



Pre-departure Orientation Handbook

For

Students Studying Abroad

2015 - 2016 Edition



Got Jet?

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Emergency Procedures

Keep this page with travel documents!

We expect that your study abroad adventure will be a productive, enjoyable and safe experience. However, emergencies do occur, so it's best to handle them effectively. Here are resources to consider in the event of problems. Always inform your family and Evergreen during serious emergencies. When contacting Evergreen, always provide your **name, ID number, phone number, email, specific location, and the type of emergency and help you need.**

Useful Contacts

Add phone numbers to your cell phone.

Evergreen Police Services	policeservices@evergreen.edu	360-867-6140	Available 24/7
Evergreen International Programs	clifthom@evergreen.edu	360-867-6421	M-F 8-5
Evergreen Sexual Assault Prevention	http://www.evergreen.edu/violenceprevention/resources	360-867-5221	
911 Emergency Numbers by Country	www.travel.state.gov/content/dam/students-abroad/pdfs/911_ABROAD.pdf		
US State Department - Emergencies	www.travel.state.gov/content/passports/English/emergencies/html		
US State Department - Emergencies	202-501-4444 from overseas or 1-888-407-4747 from in the US.		
US State Department - Students	www.studentsabroad.state.gov		
US Center for Disease Control	wwwnc.cdc.gov/travel/page/getting-health-care-abroad		
Medical Resources for Travelers	http://www.iamat.org/medical-directory or webmd.com		
ISIC Card Contacts	www.myisic.com or call collect to 202-974-6480 (24/7 service worldwide)		
Money Transfers	www.moneygram.com or www.westernunion.com		
Embassy or Consulate	www.usembassy.gov (see "US Citizen Services" on country-specific embassy page)		

Victim of Crime

Contact US Embassy for resources.
Report event to local authorities. Obtain report.
Report event to local program provider.
Seek medical attention, if needed.
Inform family and Evergreen.

Natural Disaster, War, and Terrorist Events

Follow directives of local authorities regarding safety.
Contact US Embassy for directives.
Seek medical attention, as needed.
In case of war, evacuate to nearest airport as directed.
Contact family and Evergreen.

Loss or Theft of ATM or Credit Cards

Report loss to your bank and credit card agencies.
Visa: call collect at 1-303-967-1096
Mastercard: call collect at 1-636-722-7111
American Express: call 1-336-393-1111
Report event to local authorities. Obtain report.
Report event to local program provider
Inform family and Evergreen.

Sexual Assault

Learn the local words for "fire," "help," and "rape."
After an assault, get to a safe place.
Consider medical attention at this time, but evidence **must be preserved** if you want to report to police:
a. Do not shower or clean up.
b. Keep all soiled clothes in a paper bag, not plastic.
c. Do not brush hair.
d. Do not use the toilet.
e. Do not brush teeth or use mouthwash.
f. Do not eat or drink anything.
g. Do not clean up a crime scene.
h. If you think date rape drugs were involved, get tested.
Write down as many details of the event as you can.
Know that police support for survivors varies around the world, especially if they think it was a date, or drugs or alcohol were involved. Focus your report on the assault.
Seek out counseling support through Evergreen, the US Embassy referral resources, local sexual assault centers, Safeplace in Olympia, etc.
Contact Evergreen's Office of Sexual Assault Prevention:
360-867-5221

Loss or Theft of Passport

Report event to local authorities. Obtain report.
Contact US Embassy for replacement.
Fill out this form:
www.state.gov/documents/organization/212245.pdf
Maintain scanned copies in email, in case.
Keep paper copies in separate locations.

Arrest

Cooperate calmly with the authorities.
Contact the US Embassy **first** for resources.
Inform family and Evergreen

Accidents and Medical Events

Seek medical attention as needed.
Contact insurance provider regarding claims procedures.
If you have ISIC, call collect at 1-305-455-0307
Report accidents and assaults to police, as advised.
Obtain police reports as needed for documentation.
Contact family and Evergreen.

Evergreen Requirements

1. **All Students:** Evergreen requires the following:
 - a. Form: **Evergreen Enrollment Agreement and Travel Waiver**
 - b. Form: **Evergreen Student Health Review Form**
 - c. Document: **Proof of Medical Insurance** while studying abroad; attach copy to waiver.
 - d. Document: US State Department **Country Information Pages** for your destinations. Read and review this information, and be prepared to discuss it in your pre-departure meeting(s).
www.travel.state.gov/content/passports/english/country.html
 - e. Meeting: Attend a **Pre-departure Orientation Workshop**
www.evergreen.edu/studyabroad/workshops
- Contract Students** must also:
 - f. Form: Complete the **online contract process**, including all necessary documents and signatures: if applicable, Human Subjects Review, Facilities and Resource Clearance, or Subcontractor Approval; and if an internship, Field Supervisor Approval.
 - g. Meeting: Arrange a meeting with the **Dean of International Studies** for contract and waiver review and final approval. The Dean will collect the required Travel Waiver, Country Information Pages, and Health Review Form. Contact the Dean's office at 360-867-6810, deans@evergreen.edu, or in Library 2002.
- Faculty-Led Academic Program** students must also:
 - h. Form: Complete all **internal program documents** as needed, including **program covenants**.
 - i. Meeting: Attend all **internal pre-departure meetings** as required.
- Consortium Program** students must also:
 - j. Form: Complete the **Evergreen Preliminary Application for Consortium Study Abroad**
 - k. Form: Complete the **Evergreen Cost of Enrollment & Terms and Conditions Agreement**
 - l. Fee: Pay a **\$400 Consortium Concurrent Enrollment Fee** to Evergreen for each consortium term. This will be charged to your student account automatically upon registration.
- Exchange Program** students must also:
 - m. Form: Complete the **Application for Evergreen Exchange Programs** in order to be considered.
 - n. Form: Selected students complete specific **Exchange University Forms** required for internal processes.
2. **Final Registration** for your mode of study abroad:
 - o. **Contract students:** After your final meeting with the Dean, you must log into your contract account and ACCEPT all conditions listed. Your contract will then register.
 - p. **Academic Program students** are already registered in their program.
 - q. **Consortium students** must submit completed materials to the Coordinator of International Programs before a CRN is provided for registration.
 - r. **Exchange Students:** Some will use the contract registration process, while others will register with a CRN. Check with the International Programs office regarding your specific program.
3. **FERPA Release Form: (OPTIONAL)** If you complete this, it will allow Evergreen offices to discuss your study plans with designated family or friends. Otherwise, Evergreen will not discuss your educational matters with outside callers. This form is located in your my.evergreen account, and must be turned in to Admissions. You can cancel this release at any time.

Planning

1. Study abroad happens through Evergreen **academic programs, individual learning and internship contracts, exchange programs, and approved partnering consortium programs.** Under certain conditions, students may also take a **leave of absence** from Evergreen and enroll independently in non-consortium, credit-bearing programs.
2. Consider opportunities for study abroad by using these **resources**:

www.evergreen.edu/studyabroad	www.iiepassport.org
www.goabroad.com	www.transitionsabroad.com
www.studyabroad.com	www.diversityabroad.com
www.gooverseas.com	www.idealists.org
3. **Sustainable Travel:** Many of us want to plan our travels with the lightest carbon footprint possible on the planet. There are many great ideas and organizations to support sustainability. Check out ideas and resources for this at
<http://www.transitionsabroad.com/listings/travel/responsible/resources.shtml>
4. Discuss your specific **study abroad plans** with the Coordinator of International Programs to understand the overall process, limitations, and financial aid options. Study abroad options, workshop, drop-in and appointment info is available at www.evergreen.edu/studyabroad. Realistically assess your plans in regard to **health matters, disabilities, and financial resources**. Enroll in **language study classes** as appropriate. **TIMELINE: 8-12 months in advance.**
5. Ensure that your destination country is not on the U.S. State Department **Travel Warning List**. With limited exceptions, study abroad is **NOT** approved in countries on the list. Consult with the Academic Dean of International Study.
http://www.travel.state.gov/travel/cis_pa_tw/tw/tw_1764.html
TIMELINE: Check periodically; countries are added and dropped.
6. Complete any required **application paperwork** and pay related **fees and deposits** by the stated deadlines.
TIMELINE: Varies. Application deadlines for academic study are often 6-9 months in advance. Language programs often remain open until filled.
7. Attend all required **pre-departure meetings** connected to your study abroad program.

Travel Documents and Arrangements

1. Make sure you have a valid **passport**. Existing passports must be valid 6 months beyond your expected departure from the destination country. You can get passport photos on campus at **Photoland**, at the US Post Office on Jefferson St., local drugstores, UPS Stores, and many other places. Start the application process and see fees online at www.travel.state.gov/passport. Turn in your application packet to the US Post Office at 900 Jefferson St, Olympia.
TIMELINE: 3-6 months in advance to avoid last-minute fees for an expedited process.
2. Determine the kind of **entry visa** you will need for the country you are visiting. Either you will apply for and receive it before you leave, obtain it at the destination airport upon arrival, or you may not need one at all. However, in all cases there are limits on how long you can stay in the country. Check

entry/exit requirements at the U.S. State Department's Country Information Pages, where you can also find links to embassy sites. For some countries, negative HIV tests or background checks are required as part of visa applications. Students planning to study in **Europe** must be aware of the limitations imposed by the **Schengen Agreement**. Non-US citizens should consult with an advisor about their travel plans. **TIMELINE: Check the rules 6 months in advance. Apply for visas 4-6 weeks before your flight out, or per embassy rules.**

3. Research **air ticket** costs. Use sites like www.kayak.com, www.studentuniverse.com, www.momondo.com, www.skyscanner.com, www.adioso.com, or others to compare prices. Then check the airlines sites directly since they sometimes have even cheaper offers. Airlines often set new sale prices on Tue-Wed-Thu each week. Note: You usually cannot book return dates if more than one year out. Consider purchasing **trip cancellation insurance**, www.travelguard.com or others, and/or tickets that allow changes. This is also a good time to research **Rail Pass** programs at www.railpass.com. **TIMELINE: 2 weeks to 4 months in advance. Prices go up significantly if buying less than 14 days before departure.**

Financial Planning

1. Be clear on the costs of your study abroad plans. **Use the Budgeting Form** to account for Evergreen tuition and fees, outside provider tuition and fees, housing costs, meals, travel costs, books and materials, passports and visas, medical exams and immunizations, required insurance, museum admissions fees, and so on.
2. Your **Financial Aid Package** may be re-evaluated to account for the extra costs of study abroad, and often results in additional loan monies being available. You must submit the **Additional Academic Expenses Form** along with a cover letter explaining your revised budget and documentation of major costs. **TIMELINE: Apply 6-8 weeks before the quarter you plan to study abroad.**
3. Explore **scholarship options** well in advance. If you receive the Pell Grant, apply for the Gilman Scholarship: www.iie.org/gilman. You can explore other options at www.studyabroadfunding.org or on the Evergreen study abroad site. **TIMELINE: Deadlines are usually March 1 for fall study and October 1 for winter/spring study.**
4. **Fundraising Websites:** Check out www.gofundme.com, www.life.indiegogo.com, www.youcaring.com, or similar websites to set up individual systems for raising funds for your plan.
5. **Students who are Veterans:** Unfortunately, your VA college benefits are capped based on standard expenses at Evergreen, so additional VA monies are not available for the purpose of study abroad. There may be other options such as Financial Aid loans or other scholarships to support your study abroad plans.

Housing and Homestays

A lot of housing arrangements are taken care of by the program, language school, or organization that you are connecting with overseas. In other cases you must make your own housing plans for part or all of your time overseas. Here are some tips and resources:

1. **Study abroad search sites almost always have an Accommodations link.** Make good use of these: www.transitionsabroad.com, www.goabroad.com, www.studyabroad.com, www.iiepassport.org and others.
2. **Plan in advance if you will use hostels or B&B's**, and acquire youth hostel cards as needed. www.bootsnall.com, www.hihostels.com, www.hostels.com, www.hostelworld.com, en.wikipedia.org/wiki/Hostel
3. **More of a business professional focus**, but lots of useful info at www.escapeartist.com
4. **Consider, with caution, home hospitality options.** www.airbnb.com, www.wimdu.com, www.couchsurfing.org, www.hospitalityclub.org.
5. Use embassy websites to connect to **tourism-related accommodation options**.
6. **Camping?** www.itravelnet.com/directories/camping.html, www.camptheworld.com.
7. In any kind of Personal Preference Housing Forms you are given, **identify the most important factors to you in your housing or roommate preferences**. Be willing to be flexible in some areas, but be honest and straightforward about other critical needs.
8. **Students with mobility concerns** should inform providers of their specific needs, such as ground floor housing, proximity to school or services, wheelchair access, etc. Consult with Access Services at Evergreen, at 360-897-6348, LIB 2153, www.evergreen.edu/access. Also check resources offered by Mobility International, whose mission is to support students with disabilities who want to study abroad. www.miusa.org.
9. **LGBT students** may want to inquire about **LGBT-friendly homestays or housing** options with providers.
10. If you have a roommate, talk early and often about needs and boundaries. **Learning to live amiably with a new roommate** is part of the overall experience.

TIMELINE: 3-6 months in advance for good housing planning.

Travel Health and Insurance

1. Completing an **Evergreen Student Health Review** form is part of the required preparation process.
2. Students are **required to have proof of medical insurance while studying abroad**. A good site for understanding the big picture on insurance overseas is here: <http://www.transitionsabroad.com/listings/living/resources/healthandsafety.shtml>

TIMELINE: 3-4 weeks before departure.

Options include, but aren't limited to:

- a. **Low-Cost Options:** (Understand that *inexpensive* means basic coverage and other limitations or restrictions.)
1. **ISIC card:** \$25 for one year of travel accident and illness coverage. <https://www.myisic.com/isic-card/> Cheap, easy, decent but limited coverage. Includes emergency evacuation coverage. If you have other insurance, ISIC is secondary and supplemental. Often provides student discounts when overseas. Comes with a Mastercard logo so you can add money and use it as a declining balance card/debit card.
2. **i-Next:** available at <https://www.inext.com/plans/> Supplemental and broader plans begin at \$39. Up to \$300,000 for medical evacuation.
- b. **Study Abroad Medical Plans:** Many companies sell medical insurance. Prices vary according to time overseas. Good plans, tailored to study abroad needs, usually include emergency evacuation coverage and other useful benefits not available through the basic coverage. Look into www.worldnomads.com, www.healthisinternational.com, and www.asaincor.com.
- c. **Existing Medical Insurance:** If you are already covered by insurance, verify that you will be covered while overseas and how the process works. If you have WA Apple Health, you are **not covered** outside the U.S. Domestic plans often do **not include** emergency evacuation from other countries, and you must often pay up front first and be reimbursed later. Carry a reproducible claim form from your provider in order to obtain doctor's signatures, usually required for reimbursement.
- d. **Consortium Programs:** Some consortium programs, but not all, include insurance coverage as part of your program costs. Check the details with your program. Print out written evidence.
3. Determine well in advance if you need **immunizations**. For safety purposes you may need to get updates on standard immunizations in the US, or get recommended and/or required immunizations for your destination. For entry to other countries, you may need to show **proof of immunization** for certain serious diseases, such as yellow fever. Check the CDC website: wwwn.cdc.gov/travel, for your destination and travel regions. As a student, you can get most of your travel immunizations through the campus **Health Center** at reasonable cost, but you must plan ahead of time. **TIMELINE: 4 months in advance.**
4. Have **medical, dental and optical exams** as needed prior to leaving the country. Discuss any needed **prescriptions** for while you are abroad, making sure to inquire about a back-up supply. If taking paper prescriptions, ask your doctor to use generic names for medications, not brand names. **TIMELINE: 2-3 months before departure.**
5. **HIV-positive status:** Understand that certain countries require HIV-negative test results in order to get a visa, or have restrictions on entry, and that treatment and access to needed services may be limited or non-existent. Refer to this site for more information: **The Body: Traveling When You're HIV Positive:** www.thebody.com/index/treat/oi_prev_travel.html?sa.
6. **Mental Health Issues:** **Consult with your doctor or counselor** or the Evergreen Counseling Center about study abroad plans, including discussion of **prescription medications** you plan to take with you. Acknowledge that **studying outside the US will increase stress**, not decrease it. Counseling and drug **therapy are often not available**. Program leaders cannot substitute as mental health counselors. Students planning to study abroad may be required to discuss a Management Plan for good mental health with an Evergreen Health and Counseling Center staff member.

7. **Disabilities:** Students with disabilities are highly encouraged to pursue study abroad opportunities. However, while Evergreen makes every reasonable effort to accommodate students with disabilities in domestic settings, it cannot assure accommodations within other countries. Certain study abroad situations may be extremely challenging for students with a given disability. Consult early with Evergreen Access Services (www.evergreen.edu/access), the International Office, your faculty, and external program providers. Students should also check out Mobility International at www.miusa.org, an organization dedicated to supporting students with disabilities in successful study abroad planning. www.sath.org, flyingwheelstravel.com.
8. **Take responsibility for your physical and psychological health needs while abroad.** You know your health situation best and need to assess your needs honestly, including whether you should study abroad or not at this time. **Research** how to meet those needs in an unfamiliar foreign setting by consulting with your doctor, the Health Center, the Counseling Center, the International Office, the Access Services Office, public health departments, the Center for Disease Control, the State Department Travel site, and other resources.

Final Stretch Details

During the final **4 weeks before departure**:

Documents

1. Make **3 copies** of all important documents. Leave one at home; put others in various places in your luggage. We highly recommend that you **scan your documents** and send them as attachments to your own and your parents' e-mail accounts for safe electronic keeping. Include scan of passports, visas, immunization records, insurance cards, air tickets, travel itinerary, etc. Consider the need for a **certified copy of your passport** if going to countries where hotels are supposed to collect passports from guests. A certified copy may be acceptable.
2. Register your plans with the U.S. State Department **Smart Traveler Program** at: step.state.gov and receive regular advisory updates.
3. Gather together any **health insurance, travel accident and illness insurance, trip cancellation insurance cards and other documents** you may need. Bring paper or electronic **insurance claim forms** with you. You often need to get doctor signatures to file claims. In some cases, you may need copies of **police reports** in order to file claims.

Money

4. If on financial aid, you can request a **Short Term Loan 21 days before the quarter starts** to buy tickets and other things, if needed: www.evergreen.edu/financialaid/shorttermloans.htm.
5. **Notify your bank** of your travel plans to avoid holds being placed on your account out of suspicion of fraudulent use of cards overseas. (If you are making larger-than-usual charges before you depart to purchase plane and train tickets etc., notify your bank earlier.) Make sure you can access ATMs overseas and understand what the fees are. **Ask your bank if they will waive any overseas fees** for your card. (Note: Charles Schwab has no ATM fees worldwide; also look into the Global ATM Alliance: en.wikipedia.org/wiki/Global_ATM_Alliance.) Review any needed PIN numbers. Have a plan for emergency cash or credit card use in case you need to quickly depart your destination unexpectedly.

6. Make a plan for **carrying money**. Purchase money belts or other security systems for valuables. Have separate locations for money on your person. Sew hidden pockets in clothing. Wear light pocketed shorts under heavier clothing. Some people prepare a “**mugger’s wallet**” with a bit of real cash and phony cards.
7. Obtain about **\$100 in the local currency** to be prepared in case of a late night arrival. Check out currency exchange rates at www.x-rates.com and familiarize yourself with local bills and coins.
8. Consider your need for **declining balance cards** as an option. Look into **Travelers Checks**, though they are much less popular these days. Learn about **wiring money** through www.moneygram.com or www.westernunion.com.

Travel

9. **Purchase air tickets and rail passes** at least 14 days before your departure date to get better prices.
10. Make final arrangements for **accommodations overseas** as needed, especially for your **first night** of arrival.
11. Assess your **packing list** according to needs, weather, local dress customs, health, etc. Plan your **luggage or backpack needs**, keeping domestic and **international airline limits** in mind. Travel as lightly as you can, but take what you need. Load and practice carrying your luggage for a reality check!
12. Look into obtaining an **International Driver’s License** at www.aaa.com/vacation/idpf.html.
13. Assess **communication needs**. Set up free online video calling, such as Skype, FaceTime, Google Video, Facebook Video Calling, etc., to communicate with people back home. Once you arrive at your destination, you may choose to purchase a prepaid phone for making local calls. Or you can look into purchasing an international phone plan or international calling card to use with your existing cell phone. Look into how to dial internationally at www.howtocallabroad.com. Take a paper copy of **emergency contacts** with you.
14. Research electrical current and purchase plug adapters and converters as needed: check your devices to see if they will work with either 110 (US) or 220 (many other countries) current. Research plug/outlet and voltage in your destination country at these three useful links:
www.worldstandards.eu/electricity/plugs-and-sockets
www.rei.com/learn/expert-advice/world-electricity-guide.html

Health

15. The Evergreen Student Health Center has **Travel Medical Kits** for sale. Consider assembling your own **personal medication kit** to include at least some of the following:

prescription medicines	band aids	water purification tablets
back-up prescription medicines	rubbing alcohol	antihistamines
contraceptives/condoms	sunscreen/aloe gel	salt tablets
menstrual supplies	anti-diarrhea meds	malaria meds
insect repellent	anti-nausea meds	pain meds: Aspirin, Ibuprofen
gauze and tape	hand sanitizer	dental supplies
anti-bacterial ointment	skin moisturizer	tweezers & safety pins
allergy meds	anti-fungal meds	motion sickness meds

vitamins & herbal meds
vitamin drink mixes (Airborne)

tissue packs
eye drops

acetaminophen/Tylenol
picture of your Mom...



16. **Prescriptions:** Keep them in original bottles.
Request them by generic prescription name, not by brand name.
Request an emergency back-up supply for critical meds in the event of loss or theft.
Do not plan on “thinning” your meds. Take an adequate supply and follow your doctor’s advice.
Do not plan on borrowing or lending prescription meds with other students.
Some countries are stricter. Check if your meds are restricted or need customs pre-approval.
Some countries are more liberal. Restricted items in the US may be available from an overseas pharmacist.
17. **Pre-existing Conditions:** Obtain a Medic Alert identifier at www.medicalert.org.
Disability: Consult with Evergreen Access Services, your faculty, or the International Programs Office with regard to any disabilities that may need accommodation. Mobility International www.miusa.org is a non-profit site whose mission is to assist students with disabilities to study abroad.
World Wide Medical Resources: Join IAMAT (free or by donation) International Association for Medical Assistance to Travelers at www.iamat.org. IAMAT membership provides access to an international network of doctors fluent in English, and care or consultation is priced at a set fee. IAMAT membership is NOT health insurance.
18. **Travel Diseases and Immunizations:** Learn all about what they are and how to protect yourself at this **U.S. Center for Disease Control Travelers Health** site: wwwnc.cdc.gov/travel. The **Evergreen Student Health Center** provides fee-based travel consultation services and immunizations during the academic year; contact at 360-867-6800, located in Seminar I 2110.

Evergreen

19. Request a **waiver of Health Center, Transit and WashPIRG fees** for any entire quarter you will not be on campus. Submit a letter of explanation to the Enrollment Services Office, next to Financial Aid, Library 1245. This can save you about \$139 or more per quarter.
20. If you live on campus, contact the **Residential and Dining Services Office** to inform them of your plans and seek a release from dormitory contracts.
21. Regularly review your **my.evergreen.edu** account. Make sure mailing and e-mail addresses are accurate. Check to see if you have any “holds” on your account which will prevent you from registering for future classes. Check your Evergreen e-mail account regularly for important messages from the college.
22. Take care of any **final administrative needs:** pre-departure meetings, travel waivers, health forms, consortium enrollment forms, financial aid steps, FERPA releases, student account bills, etc.
23. Make sure you are **properly registered** for your mode of study abroad: program, contract or consortium.
24. Will you **graduate from Evergreen while away** or when you return? Here’s the procedure: www.evergreen.edu/graduation/graduation-process.htm.
25. Will you need to **register for an upcoming quarter while away?** Make sure you know your registration date and time, and calculate what date and time that converts to in your destination. If

needed, provide a family member with your my.evergreen log-in information and the CRNs for the programs and courses you want to register for.

26. If you are travelling during Spring quarter, make sure to submit your annual Academic Statement draft by Thursday of Week 7 or earlier to avoid getting a hold on your account.

Being Away from the US

27. Determine your need for a **Limited Power of Attorney**. While away, you may need to assign a parent or other representative to sign legal documents or certain Alternative Loan checks on your behalf. The longer you are away, the more this is advisable. The UW Gallagher Law Library offers information at www.washingtonlawhelp.org/resource/questions-and-answers-on-powers-of-attorney.
28. **Register to vote absentee** if you'll be abroad during elections at www.fvap.gov.
29. Plan for any **tax filing obligations** you may have for federal and state taxes.
30. Plan for any **FAFSA applications** you need to submit in January or February.
31. Set up automatic electronic **bill payment** for rent, utilities, etc., or authorize someone to pay your bills for you.

Being Culturally Attuned and Informed

32. Assess need for **small gifts** to share with host families, children, or friends.
33. **Pack a guide book** for your destinations, such as *Rough Guides*, *Let's Go*, or *Lonely Planet*. Also, plan for any **language resources** you will need: dictionaries, books, translators, etc. Research **smartphone travel apps** (for example, Pocket Earth allows you to access maps and GPS offline for a small one-time fee).
34. **Inform yourself** as thoroughly as you can about your destination countries and cultures. Reflect on your role as an ambassador and good global citizen. Prepare to leave your comfort zone, surrender assumptions and embrace differences. Check resources listed on the Transitions Abroad website: www.transitionsabroad.com/listings/living/resources/country_information.shtml.
35. **"Ethical Traveler"** www.ethicaltraveler.org is a grassroots organization based out of Berkeley. They believe today's travelers are freelance ambassadors and have the ability to use their economic power to strengthen human rights and protect the environment. If you share similar values, check out their suggestions.
36. Read and consider: www1.cmc.edu/pages/faculty/alee/extra/American_values.html
37. Prepare yourself for **cultural adjustment issues** by checking out a great interactive website on the topic which was prepared by the University of the Pacific. This website offers great scenarios around cultural misunderstandings, faux pas, cultural advice and interactive self tests. www2.pacific.edu/sis/culture.

Travel Light – To Take or Not to Take?

Reality Check:

1. **You have to carry everything you pack**, not only to your destination, but home again. After you pack, carry it around the block to make sure it's manageable.

2. **Take what you justifiably need.** Simplify where you can. Obtain certain items at your destination. Less is better.
3. **Consider your options:** suitcases, backpacks, ship ahead? One or more? Large or small?
4. **Airlines have weight and size limits** on international checked bags, and nearly all airlines now have a **checked baggage fee**. Check your airline website for the details. It's not fun to be unpacking and repacking at the airport check-in counter.
5. **Use sturdy ID tags on the outside.** Place paper ID tags on the inside.
6. **Consider your need for Lost Luggage Insurance**, if it's not included in other services you have already purchased.

Packing Possibilities: Check out this site: www.travelite.org/?p=90

Clothing:	Take weight, weather, use, and cultural appropriateness into consideration. Layers...
Shorts:	At least one light pair with pockets to wear under other clothes for security storage.
Swimsuit:	Shorts can double for guys, but dry slowly. Lightweight swimsuits, modest style?
Nice option:	Take one nice outfit for occasional, more formal events. People "dress up" more overseas.
Jacket:	Light, water-resistant windbreaker with a hood.
Shoes:	Broken-in, good support and traction, breathable, minimal laces for airport security.
Sandals:	Teva style shoes or thongs, useful in warm weather, water locales, trips to the bathroom.
Scarf:	Think outside the neck! The right scarf can have a lot of different uses.
Money belt:	Safe storage of money, documents, tickets means the trip goes on if other items are lost.
Small daypack:	Great for carrying camera, snacks, water, etc, for simple daily outings.
Plastic zip bags:	Several, in multiple sizes, for a thousand uses.
Duct tape:	You can buy small travel rolls. Very useful for repairs, keeping things together, etc.
Small locks:	To keep backpack zippers securely shut.
Pillowcase:	To make a cleaner, maybe more comfortable pillow. Maybe a towel, too.
Umbrella:	How dorky! Or not... maybe get a small, collapsible one there. Getting soaked is not fun!
Documents:	Passport, medical papers, tickets, rail passes, hostel card, student ID, driver license, a certified copy of your birth certificate.
Copies:	Paper or electronic copies of your documents, stored separately or electronically.
Guidebook:	Take the whole book, or parts relevant to your travels.
Journal:	Record experiences, use as a daily calendar, track expenses, etc.
Address book:	Paper or electronic, maybe some pre-printed labels to make sure you write certain folks.
Emergencies:	Have an obvious list of emergency contacts among your things. You never know!
Gifts:	For host families, kids, others. Lightweight, flat, unique to your US region or college.
Music:	Some favorite music is good for long waits in airports, relaxing, cheering you up.
Photography:	Camera, batteries, memory cards, rechargers, film (film? how old millennium...)
Electrical:	Plug adaptors and current converters, if needed. Special batteries.
Flashlight:	For night reading, trips to the bathroom, security. Very useful. A small one, of course.
Watch:	Light weight, cheap, convenient, easy to read and set. Saves energy on cell phone use.
Alarm clock:	On your watch, cell phone, or a small, battery-operated one.
Toiletries:	Put all squeeze bottles in plastic bags. Air pressure will cause them to leak.
Sun related:	Sunglasses, sunscreen, lotions, hats, etc.
Ear/eye related:	Ear plugs, ear buds, headphones? Contact lens care, cases, glasses screws.
Repair kit:	Sewing kits, glasses screws, duct tape, small tools, etc.
Medical kit:	See detailed suggestions above in Health section.

The Plane Lands in Twenty Minutes - Now What?

Living Life Overseas



Safety and Health Overseas

Let's be clear. **We do NOT want you to be fearful of your destination country and culture.** Your destination is full of wise, wonderful, and accomplished people who will share their lens on life and rich cultural history with you. Your goal is an authentic connection with these people.

That said, **every country has health risks, and every country has a percentage of people who look to profit from victimizing others** and they often look for targets among travelers who are unfamiliar with the local environment. Strive to be a savvy traveler. **Your goal is to stay healthy, and reduce your chances of being someone's target.** While some safety issues are out of your control, many are within your control by virtue of the decisions you make.

Prime Places to be Scammed or Targeted: Transportation Centers, Tourist Sites, Night Life Spots.



Arriving Safely at your Destination


1. Discretely **get money** as needed at approved currency exchanges or ATM's at the airport.
2. Make solid plans in advance for your **transportation from the airport to your first night accommodations**. Do not take rides from strangers or private taxis. Use only certified or government approved taxis per State Department guidelines. Be cautious on public transportation since you will be easily identified as a visitor. Know where you are going in advance.
3. Assess your **accommodations for safety and security**. Utilize safes and locking compartments if they are available to you. Until you get to know others, be skeptical of trusting other hostel or hotel residents.
4. Do not let **"wonder and fascination"** with your destination cause you to make bad decisions, such as wandering aimlessly about a new city. Use maps if available and explore your new environment methodically and carefully. Landmark important places such as police, grocery stores, banks, bus centers, internet cafes, etc.
5. **Contact family**, friends, and college faculty or staff and let them know of your arrival.
6. **Register with the US Embassy Smart Traveler program**, if you haven't already step.state.gov.
7. Some countries require you to **register with local authorities within 30 days of arrival**. Follow through with this if required, to avoid fines or immigration problems.
8. Listen carefully to any **on-site orientation presentations** offered to you. The info is invaluable.
9. **Review your study program, plan, or contract** carefully and prepare to get off to a good start.



Safety Smarts and Prevention Strategies

1. **Let's start with a game!** Sit and observe any sizeable group of people in a public setting. Imagine you are a thief in search of an easy target. **Identify the 5 most vulnerable adults in the crowd to target.** Why did you select these people as easy marks?
2. Review the US State Department Country Specific Information for your destination. Understand the **safety and crime patterns** that they have tracked, and avoid the situations noted. www.travel.state.gov/travel/cis_pa_tw/cis/cis_4965.html
3. Get to know **your friendly neighborhood** and local businesses. They are likely to help you and watch out for you if they know you.
4. **Keep a low profile** in terms of dress and manner. Choose subdued colors, avoid revealing clothing, leave jewelry and valuables at home. If you must carry valuable items, put them deep in your pack, or

camouflage them in ratty looking carriers or a local store's shopping bag. Have conversations in lowered voices.

5. **Avoid walking alone**, especially at night or when going to new areas. When possible, go out with a buddy or in small groups. Remember that you don't necessarily know the "danger signals" to watch for in your new location, and that by simply being a foreigner, you may become a target.
6. When on the street, **act intentional** and as if you know where you are going. If you *look* lost, you may be targeted. If you feel unsafe on the street, step into a shop or restaurant and appeal for help.
7. Although it's nice to take a break from being constantly connected, having a **cell phone is an important safety measure** and allows you to call for help, give your location, and check in with others more easily. Either arrange for your existing phone to function overseas, plan to purchase a cell phone once there, or at least learn how to use public phone systems well and purchase pre-paid phone cards.
8. When traveling, **separate your money and ATM cards**. Keep "lunch money" in your front pockets or easily accessible, keep important funds, cards, and passports in a money belt or internal pockets, and always have a final back-up credit card hidden in a secret location. Avoid purses with long, easily cut straps. Some people like to carry a "**mugger's wallet**" in the event of robbery; a small amount of cash and unimportant cards may satisfy a robber looking for a quick hit.
9. **Be savvy about the local scams**. There is usually someone scouting for a target at transportation centers, tourist sites, and entertainment venues. These are often distraction scams: someone drops or throws something and you stop to help or catch it; you listen to music in the park while a pickpocket works the crowd; groups of young kids surround you and look for a chance to get their hands in your pockets. We have also had students pulled into "my dying sister" scams who voluntarily handed over \$2200 to the scammer, someone who had "befriended" them previously in the public square.
10. **Internet Usage**: Use www.wififreespot.com to locate free and pay internet locations around the world. Public internet cafes are fine for emailing and internet surfing, but try to avoid using them for any banking or financial matters. Instead, try to use more secure or trackable systems such as at hotels, home systems, university systems, etc. Your smartphone can also be used as a wi-fi only device while abroad, as long as you make sure to turn off cellular service and roaming.
11. Events at **political demonstrations can shift rapidly**, turn violent, or police can take actions that sweep you up along with others. It's tempting to see a bit of history in the making, but if you become involved, even involuntarily, it can be very risky. Not only do you face physical harm, but also arrest and accusations of being a US perpetrator. Keep your distance!
12. **Anti-Americanism**: Most people you meet will treat you as an individual and not hold you responsible for US government, military, or corporate actions. But there are people and organizations who will **see any American as symbolic** of all problems and who may express strong anti-American sentiments. Be respectful, avoid discussion, and generally remove yourself from the situation if possible, since conversation is not likely to change opinion. Even your agreeing with an anti-American viewpoint may not change aggressive or threatening behavior.
13. **Research the police systems** of your destination. Are they generally trustworthy and helpful? Are there known patterns of corruption, bribery, and brutality? How can you prepare for possible interactions?
14. **Traffic and Sidewalks**: The rules of the road and how people obey or ignore them may be very different at your destination. Traffic and pedestrian accidents are the Number Two cause of injury for US students abroad. Be extra cautious when walking, crossing, or driving along streets and sidewalks, and yes...in some places they drive on the sidewalks! ☺ 
15. **Taxis**: Most taxi experiences will be fine, even if you are overcharged a bit. Try to use only government **approved taxi systems** and official taxi stands for your needs. Avoid private taxi systems unless you have a reliable recommendation from a friend. Try to negotiate the cost in advance. Check the US State Department Country Information Pages about taxi-related crime and recommendations for your destination. Several Latin American countries report "**express kidnappings**" involving **taxi drivers**, and students have been victims of these.
16. **Assess the natural environment for risk**. Surf and undertow are big beach risks. Are there dangerous plants, animals, snakes and insects to consider? Is the area earthquake prone? What about air and water pollution, and water-borne disease? If you're asthmatic, Beijing, Cairo, or Bangkok will present some breathing challenges.

Alcohol and Drugs



Reality Check:

1. **The legal drinking age in many countries is lower** than in the US. You may have greater legal access to alcohol than you do in the US. It may also be more restrictive in other countries.
2. Some countries have **liberal policies for certain soft drugs**, such as marijuana, although in The Netherlands, the law changed May 1, 2012 to disallow foreigners access to the famous cannabis cafes.
3. When you (or others with you) drink or use drugs, inhibitions are lowered and **you have less control over decisions and abilities**. You are more vulnerable to assault, accidents, and crime.
4. The **Evergreen Enrollment Agreement for Study Abroad** that you signed states: *"I understand that use of illegal drugs is strictly prohibited. The use of alcohol is prohibited when engaged in instructional activities. Students who abuse this policy are subject to expulsion from the program."*
5. **Alcohol is the Number One cause of injury** to US students studying abroad.
6. Read the fine print! Under some health insurance policies and terms, **drug and alcohol-related accidents may not qualify for benefits**.
7. Each year over **2500 Americans abroad are arrested or detained** in connection with illegal drugs. Fines, imprisonment, and other penalties may be very harsh. As of 2012, China, Iran, Saudi Arabia, Vietnam, Singapore, and Malaysia have the highest commitment to the death penalty for drug offenses, but other countries also impose severe punishments.



Ways to Reduce Alcohol and Drug Risks:

1. If you choose to drink, **do so in moderation**.
2. Learn the **drinking customs in other cultures**. Getting smashed and acting boorishly will not earn you many friends.
3. **Eat before and while you drink**.
4. **Have a soft drink, juice, or water between drinks**.
5. If you want to be social and hang out with your friends at a bar but not drink, get a club soda with lime, or other fancy nonalcoholic sipper!
6. **Track your drinks**, and know your tolerance. Consider how hydrated, hungry, and tired you are.
7. **Don't add other legal or illegal drugs** into the mix.
8. **Respect people who choose not to drink**; don't mock or pressure them into drinking.
9. **Don't leave your drink unattended**. Don't take drinks from strangers. Avoid punch bowls.
10. **Go with a friend**; leave with a friend. Don't leave a friend alone with a stranger.
11. **Have a plan for getting home safely**.
12. **Steer clear of illegal drugs** and drug trafficking situations. The risks are not worth it.
13. **Do not lend or borrow prescription meds**.



Sexual Activity

Reality Check:

1. The “**dating norms**” you learned in the US do not apply in other cultural contexts. It’s easy for you or a dating partner to misinterpret invitational and sexual cues.
2. In some countries some people are eager to **acquire an American spouse as their “green card” to the US**. Always be thoughtful of any legal commitments you make.
3. **Pre-marital sex is judged harshly** in some traditional cultures, both socially and legally.
4. Some people attach importance to **having sex with someone of another race, culture, or country** as part of their sexual history and experience, or to demonstrate their openness to diversity. Some would challenge this type of motivation.
5. Some people think that what happens between them and local dating partners isn’t important because **they won’t see them again once they return home**. This rationale has also been challenged.
6. **The risks of unsafe sex are global**: disease; unintended pregnancy; social, legal, and emotional consequences.
7. The incidence of **HIV/AIDS infection is much higher in some parts of the world than in the US**; in some regions 25% of adults are HIV positive. Many other STI’s occur in the sexual landscape as well.

Some Suggestions:

8. **Expect there to be differences**. Understand the norms of the culture before venturing in.
9. **Non-verbal communication and invitational clues differ**.
10. Be clear about what consent means to you. **Communicate boundaries clearly**.
11. **Always use protection**. Bring barriers from the US if you think you’ll be sexually active overseas.
12. Consider **other types of contraceptives** as well.
13. **Consult with local program staff** on norms for dating and any issues that come up.
14. **Consult health services for any medical irregularities that arise**.



Women Travelers

Reality Check:

1. Women will experience **gender-role challenges** when traveling or living abroad.
2. Normal behavior for women in the US, such as **smiling or making eye contact, may be interpreted differently** in some host cultures.
3. **Unwanted attention is common** in many cultures. Openly staring at a woman, suggestive or explicit comments on the street, catcalls and whistling, touching or grabbing a woman occur in many cultures, and your individual protests are not likely to change that, (though you can support local women who want to change these phenomena!)
4. **“Easy” stereotypes persist**. American film, media, and advertising often portray US women as easily available, leading local people to think this is universal in US culture.
5. Research shows that **US women report being more sexually active overseas** than at home, and they are likely to be more open about sexual practices than many local people.
6. **Drinking alcohol** or using drugs can blunt your ability to interpret social and behavioral clues, and thus increase your vulnerability.

Some Ways to Be Savvy:

8. **Take a local self defense class** before leaving to increase self-confidence.
9. **Interview a local “older sister”** type woman about local norms for women and men.

10. **Follow the example of local women** in terms of dress, behavior, and demeanor.
11. **Dress in neutral or muted colors** to avoid calling attention to yourself.
12. **Walk with purpose** and avoid eye contact and smiling at strangers.
13. **Be alert on public transportation** such as crowded buses and trains.
14. **Carry items in a local store's shopping bag** to convey that you're a local.
15. **Travel in groups of two or more** and agree not to leave events alone.
16. Learn how to call **"help," "fire," and "rape" in the local language.**
17. **Trust your instincts**, be clear about boundaries, say "no" when you need to, and be willing to leave.
18. Learn what behaviors are associated with **prostitution** and avoid them.
19. Consider **wearing an inexpensive ring** to convey that you're married and to discourage unwanted attention. It's not foolproof, but it may deter some men.
20. **Scams abound.** Many a foreign man has "forgotten" his wallet, been wined, dined and bedded, and then disappeared with the generous woman's remaining money and luggage while she's off at the restroom.
21. Early in your stay, **identify any Sexual Assault or Women's Support Services organizations** in your destination country. Familiarize yourself with their location and services, even if only for solidarity support of other victims.
22. **Check out these websites:**
 - Journey Woman: www.journeywoman.com
 - Wanderlust and Lipstick: wanderlustandlipstick.com
 - Women on the Road: www.women-on-the-road.com
 - Transitions Abroad: www.transitionsabroad.com/listings/travel/women/index.shtml



Sexual Assault

Sexual assault in any setting is a traumatic experience. **When it occurs in an overseas setting, it can be additionally challenging** since you are far removed from family and friends, familiar medical and police systems, and any known support organizations. Add to that language barriers, significant differences in cultural norms, morality, religious views, and legal systems, and you have a daunting situation. **Evergreen will strive to support you** if you experience sexual assault overseas, **help you access needed resources** to move forward from the event, and **support you in submitting official reports**, if you choose to do so.

Note: Almost all Evergreen employees (including faculty and Academic Advisors) are **legally required to report** information heard from students about sexual assault, sexual harassment, dating or domestic violence, and stalking to the Senior Conduct Administrator, the Civil Rights Officer, or the Title IX Coordinator. If you don't want to start with that type of reporting and formal follow-up, consider contact Evergreen's Office of Sexual Violence Prevention first, since reports to the OSVP will be confidential.

Reality Check:

1. Sexual assault can **occur in any country** and in the context of **any cultural or religious tradition**.
2. **Anyone can be a victim** of sexual assault: men, women, transgender, young, old, lesbian, bi, gay, etc. Sexual assault is **an act of violence and a power display** and any category of person can be a victim.
3. Sexual assault can be committed by **any imaginable perpetrator**: another student, program staff, faculty, strangers, criminals, local friends, host family members, internship supervisors, police, and so on. Reporting on persons who have some authority or power over you can be difficult and complex, but achievable.
4. **Use of alcohol or drugs will alter your judgment**, or that of someone else, and result in you being more vulnerable to assault. Alcohol or drugs are involved in the majority of reported assaults.
5. **Predator drugs**, such as **GHB, ketamine, and rohypnol (roofies)**, are common in many countries and are used routinely to dope someone up for the purpose of sexual assault, abduction, or theft. womenshealth.gov/publications/our-publications/fact-sheet/date-rape-drugs.cfm.

If you are a victim of sexual assault, some suggested actions:

1. Get away from the attacker and **get to a safe place**. Seek the support of a friend.

2. When feasible, try to **write down as many details** of the event as you can recall.
3. **Consider seeking immediate medical attention.** If you do so:
 - a. Do not shower or clean up.
 - b. Keep all soiled clothes in a paper bag, not plastic. Plastic can destroy biological evidence.
 - c. Do not brush hair.
 - d. Do not use the toilet.
 - e. Do not brush teeth or use mouthwash.
 - f. Do not eat or drink anything.
 - g. Do not clean up a crime scene.
 - h. If you think predator drugs were involved, get tested.
 - i. **Remember** that some people you talk to may be **legally required to report** the event to authorities, while **with others you are entitled to confidentiality**. Ask and be clear on this.
4. **Contact the US Embassy or Consulate** to seek advice on **medical, counseling, and legal referrals**. Ask about **local sexual assault service agencies**. Ask the Embassy for **advice on reporting the assault to the local police**, since they will know if police systems in that country are supportive or not. The Embassy may also be able to **advocate for exams and treatments** that may not be easily available in that country, such as contraceptive intervention.
5. **Seek medical attention within 72 hours of the event if possible**, but even after that period doctors can:
 - a. Treat surface injuries.
 - b. Test for Sexually Transmitted Infections (STI's) and sometimes administer treatment.
 - c. Offer emergency contraception, if available and legal in that country.
 - d. Conduct a forensic exam to preserve evidence for any police reports and legal actions you take later.
6. **Consider making a police report.** Police support in regard to sexual assault varies from country to country, but we encourage you to consider it. **Note: If you leave a foreign country without making a police report**, you may not have a viable option to do so later.
 - a. Bring **a copy** of any written account you may have for a consistent reference to details.
 - b. Take a fluent friend along to support you, help communicate clearly and serve as a witness.
 - c. Re-affirm the non-consensual nature of the event. You did not give consent.
 - d. Resist your own and police use of language that suggests you – the victim – are to blame.
 - e. Use caution when referencing use of alcohol or drugs. Some police will attempt to blame the victim in this case, despite a condition of incapacitation and lack of consent. In the case of illegal drugs, you may also be admitting to a crime.
 - f. Request an official copy of the police report and receive it before leaving the country.
7. **Seek follow-up counseling support.**
 - a. Consult an in-country Women's or Sexual Assault Support Organization. Contact the US Embassy for local referrals.
 - b. Contact the Evergreen Office of Sexual Assault Prevention. Confidential.
www.evergreen.edu/health/osap/resources.htm
 - c. Contact the Evergreen Counseling Center. Confidential.
www.evergreen.edu/health/health/resources.htm
 - d. Contact the Olympia-based agency, Safeplace. Confidential.
www.safeplaceolympia.org
 - e. US Office on Women's Health: womenshealth.gov/violence-against-women
 - f. Seek support from trusted friends and family.



“What Would You Do, If It Happened to You?”

1. A 30-year-old male student, Jim, is part of an Evergreen faculty-led program in Germany. All students are staying with German host families. One weekend, the host mother leaves to visit her sister. That night the host father and Jim start drinking, all the while enjoying some camaraderie and sharing stories, and over-indulging a bit in alcohol. Rather suddenly, the host father starts making serious sexual advances to Jim, who is straight, and tries to lead him into the bedroom.
2. Two students, male and female, are studying in Peru on a contract where they volunteer at a school. One weekend they decide to leave Cuzco and fly to Arequipa for a getaway. They go out to dinner, have a nice time, and about 9 PM leave to go to the hostel. They hail a private taxi driving by, get in and give the driver the address of the hostel. After a few minutes, the driver inexplicably pulls over on a dark stretch. Suddenly the doors of the taxi fly open, two men burst in, hit the male student with a tire iron, and then blindfold the two students. The taxi then drives off with the kidnappers and students inside.
3. Eva is one of 20 students in an Evergreen faculty-led program en route by air to Singapore. A couple hours before landing, another student, Allison, offers Eva one of her stash of brownies, but in this case, special brownies made with marijuana. Eva's a bit surprised, and declines the offer, but she then remembers that Singapore is one of six countries that maintains the death penalty for certain drug offences, but of course she doesn't remember any details. She tells Allison this, but Allison tells Eva to get real, chill out, and not be so paranoid. She'll be fine, Allison insists. Allison packs her brownie stash away and turns to sleep, annoyed with Eva.
4. Paula is one of 12 students on an Evergreen, faculty-led field studies program in the Patagonia region of Chile. On this day, the faculty has procured a van to explore a reserve about 25 miles outside Punta Arenas. The group arrives at the reserve and is about an hour into observations when the faculty leader suddenly stumbles on a crag and falls head first into another rock. She is bleeding from her head, unresponsive, and apparently unconscious.
5. Dylan has just arrived in Ethiopia to begin an Individual Learning Contract studying the history, architecture, and art of Coptic communities. It's early evening and he arranges for a taxi to take him to his friend's house about 15 miles outside Addis Ababa. Ten miles out of town they encounter an unexpected road block, and when they stop, four men surround the taxi and force the driver and Dylan out. They take the driver's money and valuables, Dylan's backpack, and after searching him, they also take his ring, money belt and passport. They throw the keys to the taxi into the dark surroundings, and take off, leaving Dylan and the driver unhurt.
6. Natalie has an Internship Contract at an environmental non-profit in a more rural location in Sri Lanka. She's been there about 6 weeks and things are going pretty well, but she's still getting to know people and the organization. It's the end of the work day and she's about to walk home, when her internship supervisor, an American, stops her and invites her to dinner at his home. He suggests they can discuss an upcoming project over dinner and then he'll give her a lift home later. She hesitates, but decides to go along in the interest of the job. They have a nice dinner and conversation, but she's then feeling sleepy and asks for a ride home. The supervisor says it's gotten kind of late and that he'll give her a ride home in the morning. Her next memory is of waking up naked next to her field supervisor the following morning.
7. Kami and Marcus are part of an Evergreen program to Bolivia. They've been studying Spanish and Latin American politics in the Cochabamba area for 8 weeks so far. They are walking home from a festival one night when a man appears out of the shadows and brandishes a knife, demanding their wallets and jewelry.



Jet Lag

Healthy Living

People often experience jet lag when traveling through different time zones, especially after longer flights. Fatigue, indigestion, and sleeping difficulties are common problems after arrival. To minimize jet lag:

Drink plenty of bottled water or other bottled drinks.

Avoid alcohol for the first few days.

Adjust to the local time as of the first day.

Try to avoid taking naps, especially the first couple days.

Go to sleep on the local schedule and get up on the local schedule.

Exercise and stay active.



Food and Water

Healthy Living

Do your best to avoid food and water that may be contaminated with bacteria. Food and water-borne diseases can be very serious. That said, many people end up getting diarrhea at some point, so using anti-diarrheal medicines such as Imodium or other over-the-counter products may help until your body adjusts. Here are some tips concerning food and water safety:

- **Avoid drinking tap water**, including ice made from it. It is the biggest source of problems. Use **sealed bottled water**, or **boil water for one minute**, allow to cool, then decant.
- Use **filters and purification tablets**, such as iodine or chlorine, on water. Two drops of **chlorine bleach** per quart of water also kills bacteria, but affects taste. **Steripens** use UV rays to kill bacteria.
- Use bottled water for **brushing teeth, oral hygiene, and rinsing food**.
- When showering, avoid getting tap water in your **mouth and eyes**.
- **Coffee and tea** made from boiled water is usually okay, as are **bottled juices, soda**, etc.

Traveler's mantra: **Cook it, wash it, peel it, or forget it.**

- **Avoid raw foods** such as salads, and fruits and vegetables without peels.
- **Peelable fruits and veggies are usually okay**, but still wash first.
- Eat food that has been **thoroughly cooked, recently cooked AND that is served piping hot**.
- **Avoid runny egg dishes**, and order meats well done or medium well.
- **Avoid buffet foods** and unsealed condiments, such as mayonnaise.
- **Avoid unpasteurized dairy products**.
- **Seafood dishes**, cooked or uncooked, can be sources of disease if fish is unsafely stored or prepared.
- **Avoid street vendor offerings**, unless you see it being grilled hot.
- Choose **restaurants that are busy**, with many satisfied looking customers. A good sign...

Check out this site: www.independenttraveler.com/resources/article.cfm?AID=57&category=5

Wilderness recreation centers, such as REI or Cabela's locally, often carry useful items for food and water safety. www.rei.com and www.cabelas.com.



Doctors, Clinics, and Hospitals

Healthy Living

Take time to locate the **nearest health clinic or hospital** in your new home.

Find **the nearest pharmacy** and so you can inquire easily about your meds as needed.

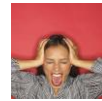
Use www.iamat.org to locate medical resources and **English-speaking doctors** in the new country.

Alternative medicine: Here's a good resource. <http://centerfortraditionalmedicine.org>

Western medicine: Check out resources at www.webmd.com

Travel Medicine site: travmed.com

US Embassy: The embassy maintains listings of medical resources within the country.



Stress and Mental Health

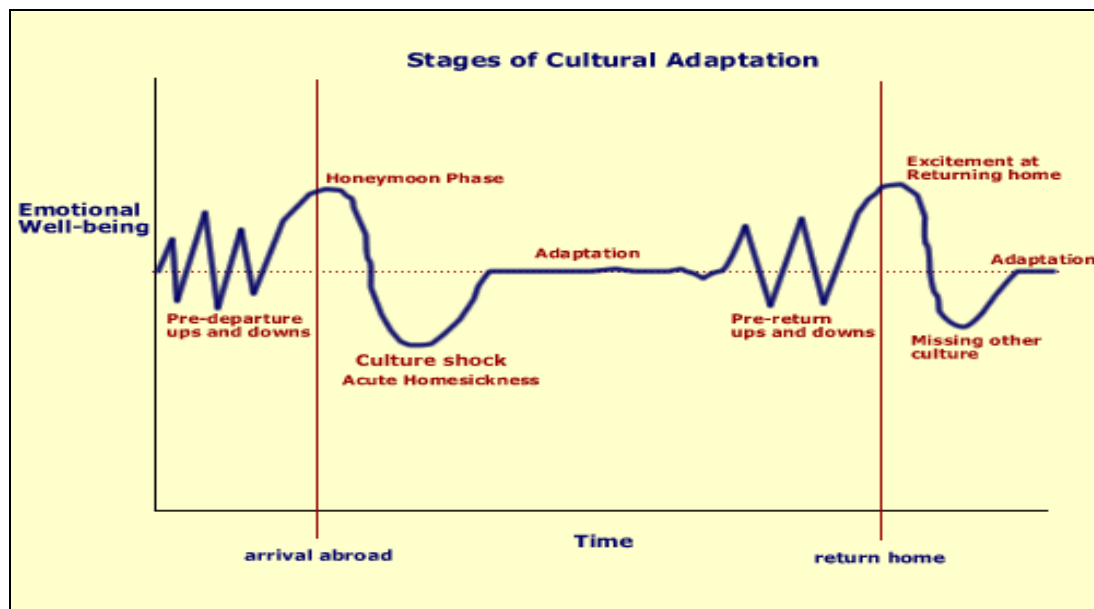
Healthy Living

Stress affects everyone differently. The additional kinds of stress you encounter while abroad may lead to anxiety/panic disorders, depression, paranoia, eating disorders, and other phobias. Any mental health challenges you have prior to going abroad may be amplified when abroad. Even mental fatigue from constant language immersion and time change may cause the symptoms of culture shock to seem overwhelming. When you feel stressed, **relax and take things one step at a time, simplify** as much as you can in your life, and use the same stress-relief techniques that help you at home – **exercise, meditation, journaling, decompressing with friends, etc.**



Cultural Adjustment

Here is one representation of how “culture shock” affects us, both going overseas and returning home. Courtesy of Vancouver Island University.





1. Pre-Departure Ups and Downs

You have spikes in emotions.
You're very excited about the upcoming adventure;
Then nervous and overwhelmed by all the impending and unknown changes.
One day you're eager to go; the next you want to cancel.



2. Honeymoon Phase

Everything is excitingly different and fascinating.
You experience 24-7 stimulation and input.
You feel alive and on fire, acutely noticing the entirety of your surroundings.
Things that you would not have noticed in your own country suddenly POP out at you.
Everyone is nice to you and forgives your cultural mistakes and misunderstandings.



3. Culture Shock and Acute Homesickness

Routines of daily life overseas begin to set in.
You experience frustration and incomprehension with people's behavior.
You find yourself missing the conveniences and patterns of home.
Sometimes there is a singular event, a "straw that breaks the camel's back" that brings on a crisis.
You feel defensive and some hostility towards the new culture.
You fear being taken advantage of or ripped off by locals.
You avoid social settings that seem threatening or unpleasant.
You hang out with other Americans excessively.
You have physical complaints and sleeping problems.
You experience depression and feelings of helplessness.
You have difficulty with course work and concentration.
You seem to have lost your sense of humor, and feel bored and fatigued.
You feel acutely homesick and consider ways to call it quits and go home.

4. Adaptation

The adaptation process to a foreign culture demands a lot of energy from you – after all, YOU are the one who must change, not the host culture. The length of this phase again depends on many factors, mostly your own character. The most advantageous personal traits to embody while abroad include the following:



Maintain a sense of humor and an ability to laugh at yourself.

Develop a greater **tolerance for ambiguity**.

View yourself as a **cultural anthropologist**, observing and analyzing behavior without judgment.

Develop a greater **tolerance for your own failures** and limited abilities.

Keep a **low task-to-success orientation**; lower your expectations of yourself.

Your knowledge and understanding of the new culture deepens with time as you enter acculturation and stability phases. You begin to see through the eyes of the host culture. You also tend to reconcile incongruities you experienced before by:

- a. Adopting new cultural practices that "fit" you;
- b. Accepting new cultural practices that you come to understand but don't agree with;
- c. Rejecting cultural practices that ultimately conflict with your morals or values.



5. Returning Home and Re-entry Adjustments

As you return home, there is a similar pattern of adjustment. **Ups and downs** before leaving, **initial excitement** at being home and seeing friends and family, a profound **missing of the culture** and people left behind, a kind of **alienation** from your own culture, and an eventual **adaptation**. Here are some things to expect:

You will have assimilated some of your host country's culture.
You will have learned new ways of doing things and gained new perspectives.
You will have experienced greater independence academically and personally.
You may experience a significant life transformation due to your time away.

Reverting back to English may be an adjustment if you've been actively using another language.
You may sense a "loss of status" as you return, no longer the special visitor overseas.
Leaving your new friends behind is difficult, almost like grieving. You may not see them again.
Friends and family at home will show initial interest in your experiences, but that may fade.
You may feel frustrated at not being able to communicate the depth of your experiences to others.
You may try to transfer aspects of the host culture into US culture, with little or no success.
The norms of US culture may feel frustrating or annoying to you. You experience impatience and alienation, as though you no longer really belong.
Friends' and family's lives have continued on while you were away. They may feel more distant.
Reconciling your "old self" with your "new self" will take time.

Helpful Coping Strategies

Acknowledge this adjustment phase as a real phenomenon. Don't blame yourself for it.
Share the concept with friends and family. Educate them. Many people don't realize it exists.
Stay in contact with your host culture friends and families.
Connect with other students or travelers who are still there or have returned.
Become involved with campus or outside organizations that have an ongoing connection to your host culture or other regional cultures.
Seek out **international students on campus**.
Do presentations on the host culture.
Volunteer with the International Programs Office or other groups.
Plan your next trip!

6. Excellent Cultural Adjustment Website: www2.pacific.edu/sis/culture



Cultural Exchange and Ambassadorship

As an Evergreen student and a world citizen, you have a responsibility to travel and study in other countries with **a profound respect for the inherent wisdom of other peoples, their cultural traditions and contributions, and their different perspectives and philosophies on life**. Like it or not, you will be viewed as a representative of the US and its culture. This is your chance to convey a respectful American face to the world and to represent your college admirably.

American Privilege: You may not be conscious of it, but as a US citizen you experience **a high level of privilege** as you travel the world. Consider the following:

1. Even if you are not wealthy, **you can plan to study, escape, do business, or be a tourist almost anywhere in the world**. Ninety percent of the people born in Africa will never travel more than 100 miles from home.

2. **You can expect to speak English** in airports, hotels, and tourist destinations all around the world and be reasonably understood. Not so for the speaker of Hungarian, Thai or Swahili, who must all rely on English to manage their travel.
3. You can expect that even in remote regions of Latin America, Africa and Asia, **people will have a basic understanding of U.S. government, news, and culture.** What do you know about Kyrgyzstan?
4. You are from a culture that has created **massive conveniences and comforts** for itself: hot water, an abundance of food, access to health care, transportation systems, sewer systems, safe homes. You have not experienced extended deprivation, hunger, refugee displacement by war or poverty, agonizingly poor health, life expectancy of 45. **You live a life guided by choices, not one based on survival.**
5. If your overseas travels wear you out, **you can get on a jet and fly home, leaving all those issues behind.** You can then go shopping at the mall to improve your mood...☺

Some suggestions for good ambassadorship and ethical travel: www.ethicaltraveler.org

6. **Be a student of the local culture.** Learn about the countries you are going to in advance. Appreciate their contributions to world culture and knowledge. Learn and respect the traditions and taboos of the host culture. Learn about the social, political, and environmental issues they face.
7. **Suppress the temptation to make quick judgments based on your own cultural background.** Take time to understand the cultural context for what you observe. Probe the reasons for why a cultural value or activity exists. You may not agree with corporal punishment in elementary school, for example, but it wasn't so long ago that it took place in the U.S. as well. Is the country you're in strewn with litter and trash? Probe for both the reasons and the grassroots systems that often develop in response.
8. Make an effort to **learn and speak the language.** Even limited attempts are appreciated by locals.
9. Learn about **gestures and non-verbal communication** in the host culture. The "OK" sign in the US is a vulgar sexual reference in Bosnia.
10. **Forget about boasting about the US.** Let the locals show off their country and culture to you.
11. **Agree to disagree respectfully** when discussing politics, business, military issues, religion, and other hot topic matters. It's not about right and wrong, but about understanding different points of view.
12. **Live, eat, and play with the locals.** You'll have time to hang out with Americans later.
13. **Be aware of where your money is going.** Try to patronize local restaurants, inns, and shops.
14. **Bargain fairly with respect for the seller.** Buyer and seller should both be satisfied. Neither should feel exploited, diminished, or ripped off.
15. **Slow down.** Be patient. Forego the fast-lane life for a while. Not everyone lives at our ragged pace.
16. **Smile and laugh genuinely.** Be authentic in your interactions. Thank everyone! Curb your anger.
17. **Leave mass media based preconceptions about the world at home.** Open your eyes to diversity, both in the US and in the host culture. There's no "All Americans do this," anymore. Nor do "All Ecuadorans do that."
18. **Keep religion private.** It's a deeply personal matter for people of every culture, and a hot button issue for others, so how likely are people to agree anyway?
19. **Be safety conscious, not fearful.**
20. **Dress for respect.** Casual may work most of the time, but being overly casual may send a message of disrespect.
21. **Some websites:**

World museums: en.wikipedia.org/wiki/List_of_museums

Cultures: <http://www.everyculture.com/index.html>

www.kwintessential.co.uk/resources/country-profiles.html,

www.escapeartist.com

Holidays: www.bank-holidays.com

CIA World Fact Book: www.cia.gov/library/publications/the-world-factbook/index.html

Host Families



Reality Check:

1. Living with a host family is one of the best ways to **improve your language skills, intimately understand cultural details, and potentially start life-long, authentic friendships.**
2. Living with a host family may put you into an uncomfortable “son” or “daughter” role that places **limits on your activities, impacts independence, and places expectations** on your participation.
3. A sometimes hidden **value in US culture concerns contractual arrangements**, so we might think, “I paid a fee to this family, so I get X in return.” That’s true on one level, but living with a family is much more complex, and sometimes deeply personal family matters cannot be dissected into “contract details.” **Families live *real* lives**, with ups and downs, like your family. They are not a hotel or a tour guide business.
4. **Host families vary in motivation and style.** Some are into cultural exchange and international friendship; some less so. Others depend on the income from the arrangement. Some want to interact a lot; others are happier if you are more independent. Assess and go with the flow!
5. **Know thyself**, said Socrates. Assess who you are and what you want from your overseas experience. Choose a host family option with eyes open, fully cognizant of both benefits and drawbacks. If you buy in, try to commit to see it through.
6. **Serious issues can arise in areas of health, safety, family dispute, and unwanted attention. If problems develop**, discuss them calmly with the host family, a housing coordinator, or program leader.

Good Practices:

1. **Bring a gift, photos of your family, and a favorite recipe or two.** A small gift is a nice gesture and can serve as a memory of your visit. Something that connects to your home area in the US gives you a chance to talk about that region. Photos of your family will help your host family to place you in a family context. Plan to offer to prepare a US style meal from recipes you like to make.
2. **Talk about special requirements and patterns right away.** You need to be clear about any dietary issues, what “vegetarian” means for you, allergies you might have, and so on. Discuss any medical conditions you have that might impact the family. What are your study and sleep patterns? Are there times younger children shouldn’t disturb you due to study? Do they have a curfew expectation of you?
3. **Bathrooms, kitchens, and utilities are potential problem areas.** Be clear about bathroom patterns, how to use unfamiliar devices, water usage, etc. For example, some Japanese students coming to the US **don’t know about putting a shower curtain inside the bathtub**, since in Japanese bathrooms, there’s always a drain in the bathroom floor. In many traditional cultures, a woman reigns in her kitchen and how you share it can be sensitive. Identify a spot for you to keep special foods. Learn and respect guidelines on use of phones, computers, and internet.
4. **Leave your door open.** Or think of it as “Don’t hide away in your room!” At the beginning it’s important to interact and let the family know you want to get to know them. Spend time in public space – the living area or kitchen. If you need to rest, tell the family that and then shut your door. But if it’s always closed, your host family will worry about you, or think you dislike them. **A note on younger kids:** they can be a lot of fun and teach you a lot. They are very patient and



funny about your limited language skills! But they also may not understand boundaries about your room and space. Work this out, *sensitively*, with Mom and Dad. Create other dedicated time to spend with young ones. Make cookies!



5. **Offer to help – Respect the Help!** Look for ways to help out in the family, such as clearing or drying dishes. Observe how children in the family help and offer to help with similar tasks. Take part in any larger household projects that come up if possible. Maybe you have special repair

skills? Help is genuinely not always wanted however, so look for clues. **A special note: in some countries it's common for families to have domestic help – maids or others.** This can be uncomfortable for many middle class Americans, since it may be the maid's job to do your dirty laundry! Be respectful and friendly, but don't offer to do their work, since this is an employer arrangement. Talk to the host Mom about your unfamiliarity with the situation, if you're not sure. You don't want to get the maid in trouble!

6. **Brainstorm about conversation topics.** Awkward silences at the dinner table are – well – awkward! So plan ahead. Before getting home each day, think about two or three topics of conversation or things to ask about. Cultural practices, holiday, traditions, events of the day, children's games, stories from their childhood, and current news events are all good topics.
7. **Give everyone a break!** Get out of the house regularly. Plan some regular, predictable days or times when you are out. You need a break from constant family interaction, and yes, nothing personal, but they need a break from you! It also allows you space to make sure you visit cultural sites, museums, or take an occasional weekend trip to a distant locale.



Diversity Abroad

Students of Color

Students of color and of certain ethnic heritages have traditionally been underrepresented in study abroad. Fortunately, this situation has begun to change in recent years as a greater diversity of students has ventured overseas. Talk to First Peoples Multicultural Advising, TRiO Student Success, or the International Programs Office to connect with the experiences of students of color who have studied abroad. Here are some online resources as well: Diversity Abroad, www.diversityabroad.com. All Abroad, www.allabroad.us. Indiana University: overseas.iu.edu/living/diversity.shtml. Take a look at this project from Brown University, which presents a collection of quotes by Brown students about their experience abroad, specifically addressing issues of diversity: bit.ly/1NLjEHW

Students of color who continue as a minority in the host culture may experience stares, comments, and overt prejudice. It can be helpful to distinguish if this is **curiosity as opposed to racism**, and to consider that people may not express their curiosity in sensitive, artful, or respectful ways, especially across language differences. If people take a **sincere interest in you**, that's a good sign. Remember also that this is **an opportunity to change minds**. An "educational burden" yes, but you have the chance to show another angle on who Americans are, to **tell a less heard part of the American story**, and to dispel stereotypes conveyed by ubiquitous American media and films.

"People were 'curious' about my racial background. While it was annoying at times, I would talk to people as long as I felt they were genuinely interested."

"I did not want fear of discrimination to keep me from a great opportunity. Yes, I encountered active prejudice among people there, but I also met some amazing friends and expanded my understanding of the world."

Here are some questions to ask:

- Do you feel you are viewed more as an American, a foreigner of some kind, or by the color of your skin?
- How would you contrast your experience as a "curiosity" versus a "victim of discrimination"?
- Is there a history of discrimination against people who look like you in that country?
- If yes, does your "American-ness" cause you to be treated differently from others who grew up there?
- How do you experience being removed or distant from the history of racism you grew up with in the U.S.?
- Are you conscious of racism being practiced against other groups in that culture? For example?



Diversity Abroad

Heritage Seeking Students

Many students are eager to explore their heritage by studying in the country or region of their family's ethnic origin, even if the connection was many generations ago. This type of "heritage-seeking" study goes beyond typical academics and touches on very personal issues of identity, family, tradition, and spirituality. Heritage seekers are often full of high expectations about this type of study, but it comes with its own set of challenges.

"For the first time in my life, I felt like my skin color was not an issue. To my surprise, it was a sense of my 'Americanness' that emerged and persisted."

Here are some questions to ask:

- How do your expectations of this experience match up against the reality of your experience?
- What aspects of the heritage culture do you connect most strongly with?
- In what ways do you prefer aspects of your American culture over the heritage culture?
- What do you notice about people's "sense of self" in the absence of a history of racism against them?
- What is your experience around being part of the majority culture, at least in terms of appearance?
- How do people respond to the notion of your being on a heritage quest?
- How do your family and friends feel about you undertaking this adventure?



Diversity Abroad

White Students as a Minority Overseas

A student who identifies as white may for the first time find themselves as a minority within the host culture, although they do so without the burden of a history of racism being practiced upon them. Still, a white student may experience stares, comments, or overt discrimination that highlight the difference in their physical appearance from that of the majority host culture.

Here are some questions to ask:

- Does the sense of privilege you carry in the U.S. carry over into the new culture?
- Are you treated "special" in a positive sense? What is the effect of this?
- In what situations, if any, do you feel you are treated differently in a negative sense?
- Do you observe other minority groups being treated negatively?
- Are there particular social groups that viewed you more positively or negatively than others?
- Are there situations where you may have been "denied access" due to being white?
- How often do you seek out the company of other white Americans or Europeans?
- How are you treated by people in positions of authority?



Diversity Abroad

LGBTQ Students

Studying abroad presents unique rewards and challenges for the LGBTQ student. Because traveling to a new culture is often perceived as a liberating experience, you may decide to come out for the first time in the overseas setting. Alternatively, you may have a second coming out experience, but in a different cultural context. Or you may decide to limit your openness about your sexual orientation for any number of reasons while you are overseas, often including serious safety issues. Whatever your choice, here are some things to consider.

- In choosing my destination country and program, have you accounted for sexual orientation factors?
- What support can I expect from the study abroad program provider?
- What local LGBTQ organizations or support services exist for you to seek support from?
- How does the host culture handle different sexual identities and gender expressions?
- What laws exist that impact LGBTQ citizens and visitors?
- What are the norms for dating and friendship among LGBTQ groups in this culture as compared to the US?
- What are the implications of being identified as LGBTQ for you and those you interact with?
- If living with a host family, will you request one that is supportive of LGBTQ issues?
- What safety or health issues will you need to consider in the new context?

Here are some resources to assist and inform you:

National Center for Transgender Equality: Know Your Rights:

Passports: transequality.org/know-your-rights/passports

Airport Security: transequality.org/know-your-rights/airport-security

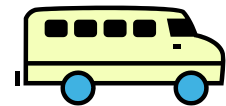
Map: Global Acceptance of Homosexuality: www.pewglobal.org/2013/06/04/global-acceptance-of-homosexuality

Refuge Restrooms, gender-neutral bathroom locator: www.refugerestrooms.org

Though everyone's particular experience will be different, it can be helpful to read about the experiences of other LGBTQ students who have travelled abroad. Two good sources:

curious.org.nz/uncategorized/a-merry-band-of-travelling-queers, www.gooverseas.com/blog/what-i-learned-lgbt-studying-abroad

LGBT students and Sexual Assault: LGBT students can also become victims of sexual assault, and issues of reporting such assault and seeking medical attention may be more challenging in overseas settings. LGBT victims should consider the process described above for sexual assault.




Traveling as a Group

There are many rewards to organized group programs, but there are also some challenges. As a participant in a structured group program, you can contribute a lot to the successful outcome of the program.

1. **Respect your group leader.** They know a lot about your destination – the customs, laws, cuisine, environment, and more. Listen carefully to their info and advice. **If your group leader is also an Evergreen faculty,** remember that they have an enormous responsibility on their shoulders. They must play all roles of the College, all wrapped up into one person. You will have lots of fun on this program, but recognize that **you need to step up and do what's needed** for the faculty leader, and you must help others step up as well.
2. **Respect others.** Everyone in your group will have their own unique experience and perspective. Be a good listener, and be patient with others' mistakes. You're part of a community.
3. **Be appreciative and attentive to all visitors and guest speakers** to the group. Let them know "they rock" for the effort, time, and information they have shared with you.
4. **Be inclusive.** It's easy for sub-groups and cliques to form, and for some individuals to be ignored or left out of social activities. It's fine for you to have preferred friends, but another way of stepping up is to **invite the quirky personality** to join you from time to time. Help someone else have a good experience. Your faculty leader will appreciate your maturity and leadership.
5. **Know your schedule and be on time.** Wandering off and forgetting that everyone needs to be back at the bus at 1:00 can be a huge problem. Faculty have laid out careful plans, have made appointments with guest speakers, and have accounted for heavy traffic patterns. Even a short delay can throw it all off. Wear a watch and always meet up at the agreed time. If you're late, you may have an entire bus

mad at you! **If it happens, own up** and apologize publicly to everyone. It's possible the bus may leave without you, in which case you should be prepared to fund your own way forward.

6. **Suffer a little.** You may experience any number of discomforts and inconveniences as you travel. Personality differences, jet lag, hunger, close quarters, and any number of other issues can bring out a person's cranky side. Don't allow yourself to become a constant whiner, full of negative or sarcastic remarks. **Count to three** before making any unpleasant comments that will only cause more friction and hurt feelings. Do what you can to ease discomforts, but then grinning and bearing it may be a good approach at times.
7. **That said, practice good hygiene when traveling.** In close quarters, body odors, bad breath, and, in the other direction, heavily scented products can overwhelm those nearby. Stay as clean and fresh as you can, and avoid heavy perfumes and scented materials. 
8. **Share information and watch out for each other.** Seems obvious, but share tips on having a successful experience, help out when someone is struggling, confirm meeting times and how to do things in the new culture.
9. **Between a rock and a hard place!** You may become aware that **a fellow student is in danger** due to drug or alcohol abuse, physical or sexual abuse, illegal activity, extreme depression, culture shock, or signs of suicidal behavior. Is it worse to break a confidence by discussing this with faculty, or worse to allow things to take whatever course they take, resulting possibly in injury or death? At times, another way of stepping up is to **consult with group leadership**.



Stay Connected - with Home and Evergreen

1. **Check your my.evergreen.edu account** for e-mail messages, holds on your account, registration, and other information regularly.
2. **Students on contracts**, internships, consortia programs, and Evergreen programs abroad: **communicate regularly** and as agreed with your faculty and staff connections at the college.
3. Some useful Evergreen connections:
 - a. Registration: registration@evergreen.edu, 360-867-6180
 - b. Financial Aid: finaid@evergreen.edu, 360-867-6205
 - c. International Office: studyabroad@evergreen.edu, 360-867-6421
 - d. Academic Advising: advising@evergreen.edu, 360-867-6312
 - e. Writing Center Support: yannons@evergreen.edu, 360-867-6420
 - f. Faculty Directory: www.evergreen.edu/faculty/index
 - g. Health Center: 360-867-6808, Counseling Center: 360-867-6800
4. **Seek balance in your communications** via phone, email, Facebook, Twitter and other social media. Communicate enough to share your experiences, but not so much that you miss opportunities to be actively engaged in the culture. A little isolation helps you grow. Try having a **social media fast**!
5. **Check in periodically with parents and other family.** You know they're going to worry.
6. **Keep a journal** of your experiences – hard copy or online – as a memory and for reflection. Look into keeping a **blog** on a platform such as WordPress or Blogger: this can be a good way to simultaneously reflect and keep in touch with people back home.
7. Stay informed of **major news affecting your region**: www.refdesk.com, www.iht.com, www.cnn.com/world.



Returning Home

Some Practical Stuff

1. Before you return to the US:
 - a. **Some countries charge exit fees** at the airport before they let you board your plane home. Americans students are often not familiar with this and many are down to their last dime and forget to plan for it. Find out what the fee is, if any, and save money aside.
 - b. Take care of any final **housing, utilities, or other bills** overseas.

- c. If you're studying through a **consortium program**, **verify that your transcripts will be sent** to the Admissions Office, TESC, 2700 Evergreen Parkway NW, Olympia, WA 98505.
 - d. **US Customs Planning:** Are you bringing anything into the US that will be a problem? Just because you're 20 and can buy duty-free rum in the Caribbean, doesn't mean you can keep it when entering the U.S. Since you're not 21, they'll take it away.
 - e. **Take time to thank the many people who have made your time overseas successful.** Visit friends and organizational offices to say goodbye and thanks. And unless it's the Queen of England, give 'em a big, ol' US style hug goodbye you softie! ☺
2. Evergreen Related:
 - a. Confirm your **registration, financial aid, and housing** for the next quarter.
 - b. **Update your address and contact info** with Registration and Records or in your Evergreen online account.
 - c. **Follow up on grade/credit transfer and transcripts.**
 - d. Double check on your **progress toward graduation** with regard to the study abroad credits you have earned.
 - e. **Check in with the Health Center** or your doctor regarding travel diseases. Tuberculosis, gastro-intestinal and other diseases can quietly follow you home and show up later.

Some Cultural Adjustment Stuff

1. Expect to feel some aspects of **Reverse Culture Shock**. Coming home to the U.S. after an extended time overseas is hard and it's real. Many students report that this phase is much harder than going overseas and there are reasons for it. **Review the Cultural Adjustment section above** for details on the coming home phase of study abroad.
2. **Re-invent yourself.** Seek out new places, people, and experiences. Stay connected to friends overseas. Connect with others who have studied abroad. Volunteer with international groups. Keep studying the language. Change your career goals? Do a follow up project to reflect on your experiences.
3. **Think about the implications for your resume and career.** How has this experience changed and strengthened you? What new skills or expertise have you acquired? Reflect on how to present your experiences as an advantage in your future career search.
4. **Plan to go overseas again.** Graduate school? A Fulbright scholarship to conduct research? Teach English for a while after graduation? Peace Corps? Volunteer or work for an NGO in an area you care about? Keep the flame alive!

Evergreen Career Development Office: www.evergreen.edu/career/home.htm
www.goabroad.com www.studyabroad.com www.transitionsabroad.com
www.ciee.org www.idealists.org www.eslcafe.com

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