

TABLE OF CONTENTS

| | |
|---|------------------|
| WELCOME TO THE BRISBANE PROGRAM | (page 3) |
| Important Contact Information (page 4) | |
| GENERAL INFORMATION | (page 5) |
| General College and CGSE Policies (page 5) | |
| Conduct and Discipline Policies (pages 6-7) | |
| Extension of Stay and Early Withdrawal: Process & Penalties (pages 7-8) | |
| Program Fees and Financial Aid Information (pages 8-9) | |
| PROGRAM PREPARATIONS | (page 10) |
| Things to Take Care of at Dickinson | |
| • Declaring a Major (page 10) | |
| • Student Accounts and Financial Aid Loans (page 10) | |
| • Career Center Resources (pages 10-13) | |
| Legal Matters (page 13) | |
| • Limited Power of Attorney/Income Tax Declaration/Absentee Voting | |
| Insurance Information (pages 14-15) | |
| Health Matters | |
| • Medical Check-ups/Immunizations/Inoculations/Medications (pages 15-16) | |
| • Mental Health, Stability, and Stress/Special Accommodations (pages 16-17) | |
| • Health and Safety in Flight/Health Tips (page 17) | |
| TRAVEL PREPARATIONS | (page 19) |
| Passport and Visa Information (pages 19-20) | |
| Information for International Students (page 21) | |
| Packing and Travel Information | |
| • Packing Tips/Carry-on and Checked Luggage (pages 21-24) | |
| • Travel Documents/Immediate Cash/Travel Funds (page 24) | |
| Flight and Arrival Information (page 25) | |
| THE PROGRAM | (page 26) |
| The City of Brisbane/The University of Queensland | |
| ACADEMIC INFORMATION | (page 27) |
| Australian Education System (page 27) | |
| Course Selection /Credit Transfer Policies (pages 28-31) | |
| Academic Differences between Australia and the United States (pages 32) | |
| Accessing the College Library Resources from Off-Campus (page 32) | |
| LIFESTYLE ABROAD | (page 33) |
| Dickinson On-site Orientation (page 33) | |
| Residential Life/Housing Allocation (pages 33-35) | |
| FINANCIAL INFORMATION | (page 36) |
| Australian Currency (page 36) | |
| Accessing Money/ATM/Credit Cards/Travelers Checks/Bank Account (pages 36-37) | |
| Spending Money/Working in Australia (pages 37-38) | |

COMMUNICATION INFORMATION (page 39)

Mail/Telephone/Phone Cards/Mobile Phone/Skype (pages 39-41)
Computers and Internet Access/E-mail (pages 41-43)

TRAVELING WHILE ABROAD (page 44)

Dickinson Sponsored Excursions (page 44)
Local Travel/Airplane Travel/Travel Guides/Hostels/Safety While Traveling (pages 44-45)

HEALTH AND SAFETY WHILE ABROAD (page 46)

Health Care (page 46)
Safety and Emergency Procedures (pages 46-48)
Safe Behavior Abroad (pages 48-51)

CULTURAL PERSPECTIVES (page 52)

Being Informed about the Host Country and World Affairs (pages 52-53)
The People/Local Customs (page 53)
Racial/Gender/Sexuality Issues (pages 53-54)
Suggested Readings/Websites (page 54)

CULTURAL ADJUSTMENT (page 55)

Stranger in a Strange Land: Articles on Cultural Adjustment (pages 55-58)
Cultural Adjustment: Responses to Living Abroad (pages 58-59)

KEEPING TRACK OF YOUR TIME ABROAD (page 60)

Keeping a Journal/Taking Pictures
Dickinson Study Abroad Blog/Wiki Page

RETURNING BACK HOME (page 61)

Things to Take Care of at Dickinson Before Returning Home
• Course Request Process/Room Selection at Dickinson

MISCELLANEOUS INFORMATION (page 62)

Time/Numbers/Currency
Metric Conversion Table (page 63)

- APPENDIX I: THE LANGUAGE BARRIER**
- APPENDIX II: TRANSFER CREDIT POLICY**
- APPENDIX III: MEMO ON HEALTH ISSUES**
- APPENDIX IV: SUPPLEMENTAL TRAVEL INSURANCE**
- APPENDIX V: HEALTH ISSUES WHILE TRAVELING**
- APPENDIX VI: STUDENT AGREEMENT**
- APPENDIX VII: REFUND POLICY FOR OFF-CAMPUS PROGRAMS**
- APPENDIX VIII: AUSTRALIAN CULTURE CLASS INFORMATION**

WELCOME TO THE BRISBANE PROGRAM!

Greetings! Congratulations on your selection to the Brisbane program. An academically challenging and personally rewarding time awaits you!

This **Brisbane Orientation Handbook** has been prepared to make your transition to Brisbane and the Australian educational system a little smoother. The handbook covers general topics affecting all students who study abroad: health matters, insurance, safe behavior, code of conduct and other policies, Dickinson course registration and room draw while abroad, and absentee voting. It also contains specific information about studying in Australia: packing tips, lifestyle abroad, an academic calendar, course information, and much more. Sections on cultural perspectives will help you put your observations and experiences into context. This program specific information will also help you to understand better and adapt more quickly to your new environment and culture. A copy of the handbook will be mailed to your parent(s)/guardian(s) at your home address.

The Brisbane program is facilitated by the University of Queensland International Education Office in conjunction with the Center for Global Study and Engagement (CGSE) at Dickinson College. You will receive materials from both Dickinson College and the University of Queensland.

If you or your parents have any questions or concerns regarding living and studying at the University of Queensland as a directly enrolled “international student,” you should contact the Dickinson Resident Director in Brisbane, Ann Wadsworth, at awadsworth@bigpond.com. Previously the Manager of Study Abroad at the University of Queensland for five years, Ann is now the Resident Director for Dickinson’s Brisbane program, and can answer any questions you may have about living in Brisbane and studying at the University of Queensland.

If you have any questions, contact the Center for Global Study and Engagement 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 Reminders:

If you plan to be at a different address during the summer/winter break, or, if your insurance information has changed since you completed the Student Agreement form, let the Center for Global Study and Engagement know right away.

You will need your passport to check in at departure and when you arrive in Australia. Do not pack it in your checked luggage!

IMPORTANT CONTACT INFORMATION

Dickinson Resident Director

Ann Wadsworth

2 Uralla Street
Ashgrove, Queensland 4060
Australia

Tel: **011 61 7 3312 2045 (from U.S.)**

(07) 3511 1917 (within Australia)

Fax: 011 617 3511 1917

Email: awadsworth@bigpond.com

Cell: 0407 590 575 (within Australia)

011 61 407 590 575 (from U.S.)

UQ Campus Liaison

Karen Fisher

Study Abroad Advisor
International Education Office
University of Queensland
Brisbane, Queensland 4072
Australia

Tel: 011 61 7 3365 1768

Fax: 011 61 7 3365 1794

Email: k.fisher1@uq.edu.au

Web: www.uq.edu.au/studyabroad

Dickinson On-Campus Coordinator

Professor Michael Holden

Chemistry Department
Dickinson College
P.O. Box 1773

Carlisle, PA 17013-2896

Tel: (717) 245-1481

FAX: (717) 245-1995

E-mail: holden@dickinson.edu

The Center for Global Study and Engagement

Brian Brubaker, Director

The Center for Global Study and Engagement
Dickinson College
PO Box 1773

Carlisle, PA 17013-2896

Tel: (717) 245-1341

FAX: (717) 245-1688

E-mail: brubakeb@dickinson.edu

CGSE's Travel Agency

Carmela Coleman

Advantage Travel
313 East Willow Street
Syracuse, NY 13203

Tel: 800-788-1980

Fax: 315-471-6264

E-mail: ccoleman@advantagecny.com

U.S. Consulate General in Australia

MLC Centre

Level 59

19-29 Martin Place

Sydney NSW 2000

Australia

Tel: (011-61)-2-9373-9200 (from U.S.)

(02) 9373-9200 (within Australia)

(02) 4422-2201 (after hours)

<http://sydney.usconsulate.gov/>

Australian Embassy in the U.S.

1601 Massachusetts Ave.

Washington, DC 20036

Tel: 202-797-3000

<http://www.usa.embassy.gov.au/>

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.

GENERAL INFORMATION

General College and CGSE Policies

College Non-Discrimination Policy:

Dickinson College is an academic community that values justice, free inquiry, diversity, and equal opportunity. It is a fundamental policy of Dickinson College to respect pluralism and to promote tolerance, civility, and mutual understanding within its community. On that basis, Dickinson College does not discriminate as to race, color, sex, political and religious beliefs, marital status, age, sexual orientation, national and ethnic origins, veteran's status, or disability.

Student Agreement Form (see Appendix VII):

The Student Agreement form, which applicants filled out as part of their application process, acknowledges awareness of inherent risks associated with foreign travel and that the student is participating in the program voluntarily. By signing the form, the participant agrees to release, indemnify, and hold harmless Dickinson College from and against any claim that the participant, the participant's parents or guardian or any other person may have for any losses, damages, or injuries arising in connection with participation in the overseas program. Signing this form automatically enrolls the student at no cost in Dickinson College's "Supplemental Emergency Travel Assistance and Medical Evacuation Insurance Program." (See Appendix V for more information on this insurance.)

Status of non-Dickinson Students:

Students from other institutions who participate in Dickinson College study abroad programs are considered "guest students" of the College for the duration of the program; as such, they will enjoy all the rights and privileges granted by the program. (The only restriction is ineligibility for Dickinson grant money and endowed scholarships).

Program Cancellation Policy:

All decisions concerning the cancellation (or required modification) of a Dickinson College program will be made by the Center for Global Study and Engagement in consultation with responsible authorities on campus and overseas. These decisions will be based on, but not limited to, State Department warnings. In the unlikely event of an emergency program cancellation, every effort will be made to accommodate the academic needs of program participants by offering an alternative to enable students to complete their course work. For example, one possible alternative would be to offer suitable coursework on-campus during the summer.

Students whose program is cancelled prior to the start date will receive a full refund of the program fee, including the confirmation payment.

If a program is cancelled after it starts and an alternative for credit completion is offered, no refund will be given.

If a program is cancelled after it starts and an alternative credit completion is NOT offered, the student will receive a full refund including the confirmation payment.

Conduct and Discipline Policies

What is this all about? (IMPORTANT: PLEASE READ!!)

At Dickinson College, study abroad is not about travel to an exotic destination. It means becoming an active participant in the life and culture of a foreign locale in order to gain useful knowledge about a place and its people. By applying to this program, you have taken a significant step toward expanding your mind, engaging other cultures, and becoming a more active participant in our global society.

In a very real sense, you go abroad as an ambassador of Dickinson College. Your attitude, interactions, and presence abroad will speak volumes about you and about us. You are privileged to be abroad as a full-time learner, both academically and in all other aspects of daily life. Many study abroad participants are used to being the “majority,” and once they become a minority abroad they realize their actions are viewed as representative of their entire group. Resist playing the role of the “ugly American” stereotype. Resolve instead to develop understanding and show respect for the culture you are visiting.

Code of Conduct:

All students studying abroad are expected to abide by the code of conduct as expressed in the Student Agreement that you signed as part of your application. This form is reprinted as Appendix VII of this handbook. Please read it again.

It is a fundamental expectation that students will respect the norms of the host culture with regard to behavior and dress and will obey host country laws as well as all policies and regulations of the host institution and/or Dickinson Program. It is further expected that students enrolled in Dickinson programs will:

- attend and participate in classes and complete assignments
- participate in planned group excursions
- observe the rules and respect the property of the host institution, housing accommodations, and any temporary program accommodation such as hotels or hostels
- for safety purposes, provide the Resident Director with contact information and/or itinerary to the extent possible when they leave for private travel.

Students shall respect the rights of other students whether on the program or at the host institution, as well as those of homestay families, staff, and faculty. Dickinson College policies regarding student conduct as outlined in the Dickinson College Student Handbook, including academic infractions such as plagiarism, apply to students enrolled overseas as well. In Dickinson programs abroad, the Resident Director will serve as the Judicial Hearing Officer for alleged violations.

Drinking and Drug Use:

Most cultures have well-established customs with regard to acceptable social drinking. Mature behavior and respect for local customs is expected of all students. The misuse of alcohol will not be tolerated and can result in dismissal from the program. The use, purchase, or sale of illegal drugs is prohibited. A student caught using, purchasing, or selling drugs will be sent home immediately without refund.

Legal penalties with regard to drugs and alcohol may be more severe in the host country than in the U.S. and may entail fines and/or jail time. A student charged with breaking local laws will be subject to the rulings of local courts. U.S. laws and constitutional guarantees do NOT apply. The ability of program staff or U.S. Embassy personnel to assist is very limited. In most countries release on bail while awaiting trial is not an option.

Removal from Program for Disciplinary Reasons:

Students can be dismissed from programs for violating policies, rules or regulations, for engaging in disruptive behavior, for academic infractions or failure, and for conduct that could bring the program into disrepute. In such cases, students will be discharged without a refund. The Executive Director of CGSE will make the judgment in consultation with the Resident Director and/or On-Campus Coordinator.

Extension of Stay and Early Withdrawal: Process and Penalties

Student Status and Changes of Status:

All students approved to participate in an academic year/semester program off campus continue enrollment as Dickinson students with “off-campus” status and are expected to keep their commitment to participate in an academic year/semester program for the full term, and to return to campus following their semester or academic year away. To extend a stay or to return early requires changing status, a process initiated by the Center for Global Study and Engagement.

Extending for a second¹ semester:

- You should first consult with the Dickinson Resident Director/on-site staff.
- If the Resident Director/on-site staff indicates that an extension is possible, you should discuss your plans with your major advisor(s). You will need to consider how an extension will affect the completion of your major and other graduation requirements. Your advisor(s) must indicate approval by e-mailing the Director of Study Abroad in the Center for Global Study and Engagement.
- If your advisor(s) approve(s) of your change in plans, you and your advisor(s) should e-mail Brian Brubaker, the Director of Study Abroad, at brubakeb@dickinson.edu. The Director of Study Abroad will give official approval to extend for another semester, and the Center for Global Study and Engagement will notify other campus offices of your change in status.

Early return or withdrawal:

- A compelling medical or academic reason is required for leaving a program early. You should consult first with the Dickinson Resident Director/on-site staff, and then with the Center for Global Study and Engagement. The Center for Global Study and Engagement will notify your class dean about your change in status.
- Whenever possible, students should complete the semester that has already begun. Students risk not receiving credit if they withdraw from a program mid-semester or before completing scheduled instruction and examinations.
- Financial consequences for early withdrawal are described in the following section, “Refund Policy and Financial Consequences for Early Withdrawal,” and in Appendix VIII, “Refund Policy for Off-campus Programs.”
- When you are certain of your decision, communicate your reasoning in writing to the Center for Global Study and Engagement at global@dickinson.edu. Please also request that your Resident Director e-mail the Center for Global Study and Engagement to confirm the last date you attended class.
- The Center for Global Study and Engagement will then officially notify the campus of your change in status. If you are asked to follow-up directly with certain offices, please do so.
- If your withdrawal occurs prior to the end of the first week of classes at Dickinson, you may be granted permission to return to campus. If so, you can contact Campus Life to arrange for housing on a last-in-line basis.
- Students returning early from study abroad will register during the add/drop period of the following semester.

¹ Students who are interested in studying abroad for longer than an academic year plus a short-term program must petition for special approval to do so. For information about the petition process, please see “Non-traditional Off-Campus Study” on page 8.

Refund Policy and Financial Consequences for Early Withdrawal:

Early withdrawal from a program will have financial consequences. Both the \$35 application fee and \$300 confirmation payment are non-refundable. Before making a final decision to withdraw, you should read the Refund Policy for Off-campus Programs, which is reproduced as Appendix VIII of this handbook. **These policies apply in all cases of early withdrawal from study abroad programs, regardless of the reason for withdrawal.**

Students receiving Title IV federal financial aid will have funds returned to federal aid programs according to the policies outlined in the Dickinson College Bulletin. It is important to understand that, since the financial aid refund and the refund to the student's account are calculated using different methods, the refund to the student account may not fully cover the required refund to the financial aid programs, and the student may end up owing funds to the college after the refund to the financial aid programs has been made.

Non-traditional Off-Campus Study:

Off-campus study in the senior year that precludes meeting the senior residency requirement requires special approval from the Academic Program and Standards Committee.

Special approval is also necessary for participation in more than two semesters of study off campus. Petitions should be addressed to Brian Brubaker, Interim Executive Director, CGSE and should include the following:

- an essay describing how your specific study abroad plans fit in with your overall academic goals and plans
- letters of support from your academic advisor(s), department chair(s), on-campus coordinator and/or Program Director, as applicable
- an audit showing in detail how off-campus courses will fit in with graduation requirements.

Program Fees and Financial Aid

Program Fees:

The program fee for the 2013-2014 academic year is \$57,212; for a single semester the fee is \$28,606. 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, room and board, mandatory Australian Overseas Student Health Care (OSHC), scheduled group excursions, and \$450 for course field-work excursion fees* associated with **one** University of Queensland course (i.e. BIOL 2000, MARS 2005, etc), to be paid upon successful completion.

****The course field-work/excursion fees will be paid up-front by students directly to the UQ department sponsoring the course at the beginning of the semester. Upon successful completion of the course (e.g. earning a "C" or better), Dickinson will place the \$450 USD credit on the student's Student Account.***

Not included in the program fee are: roundtrip transportation to/from Brisbane, required primary health and accident insurance, books, clothing, personal entertainment, local transportation, activity fees (sports and clubs at UQ), printing/copying costs, independent travel, or any other personal expenses.

Arrangements for any type of monthly payment plan options should be made as soon as possible through

Tuition Management Systems (1-800-722-4867, x 775, or www.afford.com). If the balance due on your account is not paid by the deadline noted on the billing, or if special arrangements have not been made with Student Accounts (Tel. 717-245-1953 or email: stuacct@dickinson.edu), you will not be allowed to participate in the program.

Other Fees and Costs:

All students should be aware of additional expenses they may incur while at The University of Queensland that will not be covered by Dickinson College. The University of Queensland and Dickinson College offer different services to students, and it is important for students to be aware of these differences prior to arriving in Brisbane.

- Internet connection is free for UQ students on campus, which allows students to download up to 300 MB per month. If you run out, additional download capacity can be purchased. For more information, visit the UQ website at <http://uqconnect.net/?page=27817> or see the computer section of the handbook on page 41. UQ provides an additional 10GB at the start of the semester.
- If a student elects to partake in clubs, intramural sport activities, or gym classes, all incurred fees are the responsibility of the student and will not be paid by Dickinson College. Fees vary according to the activity.
- All students at the University of Queensland are expected to make their own photocopies of classroom handouts from professors, as well as copies of necessary articles for classes. Printing and photocopying costs approximately 6 (USD) cents per page. Another option is to go to the printing on demand (POD) site. Printing allotment is provided in on-campus college fees, but allotment varies by college.
- **Again, students should plan to pay for the full amount (this could be upwards of \$900) for course field-work or excursions upfront to the University of Queensland at the beginning of the semester.** As discussed in pre-departure meetings/orientation, students should be prepared to pay for this expense in the beginning of their semester at UQ.

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.

PROGRAM PREPARATIONS

Things to Take Care of at Dickinson

Declaring a Major:

Before you can study abroad you must officially declare a major. The applicable text from the Dickinson College Bulletin reads as follows:

“A student must be accepted for a major field of concentration by the time he or she earns junior standing. A student who does not have a declaration of a major on file in the Registrar’s Office by the end of the semester in which the 16th course (counting towards the degree) is completed may be required to withdraw from the college.”

To declare a major you must complete the necessary paperwork available in the Registrar’s office. The declaration of a major is only official when the completed paperwork has been turned in to the Registrar’s office. A conversation with someone in the major department about your intentions is NOT sufficient. To avoid being dismissed from your study abroad program, be sure to attend to this well before your departure.

Now is also an appropriate time to look over the requirements for your major(s)/minor/general education. Make sure to note courses that you need to take while abroad, especially if you are planning to double major.

Student Accounts and Financial Aid Loans:

Two very important things to check on prior to departure:

- If you are applying for financial aid, make certain you have completed all necessary applications and responded to all requests for information from the Financial Aid office.
- Call the Office of Student Accounts (717-245-1953) to make sure your student account is clear. If you have a hold on your account, you will not be able to study abroad until it is released.

Career Center Resources:

The Career Center offers a variety of resources to help assist you before you go abroad or while you are abroad. Please see the important information below about Career Center resources that you can utilize.

The Career Center is available to assist you in any way possible while you are abroad.

- **Resume/Cover Letter/Personal Statement Reviews:** If you would like to have a resume, cover letter, or personal statement reviewed, just email it to career@dickinson.edu.
- **Phone or Skype Appointments:** If you would like to speak with a counselor – either email or call (717-245-1740) to schedule a phone or Skype appointment. Be sure to schedule the appointment for Eastern Standard Time and please provide a phone number or Skype address where you can be reached.
- **Skype IM:** You can IM the Career Center with quick internship questions that do not need an appointment. IM between 2-4 EST, W-F. Screen name: InternshipIM
- **Career Center Updates:** You will continue to receive emails from the Career Center about upcoming events, programs, deadlines, etc. Pay attention to these emails – there may be opportunities that you can take advantage of.
- **Career Center Website:** Periodically review our website, www.dickinson.edu/student-life/resources/career-center/, for resources, and Dickinson Connect (available through the Gateway portal) for job and internship postings, interviews and events, job fairs, on-campus employment, scholarship and fellowship information, and volunteer opportunities.

Graduate & Professional School Advice

Studying abroad during the junior year and beginning graduate school immediately after graduation from Dickinson can be accomplished - with careful planning. But, before you make the decision to apply, here are some things you should consider:

1. What are your career goals? Do you need an advanced degree to accomplish them? This is important, irrespective of studying abroad.
2. Will you have enough time to prepare for the entrance exams you need to take? Are you willing to spend time doing that while abroad?
3. Some students find that trying to prepare for graduate or professional school while abroad is a difficult challenge. For those students, delaying graduate school might be a good idea. Graduate school will always be available, but this might be your only chance to study abroad, so make the most of it.

The typical timeline for applying to graduate/professional school is available at www.dickinson.edu/student-life/resources/career-center/content/student/Grad-School-Timeline/. Review the timeline to see what you can do before, during and after your abroad experience. If you are studying abroad for the fall semester only, you should be able to follow this timeline easily. In either case – one or two semesters abroad - you should plan to meet with the Graduate and Professional Studies advisor in the Career Center during the spring semester of your sophomore year to make sure you are on track.

If you are applying to medical, dental or veterinary school – or any of the allied health professions –be aware that your deadlines will likely be earlier, so plan to adjust your own timeline. For more information on applying to these professional degree programs, go to www.dickinson.edu/student-life/resources/career-center/content/student/Pre-Health-Program/. For individual questions related to health related applications during your year abroad, please consult the Career Center Pre-Health Advisor by emailing swarnerd@dickinson.edu.

Taking entrance exams - the GRE, MCAT, LSAT, GMAT, PCAT, DAT, etc. – before you return to campus for your senior year is always a good idea. The GRE Subject Test is paper-based and only available in October, November and April. It is administered on the Dickinson campus. However, do not take any exam before you have thoroughly prepared for it. Schools will have access to all of your scores, not just your highest ones! For more information on the entrance exams, go to www.dickinson.edu/student-life/resources/career-center/content/student/Graduate-and-Professional-School-Exams/.

For more information on applying to graduate or professional school, go to www.dickinson.edu/student-life/resources/career-center/content/student/Students/.

Internship Advice

If you plan to undertake an internship upon your return, you can search and apply to opportunities while you are abroad. You can search online by going to Dickinson Connect through the Gateway portal. Login instructions are on the left hand side of the page. Additional resources and information about the internship program can be found on www.dickinson.edu/student-life/resources/career-center/content/student/Students/. You will find registration options and deadlines on this page. If you have questions about the internship program, please email career@dickinson.edu.

IM about Internships

Now you'll be able to IM the Career Center with quick questions about internships. IM via Skype between 2-4 pm Wednesdays – Fridays EST and Amity Fox, the internship coordinator, will get back to you. **Screen name:** InternshipIM You can also schedule Skype appointments if you'd like to have a face-to-face meeting. Just IM Amity or e-mail at foxa@dickinson.edu to schedule an appointment.

Job Search Advice

You can start your job search while you are abroad! The Career Center has many resources available online to assist you, and networking – the number one job search method – can be very effective electronically. One of the first steps in job searching is researching organizations to which you will want to apply, and learning their application processes. Some application deadlines will approach as early as the fall semester senior year; it is important to conduct research prior to returning to campus in the fall. A key resource to utilize in your research is Vault, available through the Student Resources tab in Gateway. Check out many other job search resources at www.dickinson.edu/student-life/resources/career-center/content/student/Career-Research/.

Networking Advice

Networking is one of the most effective methods of job searching! Take the opportunity to meet and talk with as many people as possible who are working in your desired industry. Additionally, individuals who work in industries that are not of interest to you can also be of assistance in putting you in touch with people who can help. The primary networking tool available through the Career Center is Dickinson Works. This is a database of alumni who have agreed to provide career-related information or assistance to other Dickinsonians. Please note – this is NOT a job searching database, although networking can sometimes turn into a job lead, the primary purpose is to assist you in connecting with alumni in your desired career field and learning from them. More information on how to use Dickinson Works can be found on the main page of the Gateway portal.

Time spent abroad could be viewed as a networking opportunity. If you plan to network during your time abroad, you might want to consider having business cards made before leaving the U.S.

On-Campus Student Employment When You Return

Departments and offices on-campus are continually seeking student employees and are often looking to fill positions a semester ahead of time. Make sure you check the on-campus student employment section of DickinsonConnect the semester before your return.

Using DickinsonConnect

DickinsonConnect is the online recruiting system that will help you to:


- Apply and sign up for on-campus interviews
- Apply to resume referrals
- Search for jobs (full-time, part-time or summer opportunities)
- Conduct an employer search
- Search for internships
- Search on-campus student employment
- Search for graduate scholarships and fellowships
- View and sign up for events/programs
- Upload resumes and cover letters easily from a Microsoft Word file for employers to review
- Manage and edit your job/internship preferences (job type, level or location).

DickinsonConnect is available 24 hours a day, seven days a week. Students must complete a user profile in DickinsonConnect before being able to utilize the system.

Getting started with DickinsonConnect is quick and easy. To begin, follow these basic steps:

1. **To access your account, current students should do so through Gateway**
 - Log into your Gateway account.
 - Click on the "Student Resources" tab.
 - Click on the "DickinsonConnect" **link**

2. All students are pre-registered to use the DickinsonConnect system. But if you are having problems, please contact the Career Center office at recruit@dickinson.edu.
3. After you have successfully logged in for the first time, your student profile will appear and must be completed before you will have full access to the system. **Note:** There are several tabs that required fields (indicated by *) must be completed – make sure to fill in all required fields.
4. After your profile has been completed, you will see the Student Home Page. Here, you will be able to view Announcements, Upcoming Events and additional resource links.
5. The links on the left side and top of the page will allow you to navigate and to utilize the DickinsonConnect system.

For assistance on using the system, click on the  *Resource Library* link on the left side of page and click on the + sign beside the Using DickinsonConnect folder to view the folder contents. There are several files listed to help with most questions you may have. If you would have questions not covered in any of the files, please feel free to contact the Career Center at recruit@dickinson.edu

Legal Matters

Limited Power of Attorney:

In case your signature is needed for any reason during your absence, such as for a Stafford loan check, you should consider making arrangements for "limited power of attorney" to be held by an appropriate person stateside to act on your behalf. This is usually a parent or guardian, but can be another relative or close friend. It must be someone you trust to act responsibly on your behalf in legal and financial matters. You may use a standard "[Limited Power of Attorney Form](#)" (A240), available from the Office of Student Accounts or at the Center for Global Study and Engagement in the Stern Center. Examples of the kinds of things you might want to authorize the person(s) to do would be: acting on your behalf in federal loan matters or withdrawing or transferring money from a specific bank account. You should have the statement(s) notarized and request a couple of originals in case the bank or other entity requires an original.

Income Tax Declaration:

If you have taxable income for the year ending 31 December, you will have to file a tax return for that year. Options are:

- to have the forms sent to you so that you can meet the 15 April deadline
- to file on-line
- to file for an extension of the deadline.

Absentee Voting:

If you want to vote by Absentee Ballot, you need to register to vote before leaving. Check with the Board of Elections or the Secretary of State in your home state about the procedures for voting by Absentee Ballot. It is important to get this information before going overseas since there are usually several steps involved with specific due dates for the Absentee Ballot. Remember to make a note of your Party, Ward, District, and Voter Registration Number.

The Federal Voting Assistance Program offers extensive information about registering to vote by absentee ballot online at <http://www.fvap.gov/>.

Insurance Information

Health Insurance:

You are required to purchase primary health insurance in the United States that is valid overseas to protect against the costs of hospitalization and medical care in the event of sickness or an accident while abroad. **This cost is not included in the program fee.**

AUSTRALIAN HEALTH INSURANCE: The Australian government requires that all study abroad students be covered by Australian health insurance through the Overseas Student Health Cover (OSHC) Scheme. OSHC will be paid for by Dickinson College as part of your UQ Program costs. OSHC provides free or discounted access to the UQ Health Service and to public hospitals. You will apply online and your insurance card will be sent to you at your Residential College. Dental care and optical care are NOT covered by OSHC, so you should schedule any necessary examinations before you depart since they are considerably more expensive in Australia. You and your parents can review the OSHC coverage plan to see what type of insurance coverage this plan provides. You may access information on this coverage at <http://www.worldcare.com.au/>.

Please note that the OSHC insurance is NOT a substitute for the required health and accident insurance purchased in the United States that you must have to study abroad. The OSHC insurance will not cover you outside of Australia.

The following section includes a list of things to consider with regards to your current health insurance coverage.

- ☐ Selecting and paying for adequate primary health insurance coverage is your responsibility. You should read your insurance policy to determine what is and is not covered. Pre-existing conditions, sports injuries, and dental care, for example, may not be covered by basic medical insurance. It is your responsibility to determine whether your policy meets your particular needs.
- ☐ Before deciding to use your health insurance policy, you should contact the provider to determine whether the policy will cover you **overseas** for the **duration of your stay**.
- ☐ You may want to consider the **Dickinson Student Health Insurance policy, which covers students while overseas***. While it satisfies the minimum requirement for primary health and accident insurance while overseas, you are advised to examine the policy to see if the coverage meets your particular needs. You can find more information about this insurance in Appendix IV and at: <http://www.dickinson.edu/student-life/resources/health-center/content/Insurance/>
Please contact the Office of Student Accounts for further information about the Dickinson health insurance plan. (*This is for Dickinson students only).
- ☐ On the **Student Agreement form**, which you signed when you applied, you provided the **insurance company name and policy number** for your medical coverage. **If that information should change, please notify the Center for Global Study and Engagement immediately.** Up-to-date, accurate insurance information is needed in case of emergency and is also mandatory if your program requires a letter issued by the Center for Global Study and Engagement in support of your student visa.
- ☐ Make note of your insurance company contact information and policy number in your own essential records, which you take with you overseas. Also leave the information with someone at home.
- ☐ If you have **special health needs**, discuss them with the Resident Director and/or the Center for Global Study and Engagement before departure. Thinking ahead about how you will cope with special health needs is essential. Do not assume that the same services or medications you use at home will be

available in the host country.

- ☐ As a rule, an insurance card will not be accepted for payment of medical expenses overseas. Be prepared to **pay cash for treatment and keep receipts** to present to your insurance company for reimbursement. Before going overseas, contact your insurance company to know exactly what you will need to send them in order to be reimbursed. Verify if the documents provided by doctors and pharmacies from another country will have to be translated into English.
- ☐ In some countries with socialized medicine, country-specific student health insurance coverage is required and is included in the program fee. While this usually covers most routine care, it is NOT a substitute for the required primary health and accident insurance purchased in the U.S.
- ☐ Canceling your policy while abroad puts you at serious health and financial risk, in the case that you become ill or need medical attention while abroad and have no health insurance coverage.

To evaluate personal sickness and accident insurance coverage, we offer the following questions:

- Does the plan include hospitalization for accidents and illnesses while abroad?
- What is the maximum amount of coverage provided?
- Are there deductibles? If so, what are they?
- Will the plan include emergency room expenses?
- What is explicitly not covered?
- Does the plan cover visits to the doctor or medication prescribed while abroad?
- What is the procedure for filing a claim, and how long does it take to be reimbursed?
- When does the plan begin and end?
- Does the plan have continuous coverage before, during, and after you go abroad?
- Is there a publication explaining the coverage in detail?
- Is there coverage for medical evacuation or for repatriation of remains?

Supplemental Travel Assistance and Medical Evacuation Insurance:

Dickinson College provides "Supplemental Travel Accident and Medical Evacuation Insurance" for all students participating in a program overseas. **However, this is NOT a substitute for your primary health insurance coverage.** Please see Appendix V at the back of the handbook for an overview of coverage and limitations.

Liability Insurance for Belongings:

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

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 Australia 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/.

Please also see the Health Issues while Traveling handout in Appendix VI.

Medications:

Prescription/non-prescription medication(s) should be in the original container from the pharmacy and labeled with your physician's name, your name, and the medication name and dosage. **Do not transfer any medication into an unmarked container.** You should also carry a written letter or prescription from your physician verifying that this medication was prescribed by a licensed practitioner and is necessary for medical reasons. If you are on prescription medications or take particular over the counter medications, such as a certain kind of painkiller, you should take enough with you to last the duration of your stay. It is neither advisable nor legal in some circumstances to ship medications by mail. It is your responsibility to make sure that your medications are legal in your host country. You can find this out by consulting the consulate website of the country you will be visiting. You may also want to take along some cold/flu medication, anti-diarrhea, and anti-fungal medicine. Women prone to gynecological infections should take a supply of medication. Be aware of recent changes in airport security regulations limiting the 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.

Transporting Medication to Australia:

Students are technically **only** allowed to bring up to a 3-month supply of medication into the country. However, if you supply a doctor's note and a copy of the prescription, you may be able to bring a full supply for the whole time you are in Australia.

If your parents want to ship drugs overseas to you (in case you cannot get a doctor to write a prescription and/or in the event that insurance coverage prohibits you from buying a 5-6 month supply at once), parents can send the drugs via mail. However, they must verify with the Therapeutic Goods Association that the ingredients within the drug are acceptable. The Therapeutic Goods Association contact number in Australia is (when dialling from the USA) 011 61 02 6232 8444.

Once it has been determined whether or not the drug's ingredients are acceptable for shipping purposes, your parents should enclose the following in the box: the drug itself, a letter from the doctor, and a copy of the prescription. This should allow the drug to easily pass through customs if inspected.

Mental Health, Stability, and Stress:

For students under the care of a counselor or psychiatrist, please be sure that you see him/her before you depart from the US. Participating in a study abroad program in another country will not lessen any emotional issues that you may presently be experiencing. When you are abroad, you will probably experience various states of excitement and frustration as a result of the opportunities and differences presented by the new culture. These alternating emotions are usually related to the natural phenomenon of culture shock, which occurs when people adapt to a new culture and surroundings. As you become accustomed to your new surroundings and establish a

routine, these feelings will begin to subside. If homesickness, depression, or eating disorders persist, consider seeking out professional assistance.

Special Accommodations:

The accommodations available to students with disabilities in the United States may not be available to students studying abroad. It is unlikely that you will find the same medications, medical and/or psychological care, or support services at your study abroad site that you would at home. For you to fully assess whether you will be able to successfully complete a study abroad program, we encourage any student with special needs to review the program descriptions and to visit websites about the community in which you will be living and learning. If you wish to have assistance from Dickinson College in helping you to assess your ability to succeed in studying in a particular program or in identifying programs where more support may be available, you are encouraged to disclose your situation on the medical forms you completed during the application process or to come talk to the Center for Global Study and Engagement. Such disclosure is completely voluntary. If you travel to an abroad site, you will be expected to fully participate in the program. Therefore, you need to inform yourself about the demands of the program in order to plan ahead and to prepare to cope with your health needs in a new environment.

Health and Safety in Flight:

For safety and comfort, wear loose-fitting, natural-fiber clothing during your flight. Do not wear snug-fitting or heeled footwear! If possible, avoid wearing contact lenses. Low humidity in flight tends to remove the moisture from the eye's surface. It is helpful to do seat exercises or to walk in the aisles in order to maintain good circulation. One easy exercise you can do is to tap your toes while keeping your heels on the floor. This pushes blood up your legs and reduces swelling. Tap for several minutes every hour or so.

It is always advisable to sleep during long flights. You should avoid alcoholic beverages in flight because they cause dehydration. Recycled air also has a drying effect, so you should 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.

Health Tips:

By using common sense and taking everyday precautions, you can safeguard your health. Here are some tips:

- Inform yourself about the particular health risks of the country you will be visiting and be meticulous in observing recommended precautions.
- Students with existing medical conditions should consult their personal physicians regarding special precautions they may need to take. It is important to tell your physician the location(s) you will be visiting.
- If you wear glasses or contact lenses, take along an extra pair, plus a copy of your lens prescription. Pack enough lens cleaning solution for the entire trip.
- Always carry a wallet card or wear a necklace or bracelet stating any special conditions you have (such as diabetes, asthma, etc.). Be sure to list allergies to specific medications.
- If you are sexually active, use a condom. You may have trouble finding reliable brands of condoms abroad; consider taking a supply.
- Take care of yourself while traveling: try not to wear yourself down, avoid excessive exposure to the sun, drink plenty of liquids to stay hydrated and try to get enough sleep.

TRAVEL PREPARATIONS

Passport and Visa Information

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

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.** To find more information and the passport application, contact the Prothonotary's Office at the Cumberland County Courthouse at 717-240-6195.

Applying for the Student Visa:

All students are responsible for coordinating their Student Visa. Please review this section to familiarize yourself with the student visa process.

- You need a valid passport that does not expire for 6 months beyond the end date of the program.
- You cannot apply for your visa until 3 months before the semester begins at UQ.
- **You need to notify the Center for Global Study and Engagement if you are NOT a U.S. Citizen or are NOT from a "Category 1 Assessment" country. This will affect your visa application requirements.** See the following section for more information for International Students. **For a complete list of countries and their categories, visit the Australian Immigration website at <http://www.immi.gov.au/allforms/pdf/assessment-levels.pdf>**
- In order to apply for the visa, you must have the compulsory Overseas Student Health Coverage (OSHC), which is included with your Dickinson program fee. Enrollment for OSHC will take place online and delivery of your health insurance card will take place in Australia.
- You must maintain good academic standing at the University of Queensland during your program abroad.

As a Study Abroad/Exchange student, you will be applying for the **Student Visa (Subclass 575 – Non-Award)**. "Non-Award" just means you are not going to complete an Australian degree (e.g. an Australian Bachelors, Masters etc.) and instead, you will be studying at the Australian university for one or two semesters for credit towards your own home university degree.

If you are a citizen from a "Category 1 Assessment" country (which includes U.S. and Canadian citizens), you may apply for your Student Visa online. If you are not from a Category 1 country, you will need to apply directly with your home country Australian Consulate.

By applying online, you do not need to send your passport in to the Australian Embassy, and waiting weeks for your visa to be approved. Instead, the online student visa application takes 10 – 15 minutes to complete, and a decision is generally received from the Australian Department of Immigration and Citizenship (DIAC) within 48 hours. The approximate cost is AUD\$550 (as of April 2013).

To apply for the Student Visa online, you will need:

- Your current Passport
- Credit card to pay the visa fee
- Confirmation of Enrollment Form (COE): The University of Queensland will send you an offer letter with an Agreement of Enrollment (ARO) form. Once the ARO has been submitted and your

admission to UQ has been officially processed, UQ will send your Confirmation of Enrollment Form (COE) to the Center for Global Study and Engagement.

Detailed information on applying for the Student Visa Subclass 575 – Non-Award can be found at <http://www.immi.gov.au/students/students/575-1/apply-online.htm>. You should look at this information before starting the online application process, as it provides information on how to save your application, check on your application status, etc.

You may apply for your Australian Student Visa (Subclass 575 – Non-Award) online (**Category 1 assessment countries only**): <https://www.ecom.immi.gov.au/visas/app/uu?form=SOFF>

- Click on “Start your Application” to apply for the Visa on-line.
- After reading the Terms and Conditions, you will need to click, “I agree to the terms and conditions.”
- You will then be taken to the first page of the online visa application. You should complete all the necessary information, and complete the Visa application.
- You can use the ‘save’ function to save your incomplete online application and return to it at a later time. Saved applications will generally be stored for 28 days. Applications not lodged after this time may be automatically deleted from the system. If this happens, you will need to start a new online application.
- The Transaction Reference Number (TRN) is a unique number assigned to each online application lodged. Once you have lodged your application, a receipt for your payment and a TRN will appear on your screen. Print the payment receipt for your records. Once your application has been successfully lodged, you will not be able to receive a refund for the visa application charge. The TRN is important as you can use it to identify your application when communicating with the department and access information online about the progress of your application at any time prior to finalization.
- The link to continue a saved application or check the status of your application is:
http://www.immi.gov.au/e_visa/students.htm#b

When your visa has been approved, you will receive a confirmation email that you should print and carry with your passport when traveling to Australia. **You will not receive anything to put into your passport. Instead, your visa information will be electronically administered;** when you enter Australia, immigration control will swipe your passport and your Student Visa details will show up on their computer/system. However, it is advisable to carry your visa confirmation in case of confusion.

If you have questions about visas, please contact the Information Service for Australian Visas (ISAV) hotline by calling (905) 280-1437. The phone lines are open Monday to Friday from 9 am - 5 pm EST, and you will be able to speak directly with an immigration officer.

Visa for Studying on another Program:

In many cases, students studying in another foreign country during the 2nd semester will have to obtain their entry documents in the U.S. if they are U.S. citizens. Students in this situation may have to return to the U.S. in order to obtain a visa from the foreign country’s embassy or consulate in the U.S. You need to consider in advance and plan ahead the timeframe in which you will need between programs to complete this process.

Information for International Students

Visas for Students that do not have a U.S. Passport:

**PLEASE CONTACT THE CENTER FOR GLOBAL STUDY AND ENGAGEMENT
IMMEDIATELY IF YOU DO NOT HAVE A U.S. PASSPORT.**

Students that do not hold a U.S. passport need to visit the Australian Embassy website to determine the visa requirements for their home country at: http://www.immi.gov.au/e_visa/students.htm.

For students from certain countries, Australia requires students to take the IELTS, an English assessment test. You may be required to take this test before the University of Queensland can begin processing your enrollment application. Depending on your home country, Australia may **not** accept the TOEFL score as a substitute. You do not have to take the IELTS test if you have studied for 5 years in the English language medium in one of the following countries: US, Canada, Australia, New Zealand, U.K., Ireland, or South Africa. In order to qualify for this exemption, you must provide proof of your 5 years of study by submitting a transcript from your institution(s).

If you have to take the IELTS, you will be responsible for arranging and paying for the test. There are centers in Arlington, VA, New York City, and Philadelphia, PA that administers this test. You may also check your home country for testing centers. To access more information on the IELTS, visit <http://www.ielts.org/>.

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:**

You should pack clothing that is comfortable and appropriate without being cumbersome. In general, what you wear at Dickinson is appropriate in Brisbane, though students at UQ may tend to dress up a bit more. When packing, keep in mind that the weather is humid from December to March. Layers are the key to comfort and warmth. Remember, too, that you may encounter abrupt changes in temperature while traveling, as southern states such as New South Wales and Victoria are much cooler than the sub-tropical climate of Brisbane. The highs from February to June (Summer/Autumn) tend to be 80F with the lows reaching 60F as winter approaches. February tends to be the hottest month, with temperatures around 90F and high humidity. The highs from July to November (Winter/Spring) tend to be 70F in Brisbane with very low humidity, while the lows may reach 50F; remember that it gets warmer in November as the summer season approaches.

Travel with no more baggage than you can carry! You will likely accumulate a number of things while abroad, so pack accordingly. 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 baggage allowances in order to avoid extra charges. See more details below on TSA and airline requirements.

Here are some wardrobe suggestions:

- sturdy, comfortable pair of walking shoes that have been WELL BROKEN IN (you will walk a lot); a nice pair of shoes
- work around a basic scheme of coordinated colors to minimize the number of clothing items you bring with you
- 6-8 everyday bottoms (jeans, corduroys, skirts) that are wrinkle resistant
- 10-14 tops (shirts, blouses) in coordinated colors and tops for going out at night
- 2-3 pullover sweaters and sweatshirts
- 15-18 each of underwear and socks
- a few outfits for special events (ties for men)- mainly for on-campus events
- shorts
- men need pants, closed toed shoes and a collared shirt (golf shirt) to go out to bars/clubs
- pair of sweats or other warm sleepwear (it sometimes gets chilly, and there is neither a heating system nor insulation on the windows in the residential colleges)
- windbreaker (and ski jacket, hat, gloves, scarf, etc, if you plan to ski during Australian Winter months in Victoria or New Zealand)
- a small, travel size folding umbrella
- 2 Swim suits, sandals and beach towel – Spring semester participants may want to bring more
- 2 towels, 2 washcloths (double check if your on-campus college provides towels)
- slippers/house shoes
- **an extra pair of contact lenses, eyeglasses and prescription**

Other packing suggestions:

- if you already have one, a laptop with wireless capabilities
- a specific converter for your laptop (check your specific needs) - **if you do not have the proper one you will ruin your hard drive**
- a USB memory device for transferring documents and photos between computers
- 2 converter/adaptor plugs for electric shavers, etc. (Tip for women: buy hairdryers there!)
- space/vacuum bags (can be found at Walmart or Target and condense the amount of space your clothing uses in your luggage)
- a travel alarm clock with extra batteries
- a swiss army knife with corkscrew, bottle opener, and scissors (packed in checked luggage)
- a portable music device with extra batteries
- a money belt or neck pouch to secure valuables
- international phone numbers for computer and credit cards
- a travel sewing kit with safety pins
- a small first aid kit
- a small supply of toiletries (Note: shampoo, toothpaste, and other toiletries are expensive in Australia.)
- sports clothing/equipment (especially if you plan to participate in PE)
- a day bag or book bag for traveling
- luggage tags inside and outside of your luggage
- a camera
- playing cards

- sunglasses
- sunscreen (minimum of 15SPF for summer, 30SPF preferred)
- shower sandals
- if you plan to buy a bike while at UQ, bring a strong lock (there may be an option to rent one)
- it is advisable to bring make-up, hair products, and toiletries that you normally use; they can be very expensive in Australia
- prescription and non-prescription medicine need to be in the original, labeled containers. Plus bring copies of all of your prescriptions – enough to cover your entire stay, or at least the first month. You will not be able to mail the medicine from the United States to Australia so bring a copy of your prescription and a letter from your doctor outlining your medical condition and the medication required just in case you run out.
- take along a few favorite photos of your family and friends to decorate your room with them and show to new friends
- you may wish to take along a few small token gifts, especially something from Dickinson or something typically American or representative of the area in which you live in the U.S.
- If you bring a digital camera, upload your pictures onto a website such as Ofoto, Snapfish, or Webshots. These websites will allow you to share your photos with others and order them offline.
- if you plan to take a backpack (internal frame is better), then you will most likely have to check it as one of your allotted checked baggage items

For the first few days, pack a bar of soap, toothbrush, toothpaste, and a washcloth. In Brisbane, comparable or identical toiletries are readily available in Australia. However, **if you have a particular type of toiletry that you like to use, you may want to bring it with you since it is likely to be more expensive in Australia.**

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 backpacks or small duffle bags 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 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.

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
- 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

➤ Immediate Cash/Travel Funds:

You will need some ready cash before you arrive at your program site. We recommend that you bring \$100.00 in travelers checks for emergencies. Please note that many places do not accept travelers checks, and they are often difficult or expensive to cash. You may wish to purchase local currency (about \$50.00 worth) at your departure airport, in case you arrive in Australia after banking hours. You can find more information in the Financial Information section of the handbook (page 36).

Some Australian banks have partnerships with U.S. banks (e.g Westpac and Bank of America) so you

can use an ATM. Check your bank before departure.

Flight and Arrival Information

Travel Arrangements:

A group flight option departing from Los Angeles will be arranged through CGSE's travel agent, Advantage Travel (for contact information see page 4). If you plan to take the group flight, you will be contacted with reservation details via e-mail. It will be your responsibility to contract and pay for the group flight. You will be responsible for arranging your connecting flight to Los Angeles (LAX). The travel agent does offer additional fares for these connecting flights.

Participation on the group flight is not required, but the group flight fare is normally lower than the cost of traveling as an individual. Students who arrange their own flights should arrive prior to or at the same time as the group flight. Otherwise, you will be responsible for your own transportation to the UQ campus.

When you have booked your flight, please complete the flight itinerary questionnaire found on the online application system at <http://dickinson.studioabroad.com>.

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

In case you miss your connection or your flight is delayed, make a note of Ann Wadsworth's cell phone number and carry it in your wallet so that you can get in touch with her.

Clearing Immigrations and Customs:

Upon arrival in Australia, you will pass through Australian Immigration and Customs, where an immigration officer will interview you, and your passport will be stamped.

Be prepared to present the following items to the officer:

- University of Queensland Acceptance Letter (outlining your Study Abroad Program at UQ)
- Copy of your Visa Papers (in case they cannot access it electronically)
- Your Residential College address at UQ
- Your passport

When you have retrieved your luggage from the carousel, you will see two Customs exit channels. The green one is for those with nothing to declare. The red one is for those who are carrying dutiable goods (for example, more than two liters of wine, more than 200 cigarettes, or gifts valued in excess of \$45). The Resident Director, Ann Wadsworth, will meet all students outside at the Arrivals Gate. As you exit Customs, turn left as you enter the Arrival Hall and look for Ann Wadsworth holding a "Dickinson College" sign as well as the UQ Airport Reception team holding a "University of Queensland" sign. The students will be transported by the UQ Airport Reception team back to the University of Queensland campus.

THE PROGRAM

The City of Brisbane:

Brisbane, known as Australia's Most Livable City, offers a safe, friendly, and multicultural environment. Located in the state of Queensland, Brisbane is Australia's fastest-growing capital with a population of more than 1.9 million people.

Clear skies, warm sunny days, and mild nights prevail, and the tropical ambience promotes an outdoor lifestyle. The inner city is characterized by parklands and botanical gardens, recreation precincts and beaches, cultural and convention centers, museums, art galleries, a casino, an outdoor mall, shopping districts, and a host of cosmopolitan restaurants and cafés representing the cuisines of many nations.

The golden beaches and fun parks of the Gold Coast, a world renowned holiday destination, are just a 45 minute bus or train ride away. A similarly short drive north takes you to beautiful Sunshine Coast beaches, impressive National Park rainforests and well-known tourist attractions such as the Crocodile Hunter's "Australia Zoo." Many other local wildlife parks provide opportunities to learn more about Australia's native animals and birds.

Brisbane's reputation as a friendly, modern city makes it a popular tourist destination. It has earned a place on the world stage for hosting successful international events such as World Expo '88, the Commonwealth Games, and the first Goodwill Games in the Southern Hemisphere.

CLIMATE: Brisbane is a sub-tropical city with mild weather year round. Average temperatures in Semester 1 (February – June) range between 32–21 degrees Celsius (89.6–69.8 F) and in Semester 2 (July – November) average temperatures range between 21-30 degrees Celsius (69.8 – 86F). Australians normally do not use air-conditioning or central heating, so you may find the weather much warmer/colder than you are used to. For example, your Residential College room may not have air-conditioning/heating, so you might want to purchase a fan or 'bar heater' to control the temperature in your room.

The University of Queensland:

Founded in 1910 as Queensland's first university, the University of Queensland (UQ) is a leader among Australian universities – a large, comprehensive, research-intensive institution of international standing. More than 6,000 courses and 400 degree programs are taught over three major campuses at St. Lucia (where Dickinson students will be based), Ipswich, and Gatton. The University boasts some of Australia's best and brightest minds and state-of-the-art facilities, placing UQ among the top three research universities in Australia.

UQ's St. Lucia campus is renowned as one of Australia's most attractive campuses and is just seven kilometers from Brisbane's city center. Bordered by the Brisbane River on three sides, the 285-acre site provides a perfect study, research, and living environment. The St. Lucia campus combines the vitality of a modern campus with the tradition of an established university.

Students will find everything they need on campus, including excellent sporting venues, shops, banks, a post office, cinema, theatre, pizza café (the Resident Director reckons the best pizza in Brisbane!), restaurants, and cafeterias. The St. Lucia campus is a great place to relax and enjoy university life with market days, bands, and sporting events.

ACADEMIC INFORMATION

Australian Education System:

You are about to participate in a program that will, at least during the first few weeks, seem confusing and at times even a little daunting. In many respects, the Australian university system is very different from undergraduate programs in the U.S. The Australian system promotes independent study and private inquiry rather than structured assigned reading and continuous assessment. If you assume responsibility for your own learning, you will have a rich, rewarding experience. This task will be easier if you make an effort to talk to your professors and take on projects that interest you. The University of Queensland is a large, public university with more than 33,000 students. Your class sizes will be very large compared to Dickinson.

➤ **Course Selection:**

Course selection at the University of Queensland has two phases – the Pre-Approval Process and Final Registration.

PRE-APPROVAL PROCESS: You will need to select 5 – 6 courses that you would like to take at UQ, which you will indicate on your University of Queensland enrollment application. In most cases you will enroll in four to five courses upon arrival. Please keep in mind that you can add and drop courses during the final registration process at UQ and even after classes commence, as long as your total credit points meet university full-time enrollment rules. **Before departing campus, you should talk with your academic advisor or the department chair about the courses you plan on taking in Australia.** Please make sure you keep all correspondence with professors regarding classes you plan on taking. If you change your classes while at UQ, it is your responsibility to make sure that they will transfer by communicating with the appropriate faculty and the Center for Global Study and Engagement.

Reminder: The more classes you have pre-approved the greater flexibility you will have once you arrive at UQ. In addition, UQ rarely updates their course timetables far in advance, so you may not know the days and times courses meet until as late as one month prior to arrival – this is yet another reason to get 5-6 courses pre-approved. Also, past students have mentioned that if you get your courses pre-approved, it is one less thing to worry about during your first few weeks in Australia.

AUSTRALIAN COURSE LEVELS: Course levels in Australia do not correspond to the same course levels in the U.S. Due to this, course levels (1000, 2000, etc.) are slightly different from what most students are accustomed to at Dickinson. For example, a 400 level course in the U.S. generally equates to a senior year course, but in Australia, a 4000 level course would equal a graduate course. This is because Australians earn an undergraduate degree in three years rather than the customary four years in the U.S. Study abroad students will generally take a combination of 1000, 2000, and 3000 level courses. Please see the chart below for more examples:

| U.S. Academic Year/Level | Australian Course Level Equivalent |
|---------------------------------|---|
| Freshman Year (100/1000 level) | Taken in High School |
| Sophomore Year (200/2000 level) | 1000 level (First Year) |
| Junior Year (300/3000 level) | 2000 level (Second Year) |
| Senior Year (400/4000 level) | 3000 level (Third Year) |
| Graduate Student | 4000+ level (Honours, Graduate) |

Therefore, due to these differences, you should probably not take all 3000 level courses at UQ just because

you are a junior, since 3000 level courses in Australia are equivalent to “senior” year courses in the U.S. Obviously, senior year courses assume the highest knowledge base going into the course, which many U.S. juniors or sophomores may not yet possess.

UQ will allow you to take some 3000 level courses, but it is strongly recommended you take a balance of first, second and third year courses to insure you are not overwhelmed academically.

In Sum: As you select your 5 – 6 courses, keep in mind that your ultimate goal at final registration is to have:

- All courses **take place at the St. Lucia** campus, not Gatwick or Ipswich
- A full-time load consisting of 8 – 10 units (equal to 4 to 4.5 course credits)
- A balance between 1000, 2000, and 3000 level courses
- A combination of courses that will keep you on track to graduate.

Some notes about popular science courses in Australia:

- **BIOL 2001** will fulfill one of the two lab-science distribution requirements for graduation. It will transfer back as a departmental general credit, but will **NOT** count as a course toward the Biology major.
- **MARS 2005** will **NOT** count towards the lab-science distribution graduation requirement. It will also **NOT** count as a course towards the Biology major. It only counts as a general transfer credit.
- These science course focused on Australia will **NOT** count toward the Australian culture course requirement.

CHOOSING YOUR COURSES: Once you are comfortable with the above information, you can go on-line to choose your courses. A list of University of Queensland courses offered during the academic year can be accessed through the University’s MySI-Net (Student Information Network) site at www.sinet.uq.edu.au. You do not need a username or password to access course and timetable information on this site. Go to the MySI-Net site and simply place your cursor over the menu choice "Course & Timetable Info" on the left-hand side of the screen under “Guest Links.” When choosing “Select Semester/Year”, please remember that **Semester 1 runs from February to June and Semester 2 runs from July to November.**

For students studying abroad in the fall (Semester 2), the courses should be available on-line. If you are studying abroad in the spring (Semester 1), it is possible the course will not be posted until later in the semester. If you are going to the University of Queensland during Semester 1 and courses are not available, you can browse courses at <http://www.uq.edu.au/study/> by clicking on ‘course’ and entering the Course Code of the subject you are interested in (e.g. “MARS” for Marine Sciences). It will then show you a list of ALL courses available in that area, and when you click on an individual course, it will provide you with information including which semester(s) the course is offered. If you are attending UQ during Semester 2, all courses should be posted. Please note that there is no guarantee that all courses stated as being offered during a particular semester will in fact be offered. Always make sure you have alternative courses that you can take that will keep you on track for your graduation requirements

The following table lists commonly used codes that you will find in course descriptions. This information will help you assess what semester a course is taught, if it has a pre-requisite, and the number of contact hours a week.

| Term | Description |
|--------------------------|---|
| Pre: | Required pre-requisite. Enrollment is not permitted in the course unless a passing grade has been obtained in any course listed as a pre-requisite or any other prescribed requirement has been fulfilled. For international students, satisfaction of prerequisite requirements is undertaken with the assistance of academic transcripts from the home institution. |
| Comp: | Companion. Enrollment is not permitted in the course unless the student has passed or is concurrently enrolled in any course listed as a companion. |
| C: | A recommended companion, but not compulsory. |
| P: | A recommended pre-requisite, but not compulsory. |
| Points | Students must enroll in 6 - 10 units per semester |
| 1st (Feb. enrollments) | Course is offered in semester 1 (commences in February) |
| 2nd (July enrollments) | Course is offered in semester 2 (commences in July) |
| 1, 2 | Course is offered in either session |
| Year | A course undertaken over the two semesters, commencing in 1st semester |
| SS Single session | whether S1 or S2 is not known at time of publication |
| Contact Time (2L2P, etc) | The number and type of class contact hours each week, thus (2L2P) means a requirement of 2 hours of lectures and 2 hours of practical work each week. The codes used are (L) Lecture ;(P) Practical or Laboratory work; (T) Tutorial; (S) Seminar; (F) Fieldwork; and (C) Class contact (which may take any of these forms). |

FINAL REGISTRATION FOR COURSES: The University of Queensland offers the opportunity to register for courses on-line prior to your arrival, via the Student Information Network (www.sinet.uq.edu.au). You will be provided with a UQ student number, username, and password when you are officially accepted to UQ. You will be notified of the procedure for registering for courses on-line at that time.

During the UQ Study Abroad Orientation in Brisbane, you are given the opportunity to meet with academic advisers to discuss your intended study plan and finalize your enrollment. You are also able to add/drop courses up to the second week of classes. You will be made aware of final add/drop dates, and must remember to fulfill full-time enrollment requirements throughout the semester. Academic matters will be discussed fully at both the Dickinson On-Site Orientation with your Resident Director and the UQ Study Abroad Orientation.

If any of your courses are unavailable during registration, or you change your mind about course selection, you should email your Dickinson academic advisor or the appropriate faculty member to get approved for the new course.

Credit Transfer Policies:

- All students on the University of Queensland program are required to take a course load of 4 courses (approximately 40 points). If you take 4 courses at the University of Queensland, you will receive 4 credits (unless you take an additional course that is considered as half a credit, in which you would receive 4.5 credits.)
- 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.
- **All students are required to take one Australian culture course. Please see the handout on Australian culture courses included with your acceptance packet.**

- 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.
- Credits will only transfer if you receive the course equivalent of a “C” or better (a 4 out of the 7 point Australian grading scale). For all courses taken at the University of Queensland, the equivalent letter grades earned ARE RECORDED on the student’s transcript, however, grades WILL NOT be computed in the Dickinson GPA.

Dickinson uses the following grade conversion chart to transfer grades earned in Australia on to the student’s Dickinson transcript:

7 = A
6 = A-
5 = B
4 = C
3 = F
2 = F
1 = F

UQ courses in Psychology are approved as “Dickinson courses” by the Dickinson Psychology department. Letter grades earned for these courses will be included in the student’s GPA.

All other UQ courses will be listed on the Dickinson transcript with letter grades earned, but will NOT be computed into the student’s GPA. For these courses, credit toward the degree will be granted **only if grades of “C” (2.00 on a 4.00 scale) or better have been earned**. Official UQ transcripts of the grades earned at the University are kept in the student’s permanent file in the Registrar’s Office at Dickinson College.

Course Equivalencies: The following departments at Dickinson have made University of Queensland course equivalencies available on their website. If you have any questions, please contact the department directly.

- **Chemistry:** www.dickinson.edu/academics/programs/chemistry/content/Study-Aboard-Course-Equivalencies/
- **Psychology:** www.dickinson.edu/academics/programs/psychology/content/Study-Aboard/

PHYSICAL EDUCATION ACTIVITIES: Students who take formal instruction in physical education or play on an organized university team in Australia 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.

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.

What to Do BEFORE Going Abroad

Dickinson College does not formally pre-approve courses for transfer. However, students should discuss their study abroad plans with their academic advisors prior to leaving Carlisle. Students should talk with their advisors about what may or may not fulfill Dickinson transfer credit requirements, specifically which courses taken abroad may fulfill major, minor, or distribution requirements. In some cases, conversations with appropriate department chairs may also be helpful. Departments on campus may require extra work for some courses, especially for advanced-level credit. It is the student's responsibility to inquire about extra work required. CGSE staff are available to answer general questions about transfer credit policies.

What to Do WHILE Abroad

Students should maintain e-mail contact with their academic advisors while abroad, especially during the first weeks of the semester when they are in the process of finalizing course schedules. To document coursework at cooperating institutions, students should keep a portfolio for each course, including a syllabus, reading list, completed projects, written work, examinations, journals, etc.

What to Do AFTER RETURNING to Campus

Upon return to the Carlisle campus, students must complete the *Enrollment in Another Institution Form*. Seniors are required to submit this form prior to the course request period for their last semester. If the form is not in the Registrar's Office by that time, the student will not be permitted to participate in the course request period. Please note that this form is required **only** when a student is seeking major, minor, or distribution credit for coursework completed at a cooperating university. The form is *not* required if seeking only general credit. After obtaining the required signatures, the student should bring the form to the Center for Global Study and Engagement for approval. The form will then be forwarded to the Registrar's Office.

For non-Dickinson students: The Registrar's Office will automatically send an official transcript of work completed with grades and course titles to the home institution once grades have been posted. Transcripts are usually sent to your institution later in the semester following your return. Know your home institution's policy on transferring credits beforehand, as you may have to get pre-approval. Your institution's policy will govern whether the credit will be counted toward the GPA. You should focus on your interests and credit needs. If you plan to take courses in a department other than your major, check the requirements with the respective department at your home institution before departure. However, please note that you may not know what the course descriptions are before the school year begins, so you may have to take care of this once you are abroad.

➤ **Academic Differences between Australia and the United States:**

Courses in Australia are taught quite differently than in the United States. Below are some of the main differences that you will notice:

- 1) **Fewer assessments/assignments.** This will vary from department to department, but courses generally have fewer assessments and assignments; some courses may include only a mid-term and a final (some courses have one final exam only, worth 80% of the final grade!). This is in contrast to the American system, which relies heavily on continual assessment (e.g., quizzes, essays, a mid-term, and a final). This may make American students think that courses at the Australian university are “easier.” However, as there are limited assignments and assessment, it can be harder to get a good grade. Do not get lulled into a false sense of security – do the coursework and research as the semester progresses; otherwise, the mid-term/final can be quite difficult to pass. In most cases, you must pass the final to pass the course.
- 2) **More emphasis on independent work.** Even though there are limited assignments, students are expected to do continuous independent research/study during the course. Students may not get extra points for attending class and participating, but if a student continually misses class, he/she risks not learning something that will be on the exam. Many American students are used to having their professor easily available for assistance if they are finding the course difficult. It may vary from department to department, but in general, students in Australia are expected to be independent, do the work and make sure they pass the class.
- 3) **Courses in Australia can be more difficult** because the Australian degree programs are very streamlined (in the sense that if you are a business major, you take all business courses – there are no ‘general education requirements’). Australian students have prepared for their degree in high school, and may already have a significant background in their major. In general, we compare the first year in Australia to the sophomore year in the U.S., the second year in Australia to the junior year in the U.S., and the third and final year in Australia to the senior year in the U.S. Keep this in mind when choosing courses.

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.

LIFESTYLE ABROAD



➤ **Dickinson On-Site Orientation:**

Shortly after your arrival in Brisbane, the group will meet with the Dickinson on-site Resident Director, Ann Wadsworth. The on-site orientation is conducted casually over your first few days in Australia. Ann will provide you with information on settling in to Brisbane, and what to expect while studying at the University of Queensland.

Topics to be covered include:

- Public transportation
- Opening a bank account
- Residential College life
- Living off-campus
- meeting Australians
- Social and sporting clubs on campus
- UQ Orientation and enrollment
- Academic life at UQ – differences and expectations

The group will also participate in several activities throughout the first few days, including touring Brisbane, visiting the local animal sanctuary where students can hold koalas and feed kangaroos, attending a sporting event, and spending an evening at the theatre.

Residential Life:

Dickinson students are divided among five on-campus residential colleges and the off-campus apartments (if available). This allows students to receive a rich cultural experience immersed among Australian students, other international students, and American students from other institutions. After you are accepted by Dickinson, you will be given a selection form to rank your preference of housing, which you will complete and hand in with your UQ Application along with a short essay about yourself.

Although your preference of accommodations will be taken into consideration, your first choice is not guaranteed and you may end up with your second, third, or even last choice.

RESIDENTIAL COLLEGES: There are ten residential colleges on the University of Queensland campus. Dickinson can place a limited number of students in the following colleges: **Cromwell College, Emmanuel College, International House, King's College, and Women's College**. Each college has its own activities and traditions that will allow Dickinson students to interact with Australians and experience an academic lifestyle in a community setting. Although the residential colleges were founded by religious organizations, the practice of religion in the college is not mandatory.

WHAT IS PROVIDED: Each residential college houses up to approximately 250 students. The colleges provide you with a single bedroom (furnished with a bed, desk, and closet) and shared bathroom facilities on each floor. Some floors also have shared kitchen facilities, and some provide housekeeping laundry services, or UQ gym memberships. All residential colleges provide meals for their residents. Upon arrival, students will need to buy their own linens and a 'doona' (comforter or warm blanket) for chilly nights during autumn and winter. (Note: these may be offered by some colleges). Some colleges offer items that have been used by past international students, or have items available for

“rent” by putting down a deposit that is refunded at the end of the semester.

Each college has a computer lab and charges its residents for internet access and printing costs beyond the allotted quota.

MEALS: As a general guide, colleges serve breakfast, lunch, and dinner, and provide materials to make a bag lunch Monday through Friday for students who cannot make it back to the college for lunch. Brunch and dinner are served on weekends. The meal hall is very different from what you are used to at Dickinson. There will be a small choice of main meals, with a side salad and dessert. There will not be as many offerings and selections as you may be used to. If you have any special dietary needs (e.g., vegetarian, vegan, etc.), please indicate this on your housing preference form and we will try to alert the college beforehand; we cannot guarantee that the college will be able to cater specifically to your dietary needs. Colleges will often have at least one night of the week assigned as a formal dinner where students may be required to wear academic gowns, special guests are invited to speak, and students serve the meal to other residents. This is all part of the college tradition and is an interesting aspect of the study abroad experience.

LIVING IN A RESIDENTIAL COLLEGE: Students should be aware that living on-campus in Australia can be a very different experience than the dorm style accommodation provided by Dickinson College. Most of the colleges at the University of Queensland aim to promote a community atmosphere within the residence. Students may find that they are expected to actively participate in the social life of the college (e.g., attendance at formal dinners, participation in sporting/cultural events, and orientation week activities). There is, however, a wide variation in the expectations of each college. Colleges are similar to Dickinson in terms of residential life – they provide things like intramural sports and social events that comprise the majority of the residents’ social activities.

Students interested in learning more about the different residential colleges should look at the following websites:

- Cromwell College: www.uq.edu.au/cromwell/
- Emmanuel College: <http://www.emmanuel.uq.edu.au/>
- International House: www.inthouse.uq.edu.au/ih/
- King’s College: www.kings.uq.edu.au/
- Women’s College: www.uq.edu.au/womens/

OFF-CAMPUS (Self-Catered) ACCOMMODATION:

Due to limited places on-campus, occasionally Dickinson may need to utilize off-campus housing when program participant numbers are large. Students will have a Single Room in a 3- or 6-bedroom apartment, shared bathroom, and kitchen and laundry facilities with other residents. The apartments may be located within walking distance to campus or a short bus-ride to campus. In cases where the student must take the bus to campus, Dickinson will provide students with a monthly bus pass as part of the program fee. Students will be notified of their apartment location and address before they depart for Australia.

These off-campus apartments are self-catered, and therefore students would need to purchase groceries and prepare their own meals. Students will not be charged for board in their program fee. The amount that you would have been charged for board should then be used as your personal

funds to purchase food. **Therefore, no routine food stipend will be dispersed in Brisbane, you must plan to have access to these funds for your food purchases while studying off-campus.**

Living in an apartment allows for more ‘independent living’, where there is no expectation of being ‘part of the community’ as with the on-campus residential colleges (where students are expected to participate in all College activities). Students with special dietary requirements (eg Kosher, Vegetarian/Vegan, etc) may also prefer this option as the apartment option is self-catered and students would be responsible for preparing their own meals. Students living off-campus will more than likely live with other international students (rather than with Australians) however, there are plenty of opportunities to mix and meet Australian students through clubs and societies, on-campus activities and mixing with your Australian neighbors. Please note that students living at the apartments will not be charged the Dickinson board fee. Therefore, students will be expected to use those funds to make/buy their own meals.

Housing Allocation:

You will be notified of your assigned housing prior to your departure for Australia. Once you have been assigned your accommodation, you cannot change your allocation. Again, we will do our best to secure your first preference, but on occasion, you may receive your second, third, or last choice.

You may also receive information directly from the residential college welcoming you to your new community. Occasionally, Dickinson students will accidentally receive invoices from the Residential Colleges or from the University of Queensland. You should NOT send any money to your Residential College. Your program fee covers the cost of your room and board (except for the apartment option) for the duration of your semester abroad. If you receive any invoices from your residential college or the University of Queensland, you should contact the Resident Director, Ann Wadsworth, who will follow up with the matter.

FINANCIAL INFORMATION

➤ **Australian Currency:**

Like the currency of the United States, Australian currency comes in coins and notes. The notes are unusual because they are colorful and plastic; they are produced using a process developed in Australia and are highly durable. The basic unit of currency is the Australian Dollar (AUD). Australia has no pennies and everything is rounded to the nearest five cents. Taxes (“GST” – the Goods and Services Tax) are included in list prices, as are service tips in restaurants and bars. You typically don’t have to tip the server or bartender unless you are at an upscale restaurant.

Accessing Money

ATM: 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 only accept 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. Australian banks currently do NOT charge any fees for using ATMs, but your home bank may charge fees for foreign withdrawals.

CREDIT CARDS: Major credit cards such as Visa, MasterCard, and American Express are commonly accepted in Australia. Visa and MasterCard are accepted more regularly than American Express. 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 from the US.

TIP: American Express cardholders have the convenient option of writing a personal check while in Australia that takes money out of their home U.S. bank account in order to get local currency or travelers checks. Stop by any American Express office in Australia to utilize this option. This is not available with the Optima card from AMEX.

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, other such as Capitol One (at least at print time) do not. If the fees are hefty, consider withdrawing larger amounts of cash from the ATM and taking only what you need and keeping the rest in a safe place. Only use credit cards with high fees for big purchases or in emergencies. You should notify your bank and credit card companies that you are going abroad for an extended period of time, and 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: Travelers checks have become less common in certain locations, but are worth considering as an emergency fund of last resort. The first signature line on travelers checks should be signed when you buy them, so that they cannot be used by anyone else. Keep a separate record of the numbers so that checks can be replaced if lost or stolen. You usually have to cash travelers checks at a bank and there is usually a charge.

However, if you plan to open an Australian bank account it is advisable to bring about \$300 in travelers checks in order to open a local bank account (see the section “Opening an Australian Bank Account” below). Travelers checks can be purchased in U.S. or Australian dollars, and should be from an internationally recognized source (e.g., Visa, American Express, MasterCard, or Cooks; AAA members can obtain no-fee American Express travelers checks at any AAA office). The exchange rate is fixed for travelers check purchases in Australian dollars. U.S. dollar travelers checks have a variable exchange rate based on when you exchange them. Most banks charge a nominal fee for cashing travelers checks.

OPENING AN AUSTRALIAN BANK ACCOUNT: If you decide to open a bank account in Australia, you will need to bring your passport and some other form of photo ID. It is not necessary to open an Australian bank account, but having an Australian ATM card will insure that you can access money from anywhere in Australia without worrying if your U.S.-issued ATM will work. When in Brisbane, you will undoubtedly have a good idea of the ATMs that accept your card. However, when traveling outside of Brisbane, it may not be that easy to find an ATM that will accept your American card. While this may seem like a rare occurrence, it can happen. Therefore, if you also hold an Australian ATM card from an Australian bank you can greatly reduce this possibility and ensure that you can access money 24 hours a day, seven days a week.

Students that open an Australian bank account should have at least AUD\$100 of emergency cash. Do not forget to withdraw the funds at the end of the semester. With an Australian bank account, you will also be able to deposit funds into your account with travelers checks and personal checks from U.S. accounts (or other foreign accounts), and make the Aussie bank your main financial source. However, please note that checks drawn on non-Australian banks (e.g., a check from Grandma Jones in Nebraska) might take up to four weeks to clear. Therefore, it is highly recommended you open an account with travelers checks. Most Australian banks will accept wire transfers from any U.S. bank, but the fees are generally high. Sample rates include USD\$40 for an outgoing wire from the U.S. bank and AUD\$15 for an incoming wire to Australia.

During the Dickinson On-Site Orientation, the Resident Director will discuss opening a bank account. It will also be discussed at the UQ Study Abroad Orientation. There are banks on-campus where you can conveniently open a bank account. Most banks do not charge fees to open an account, but policies vary from bank to bank.

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 an extra \$3,000 for the semester.

Working in Australia

While you are in Australia you will be on a Student Visa, which allows you to work while studying in Australia. Under the work permit, you will be allowed to work 20 hours per week during the academic term and 40 hours per week during the university holidays (e.g. mid-semester break and summer break). You will not be able to apply for the work permit until you have enrolled as a full-time student at UQ.

Keep in mind that part-time work is often difficult to find and there is a strong competition for jobs, especially those located around the University of Queensland campus. Most students looking for jobs will arrive early; so many part-time positions can be taken up by the time you get to UQ. It can also be

difficult to find a job if you are 21 or older because then you usually have to be paid more. If you plan on working with children, you will need a blue card. Apply as early as you can since it may take a few weeks to receive your card.

There are opportunities to apply for work within your residential college, usually in the cafeteria. However, these positions can be hard to get because the colleges like to hire students who will be at the college longer than one semester. There is also an Employment Officer on campus that can help students looking for part-time work, most of which is non-professional, such as waiting tables, cleaning, or retail/sales. Based on feedback from past students, it seems that you may have better luck going to shops with your resume and asking if any jobs are available.

MONEY FROM PSYCHOLOGY EXPERIMENTS: One opportunity past students have taken advantage of to make extra money is to participate in graduate students' psychology experiments. To find out more about this you can visit www.psy.uq.edu.au.

Take the following steps to set up an account as a participant of these experiments:

- Click on "Research," and then click on "Psychology Research Participation Scheme."
- Click on <http://uqpsych-p.sona-systems.com/>, then on the left side of the screen click on "Request an account under new participant."
- After an account is established, go back into the system using the above steps. You will enter a username and password and then click on "Study sign up." This will take you to a page that describes the experiments (i.e. eligibility, payment, and a link to timeslots available).
- After signing up for an experiment, you will receive a confirmation e-mail and a reminder e-mail the day before your scheduled time.

COMMUNICATION INFORMATION

Students sometimes tell family/friends that they will phone home the minute they arrive. However, plans often go awry because of plane or train delays, unavailability of an international phone line, etc. To save parents and loved ones worry, we suggest an agreement to call at the earliest convenient time, rather than promising to call at once.

- E-mail, cell phones, and Skype allow students to keep in closer touch with family and friends back home than ever before. There is a good side to this, but it is possible to overdo it so that you focus too much on home to the detriment of your abroad experience. Consider writing frequent letters, postcards or a blog instead. These can be reread and kept as a record of your time abroad.

➤ **Contact Details:**

When you arrive at your Residential College, you should email the Resident Director and the Center for Global Study and Engagement your abroad contact details (e.g., room number, telephone number, mobile number and UQ student e-mail address).

Mail:

After you are settled in Brisbane, you will be able to receive mail at your residence (i.e. Residential College or apartment). Your address will be as follows:

College Street Addresses*:

Your Name

College/Housing Name

College Street Address*

(* see table to the right)

St. Lucia, QLD 4067

| | |
|---------------------|-----------------------------|
| Cromwell College | Walcott Street |
| Campus Lodge | I. Hood St. |
| Emmanuel College | Sir William MacGregor Drive |
| King's College | Upland Road |
| Women's College | College Road |
| International House | 1/5 Rock St. |

For students living in the off-campus apartments, you will be provided with your exact apartment number/street address in St Lucia before departing for Australia: St Lucia, QLD 4067
AUSTRALIA

An exact street address will be given to you when you receive your housing allocation e-mail.

Telephone:

After you have arrived in Australia, you should probably call home to let your family know you have arrived safely. You will receive a \$10 calling card as part of your orientation packet. You will have a phone in your Residential College room, which will require a \$30 credit (to be paid at the Administrative office upon arrival) in order to make calls. Only calls within your Residential College will be free. Other calls, like calls between Residential Colleges, on-campus calls, local calls, interstate calls and international calls all incur charges. You should check with your Residential College upon arrival/check-in for the different rates charged.

Phone Cards: It is much cheaper to use a calling card to make international and interstate calls than it is to call from the phone in your Residential College room. You can purchase an Australian calling card upon arrival, as many American phone cards (e.g. AT&T, Sprint, etc) either do not work or have much higher rates. Australian calling cards can be purchased at any Newsagent (a store where they sell newspapers, magazines, etc) and vary in price from 4 cents per minute to as low as 1 cent per minute to the USA. There are several Newsagents on the UQ campus as well as in the city and local shopping

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

Mobile (Cell) Phones:

Many students purchase cellular phones while in Australia. 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 case 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. Calls made on mobile phones in Australia are charged at various rates, some per second, and some per minute or part thereof.

As an added convenience, with the help of a mobile (cell phone) company, *Global Gossip*, students can have the opportunity to obtain an Australian mobile (cell) phone number ready for you to use upon arrival. *Global Gossip* is a company that specializes in cell phones for international students, and they have the advantage of allowing students to order their Australian cell phones/numbers before they depart for Australia. The benefit of this is that you can give your mobile phone number to your family and friends before you leave, and your phone will be activated so you can contact them when you arrive in Australia, and you don't have to bother standing in line at the local mall organizing the purchase of a new cell phone. If you do not want this service, that is fine too – you can even decide upon arrival.

Global Gossip through its pre-paid service (normally with the network service provider “Optus”) allows you to control how much you spend and the ability to call the US (landline or cell) for the cost of a local call from your cell. Other features which you will find different than in the US is that all incoming calls to your mobile phone are free – this means, even if you are out of credit, friends and family can contact you (either from within Australia or from overseas). If you run into trouble with your phone while in Australia you can call Talk Down Under's toll free number for personalized support. Recharging your service is easy with all recharges taken from your credit card. To see pricing visit <http://globalgossip.com/phonecard/searchrates.aspx>

Since you will be in Australia for a short time (e.g. one semester), you will not be able to sign up for a contract with a mobile phone company, which normally requires a minimum of 24 months for a contract. Instead, you will need to purchase a pre-paid mobile phone. This just means that instead of receiving a phone bill each month, you will pay for your phone calls in advance by putting credit on your phone. So for example, when you purchase your pre-paid mobile phone upon arrival, you will need to put credit on your phone to make calls. After making several calls, your phone will run out of credit and you will need to ‘top up’ or ‘recharge’ your account by putting more money on your phone. You can buy credit at any kind of convenience store or grocer and simply follow the directions to add money to your account. With the Talk Down Under plan, you can top up your credit online or by calling their toll-free Customer Service number.

Please keep in mind if you bring your own phone out to Australia it needs to have SIM Card capability AND you need to contact your cell phone provider to have your phone unlocked so you can use the Australian SIM card (and therefore have a local Australian number – no one is going to want to call or text you with a US phone number!).

As far as services go, this pre-paid service is very competitive and most students find they spend on average \$30 per month.

How do I sign up?

This service is provided to make things easier for students. The Resident Director will send you an information email, outlining how to order your Australian SIM card and/or handset/phone if required.

The SIM Card (with the Australian phone number) itself is 'free' and all you are spending money on is the 'topping up' or 'recharging' your phone with credit to make calls. About a month before departure, Ann Wadsworth will email students with information on how to order your Australian phone online, along with a choice of phone handsets that you may pre-order so they are ready for you upon arrival.

If you already have an unlocked cell phone with SIM card capability that you are bringing with you to Australia, you can simply slip in the SIM card provided by *Global Gossip* upon arrival and start making your calls (the SIM card comes with \$10 worth of calls, for free!).

Upon arrival in Australia, Your SIM card and handset (if required/ordered) will be ready and waiting for you in your accommodation. A Global Gossip representative will also be on campus to assist with any questions/concerns you may have. If at any time you no longer want your Global Gossip service, then no worries – you can simply remove the SIM and purchase your own pre-paid cell phone/SIM card from another provider at a local mall, etc

Again, complete information will be sent to you by Ann Wadsworth via email, before your departure to Australia.

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. Skype offers several options:

- 1) **Skype to Skype:** Have your family and friends download and register with Skype. Once you have both registered and have a headset or external microphone, you can talk for FREE!
- 2) **Skype Out:** A low cost way to make calls at a local rate to people that have traditional land lines or mobile phones.
- 3) **Skype In:** For a monthly fee, you can receive a local U.S. phone number that your friends can call. When someone calls, you will receive the phone call on your computer where you can communicate with your friend using a headset or an external microphone. This option also has free voicemail.

For more information, visit the website at www.skype.com. Please note that this might not be appropriate for all programs due to privacy or access issues. Also, since you are given a limited downloading quota, Skype may be difficult to use unless you purchase more download quota.

Calling from Home:

It is cheaper to call Australia from the U.S. than vice versa (you should work out a time with your family and friends when you are available to talk). There is a 14-hour time difference between the U.S. (East coast) and Australia (e.g., 8.00am on Tuesday in Brisbane is 6.00pm EST Monday in the U.S.).

Computers and Internet Access:

Your on-campus Residential College (but not Campus Lodge) will have a small computer lab with approximately 8 – 15 computers available for use by its residents. However, if you do own a laptop computer, it's a good idea to bring it with you to Australia given that on-campus computer labs are

limited and/or restricted (e.g. some computers in the library are for library use only and do not allow for email use, but will still draw from your internet quota). Laptops aren't totally necessary, but students have found that having one makes life easier during your semester in Australia and are good for communication. In any case, you are encouraged to limit your Internet use to create a healthy balance between staying in touch with your friends and family in the U.S. and taking advantage of the time you spend.

Please note: Students living in Campus Lodge are strongly urged to bring a laptop for use in their room/apartment, since the Campus Lodge does not have its own computer lab.

Voltage in Australia is 240 European Volts (as compared to 120 Volts in the U.S.). Most modern laptop computers will have a 'switch' on their connector/adaptor plug that automatically converts the voltage so you should not need to purchase a voltage converter. You will need a plug adaptor (to change your US plug end into an Australian plug), which you can normally purchase from any travel store. If you are unsure whether your computer will adapt to the 240V, please contact your computer dealer for further information.

Complete information on student use of computers and email/internet at the University of Queensland can be found at <http://uqconnect.net/index.html?page=26882>. Printed information will also be provided to you upon arrival by the Resident Director during your on-site orientation, and by your Residential College.

Students at UQ are provided with a free student internet service (<http://uqconnect.net/?page=27817>). You do not need to apply for this service as it is set up automatically for all students. Your University of Queensland Acceptance Letter will include your UQ username and password. These details are used for this service and other online services around UQ such as mySI-net. Your free student account includes:

- National dial-up
- 150MB download (if you run out of download quota, you can buy additional blocks of download through your Residential College ranging in price from AUD\$5 for 350MB to AUD \$10 for 1GB- these costs are subject to change)
- Unlimited download from AARnet3 and Internet 2 sites
- Unlimited usage hours
- Wireless access on-campus
- An official UQ e-mail address
- 100MB disk space
- Private IP

If you have a laptop computer with wireless capabilities, you can connect to the Internet from many places around the UQ campuses. When you are on-campus look out for the wireless hotspot signs. If you are in range to access the Internet, you will be redirected to a login screen. Enter your UQ username and password. For more information about connecting to UQ wireless, go to <http://uqconnect.net/helpdesk/campus-wireless/>.

E-mail:

Remember that official communications from Dickinson College (for example, instructions from the Registrar, Campus Life, or CGSE) will be sent to your Dickinson e-mail account. If you ordinarily use another e-mail account, remember to check your Dickinson account regularly for messages or have your Dickinson account forwarded to your UQ or 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 Outbox and Deleted messages box regularly as well.

TRAVELING WHILE ABROAD

Travel Advice:

Past Dickinson participants have advised that it is easier to make friends at the college if you become part of the community and participate in college life. Students who travel often and spend less time at the college are often regarded as transient and are not truly accepted as part of the college by the Australian students. Make travel plans for the end of the semester, with occasional weekend trips, rather than spending each weekend away traveling. Ann Wadsworth will discuss college life and expectations further during the Dickinson on-site orientation.

Australia is a big country and fairly accessible. When planning a weekend trip to say Sydney or Melbourne, you are traveling a bit of distance and can be exhausting cramming it all into a short period of time. While there are many great sites to see in Australia, don't become obsessed with trying to see everything! Instead try to experience Brisbane as much as possible.

Dickinson Sponsored Excursion:

The following excursion is part of the Brisbane program for Dickinson students. Please consider this excursion before making travel plans. More details about the dates of the excursion and activities will be provided at your on-site orientation with Ann Wadsworth. This is a specific Dickinson-sponsored event, and students who are unable to attend or choose not to attend are not able to obtain a 'refund' or 'rain-check' on the event (e.g. students are not able to arrange another weekend for themselves down in Sydney!).

3-DAY CULTURAL TOUR TO SYDNEY: This is a Dickinson-sponsored trip to learn about comparative culture in Australia. The group will spend a weekend in Sydney being led by Russ Alexander, Australian culture expert and Sydney-sider. The group will have the opportunity to see much of Sydney, including the Harbour Bridge, the Opera House (tour and theatre event), Bondi Beach, The Rocks, etc. We will see it all! For something a little different, students will sleep on refurbished railway carriages at the new Railway Square Youth Hostel, located in a historic 1904 building. The tour includes airfare to/from Sydney, accommodation, tour group transport, most meals and all scheduled tours/activities.

Local Travel:

The local bus system includes many different lines that come right to UQ campuses at all hours of the day. There are often student discounts offered, so always have your student ID with you! There are also monthly or 10-day passes which can be a good deal depending on how often you plan on going into Brisbane. In addition, there are trains that run up and down the coast, making the Sunshine and Gold Coasts very accessible and affordable. Be sure to always carry smaller bills with you since it is hard to find someone who can break a bill in a denomination larger than \$20.

The travel store in the Ville (a shopping center near the Residential Colleges) is affiliated with a travel company called *Student Flights* which helps book student trips for at a low cost. Also, they provide discounts for using their services.

Airplane Travel:

Airplane travel is relatively cheap and easy in Australia. To be aware of airfare specials, it is advised to get onto the mailing list for both Quantas (www.quantas.com) and Virgin Blue (<http://www.virginblue.com.au/>).

Travel Guides:

Before leaving the U.S., you can purchase one or more of the Let's Go or Lonely Planet series of guidebooks. They are published for Australia, as well as specific regions and are very informative for traveling on a tight budget. To help save money, check www.amazon.com or www.half.com for used travel books.

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/.

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.

HEALTH AND SAFETY WHILE ABROAD

Health Care

The University Health Service (UHS) is available to all international students and most costs are covered by the Overseas Student Health Coverage (OSHC) plan. A range of general medical services is provided to help with health and/or personal problems students may have. (See page 14 for more information on health insurance).

University Health Services
Gordon Greenwood Building (Bldg 32)
Ph: 3365 – 6210

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

AIDS and STDs Overseas:

You are at the same risk for AIDS and STDs while abroad as you would be at home since your risk of infection depends on your behavior. Therefore, if you are sexually active, use good judgment and common sense. It is also highly recommended that you carry a personal supply of condoms and birth control, especially if traveling to underdeveloped regions of the world.

Safety and Emergency Procedures

Overview of Emergency Precautions:

The Center for Global Study and Engagement has always taken seriously our students' safety while studying abroad. In the wake of the September 11 events, safety concerns are even more urgent. With the continuing threat of terrorism around the world, we are obviously concerned about the global security situation and continue to monitor it, and we encourage students and parents to do likewise.

We depend on a variety of sources to assess situations overseas, including the news, our own Resident Directors, and other on-site contacts abroad, as well as professional colleagues and publications. One of the most important sources is the U.S. State Department. Please review the Department of State (DOS) web site (see next section), as well as any other information you may find useful.

All past decisions about canceling or closing programs have been informed by Department of State or World Health Organization recommendations.

We consider it essential that students take responsibility for their own safety, and we expect their cooperation. For example, students are asked to share flight itineraries with our office; our Resident Directors ask students to inform them of any travel plans away from the site. We share DOS warnings and announcements with students and remind them frequently to review common sense safety and security measures, such as those printed below in this section. Each student is given a key chain with emergency phone numbers and instructions and is asked to carry it at all times. In a serious emergency, administrative staff of the Center for Global Study and Engagement can be accessed 24 hours/day, 7 days/week.

Dickinson Centers and partner institutions are in regular contact with the Center for Global Study and Engagement in Carlisle, and contact information is updated routinely for students overseas, on-site staff, partner institutions, and local emergency officials at our program sites, as well as U.S. Consulates and Embassies. Our staff abroad remains in contact with local university and civic officials on an ongoing basis.

Dickinson College has developed emergency plans that can be implemented in the event of a crisis directly affecting any of our programs abroad. In the unlikely event that it became necessary to return students to the United States, every effort would be made to offer alternative means for students to complete their academic program. For important information about Program Cancellation, see page 5 and the Refund Policy in Appendix VIII.

Dickinson College is concerned about the health and safety of its students traveling abroad. We review our approach frequently and make every effort to anticipate health and safety issues. This said, it remains true that many of the risks in traveling abroad cannot be reasonably anticipated or prevented.

➤ **Department of State Announcements:**

Department of State travel information and publications are available on the Web at <http://travel.state.gov>. Every student going abroad is responsible for becoming familiar with the Department of State web site and the information available there.

- **Before leaving, read the Consular Information Sheet for your host country.**
- For your safety, do the same while abroad for all countries you visit.
- Current Travel Warnings and Public Announcements are accessible through the State Department web site.
- The DOS home page links to their Travel Safety Information for Students page, which has good advice and many links, including the fact sheet Travel Warning on Drugs Abroad.

The Center for Global Study and Engagement occasionally sends students Department of State announcements that are relevant to their host country. These announcements are not to alarm students (unless warranted), but instead to inform them of current situations in your host country or surrounding countries that they may possibly travel to.

(U.S. travelers may hear recorded information by calling the Department of State in Washington, DC at 202-647-5225 from a touchtone phone.)

➤ **Key Chains for Emergencies:**

Lightweight key chains are distributed to all students participating in an off-campus program.

Students are asked to attach the key ring to the key(s) that they carry with them at all times. On one side of the tag is the Dickinson College 24-hour Hot Line number (001 717-245-1111). (The digits 001 are the International Country Code for the United States.) On the reverse side is the phone number of the Center for Global Study and Engagement (001 717-245-1341). A Program Center number or other emergency number can be entered in the blank space. For obvious security reasons, the overseas home address or phone number should NOT be entered. The emergency numbers on the key chain make the following easier:

- calling for help at any time in a serious emergency

- contacting the Center for Global Study and Engagement during office hours with matters of concern
- identifying “who he/she belongs to” if injured seriously while not carrying identification.

Obviously, the first step in an emergency is to react to the emergency itself, i.e., contact a doctor, call the police, inform your host family if you are at home, then contact the Resident Director or other on-site contact, etc.

Any student abroad, whether a Dickinson student or a guest student in a Dickinson program, may call the 24-hour Dickinson College Public Safety number collect in a serious emergency and ask for assistance. The student should identify himself/herself and the program, and give a brief description of the emergency and a call-back number. The operator will locate the proper CGSE staff member, who will then return the call.

Parents and the Public Safety number:

Parents, too, may use the 24-hour Dickinson Public Safety number if they need assistance in contacting their son or daughter after hours in a serious emergency, or if their son or daughter has contacted them because of such an emergency. The procedure would be the same as above.

➤ Requests for Contact Information and Itineraries:

➤ To have emergency contact information at our fingertips, we collect emergency contact information for each student. Parents’ work and cell phone numbers and email addresses are extremely useful, should we need to contact parents quickly. We therefore ask you to cooperate with our requests for parental contact information as well as your host-country mailing address and phone numbers.

➤ We also need to know student flight itineraries. Therefore, please share your itinerary with us by completing the flight itinerary questionnaire on the online application system at <http://dickinson.studioabroad.com>

Safe Behavior Abroad

Travel abroad is always an adventure for students. A common sense approach to the risks involved goes a long way toward assuring safe travel and pleasant memories. We offer the following suggestions for your own safety:

- When you travel during vacations, give a copy of your itinerary to your Resident Director. Even if your plans are vague, leave whatever information you can, such as the names of travelers, expected destinations, lodging, phone numbers, and if available, mode of travel and dates of departure and return.
- Check State Department advisories on the web for all countries you will be traveling through to be prepared for any special conditions or dangers, visa requirements, etc.
- Travel with at least one other person.
- Carry passport, travelers checks, money, and other important papers in a pouch around your neck or waist under your clothing.
- Avoid travel in large, predominantly American groups. It is easier to meet local people this way. It is also easier to organize trips and sightseeing in smaller gatherings, and can be safer.
- Always carry some local currency. Keep the equivalent of at least \$50 cash in reserve while traveling.
- DO NOT HITCHHIKE. Travel by bus, train, local transportation, or car.

- Do not leave money, tickets, your passport, or other valuables in a hotel room while you are out. Take them to the hotel front desk and ask them to put them in a safe.
- Keep a low profile in demeanor and dress. It is wise to adapt to local dress codes; avoid clothes and behaviors that call attention to yourself as a foreigner who doesn't know the culture.
- Leave expensive jewelry at home. It's best to wear little or none.
- Every year backpacks are stolen from students who set them down at their feet or sling them over the back of the chair in a café. Be careful with your belongings because replacing your passport, credit cards, keys, etc., is quite a hassle.
- Be polite, low-key, and sensitive to local customs; always observe signs and regulations in public places.
- Speak the local language wherever possible.
- Student guidebooks such as Let's Go or Lonely Planet are generally a good source of information.

In Troubled Times...

Avoid the following:

- controversial discussions/situations in public places such as pubs
- street gatherings, demonstrations, picketing, etc.
- dangerous areas, shortcuts, narrow alleys, or poorly lit streets
- walking around in a large group speaking English
- heated sports matches and public events characterized by crowd excitement.

In times of heightened political, religious, or ethnic tensions, be particularly careful in:

- identifiable American institutions such as Embassies, American Express, McDonald's, Hard Rock Cafés, discotheques, and other places such as bars and restaurants identified with Americans or where Americans usually gather
- military and diplomatic installations; war memorials
- highly visible and crowded churches, mosques and synagogues
- train stations and airports; do not hang around ticket offices or airline counters--go quickly to your train or the lounges beyond the passport controls.

Some advice concerning terrorism:

Be especially careful to help maintain security both at your study site and while traveling. Because terrorist actions are usually preceded by a surveillance period, the U.S. State Department asks all American citizens "to be alert to anyone who might appear to be following them, or anyone whom they notice in the same place repeatedly, or anything unusual near their vehicles, workplaces, or locations frequented by Americans. Any unusual activity of this sort should be reported to local police."

Remember that terrorist attacks are usually planned months in advance. They often involve innocent accomplices. Students in foreign countries are considered easy to recruit. Be cautious when you meet new people. Do not give your address, your telephone number, or contact info for your study site

Further recommendations when traveling:

- Do not accept any package, parcel, or suitcase from anyone asking you to carry, look after or store items for them.
- Do not borrow suitcases; make sure that no one has put anything in your luggage. A few years ago, a bomb found at Heathrow Airport in England had been planted in the bag of a young woman by her boyfriend whom she had known for over a year.
- Never drive a car for someone else, especially across national borders.
- Remain alert in public places; look around; get away from any package or bag which appears

abandoned, and notify the employees or local police.

- Do not leave your own bags unattended, not only because they may be stolen, but also because the police may consider them dangerous and confiscate or destroy them.

Health and Safety information resource online:

Check out the Student Study Abroad Safety Handbook at <http://www.studentsabroad.com/>.

This is a resource intended for students' and parents' direct use. It offers exhaustive checklists and resources covering all kinds of topics related to safety abroad.

Personal Security/Emergencies in Australia:

IN AUSTRALIA: Although the incidence of criminal activity is generally low in Australia, when traveling in major cities you should observe the same level of caution that you would in any major U.S. city. As a precaution, students should be wary of their personal property and avoid traveling alone at night.

EMERGENCIES WHILE TRAVELING: If you have a medical emergency while traveling, get assistance and notify the Resident Director as soon as possible. If necessary, be prepared to pay in cash upfront and submit receipts to your insurer for reimbursement later. In case of the loss or theft of your passport, contact the local police and nearest U.S. embassy or consulate. See details for the U.S. Embassy below.

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. Before traveling, review the emergency protocol on page 4 of this handbook.

LOST/THEFT OF PASSPORT: The loss or theft of a U.S. passport should be reported immediately to the local police and the nearest U.S. Embassy or Consulate. When you travel, carry a photocopy of your passport's main page instead of the passport itself so that your passport can be more easily replaced. The contact information for the U.S. Consulate that serves the Queensland area is:

MLC Centre
19-29 Martin Place
Sydney NSW 2000
Tel: 011-61-2-9373-9200 (from U.S.)
(02) 9373-9200 (within Australia)
(02) 4422-2201 (after hours)
<http://sydney.usconsulate.gov/>

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. We strongly recommend you to consult Australian news such as The Australian (www.theaustralian.news.com.au), The Sydney Herald (www.smh.com.au), and The Financial Review (www.afr.com).

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, the U.S. government, and its actions. 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.

New York Times e-delivery:

The New York Times runs an email service that provides daily delivery of the International section of the New York Times to your email box! You receive a brief overview of the article and a link that takes you to the full article.

To subscribe to the service, please go to: <http://www.nytimes.com/>.

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:

Australian society is based on the 'tall poppy syndrome,' where no one likes to stick out of a crowd or appear better than anyone else (like the tall poppy flower, growing above the rest). Consequently, Australians will be quite modest about their achievements or financial background. Australians definitely do not like to 'honk their own horn'.

Australians are brought up to 'grin and bear it'; they are definitely not a society of complainers. In fact, most Australians cannot tolerate a 'whinger'.

Local Customs ("Do's and Taboos"):

- Maintaining eye contact during conversation is a sign of respect and interest.
- Never shout or talk loudly in public (Americans especially are noted for their loud voices rather than their accents).
- Most Australians have cell phones and are very savvy users, but they do not tolerate very public users. Do not speak loudly on a mobile (cell) phone in public; proper etiquette is to stand aside or take the call away from a crowd.
- Do not be surprised to be called "love," "dearie," or "darling" by salespeople.
- Pay attention to the ever-present "queue" (line). Always go to the end.
- Keep to the left when walking and be considerate when walking in a group on the footpath (side walk); don't walk more than two-abreast.
- Whenever you hear the national anthem "Advance Australia Fair," stand up out of respect.
- Eat European style, with knife and fork in hand at all times. When eating soup, spoon the soup away from you. Keep your other hand on the table at the forearm.
- If you give the peace sign, make sure your palm is facing out (otherwise it is a very rude gesture).

Racial/Gender/Sexuality Issues:

RACIAL ISSUES: Racism is just as much of a problem in Australia as it is in the United States, and you may find Australians to be politically incorrect by your own standards. Newly-arrived immigrants are often targets of discrimination. U.S. citizens may encounter remarks about their American "accent." It helps to keep your voice low, since U.S. American speech is more often noticed overseas for its loud volume than for the accent itself. U.S. citizens may also encounter "anti-American" comments or behavior, largely due to U.S. politics; though this is likely to be decreasing due to the change in administration. It is usually best to divert the conversation or simply walk away if you do not know the person and do not wish to engage in confrontational conversation.

GENDER ISSUES: As in other countries, evidence of sexism can be found quite readily in Australia, although the long-held stereotype that Australian men are particularly chauvinistic is false.

This stereotype was borne out of Outback traditions/stories of the past, and no longer applies in today's modern society. At the same time, there is a very strong and issue-oriented women's movement. Australia was the second country in the world to give women the vote; New Zealand was the first.

SEXUALITY ISSUES: Homosexuality is legal in Australia, but there are issues about age and consent. Cities have special clubs and nightspots catering to gays and lesbians, and most universities have on-campus organizations that discuss GLBT issues.

Australian Sources of Information*:

It is important to keep up with current events from an Australian/Asian point of view while in Australia to become more aware of the culture and intellectual climate of the country. Respected Australian newspapers include: The Australian (www.theaustralian.news.com.au), The Sydney Herald (www.smh.com.au), and The Financial Review (www.afr.com).

The local daily paper is The Courier Mail (www.couriermail.com.au).

*You may want to see if you can subscribe to the newspapers on-line service so that the news is sent to your e-mail daily.

Suggested Reading and Websites:

Books:

In a Sunburned Country by Bill Bryson.

Titled *Down Under* in Australia and the UK, this is a personal look at Australia by a well-known and witty travel writer. Take the information regarding dangerous insects/animals with a grain of salt – you are hardly likely to encounter any of those while in Australia!

Chasing Kangaroos by Tim Flannery

Websites:

- The official Australian Tourism Site: <http://www.australia.com/>
- Brisbane: <http://www.ourbrisbane.com/>
- Lonely Planet: <http://www.lonelyplanet.com/destinations/australasia/brisbane/>
- University of Queensland: <http://www.uq.edu.au/>
- UQ Sports: <http://www.uqsport.uq.edu.au/>
- UQ Student Union: <http://www.uqu.uq.edu.au/>
- UQ Student Union Clubs and Societies:
http://www.uqu.uq.edu.au/index.php?option=com_content&view=article&id=74&Itemid=11
- Australian Embassy Pre-Departure Guide: <http://www.studyinaustralia.gov.au/>

CULTURAL ADJUSTMENT

Stranger in a Strange Land...

Students head out into the global village, armed with sensible shoes, sharpened pencils, and bright hopes. They arrive at their destination, settle in, and head out again to discover local charms. They buy a Tube pass. Eat borscht or sushi. All goes well ... a few minor complications ... that begin to pile up ... until suddenly CULTURE SHOCK strikes! and the notion of “Home” gains an unprecedented, intense appeal.

Some form of this experience awaits almost everyone who goes abroad for the first time (and also for the second and every other time to follow). Culture shock is a natural phenomenon, the frustrating, but temporary first step toward the profound personal growth and broadening of horizons that is a central reason for studying abroad. A great deal depends on how you respond to it. The article reprinted in this section is intended to help you navigate the experience of cultural adjustment you will soon face.

CULTURE SHOCK

What is it?

Culture shock is the mental, physical and emotional adjustment to living in a new environment. It is the coming to terms with different ways of approaching everyday living—everything from fundamental philosophical assumptions (one's worldview) to daily chores.

Anyone living in a new environment long enough cannot ignore the differences. They become frustrating, and possibly infuriating, until recognizable patterns emerge and an understanding of why things are done differently develops.

Culture shock can be charted on a U-shaped curve that encompasses five separate phases: fun, fright, flight, fight and fun. When you first arrive in Britain, everything is wonderful. You're excited that you've arrived, finally seeing firsthand all those places that previously were just one-dimensional pictures. This is the 'fun' stage.

After a while, all those wonderful, cute customs become aggravating. There is no point to them. You think your own culture's way are much better, more efficient, more sensible. While British people seem friendly, at first, it's just superficial warmth, not a real interest in establishing a friendship. You begin to miss your family and friends. This is the 'fright' stage.

Then it gets worse. You're really homesick. You can't find anything good about the UK. Everything stinks. You're convinced that nothing beats your home country, and you remember how good you had it at home. You may even come to believe that all your problems will go away if you can just pack up and go home. This is the 'flight' stage. It's serious but usually temporary.

You give yourself a pep talk and decide to stick it out awhile longer. This experience deserves a fair chance. You become a bit more active in the clubs you joined earlier. You make more of an effort to get to know the people on your dorm floor. You decide to be less furious with those stupid policies (like post offices and stores that close early). Now you're into the 'fight' stage.

Know what? You begin to like the people on your residence hall floor. In fact, those acquaintances are more like friends. They tell you why those stupid policies are the way they are. In fact, those policies make sense and don't seem too stupid. You're no longer inconvenienced by them and have trouble understanding why they bothered you so much. You suddenly realize you like it there and want to stay forever. You've arrived at the fifth and final stage -- and have made it through the emotional roller coaster ride of culture shock.

Possible Symptoms of Culture Shock

Sometimes people don't realize when they're suffering from culture shock. This confusion can be

the result of looking at several symptoms as isolated problems rather than as related components of a single affliction. Some signs which you may notice that could indicate culture shock are:

- Homesickness
- Boredom
- Withdrawal (spending too much time in your room, only seeing other U.S. students, avoiding your host family)
- Negative feelings and stereotyping of nationals
- Inability to concentrate
- Excessive sleep or insomnia
- Compulsive eating or drinking
- Lack of appetite
- Irritability
- Crying uncontrollably or outbursts of anger
- Physical ailments, such as frequent headaches or stomachaches

Dealing with Culture Shock

There are ways to prepare for, and thereby lessen the extremes of, culture shock.

First, know that you will experience some degree of culture shock (even if you don't believe it now). Everyone does. Carefully read the process outlined so that you'll recognize the symptoms and feelings. Most importantly, understand that those frustrating feelings will pass.

Second, expect things to be different. Some differences will be quite

obvious, others less so. You're probably prepared for the major cultural differences -- religious and socio-economic differences. It's the apparently trivial differences that will become the most grating. Try not to allow yourself to blow them out of proportion.

Third, don't label differences as "good" or "bad." Because the American way is the predominant (if not the only) way you know, you will inevitably compare everything there with the ways and approaches you know in this country. Realize that you are not looking objectively at your new culture. Rather, you're seeing (and judging) it from the American perspective. Instead of judging what you see as better or worse than what you know in America, try to focus on the differences and ask why they exist.

Fourth, maintain the ability to laugh at your mistakes. It will take some time to adapt to the point you can maneuver without making cultural missteps. After all, it took quite a bit of training by your parents and effort on your part to be comfortable in your own culture! Finally, you don't have to "do as the Romans do" and accept all the differences. You'll like some of the British ways and incorporate them into your daily routine. Other ways won't fit your values or outlook, and you'll decide that they're not appropriate for you. You are free to make choices, and doing so is perfectly acceptable.

Taking the Sting Out

Culture shock occurs because, unconsciously, we expect everyone to be like us. Inevitably, something will occur in a new culture that will not fit your frame of reference

and therefore won't be fully comprehended. This sort of ambiguity is threatening and frequently causes fear, anger, repulsion or some strong emotion.

The key to coping is to become aware of these reactions as they arise. Instead of allowing extreme emotional reaction to control, try to determine the cause of your reaction. By focussing on the cause instead of the reaction, you can frequently cause the emotion to abate. Then you can experience the situation more objectively, without the American presumptions which caused the emotional reaction in the first place.

Careful observation, not clouded or skewed by your own cultural presumptions and expectations, will help you develop an understanding of the new culture and will facilitate your inclusion in that culture. This is a general overview of culture shock. *The Art of Crossing Cultures* by Craig Storti (Intercultural Press, 1989) discusses culture shock and coping strategies in more detail.

American Cultural Patterns

Culture shapes everything -- the ways in which you think and analyze, what you value, how you do things, what's considered proper behavior. It's difficult to assess all the effects of a culture while you are enmeshed in it. When you're abroad, you'll discover important aspects of the American culture that you were unaware of before you left. Since you'll be viewing your new culture from the American perspective, it is helpful to have a good grasp of the American perspective and how it shapes you.

Being aware of your own cultural biases and presumptions will enable you to understand your reactions to ambiguous events that occur while you are abroad. While you won't escape culture shock, you can be well-prepared to face it and dilute its effects. You may think this is obvious, but take a look anyway. Tacit knowledge can only be of help to you if you're cognizant of it. Time in America is linear. The clear division between past, present and future allows for a chronological frame of reference. Time is a tangible thing. It can be "used," "spent," "wasted," and "managed." It is a commodity to be carefully monitored. The faster something is done, the better.

Cultural Variations

Most western cultures share many of the same assumptions with Americans, but some variations do exist. Be prepared for "efficient and quick" to be a very different concept from what you're used to. While everyone likes an idea that works, some cultures value aesthetics over practicality or emphasize the process over the end result, and family ties and social obligations are often given priority over individual needs and wants.

You're Not Alone

Remember that everyone else on your program will experience similar feelings to yours. Don't hesitate to look to them for moral and emotional support. In addition, the staff of both your host institution's international student office and our offices abroad can help you if you're feeling particularly stressed or anxious. Please seek them out.

From the Beaver College Orientation Handbook

Cultural Adjustment: Responses to Living Abroad

In order to understand what culture shock is, you need to remember that your ability to function in the world depends on your being able to read hundreds of signs, to respond to subtle cues, and to behave according to countless explicit and implicit rules. At home, much of what you do in your daily life is automatic and requires little thought. Overseas, the reverse is true, and simple tasks can become difficult. Because you are not always able to understand the messages you receive and cannot always communicate what you mean, you may suffer anxieties. When you are confronted with new ways of thinking and acting, including oftentimes a different value system, you can become disoriented. Your 'normal', 'common-sense', or 'logical' way of looking at things suddenly may not apply. Suffering culture shock can, at its worst, lead to severe stress and depression. Even a light case of culture shock will manifest as frustration and irritation.

Culture shock usually manifests itself as a cycle of readjustment phases that may last quite a while before one adapts. Most people experience at least two lows during a stay overseas, but the length and severity of these vary greatly for each individual. Fortunately, culture shock is both predictable (it will happen) and manageable (you will survive it). If you are prepared for it, you can do a great deal to control it or at least understand its effect. The best advice may be to remain flexible and open-minded to new things, maintain a sense of humor about the mistakes you will make (and you will make some), and try to integrate as quickly as possible into your new culture. Whatever happens, the program director is available to help you through rough periods. We encourage students to talk to the on-site staff when they meet problems and not to wait until the problem gets bigger and more complicated. Also, talk with other students on the program, as they may be going through the same issues.

Responses to Living Abroad:

- 1) First weeks, riding high with enthusiasm. Commonly known as the "honeymoon stage."
- 2) Possible entrance of a slight anti-American streak such as thorough disgust with all American tourists... or "I am never going to go back to America again."
- 3) Feeling of being overwhelmed by all the possibilities presented in your host country, i.e. cultural events, restaurants, student clubs, traveling in your host country and elsewhere, etc.
- 4) Realization of aloneness, some independence, absence of family, problems of communicating by letter, struggle with the language, utilizing free time, heating and housing discomforts, etc.
- 5) This often coincides with mid-semester examinations adding academic pressure to all of the above, which results usually in a very low period or dark depression. Psychologist L. Oberg states that some of the symptoms of this period are: "Excessive washing of the hands; excessive concern over drinking water, food, dishes, and bedding; a feeling of helplessness, fits of anger over delays and other minor frustrations; delay and outright refusal to learn the language of the host country; excessive fear of being cheated, robbed or injured; great concern over minor pains and eruptions of the skin; and finally, that terrible longing to be back home, talking to people who really make sense."
- 6) Hostility or aggressive phase. Complaints about the local people, their customs and attitudes. Complaints about the program, regulations, and attitudes. This phase can become petty.
- 7) Identity crisis. Searching within oneself, "Why am I here?", "Am I in the right major?"

Recovery:

- 1) Slowly finding a balance between academic work and other compelling interests. Better organization of one's time, and separation of the romantic preconceptions from the reality.
- 2) Oberg again says, "The recovery stage usually finds a growing sense of humor, with the

visitor able to joke not only about the host country, but also about his own difficulties. In the final stage, adjustment, the visitor learns to accept the foods, drinks, habits, and customs of the host country and even to enjoy them."

- 3) Important realizations include getting to know the local people as individuals and not as stereotypes, suddenly realizing the great personal freedom and appreciating it, making deep friendships with fellow students and the local people, finally leaving America and trying to learn something about the host country with an accompanying decision to appreciate the best of both countries.

Our Advice:

Soon after arriving, you will undoubtedly confront the temptation to withdraw into the American group. Work hard to resist this crutch. Extreme dependence on the American group will limit ties and friendships outside your immediate circle. You should make a genuine and constant effort to penetrate and become part of the host culture. Opportunities are there from the moment you arrive, but you must take the first step and probably the second and third.

Try not to get offended with Australians make it difficult to get to know them. Many of them feel like you don't care that much to get to know them because you are leaving in 5 or 6 months. You have to make a true effort and show them that's not true.

Look for clubs and activity groups, which provide opportunities for meeting people and for doing things that you enjoy. Get involved in some of the many activities in your college. If you do join a group, realize that you are the one who will have to fit yourself in. People will not necessarily go out of their way to accommodate you. Even if you are not a "joiner," you should get involved in things that interest you.

Beware of cultural stereotypes! They can operate against you, as well as against the culture you are living in. Stereotypes are destructive because they can interfere with getting to know the local people and prevent you from getting to the rich reality behind the surface.

Avoid making negative comparisons with how you do things or what you have in the U.S. It can be a challenge to understand why things are done differently, but try to be patient and figure out what the difference is and why. Remember, you are not going abroad just to find the same things that exist here in the States. Beware of ethnocentrism, the attitude of superiority of one group over another. We tend to think our culture and society are the most important, worthy, and civilized in the world, and you may be surprised to find that others do not share our view.

Your experience abroad will not always be a bed of roses, and you may experience great loneliness at first. There will be a vacuum of comfortable social, cultural, and political structure. Activities and status symbols that make you who you are at home and on campus will be missing or meaningless: meetings, contacts, cars, sororities and fraternities, and extra-curricular recognition. There will be the void of a familiar routine in your life.

What can you do to survive with grace? Re-organize and learn to budget your time and avoid the temptation of too much travel. Keep a journal for future reference. Be patient; you will not learn the language perfectly or make friends in the first two weeks after arrival. Accept that you cannot become totally submerged in host culture. Be proud, although not intrusively so, of being an American. You will unavoidably carry your American cultural background with you. Accept that wherever you are is the center of the world for the people who live there. Behave as a guest, and show the inhabitants that you feel lucky to be there, in the center of their world.

And most importantly, remember that early disorientation is normal, healthy, and perfectly OK!

KEEPING TRACK OF YOUR TIME ABROAD

Keeping a Journal:

You are about to embark on a journey where you will be a foreigner. As you interact with the people and customs of your new surroundings, your views of yourself and some of your most cherished values will be challenged and undergo subtle changes.

One of the best tools for gaining insight into these changes is to keep a journal. There you can reflect on the puzzling and wonderful things you have seen, experienced, and overheard that sticks in your mind. A custom that appears strange at first will often become understood as you continue to observe it in its own context. Writing down incidents, thoughts, questions, ideas, and reflections will help give depth and insight to your experience and can also be therapeutic. A journal can be especially helpful when traveling because it will be easier to remember the amazing places you visited - and a great reminder of your time abroad when friends and family ask about your semester.

It is always a challenge to put this experience into words, but make a start and stick with it. Go beyond the mere recording of incidents to recording your feelings and conjectures. Why did that comment sting? Why did people react so strangely to my shirt, or smile, or joke? You will see sights that strike you as barely imaginable back home. What does that say about the host culture? What does it say about your own? A month later you may see things differently and you should write that down too. Record stories or poems you are inspired to write, etc. The journal will capture your thoughts at a specific moment. Years later the journal will be a treasure. Keep a journal, you will not regret it!

Taking Pictures:

Some people may not be particularly fond of writing or just can't find the time to keep a journal regularly. Keeping a camera close at hand is another great way to document all the memories you will make while abroad. Also, upon returning to campus, there will be a photo contest for returned studied abroad students during which your photos will be displayed and eligible for prizes. More details about the photo contest will be sent out upon your return from studying abroad.

Dickinson Study Abroad Blog:

Dickinson College has a blog for students participating in study abroad programs. You may want to consider keeping a journal on the blog and to share your experiences and insights with your friends or other students interested in going on your program. It also serves as a good tool to keep you connected with Dickinson students studying at different locations and to exchange information. You can find the blog at <http://blogs.dickinson.edu/abroad/>. If you're interested, send an email to Todd Bryant at bryantt@dickinson.edu. He will create your blog and send you the basic instructions to get started.

Dickinson Study Abroad Wiki Page:

The blog is a great place for individual journals; however, if you and some of your fellow Dickinsonians would like to publish something together such as a newsletter or paper the wiki is a better bet. No technical knowledge is required. You can get an idea of how it works by looking at the example of the Toulouse program's wiki page:

http://wiki.dickinson.edu/index.php?title=Toulouse_Study_Abroad_Program

If you're interested in publishing a newsletter or blog, send an email to Todd Bryant. He'll make sure you have the access you need and the very basic instructions. (Hint: it starts by clicking the "edit" tab at the start of each page).

RETURNING BACK HOME

Things to Take Care of at Dickinson before Returning Home

Course Request Process when Returning to Campus:

Information regarding the course request period will be sent via e-mail to students' Dickinson e-mail addresses, announcing when the course request period will take place. Course requests will be made through the web, and the site will be accessible from off campus.

Room Selection at Dickinson:

The following information about room selection has been provided by the Office of Campus Life. Like other offices on campus, Campus Life relies on e-mail to convey information to students away from campus. You may contact the Office of Campus Life by phone (717-245-1556) or email (campuslife@dickinson.edu). Communications will be sent to Dickinson students off-campus at their Dickinson e-mail address. **Remember to check your Dickinson account regularly for important messages from the College.**

- **If you are going abroad for *fall semester* and returning for spring**, you will participate in the housing selection process on campus. Campus Life offers informational and educational materials that are available to all students so they can make informed decisions about room selection.
- **If you are going abroad for *the entire year* or for *spring semester* and returning for next fall**, it is important that you make arrangements for a housing proxy for the next year **before you leave**. Make sure that you send Campus Life the name of your housing proxy well in advance of the dates of housing selection. All students studying abroad in the Spring semester will receive an email from Campus Life reminding them to designate a proxy. This can be done by emailing campuslife@dickinson.edu. Your proxy will pick your room assignment during room selection.

If you wish to live off campus, your proxy will fill out and hand in your off-campus housing application. Applications will become available in the spring semester. NOTE: Not all students who apply will be able to live off-campus. Only a limited number of off-campus permissions will be granted.

MISCELLANEOUS INFORMATION

Time:

Australia is 15 hours ahead of the U.S. (Eastern Standard Time) for most of the year. In the spring (which is fall in Australia, April – October), Brisbane is 14 hours ahead (i.e. 9.00am Tuesday in Brisbane is 7.00pm Monday in the US). Brisbane does not have Daylight Savings and therefore in the fall (which is spring in Australia, November - March), Brisbane is 15 hours ahead of the U.S. (i.e. 9.00am Tuesday in Brisbane is 6.00pm Monday in the U.S.). Got it?! Add 1, 2, or 3 hours to these figures for Central, Rocky Mountain, or Pacific time zones.

Numbers/Currency:

In Australia, when counting floors of a building, the first floor is the ground floor; the floor above street level is the first floor.

The unit of currency is the Dollar, made up of 100 cents as in the U.S. Coins come in denominations of \$2 and \$1 'gold' coins and 50, 20, 10 and 5-cent silver coins. Bills are in denominations of \$5, 10, 20, 50, and 100 Dollars. Most shops will readily accept \$50 and 100 dollar notes. You can check the current exchange rate at www.xe.com.

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| APPENDIX I: | VISA INFORMATION SHEET |
| APPENDIX II: | THE LANGUAGE BARRIER |
| APPENDIX III: | TRANSFER CREDIT POLICY |
| APPENDIX IV: | MEMO ON HEALTH ISSUES |
| APPENDIX V: | SUPPLEMENTAL TRAVEL INSURANCE |
| APPENDIX VI: | HEALTH ISSUES WHILE TRAVELING |
| APPENDIX VII: | STUDENT AGREEMENT |
| APPENDIX VIII: | REFUND POLICY FOR OFF-CAMPUS PROGRAMS |
| APPENDIX IX : | AUSTRALIAN CULTURE CLASS INFORMATION |

METRIC CONVERSIONS

| <u>Thermometer Readings</u> | | <u>Kilometers - Miles</u> | |
|---|------------------|--|-------|
| C | F | Kilometers | Miles |
| 38 | 100.4 | 1 | 0.6 |
| 37 | 98.6 (body temp) | 3 | 1.8 |
| 35 | 95 | 5 | 3 |
| 30 | 86 | 10 | 6 |
| 25 | 77 | 15 | 9 |
| 20 | 68 (room temp) | 20 | 12 |
| 10 | 50 | 25 | 15 |
| 5 | 41 | 30 | 18 |
| 0 | 32 (freezing) | 40 | 24 |
| -5 | 23 | 50 | 30 |
| -10 | 14 | 100 | 60 |
| -15 | 5 | 150 | 90 |
| -20 | -4 | 200 | 120 |
| -25 | -13 | 250 | 150 |
| -30 | -22 | 500 | 300 |
| [To convert centigrade to Fahrenheit: multiply by 9/5 and add 32] | | [To convert kilometers to miles: multiply by .6] | |

OR, observe the simple rhyme: “ 30's hot and 20's nice, 10 is cool and zero's ice”

Weights and Measures

| Metric | | U.S. |
|---------------------------|-----|--------------|
| 1 gram (go) | | 0.035 ounces |
| 500 grams (= 1/2 kilo) | 1.1 | pounds |
| 454 grams | | 1 pound |
| 1 kilogram (= 1000 grams) | 2.2 | pounds |
| 5 kilograms | | 11.0 pounds |
| 1 liter (l) | | 2.113 pints |
| 1 liter | | 1.056 quarts |
| 3.785 liters | | 1 gallon |
| 1 deciliter | | 0.21 pint |
| 1 meter | | 3.28 feet |
| 1 meter | | 39.37 inches |
| 1 centimeter | | 0.394 inches |
| 2.54 centimeters | | 1 inch |

Kitchen Hints:

1 cup sugar = 200 gr. 1 tsp. = 5 gr.
 1 cup flour = 150 gr. 1 tbsp. = 12 gr.

[To weigh yourself: double the number of kilos and add 10%]

APPENDIX I: THE “LANGUAGE BARRIER”

The “Language Barrier”:

If someone said they needed to borrow your torch to look under their bonnet and suss out the mechanics, or that fair dinkum, their boot was chockers with bikkies for afternoon tea, or your new Australian friend’s mother was shocked when you said, “My Aunt Fanny roots for the Red Sox” -- you'd soon realize that the Australians and Americans have much in common, except the language.

Australian

Back dated
Bangers and mash
Biro
Biscuits or ‘bikkies’
Bonnet
Book
Boot
Rockmelon
Capsicum
Car park
Chemist
Chips
Chockers
Chuffed
Corriander
Crisps
Dinkum/Fair Dinkum
Drawing pin
Garbo
Fanny
First floor
Flat
Flog
Fortnight
Frock
Ground floor
Grog
Jelly
Jam
Jumper
Knickers
Lift
Lollies
Loo
Mark
Bottle Shop (Bottle-O)
Pants
Prang
Foot path

American

Retroactive
Sausage and mash potatoes
Ballpoint pen
Cookies
Hood of car
Reserve
Trunk of car
Cantaloupe
Peppers (red, yellow, green)
Parking lot
Drug store
French fries
Full
Excited
Cilantro
Potato Chips
For real/true
Thumb tack
Garbage man
Female genitalia (slang)
Second floor
Apartment
Sell
Two-week period
Dress
First floor
beer/alcohol
Jell-O
Jelly
Sweater
Underpants (female)
Elevator
Candy
Toilet
Grade
Liquor Store
Underpants (male)
car accident
Sidewalk

| | |
|--------------------|---|
| Mackers | McDonald's |
| Mobile | Cell Phone |
| Pear-shaped | Wrong |
| Petrol | Gasoline |
| Pissed | Blind drunk |
| Piss/Plonk | alcohol/cheap wine |
| Piss up/Smack Piss | Party (with alcohol) |
| Post | Mail |
| Prawns | Shrimp |
| Pub | Bar |
| Queue | Line (of people) |
| Randy | Horny |
| Return | Round-trip ticket |
| Ring | Phone/call |
| Roundabout | Traffic circle |
| Root | Sex (slang) |
| Seppo | American (derived from Cockney Rhyming slang)*. |
| Shandy | Lemonade and beer mixed |
| Singlet | Tank top |
| Squash | Soft lemon fizzy drink |
| Suss | Investigate/explore |
| Takeaway | Takeout (usually fast food) |
| Thongs | Flip flops |
| Tights | Pantyhose |
| Togs | Swimsuits |
| Toilets | Restrooms |
| Torch | Flashlight |
| Trousers | Pants, slacks |
| Uni | University |
| Skivvy | Undershirt |
| Sweet as | Awesome |
| Way out | Exit |
| Whinger/Whingeing | Complainer/complaining |
| Zebra crossing | Pedestrian crossing |
| Zed | Z |

* Quick lesson in 'rhyming slang': 'Yankee' is shortened to 'Yank' which rhymes with 'tank', which becomes 'septic tank' or 'seppo' for short. Some other rhyming slang are: 'china' means 'mate' ('china plate' rhymes with 'mate')

The list goes on and on. You will enjoy adding your favorites.

APPENDIX II: Transfer Credit Policy

The Center for Global Study and Engagement Dickinson College

Credit Policies for Academic Year & Semester CGSE Programs

General Policies for All CGSE Programs:

- Dickinson students who have been granted permission to study off-campus must take a **normal full load of classes** as defined by their program or host institution.
- Only **liberal arts classes** will qualify for transfer credit.
- Generally speaking, courses must have an equivalent at Dickinson. Exceptions include classes that focus on the culture and/or history of the country in which a student is studying.
- Transfer credit will not be awarded for coursework that duplicates what a student has already completed at Dickinson.
- Transfer credit is awarded only for classes in which a student earns a grade of “C” or better. However, *all* courses for which a student has registered will appear on the transcript, along with the corresponding grades.
- Grades for courses taken at a cooperating institution (including all non-Dickinson programs) are recorded on the transcript, but are not included in the GPA (see exceptions for Dickinson and Dickinson Partner Programs below).

Specific Policies for Dickinson and Dickinson Partner Programs:

- Dickinson students enrolled in a Dickinson or Dickinson Partner Program abroad may receive up to a maximum of 4.5 course credits for one semester.
- Some programs require a separate pre-program orientation course that may yield an additional credit (please consult your program-specific handbook for more information).
- Please note that not all programs will provide half courses (.5 credit).
- To take more than 4.5 credits per semester, a student must petition Brian Brubaker, Director of Study Abroad. In the Director’s absence, students may also address their petitions to the Associate Provost and Executive Director of CGSE. **If a student registers for more than the maximum credits allowed without permission of the Center for Global Study and Engagement, the course credit will not transfer.** Students will also be responsible for any additional fees for doing this.
- Grades for Dickinson courses taught at Dickinson Centers (i.e., courses approved by the Academic Program and Standards Committee and taught by faculty approved by the Faculty Personnel Committee) are included in the GPA, *regardless* of the grade earned.
- The following courses taken at cooperating institutions have been approved as “Dickinson courses” by the appropriate academic departments. Letter grades earned will be included in the GPA for:
 - University of East Anglia (Norwich) courses in English, American studies, economics, fine arts, theatre, music, history, philosophy, and religion. Courses in sociology except for core courses 240, 241, and 330/331, for which pre-approval is required.
 - University of East Anglia (Norwich) courses in biology, chemistry, environmental science, environmental studies, geology, mathematics, and computer science.
 - University of Queensland courses in Psychology
 - All courses taken through the School for Field Studies.

- All courses taken at the Intercollegiate Center for Classical Studies (ICCS) in Rome, Italy.

Upon return to Dickinson, students must complete an *Enrollment in Another Institution Form*. **Seniors are required to submit this form prior to the course request period for their last semester. If the form is not in the Registrar's Office by that time, the student will not be permitted to participate in the course request period.** Please note that this form is required **only** when a student is seeking major, minor, or distribution credit for coursework completed at a cooperating university or through the Dickinson in Yaoundé program. The form is *not* required for Dickinson Center courses, or for courses at a cooperating university for which a student is seeking only general credit. After obtaining the required signatures, the student should bring the form to the Center for Global Study and Engagement. The form will then be forwarded to the Registrar's Office.

Specific Policies for Non-Dickinson Programs:

- Dickinson students enrolled in a non-Dickinson program may receive up to a maximum of 4 course credits for one semester.
- To take more than 4 credits per semester, a student must petition Carla Maranto-Arnold, Study Abroad Coordinator. In the Study Abroad Coordinator's absence, students may also address their petitions to the Associate Provost and Executive Director of CGSE. **If a student registers for more than the maximum credits allowed without the permission of the Center for Global Study and Engagement, the course credit will not transfer.**

Upon return to the Dickinson, students must complete an *Enrollment in Another Institution Form*. **Seniors are required to submit this form prior to the course request period for their last semester. If the form is not in the Registrar's Office by that time, the student will not be permitted to participate in the course request period.** Please note that this form is required whether a student is seeking major, minor, distribution, or general credit. After obtaining the required signatures, the student should bring the form to the Center for Global Study and Engagement for approval by the Study Abroad Coordinator. The form will then be forwarded to the Registrar's Office. Students should work directly with their host program to ensure that an official transcript is sent to the Registrar's Office as soon as possible after the program has ended.

What to Do Before Studying Off-Campus:

Dickinson College does not formally pre-approve courses for transfer. However, students should thoroughly discuss their off-campus plans with their academic advisor(s) prior to leaving Carlisle. Students should talk with their advisor(s) about what may or may not fulfill Dickinson transfer credit requirements, specifically which courses taken off-campus may fulfill major, minor, or distribution requirements. In some cases, conversations with appropriate department chairs may also be helpful. Some departments on campus may require extra work, especially for advanced-level credit. It is the student's responsibility to inquire about any extra work required. CGSE staff are available to answer general questions about transfer credit policies.

What to Do While Off-Campus:

Students should maintain e-mail contact with their academic advisor(s) while abroad, especially during the first weeks of the semester when they are in the process of finalizing course schedules. **To document coursework at cooperating institutions, students should keep a portfolio for each course, including a syllabus, reading list, completed projects, written work, examinations, journals, etc.**

APPENDIX III: MEMO ON HEALTH INSURANCE

MEMORANDUM

From: The Center for Global Study and Engagement

Subject: Primary Health and Accident Insurance Information

Students who are covered by the on-campus Dickinson Student Health Insurance are covered overseas by this policy. While it satisfies the minimum requirement for primary health and accident insurance for our students on overseas programs, you are advised to examine the policy to see if the coverage meets your specific needs.

All participants are billed for Dickinson student health insurance. Follow the directions for “waiving out” of the Dickinson student health insurance if you plan to rely on a family policy. Information on waiving out can be found at: <http://www.dickinson.edu/student-life/resources/health-center/content/Insurance/>

Students, who wish to “waive out” of this coverage and be covered instead by their family health insurance policy, will find helpful information about evaluating health insurance in the *Health Insurance* section of their handbook. Your policy must cover you **overseas** and **for the duration of your stay**.

Like Dickinson students, guest students attending Dickinson programs from other colleges and universities must also have primary health and accident insurance coverage. Non-Dickinson students **do not** have the option of purchasing Dickinson student health insurance.

APPENDIX IV: Supplemental Travel Insurance

(This policy is subject to change)

Emergency Travel Assistance Program and Supplemental Travel Accident and Medical Insurance

Under the auspices of the ACE American Insurance Company (A Stock Company), Dickinson College provides world-wide travel assistance services and travel medical emergency insurance to persons acting officially for the College (e.g., program directors, trustees, faculty, administrators, academic professionals, staff, or students).

Afforded under the world-wide travel services are the following: Pre-departure Services such as information on immunization requirements, passport and visa requirements and Overseas Assistance such as telephone advice about lost baggage or passport, emergency cash service, assistance during a medical emergency, emergency legal advice-assistance, and emergency message service. For further information, consult the "Travel Assistance Program" brochure available from the Office of the Vice President for Campus Operations. For travel service assistance in the U.S. (or Canada), call 888-293-9229. If outside the U.S., call 001-610-293-9229

Also provided is world-wide travel medical and emergency insurance which includes: up to \$50,000 for accidental death & dismemberment, up to \$50,000 for all medical expense benefits, up to 100%* of usual and customary charges for emergency medical evacuation and repatriation of remains. *Note:* This insurance coverage (ACE policy #GLM N0 48 49 06 1R) is effective ONLY AFTER the person has left the United States. For a complete schedule of benefits, deductibles, and policy limitations and/or exclusions, please consult with the Office of the Vice President for Campus Operations.

To process an insurance claim: a) written notice of the claim must be sent to the Company (ACE) within twenty (20) days after the occurrence or commencement of any loss covered by the policy; b) the Company, upon receipt of the claim, will furnish the appropriate forms to the claimant(s); c) written proof of the loss must accompany any claim; d) payment of the claim will be made to the claimant(s) or to a beneficiary.

Contact Address: Office of the Vice President for Campus Operations, Dickinson College, P. O. Box 1773, Carlisle Pa 17013-2896. Telephone 717-245-1943; FAX 717-245-1903;

* These benefits apply only after all other valid and collectible insurance benefits are exhausted and are subject to policy limitations and/or exclusions.

September 2009

APPENDIX V: HEALTH ISSUES WHILE TRAVELING

HEALTH ISSUES WHILE TRAVELING

Mary Arthur, C.R.N.P., M.P.A., Director, Student Health Services

Travel Clinics

| | | |
|---|--|---|
| Carlisle Travel Clinic Carlisle Internal Medicine 11 Sprint Drive, Suite C Carlisle, PA 17015 Phone: 717-245-9765 | Holy Spirit Travel Health Program Holy Spirit Hospital 503 North 21 st Street Camp Hill, PA 17011 Phone: 717-972-4351 | Hershey Medical Center Clinic Phone: 717-972-4222 Phone: 1-800-243-1455 |
|---|--|---|

Internet Resources:

<http://www.cdc.gov/travel/index.htm><http://www.travelhealth.com>

Prior to traveling

Check the CDC web site to get information on the country you are going to. Read about any epidemics or outbreak in progress. Read about water and food precautions. The CDC site will also give you the immunizations you need to be up to date along with any additional vaccinations needed for that specific country. Some vaccinations need to be given weeks before departure, so don't wait, make an appointment as soon as you know where you will be going, so that any needed vaccines may be given in the appropriate time frame.

Immunization

All the following immunizations should be up to date:

- Measles, mumps, and rubella (MMR)
- Tetanus and Diphtheria (Td) - within the past 10 years or 5 years if you will be doing work outside around soil or potentially rusted material
- Hepatitis B (series of three shots)
- Polio

For persons who have received a complete series of polio vaccine, an additional single dose of vaccine should be received by persons 18 years of age and older traveling to the developing countries of Africa, Asia (East and Southeast), and Middle East, and the Indian subcontinent, and the majority of the new independent states of the former Soviet Union.

Additional immunizations are recommended for those over 65 or anyone at high risk such as asthmatics, or immuno-compromised people (HIV, long-term steroid use due to organ transplant, chemotherapy treatments, etc.). They are:

- Influenza (flu) vaccine (seasonal and H1N1)
- Pneumococcal vaccine

Malaria

Medication for Malaria must be taken before, during and after your trip to be effective. Expose as little skin as possible during your trip to areas where malaria is prevalent.

****THERE MAY BE ADDITIONAL VACCINES THAT ARE SITE SPECIFIC, SO
CHECK THE CDC WEB SITE****

Medications

If you are taking prescription medication you should keep the medication in its original container from the pharmacy which will have your name, the medication name, dose, and the name of the health care practitioner who prescribed the medication. Do not transfer any medication into any unmarked container. You should also have a written letter or prescription from your physician also verifying this medication was prescribed by a license practitioner and is necessary for medical reasons. You should calculate the amount of medication you will need while you are away, and bring enough so you do not run out.

Food and Water

The number one cause of illness in travelers is from food and waterborne diseases. Diseases from food and water can cause diarrhea, vomiting, fever and liver disease (hepatitis). Tips on how to stay healthy when abroad can be found on the CDC site.

Some suggestions include:

- Drink only bottled water, boiled water or carbonated drinks in cans or bottles
- Eat only thoroughly cooked food or fruits and vegetables you have peeled yourself
- Don't eat food purchased from street vendors
- Don't drink beverages with ice
- Don't eat dairy products unless you know they have been pasteurized
- Don't handle animals especially monkeys, dogs, and cats
- Don't brush your teeth with tap water

Items to take on your program

- Over the counter anti-diarrhea medicines such as Pepto-Bismol, or Imodium. Stronger prescription medications may make your condition worse.
- Iodine tablets and water filters to purify water
- Sunblock, sunglasses, hat

Common Sense

- Automobile accidents account for fifty percent of fatalities and medical evacuations
- Wear seat belts
- Don't drive OR SWIM drunk
- Do not walk on dark roadways at night
- Look both ways several times before crossing the street. Many countries drive on the opposite side of the road from the US, and students have been hit because they look one way only due to habit, and step into the path of an oncoming car.

Other Points

- Make sure you will have health insurance while abroad. Call your insurance carrier to find out procedure for obtaining care while outside the U.S., and get it in writing.
- Diabetics need to know country's regulations on needles.
- TB screening after returning is a good idea. This can be done at the Health Center.
- Certain countries require HIV testing prior to entry.
- Some antibiotics may cause oral contraceptives to be less effective. Always use a backup method if you have to be on an antibiotic.
- Emergency contraception (ECP) and birth control pills may be illegal in some Islamic countries. If the country allows it and there is even a remote possibility you will be sexually active, women should take ECP's with them. Please call the Health Center to ask about this.
- In Tropical areas don't walk around barefoot. Spray yourself and cloths with DEET or similar anti-bug spray, and cover skin completely with clothes. Wear hat.

APPENDIX VI: Student Agreement Form

In consideration of my selection for participation in a Dickinson College Study Abroad and/or Domestic Off-Campus Program, I hereby agree to the following conditions of responsibility:

1. I acknowledged that Dickinson College study abroad and domestic off-campus programs represent the broad values of liberal education and bonds between cultures. As a guest in a host country or with a host family, I will strive to understand and respect norms of conduct and patterns of the host culture. I agree to represent the College responsibly and to abide by dress and cultural codes suitable to the cultures visited.
 2. I agree to abide by all policies and regulations of the host institution/Program and/or the regulations of the Dickinson Center I may be attending. I understand that as a participant in a study abroad or domestic off-campus program I remain enrolled at the College and will continue to abide by all College policies, rules, or regulations outlined in the *Student Handbook*. I understand that the College has the right to, and will, withdraw me from the program at any time if, in the judgment of the Associate Provost of the Center for Global Study and Engagement, on the advice of the Program Director, I have violated such policies, rules or regulations, or have engaged in disruptive behavior, academic infractions, or conduct which could bring the program into disrepute or disrupt the operation of the program. I agree, specifically, that I will have no involvement with illegal drugs, will not engage in illegal or abusive use of alcohol, and will participate in all classes and scheduled activities. I agree further that a decision to withdraw me from the program is final and that I am not entitled to any refund.
 3. I further agree that the College may withdraw me from the program and send me home at any time during the program at my expense if the College determines that my continued participation in the program will adversely affect my health, safety, or welfare, or the health, safety, welfare, or enjoyment of the program by others. I agree further that a decision to withdraw me from the program is final and that I am not entitled to any refund.
 4. I understand that the procedures outlined in this section for dealing with discipline and well-being are different than those outlined in the *Student Handbook*, and I agree that the procedures outlined in this agreement shall apply while I am a participant in a study abroad or domestic off-campus program. Further, I understand that a determination made by the Associate Provost of Global Education may be the basis for further disciplinary action by the College, in addition to causing my withdrawal from the program.
 5. I understand and agree that in order to be assessed and receive credit for academic work completed while studying off campus, I must participate fully in the program. I also recognize that I am expected to complete the entire program and may forfeit credit should I choose to arrive after the program begins or leave the program early without the prior consent of the Program Director, the host institution, and the Center for Global Study and Engagement.
-
6. I agree to indemnify and hold the College harmless from and against all claims and actions for property damage or personal injury sustained by me or any other person or entity, which arise out of my participation in the program, including but not limited to, violations of the policies and regulations of the host institution, violations of the policies, rules and regulations of Dickinson College, violations of law, and/or which are due to my sole or concurrent negligence with the College.
 7. I, on behalf of myself, my heirs and personal representatives, hereby release Dickinson College and any cooperating institution and each of their officers, employees, successors and agents from any and all claims and causes of action for inconvenience, damage to or loss of property, medical or hospital care, personal illness or injury or death arising out of my participation in the study abroad program and/or travel or activity conducted by or under the control of Dickinson College or any cooperating institution.
 8. I understand and acknowledge that there are risks and delays common to travel abroad and that there may be special health risks associated with living and studying in the country or area I have chosen. I understand that I

have a responsibility to exercise due caution in my behavior while in the program and agree further that I am personally responsible for obtaining adequate health insurance, health information, instruction, immunizations, and prophylactic medications appropriate to my study abroad program.

9. I have read and understand the refund policies of Dickinson College as outlined in the program orientation handbook published by the Center for Global Study and Engagement, and I understand that the application fee and confirmation payments are non-refundable.

10. I understand and agree that I will provide all completed materials, forms, and payments by the due dates specified and recognize that failure to do this may result in either added costs or in my being withdrawn from the program. Further, I have read or will read and understand all general information provided on this program by the Center for Global Study and Engagement, and will attend and participate in all orientation meetings and other pre-departure briefings.

11. This agreement shall be construed in accordance with the substantive laws of Pennsylvania without regard for its conflicts of laws provisions. The Courts of the Commonwealth of Pennsylvania, Cumberland County, or the United States District Court for the Middle District of Pennsylvania shall have exclusive jurisdiction over any issue or dispute arising under or out of this agreement. Still further, each of the undersigned individuals hereby consents and submits to the personal jurisdictions of the courts set forth in this provision and waivers any challenge to the venue or jurisdiction of such courts over them.

12. I grant permission to the Center for Global Study and Engagement to request on my behalf an official or unofficial transcript from the Registrar's Office at Dickinson College for the purpose of reviewing my GPA or to send the transcript directly to which I am applying. If I am from another school or have a transcript through another school, it is my responsibility to request a transcript with current information to be sent to the Center for Global Study and Engagement.

13. I grant permission to the Center for Global Study and Engagement to release my name and contact information to fellow program participants and to future students interested in applying to study off-campus.

14. In the event of a medical or mental health care situation while I am abroad, I give Dickinson my permission to contact and consult with any or all of the health care professionals I list on the Medical Background questionnaire, that will be requested of me after I have been accepted, without further consent in order to assess my ongoing ability to participate successfully in the program.

I have read and agreed to the above:

Participant signature: _____ **Date:** _____

Program: _____

APPENDIX VII: Refund Policy for Off-Campus Programs

Refund Policy for Early Withdrawal From Dickinson-Sponsored and Dickinson-Partner Programs (Semester/Academic Year) Administered by the Center for Global Study and Engagement

A student's date of withdrawal is determined by one of the following:

- 1) The date the student notifies CGSE in writing of his/her decision to withdraw, or
- 2) The date the student is officially dismissed from the program by the Center for Global Study and Engagement, or
- 3) If a student leaves the program without notifying the Center for Global Study and Engagement, the date of withdrawal is determined by either: the mid-point of the semester or the student's last documented attendance at an academically-related activity, whichever is later.

A student who withdraws 61 days or more prior to the begin date of the Semester/Academic Year Program will receive a 100% refund, less the non-refundable confirmation payment.

A student who withdraws during the 61 days prior to the begin date of the Semester/Academic Year Program will receive a 95% refund of the Program Fee less the non-refundable confirmation payment.

A student who withdraws after the program starts will forfeit the non-refundable confirmation fee and 5% of the Semester Program Fee. Refund of the remaining Semester Program Fee will be determined on a daily pro-rata basis until 60% of the semester has been completed. No refunds will be calculated after 60% of the semester has elapsed. Weekends are included in counted days, except when part of a scheduled period of non-attendance of five days or more, such as spring break.

For example, if a semester includes 110 days from the start date through the end date and a student withdraws on the 50th day, the College will retain the \$300 confirmation payment, 5% of the semester fee and a pro-rate portion of the remaining fee.

$$\begin{array}{r}
 (\$ 300) \\
 (5\% \times 26,705) \\
 \underline{(50/110 \times (26,705-300-1335.25))} \\
 \text{Total retained by Dickinson} = \$11,530.55*
 \end{array}$$

*based on 2011-12 amounts

In all cases, Dickinson also retains the right to deduct non-recoverable costs from any applicable refund. For students receiving Financial Aid, please see the "Financial Aid Refunds" section below.

Financial Aid Refunds

For students receiving Financial Aid, the financial aid refund rules apply as stated in the Dickinson College Bulletin under the Dickinson College Refund Policy. It is important to understand that, since the financial aid refund and the refund to the student's account are calculated using different methods, the refund to the student account may not fully cover the required refund to the financial aid programs, and the student may end up owing funds to the college after the refund to the financial aid programs has been made.

**Refund Policy for Emergency Cancellation
Dickinson College Semester/Academic Year Programs
Administered by the Center for Global Study and Engagement**

All decisions concerning the cancellation (or required modification) of a College program will be made by the Center for Global Study and Engagement in consultation with responsible authorities on campus and overseas. These decisions will be based on, but not limited to, State Department warnings.

In the unlikely event of an emergency program cancellation, every effort will be made to accommodate the academic needs of program participants by offering an alternative to enable students to complete their course work. For example, one possible alternative for Semester/Academic Year programs would be to offer suitable coursework on-campus during the summer.

Students whose program is cancelled prior to the begin date will receive a full refund of the Program Fee, including the confirmation payment.

If a program is cancelled after it starts and an alternative for credit completion is offered, no refund will be given.

If a program is cancelled after it starts and an alternative credit completion is NOT offered, the student will receive a full refund including the confirmation payment.

APPENDIX VIII: AUSTRALIAN CULTURE CLASS INFORMATION

All students are required to take an Australian Culture class. Luckily, there are a variety of classes offered for all types of interests. Aboriginal and Australian courses are taught in almost all departments, including the Australia Studies department, and you should pick one that is related to your interests.

There are Aboriginal Art classes, Aboriginal History classes, Australian Pre-history classes, Australian Political Science classes, Australian Music, Australian Literature, Australian Sociology courses, etc.

Find one that you want to take. We don't require you to take any particular course. You may find that there is a class that fits in better with your major or other distribution requirements (for example if you still need a Comparative Civilization class!).

Below are some examples of courses that are both an Australian Cultures class and a Comparative Civilization credit. **Please check online if these are offered during your semester.**

ABTS1000 Aboriginal & Torres Strait Islander Perspectives

Survey of major themes in Aboriginal & Torres Strait Island Studies from an Aboriginal & Torres Strait Island perspective. Thorough introduction to various government departments & agencies involved in Aboriginal & Torres Strait Island affairs.

ANTH 1010 The Anthropology of Aboriginal Australia: An Introduction

Position of Aborigines pre-contact & today; investigation of such topics as white Aboriginal attitudes, traditional life, history of contact, government agencies, typology of Aboriginal social systems, social issue & modernization.

If you have any questions, please contact Marlena Meikrantz.

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