Study Abroad Handbook

Office of International Education
www.du.edu/abroad
duabroad@du.edu  2016-17
303-871-4912
Checklist

Required Items:

☐ Make sure your passport is valid until at least six months after your program ends. If you do not have a passport, apply for one immediately. Make sure to keep multiple copies of your passport in case lost.

☐ If you receive financial aid (including DU institutional aid), please verify with the Financial Aid Office how your aid package will pay out while you are abroad.

☐ Apply for your student visa, if necessary.

☐ Attend all DU Study Abroad pre-departure orientation session(s).

☐ Complete the required online pre-departure survey (via email).

☐ Confirm your program’s start and end dates and book your plane ticket. Eligible students should consult Cherrington Global Scholars Travel Arrangements (in DU Passport) for detailed instructions.

☐ Complete all items in DU Passport.

☐ Call International SOS at 215.942.8478 to discuss your specific health needs while abroad.

☐ Register with Smart Traveler Enrollment Program (STEP).

☐ Register for INTZ 2501 and INTZ 2502 courses (required for unaffiliated, recommended for DUPP students)

Recommended Items:

☐ If you want to live on-campus upon your return from abroad, complete a housing application at http://www.du.edu/housing/ by the listed deadline.

☐ Speak with your family about a contingency plan for emergencies.

☐ Check PioneerWeb to make sure that the Registrar’s Office has your correct permanent address for billing as well as your emergency contact information.

☐ Sign your FAFSA for the next academic year, if necessary. This application MUST be signed by the student and not a power of attorney or parent.

☐ Consider appointing a Power of Attorney for legal and financial matters.

☐ Arrange to have your income taxes filed if you will be abroad during tax season.

☐ Refer to http://studentsabroad.state.gov/ for information about absentee voting.
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Your on-campus education can only take you so far. At DU we believe that one of the best ways to understand the global challenges and opportunities of today is to experience them. Through university-wide support, DU subsidizes study abroad and makes it possible for over 70% of its undergraduate body to go abroad for a quarter or longer.

DU Partner Programs and Unaffiliated Programs

DU has over 150 DU Partner Programs for quarter semester/year-long study abroad. Students studying on DU Partner Programs will pay DU tuition and fees, as well as room and board when included in the program. All federal, state, and DU institutional aid including housing grants are applicable to all DU Partner Programs. Students on DU Partner Programs may also qualify for Cherrington Global Scholar Benefits (see the following section).

Students studying on an unaffiliated program pay all program costs directly to their program, in addition to the following fees to DU:

- Study Abroad Administrative Fee
- DU Tech fee (for each quarter abroad)
- DU tuition for 1-credit INTZ 2502 study abroad course (required for students studying abroad on unaffiliated programs in Fall 2016; recommended for all others)

State and Federal Aid may apply to unaffiliated programs, but DU Institutional Aid does not. Students can review policies regarding unaffiliated programs in their DU Passport Account.

Cherrington Global Scholars’ Benefits

Cherrington Global Scholar Benefits apply to qualified students studying abroad on DU Partner Programs. CGS Benefits include:

- Study Abroad Application Fee
- DU Partner Program Supplement
- A stipend towards the cost of transportation to and from the study abroad host city
- Reimbursement for visa application fees, residence permits, or permits to study, and foreign airport entry or exit fees that are not included in the student's travel fare.
International Education & DU

Academics Abroad

Strive for academic excellence while you are abroad, just as you do at DU. As a representative of DU, your performance reflects as much on the University as it does on you. Academic cultures abroad vary and are often different from those in the U.S. Some differences you may note include:

- Many undergraduate students at foreign universities specialize in only two or three subjects and take few courses that cover all the arts and sciences
- Students tend to receive less personal support from faculty and mentors and need to be self-motivated
- Modes of instruction also vary considerably; many universities overseas still use large lecture classes with smaller seminar meetings attached to them for discussion
- Exams rarely involve short-answer or multiple choice questions and are more likely to require short or even long essays
- Independent research is frequently required

Some things to keep in mind as you begin your studies abroad include:

Making sure your credits transfer
You must have departmental approval for all courses other than electives, so be sure to talk to your international education advisor about the availability of courses in the universities or programs where you want to study. Check online to see if your course has been approved previously, or to submit an approval request.
http://www.du.edu/abroad/academics/earning-credit.html

Being aware of the local language and your efforts to learn it
If you are studying in a country where English is not the first language, yet are taking courses taught in English, it is your responsibility to study the host country’s language as part of your curriculum and to try to use the language as a matter of courtesy. Your progress toward fluency in a foreign language is entirely in your hands and requires effort and practice.

Ensuring you are enrolled full time at your institution
You are required to maintain full-time student status while you are abroad as defined by your study abroad program and DU. Talk with your international education advisor or program representative to be sure you know what “full-time status” entails on your particular program.
Taking advantage of DU resources abroad: Anderson Academic Commons

Even while you are thousands of miles from Denver, the Anderson Academic Commons can provide you with research assistance. You will still have access to its extensive database. In addition, you can contact a DU research librarian through a dedicated portal for study abroad students: [http://library.du.edu/](http://library.du.edu/).

Travel & Intercultural Skills

We at the OIE understand that you’ll want to travel. It’s an important way of learning through experience, but don’t overdo it. Travel fatigue may affect your academic performance as well as hinder your involvement in the local community. Be realistic when making your travel plans. Consider your academic responsibilities and cultural immersion goals.

**Know Before You Go**

- Grow your intercultural skills:
  - Be willing to engage different values, beliefs, and worldviews
  - Learn to cope with unfamiliar and challenging situations
  - Function with tact and empathy in ethnically diverse contexts

Personal Conduct & Academic Integrity

While you are abroad, you remain enrolled as a degree candidate at the University of Denver and you continue to be subject to the DU Honor Code. This includes DU policy surrounding the use and consumption of alcohol. You are also subject to the laws of the country where you are studying, as well as the academic and disciplinary regulations of your host institution. Student conduct issues, including those involving the use of alcohol, will be reported to Student Conduct. You are not permitted to study abroad if you are under academic or conduct probation at the start of or during your program. If a student is found to be in violation of the DU Honor Code, appropriate outcomes will be assigned. While it is a rare occurrence, it is possible to be expelled from your study abroad program for violation of the DU Honor Code or your host institution's regulations- either for academic failure or for conduct concerns.
Academic Guidelines for Students Going Abroad to Study

There will be an assessment process for all students studying abroad on programs through the Office of International Education (OIE). The assessment may include an anonymous aggregate collection of student GPAs, targeted portfolio projects, INTZ course projects, digital storytelling workshops and projects, proficiency tests in a foreign language, surveys, or reflection papers. Students may also be required to participate in major and/or minor departmental assessment of their international experience.

All requirements will be communicated directly to students including all relevant deadlines.

Credits

If you attend a DU Partner Program, your study abroad grades appear on your official transcript at DU but are not figured into your GPA. If you attend an unaffiliated program, credits are treated as transfer credits. Grades and credits will not show up on your APR until DU receives an official transcript from the university or program where you have been studying. Because overseas universities and programs have their own deadlines for sending out transcripts, it may take several months after your program ends before your study abroad credits are reflected on your DU transcript and APR.

Making the Most of Your Time Abroad

Your study abroad experience began when you first attended Study Abroad 101. Choosing a program and applying were part of the learning process. You’ve taken responsibility up to this point and must continue to do so throughout your time abroad. Following are some tips on how to make the most of your time abroad:

- Read up on where you’re going through travel books and websites
- Look, listen, and learn
- Taste local foods
- Visit local sites
- Learn and practice the local language
- Get involved in your community and school
- Look ahead—think about international careers and how to pursue them
Preparing For Travel Abroad

Identification
Securing proper identification before you go abroad is crucial. Read the following section carefully and let your international education advisor know if you have any questions.

Passport
The passport is your official document identifying you as a citizen of the U.S. (or of your home country). You can’t travel outside of the U.S. without one. It is your responsibility to make sure you have a passport prior to leaving for your study abroad program. If you do not have a passport, you must apply for one immediately.

You can apply for a U.S. passport at the University Park Station Post Office, 3800 Buchtel Blvd, Denver. To expedite the process, visit the CO Passport Agency.

Be sure to sign your passport on the signature page, as it is not valid until signed.

Make copies of your passport’s photo page and leave one at your home address in the U.S. In case your passport is stolen, having a copy of the photo page will help expedite its replacement.

**Make sure that your passport is valid for at least six months beyond your scheduled return date, as this is a requirement for most visa processes.**

Visa
The government of the country where you will be studying may require that you apply for a student visa (may also be called a travel visa or a permit to stay/study). A visa allows you to stay in that country for a certain length of time. Each country has different visa rules, and in some cases, each consulate or embassy for the same country may have different application requirements and rules. It is your responsibility to understand these rules and apply for a visa in a timely manner. To begin, you should contact the embassy of the country you plan to visit or look at its website. If the country has more than one embassy or consulate in the U.S., ask your program or international education advisor where you should apply.

Research the procedure early because visa applications can take up to four months to issue. In most cases, you will mail your physical passport with the application. You may want to visit other countries while studying abroad. If so, you should research whether you need a visa to visit those countries as well.
Preparing For Travel Abroad

DU reimburses the visa application fee for Cherrington Global Scholars who submit receipts by the required deadline (See DU Study Abroad Policies). If you are a Cherrington Global Scholar, you will most likely pay directly, submit your receipts to the OIE, and receive a corresponding credit on your DU account. However, if you must appear in person at an embassy or consulate to apply, the travel costs are your own expense. Likewise, if your visa application requires immunizations, physical exams, biometrics, x-rays, or other medical tests, these costs are your own expense.

Consular laws on visas and permits of stay can change at any time and take immediate effect. The OIE will do its best to guide you through the visa process, but be aware that we are not immigration specialists and rule changes can happen without our knowledge.

If you are not a U.S. citizen, check with DU’s International Students and Scholars Services (ISSS) for visa issues related to your student status in the U.S. We also encourage you to connect with both the Embassy of your country of citizenship and the Consulate of your study abroad country to understand your immigration requirements for that country.

Know Before You Go
- Do you have a passport that is valid for at least six months after the end of your program?
- Does your host country require a student visa?
- If a visa is required, how much time do you need to allow for processing?

Abilities and Support (Disability Services)
U.S. laws and regulations related to disabilities are generally not paralleled in other countries. Study abroad sites vary greatly in their capacity to accommodate different needs. We will work with you to identify study abroad opportunities that meet your individual needs. Make use of all resources to research appropriate programs and services available abroad.

If you need to request accommodation for your disability at your program site, first speak to DU’s Disabilities Services Office and the OIE. Prior to and upon arrival you should also speak with a disabilities contact at your program site. Waiting to disclose specific needs until after you arrive and classes begin may mean that you won’t receive the accommodation you need. Because most programs require documented proof of disability, you should bring a full copy of your disabilities documentation with you to the program site.
Preparing For Travel Abroad

If you are eligible for accommodations, we suggest that you request them in advance. Even if you do not use accommodations for which you are eligible at DU, you may find that you require them in a different academic setting.

For More
There are many excellent resources for students with disabilities who are interested in studying abroad. Two are listed here:
Mobility International USA, [www.miusa.org](http://www.miusa.org)
MIUSA, along with the Bureau of Educational and Cultural Affairs of the U.S. Department of State, manages the National Clearinghouse of Disability and Exchange. MIUSA publishes books and other resources, many of which are free for you to download from its web site. Publications include “A World Awaits You: A Journal of Success in International Exchange” and “Survival Strategies for Going Abroad: A Guide for People with Disabilities.”

The Access Abroad web site, developed by the University of Minnesota, is devoted to making existing international opportunities accessible to college students with all types of disabilities, in accordance with ADA regulations. This site has resources for students with disabilities, descriptions of typical accommodations for a variety of disabilities, and summaries of accommodations available in other countries.

Registration at DU for Term Abroad
The OIE will register you as a full-time DU student during the quarter(s) you are on your study abroad program. If you look at your APR while you are abroad, you will notice a 16-credit placeholder course (usually starting with ABRD). These credit hours do not represent the number of credit hours you will earn from your study abroad program. This placeholder course and the 16 credit hours will remain until your actual earned credits come back on your host institution’s transcript, which may be several weeks (even months) after the conclusion of your study abroad program.

How to Make Your Travel Plans
FOR CHERRINGTON GLOBAL SCHOLARS
Every year, the Office of International Education provides detailed information on how to go about booking your travel. An email from your international education advisor contains details on the procedure, and you can also find information at “Cherrington Travel Booking Instructions” at [https://abroad.du.edu/_customtags/ct_FileRetrieve.cfm?File_ID=1177](https://abroad.du.edu/_customtags/ct_FileRetrieve.cfm?File_ID=1177).
Please read all of the information carefully; you can only take advantage of the travel stipend provided by DU if you follow the instructions.
FOR NON-CHERRINGTON GLOBAL SCHOLARS
You may make your travel reservations through the airline or travel agent of your choice. The University of Denver does not pay for tickets for non-Cherrington students.

Travel Tips
Jet Lag
We guarantee that you will feel the effects of jet lag during your journey or when you arrive in your host country. Below are some tips to help you through it.

Before departure:
• Adjust your meal and sleep times to your destination’s time zone.
• Get plenty of exercise several days before departure.
• Get a full night’s sleep the day before travel.

During the flight:
• Drink plenty of water to combat dehydration.
• Limit your alcohol and caffeine consumption, since these contribute to dehydration.
• Dress comfortably. Wear loose clothing and slippers (or very comfortable shoes). Consider layering clothing so you can take items off or put more on depending on the cabin temperature.
• Get out of your seat and walk around often.
• Change your watch, cell phone, and other devices so the time displayed is the current time at your destination.

Upon arrival:
• If it is daytime, make sure you can see the morning or afternoon light to help your body systems adjust. Daylight is a key factor in adjusting to a new time zone.
• Limit your first day’s activities.
• Try not to sleep until it is nighttime at your destination.

Packing Tips
The dress code where you are going may be different than the dress code at DU. Talk to returnees and go online to find out more about local dress, as well as local climate.

A few packing tips:
• Bring clothes that are lightweight, washable, and interchangeable
• Don’t bring anything that requires dry cleaning
• Bring a pair of slippers for the house or shower
Preparing For Travel Abroad

- You can buy toiletries once you get there
- Only bring items from home that you need; leave expensive jewelry and sentimental things at home
- Take small gifts for your host family or friends
- Consider what type of clothing is culturally appropriate

If space or weight allows, here are a few suggestions on what to bring:

- Passport pouch
- Extra batteries/memory card
- Water bottle
- Aspirin
- Sunscreen
- Journal
- First aid kit
- Antacid
- Sewing kit
- Plastic storage bags
- Packet of tissues
- Anti-diarrhea medication
- Flashlight
- Waterproof jacket

Helpful hints:
Label your luggage, inside and out. **Place everything sharp or pointed in your checked luggage.**

If you take expensive personal property with you (such as a laptop), we strongly suggest that you purchase insurance to cover it while you are abroad. Every year we hear stories from students of items such as laptops, iPads, and digital cameras being damaged or stolen. **Furthermore, it is important that you back up important data (including term papers and precious photos!) just as you would while at DU.**

Luggage
Recently luggage regulations have changed with many airlines. Contact your specific airline(s) to verify number, weight and size regulations for your luggage. DU does not pay for extra luggage charges. Additionally, if you have any connecting flights within the U.S., the weight limit may be lower than the international flight allowances.

What should I take in my carry-on?
Before you leave, contact the airline(s) to verify the number and size restrictions for your carry-on luggage. On most flights you are allowed one carry-on piece not exceeding 45 inches in size (length + width + height) and no heavier than 40 lbs.
We recommend putting these things in your carry-on:
- Passport and immigration documents (if applicable)
Preparing For Travel Abroad

- Cash/bank cards/travelers’ checks
- Acceptance letter from the program
- All medication
- Copies of all medical prescriptions, including those for eyeglasses/contacts
- This handbook!
- Extra set of clothing and toiletries
- Anything else that would be a serious problem for you if your checked bags were lost or delayed for days.
- TSA enforces strict regulations regarding liquids. With certain exceptions for prescribed medications, all liquids, gels, or aerosols must be in bottles no larger than 3 oz. The bottles must be in a clear, quart-sized, zip-top plastic bag.

For More
For more information, go to: http://www.tsa.gov/traveler-information

Can I ship my luggage in advance?
You may think that shipping excess luggage would be easier than paying the luggage fees charged by airlines. However, it is very expensive to ship boxes to a foreign country and sometimes risky. Custom regulations can delay packages, and there may be large duty charges. If you must send a box, make sure to indicate “used personal effects” with “no commercial value” on the custom forms. Also, check with your overseas university or program to see if they can accept and store shipments in advance of your arrival.

On your return home, you may want to ship some excess items via air, sea, or land. While it may be cheaper to ship packages via surface mail, please note that this method can take up to three months to receive.

Laptop Computers
You will need to decide whether or not to take your laptop with you. Depending on your host country and program site, you may or may not have easy access to computer labs or internet. Take the following considerations into account when making your decision:

- If you plan to travel before or after your program, do you want the extra weight and responsibility?
- Find out in advance if you will have internet access in your housing. Don’t assume you will have internet access.
- Find out if you will have easy access to computer labs through your program
- Have a plan for backing up your data and do it consistently.
- Insure your laptop against damage and theft.

Most laptops have an internal converter and need only an adaptor plug to work off of foreign voltages. To avoid damaging your computer, make sure to verify this before you leave.
Preparing For Your Travel Abroad

Absentee Voting
If you are a U.S. citizen and will be out of the country during an election, you can find information on how to complete an absentee ballot here: http://studentsabroad.state.gov/.
Arriving & Settling In

Getting to Your Destination

Leaving For the Airport
Before leaving for the airport, double check to make sure you have the following:

- Passport and visa
- Flight and ticket information
- Travel documents
- Name, phone number, and address of your program’s on-site contact

Know Before You Go
Your travel schedule for study abroad may include more than one flight, a train ride, and possibly local transport to get from the airport or station to your study abroad program. Even though you will be tired, stay alert to your surroundings and protect your personal belongings.

Remember, you should keep copies of all this information both at home and with you, in a separate place from the originals.

Immigration and Customs

On the flight to your host country, you will probably receive immigration and customs paperwork from your flight attendant. This paperwork asks questions about you, the purpose of your visit, and the items you are bringing into the country. You must complete the paperwork before your flight lands; keep it handy as you will need to present it at immigration and customs.

When you arrive at your host country’s airport, you will go through immigration and customs. When you get to the immigration area, remember to go to the line designated for foreign visitors. At the immigration desk, an immigration officer will review your passport and ask questions about yourself and the purpose of your visit. Answer the questions honestly and respectfully.

After immigration, you will collect your luggage and then pass through customs, where you will present your customs paperwork and possibly answer questions about the items you are bringing into the country.

As with immigration, you should answer the questions honestly and respectfully. The customs officers may ask to inspect your luggage. Should the inspection reveal items you are not allowed to bring into the country, you risk deportation. Refer to the immigration website for your host country to identify which items you cannot bring with you!

For More Information
If you are unsure what the purpose and function of immigration and customs are, here’s a quick explanation: http://en.wikipedia.org/wiki/Customs.
Your study abroad program may include an airport pickup service, although don’t assume that yours does. Refer to your program acceptance material for information about this service and how to register for it, if it is available. Keep all of your arrival and pick-up information with you so it’s easy to access. If your program is picking you up, make sure that you have confirmed the address where they are taking you, in case your flight is delayed and you miss the pick-up time.

Housing
Not every program arranges housing for students, and not every program provides meals. If the program does not provide housing, DU will not charge you for housing; likewise, if the program does not include a meal plan, DU will not charge you for meals. If your program requires that you secure and pay for your own housing and meals, we strongly suggest that you make use of the program resources, including returnees, to begin the search for your accommodations. Because DU is unable to secure housing or a meal plan on your behalf, these are considered personal expenses and may be more than housing and meals at the University of Denver. Personal expenses are not covered by Cherrington Global Scholar benefits.

Keep in mind that the cost of living in your host country may vary considerably from the cost of living in Denver, and you will need to factor that into your budget planning. An apartment in Paris, for example, will predictably cost a great deal more than an apartment in Denver. In addition, you may need to set up a local bank account, contact gas and electric companies for service, and take care of any number of additional details. **By selecting a program that does not provide housing services, you have agreed to take on those responsibilities yourself.** Your OIE advisor can offer only limited support, but be sure to speak with him or her in advance if you have any questions or concerns.

Regardless of whether you are arranging your own housing or having housing arranged by your program, you need to be aware of realistic expectations for housing in your city (costs, commute times, size of housing etc). Do your own research and speak with your OIE Advisor and program returnees to help anticipate what to expect.

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**Know Before You Go**

Try to have realistic expectations about your housing.

- What kind of housing is typical for local university students?
- How much personal space is normal?
- What “amenities” are standard?
- Don’t make the mistake of assuming your housing abroad will be similar to DU housing!
- Don’t assume you will have internet access.
- What commute time should you expect?
Visitors

It is common for students to have visitors while they are studying abroad, and you may want to invite friends and family to visit you. Before you assure them they can stay with you, consider the following:

• Does your landlord or apartment manager allow guests? Do they restrict visitors to relatives? By gender?
• If guests are allowed, what is the maximum amount of time they are allowed to stay?
• Do you have roommates or a host family? If so, have you asked their permission to have an extra person in their living space? Will your guest be responsible for their own meals?

Above all else, be considerate. Don’t create an uncomfortable or potentially unlawful situation by allowing someone to stay with you. You can jeopardize friendships and even your right to stay in your apartment if you don’t follow the rules set by your landlord or program.

Working Abroad Legally

While on a study abroad program, your host country admits you under the regulations of a student visa or the appropriate immigration status. This means your stay is for the sole purpose of education, and you are not allowed to take a job (even part-time) and earn an income. If you violate those restrictions and are caught, you risk being deported.

However, some exceptions apply. Some countries do allow international students to take on a part-time job or holiday work. To find out if your country of destination or program allows for part-time work, visit the consular webpage for your host country. Most likely, you will have to make all the appropriate arrangements before leaving the U.S.
When you are abroad, the sense of safety you have at home—what not to do or where to go—will change. You can develop a new set of strategies to reduce exposure to some of those risks yet still have an enjoyable and safe experience.

**Know Before You Go**
You can’t go wrong with common sense, sound judgment, and responsibility. Your behavior and the choices that you make affect not only your personal safety but also the safety of those around you.

Prepare Yourself: Become Informed
Before you leave home, learn about the safety conditions in your host country. While you are abroad, continue to monitor for updates and research any countries you plan to visit. We encourage you to read the article “An Informed Traveler is a Safer Traveler” in addition to the in-depth resources below.

**International SOS**
The University of Denver has contracted with International SOS to provide 24-hour worldwide emergency medical and evacuation assistance to faculty, staff, and students traveling on University-related activities. **Students are required to call I-SOS at 215.942.8478 before they go abroad to discuss any particular health or security concerns for their upcoming study abroad (i.e. prescriptions, doctors, safety, etc.)**

International SOS is NOT a form of medical insurance coverage. They will coordinate with care providers abroad and your insurance back in the U.S. to help you find the right providers and make sure you have proper proof of payment. International SOS is like a concierge service that will help you get the information and care you need to stay safe and healthy while abroad. However, your insurance would be charged if they were to assist you with actual medical care or services. **For more information, please see Appendix 3.**

**U.S. Department of State**
The U.S. State Department provides several resources to help U.S. citizens evaluate risk when traveling abroad, including Travel Warnings, Public Announcements, and Consular Information Sheets. Prior to your departure, and also while abroad, you should check the State Department website (www.travel.state.gov) for the most recent information.
Safety While Abroad

Travel Warnings are issued when the State Department, based on relevant information, decides that Americans should avoid travel to a certain country. Travel Alerts are a means to disseminate information about terrorist threats, natural disasters and other relatively short-term and/or trans-national conditions posing significant risks to the security of American travelers.

Consular Information Sheets are available for every country of the world. They include such information as the location of the U.S. Embassy or Consulate, unusual immigration practices, health conditions, minor political disturbances, unusual currency and entry regulations, crime and security information, and drug penalties.

Background Information Sheets are also available for every country of the world. They include topics such as the country profile, people, government, political conditions, economy, foreign relations, and historical relationship with the U.S.

Registration with the Department Of State

Before traveling abroad, all US citizens should register with the U.S. State Department through the Smart Traveler Enrollment Program (STEP) https://step.state.gov/step/

By doing so, you will receive updated information on travel and security within the country. You also make it easier for the U.S. Embassy (and your family) to locate you in case of emergency or disaster.

Registration is voluntary and costs nothing, but it should be a big part of your travel planning and security.

To register online or in person you will need the following information:
• Your passport number, place of issue, and dates of issue and expiration
• Destination date of arrival and date of departure

Other services provided by U.S. consular officers include the following:
• Replacing your passport
• Helping you to find medical assistance
• Helping you to get funds
• Helping you in an emergency
• Visiting you in (but not getting you out of) jail
• Helping in a disaster/evacuation
• Assisting with absentee voting

For More
The State Department recently established a section of their website specifically for study abroad students: http://studentsabroad.state.gov/.
The U.S. consular officers cannot act as travel agents, banks, lawyers, investigators, or law enforcement officials.

Obeying Local Laws

Many of the legal protections you take for granted are left behind when you leave the U.S. When living in another country, you are subject to that country’s laws and regulations. If you violate those laws—even unknowingly—you may be expelled, arrested, or imprisoned.

The principle of “innocent until proven guilty” does not necessarily hold true in legal systems abroad. The best advice is to know the local laws and obey them. The best resource regarding local laws will be your host institution advisor. If you do get in trouble, contact your program director and seek local legal assistance as soon as possible.

In the Event of an Emergency

If you have an emergency abroad, first contact your local program director or someone in your program’s International Office. Find out who that emergency contact is before you need them because emergencies often happen after office hours or on weekends. Program that person’s number into your cell phone.

“911” is not the universal emergency number, so you should memorize and program the local emergency number for police, fire, and ambulance into your cell phone. I-SOS can help provide that information.

If you need a doctor or have any medical, safety or mental health emergency, call I-SOS immediately. Download their application before you go or program the nearest I-SOS office into your phone by going to www.internationalsos.com.

If you need to contact DU outside of normal office hours due to an emergency, call Campus Safety at 303-871-3000.

The Center for Global Education (www.globaled.us/) suggests that students studying in a non-English speaking country should know and have a written list of certain phrases in the local language. These phrases include the following:
Safety While Abroad

Help
I need help.
Where can I get help?
Stop! Thief!
This is an emergency.
Where is the police station?
Please help me.

General Information
Please speak slowly.
I’m lost.
Can you write this down for me?
Can you contact this person for me? My name is...
Where is the nearest (bathroom, telephone, bank)?
I don’t understand.
What (time, date, day) is it?

Medical
Please take me to the hospital/doctor
I’m not feeling well
How do I get to the (doctor, hospital)?
My blood type is...
I’m allergic to penicillin/aspirin, etc.
I am diabetic, etc.

Food and Water
Where can I get something to eat?
Is this safe drinking water?
Where is the market?
I am allergic to...
I can’t/don’t eat meat/pork, etc.

Arrests
Please call the US Embassy/Consulate immediately.
I am a US citizen.
I have a right to call the US Embassy/Consulate.

Crime Prevention
A little common sense goes a long way. For the most part, if you wouldn’t do something in the U.S., don’t do it overseas.

If you get lost, don’t bring attention to yourself by looking confused or engrossing yourself in a map. Instead, project confidence and walk purposefully until you can find a safe place off the street such as a restaurant or bank where you can reevaluate your situation. If you need to ask for directions, be careful whom you choose to ask.

Theft Prevention
Don’t walk alone at night. Most attacks or robberies happen to students—both female and male—while they are out alone at night. You become an especially easy target if you have been drinking.
Know Before You Go
When out in public, do your best not to look or act like a tourist because tourists are targets for theft, harassment, and potentially assault. How do you blend in?

- Adapt both your dress and mannerisms to the local mode
- Don’t wear baseball caps—they’re a dead giveaway
- Avoid wearing t-shirts and sweatshirts that seem uniquely American (e.g., your DU t-shirt)
- Speak the local language in public and avoid speaking too loudly
- Don’t frequent known American hangouts, such as American restaurants and nightclubs

Thieves want your money, jewelry, laptop, and passport. Protect yourself by leaving unnecessary valuables at home. Once abroad, don’t flash money in public areas. Keep your important documents (credit cards, passport, ID card, etc.) in a safe place. When staying overnight in a new location or traveling, keep these things on your body.

In case your wallet is stolen, you should copy the front and back of your credit cards, ATM cards, travelers’ checks, etc., and keep them in a safe place separate from the originals. You should also write down the phone numbers to contact to replace these items. Remember that 1-800 numbers don’t work from abroad—you’ll need to know what the local numbers are.

Assault Prevention

- If you are returning home late at night, be careful. Do not accept rides in private cars. Instead, make sure you can either take public transportation home or a registered taxi.
- Do not participate in or go near any kind of demonstration or civil disturbance.
- Do not invite strangers or someone you’ve just met into your home.
- If you decide to travel outside your study site, don’t travel alone. When you travel with others, tell someone else (family, friends, or program leader) your itinerary and how they can contact you in case of an emergency.

Sexual Assault and Gender Violence Prevention

Oftentimes, we don’t know what is or is not an act of gender violence, especially when we are in a new environment. Following are some definitions provided by DU’s Gender Violence Education and Support Services Office to better help you understand what constitutes gender violence.
Gender Violence
Any act of violence targeting individuals because of their gender. Gender violence includes sexual assault, dating violence, domestic violence, and stalking. Gender violence can happen to anyone regardless of their gender, gender identity, race, nationality, ability, ethnicity, age, socio economic status, or sexual orientation.

Know Before You Go
Anyone could be a victim of gender violence. It touches people of all races, ethnicities, genders, sexual orientations, abilities, socioeconomic status, and national origin. The one guiding principle to remember is that it is never the victim’s fault. It is always the perpetrator’s fault.

Stalking Prevention
When someone repeatedly follows you, watches you, phones, writes, emails, or communicates with you in a way that makes you feel afraid, uncomfortable, or concerned for your safety.

Sexual Assault Prevention
Umbrella term referring to any act of sex where the actor has not obtained consent from the other person. Runs along a continuum from unlawful sexual contact to intrusion, rape, sodomy, etc.

The key piece to focus on with sexual assault is that this refers to any act of sex, so touching someone or kissing them without their consent is still considered sexual assault. Rape is defined as sexual intrusion or penetration of the vagina, anus, or mouth of the victim. The weapon of intrusion used by the perpetrator may be a penis, tongue, finger, or object.

Consent
Consent must be sought for any sexual activity. Consent must be sought at every level—for a kiss, for touching, for intercourse or oral sex. It is important to remember that the only thing that means “yes” is “yes” itself. “No” absolutely means “no,” and the absence of a “yes” means “no.” In the U.S., you cannot consent to sexual intercourse or sexual intimacy of any kind if you are intoxicated. While this may not be the case in other countries, it is important to remember that your ability to give consent is absolutely impaired when intoxicated and there are support services to help you if you experience any unwanted sexual activity. Additionally, you cannot be forced or coerced into having sexual relations with someone.

Resources
Force can be both physical and emotional. If someone restrains you, uses their
size to intimidate you, or uses their cultural norms to obligate you, you are not freely giving consent.

If you or a friend experiences sexual assault or gender violence, or even if you are unsure, there are people you can talk to:

**Center for Advocacy and Prevention Education (CAPE) (confidential and free)**
- 303-871-3853 during office hours
- 303-871-3000 after hours and on weekends (ask for the CAPE contact on call)
- Available 24 hours a day, 7 days a week during the Fall, Winter, and Spring quarters
- Trained advocates waiting to help
- Support and services for survivors, friends, and family

**DU Counselor on Call (confidential and free)**
- 303-871-2205 during office hours (8am to 4:30pm MST)
- 303-871-3000 after hours and on weekends (ask for the counselor on call)

**Sexual Assault Support and Help for Americans Abroad (SASHAA)**
- Resources for US citizens abroad, both for information and for support in the event of an assault: [http://sashaa.org/](http://sashaa.org/)

*We encourage you to report this to your program abroad, as they can help with local resources; however, please note that the International Office of your program is not a confidential source. They are required to report it to the Office of International Education at DU who then works with all resources at DU.*

**Harassment**

Verbal harassment, especially towards women, may be part of the local culture. The best course of action is to ignore it because most responses will only serve to encourage the harasser. If the harassing continues, you should report it to your program contact or to your study abroad advisor. See also the “Safety Tips for Women” section of this handbook.

**Illegal Drugs**

The U.S. State Department reports that drug-related charges account for one third of all arrests of Americans overseas. Many assumed that as U.S. citizens they could not be arrested. There is very little that anyone can do to help you if you are caught with drugs. It is your responsibility to know what the drug laws are in a foreign country before you go, because “I didn’t know it was illegal” will not get you out of jail.
Never travel with contraband drugs.
Even in places where the use of illegal drugs by local citizens is ignored or treated lightly, the University of Denver will not tolerate such use by its students. Drug use will not only jeopardize the welfare of the student but also the future of the study abroad program.

Know Before You Go
If you are arrested on a drug charge, even the U.S. Consular Officer cannot:
• Demand your immediate release or get you out of jail
• Represent you in court or give you legal counsel
• Pay legal fees and/or fines with U.S. Government funds

If you are caught buying, selling, carrying, or using any type of drug, you could face severe consequences:
• Interrogation and delays before trial, possibly in solitary confinement
• Lengthy trials, probably conducted in a foreign language
• Weeks, months, or life in prison, including hard labor and/or lashings, in substandard conditions (i.e., no bed, toilet, or sink)
• The death penalty

For More
Three movies that deal with the severity of drug violations overseas that you might consider watching before you leave are:
• Midnight Express, directed by Alan Parker
• Brokedown Palace, directed by Jonathan Kaplan
• Return to Paradise, directed by Joseph Ruben

Use of Alcohol
You will find that many countries have different attitudes about the consumption of alcohol than the United States. In many countries, attitudes around drinking (at least in regards to age) are much more liberal than in the US. Depending on where you study, you may find that beer and wine are consumed as part of family meals, including by people of a much younger age than what is customary in the United States. In addition, the legal drinking age may be lower. In contrast, in other regions of the world, such as many countries in the Middle East, consumption of alcohol may be much more restricted (if not forbidden) and/or culturally taboo.

If you chose to drink while abroad, please drink responsibly and within limits of cultural norms. You, of course, should never feel like you have to drink. Drinking to excess is never acceptable and especially not while on your study abroad program. First and foremost, you are most vulnerable to violence, theft, or other crime when under the influence of alcohol. Excessive alcohol consumption has been identified
as the single greatest risk factor for study abroad participants. Drunk driving, besides the obvious dangers, often carries much heavier penalties abroad than in the U.S. Students who exhibit a pattern of dangerous drinking may be expelled from their study abroad program.

The DU Honor Code follows you abroad. DU policies around the use and consumption of alcohol do apply. Student conduct issues, including those involving the use of alcohol, will be reported to DU Student Conduct. If a student is found to be in violation of the DU Honor Code, appropriate outcomes will be assigned.
Health & Wellness

Good physical health and emotional stability are very important to your academic performance and a successful study abroad experience. Take ownership of your health and make proper preparations for your time abroad. The checklist at the end of this section is meant to assist you in this process.

*Please see Appendix 3: International SOS to learn more about the membership benefits and how they pertain to your health and wellness while abroad.*

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**For More**
The Center for Disease Control and Prevention (CDC) has additional resources and details regarding the information in this section. You can find this information here:

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**Health Insurance**
You must have health insurance that includes overseas coverage. Check with your carrier for details on coverage and how to make claims. If you are dissatisfied with your current provider’s overseas coverage, you may want to consider the University of Denver’s Student Health Insurance Policy (SHIP). For more information, call 303.871.2205 or visit their website:

Some study abroad programs or countries require you to purchase a particular insurance plan in addition to the insurance you already have in the U.S. Please check with the OIE to see if this is the case with your study abroad program.

You will need to be covered in the U.S. upon your return, whether it's at the end of your program or earlier than planned due to an emergency. This means that no matter what overseas coverage you choose, you should continue to carry health insurance that is applicable abroad and in the U.S.

It is your responsibility to know how to activate and use your insurance while abroad. If you receive insurance through your study abroad program, you will receive instructions either in your program acceptance material or during your on-site orientation.
Health & Wellness

Pre-departure Check-ups
One of the first steps is to make sure that you schedule health-related check-ups before you go. Do not put off any medical appointments until you get back. You should have a general physical exam, a dental check-up, an eye exam (if you anticipate your prescription may need to be updated), and a gynecological visit (for women) before leaving. It’s also a good idea to see a counselor before you leave—see the “Psychological and Emotional Wellness” section for more information on why. It’s best to see your doctor sooner rather than later because you may need an immunization, which may involve several visits over the course of up to six months. Appointments at the DU Health and Counseling Center fill quickly towards the end of spring quarter, so plan accordingly. Please refer to the “Vaccinations and Preventative Medicine” section for more information.

Medical Emergency Numbers
It’s important to make sure that you know how to call for help when you need it. Again, “911” is not the universal number for help. Write these important numbers down in an accessible but safe place:

- ambulance
- police
- fire department
- your designated on-site emergency contact
- the DU Counseling Center’s number and after-hours number
- your health and travel health insurance number

Know Before You Go
If you currently wear a MedicAlert emblem, you should contact MedicAlert to ask for the international number for outside of the U.S. MedicAlert is recognized internationally. For more information, contact the MedicAlert Foundation International (www.medicalert.org or 1-800-344-3226).

Routine Doctors’ Appointments and Pre-Existing Conditions
Not all healthcare systems are alike; therefore, it’s important that you make sure that you can get the medical and psychological support that you need. Medical care systems around the world vary greatly. You may find that you are given a higher quality of treatment abroad, or you may be frustrated by lower quality. If you need to see a doctor on a regular basis while overseas, you should inform your host program or university ahead of time to identify whether there is a doctor or clinic with appropriate services available near your program location. Or, call I-SOS to find a doctor/hospital. Bring a copy of your complete medical and prescription histories with you.

For More
A general description of the healthcare system of your host country can be found on the Consular Information Sheet at the State Department’s website: www.travel.state.gov.
Health & Wellness

If you are switching health insurance plans to one that’s better suited for study abroad, remember to consider your own particular health needs and make sure you feel comfortable with the level of coverage that you choose.

Prescription Medication

Prescription medications vary from country to country in name, potency, and purity, and may NOT be sent through international mail. In fact, some drugs that are legal in the U.S. may not be legal in other countries. Contact International SOS (www.internationalsos.com) to find out the regulations on prescription medications for the country where you will be living.

Most likely, you and your doctor(s) will decide that the safest and most convenient way for you to have enough of your medication while you’re abroad is to simply bring a large supply with you in your carry-on luggage. If you do take your entire supply of medication with you, remember the following to avoid complications:

- Take your medication in your carry-on luggage so that it cannot be lost or delayed with checked luggage. If you must check medication, make sure that you keep a minimum of a ten-day supply with you.
- **Keep all medications in their original containers!**
- Be ready to present a prescription from your doctor if asked at customs. Make sure that the prescription states the generic name of the drug because brand names can differ overseas.

Although taking all of the medication with you is safe and convenient, it is not always possible for three reasons:

- There may be a limit on the amount of medication that can be brought into the host country. Controlled drugs are typically—but not limited to—those medications that may have street value like pain killers, relaxants, and so on. To find out whether or not there is such a limit, contact International SOS or the embassy/consular office of the host country.
- The medication may need to be refrigerated or may be too large to bring an entire four-month supply.
- Some health insurance agencies may be unwilling to give you a four-month supply of your medication at one time (if this is the case, show them your acceptance letter to the program and give them our contact information if they want the details of the program).

*If you need specific over-the-counter medications, take them with you. They may not be available abroad.*
**Know Before You Go**

If you’re not able to take the entire supply of medication with you, here are some ideas about what to do:

- Contact International SOS ([www.internationalsos.com](http://www.internationalsos.com))
- See if your doctor can help. It’s possible that he or she has a connection in the host country who can arrange to have the drug ready for you when you arrive.
- Contact the manufacturer of your medication and inquire how you can procure the drug while abroad. You may even find it’s easier to get abroad than it is at home.

**Eyewear**

If you wear glasses or contacts, you should bring a typed copy of your prescription as well as an extra pair of glasses or contacts. Broken or lost eyewear is a common annoyance while traveling that can be avoided by bringing a backup pair or your prescription for easy replacement.

**Vaccinations and Preventative Medicines**

The Center for Disease Control (CDC) is recognized as the lead federal agency for protecting the health and safety of people both at home and abroad. The CDC provides useful health and safety information, including what vaccinations, boosters, preventative medications, or screenings you need before entering your host country.

Remember to look at all the regions and countries that you plan on visiting during your time abroad. In addition to checking which immunizations you need, be sure to read each section including Vaccines for Your Protection, Diseases Found, Other Health Risks, What You Need To Bring With You, Staying Healthy During Your Trip, and After You Return Home.

You will notice that the CDC has three categories of vaccinations: routine (which you should have for the U.S.), recommended, and required. We strongly recommend that you are up-to-date with all of your inoculations, regardless of their category on the CDC website.

To get your vaccinations, medications, or certifications, contact your medical provider or visit the DU Health and Counseling Center. In contrast to most health insurance plans, the DU SHIP, when combined with the Health and Counseling Fee, covers vaccinations given at the Health and Counseling Center. They can provide the following vaccinations:

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**For More**

To find these listings by region, consult the Centers for Disease Control and Prevention (CDC) website at the following address: [http://wwwn.cdc.gov/travel/destinationList.aspx](http://wwwn.cdc.gov/travel/destinationList.aspx)
Health & Wellness

- Hepatitis B
- Hepatitis A
- Meningococcal
- Tetanus-diphtheria
- Tetanus-diphtheria-pertussis
- Polio
- Typhoid
- Measles, Mumps and Rubella
- Influenza (seasonally)
- Varicella
- Human papilloma virus (HPV)
- Japanese Encephalitis
- Yellow Fever

If your current health insurance does not cover such vaccinations, the DU Health Center offers them at a reasonable price. Plan in advance, because supplies may run out towards the end of spring quarter.

The CDC recommends that “students with complicated travel itineraries (e.g., travel to rural areas of developing countries) or who have medical problems that will need to be managed while abroad are especially advised to consult a healthcare provider who specializes in travel medicine.” The DU Health Center has a travel clinic for your convenience. Remember to ask about the cost before you go to any travel medicine clinic, and choose one that fits your needs and budget.

When you get your immunizations, be sure to keep a record. Your healthcare provider can give you a card tracking your inoculations.

For More
Besides getting inoculations, there are often specific actions you can take to avoid these diseases. For more information about vaccine-preventable diseases, go to the following website:
http://wwwnc.cdc.gov/travel/

Know Before You Go
Because some inoculations require a series of medical visits over the course of several months prior to entering your host country, and because some vaccinations need to be specially ordered, you should begin investigating this matter as soon as possible. If you are traveling to a tropical or developing country, preparations in this regard tend to be more complicated and require more time. Most experts recommend seeing your doctor 4-6 weeks before your departure date; nevertheless, for some immunizations—like Hepatitis B, which requires three shots spaced out over at least a six month period—you may need even longer.
Health & Wellness

Food and Water Safety
It’s important to know what foods and drinks are the safest to consume while abroad. When travelers get sick, it’s often from consuming contaminated water or food. Especially in areas where poor hygiene and sanitation standards exist, remember the following to avoid food-borne illnesses:

- Be wary of eating any raw food, including:
  - Salads and uncooked vegetables (they may be washed in impure water)
  - Fruit (unless you wash and peel it)
  - Undercooked or raw meats and seafood (under most sanitation conditions)
- Avoid un-pasteurized milk and milk products
- Eat only properly cooked food that’s still hot (best if cooked in front of you)
- Avoid cooked food that has been left in the open for several hours
- Don’t eat foods that haven’t been properly refrigerated

Just as you may question the safety of a late-night burrito in LoDo, be cautious of food sold by street vendors abroad. Although street vendors may offer a cheaper and more authentic version of a local favorite, locals have an immunity that visitors lack; therefore, food that’s safe for locals might not be safe for you. Attempts to build immunities by eating unsanitary food during your semester or quarter abroad will be in vain.

Water may also present a health risk in some countries. Having good access to clean water is vital, especially because re-hydration is a very important part of recovery if you become sick.

- Choose bottled water over tap water
- Be wary of ice cubes as they will most likely be made from the local tap water
- Tea and coffee made with boiled water are safe options
- Drink canned or bottled beverages, including water, carbonated mineral water, and soft drinks
- Drink directly from the original containers rather than pouring into glasses first

It’s common for people who are traveling and eating new foods to become sick—especially if the food is prepared in less than sanitary conditions. So common, in fact, it has been dubbed Travelers’ Diarrhea (TD). TD is rarely life threatening, but you want to avoid it if you can. If you have diarrhea that persists for more than 3-5 days, contains blood or mucus, or is combined with a fever, then you should seek professional medical advice immediately.
To summarize, remember the following:

- Food and water quality vary from region to region. When travelers get sick, it’s commonly a food- or water-borne illness.
- Before traveling to a new place, seek advice on food and water from your on-site hosts or a trustworthy travel agent.
- If in doubt, it’s best to be cautious. Remember: boil it, cook it, peel it, or forget it.

**Know Before You Go**

Although beverages containing caffeine or alcohol may seem refreshing, they are weak diuretics and will not do the best job of hydrating you.

**Nutrition and Adjusting To the Local Diet**

No matter where you are traveling, you will probably find the food to be very different from home. The diet may be more or less healthy than in the U.S. Either way, this will be an area in which you will need to be adaptable and flexible. It’s impossible to impose American eating habits upon your host country.

Sticking to a vegetarian, vegan, gluten-free or organic diet while abroad can be challenging in some countries where such diets do not exist. This is something that you can discuss with your study abroad program. If you will be living with a host family and you are a vegetarian/vegan or you have food allergies, remember to let your study abroad provider know as soon as possible.

**Psychological and Emotional Wellness**

Most students experience emotional highs and lows during their study abroad. This is both normal and expected. It’s common to experience times of loneliness, homesickness, or culture shock, but these times pass and better times usually follow (see “Dealing with Cultural Differences” for more). Due to the heightened emotions and the additional stresses of culture shock, psychological and emotional issues can become more pronounced or even manifest for the first time during a study abroad experience.

Many study abroad program providers can arrange counseling services for you on-site in English. If on-site counseling is an option for you, we advise you to take advantage of it. If you find that it’s not for you, you can always stop going. As with medical care, it’s best to have the services set up and available before you need them.
Health & Wellness

When you are feeling upset, there are proactive ways to deal with these emotions. Some positive coping mechanisms can include the following:

- Reading or studying things you enjoy
- Meeting regularly with a counselor or a spiritual/religious group at your program site
- Communicating with your family and friends at home
- Spending time with your friends abroad
- Physical exercise
- Learning to laugh at yourself
- Talking about issues with your on-site program contact
- Expressing yourself creatively through journaling, drawing, or painting
- Giving yourself structure by getting involved on campus or in the community

Some destructive coping behaviors you should avoid include those listed below:

- Binge drinking
- Oversleeping
- Spending excessive amounts of time in your room/apartment
- Changing eating habits
- Avoiding your friends, classmates, and/or program contact
- Escaping into sexual relationships
- Destroying your dorm room or host university property
- Illegal activity

Know Before You Go

We recommend that students speak with a counselor about their study abroad plans prior to departure and upon return in order to get the most out of their experience. You can discuss with the counselor your motives for going, your goals, and how you will deal with unusually high and low feelings while abroad. All DU students have access to counseling services through DU’s Health and Counseling Center (HCC). The cost of visits is determined by your coverage with the Health and Counseling Fee and/or the DU Student Health Insurance Plan. Please contact the HCC directly to inquire about counseling fees.

If you notice yourself or your classmates developing a serious problem, an intervention may be necessary and you should let a staff member you trust know about the situation. Serious psychological stress may be marked by the following symptoms:

- Repeated risky behavior
- Habitually sleeping more or less than usual
- Missing class and neglecting coursework
- Unusual and prolonged isolation
- Personality changes
- Lack of personal hygiene
- Giving away prized possessions
- Excessive fatigue
Health & Wellness

- Prolonged depression
- Changes in eating habits
- Anxiety that interferes with normal functioning
- Violent or self-destructive behavior
- Alcohol or substance abuse
- Ignoring medical recommendations
- Essays or notes that focus on death, suicide, or despair
- Expressions of concern from mutual friends

If you are currently seeing a mental health professional for treatment or are thinking about seeing one, you should find out about similar services available at your study abroad program site. Studying abroad to escape emotional difficulties at home is never a good idea. Preexisting emotional difficulties are often intensified—not resolved—by living in a foreign country.

For More
For more information or to set up an appointment with a counselor or to get referrals for the Denver community, [http://www.du.edu/health-and-counseling-center/counseling/index.html](http://www.du.edu/health-and-counseling-center/counseling/index.html) or call 303.871.2205. If you’re calling after hours and need to talk to a counselor on-call, the number is 303.871.3000. Contact your program provider or OIE advisor to find out more about arranging on-site counseling.

If you are studying in a non-English speaking country and are uncomfortable using the host language to discuss these types of concerns, you should ask if an English-speaking counselor is available. International SOS can be a service to help you find a counselor.

Relationships, Safer Sex, and STIs/STDs
The charm of a once-in-a-lifetime romance in another country may be tempting, but consider any potential relationship carefully and remember that you are only in your host country for a short time. There are different cultural values regarding dating and relationships; for example, many countries do not have the concept of causal dating while still others are even more casual than at home. Ask a recently returned student or your program provider about the differences in attitudes towards romantic relationships in the host culture.

If you are sexually active, practice safe sex. Be aware that all types of sex (oral, vaginal, anal), have risk of STI/STD transmission (including HIV infection). Entering into a relationship overseas should, therefore, be approached with the same precautions you would use at home. Ideas about what’s “safe” vary around the world. You may be shocked by the ideas of what’s “safe” that you hear even in highly educated circles. Just as at home, you could find yourself in a situation in which you are pressured to engage in
sexual activity that is clearly unsafe. Some people may become less inhibited when they travel and take risks they would not otherwise take, including making poor choices regarding their sexual health.

Here are some important reminders:

- Hepatitis B is a vaccine-preventable sexually transmitted infection (STI). Prevention requires 3 doses of the vaccine over a minimum of 6 months. Hepatitis B vaccine is recommended by the CDC for travelers to almost all countries. Plan early so you can fit the entire series into your schedule before traveling.
- Condoms are the only reliable method of decreasing the risk of infection with an STI/STD. They DO NOT eliminate your risk. Condoms should be purchased at home prior to travel and should be kept available. Remember that heat can decrease the effectiveness of condoms. Abstinence is the only way to ensure prevention of STIs/STDs.
- The risk of infection with HIV can also be decreased with the use of condoms.
- Human papilloma virus (HPV), genital warts, and molluscum contagiosum are now vaccine-preventable; nevertheless, condoms should always be worn and may reduce your risk of contracting HPV if you or your partner is not vaccinated.
- Females should know that emergency contraception can reduce the risk of pregnancy, should unprotected intercourse or condom failure occur. It is not recommended as a primary form of birth control, and we recommend you take your usual birth control measures with you when you travel. However, should you need information regarding emergency contraception while abroad, contact International SOS for information regarding its availability in your study abroad country as well as the legality of your regular form of birth control there.

When traveling abroad, be aware that some countries may require HIV antibody tests. Travelers should also know that some countries might not have the resources to screen blood adequately or provide sterile needles or medical facilities. While health care is generally at a very high standard, we recommend that you take normal, everyday precautions to avoid putting yourself at risk. Do not use intravenous drugs. Practice safe sex. Think carefully about administration of CPR if you are trained to do so. Do not share personal care items, such as razors, with others.

For More
For more information on safer sex and sexually transmitted infections, see the following website: http://globaled.us/peacecorps/sexually-transmitted-diseases.asp.
Health & Wellness

Exercise
There are not many universities outside of the U.S. that have exercise facilities equivalent to the Ritchie Center; nevertheless, daily exercise remains an important aspect of maintaining good health. The cost of a membership to an exercise facility is not usually included in the cost of your study abroad program, and even when it is, you may find that the facility lacks the equipment that you’re accustomed to using. To find such equipment, you may need to pay and join a private fitness studio.

While the physical facilities abroad may be sparse, many non-U.S. universities do offer an extensive number of sports clubs and intramural sports, which can be an excellent way to meet new people and stay fit. Contact your study abroad program provider for more information on sports clubs and exercise facilities.
Communicating While Abroad

In many ways, technology has simplified staying in touch with friends and family while you are abroad. You have quick and convenient options such as email, instant messaging, land lines, Skype, Facebook, phone apps, cell phones, and more. Things are slightly more complicated, however, in that you need more knowledge to use this technology than simply knowing where to go to buy a stamp. That’s why we have put together some useful information in one place on communicating while you are abroad.

Your Phone Abroad
Every country has a different phone system, so what works in one place may not work in another. Before students leave they should contact their cell phone provider for information on making calls from overseas and receiving calls from the US. In some cases, using your plan from the US makes sense and in other cases, it does not. Students could take a smart phone and use local wi-fi, for example, or students may want to purchase a local phone with a pay as you go plan. Some students choose to use calling cards with land lines or payphones, but in some countries they will be charged for local as well as long-distance calls. If your housing arrangements include a private phone, please remember that in some countries you will be charged for local as well as long-distance calls.
Visit www.countrycallingcodes.com to learn about country calling codes and how to call a US number from abroad.

Internet Calling and Apps
Several internet phone packages exist that allow you to talk from computer-to-computer (or phone-to-phone) for free around the world. Also, some services offer computer-to-phone service for competitive calling rates. These services include the following:

- Skype (www.skype.com): This internet telephone service is free from computer-to-computer and very inexpensive to call into the U.S. from anywhere in the world. Skype is known for its telephone-like voice quality. Video, call in, and voicemail are also available.
- Google Talk/MSN/AOL: These instant message services also offer free computer-to-computer telephone service. However, voice quality greatly depends on the quality of the internet connection.
- Whatsapp/Viber/HeyWire/KaKao/Vonage Mobile: These instant messaging apps allow you to communicate via text messaging that does not require cell phone service. As long as your phone has wi-fi capabilities, these apps will function solely on wi-fi when data plans are turned off. These apps are compatible with both Android and iOS systems.
Communicating While Abroad

- Google Talk / MSN / AOL: These instant message services also offer free computer-to-computer telephone service. However, voice quality greatly depends on the quality of the internet connection.

Email and DU Passport
Important information from the OIE will be sent to by email while you are abroad, so please check your account regularly. Also, while abroad you will have additional learning content in DU Passport, so make sure that you login to your account and review that information, both before you depart and once you arrive. Most likely you will find an internet server in the institution you are visiting and/or an internet café close by. Don’t take it for granted that internet access will be as convenient as you are accustomed to, though—check with your program provider and find out in advance what your resources will be. You may be required to pay for internet access while abroad, an expense that is not covered by DU.

Time Zones
Remember to take into account any differences in time zones when you contact friends, family, or university employees in the U.S. Likewise, be sure to let people from home know the best time to reach you, especially if you are staying with a host family. Visit www.timezoneconverter.com or http://www.timeanddate.com/worldclock/ learn about time zone differences.

Balancing Your Time
It’s important to stay in touch with friends and family while you are abroad. By sharing your experiences along the way, they will better be able to help you adjust when you come home. Also, your family and friends are continuing with their lives and you want to stay informed of what is happening at home. However, you don’t want to stay so connected with your home that you isolate yourself from your new surroundings. It can be tempting to withdraw into the comfort of old relationships, especially at first, but by doing so you’ll miss the opportunity of making valuable new friendships.
Communicating While Abroad

Blogging
Maintaining a blog while abroad is a great way to both journal and share your experiences, photos, and videos with your friends and family. Instead of sending emails to each friend and family member, you can simply post an entry for the day and let them view it at their leisure.

You can share your experiences through the DUSA blog (www.duabroad.com) by linking to your own blog. Everyone is welcome to contribute! If you’re interested in sharing your experiences, e-mail your blog link to duabroad@du.edu.

Emergency Contacts
Prior to leaving you should speak with your family about what kind of emergency might warrant your return home earlier than planned. It’s a good idea to be thinking realistically about what types of situations might occur and how you will deal with them. Also, by delineating in advance what constitutes an emergency, you won’t be as likely to panic should something uncomfortable—but not life-threatening—occur.

Be sure to update your emergency contact information in PioneerWeb. The person you designate in this section is who the OIE will contact, and it’s up to you to make sure the address and phone numbers are correct. You also need to enter an emergency email address in PioneerWeb as this is the most likely way the OIE will reach out to emergency contacts if needed. The OIE will use this email to keep your parents or other designated contact updated on world events should they occur in the vicinity of your study abroad location (e.g., riots in France, storms in Thailand, etc.). Instructions on how to update this information can be found in your DU Passport account.
Dealing With Cultural Differences

Cultural Adjustment & Culture Shock
Preparing to study abroad is an ongoing process that takes a great deal of time and thought. The success of your experience will depend largely on your efforts to prepare for your time overseas before you ever leave home.

Being Informed
The first step is to be informed about your program and your host country. The OIE can connect you with other DU students who have studied in your destination or with international students who come from the host country of your study abroad program. Also, check out the web and browse the library for books, magazines, and newspapers in order to inform yourself of current events in your host country.

It is also very important to be well informed about your own country. New friends and acquaintances will want to know about the U.S. Be prepared to discuss American culture, political system and policies, history, holidays, and more. As you prepare to go into a new culture, you should also think about your own beliefs, values, and cultural norms.

What is culture shock?
Culture shock refers to the mental, physical, and emotional adjustment to a new environment. While we tend to associate culture shock with international travel, you may have also experienced it when first adjusting to university life or during a move to a new city. This is a completely normal part of living in a new culture, and should be embraced rather than feared. After all, the fact that you are experiencing culture shock means that you are getting out of your comfort zone, learning, and growing. According to Maximizing Study Abroad (University of Minnesota), a reason that some students do NOT experience culture shock is because they surround themselves with friends and food from their home culture rather than exploring their host country. If you don’t want to experience life abroad, why leave home?

Although each person experiences culture shock to some degree, it is important to remember that it is a very personal experience and affects each individual differently and at different times. There are some general phases, however, that can be used to describe the cycle of cross-cultural adjustment.

Stage 1: Initial Euphoria
You arrive in your study abroad location and everything seems exciting and different. The food is exotic, the architecture is unique, and you’re interested in
all the new sights around you. You tend to be more in-tune to the visible aspects of your new culture, and don’t see the hidden differences. This phase is one in which most tourists remain during a short visit to a new country.

Stage 2: Cultural Confrontation
Your initial excitement diminishes as the process of cultural adjustment begins. Everything seems much more difficult than it is at home, and even getting to and from class without losing your way is a major accomplishment. Communication is challenging, even if you are living in an English-speaking country. As you have more interaction with your new culture, you become frustrated with differences, particularly those you don’t understand. Things you may find challenging in your host country include concepts of time, personal space, meal schedules and food, gender relations, and the need to walk long distances or use public transportation. Homesickness emerges as you long for the food, friends, and conveniences of home. You have mood swings as you fluctuate from enthusiasm to frustration with your host culture. You may find yourself gravitating towards other foreign students, as they can relate to your challenges. While these friends can provide a great support system, you should also attempt to develop friendships with people from your host country.

Stage 3: Cultural Adjustment
You slowly develop strategies for coping with cultural differences. You learn to observe those around you, and to be open-minded. You identify a cultural informant (a friend, host family member, or program director) who can help you better understand aspects of your new culture. You regain your sense of humor, and take pride in small accomplishments. While other foreign students continue to be friends, you also make efforts to meet members of your host country. While you continue to experience challenges, you feel more comfortable and confident in your host culture.

Stage 4: Cultural Adaptation
You now feel comfortable in your host country and have established a routine. You have integrated aspects of your host culture into your daily life, and have developed an appreciation for differences. You are able to communicate more easily, and have made friends. While you look forward to seeing friends and family at the end of your program, you know that you will miss living abroad.

Stage 5: Cultural Re-adaptation: Returning Home
Upon your return home, you may find that you pass through all of the above cycles again. At first, you’re thrilled to see familiar faces and places. You don’t expect to have any problems readjusting; after all, you are home. You find, however, that you miss aspects of your host culture. You see your home culture in a new light. You have changed, and so have your family and friends. You struggle to describe your study abroad experience to those who hope for a
Dealing With Cultural Differences

one-sentence response. You find yourself gravitating to other study abroad returnees, as they understand what you are going through. You attend events for study abroad returnees, and develop strategies for dealing with the challenges of re-entry. Eventually, you reconcile your new self and your old life, and identify ways in which to keep your study abroad experience alive.

Past study abroad participants have identified the following suggestions for students adapting to a new culture:

- Identify a cultural informant. This may be a member of your host family, another student, or in-country program staff member who is willing to listen to your frustrations and help explain cultural differences.
- Get involved at your university or in your community. Many universities have clubs or extracurricular activities. Consider volunteering in your host community to gain a different perspective on life in your host country.
- Keep a journal, which can be a valuable record of your personal responses and the details of your study abroad experience; something to look back on in later years.
- Explore your host city.
- Maintain physical activity.
- Take things one step at a time; don’t expect too much from yourself too soon.
- If you miss food from home, offer to cook a meal for your host family or friends.
- Maintain your sense of humor; it will be your most valuable asset!

If you or a friend experience severe symptoms of culture shock such as repeated risky behavior, depression, or personality changes, please let a staff member know immediately. For more information on psychological and emotional issues, please refer to the “Health and Wellness” section of this handbook.

Being a U.S. American Abroad & Cultural Stereotyping
You may find that people in your host country have views and opinions about U.S. Americans based on previous interactions, international news coverage, television, and movies. The following are some characteristics frequently attributed to U.S. Americans:

- Friendly
- Informal
- Loud and rude
- Hardworking
- Violent/war-mongering
- Optimistic
- Wasteful
- Generous
- Promiscuous
- Always in a hurry
- Wealthy
- Ignorant of international affairs
Assuming that all people from a particular culture have certain attributes is an example of cultural stereotyping. Cultural stereotypes may include both positive and negative attributes. While each of these characteristics may be true of some individuals from the U.S., it cannot be generalized that every American holds these attributes. In addition, you may encounter individuals in your host country who are extremely critical of U.S. foreign policy. Most are able to differentiate between the U.S. government and people from the U.S., but it is likely that you will be questioned regarding U.S. policies.

For some students, this may be the first time you will be a victim of stereotypes. Think about how it may feel to be judged by people who do not know you. Have you participated in cultural stereotyping, either of groups within the U.S. or members of your host country? This is an opportunity for you to explore stereotypes that others hold about you as well as examine your own stereotypes about other cultures. While abroad, will you enforce or contradict negative stereotypes about the U.S.?

_Glimpse Abroad’s “Guide to American Identity Abroad”_ offers the following suggestions for students attempting to counteract misperceptions about U.S. Americans:

- Talk to people and listen to their perspectives. Many may not have had personal experiences with U.S. Americans, so you are in a unique position to dispel negative stereotypes. Keep an open mind. If you are confronted with negative perspectives, try to discover why the individuals feel the way they do. You are certainly entitled to defend your home country, but don’t do so blindly. Be informed about your own country and your own political beliefs.
- Distinguish between constructive and obstructive criticism. Although it’s easy to be offended by criticisms of your home country, know that most people differentiate between the government and the people of a country (and may also vocally criticize their own government). Arguing about politics may be a national pastime in your host country!
- Demonstrate consideration for local customs. Observe local customs and manners of dress. Don’t wear things that are offensive in your host country.
- Learn/speak the language. Even if you are a beginner, people will appreciate your efforts to speak their language.
- Learn about your host country. Inform yourself before you go, and keep up with local events while abroad.
- Be polite and flexible, even when things don’t go your way. Try to remain calm when you encounter difficulties.
Dealing With Cultural Differences

Most students expect to learn more about their host culture, but are often surprised to discover how much they learn about their own cultures as a result of the study abroad experience. While it may be frustrating to encounter negative stereotypes about the U.S., it is also an opportunity to develop a better understanding of how this country is viewed from abroad. You may gain a newfound appreciation for some aspects of U.S. culture while seeing others with a more critical eye. Remember that, whether you like it or not, you are a cultural ambassador!

Safety Tips for Women

A woman traveling abroad may be unusual in some cultures. You may be subject to stares, verbal harassment, and other uncomfortable behavior. To protect yourself from this kind of behavior, you must remain calm, be assertive, and match your body language to your words.

The concept of friendships between men and women as we understand it in the U.S. does not exist in some cultures. Talking to, befriending, going out with, and being seen in public with a man may have a different meaning than it does back home. You should try to understand the relationships common in your host country and adapt your behavior to culturally-accepted norms. Otherwise, your behaviors may invite unwelcome responses.

Spiking drinks is a problem abroad as it is here in the U.S., if not more so. You must be especially vigilant about protecting your drink when out in clubs or bars. Please note that while women may be the predominant target of sexual assault or harassment, these violations do impact men and transgender individuals too. Entering cultures where your identity may not be respected can mean that safety is also a predominant concern for individuals who identify as lesbian, gay, bisexual, transgender, intersex or queer. Please contact DU’s LGBTIQA Coordinator for support and resources: 303-871-4614.

The USC SAFETI Clearinghouse (www.globaled.us/safeti/) suggests the following steps anyone should take to minimize risk while studying abroad:

- Integrate yourself into the community
- Make friends with the local women
- Learn from the local women about self-protection
- Dress according to local customs
- Interact with men according to local customs
- Behave according to local customs
- Stay in control; staying sober and alert keeps your senses in place
- Have a buddy system: Having at least one other trustworthy person with
you can help you in regular circumstances as well as in problematic situations (what if someone spikes your drink?). It is generally a good idea to travel in groups.

• Pay attention and respond to any inner signal (intuition) that “something isn’t right” and remove yourself from that situation

One important thing to remember is while you can definitely take the precautions suggested above, if you are a victim of sexual assault, harassment, or other crime, it is not your fault. The perpetrator has sole responsibility. This can be hard to believe, especially if you are in a culture that doesn’t support that point of view. However, it is important to remind yourself. There are services at DU that can assist you from afar, specifically with issues of gender violence. Please see the “Safety While Abroad” section of this handbook for contact information for these free and confidential services.

Women traveling abroad are increasingly subject to arrest for drug trafficking. Should someone offer you a free trip for carrying a package overseas, do not do it! Also, be protective of your luggage so that no one has a chance to “add” anything illegal to it. If drugs are found in your luggage, you are the one who will be arrested.

**LGBTIQA Students Abroad**

It is important to be aware of the laws pertaining to homosexual identity, same-sex sexual contact (behavior) and gender identity/expression in other countries, as well as popular attitudes. Cultures also vary in terms of how sexual orientation and gender identities are defined and understood. Some countries are more liberal on these matters than the U.S. and some less. Moreover, whatever the general rule, there will always be pockets of difference and personal idiosyncrasies.

**For More**

As with other aspects of preparing to go abroad, get informed by talking with other students who have been where you are interested in going. Talk with your international education advisor and/or CME’s LGBTIQA Programs and Services to connect with other LBGTIQA students who’ve been abroad. Check out the following resources:


• NAFSA Association of International Educators Rainbow Special Interests Group [www.indiana.edu/~overseas/lesbigay/index.html](http://www.indiana.edu/~overseas/lesbigay/index.html)
Dealing With Cultural Differences

Students of Color Abroad

Students of color may experience both challenges and opportunities abroad in terms of host country attitudes toward racial issues. A survey by Glimpse Abroad magazine found that students of color are often concerned about standing out, dealing with racism abroad, being mistaken for a race or ethnicity other than their own, and being able to find usable or favorite products (for example, hair care products) that are widely available at home. Many students find differing levels of sensitivity in the host country challenging. In some cultures, it is common to give individuals nicknames based on physical characteristics such as weight, hair color or texture, and skin color. This habit can be disconcerting for those from the U.S., but is often not meant to be offensive, and can even be intended as a term of endearment.

You may find that your salient identities shift while abroad; some students find that they are first viewed as a U.S. citizen rather than a person of color, and this can provide an interesting opportunity to explore how these aspects of self intersect. Staying connected with other students of color who are also abroad can help you process the experience as it happens.

Studying abroad can also represent an opportunity to act as a cultural ambassador and to educate host nationals about cultural groups within the U.S. There is often great interest in other countries in the history and culture of African Americans, Native Americans, Asian Americans, and Latino Americans. In addition to the great conversations this interest presents, some students of color might also:

- be essentialized/tokenized as representatives of their racial/ethnic group beyond being put on the spot for their US nationality (e.g., What do [all] Latinos in the U.S. think about your immigration policies? Or, When did you immigrate to the U.S.? OR, You speak English very well!)
- be exoticized or stereotyped based on American media portrayals (e.g., expectations of Native American dress, names, technological awareness or living arrangements based entirely on old Western movies)
- be expected to be highly critical of the U.S. or experts in the experiences of their ancestral homelands (e.g., Native American students expected to hate U.S. for its treatment of their people, third generation Japanese-American quizzed on anime, or African-Americans expected to have detailed knowledge of contemporary African conflicts).

For More

If you are interested in speaking with past participants, ask your OIE advisor or the Center for Multicultural Excellence for names of study abroad returnees of color...
Dealing With Cultural Differences

While they may be naïve and irritating, challenging these uninformed views with the reality of your experience, and respectfully inquiring about the diversity within the host country, can help bust myths and create connections that add to everyone’s understanding.

Being aware of these possibilities can help you be better prepared for, or at least not so surprised by, expectations, questions and even indifference around racial/ethnic issues and identities that are different than in the U.S. Researching your host country in advance can provide a better understanding of potential attitudes towards race and ethnicity in general and your own identities, specifically both positive and negative.

Discrimination

As a U.S. citizen you may experience discrimination abroad. In particular, you may be questioned about U.S. foreign policy in a way you feel is threatening. You must recognize that in most cases, the intention is not to make you uncomfortable but merely to spark discussion. The best course of action for you in this situation is to remain objective, speak honestly but not defensively, and recognize that others have a right to an opinion.

Depending on your destination, you may observe that some groups experience discrimination because of religious beliefs, race, sexual preference, gender, and/or nationality. While you should not adapt to this cultural attitude, you also should not force your ideals on others. Rather, you should remain objective and speak honestly but not defensively. Take advantage of opportunities for dialogue.
Before & After You Return

Registering for the Next Quarter’s Classes at DU
The OIE will email you prior to registration and provide instructions on how to register for classes online. The process is very similar to registering on campus. You will be given a time slot but the alternate pin will be removed. With online registration, you will receive immediate notice of your course schedule. If you do not have consistent access to the Internet (i.e., students participating in SEA Semester), the OIE recommends that you designate a trusted friend or family member to go online and register on your behalf, being sure to explain the process and your preferences in advance. If you have any problems or concerns with the registration process, please contact the OIE.

Housing Upon Return to DU
There are different options regarding organizing your housing for when you return to DU. Do you want to live on or off campus? Is it best to organize housing before you go or should you think about it at the end of your program abroad?

The OIE has researched what students have done in the past, as well as apartment complexes with shorter leases. These findings are not recommendations; we hope this information will be helpful for you as you make decisions. In most cases, students are encouraged to make their housing arrangements for their return before they go abroad.

Re-entry Challenges
As you may recall from the “Cultural Adjustment” section of this handbook, returning home from abroad can be as challenging, or even more challenging, as adapting to your host culture. As you prepare to return home, think about how you have changed. What are some of the skills you have developed and things you have learned? What are the most important things about your study abroad experience that you would like your family and friends to understand? For More: The OIE website contains a special section for returnees called Returnees/Alumni: http://www.du.edu/abroad/returnees.html

You have changed, and things at home may have changed too. While you may want to jump right back in to life at home, give yourself some time. Remember that you are not alone as you work to incorporate your new self into your old life. Events will be held during winter quarter to provide you with resources to assist your transition to life back on campus as well as tips for incorporating your study abroad experience into your resume and job search.
Making Your International Education Count at Home

Your study abroad experience will have a profound effect on your life. You may even return to campus wanting to major in a new subject area. Should you make that decision, you should arrange for a meeting with your academic advisor as soon as you get back to DU.

If you’d like to add an international component to your current major, you should consult the DU course list to find classes that may complement your current studies but have an international focus.

DU’s Career Center is another resource you should use to incorporate your study abroad into your job search. The Advisors there can help you research positions with international components or direct you to resources for finding jobs overseas. They can also give you advice on using your international education as a “unique selling point” on your resume and during interviews.

The Denver community is an international one with large groups from Ethiopia, Japan, and China, to name just a few. As a returned study abroad student, you are part of DU’s international community and therefore are welcome to attend the I-House’s monthly free lunches and internationally-focused presentations on a variety of topics. The I-House coordinates many other events as well, including CultureFest and the Internationalization Summit. Our website, http://www.du.edu/intz/, lists many of these opportunities for you to get involved, as does the student newsletter you will receive just before your return to campus.

Don’t forget that DU hosts nearly 1,500 international students each year. When you think back to the kindness shown to you as an international student on your study abroad, remember to extend the same to our visiting students.

Your international education does not end when you step off the plane in the U.S. Some students choose to maintain a “study abroad attitude” in their hometown or in Denver. That means keeping the same level of adventure and sense of exploration to discover people and places they may have overlooked prior to going overseas. You may find a new restaurant that has the same foods you enjoyed abroad. You may find a neighborhood you didn’t know about of immigrants from the region you just visited. You may also find that the Denver Art Museum has a collection of paintings from your host country. Once your eyes have opened through your experience, you will discover a new world right in your own backyard.
Appendix 1: Useful Reading & Websites

Books

Intercultural Press has a variety of books on topics of culture, living abroad, doing business in a variety of countries, etc. Some OIE recommendations include: *The Survival Kit for Overseas Living* and *the Art of Coming Home*. There also are specific cultural books on regions of the world. Visit [www.nicholasbrealey.com/boston/subjects/interculturalpress.html](http://www.nicholasbrealey.com/boston/subjects/interculturalpress.html).

The Institute of International Education also has a variety of useful books. A Student Guide to Studying Abroad is a helpful resource. It is available at [http://iiebooks.stores.yahoo.net/stgustostab.html](http://iiebooks.stores.yahoo.net/stgustostab.html).

Websites

GLBTIQ Issues: [www.indiana.edu/~overseas/lesbigay](http://www.indiana.edu/~overseas/lesbigay)
Diversity Issues: [www.diversityabroad.com](http://www.diversityabroad.com)
Mobility Issues: [http://www.miusa.org/](http://www.miusa.org/)
Hostels.com: [www.hostels.com](http://www.hostels.com)
Let's Go Travel Guides: [www.letsgo.com](http://www.letsgo.com)
Lonely Planet Online: [www.lonelyplanet.com](http://www.lonelyplanet.com)
Rick Steves’ Europe Through the Back Door: [www.ricksteves.com](http://www.ricksteves.com)
Rough Guides: [www.roughguides.com](http://www.roughguides.com)
# Appendix 1: Useful Reading & Websites

## Films That Explore Local Culture & History Overseas

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<tr>
<td>Australia</td>
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<tr>
<td>Chile</td>
<td>Chile: Hasta Cuando?, Missing</td>
</tr>
<tr>
<td>England</td>
<td>East is East, The Full Monty, Notting Hill, The Queen, My Beautiful Laundrette</td>
</tr>
<tr>
<td>France</td>
<td>French Postcards, Kings and Queen, Code Unknown, The Beat My Heart Stopped, A Heart in Winter</td>
</tr>
<tr>
<td>Greece</td>
<td>Shirley Valentine, Mediterraneo, My Big Fat Greek Wedding</td>
</tr>
<tr>
<td>India</td>
<td>A Passage to India, Gandhi, Monsoon Wedding, Water, The Namesake, Born into Brothels, Slumdog Millionaire</td>
</tr>
<tr>
<td>Italy</td>
<td>Il Postino, Enchanted April, Blood and Roses, A Room with a View, Tea With Mussolini, films of Fellini and Antonioni</td>
</tr>
<tr>
<td>Japan</td>
<td>Tokyo Pop, The Last Samurai, Shall We Dance?, Tampopo, Lost in Translation, I Wish</td>
</tr>
<tr>
<td>Kenya</td>
<td>Out of Africa, Nowhere in Africa (German Title: Nirgendwo in Afrika), White Mischief</td>
</tr>
<tr>
<td>Mexico</td>
<td>Like Water for Chocolate, Amores Perros, Pan's Labyrinth</td>
</tr>
<tr>
<td>New Zealand</td>
<td>Whale Rider, The Piano, When We Were Warriors</td>
</tr>
<tr>
<td>Russian Federation</td>
<td>Piter-FM, Moscow Does Not Believe In Tears</td>
</tr>
<tr>
<td>Rwanda</td>
<td>Hotel Rwanda</td>
</tr>
<tr>
<td>Scotland</td>
<td>My Name is Joe, Trainspotting, Braveheart, Local Hero</td>
</tr>
<tr>
<td>Sierra Leone</td>
<td>Blood Diamond</td>
</tr>
<tr>
<td>South Africa</td>
<td>Cry the Beloved Country, Tsotsi, Cry Freedom, Invictus, Sarafina!</td>
</tr>
<tr>
<td>Spain</td>
<td>L’Auberge Espagnole, films of Almodovar</td>
</tr>
<tr>
<td>Tibet</td>
<td>Kundun, Seven Years in Tibet</td>
</tr>
<tr>
<td>Vietnam</td>
<td>Indochine</td>
</tr>
</tbody>
</table>
Appendix 2: Health & Wellness Preparations Checklist

- Complete the Medical and Special Needs form from the OIE.
- Talk to your family and loved ones about a plan in case of emergency.
- Get a check-up with relevant healthcare providers
  - General physical exam
  - Dental check-up
  - Optical check-up
  - Counselor or psychiatrist
  - Gynecological visit (for females)
- Get vaccinations for all regions you plan to visit (remember to allow six months for Hepatitis B vaccinations).
- Visit the CDC website to read about health risks in the regions to which you will be traveling at http://www.cdc.gov/travel/destinat.htm.
- Arrange for adequate international health insurance. Know how to use your health insurance plan in case you need to use it abroad. Know how you will pay if your insurance plan is reimbursement-based abroad.
- Secure a supply of all prescription medication for your entire trip or figure out how you will procure your prescription medication abroad. Get a copy of the prescription in case you are questioned at customs or at airport security.
- Call International SOS at 215.942.8478 to discuss any medical, psychological or safety concern you may have abroad. Inquire about doctors/hospitals that they recommend at your study abroad location.
- Assemble a customized travel health kit, packing prescription and over-the-counter medications for the duration of your stay abroad.
- Register at Smart Traveler Enrollment Program with the US State Department. Go to https://step.state.gov/step/.
The University of Denver has contracted with International SOS to provide 24-hour worldwide emergency medical and evacuation assistance to faculty, staff, and students traveling on University related activities. International SOS is the world’s largest medical and security assistance company, with more than 6,000 professionals in 24-hour Alarm Centers, international clinics and remote-site medical facilities across five continents. International SOS is **NOT** a form of medical insurance coverage, but they will coordinate with care providers abroad and your insurance back in the United States to help you find the right providers and make sure you have proper proof of payment.

Travelers should maintain their own personal health insurance and determine how their health insurance program applies to medical care prior to traveling. It is not necessary to enroll in order to activate the program services, but we strongly encourage all international travelers to create a Personal Travel Record and Emergency Contact Record via the International SOS webpage: [http://www.internationalsos.com/en/](http://www.internationalsos.com/en/)

**Medical, Security and Travel Services**

In order to utilize any of the medical, security or travel services listed under Program Benefits, contact an SOS Alarm Center from anywhere in the world by calling directly, calling collect, or by calling the toll-free number. While we have designated the Philadelphia center in the United States as our primary contact (1-215-942-8226), any of the SOS alarm centers will assist you.

To ensure a prompt response when calling, you should be prepared to provide the following:

- Your name, location, age, sex, and nationality
- The program with which you are associated: i.e., University of Denver study abroad program in .
- Your International SOS membership number: **11BSGC000067**
- The telephone number from which you are calling (in case you are disconnected)
- Your relationship to the member (if you are calling on behalf of someone else)
- Name, location, and telephone number of the hospital or clinic (when applicable)
- Name, location, and telephone number for the treating doctor, and where the doctor can be reached (when applicable)
Appendix 3: International SOS

Program Benefits

• Medical Services
• Emergency evacuation
• Medically-supervised repatriation
• Companion ticket
• Additional travel and accommodation arrangements after medical evacuation
• Repatriation of mortal remains
• Return home of minor children
• Medical monitoring
• Inpatient admission and identification of receiving physician
• Emergency and routine medical advice
• Pre-trip information on travel health issues
• Medical and dental referrals
• Outpatient referrals
• Outpatient case management
• Claims assistance
• Outpatient medical expense guarantee and payment (Fees will apply)
• Inpatient medical expense guarantee, cost review and payment (Fees will apply)
• Dispatch of medication and medical supplies (Fees will apply)
• Travel Services
• Legal referrals
• Emergency message transmission
• Translations and interpreters (Fees will apply)
• Lost document advice
• Ground transportation and accommodations for accompanying family Members (Fees will apply)
• Emergency personal cash advances (Fees will apply)
• International SOS Clinics
• Security Services
• Security evacuation assistance
• Online travel security information
• Access to security crisis center
• SOS 24-Hour Alarm Centers (call collect where available) Philadelphia+ 1-215-942-8226
  Singapore       + 65.6338.7800
  London          + 44.20.8762.8008
  Sydney          + 61.2.9372.2468
  Within US call: 1-800-523-6586

Additional Alarm Center and Clinic contact information can be found at the SOS website at https://www.internationalsos.com/locations
Appendix 3: International SOS

Frequently Asked Questions

Q: What is the role of International SOS?
A: International SOS provides you with worldwide quality health care and emergency assistance services 24 hours a day designed to supplement and integrate with the University of Denver’s services, procedures and policies. You should always attempt to contact your program’s on-site emergency contacts first. If they are not available, then proceed to contact International SOS.

Q: How can International SOS help?
A: International SOS provides you and your family members with peace of mind. One phone call connects you to the International SOS network of multilingual specialists for immediate help in an emergency. International SOS services are designed to help you with medical, personal, travel, security information and legal referrals when away from home. Call International SOS at any time to speak with a physician or security specialist about simple or critical matters.

Q: How does it work?
A: You will be provided with an International SOS membership card. Carry the International SOS membership card with you at all times. You also have a copy of this card and information in your DU Passport account. It includes the telephone numbers of the three major worldwide International SOS Alarm Centers. In the event of an emergency, call one of the emergency phone numbers listed on the card.

Q: What if I have pre-trip questions about my travel destination or questions about the current status in that location?
A: In addition to calling the Alarm Center for any pre-trip questions you may have, you can access Country and Security Guides from this website: http://www.internationalsos.com.

Use your membership number, 11BSGC000067, as your member login. In addition to the information covered at the pre-departure sessions and on-site by your program, the SOS comprehensive guides provide both medical, security and general travel advice, such as information on the standard of health care, how to pay for medical care, the availability of medications, safety of the blood supply, embassy/visa information, dialing code information, cultural etiquette and financial and voltage/plug information.

Q: Do I need to activate my membership?
A: No, your membership is already active. Simply carry the card at all times while traveling. Whenever you need service, contact one of the emergency phone numbers listed on the back of the card. You do not need to report specific trip dates to International SOS each time you travel. However, you can
Appendix 3: International SOS

create a personal on-line account with SOS into which you can save medical, family and emergency information. Unless you input your information into an account, it will not be available for staff. Medical and personal information can only be accessed by an SOS doctor.

Q: What if I need a doctor?
A: You should first activate the on-site emergency support network for your location. If you are traveling, or in a situation where you cannot contact the on-site program staff or University of Denver Campus Safety, you should then contact SOS. The International SOS Alarm Centers are listed on the back of your card. Call the International SOS Alarm Center that is nearest to you for a referral to a doctor who speaks your language.

Q: What if I need a lawyer while overseas?
A: Call the nearest International SOS Alarm Center for legal referrals. If you are in a situation where you require legal assistance, your study abroad program director should be informed of this immediately.

Q: What if I need prescription medication?
A: If you require a prescription that a local physician cannot obtain, or you need to replace lost, stolen or depleted medication, International SOS will, when permissible by local law, send the needed medication to you. (Additional Fees for the Medication Apply)

Q: What if I am hospitalized?
A: In most cases, your study abroad program director should be able to assist you. However, if you are in a situation or location where you cannot reach the program director, other on-site staff or the University of Denver, call the nearest International SOS Alarm Center. International SOS will immediately take steps to evaluate the care you are receiving and determine what actions must be taken to ensure your safe and speedy recovery. International SOS will notify the University of Denver immediately if you have not already done so. If you are hospitalized more than 7 days, a family member will be able to join you abroad and SOS will pay the airfare and hotel expenses as part of the coverage.
Appendix 3: International SOS

Q: What if local medical facilities are not adequate for my specific requirements?
A: If you are hospitalized in an area where adequate medical facilities are not available, International SOS will obtain approval from the University of Denver to evacuate you to a medical facility capable of providing the required care. A physician supervises evacuations, and when necessary, a medical specialist or nurse will accompany you during the evacuation. An air ambulance will be used when required.

Q: What happens when I am released from the hospital and still need help?
A: When your condition is stabilized and International SOS has determined that it is medically advisable to bring you home or to a facility near your permanent residence, International SOS will again obtain approval from the University of Denver and arrange the repatriation under medical supervision.

Q: Will International SOS pay my medical bills?
A: After a line of credit is opened in your name, International SOS will guarantee and pay all costs associated with your medical care. You are responsible for the costs of medical care. You are required to have health insurance coverage that will cover you while abroad. International SOS will also medically monitor and evaluate your condition and ongoing medical expenses during your hospitalization. In situations where medical care is critical, by activating SOS you authorize medical care as necessary, and acknowledge that you will be billed for such care.

Q: How can International SOS assist in the event of death?
A: International SOS will render all assistance possible to the University of Denver to obtain clearances and arrange transportation for the return of mortal remains. In such an event, the University of Denver will be the point of contact for the family in this situation.

Q: What should I do in the event of a security emergency?
A: Call an alarm center listed on the back of your membership card, and a security specialist will assist you.

Q: What is security evacuation assistance and coordination?
A: The SOS Security Division will assist the College in the event of threatening situations such as civil and/or political unrest, insurrections, revolution or similar situations by providing information, guidance and resources in the event personal safety and security can no longer be assured.
Appendix 4: Important DU Contact Information

Office of International Education
http://www.du.edu/abroad

Main Office  303-871-4912  Fax: 303-871-4910
denise.cope@du.edu
Denise Cope, Director
mrembolt@du.edu
Michelle Rembolt, Asst. Director
sarah.catanzarite@du.edu
Sarah Catanzarite, Pgm. Manager
kathleen.horn@du.edu
Kathleen Horn, Pgm. Manager
levi.lindsey@du.edu
Levi Lindsey, Pgm. Manager
stephanie.roberts@du.edu
Stephanie Roberts, Pgm. Manager
xiaowen.xu@du.edu
Xiaowen (Mary) Xu, Pgm. Coordinator
duabroad@du.edu
General

Campus Safety (24-hour emergency)
303-871-3000  www.du.edu/campussafety/

Academic Advising  p: 303-871-2455  advising@du.edu
www.du.edu/studentlife/advising  f: 303-871-3331

Bursar's Office (Billing)  p: 303-871-4944  bursar@du.edu
www.du.edu/bursar/  f: 303-871-4401

Housing & Residential Education  p: 303-871-2246  housing@du.edu
www.du.edu/housing/  f: 303-871-4064

Financial Aid  p: 303-871-2331  finaid@du.edu
www.du.edu/financialaid/  f: 303-871-2341

Health and Counseling Services  p: 303-871-2205  info@hcc.du.edu
www.du.edu/duhealth/  f: 303-871-4242

Student Health Insurance  p: 303-871-2205  insurance@hcc.du.edu
www.du.edu/duhealth/  f: 303-871-4242

Office of the Registrar  p: 303-871-4985  registrar@du.edu
www.du.edu/registrar/  f: 303-871-4300

University of Denver  303-871-2000
www.du.edu