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Welcome to the K. Robert Nilsson Center for European Studies!

Dear Dickinson-in-Bologna Program Participant:

This **Bologna Orientation Handbook** has been prepared to make your transition to Bologna and the Italian 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).

* * * * *

IMPORTANT CONTACT INFORMATION

The Program Center (Office):
The prefix [011-39] is only for direct dialing from the U.S.

Prof. Russell Bova, Resident Director
Dickinson College
K. Robert Nilsson Center for European Studies
via Marsala, 2
40126 Bologna Italy
Tel: (011-39) 051-22-44-51
Cell: (011-39) 335-701-3132
FAX: (011-39) 051-22-60-56
(Use [011-39] for direct dial from the U.S.)
E-mail: bova@dickinson.edu

The telephone number above is for the office at the Center. Students will not be able to take calls at this number. Parents or others who are having difficulty in reaching a student may leave a message at one of these two numbers.

Clarissa Pagni, Associate Director
Mobile: (011-39) 335-774-9865
E-mail: clarissa.pagni@gmail.com

Ellen Laird, Bologna Program Associate
Mobile: (011-39) 335-774-4322
E-mail: lairde@dickinson.edu

The Center for Global Study and Engagement:
Samantha Brandauer, Director of Study Abroad
Email: brandaus@dickinson.edu

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

On-Campus Coordinator/Resident Director 2014-16
Professor David Commins, Professor, History
Dickinson College
P.O. Box 1773

Carlisle, PA 17013-2896
Email: commins@dickinson.edu
Office: Denny Hall, Room 205

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:

Advantage Travel
313 East Willow Street
Syracuse, NY 13203
TEL: 1-800-788-1980 or 315-471-2222; FAX: 315-471-6264
Contact: Gabriella Bonney gbonney@advantagecny.com

Italian Embassy in the U.S.:

Embassy of Italy
3000 Whitehaven St., N.W.
Washington D.C. 20008
Tel: 202-612-4400
Fax: 202-518-2154
Web site: http://www.ambwashingtondc.esteri.it/ambasciata_washington

Italian Consulates are also located in Boston, Chicago, Detroit, Houston, Los Angeles, Miami, Newark, New Orleans, New York, Philadelphia, and San Francisco.

U.S. Embassy and Consulates in Italy:
The U.S. Embassy is located in Rome at Via Vittorio Veneto 119/A; telephone: 011-39-06 46741. There are U.S. Consulates in Florence, Milan, and Naples, and U.S. Consular Agents in Genoa, Palermo, and Trieste.

PROGRAM PREPARATIONS

Program Fees/Financial Aid Information

Program Fees:
The program fee for the 2014-2015 academic year is 59,214.00; for a single semester the fee is 29,607.00. Students at Dickinson College will receive invoices from the Student Accounts Office that show credit for the $300 confirmation fee and any applicable amounts from your financial aid package.

The program fee includes the following: tuition and fees, room and board, and scheduled group excursions. **Not included in the above charges are: travel costs to/from Bologna,** 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.

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 Italy**. The Center for Global Study and Engagement will provide instructions for applying for a visa via the online application system and at http://www.dickinson.edu/info/20056/center_for_global_study_and_engagement/2565/visa_guidelines It is your responsibility to get visa application to the Italian Consulate on time.

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 campus.

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

Packing Tips and Travel Information

Packing Tips:
When planning what to take with you, the first rule is to take the minimum amount of clothes possible. You will accumulate things during the year, so when in doubt-leave it at home! Travel with no more baggage than you can carry! Assume that you will accumulate a lot of things while abroad, and pack accordingly. When planning what to take with you, be practical and focus on the essentials of a wardrobe. Italians are highly fashion-conscious and dress with exceptional style and taste. Your Italian peers will dress well; you will not see them in baggy shirts, frayed blue jeans, and flip-flops. Choose clothes that can be mixed and matched and layered to serve different seasons and temperatures. In winter, European buildings and homes are kept at lower temperatures that Americans perceive as chilly. Dark, conservative colors can be worn longer without laundering and will help to make you appear less conspicuously American.

Italy is a great place to shop for both high-end and affordable merchandise. Students recommend these stores for affordable prices and good clothes: H&M, Zara, Pull and Bear, Celio, Sisley, Terra Nova, etc.

Dry cleaning and laundry facilities are available, **but much more expensive than in the U.S.**

Here are some wardrobe suggestions:

- a sturdy, comfortable pair of walking shoes that are WELL BROKEN IN; one nice pair of shoes; hiking boots optional
- 1-3 nice outfits for all seasons (ties for men)
- sufficient underwear and socks, 15-18 of each
- 6-8 wrinkle-resistant bottoms (jeans, corduroys, skirts)
- 10-14 tops (shirts, blouses) in coordinated colors
- 6-8 coordinating sweaters
- 2 pairs of sweats for studying in your room and sleeping; it gets chilly in the evening
- shorts (Bermuda-length preferable)
- a set of thermal underwear (optional)
- a rain coat with zip-in lining AND/OR 1 warm coat or winter jacket
- **extra pair of contact lenses, eyeglasses and prescription**
- a sturdy folding umbrella (or plan to purchase one there)
- 1 swim suit and sandals for the beach (people swim on both the Mediterranean and Adriatic beaches as late as October)
- **1 towel, 1 washcloth (a light set for easy traveling)**
- hat, gloves, and scarf

Other Useful Suggestions:
- 2 converters/adaptor plugs that can be used for hairdryers, curling irons, electric shavers, etc.
- Space/Vacuum bags (can be found at WalMart or Target and condense the amount of space your clothing uses in your luggage)
- If necessary, a converter specifically for your laptop – most laptops have a built-in converter, so check your specific model (if you do not have the proper one you can ruin your hard drive)

- USB/memory stick for transferring work and other data between computers
- Swiss army knife with corkscrew, bottle opener, and scissors (packed in your suitcase- not your carry-on luggage)
- international phone numbers for computer and credit cards
- address book
- pocket calculator for currency conversions (can also be found on Italian cell phones)
- luggage ID tags both inside and outside of your luggage
- 8 extra passport photos for ID cards, etc
- camera
- playing cards
- sunglasses
- sunscreen
- sleeping bag for hostelling —or sleep sack, much lighter (found at EMS)
- backpacking backpack: very useful for weekend travel
- travel alarm clock with extra batteries
- portable music device and extra batteries
- money belt or neck pouch to secure valuables
- travel sewing kit with safety pins
- small supply of toiletries (bring enough for the entire semester if you are particularly attached to a certain brand or product. Girls have found make-up and beauty products to be considerably more expensive in Italy. Consider bringing a good supply from the U.S.)
- travel-sized toiletries for traveling (travel-sized items are difficult to find in Italy)
- shower sandals (especially useful when you are traveling)
- small first-aid kit
- all medications, prescription or non-prescription, should be carried in the original, labeled container. Take copies of all prescriptions with you.
- specific school supplies, such as index cards (notebooks, pens, etc can be found in Italy, but options can be different and some specific supplies, like index cards, are hard to find.)
- Italian-English dictionary
- favorite photos of family and friends with picture frames are nice to have for decorating your room or showing to Italian friends.
- a few small gifts: something that represents your college or the area where you live (e.g., T-shirts, baseball caps, view books, crafts, they love Dickinson memorabilia etc.)
- slippers/house shoes; there are no carpets

IMPORTANT Travel Documents:

You must bring the following with you to Bologna in order to register your permission to stay in Italy. It is **your** responsibility to bring these items with you to Bologna.

- EIGHT (8) PASSPORT-SIZED PHOTOS (computer generated photos are **NOT** acceptable)

- THE ORIGINAL LETTER OF ENROLLMENT IN DICKINSON'S BOLOGNA PROGRAM, WITH THE STAMP OF THE ITALIAN CONSULATE. (You will receive

this stamped letter in the mail along with your passport and visa.) This letter will be needed for your "Permesso di Soggiorno" or your "Permit to Stay.")

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

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

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 Bologna, and many brands are often the same. **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 a backpack has been found useful by past participants due to the amount of

traveling you will be doing). Attach a label on the outside of your luggage and place a name and address label inside.

In most cases, you are allowed one piece of carry-on luggage not to exceed 45 total inches, which must fit under the seat in front of you or in an overhead bin. Make sure your luggage follows TSA regulations. Weigh your luggage before you arrive at the airport to ensure 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.

Keep in mind that baggage requirements for intra-European flights are different from transatlantic flights. When traveling on low-cost airlines, you may have to pay a fee for each checked bag.

SHIPPING LUGGAGE: Postal customs are different in Italy, 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. It is also important that you **do not** put a high dollar value on the mailing form that you fill out in the post office. Even if you write "Used Clothing for Personal Use Only," you can still be taxed if you put a high dollar value on the form. It is advised to put a low dollar value, such as $10 (maximum: $25), along with "Used Clothing for Personal Use Only." You should inquire about U.S. Postal Service air mail 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 Dickinson College (it's important to put Dickinson College on the address because that is the name recognized by mail carriers), via Marsala 2, 40126 Bologna. Make sure packages will arrive after your arrival in Bologna. **If you insure a package mailed to Italy, it will take longer to reach you and you can expect to pay customs duty of up to 30% of its declared value upon its arrival at the center in Bologna.**

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

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

Immediate Cash/Travel Funds:

You will need some ready cash when you arrive at your program site. It is recommended that you bring approximately €100.00 in cash. ATM cards can be used at any European airport, and also at

cash machines in Bologna. You can find more information in the Financial Section.

Flight and Arrival Information

International Flight:
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 have travel-related questions or requests, you should contact Advantage Travel directly. Let the Center for Global Study and Engagement and Advantage Travel know of any changes in your address so that messages and mailings about the flight will reach you.

Year-Students: If booking with the group flight, you will notice that your return ticket will have a December return date when it is booked, because it is too far in advance to book a return for the correct dates in May. If you choose not to return to the U.S. for Winter Break, then you must contact Advantage Travel before your departure date in December in order to change your return flight to the correct date in May.

When you have booked your flight, please 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 recently increased security measures). You will need your passport to check in and when you land in Italy, so have it available.

In case you 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 will be able to get in touch with him.

Clearing Immigration and Customs:
When you arrive in Europe for your connecting flight to Bologna, proceed to the area in the terminal for Passport control. It is in your stopover city that you will clear customs. When you arrive in Italy follow the signs to the baggage claim area and pick up your baggage. **The Dickinson in Bologna staff will meet the group just outside the exit for arriving flights.** At that time, students will be transferred to their housing assignments.

Registering with Authorities:
You must register with both the U.S. Embassy and local authorities upon arrival in Bologna. This will enable you to receive e-mail updates on travel and security from the U.S. Embassy and to secure your status for the semester/year in Bologna. During the orientation at the Dickinson Center, students will receive complete details about registering with the authorities, which can be a somewhat complicated process. To make this process easier, please make sure that you have the important travel documents that were previously listed (8 passport photos, a photocopy of the

information page and of the visa page in your passport, letter of enrollment stamped by Italian Consulate, etc) with you upon arrival in Bologna.

THE PROGRAM

The City of Bologna:
Located in the plain of the Po River, Bologna has been an important commercial, cultural, and educational center for many centuries and remains a thriving and vibrant city. A distinct advantage of the Dickinson program is that Bologna is off the beaten track for tourists. Since few natives speak English, students must learn from the outset to use the Italian language and to adapt to Bolognese life.

Within the immediate area are Etruscan ruins, Roman remains, and the remarkable heritage of Renaissance palaces and fountains. During the Renaissance, Bologna was known as "Bologna the Red," for its many red roofs, "Bologna the Fat," for its wealth and cuisine, and "Bologna the Learned," for its university. Bologna is still envied throughout Italy for its cuisine, and its 900-year-old university has maintained a world-wide reputation. Equally important, the city is renowned for its hospitality and the friendliness of its people.

In Italy, generally, political life and the discussion of political issues maintain a brisk pace. The city is historically communist in identity. Discussions are especially lively in Bologna, making the city a rare living laboratory of the social sciences. Here students can study firsthand the pragmatic application of theory to the practical problems of urban life (administration, transportation, social services, and others).

The Bologna climate is comparable to Carlisle: not much snow, but often rainy and cold during the winter, and hot and humid during the summer and early fall. However, you can expect to be outdoors much more in Italy than you would in Carlisle as you will be exploring Bologna and other cities in Italy.

The K. Robert Nilsson Center for European Studies:
The K. Robert Nilsson Center is in the center of Bologna, near the beautiful **Piazza Maggiore**. The Center, up one flight of stairs from street level, contains office space, classrooms, a break area, a small library, and a few high-speed computers with Internet access. The Center is equipped with wireless Internet and students are encouraged to bring personal laptop computers with them to Bologna if they own one. The Center hours are from 8:30 a.m. to 4:30 p.m. Monday through Friday.

The building also contains a number of apartments occupied by long-standing tenants. Out of consideration for these tenants, the Center is available for study, internet access, and classes only during the hours of operation. Smoking is not permitted at the Center.

ACADEMIC INFORMATION

With the exception of courses taught in English, every aspect of the program is designed to facilitate the interaction of formal study with the knowledge of Italian society and language, which comes through cultural immersion. You will find that formal classroom activities are supplemented and reinforced by immersion in Italian life and culture, which enhances understanding of the values, beliefs, and attitudes of Italian culture.

Academic Culture:
Teaching methods combine the best of the Italian and American educational systems. Due to the diversity of the faculty, there are various ways in which they teach (some straight lecture) and in the way they grade and evaluate student work. This is all part of the cultural and academic learning experience that students will encounter in Bologna. Students in the program are expected to carry a full course load, **which in Bologna means 4 credits (courses) each semester to be taken while classes are in session, and to regularly attend those classes for which credit is sought.** If special circumstances warrant an absence for reasons other than illness, students should notify the Resident Director and/or the professor of the circumstances.

Course Information:
The following section lists tentative courses for the 2014-2015 academic year. Please keep in mind that there may be some changes to the course offerings. Students will choose their courses upon arrival in Bologna.

Fall 2014

History 314/Econ 314/INBM 300	European Economic History
Political Science 290/ INST 290/Security Studies Certificate	Transatlantic Relations
Political Science 290	Media, Citizens and Politics: A Comparative Perspective
Art History 205	Reading Bologna: Art and Culture in Bologna from 1200-1500
Italian 101	Elementary Italian
Italian 232	Reading and Performing Italian Texts
Italian 323/History 213	History of the Mafia

Spring 2015

Political Science 270/History 213	The European Union
Political Science 273/INST 273	International Political Economy
History 232	Modern Italian History
Econ 314/INBM 300	European Economy
Art History 205	Reading Bologna: Art and Culture in Bologna from 1200-1500
Italian 101	Elementary Italian

Various Italian levels	To be determined
Interdisciplinary Studies 390	Intercultural Seminar (full year students)

Qualified students may take additional courses at the University of Bologna. Most of the courses offered at the University of Bologna are taught in the Italian language although there are courses in English, especially in the Economics Department. Please find more information in the sections below. Qualified full year students may take a course at Johns Hopkins University Graduate Center during the spring semester.

Independent studies will be limited to one per year per student depending on students' needs and availability of instructors.

Internship placement is restricted to full year students. Please note that due to the competitiveness for internship placements, there is no guarantee that everyone will be able to participate in an internship (as part of the Intercultural Seminar). These will be based on the student's command of Italian, academic performance, and a personal interview.

Dickinson Italian Studies majors planning to take courses at the University of Bologna should read carefully: "FAQ about Courses toward the Italian Studies Major in Bologna."

Courses at the Johns Hopkins School:
A list of courses at The Johns Hopkins School of Advanced International Studies (SAIS) will be available in Bologna during registration for the second semester. Enrollment will be competitive and is open only to academic year students. There are only four student openings, and acceptances will depend on academic performance and an interview. We cannot promise admission into any Johns Hopkins program course in advance.

Courses at the University of Bologna:
Italian Studies majors or students with advanced Italian language fluency may take courses in Italian at the University of Bologna at http://www.unibo.it/.

Taking a course at the University of Bologna requires a serious commitment. The UniBo calendar differs from that of the Dickinson program, and classes may be in session while the Dickinson program is on break or over U.S. holidays, such as Thanksgiving. Students are expected to attend all UniBo classes during these times. Students may also have to stay longer into June to complete exams or other course requirements. Most classes at UniBo are three times a week for two hours, which can create scheduling conflicts with classes offered at the Dickinson Center. It can be difficult to find a UniBo class that fits a student's interest and schedule, so students should not assume that they will definitely attend one while in Bologna.
That said, taking a UniBo course is highly recommended for students with adequate Italian fluency.
In general, students will receive 1 credit for a successfully completed course.

Official Grade Conversion Scale
University of Bologna

30 e lode= A
30 = A
29 = A
28 = A-
27 = A-
26 = B+
25 = B+
24 = B
23 = B
22 = B-
21 = B-
20 = C+
19 = C
18 = C

Italian university students who score less than 18 do not receive a grade. They are expected to take the course examination again.

Credit Transfer:

- Students must take a normal full load as defined by their program. Students may not under-enroll under any circumstances. If a student registers for more than the maximum courses allowed without permission from the Resident Director, their academic advisor at Dickinson, and the Center for Global Study and Engagement, the course credit will not transfer. Students will also be responsible for any additional fees for doing this.
- Each Dickinson course in Bologna earns one course credit (equal to four (4) semester hours). The normal course load during each semester is four (4) courses, for a total of eight (8) courses for the year.
- 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.
- Transfer credit is awarded only for classes in which a student earns a grade of "C" or better. However, *all* courses and grades will appear on the transcript, along with the corresponding grades.
- Must be taken for a grade; pass/fail courses are not allowed.

Grades/Transcripts:

- **Dickinson Center:** The courses offered at the Dickinson Center are listed on a student's transcript with titles and grades and will be calculated in the Dickinson GPA. If a course is cross-listed, it is up to the student to decide what credit it will count for on their transcript.

- **Johns Hopkins:** Courses taken at Johns Hopkins (SAIS) will be listed on the Dickinson transcript with titles and grades. The grade, however, will not be used in calculating the GPA.
- **University of Bologna:** Courses taken at the University of Bologna are also listed on the Dickinson transcript with titles and grades, but will not be calculated into a student's GPA. Course work taken in cooperating institutions abroad is transferable provided grades equivalent to a Dickinson "C" (2.00 on a 4.00 scale) or better have been earned. To find out more information about the University of Bologna, please visit http://www.unibo.it/.

Physical Education Activities*:*
Students who take formal instruction in physical education or play on an organized university team in Bologna 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 a 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.

Students who wish to take a physical education class or participate in a university sports team may be required to take a physical examination.

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.

Language Books/Library Privileges:
Bring a good Italian/English dictionary, as well as a phrase book (Berlitz makes a good one) for your Italian language courses. Library privileges for University of Bologna and Johns Hopkins will be explained to you by the Resident Director at the orientation meeting in Bologna.

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 at the Nilsson Center. All you need to do is to go to the Dickinson Global Library page (http://lis.dickinson.edu/Library/Research/Global_Library/LibraryResourcePage.htm).
You can access the page on the library website under "For Students," or "For Faculty," or "Doing Research."

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

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

LIFESTYLE ABROAD

Living Accommodations:
You will receive full details concerning your housing from the Bologna staff as soon as it becomes available. The pressure on housing in the city of Bologna has increased enormously in recent years due to the increased enrollment of both Italian and foreign students at Italian universities as well as to a city ordinance prohibiting new housing construction in the "old city." Consequently, our students are placed in apartments located throughout the city. This housing differs in both quality and amenities from what are typically available on a U.S. campus; be prepared to make adjustments in your expectations.

Any visitors will need to check in with the Resident Director upon arrival in Bologna. There are certain restrictions involved, including a written consent from all apartment residents for the duration of the visitors' stay.

Food and Shopping:
A food stipend will be distributed to students periodically (normally every two weeks) through the Banca Popolare dell'Emilia Romagna. You will be able to pick up this money directly from the bank. You will also have the opportunity to open up a bank account at the Banca Popolare dell' Emilia Romagna if you wish to do so. In this case, your food stipend money would be deposited directly into your account. You are responsible for budgeting food money. The central food market is where many students shop for fresh fruit, cheese, meat, and bread. Shopping here is a joy, but, it may be cheaper to buy larger groceries at the supermarket. There are many supermarket options in Bologna (Coop, Conad, Pam). Those located in the city center can be pricier than the ones immediately outside of the center. Consider walking a little longer to save money. All apartments have fully equipped kitchens. Cooking and sharing several meals each week helps to save money since eating out can be costly. For lunch, some students frequent small, family-oriented *trattoria* or self-service restaurants located near the Center. There are also lighter options available for lunch, such as buying a sandwich in a nearby *bar* (*bar,* in Italian, is a place where you can go for a coffee, soft drink, a sandwich and/or pastry) or purchasing a pre-made soup or salad at a local supermarket.

Bologna is a large city with excellent shopping opportunities, but you will find things relatively expensive. While you should bring with you enough clothes for your needs, you may be tempted to buy an Italian outfit (or two). Leather goods are sold at reasonable prices in the open market in Florence. Most of the smaller shops close for two hours or more in the early afternoon and then re-open until 7 or 8 pm. In Bologna, some shops close for lunch on Thursday afternoon and then do not re-open until Friday morning. Bologna's open air market takes place on Fridays and Saturdays off of Via Indipendenza.

The Italian Finance Police are permitted to stop you outside a business establishment and ask to see your **receipt (ricevuta).** If you cannot show a valid receipt, both you and the business may be fined. Whenever you make a purchase at a store in Italy, be sure you get a receipt and keep it until you have left the premises.

Entertainment and Recreation:
Bologna has lots to offer in the way of social life. There are many clubs and organizations that serve special interests. You will have the opportunity to sing in a chorus through the University of

Bologna. Sports enthusiasts can join one of many intramural sport activities. Night life is plentiful in Bologna.

Suggested Websites about Bologna:
City of Bologna: http://www.comune.bologna.it/

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.

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

Check on Fees with Bank and Credit Card Companies:
Before leaving the U.S., check with your local bank and credit card companies about fees for using your card overseas. If the fees are hefty, consider withdrawing larger amounts of cash from the ATM and taking only what you need and keeping the rest in a safe place. If you choose to open a bank account with the Banca Popolare dell'Emilia-Romagna, this would be a good, safe option for storing money. 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 make sure to let them know to which countries you intend on traveling. Otherwise, when they see charges on your card from a foreign country, they may assume that your card has been stolen and suspend your account. Keep a separate record of your credit card numbers and phone numbers of the companies so you can report theft or loss of your card quickly.

Spending Money:
Students sometimes ask how much spending money they should plan to have during their time abroad. The amount spent depends, of course, on the lifestyle you adopt and how much you plan to travel. In general, you should plan a **minimum** of $2,000 for the semester and $4,000 for the year.

Work Study:
Those Dickinson students who indicated that they wished to be considered for College Work Study (CWS) employment in Bologna will receive notification directly from the Financial Aid Office if College Work Study will be part of their financial aid package. Work study positions entail 4-8 hours of work each week, earning up to the maximum amount detailed in their financial aid package.

College Work Study payments are made monthly; earnings will be deposited directly into each student's designated U.S. bank account. In order to collect your 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 from worrying, 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 family/friends should be sent via air mail in both directions. Even with air mail, the postal system may be slow and unreliable. Tell your parents and friends to expect a two-week wait on average for a letter from you. Mail should be sent to you at the Dickinson Center. Stamps are available in all tobacco stores (*tabacchi*) marked with a large white T.

Phone Cards/Calling Home:
You can make a direct long-distance phone call from any regular pay phone (which are now difficult to find) using a calling card, which are available at most *tabacchi*. Another option is having your parents set up a low cost international calling service (it is cheaper to call Italy from the U.S. than vice versa), and arrange for a time for your parents to call you. Please note there is a six-hour time difference between the U.S. (East coast) and Italy (it is six hours later in Italy.)

Cell Phones:
Student apartments do not have telephones. Most students purchase cellular phones while in Bologna. 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. If students wish to use their American cell phone while in Bologna, they must first check with their current cell phone provider to see if their phone has international calling capabilities. It may, however, be very expensive to make international calls with your cell phone. If so, you will have to find out the procedures for using your cell phone abroad. More than likely, you will purchase pre-paid cell phone minutes that do not require subscribing to an overseas cell phone service.

Most students in recent years have purchased cell phones on their own once they have arrived in Bologna. You can expect to pay approximately 30-50 Euros initially to purchase the phone and then approximately 5-30(max) Euros per month, depending on use. Students generally do not rely on their phones to stay in touch with other students in the program, and use alternative options through their computers, such as Skype or chat.

Note: Using an American cell phone (with an American phone number) in Italy may cost more when calling Italian cell phone numbers. The Bologna faculty and staff and students who purchase Italian cell phones will have Italian numbers. Therefore, if you call those numbers from an American number, or vice-versa, you may pay higher rates for the call or text messages because it will be the

same as if you make an international call.

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

Computers:
There will be a few computers available for use in the Dickinson Center during office hours. You will not be able to use the computers after office hours. However, there are many internet cafes throughout the city that offer cheap and reliable service. The Dickinson Center is equipped with wireless capabilities. 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 for 220V. Please be sure to bring a plug adaptor for the electrical outlet as well. Although bringing a laptop is not required, it is strongly recommended to bring a laptop if you already own one. It can be useful for doing academic work, such as writing papers on your own and after office hours, when the Dickinson computers are no longer available for use. In any case, we encourage you to limit your Internet use to create a healthy balance between staying in touch with your friends and family in the U.S. and taking advantage of the time you spend abroad.

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 have your Dickinson account forwarded to your personal e-mail account. Also, be sure to clear your Dickinson Inbox regularly so that messages can reach you and do not bounce back. Make sure you also empty your Sent and Deleted messages box regularly.

TRANSPORTATION AND TRAVELING WHILE ABROAD

Train Travel:

Please note this information is subject to change. Please check for updated information before purchasing.

IN ITALY: Most of the long distance traveling you do in Italy will be by rail and internationally will be by air travel, especially low cost airlines such as Ryanair. Bologna is a rail center with many connections between Bologna and Florence, Venice, Rome and northern Europe. Italian trains are comfortable and can be inexpensive, depending on which kind of train you use for travel (high speed trains are more expensive than others). Trains can often be crowded, especially in summer and during holiday periods. Stations display schedules of arriving trains (*arrivi*) and departures (*partenze*). Trains are classified according to comfort and speed. Schedules and other information regarding the different types of trains may be found at www.trenitalia.it or at www.italotreno.it Students should be aware that trains are not always the most reliable in terms of punctuality. Please make sure to leave plenty of time in your traveling schedule, especially if you need to make connections. Do not forget to validate your train tickets. To do this, you must insert your ticket in the "Convalida" machines, which will stamp your ticket with the date and time. All tickets will be checked for validation.

There are two kinds of train tickets: first-class and second-class. First-class tickets cost considerably more for roomier and plusher accommodations. Second-class is cheaper, often more crowded and used by a cross-section of the population. University-aged students mostly ride in second class. Take advantage of the opportunity to talk to people on trains. The discomfort of international rail travel can be allayed by the inexpensive **Couchette,** which allows the second class compartment seats to be arranged to provide six stretch-out bunks. CAUTION: If you sleep during a trip, secure your luggage against theft.

TRAIN TRAVEL IN EUROPE: There are several train options offered for train travel in Europe.

The ***InterRail Pass*** is available for travel in 30 European countries to those with documented residency for at least six months in one of the countries listed under the terms of conditions; for more information visit http://www.interrailnet.com/2_conditions_of_use. The pass is valid only outside the country of residency, but significant discounts may be available upon inquiry in the home country. There are two types of passes which can be purchased in European currency up to three months prior to the date of usage. For those between the ages of 12 and 25 a youth discount is also offered for second class travel.

Airplane Travel:

In Europe, there are discount airlines, such as Easy Jet or Ryan Air, that offer flights for relatively cheap fares. It would be wise to sign up for airline e-mail newsletters in order to receive information on any travel deals. Below is a list of airline websites that students have found useful in recent years:

www.skyscanner.com
www.ryanair.com
www.easyjet.com
www.vueling.com

Note: When booking flights on low cost airlines, and *especially* on Ryan Air, be sure to read *all* of the fine print so that you know what hidden fees there are. For example, Ryan Air requires you to check in online before you go to the check-in desk at the airport. If you forget to do this, they charge you a pretty high fee to check in at the airport. Fees are also incurred if your baggage does not meet baggage restrictions.

Hostels:

You can save money and meet other young travelers by staying in youth hostels. One popular hostel network is the Youth Hostel Federation, which has a network of hostels all over the world. You can purchase a membership card to the Youth Hostel Federation and receive discounts on hostel accommodations and other travel offers. For more information, you can go to http://www.hihostels.com/. Other websites that offer reviews of hostels throughout the world are www.hostelworld.com and www.hostelbookers.com.

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 www.istc.org/sisp/.

ESN Card

Students recommend getting an Erasmus card (ESN) while in Bologna. Erasmus is a European organization that does most of university student exchange in various countries. The Erasmus card has a small fee but is valid for a whole year and will give you access to many places either for free or for a reduced fee. By attending Erasmus events, you also can meet students from all over the world.

Safety while Traveling:

Whenever you travel, take care of your belongings and safeguard your credit cards, mobile 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.

Students are urged not to drive motorcycles or motor scooters or to ride on them as passengers. The swirl of traffic and the adventurous driving of many Italians make this a hazardous enterprise. As there is little protection, injuries resulting from accidents tend to be severe.

Suggested Reading and Websites for Travel:

There are many travel guides that are geared towards the student traveler, especially *Let's Go* or *Lonely Planet*. To help save money, it may also be helpful to check www.amazon.com or www.half.com for used travel books.

WEBSITES:

The Italian Government Tourist Board: http://www.enit.it
Lonely Planet: http://www.lonelyplanet.com/destinations/europe/bologna/
Cycling Tour from Venice to Bologna: http://www.ciclismoclassico.com

HEALTH, INSURANCE & SAFETY

Health Care

You can be assured of good medical care in Bologna, but it is not provided by the program. An English-speaking physician is available for program students; you will be responsible for paying his office fee (approximately €25 per visit). The Program will help you with initial appointments.

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

In Italy, tap water (except on trains) and the local pasteurized milk are safe to drink. Fresh fruits and vegetables may be eaten raw after they have been washed. Do not be surprised, however, if you have occasional intestinal upsets when you first arrive due to a change of diet. An over-the-counter product, such as Pepto-Bismol or some equivalent, should take care of this quickly. If problems persist, see a doctor.

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 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 Italy 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 take particular over the counter medications, such as cold medication or a certain painkiller, you should take enough with you to last the duration of your stay. **It is neither advisable nor legal to ship medications by mail**. It is your responsibility to make sure that your medications are legal in your host country. For example, medicine for ADD and ADHD patients is not legal in Italy and, therefore, neither sold nor available anywhere in Italy. If you take any medication for ADD/ADHD, it is suggested that you bring enough of a supply to last the duration of your stay. You can find out which medications are legal in your host country 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.

If you carry narcotics or syringes, you should also bring a copy of the prescription and a statement from the prescribing physician. 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.

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

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

Safety

Personal Safety in Italy
While off-campus, students should always be aware of their surroundings and use common sense. It is easy to fall into a false perception of safety and to let your guard down. In general, Italy has a low

rate of violent crime. However, petty crimes, such as pick pocketing and purse snatching, are commonplace, especially in large cities. Most thefts occur at crowded tourist sites, on public transportation, or at the major railway stations (Rome, Milan, Florence, and Naples). Thieves in Italy often carry out scams in groups, where one person distracts the victim and others perform the robbery. Peace demonstrations in opposition to U.S. foreign policy have become common and have the potential to turn into confrontational situations. Students should be alert, exercise caution, and avoid demonstrations and other potentially dangerous situations.

IN BOLOGNA: Students who have never lived in a large city before may feel a sense of shock upon arrival in Bologna. Bologna is a relatively safe city, but it is always best to take precautions and remain aware. In Italy, approach large gatherings with caution since they have a tendency to spiral out of control. Do not keep valuable items in your pockets when at large gatherings at the piazza, as you may be a target to get robbed. It is best to be cautious, aware of surroundings and belongings, and use common sense at all times.

Safeguard your documents and money at all times! Do not walk home alone late at night. Do not take the bus alone at night and do not walk along the *viale* (edge of the city center) by yourself at night.

Do not make yourself an easy target. Use the buddy system or call a cab. Also, always keep the local emergency numbers for the police, fire station, and ambulance with you.

Emergency Procedures in Italy:

In cases of an emergency affecting the public, the Resident Director will utilize an emergency phone tree system. The phone tree system, along with other emergency numbers and procedures, will be explained to all students upon arrival in Bologna.

If you have an emergency while traveling, contact the local authorities and the program director at once. In a medical emergency, be prepared to pay up front and submit receipts to your insurer for reimbursement later. In case of the loss or theft of your passport, contact the local police and the nearest U.S. Embassy or Consulate.

Family Emergencies:

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

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

Final Thoughts:

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

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.

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

The Italian People:

As a people, Italians are hospitable and talkative; it takes little to be drawn into a conversation with them. Many regard Italy as two distinct countries: the Italians in the south have a fairly relaxed approach to life, whereas in the industrial north the pace of life is much faster. In the north, people say, "time is money" and the drive to achieve affluence takes away from traditional Italian life.

Italians are usually very aware of the impression they are making on others. In his book *The Italians* (New York, 1965), Luigi Barzini writes: "An Italian will often utter grave and sincere words (dictated by wrath, jealousy, the defense of his interests and dignity, or passionate love) and, at the same time, look out of the corner of his eye to check the impression he is making on his public." Another characteristic trait of Italians is love of family. Family ties are very strong in Italy, which you can see in the important role that grandparents have in a family. Grandparents are often like a second set of parents to young children. They take the children to school, pick them up afterwards, and often watch them in the afternoon if parents work. Another typical cultural aspect of the Italians is that many young people remain at home until settled into a profession.

The idea of personal space is very different to Italians. They may stand very close during conversation; interaction can be lively and involve touching. It is often said that handshaking and gesturing are national pastimes. One might see persons of the same sex walking arm in arm; and men and women frequently greet one another with a kiss on both cheeks.

Racial/Gender/Sexuality Issues:

RACIAL ISSUES: Viewing racism as an issue is somewhat new in Italy. In general, racial discrimination in Italy extends to anyone of color. However, a person seen as a U.S. student of color will be viewed in a different, more positive light.

GENDER ISSUES: U.S. American women will encounter a range of reactions from Italian males, from mere curiosity to persistent harassment. Women usually notice an increase in cat-calls, propositions, and men out cruising as they go farther south. A commonly recommended response is to ignore the behavior and walk on purposefully.

SEXUALITY ISSUES: Gay, lesbian, or bi-sexual activity is generally tolerated, although public displays of affection may bring on disapproving looks. Bologna has many clubs, organizations, and night spots catering to gays and lesbians.

COMMENTS FROM FORMER PROGRAM STUDENTS

These excerpts are from evaluations completed by students returning from the Bologna program.

"I had a difficult time initially, but Italy is wonderful and the experience was unique...There is no comparison between living abroad and continuing study at Dickinson. Horizons are broadened and new ideas introduced."

"Keep a good balance between being with the group and getting out and meeting Italians."

"The Italians are a very warm and open people. They are very patient about the language, helpful and very receptive (even though the men are sometimes too receptive!)."

"I found myself challenged by many things I would never have confronted on campus, challenges which taught me about myself and helped me to grow a great deal."

"Keep an open mind when you go. If you bring any hard and fast pre-conceptions of what to expect, you could be disappointed or cheat yourself out of some wonderful times and encounters."

"It takes the whole first semester before everything falls into place and you feel like you belong no matter where you go."

"I think that if there is one crucial thing that I gained from the Bologna Program, it is the ability to see with greater empathy different cultures and customs, and to not always assume that what is ours is what is best."

"Expenses tended to be a lot more than I expected, especially concerning everyday living expenses such as laundry, entertainment, and other miscellaneous personal expenses."

"The Italian environment has to be one of the most receptive to foreigners; I say this because I faced very little cultural shock adjustment despite the fact that I had not known any Italian before I arrived. I was encouraged by the unusually warm personalities of Italian residents, shopkeepers, waiters, etc., their appreciation of my garbled attempts at Italian was shown by their smile, their correction of my pronunciation, and their attempts to teach me new words and symbols. Italy and I became immediate lifelong friends. My most profitable experiences occurred when I went out and met 'the natives'."

"What could be better than sitting at a café in one of the oldest piazzas in the world, watching some of the best dressed people walk by, sipping a cappuccino and picking at a plate full of tortellini, all while understanding a spirited conversation in another language?"

"My Bolognese experience will always remain very special to me. In my opinion, the positive aspects of the year were heightened by my extreme assimilation into the culture. I was determined from the minute I got off the plane to immerse myself in the Italian way of life. Not that I wanted to imitate them, but I found it rewarding to adopt certain manners of behavior, such as a way of dress, presenting yourself, emotionalism, etc. In this way it was easy for me to meet Italian friends which added a special touch to the year."

"Be ready for differences in things...don't go with the idea of 'It's not like this at home,' or 'I can't believe they do this!' Accept it readily because that's what you are there for. No one wants to force you to change to "their" way, but be willing to try to understand theirs."

"I would tell future Bologna students to immerse themselves immediately and totally in the Italian culture and way of life--I cannot emphasize this point enough because this is the essence of the program, to learn through firsthand observation and participation. I would also tell them to be prepared to take a lot of grief about being American, or accept it and be proud of it because perhaps the best lesson learned is that of objectivity. They should be receptive to all new things, while at the same time maintaining their American identity."

ITALIAN STUDIES MAJOR INFORMATION

FAQ ABOUT COURSES TOWARD THE ITALIAN STUDIES MAJOR IN BOLOGNA

Before selecting your courses, please refer carefully to the following, which describes departmental policy regarding credit toward the major for courses taken at our program in Italy. Please also review the requirements for the Italian Studies major as published in the Dickinson College Catalog.

I. WHICH BOLOGNA COURSES COUNT TOWARD THE ITALIAN MAJOR?

Three kinds of courses toward the major may be satisfied by work done in Italy: 1) Courses in Italian 2) Selected courses in other departments, and 3) Courses in an area of elective emphasis.

Courses in Italian

While in Bologna, Italian Studies majors normally take Ital 232 and Ital 305/6 and are highly encouraged to take one course in Italian at the University of Bologna. A course taken in Italian at the University of Bologna satisfies the requirement for one of the Core Requirements (Culture, History or Visual Arts and Representations) or can count as an elective.

Selected courses in other departments

Art & Art History satisfies the Visual Arts and Representations core requirement. History 232 "Modern Italian History" satisfies the History core requirement or can be taken as a history elective. Various Political Science courses can count as electives for the European and Mediterranean Studies are of emphasis.

Courses in an area of elective emphasis

Two courses in a single elective area are required. The areas of emphasis are: 1. Humanities; 2. History; 3. European and Mediterranean Studies; and 4. Film and Media Studies. Students can take courses that fulfill their area of elective emphasis at the K. Robert Nilsson Center (occasionally) and at the University of Bologna.

II. TAKING COURSES IN ITALIAN AT UNIBO

Structure of the courses

UniBo courses are short and very intensive: they last less than an American semester and meet on average for 2 hours per day. Classes consist of lectures given by the professors. At the end of the course, students take a final examination, often an oral exam, which determines whether a student passes or fails the course. Even though attendance is not mandatory at UniBo, it is required for Dickinson students, in compliance with the college's attendance policies and because listening to the Italian professors' lectures is crucial for students' success. In addition, students will do all the readings required for the course, and take the final examination at UniBo.

How to succeed at UniBo

Students are responsible for their own proficiency in the course they attend and they need to be aware that they can fail the course if they do not fulfill the professor's standards and expectations. Below are some tips which will help students succeed:

1. **Understand the Italian academic system!.** The evaluation and grading systems in Italy are very different from those used in the US. In Italy, students are usually evaluated only at the end of the course; therefore, the final examination determines if a student passes or fails. During the course, students are not assigned any homework, but are expected to read and study the material listed on the syllabus, in preparation for the final examination. Passing grades range from 18 to 30 *e lode* (with honors). Any student whose score is lower than 18 fails the course.

2. **Take notes in class.** Classes at Italian universities consist of lectures given by the professor. Students should take notes because professors' lectures usually focus on those aspects that a professor considers particularly important. Professors' questions during the final examination often refer to topics that were lectured in class, so efficient note takers will be at an advantage for the final exam.

3. **Repeat what you study orally.** Since final examinations are often oral, it is very useful for students to repeat out loud the topics that they study. This is what Italian students often do! Italian professors expect students to learn facts and provide evidence, so students should learn to tell the facts that they study. Critical analysis is less important in Italy than it is in the United States, so students should not dispense their opinion, unless they are asked to do so by their professor.

4. **Study with other students.** Studying with other Dickinson or, better yet, Italian students is very helpful. Students who study together can ask each other questions, clarify doubts and have someone with whom to repeat what they study.