TABLE OF CONTENTS

WELCOME TO THE SOUTH AMERICA 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 Cities of Cuenca & Mendoza
CEDEI and UNCuyo

ACADEMIC INFORMATION
Spanish Language/Academic Culture
Course Information/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
Important Areas of Cuenca & Mendoza/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 AND SAFETY WHILE ABROAD
Personal Care/Health Culture
Insurance FAQs
Health Matters

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

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 South America Program!

Dear Dickinson-in-South America Program Participant:

This **South America Orientation Handbook** has been prepared to make your transition to Ecuador and Argentina, along with their respective educational systems, 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).

IMPORTANT CONTACT INFORMATION

CUENCA:

Associate Director :

Mr. Christian Guzmán(CEDEI)
mramirez@cedei.org

Academic Director:

Ms. Diana Espinoza (CEDEI)

MENDOZA:

Resident Director:

Ms. Eliana Torres
torrese@dickinson.edu
torreseliana22@gmail.com

Housing and 24-hour emergency:

José Mostafá (IFSA-Butler)
jmostafa@ifsa-butler.org

The Center for Global Study and Engagement:

Samantha Brandauer, Director of Education Abroad
E-mail: brandaus@dickinson.edu

Stephanie Gulden, Program Associate for Education Abroad
E-mail: guldens@dickinson.edu

The Center for Global Study and Engagement
Dickinson College
P.O. Box 1773
Carlisle, PA 17013-2896
Tel: 717 245-1341
FAX: 717-245-1688

On-Campus Coordinator

Professor Héctor Reyes-Zaga
Department of Spanish and Portuguese
Bosler Hall, Room
Email: reyeszah@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.

CGSE's Travel Agency:

GTTours
7270 NW 12 Street, Suite 740
Miami, FL 33126
T: (800) 666-8687
(305) 436-0933
F: (305) 436-0843

Contact: Roxana Turnbeaugh
roxana@gttours.com

www.gttours.com

Argentina Embassy/Consulates in the U.S.:

Embassy of Argentina
1050 30th Street, NW
Washington, DC 20007
Tel: 202-238-6400

Consulate General of Argentina
(Argentine Consulate in NYC)
12 West 56 Street
New York, NY
Tel: 212-603-0400
Fax: 212-541-7746

Web site of the Argentine Embassy: www.embassyofargentina.us/

Ecuadorian Embassy/Consulates in the U.S.:

Embassy of Ecuador
1600 New Hampshire Ave, NW
Washington, DC 20009
Tel: 202-465-8140
Fax: 202-667-3482
Email: embassy@ecuador.org

Consulate General of Ecuador in Washington, DC
Email: cecuwashington@mmrree.gov.ec

Website of the Ecuadorian Embassy: www.ecuador.org/

U.S. Embassy in Ecuador:

Ave. Avigiras E12-170 y Ave. Eloy Alfara (next to SOLCA)

Quito, Ecuador
Tel: 593-2-398-5000
Email: contacto.usembuio@state.gov
www.ecuador.usembassy.gov/

U.S. Embassy in Argentina:

Ave. Colombia 4300
(C1425GMN) Buenos Aires
Argentina
Tel: (54-11) 5777-4533
Fax: (54-11) 5777-4240
www.argentina.usembassy.gov/

PROGRAM PREPARATIONS

Program Fees/Financial Aid Information

Program Fees:
The program fee for the 2015-2016 academic year is 61,376.00; for a single semester the fee is 30,688.00. 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 an Ecuador and Argentine home, a monthly stipend for a bus pass, transportation from Ecuador to Argentina (in the form of a $600 credit applied to students' accounts), and scheduled group excursions. **Not included in the above charges are:** travel costs to Ecuador or from Argentina, required health and accident insurance (purchased in the U.S.), visa expenses, exit fee from Ecuador, entrance fee for Argentina, books, clothing, entertainment, vacation travel, meals during vacation periods, and personal expenses, i.e. cell phones, etc.

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.

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

Generally speaking, a visa is a stamped endorsement placed in your passport by the embassy or consulate of a foreign government that allows you to enter/stay in that country for a specific period of time**. All program participants must obtain a student visa to study in Mendoza; all participants remain on tourist status while in Ecuador**. Currently, Argentine student visas are processed in-country. **Please read the visa guidelines online.** 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 semester program, but have even the slightest consideration to stay for the academic year program, please follow the visa requirements that will cover your stay in the country. Students who decide to lengthen their stay in Mendoza to the whole year will be required to return between semesters and apply for another student visa.

Visa for Studying on another Program:

In many cases, students studying in another foreign country during the second 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. Choose clothes that can be mixed and matched and layered to serve different seasons and temperatures. Remember: In Argentina, the seasons are the reverse of those here: it is cold in the months of June, July and August and hot in the months of December, January, and February. Being on the Equator, it stays warm in Ecuador all year long. Houses may 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.

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 (pants, jeans, corduroys; long- and short-sleeved shirts/tops; sweaters); blue jeans are fairly common.
- 6-8 coordinating sweaters
- a light jacket for fall and spring; a warm jacket or coat for winter with gloves and scarf
- 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

More Useful Suggestions:

- Most recent laptops come with converters built in the AC adaptor, but make sure you check this. If you do not have the proper converter (i.e. one that can convert 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 for women: buy hairdryers there!)
- Space/Vacuum bags
- 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
- all medications (both non-prescription and prescription) need to be in their original, labeled containers. Take copies of all prescriptions with you.
- sports clothing/equipment (if you plan to play sports)
- sunglasses & sunscreen
- 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 Cuenca/Mendoza, 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 Argentina/Ecuador/Latina America, 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.

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
- **Immigration fee** receipt of payment
- Insurance policies and contact information
- Your airline ticket
- Front and back of credit cards and phone numbers for credit card replacement
- Contents of your wallet
- Prescription medications

Flight and Arrival Information

Travel Arrangements:
Students will be informed of flight travel dates and information soon. You will have the option of using the CGSE's travel agent, Advantage Travel, or booking your flight independently. Students must ensure that they arrive at their location on the specified date. 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.

If you do not take the group flights, then you **MUST be at the Quito, Ecuador International Airport on dates specified by your program (to be announced soon).** During this period, program representatives will meet students at the airport; students will then leave for their local housing accommodations.

Spring semester group flight details will come via email.

When you have booked your flight, please send a copy to CGSE (global@dickinson.edu) 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 Quito/Mendoza, so have it available.

In case your miss your connection or your flight is delayed, make a note of the on-site staffs' and/or Resident Director's contact information and carry it in your wallet so that you can get in

touch with him or her.

Arrival in Ecuador and Argentina/Clearing Immigration and Customs:
You should check your luggage through to your next location. Your luggage is likely to come out in a special section of the luggage area reserved for flights originating outside of the country's borders. This area is usually marked "Aduana / Customs." After retrieving your luggage, you will be met by the Resident Director or staff from the program, and then directed to your homestay family. You will receive additional program information at the airport, which will include your orientation schedule, a map, etc.

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.

Registering with the Authorities:
The Center will register all students on the program with the local authorities in both Ecuador and Argentina. Registration makes it possible for the Embassy to assist in replacing a lost or stolen passport, to pass along an emergency message, e-mail travel and security updates and to locate you in an emergency.

THE PROGRAM

Dickinson's newest center abroad offers students the opportunity to study in two vibrant cities in Latin America's Andean region. Through this unique academic program students gain perspective into Ecuador's history and culture through a thoughtfully designed one-credit course that strengthens participants' oral and written skills in Spanish. Following four weeks in Ecuador, students move to Mendoza, Argentina where the academic program further cultivates students' linguistic abilities and understanding of Argentine history and culture through a one-credit course while enabling them to enroll directly in the equivalent of two credits at the university.

Cuenca, Ecuador

Cuenca is Ecuador's third largest metropolitan area with a total population exceeding a half a million inhabitants. Its historic city center, with its colonial architecture, is a UNESCO World Heritage site. It has an ethnically and socially diverse population with a comfortable climate year-round. Cuenca and nearby areas offer a wide cultural and ecological diversity which complement that of Mendoza's, making this program truly the best of "two worlds" on the same continent.

Mendoza, Argentina

Mendoza is a lively city in the heart of South America's largest wine region and the gateway to the magnificent mountains, rivers, and lakes of the Central Andes range. Also, Mount Aconcagua, the Western Hemisphere's highest mountain, is located in Mendoza province. Just 360 km from Santiago, this bustling commercial and university town is closer to the Chilean capital than to Buenos Aires. Mendoza is a verdant oasis in a mostly arid environment thanks to an extensive irrigation system developed during colonial times over the foundation built by the original Huarpe population. These *acequias*, or road-side canals, still run along every major city street. The capital city and surrounding urban area are home to approximately 850,000 people. Mendoza has a vibrant cultural scene, including attractions such as art, natural history, and history museums, theaters and cinemas, and a variety of concerts and plays throughout the year.

Centro de Estudios Interamericanos (CEDEI) & Universidad Nacional de Cuyo (UNCuyo)

The Centro de Estudios Interamericanos (CEDEI) is a multidimensional educational institution, founded in 1992 and accredited by Ecuador's Ministry of Education and Culture, which offers everything from college-level classes and adult language instruction to elementary education (www.cedei.org). Its specialty is language education (Spanish for foreigners and English for Ecuadorans). CEDEI relies on its own instructors for most Spanish language courses, but draws on the Universidad de Cuenca and the other universities in the city for adjunct professors to teach courses in history, literature, political science, business, communications, sociology-anthropology, biology, and art. Students on the Dickinson program will take the one-credit course, *Ecuador and the Andes: Culture, History and Society*, at CEDEI's downtown center.

Founded in 1939, the Universidad Nacional de Cuyo (UNCuyo) is a prestigious university in the Argentine national university system that serves approximately 40,000 students. It offers a wide range of academic programs in twelve schools and institutes. UNCuyo's activities are concentrated in a charming campus located just northwest of the city center, adjacent to the expansive General

San Martín Park, and easily accessible with public transportation. The majority of the schools have buildings on the main campus with classrooms, libraries, meeting spaces, faculty offices, and cafeterias. The central library, a health service for employees and students, sports facilities, two major cafeterias, and the main administrative offices complete the campus facilities.

The majority of students will take classes in the schools of Philosophy and Letters, Political and Social Sciences, Arts and Design, and Economics. These schools offer classes for the following majors: education, geography, history, philosophy, education, foreign languages, literature, political sciences and public administration, sociology, communication, economics, social work, art history, fine arts, visual arts, drama, design, music, and dance among others. In addition, independent multidisciplinary institutes offer classes in environmental sciences, earth sciences, energy, production and labor, basic sciences, etc.

All students will enroll in a core course, *Argentine in a Latin American Context*, worth one credit while in Argentina. This course will last for the duration of the semester and will be taught in a module format covering Argentine history and geography, culture, politics, and economics. Participants will also enroll in a one-credit Spanish skill support course throughout the semester. This course will help students become familiar with the academic resources at UNCuyo as well as the expectations of Argentine professors. To complete their semester in South America, students will directly enroll in an additional 180 hours of classes at UNCuyo (usually two courses).

Excursions

Academic excursions and cultural events enrich the program in both host cities. While in Ecuador, students will have tours of both Quito as well as Saraguro. The program will also take students to Cajas National Park and the ruins of Ingapirca, as well as countless other sites and organizations in and around Cuenca, including a trip to the jungle either at the beginning or end of the month-long stay. While in Argentina visits to local sites around the Mendoza region will be integrated with the program's core course, *Argentine in a Latin American Context*. The program also includes a multi-day excursion to Buenos Aires.

ACADEMIC INFORMATION

Use of the Spanish Language:
The South America program is designed so that students can reach the highest level of linguistic and cultural understanding of Ecuador and Argentina 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.

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 films in Spanish, reading a novel in Spanish, or tuning in to Spanish-speaking TV. To familiarize yourself with Ecuadorean and Argentinian accents, you can watch live online broadcasts of Ecuador TV (www.ecuadortv.ec) and Argentina's TN/Todo Noticias (www.tn.com.ar/envivo/24hs) and TV Pública (www.tvpublica.com/ar).

Academic Culture:
The academic environment that you will experience while studying at an Argentine university will be quite different to that at Dickinson. For the semester program, all students will take at least two classes on the UNCuyo campus (1 Dickinson credit each) and two courses (1 Dickinson credit each) with the Dickinson group.

Your UNCuyo professors will help you acclimate to the academic culture of Argentine higher education institutions through the half credit course you will take in your first semester. 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 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:
The normal course load for semester students is 4 credits. The normal course load for all year students is 8 credits. **Students may not under-enroll under any circumstances.**
Students wishing to overload, must receive permission to overload from the Resident Director, their academic advisor(s) at Dickinson, and the Director at the Center for Global Study and Engagement. If permission is not given, the course credit will not transfer.

In addition to the *Ecuador and the Andes: Culture, History and Society* (1 credit) course taught at CEDEI, all students are required to take *Argentina in Latin American Context* (1 credit) course during their first semester in Mendoza (fall or spring). All students will directly enroll in the Universidad Nacional de Cuyo for two courses.

Grade Conversion:

UNCuyo	Dickinson
10 (95-100%)	A
9 (85-94%)	A-

8 (75-84%)	B+
7 (65-74%)	B
6 (60-64%)	C
1-5 (0-59%)	F (no aprobado)

Internships:

There may be an option to participate in an internship or volunteer opportunity during the semester in Mendoza. As the South America program is Dickinson's newest program, the program does not yet have long-standing relationships with local organizations, schools, and companies. You will need to speak with your resident director to begin the search process for an internship or volunteer opportunity within the Mendoza community. Only highly-qualified, responsible students with strong language skills will be granted permission to represent Dickinson as a local intern or volunteer. This opportunity is not guaranteed and is a privilege.

If you are interested in interning in a specific area, take the initiative and research different opportunities early in your time in Mendoza. Internships are not a common practice in Argentina. However, while many organizations are not familiar with the practice, they may be willing to take on extra help. After speaking with your resident director, do not hesitate to initiate contact with an organization about the prospect of working with them.

Credit Transfer:

- The Dickinson course in Cuenca earns one course credit and the Dickinson course in Mendoza earns one course credits. The normal course load for semester students 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. Courses taken at the Universidad Nacional de Cuyo are for general credit.
- Must be taken for a grade; pass/fail courses are not allowed.

Physical Education Activities:

Students who take formal instruction in physical education or play on an organized university team in Mendoza and have written proof of successful completion of the program may receive credit from the physical education department on the Dickinson campus. Official standards regarding credit from the physical education activities abroad are as follows: 1) the activity is currently offered;

2) the student secures the approval of the Dickinson Resident Director; 3) the student participates in an activity for a length of time equivalent to (or greater than) that of a similar activity at Dickinson (as a guideline, 20-22 hours of supervised instruction = 1 block); 4) the student chooses an activity which does not duplicate an physical education course already completed at Dickinson; and 5) the student's participation is documented by the instructor of the class or by the Dickinson Resident Director. Credit for self-paced activities will not be permitted.

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

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 Universidad Nacional de Cuyo are very different from what you are used to at Dickinson. 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 Fullbright 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 their meals in Ecuadorian and Argentinian 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.

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. While some students may live within walking distance, most will make full use of their bus passes.

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.

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 eat meals with your family, ask if you can help set the table, clean up, etc. Be sure to ask to watch TV and to use the family phone or kitchen appliances. 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 your Resident Director.

7. Be open-minded and flexible; there will be differences, so accept them. Adopt your family's patterns, such as 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. 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 will be necessary to use an international card or pay telephone for your long-distance calls.

ELECTRICITY & WATER: The cost of electricity overseas is much higher than it is in the U.S. Your hosts will most likely be energy conscious and want to conserve energy because of a general belief in conservation. Be respectful of this in your behavior. Switch off lights and other electrical

devices when you leave a room. If you come in late at night, do not leave the lights on in the corridor or hallway. Do not be impatient or annoyed when reminded about leaving lights on or about energy consumption in general. Open your curtains during the day to make use of the sun's rays.

Similarly, you may notice greater concern for water conservation as well, as Mendoza is greatly affected by its arid climate. 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 hosts' home 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. 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. Your host family is not required to accept these visitors in their (or your) rooms. Permission to have someone stay overnight would normally be an exceptional occurrence, not generally or lightly given. Do not make the mistake of regarding your room as a hotel.

KITCHEN PRIVILEGES: Kitchen privileges are usually not included in the home stay agreement, even if you are 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 (in 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: As stated, the program does not cover personal liability. So, when using appliances in your homestay, 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 your Resident Director 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

Food and Shopping:
Grilled meats, especially beef, prevail in Argentina. Some examples are asado, parillas, milanesas, etc. As Mendoza is the 8th largest wine-producing region in the world, you will find an array of wines within the province and the country. You will also find an abundant supply of meats, cheeses and fruits, some of which you may have never tried before.

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

When eating in a restaurant, remember that Argentines seldom eat lunch before 2 or 3 p.m. and eat dinner late, usually around 9 or 10 at night. It may take a few weeks to adjust to this eating schedule.

Mendoza is known for its wine and you will find a variety of vineyards in the area. The city is also particularly known for its asados (grilled meats) and Italian cuisine. Thanks to the irrigation systems in place, the area offers fresh fruits and vegetables, which 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.

You will find that Argentines run on a very different eating schedule than U.S. Americans. Your breakfast will be provided in your homestay, although many may 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 Mendoza – 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 Argentine 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.

Important Areas of Mendoza:
Calle Sarmiento Peatonal is the busiest pedestrian street in Mendoza. It has a variety of stores and restaurants and is a popular tourist attraction.

Plazas: there are five main plazas in the current downtown Mendoza. The largest plaza, *Plaza Independencia*, sits in the center of downtown and is surrounded on its four corners by the other four plazas: *Chile, San Martín, España* and *Italia.*

Parque San Martín is the city's largest green, recreational space. You will find many Argentines there on the weekend, and even during the week in the evenings, practicing sports, jogging, etc. The UNCuyo sits within the park, as well.

Entertainment and Recreation:
Mendoza is a lively city full of young people and is one of Argentina's top tourist attractions, so there is plenty to do. There are hundreds of tapas bars, restaurants, pubs, and discotecas. *Mendocinos*, compared to people in the U.S., go out and stay out much later, especially on weekends.

There are gyms and aerobics clubs in Mendoza for those interested. They are, however, private businesses and there is a fee involved, albeit a reasonable one. The university has sports and gym facilities.

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 vendor. 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. 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.

Travelers checks:
It is very difficult to cash travelers checks in Mendoza. Therefore, it is advised not to bring them.

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 $2,000 per semester. Many students do it for less.

Work Study:
There are no work-study opportunities in Cuenca or Mendoza.

COMMUNICATION INFORMATION

Students sometimes tell family/friends that they will phone home "the minute they arrive." However, plans often go awry because of travel 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 emails, 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 can take several weeks for letters to or from Argentina to arrive. 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 Argentina 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 two-hour time difference between the U.S. (East coast) and Argentina (it is two hours earlier in Argentina); Ecuador is within the same time zone as the U.S. East coast.

Cell Phones:

Many students purchase cellular phones while in Argentina. 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(USD). 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). You may also want to inquire with the Resident Director about where in town is the best location to recharge your minutes.

Generally, one of the most popular cell phone companies in Argentina is *Movistar*. A great way to save money is if many members of the group purchase phone form the same carrier so that cell-to-cell calls are cheaper.

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.

Computers and Internet Access:

You will be able to use the many computer labs at UNCuyo but be aware that these may have limited hours. Some 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. For e-mail and Internet use, there are cyber-cafés in Mendoza.

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 resident director will schedule excursions during both semesters. These academic excursions 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. Your program director will be in touch with you about the dates and destinations of the trips.

Vacation Travel:
If you plan to travel, you should plan your travel and guest visits during the semesters' vacation periods. We respect the Argentine university schedule though it may not line up exactly with the American calendar for national holidays.

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 ARGENTINA: you will find that you will use mainly bus and air travel to leave the Cuyo region. Whenever you board a bus 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, as many bus stations have buses going to different places and with many stops.

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

Personal Care

IN ARGENTINA: You will be enrolled in a local health care program (DAMSU) that will cover you for routine medical care. Visits to a doctor's office will be at a discounted price, but it is likely that prescription drugs will not be covered. There are many pharmacies throughout Mendoza and you will find some that are designated to remain open 24 hours.

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 Mendoza.

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.

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

Can I take prescription medication with me?

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

What if my prescription medication is illegal?

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

What if I need to refill a prescription abroad?

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

Am I covered if I travel outside the host country?

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

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

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

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

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

the insurer before any claim will be considered.

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

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

What if I need accommodations?

Accommodations available to students with disabilities in the United States may not be available to students studying abroad. It is unlikely that you will find the same medications, medical and/or psychological care, or support services at your study abroad site that you would at home. It is also possible that some host sites abroad may not be adequately equipped for students with physical disabilities.

For you to fully assess whether you will be able to successfully complete a study abroad program, we encourage any student with special needs to review the program descriptions and to visit websites about the community in which you will be living and learning. If you wish to have assistance from Dickinson College in helping you to assess your ability to succeed in studying in a particular program or in identifying programs where more support may be available, you are encouraged to come talk to the Center for Global Study and Engagement. It is important to ask questions and do your research before you apply.

Once you determine the right program for you and, if accepted, you will be invited to self-disclose your personal needs on a medical questionnaire open to you through the on-line application system. Disclosure is completely voluntary. However, on-site staff will have a better chance to advise you of accommodations that may be possible if they are aware of your needs before you arrive on site. If you choose to study on a program and travel to an abroad site, you will be expected to fully participate in the program. Therefore, you need to inform yourself about the demands of the program in order to plan ahead and to prepare to cope with your health needs in a new environment.

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

It is strongly recommended that you consult your counselor or psychiatrist when considering study abroad. When abroad, most students experience various states of excitement and frustration as a result of the opportunities and differences presented by the new culture. These alternating emotions are usually related to the natural phenomenon of culture shock, which occurs when people adapt to a new culture and surroundings. As you become accustomed to your new surroundings and establish a routine, these feelings will begin to subside. If homesickness, depression, or eating disorders persist, seek professional assistance and inform your program director. If you are currently seeking treatment from a mental health care provider, remember that English-speaking counseling services abroad may be limited and the terms of care will likely be different from here in the U.S.

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

Dickinson's health insurance?

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

Health Matters

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

Immunizations/Inoculations:
Even though Ecuador and Argentina do 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 may include measles, mumps, rubella (MMR) and diphtheria, pertussis, and tetanus (DPT). There are also some vaccinations that are recommended for areas of Ecuador, if you plan to travel before the start of the program. 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.

Safety

Emergency Procedures in Argentina:

EMERGENCY IN MENDOZA: In case of an emergency affecting the public, the Resident Director and José Mostafá will call each student. Therefore, students will need to share their local cell phone numbers with their Director. All students will be given emergency cards that will list important telephone numbers. You must have the emergency card with you **at all times**.

EMERGENCY WHILE TRAVELING: If you have an emergency while traveling, contact the Resident Director and José Mostafá at once. In a medical emergency, be prepared to pay in cash and submit receipts to your insurer for reimbursement later. In case of the loss or theft of your passport, contact the local police and the nearest U.S. Embassy or Consulate.

EMERGENCY KEYCHAIN: In a very serious emergency, use the contact numbers on your emergency key chain to reach the Center for Global Study and Engagement during work hours, or 24/7 through the Public Safety number.

Family Emergencies:

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

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

Final Thoughts:

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

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 local news sources, such as the Buenos Aires Herald (http://www.buenosairesherald.com/).

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 South America, Argentina offers a fascinating mixture of people with different cultural backgrounds. Because there is often a difference from one region to another, Argentines usually identify with their local area to a much greater degree than U.S. citizens do.

Mendocinos are 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 Argentina; in fact, most young Argentines live with their parents until they are married and have set up their own homes.

In general, Argentines are a gregarious people; they love to gather together to talk. At the same time, the Argentine home is a private place; they tend to do most of their socializing out-of- doors, in bars and cafés.

Local Customs:

A basic paradox of living abroad, and this is especially true of U.S. Citizens living in Latin America, is that both the familiar and the new will surround you. Argentina and Ecuador may have some similarities to your own customs and society, but 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 *cuencanos* and *mendocinos* are very open and friendly. Remember that you are coming to a city, Mendoza, that is visited by plenty of outsiders every year; your presence will not surprise anyone. On the other hand, you will want to surprise *mendocinos* with your ability to absorb, understand, and live in the local culture. During your first days in Cuenca and Mendoza, 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 Argentina/Ecuador/Latina America 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: Argentine society is quite varied and very interesting, but Mendoza may strike you as more homogeneous than most urban areas in the U.S. Throughout Argentine history there have been high levels of immigration, mainly from Europe. You will find that many cities have a history as a community of immigrants.

GENDER ISSUES: Young, foreign women may be the object of unwanted attention (usually in the form of propositions or catcalls) from Argentine and Ecuadorian 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.

SEXUALITY ISSUES: In Argentina, the legal age for sexual intercourse is 18. Generally, there is a fairly relaxed attitude toward homosexuality. Mendoza and Cuenca are fairly conservative towns, so it may not be as widely-discussed or apparent.

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)

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

WEB SITES:

Dickinson Program in South America:
http://www.dickinson.edu/centers/global_study/content/Argentina__Mendoza/

CEDEI: http://www.cedei.org/en/

Universidad Nacional de Cuyo: http://www.uncu.edu.ar/ (in Spanish)

Argentine newspaper: http://www.losandes.com.ar/

Mendoza's local newspaper: http://www.mendozasun.com/