gay bars and clubs

Suggested Reading/Web Sites:

BOOKS:

The Art of Travel, Alain de Botton (Vintage International, 2002)

Maximizing Study Abroad: A Students' Guide to Strategies for Language and Cultural Learning and Use, Paige et al. (University of Minnesota Press, 2002)

Understanding Cultural Differences, Edward T. and Mildred Reed Hall (Intercultural Press, 1990)

European Customs and Manners, Nancy L. Braganti and Elizabeth Devine (Meadowbrook Press, 1992)

Women Travel and *More Women Travel*, ed. Miranda Davies and Natania Janasz (The Rough Guides)

NEWSPAPER WEBSITES:

El Diario Sur is the largest newspaper of Málaga and the southern region of Spain. Other important newspapers include *El País*, based out of Madrid, and *La Vanguardia*, based out of Barcelona. You are encouraged to check the websites of these newspapers regularly to learn about and keep up with current events and issues of Spain:

www.lavanguardia.es www.elpais.com www.diariosur.es

WEB SITES:

Dickinson Program in Málaga:
www.dickinson.edu/academics/global-campus/content/Dickinson-in-Spain/

University of Málaga: http://www.uma.es (in Spanish)

Andalusia: http://www.andalucia.com/

Málaga's Tourism sites: http://www.malaga.eu/ or http://www.malagaturismo.com/

Málaga's major daily newspaper: http://www.diariosur.es/

Leisure Guide: http://www.guiadelocio.com/malaga/